

# HYDRO PRESS IN 1921

## PROVINCES OP WATER- OWER.

Development of Most Im-  
dro-Electric Un-  
of Past Year.

Development of hydro-  
Electric power in the  
past year and the  
total in 1921. The  
total in 1921 was  
\$1,200,000,000. The  
total in 1920 was  
\$1,000,000,000. The  
total in 1919 was  
\$800,000,000. The  
total in 1918 was  
\$600,000,000. The  
total in 1917 was  
\$400,000,000. The  
total in 1916 was  
\$200,000,000. The  
total in 1915 was  
\$100,000,000. The  
total in 1914 was  
\$50,000,000. The  
total in 1913 was  
\$25,000,000. The  
total in 1912 was  
\$12,500,000. The  
total in 1911 was  
\$6,250,000. The  
total in 1910 was  
\$3,125,000. The  
total in 1909 was  
\$1,562,500. The  
total in 1908 was  
\$781,250. The  
total in 1907 was  
\$390,625. The  
total in 1906 was  
\$195,312. The  
total in 1905 was  
\$97,656. The  
total in 1904 was  
\$48,828. The  
total in 1903 was  
\$24,414. The  
total in 1902 was  
\$12,207. The  
total in 1901 was  
\$6,103. The  
total in 1900 was  
\$3,051.50.

# CURIOUS SHOP SIGNS OF EUROPE

## BRASS PLATES BEFORE BARBER SHOPS.

### Parade With Straws in Shoes Near English Law Courts of 18th Century.

In many streets of continental Europe are still to be seen signs, or un-  
written words, which have no such  
significance as the hat before a  
barber's shop or the boot before a cob-  
bler. Certain of these signs are so  
ancient in origin and meaning that  
one could understand them with-  
out reference to tradition or the pas-  
sage of time.

In this country, however, the signs  
are painted with spirals of  
white and blue is the usual sign  
of a barber's shop. But how few  
of these signs are supposed to  
represent persons to represent leeches?  
It was when leeches performed  
medical operations and leeches  
were employed to take blood  
from patients. Strange as it may  
seem, this is the origin of the  
sign.

In many barber shops in Eur-  
ope, brass plates are hung. These  
plates are not expensive, and are  
made of one side as if a piece had  
been cut out of it. This represents  
a fashionable cupping dish, which  
was used by surgeons, also  
in taking blood from patients.

Novel Sign For Oyster Shop.

Who would naturally suppose that  
the sign of a oyster shop is a  
shell? No, the sign is a fish. The  
fish is a herring, and is placed  
in the corner of the building  
facing the street. The fish is a  
symbol of the oyster, and is a  
reference to the fact that the  
oyster is a fish.

# THIN BLOODED PEOPLE

## Need a Tonic to Enrich the Blood and Restore the Health.

Some people have a tendency to be-  
come thin-blooded, just as others have  
an inherited tendency to rheumatism,  
or to nervous disorders. The condi-  
tion in which the blood becomes so  
thin, that the whole body suffers  
from it, can be gradually cured with  
a natural disposition in that di-  
rection should watch the symptoms  
carefully. Bloodlessness, or anaemia,  
as the medical term is, can be correct-  
ed more easily in the earlier stages  
than later. It begins with a tired  
feeling that rest does not overcome,  
the complexion becomes pale, and breath-  
lessness on slight exertion, such as  
going up stairs, is noticed.

Dr. Williams' Pink Pills are a home  
remedy that has been most successful  
in the treatment of troubles due to  
thin blood. With pure air and good  
food these blood-enriching pills are  
the correct treatment when the symp-  
toms described above are noticed. The  
value of Dr. Williams' Pink Pills in  
cases of this kind is shown by the  
statement of Mrs. M. Chase, of Tren-  
ton, Ont., who says: "I can highly re-  
commend Dr. Williams' Pink Pills to  
all who suffer from anaemia and ner-  
vous exhaustion. For three years I  
was nearly always troubled with head-  
aches and until I began taking these  
pills no treatment seemed to do more  
than give me temporary relief. I had  
read of what Dr. Williams' Pink Pills  
were doing for others and finally de-  
cided to try them myself. I further  
decided to give them a fair trial and  
kept on taking them regularly for sev-  
eral months and I am glad to say have  
derived permanent relief. I feel that  
I can safely and honestly recommend  
this wonderful medicine."

