SANDS TO
TS WEALTH

EYARD OF
RTH SEA.

ver Treasure of
Barren Sands
tile Estate.

On Feeling Blue.

Among the selfish, expensive and superfluous luxuries, what are commonly known as "the blues" take high rank.

If we call the halt and take the time to do so, any of us can think of all sorts of dismal things that are really or supposedly the matter with us.

But what's the use? What good does it do? Half the time, when we tell a hard-luck story, we are telling it to some one who has ten times as good a reason to complain.

It's not interesting or flattering to realize when we're low in our minds that it may be because we ate imprudently, or slept too little, or let trifles light as air fret us, or broke some one of Nature's wise and well-established ordainments.

Just as mischief in a schoolroom or lassitude in an audience may be due to bad air, so mental depression may be the result of a regimen of life that is awry.

It's very easy to poke fun at the conventions and kick over the traces of sleep, and temperance, and three meals a day at regular hours.

It's easy to decry decency and regularity as stupid.

But there's a reason.

The people who complain that their own nerves torment them and that life is hard and fate is cruel are not the people who have worked hard, lived soberly and obeyed the rules.

They are the people who said they were having "the time of their lives" - which really meant they were throwing away the time of their lives - the previous time, which is all that any of us has to live on.

You do not hear the workers complain of the petty things that seem to bother the idlers. The workers have no time to cultivate their pains and grievances as if these were flowers. The workers are busy "carrying on" in place of those who stop and sit down to examine the bruises and coddle themselves.

Some friends of the world are regarded as towers of strength needing no buttress and founts of sympathy. If those who depend on them but knew, these apparently glorious and limitless human beings often cry from the agony of the heart to open space for re-enforcement and refreshment. They feel their weakness and emptiness.

But they do not visit their discouragement, their sense of failure or their plague of nerves upon their fellows. They keep their hearts for other hearts; their faces shine; they are a blessing where they stand and as they move.

It is what we feel for others, not how we feel in ourselves, that matters.

Flocks of Suns.

Every new invention of the astronomer's observatory enlarges the distance he can peer into space and measure its receding boundaries, so that one can never say which is the farthest star.

But we can say which is at the farthest distance measured. This honor is at present borne by a tiny blur of light, which has no name, and a few years ago not noticed, but which is now identified in the New General Catalogue of stars as Number 7,006—or, more precisely, N.G.C. 7,006.

It is not really one star, but a great flock of stars, probably containing more than the equivalent of a quarter of a million of our suns; and it is so far away that if some unknown astronomer could flash a light-signal at us from one of the suns or planets there, it would be nearly a quarter of a million years before that message could reach us.

There is good reason to believe that this flock of stars is moving toward us. It is hardly necessary to say that it will take a long time coming.

The fastest moving star—it is not really a star, but a blaze of gas which will some day become a star—travels at the rate of about 730 miles a second. If it were coming toward us from the same place as the "farthest star" it would take 67,000,000,000 years to reach us.

Lloyd George Was Surprised.

Lord Riddle, who was one of Lloyd George's chief assistants at the Peace Conference, relates this anecdote regarding former President Wilson:

In a secret conference attended only by President Wilson, Premier Lloyd George, Clemenceau, and Nitti, no secretaries or stenographers being present, it became advisable to reduce to writing certain propositions agreed to, with a copy for each conferee. The necessity for strictest secrecy precluded the admission of a stenographer. The Europeans were at a loss how to proceed, but Mr. Wilson rang for an attendant and said: "Get my typewriter." A protest followed against the admission of a supposed typist. But the President sprang a surprise by having his personal writing-machine, placed in front of him, and, typing out the memorandum with his own fingers, smilingly presented a neat carbon to each associate.

In New Guinea many of the women wear noserings, the nose having been pierced in the same manner that is adopted to pierce the ears of civilized women.