You can get Dr. Williams' Pink Pills  
through any dealer in medicine, or by  
mail, at 50c a box or six boxes for  
\$2.50 from The Dr. Williams' Medi-  
cine Co., Brockville, Ont.

Circumstances do not make a man;  
they display him.

# Point of View.

## East, west and north and south I turn And there is naught to see Save hills and other hills that rise Beyond them endlessly.

Like water all my little thoughts  
Go seeking for the sea.  
They have no peace and no content,  
They wander restlessly.

My thoughts are all of tall, green  
waves  
That lift and fall and spill;  
I hear them sucking at the sand—  
Their tongues are never still.

I see brown sails of fishing boats  
Against a metal sky,  
I see proud ships that need no sail,  
And white gulls dipping by.

But these are dreams—here on the hill  
I heard my stupid sheep,  
And day runs into endless day;  
I work and eat and sleep.

I wonder if some sailor lad,  
Who sees but sea and sky,  
Looks out across the endless waves  
And wishes he were I?

No Danger,  
There was an old coffee-mill in the  
alley which the Colobough twins great-  
ly desired to possess. Harry sought  
his mother and begged her to give it  
to them.

"I don't believe I can, Harry," said  
she, reprofully. "I should like to, but  
I'm afraid I can't."

"But, why, mother," urged Harry.  
"You don't use it."

"No, we don't use it."

"Then why won't you give it to us?"

"Well, dear," said the mother,  
"I'm afraid you and Clarence  
will get to quarrelling over it."

"Oh, no, we shan't!" cried Harry  
eagerly. "You needn't be a bit afraid  
of that, mother. I won't let Clarence  
touch it!"

Happiness has two great sources:  
one is memory, and the other is hope.  
Minard's Liniment for sale everywhere

# IS THERE A BABY IN YOUR HOME?

## Birth of Tennis Balls.

Few articles are so tested more severe-  
ly by their makers than tennis balls,  
and there is very little chance of a  
defective ball being offered for sale.

The balls are made of the finest  
Para rubber which is washed, "mas-  
ticated," and rolled into thin strips.  
These strips are cut into oval pieces,  
which are roughly twisted into shape  
and passed on to the mounding-room,  
where they are moulded into perfect  
shape and vulcanized. A small hole  
is left for inflation.

The balls are then tested for size,  
weight, and bounce, and if they are in  
the slightest degree wrong, they are  
rejected. Those that pass the test  
satisfactorily are washed carefully and  
coated with solution, after which the  
covers are put on.

The covers are made of the finest  
Melton wool, backed with rubber solu-  
tion and consist of two pieces shaped  
like the figure 8. When they have  
been sewn and ironed, the joint can  
scarcely be seen. Finally, the balls are  
stamped and passed for sale.

The Nature of Shock.