Too often the size of the farm woodlot, the material it contains, and its value to the farm are left entirely to chance. The farmer's problem is to determine what parts of his land are suited to wood rather than other crops and to develop these portions for wood crops just as he would develop land for other crops.

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

Is Canada to Bar the Door?

Labor leaders and the Labor Press want immigration stopped. Lobbyists have been busy at Ottawa for some time picturing before members the fearful results in unemployment that would likely follow if Canada does not bar the door to immigration. The unemployment situation is not a new problem. Winnipeg and Canada have been dealing with it annually for the past twenty years. Any excess in unemployment at the present time is due to the fact that the public stopped buying goods made dear by too high a cost of production, in which labor figures largely. There is abundance of work in Canada and there will be plenty for everybody to do—immigrants and all—for years to come. The present difficulty is that capital will not gamble on the present high cost of production. Therefore it is not the scarcity of work that is causing the trouble but the scarcity of capital.

The propaganda that Labor leaders have been spreading in the Labor Press is of an extremely selfish and class character. The phase of the immigration question considered by them is, how will immigration affect labor supply, or to be more concrete, how will it affect wages? Labor leaders speak of possible immigration aggregates that will likely flood Canada, but they never eliminate the 30 to 40 per cent. of women, school-children, and under, included in immigration totals, that do not enter the labor market. Statistics show that of every twenty male immigrants over 21 years of age, the average is about three skilled laborers, ten unskilled workers, and the other seven of professional and miscellaneous occupations. What would Canada have done in pre-war years without immigration? Where will Canada be if the resolution now before the Ottawa House "that all immigration be suspended until a normal condition of affairs is established," is considered. There is a general impression that the only immigrants Canada needs, are those going directly on the farms. That is true, but will the immigrant coming to Canada go directly to the farm? Mr. W. S. Bennett, member of the United States Immigration Commission, who worked two and a half years investigating the question of immigration abroad, challenges any statement that the cities are the wrong place for the immigrant, so far as the immigrant is concerned.

Mr. Bennett goes on to say that the Immigration Commission found the fact to be that 98 per cent. of the immigrants in a general way, and sometimes very specifically, know what employment they are going into before they leave their homes, their wives and other dependents. The reason why the immigrant goes to the cities, Mr. Bennett explains, is that he has a better chance to earn a little ready money and that there are also opportunities for him, if he is of a foreign tongue, to talk to men of his own people, who speak his language, which is most essential during the time that he is learning the English language and the local situation. "If the opportunities on the farm are greater than those offered in the city, the immigrant will soon find it out and act accordingly," says Mr. Bennett.

Mr. Bennett asks the question should anyone blame the newly arrived immigrant for going to the place where he finds compatriots, a place of worship, and helpful surroundings for him to get the right start in a new land. If he cannot speak English, he has an opportunity in the first few months to gain a wider knowledge of Canadian conditions from people of his own birth who are always to be found in the cities and towns. If when the immigrant first lands he is not trained or even equipped to go on on the prairies to settle down and get a living from the soil, what is the use of sending him out there to become a disgruntled and dissatisfied citizen? Immigration is a problem of great consequence to the people of Canada to-day. Immigration has a great influence on industry and on our prosperity which is the basis of revenue for the government. The public generally, should seriously protest against any governmental action which would prevent the entry of desirable immigration into Canada. A constructive policy of selective immigration is needed and it is up to Canada to establish a constructive policy based on a careful examination of conditions here and abroad to the end that it may safeguard our interests and promote the general welfare, regardless of any one class.

Canada needs new people, needs them badly, on the farms and in all lines of industrial activity where it is now almost impossible to get men to do the great amount of necessary rough labor to keep industry moving. Certainly there are people who should not be permitted to come into the country, because in the very nature of things their admittance means conflict and radical social disturbance in our midst. Canada already has its share of this class.

Canada is not the congested country that Labor leaders would have people think. Canada covers an area of 3,603,910 square miles. Now let us deduct one-third, or say 1,200,000 square miles of what might be classed at present, as undesirable or unproductive areas. This leaves a basis of approximately two and a half million square miles. Canada could absorb the entire population of the British Isles (England, Scotland and Ireland) and then have 350 less people to the square mile than now exists in the Old Land. Placing our present population at 10,000,000, that means an average of 4 people per square mile in Canada.

The population per square mile for Great Britain and Ireland is 374. The population of France taken by the census of 1913, gave 40,412,220, or a population of 193 persons to the square mile. In 1912 the population of Belgium was 7,510,418, and the population per square mile was 658 persons. The population of the German Empire in Europe in 1911, was 60,100,000, or a population of 311 to the square mile.

In face of the above, is there any wonder why the people of Great Britain, of France, and of Belgium, should not be turning their eyes to a country such as Canada where the possibilities for the future are so great? Is there any reason why as a part of the Great British Empire, we should close our gates to the people of Great Britain especially, or to the people of France, Belgium or the United States, from whence so many desirable citizens have come to us. In the interests of the country, we should have a constructive and not a restrictive policy of immigration.—Employers' Association of Manitoba.

HAROLD ROBB

A Toronto boy who won the 2 1/3-mile Ward Eight School Boys' Running Road Race, held on March 30, 1921. He is 13 years of age and lives at 291 Kingswood Road. He is the Patrol Leader of the 31st Toronto Troop Boy Scouts.

Surnames and Their Origin

DAVIS

Variations—David, Davidson, Davison, Davie, Davies, Davey, Davers, Davye, Dayson, Days, Day, Dawson, Dawkins, Dawkinson, Dakins, Davidge, Dow, MacDavid, MacDaid, MacDade, Kay, Dodd, Dodson.
Racial Origin—English and Celtic.
Source—A given name.

From the foregoing list of variations it looks almost as if every family name beginning with "D" belongs to the Davis group. As a matter of fact David has given rise to an exceptionally large number of family names, because it was a far more popular given name in the Middle Ages than it is today.

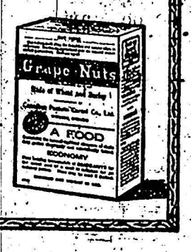
These family names come in the first place from the unchanged name David, giving us, by the various processes of adding "son," cutting it down to a mere "s" and the elision of the final "d" in some cases, Davis, David, Davidson, Davison, Davie, Davies, Davers, etc.

But a most widespread variation of the given name in the Middle Ages was "Daw," derived from the pronunciation of the name with the broad "a" (like Daw-vid). The long "a," as in "day" is a development of modern English. This variation gave rise to the family names of Dawson, Dawkinson ("little Daw's son") and Dawkins. The broad "a" pronunciation also sometimes led to Dodd and Dodson, though these names are more commonly ascribed to the old Anglo-Saxon given name of "Doda" or "Dodd."

The given name of David also had a strong hold in Scotland of the Middle Ages, and was borne by a number of the Scottish kings, where it is to be found, principally among branches of the Clan Chattan Confederacy, in the Celtic forms of "MacDhais," "Clann Daibhaidh" and "Cuann Da'idh," whence the Anglicized forms of MacDavid, MacDaid, Macdade and Kay. The English forms of Davie, Davis, Dawson, Dow also are found as septs of this clan, known to-day as Davidson.

The family name of Davidge is simply a variation in spelling and pronunciation of Davids.

It's Really Amazing
the amount of nourishment
you'll find in a small dish of
Grape-Nuts
with cream or good milk added
Sweet with its own sugar, developed from the grains in the making, this sturdy blend of wheat and malted barley contains, in compact form and at low cost, the nutritive and mineral elements needed to build health and strength.



NEW STRENGTH FOR VICTIMS OF ANAEMIA

Loss of Strength Follows When the Blood Becomes Thin.