What precisely is "shock," that fol-  
lows a severe injury or strong emotion  
doctors have long been puzzled to de-  
termine. An early theory was that  
shock was caused by low blood pres-  
sure, which in turn was caused by a  
partial paralysis of the nerves that  
regulate the size of the blood vessels;  
as a result blood accumulated within  
the abdomen and was drained from  
the heart and brain. Another theory  
held that the pain of the injury caused  
excessively rapid respiration, that in  
consequence the blood became over-  
oxygenated, so that not enough carbonic  
acid gas was left in it to care for the  
nerves and for other tissues and fluids  
of the body—a state of things that  
also resulted in lowered blood pres-  
sure and in a lessened amount of blood  
in the brain and heart. Another theory  
was that shock was owing rather to  
the contraction than to the dilatation  
of the blood vessels. Still another  
and more recent theory is that shock  
is a kind of exaggerated fatigue that  
follows excessive stimulation by an in-  
jury or by emotion. The extreme  
fatigue causes acidosis; that is, a  
decreased amount of alkali in the blood  
and in the tissues, which further in-  
creases the exhaustion. The most  
recent theory of shock is that it is  
caused by a poison produced either by  
the products of injured tissues or of  
normal cells in the body as the result  
of intense emotion.

The treatment of shock naturally  
has varied from time to time, accord-  
ing to the theory prevailing at the  
moment. The preliminary treatment  
has always been to apply warmth to  
the body of the patient and, if he is  
conscious, to give him warm drinks.  
Drugs that have the power of raising  
the blood pressure have also been  
produced, a saline solution, sometimes  
containing caffeine or gum arabic, may  
be injected into the veins to increase  
the volume of the blood and therefore  
the amount of blood pressure. Phy-  
sicians who attribute the condition to  
acidosis have recommended injecting  
a solution of bicarbonate of soda into  
the sufferer's veins. In cases where there  
has been hemorrhage transfu-  
sion of blood has given good results.  
Finally, on the assumption that the  
products of the dead tissue cells have  
caused blood poisoning, it has been  
proposed to employ an antitoxin, as is  
done in other cases of blood poison-  
ing.

A Sudden Uprising.

It is hard sometimes for the old and  
the young to arrive at a common point  
of understanding. The old lady and  
the Sunday school boy in this story  
did finally arrive at an understand-  
ing, but not until the boy had suffered  
damage to his feelings, if not to his  
possessions.

A picnic was in progress, and the  
benighted and elderly lady took much  
enjoyment in witnessing the delight of  
the children who were dispersing  
themselves in her grounds.

She went from one to another, say-  
ing a few kind words to each. Pre-  
sently she seated herself on a grass  
plot beside Dickie, a little boy with  
golden curls and an angelic expres-  
sion. But as soon as he observed her  
sitting beside him Dickie set up an  
ear-piercing howl.

"Have you the stomach-ache?" she  
asked anxiously.

"No, I ain't," snapped Dickie.

"Perhaps you would like some more  
cake?"

"No!" roared the angelic child.

"What I want is my frog that I ket-  
ched."

"Frog?"

"Yes, my frog! You're sitting on  
him!"

Yes and No.

The class were supposed to be hav-  
ing a lesson on deities, but the teach-  
er found them a little vague about de-  
tails.

"An leopard change his spots?"  
queried teacher.

"Yes, sir!" piped Tommy, the small-  
esturchin in the class.

"Now, that's quite wrong!" said the  
teacher. "You know that a leopard  
can't change his spots!"

"Oh, yes he can, sir!" replied Tom-  
my. "When he's tired of sitting on  
one spot he can change to another."

My recipe for health is work. The  
rule of mind of men and women  
can be traced by leisure moments.  
Leisure is a pleasing garment to look  
upon, but it is a bad one to wear.—Sir  
Harry Lauder.

# SALESMAN GETS BACK HIS OLD GRIP

## BOYER ASTONISHED AT THE WAY TANLAC BUILT HIM UP.

Stomach Trouble Ended, He  
Sleeps Like a Top and  
Always Feels Fine.

"Tanlac put me on the road to good  
health and I don't remember the time  
I felt better than I do now," said Reno  
Boyer, 450 Amherst St., Montreal, well-  
known travelling salesman for the  
Constantine Printing Establishment.

"About two years ago my appetite  
went back on me and I began to suf-  
fer from stomach trouble. I got sick  
and worn out all the time and it was  
all I could do to keep plugging along.  
I had terrible cramps in my stomach  
that lasted for hours and I floated so  
with gas I could hardly get my breath.  
My nerves were on edge all the time  
and my sleep was always restless.