Anaemia is the medical term for thin, watery blood. The sufferer loses strength, becomes short of breath and complains of palpitation of the heart after the slightest exertion, such as walking up stairs. The lightest task becomes a burden. There is a loss of ambition, the victim loses weight and as the disease progresses the appetite is affected, color fades from cheeks and lips and fainting spells may occur.

Anaemia is not a disease that corrects itself, and if unchecked it progresses steadily. But it can be combatted by good food, fresh air and a proper tonic for the blood. As the blood becomes rich and red under this treatment, the symptoms disappear as in the case of Miss Evelyeen Joyce, Westville, N.S., whose mother says: "Almost from infancy my daughter was very delicate, and was often under the doctor's care. As her father had died of consumption my friends feared she would fall a victim to that dread disease. As the years went by and she was merging into womanhood I began to fear that I would lose her. Then I decided to try Dr. Williams' Pink Pills, and I could soon see a change for the better. For the next three years, at intervals, she took the pills, always with the best of results. Now at the age of sixteen she is a fine healthy girl, and I never tire of telling those who see the wonderful change in her condition that she owes it to Dr. Williams' Pink Pills."

Miss Joyce herself says: "It gives me pleasure to confirm the statements made by my mother. Since using Dr. Williams' Pink Pills I have gained in weight, and from a sickly girl, suffering from headaches, dizziness and a languid feeling, I am now as well as other girls of my age, and I owe it all to Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills can be obtained through any medicine dealer, or by mail, at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Our every-day life brings so many troubles and disappointments that we are foolish to look on the dark side of things and court many a rap that might otherwise be avoided.

Minard's Liniment for Dandruff.

Variations of the Golden Rule.

Do as you would be done by—Persian.

Do not that to a neighbor which you would take ill from him.—Grecian.

What you would not wish done to yourself, do not do unto others.—Chinese.

One should seek for others the happiness one desires for one's self.—Buddhist.

He sought for others the good he desired for himself. Let him pass on.—Egyptian.

All things whatsoever ye would that men should do to you do ye even so to them.—Holy Bible.

Let none of you treat his brother in a way he himself would dislike to be treated.—Mohammedan.

The true rule of life is to guard and do by the things of others as they do by their own.—Hindu.

The law imprinted on the hearts of all men is to love the members of society as themselves.—Roman.

AUTO REPAIR PARTS
for most makes and models of cars. Your old, broken or worn-out parts replaced. Write or wire us describing what you want. We carry the largest and most complete stock in Canada of slightly used or new parts and automobile equipment. We ship C.O.D. anywhere in Canada. Satisfactory or refund in full our motto. Shaw's Auto Salvage Fast Supply, 323-331 Dufferin St., Toronto, Ont.

Physiological Reading.

Two pupils in a primary school were encountering difficulties with their "First Reader."

"Tommy," asked one of the other, "how can you tell which is 'd' and which is 'b'?"

"Don't you know?" retorted Tommy. "Why, the 'd' is the letter with its stomach on its back."

"Cheapness" of Nature.

Mrs. Newrich (in store)—"My little boy was disappointed in not getting a magnet among his Christmas presents. Have you any?"

Clerk—"Yes, one at fifty cents."

Mrs. Newrich (haughtily)—"We don't have to buy, such cheap-looking steel things. Show me something in silver."

Sauce for the Gander.

"Ring for Nora to bring a fresh pitcher of water," said the professor's wife.

"You doubtless mean a pitcher of fresh water," her husband corrected her. "I wish you would pay more attention to your rhetoric; your mistakes are curious."

Ten minutes later the professor said, "That picture would show to better advantage if you were to hang it over the clock."

"You doubtless mean above, the clock," his wife retorted demurely. "If we were to hang it over the clock we couldn't tell the time. I wish you would be more careful with your rhetoric, my dear; your mistakes are curious."

A Place for Paul.

The daughter of a soap manufacturer recently conceived a fondness for a young man whose only asset appeared to be a knack of versifying. The girl summoned him and addressed him thus:

"Paul, darling, mother wishes you to enter dad's factory. That would overcome his unwillingness to our marriage."

"But, my love," protested Paul, "I am a poet!"

"All the better, dearie. You can write verses for our soap ads."

A Logical Inquiry.

An eager looking urchin approached a man hurrying toward the railway station. "Carry your bag, sir?" he asked.

"No," snapped the man.

"I'll carry it all the way for a dime," said the boy.

"I tell you I don't want it carried!" snarled the man.

"Don't you?"

"No! No!"

Whereupon the lad broke into a quick trot to keep up with his victim's hasty strides, as he asked, in innocent curiosity:

"Then what are you carrying it for?"

Flagship of Britain Saves a Dying Child.

The great battleship Queen Elizabeth, Admiral Beatty's flagship of the Grand Fleet, saved the life of a tiny babe of the same name in the Bay of Biscay recently by answering a call from the steamship Venetian, which was bound homeward. A mother sat rocking her baby, who was ill, the woman having been up constantly without sleep for a week, when the gray outline of the warship was sighted. The child's life was ebbing rapidly when the warship was signalled for help.

The Venetian stopped and the man-o'-war drew to within a quarter of a mile of her and launched a boat which, despite the heavy sea, reached the steamship, and a doctor from the Queen Elizabeth boarded her. He was able to save the life of the infant.

The mother said she would change the baby's name to that of the man-o'-war, but when she was informed that the ship was the Queen Elizabeth she said that the child's name would remain unchanged.

Ancient History.

Lady (to her partner)—"Have you any prominent men in your family, Mr. Dunleigh."

Mr. D.—"Yes, one of my forefathers was an admiral. At one time he led the world's combined fleet."

Lady—"How interesting. What was his name?"

Mr. D.—"Noah."

Fisherman's Friend.
The Original and Only Genuine
MINARD'S
"KING OF PAIN"
LINIMENT
YARMOUTH, N.S.

The King's Watch.

Recent revelations of the adventurous lives led by members of the British Secret Service raise the question, "How many people have heard of the King's Watch?"

This decoration, regarded as one of the greatest honors the King can bestow, is awarded to Secret Service men only.

The decoration consists of a gold hunter watch of exquisite workmanship. Inside the case is inscribed the words, "For Services Rendered—George."

About twelve of these decorations were won during the war. The services rendered by one of the brave recipients (a naval officer) will serve to illustrate that the King's Watch is a hard-earned honor. The officer in question, an expert German linguist, spent eighteen months among enemy sailors at the German naval bases of Kiel and Wilhelmshaven. He transmitted the information he obtained to the British Government, to whom it was invaluable.

Every country has its special decoration for these adventurous men. One Central American republic awards a tiny gold dagger, inscribed with words similar to those on the King's Watch.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Georges Lefebvre, St. Tite, Que., writes: "We not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." Wrat Mrs. Lefebvre says thousands of other mothers say. They have found by trial that the tablets always do just what is claimed for them. The tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colds, colic, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Women in Morocco.

Chivalry toward women plays little part in the lives of the men of Morocco. In their opinion woman is a degraded creature the sole reason for whose existence is to please man.

Less than three hours' journey from Gibraltar, says an English journalist, our civilization is scorned and derided. In Tangiers the thin European veneer disappears finally. The dazzling whiteness of the houses, the blue, blue sky, the Moorish arches, the curious arches, the curious odors, the prostrate figures in every corner, the faces noble and mean, the faces black, yellow, brown and white—all attracted and interested me, but no impression was so deep as that which I received when I first saw one of the women.

Clad in white, she glided down the street like a spectre. As I approached her, she quickly covered her face and shrank into the shadow of the wall. Then I saw other women. Seated on the ground amid indescribable filth, they sold bread, tomatoes and green stuffs while myriads of insects buzzed round them. Innumerable donkeys were driven by them down the streets. No driver cared if the animal trampled upon a woman.

On one occasion a noise as of pandemonium attracted me. Down the torch-lighted street came a procession accompanied with music, the yells of men, the braying of donkeys and the barking of dogs. In the midst of the seething mob was a large box, borne on the back of a donkey. The bride was in the box. After they had taken her round the town they would leave her at the house of her husband, whom she had never seen.

"He has two wives already," said my guide.

As the procession threw broad [illegible] the voice of the muezzin [illegible] the faithful to prayer. While some women prayed [illegible]

ATHLETES—
Muscular fatigue quickly yields to the use of
BAUME BENGUÉ
Try a tube today.
BEWARE OF SUBSTITUTES
$1.00 a tube.
THE LEEMING MILES CO., LTD.
MONTREAL
Agents for Dr. Jules Benqué
RELIEVES PAIN

ASPIRIN
Only "Bayer" is Genuine
say BAYER
Warning! Take no chances with substitutes for genuine "Bayer Tablets of Aspirin." Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

Classified Advertisements.

AGENTS WANTED.

AGENTS WANTED: BLISS NATIVE Herbs is a remedy for the relief of Constipation, Indigestion, Biliousness, Rheumatism, Kidney Troubles. It is well-known, having been extensively advertised, since it was first manufactured in 1888, by distribution of large quantities of Almanacs, Cook Books, Health Books, etc., which are furnished to agents free of charge. The remedies are sold at a price that allows agents to double their money. Write Alonzo O. Bliss Medical Co., 124 St. Paul St. East, Montreal. Mention this paper.

MONEY ORDERS.

[illegible] supplies with [illegible] Orders. [illegible] cents.

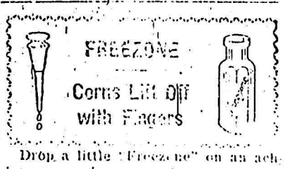
Not [illegible] Lack of Beauty.

The [illegible] peculiarity [illegible] of the Ainu [illegible] of Japan, according to the New York Tribune is [illegible] their upper [illegible] resembles a moustache. The [illegible] begins when the girl [illegible] does it gradually, [illegible] year, until the [illegible] the cheek. The [illegible] from burning [illegible] the fairness [illegible] and then [illegible] regards her [illegible] tion of ash [illegible] Without that [illegible] would [illegible] it would not be [illegible] of women to get a husband.

Minard's Liniment Relieves Distemper

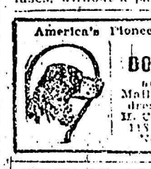
There are [illegible] in Perfect [illegible]

Half the [illegible] touch the [illegible] Heifers that [illegible] the fence [illegible] to break [illegible] more wasteful [illegible] than constantly [illegible] out of your own. Good [illegible] equipment for [illegible] fencing is a [illegible]



Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then charge you lift it right off with fingers. It doesn't hurt a bit.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the callouses, without a particle of pain.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Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author,
H. Clay Glover Co., Inc.
118 West 31st Street
New York, U.S.A.

USE SLOAN'S TO WARD OFF PAIN

You can just tell by its healthy, stimulating odor, that it is going to do you good

"IF I only had some Sloan's Liniment!" How often you've said that! And then when the rheumatic twinge subsided, or after hours of suffering—you forgot it!

Don't do it again! Get a bottle today and keep it handy for pains come tonight! A sudden attack may come on—sciatica, lumbago, sore muscles, backache, stiff joints, neuralgia, the pains and aches resulting from exposure. You'll soon find warm, soothing relief in Sloan's, the liniment that penetrates without rubbing. Clean, economical. Three sizes—35c, 70c, $1.40

Sloan's Liniment (Pain's enemy)

Use Cuticura Talcum To Powder and Perfume

An ideal face, skin, baby and dusting powder. Convenient and economical, it takes the place of other perfumes. A few grains sufficient.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.