But Tanlac has rid me entirely of  
stomach trouble. I was fed whatever  
I want, my sleep is restful and I feel  
fine and ready for a good day's work.  
Tanlac certainly delivered the goods  
for me and I am glad to give it the  
highest recommendation."

Tanlac is sold by all good druggists.

Green and Good Sight.

That the lack of green verdure has  
a definitely harmful effect on the  
sight of children in the towns is  
shown by Dr. Newsham as a re-  
sult of the tests made on 22,000  
school children.

Sight defects are fewest in rural  
districts, are more numerous in coun-  
try towns, and are worse of all in  
the most crowded areas.

A slightly larger percentage of  
girls than of boys have grossly bad  
sight, and this preponderance is at-  
tributed in the Lancet to the strain put  
on the girls's eyes by sewing.

Cotton Gins in Australia.

Evidence of Australia's interest in  
cotton production is found in the re-  
cent importation by the Australian  
Cotton Growers' Association of its  
first ginning plant, to be erected in  
Rockhampton. A second plant has  
been ordered in the United States and  
will follow shortly. A cotton ginning  
expert, who has been engaged by the  
association, will accompany the sec-  
ond shipment.

Canada has most extensive fishing  
grounds—3,000 miles on the Atlantic,  
7,000 miles on the Pacific, and 220,000  
square miles fresh water.

# Classified Advertisements

MAN WITH FORD AND 1200 CAN  
make \$250 weekly demonstrating  
Patented Ford subject to approval at low  
price. 75 Jarvis St., Toronto.

BURSES WANTED.

NURSES WANTED FOR TRAINING  
School in charge of graduate of  
Johns Hopkins Hospital, Apply Super-  
intendent, Homewood Sanitarium, Guelph.

WANTED—YOUNG LADIES OF  
good education to train as nurses.  
Apply, Welland Hospital St. Cathar-  
ines, Ont.

BEITING FOR SALE

ALL KINDS OF NEW AND USED  
BEITING, RUBBER, CABLE, HOSE, PACKING,  
etc., subject to approval at low  
prices in Canada. YORK BEITING  
CO., 115 YORK STREET, TORONTO.

IS THIS YOU?

Have you \$2500 to \$5000 and ambition  
enough to get into an exclusive 2000  
business? Your own? Our own? All  
businesses charged while you wait  
from Halifax to Vancouver will reach  
you. Write for full particulars with  
scope of this great steam business, with  
present as well as a future. Now is  
the time to act.

SCOTT-MITCHELL CO., INC.  
Canadian Wholesale Battery, Oil, and Dis-  
tributors, 157 King St. West, Toronto.

COARSE SALT  
LAND SALT  
Bulk Carlots  
TORONTO SALT WORKS  
C. J. CLIFF—TORONTO

America's Pioneer Dog Remedies  
Block an  
DCG GASES  
and How to Feed  
Mailed Free to any Ad-  
dress by the Author,  
Dr. G. G. G. G. G., Inc.,  
125 West 24th Street,  
New York, U.S.A.

BRINGS HAPPY EASE.  
Don't Endure Pain. Apply  
MINARD'S  
"KING OF PAIN"  
LINIMENT

The Remedy for Rheumatism and  
St. Louis, Mo. 1921. Price 25c per  
bottle. A Good Thing. Rub it in.

FOLLOWED  
MOTHER'S  
ADVICE

Took Lydia E. Pinkham's  
Vegetable Compound—Now  
Enjoys Good Health

Kossock, Saskatchewan. My  
mother has taken Lydia E. Pinkham's  
Vegetable Compound and upon  
hearing of my troubles advised  
me to try it. As I  
suffered all over  
my body after the flu,  
and had some trou-  
bles such as women  
are apt to have, I  
have taken Lydia  
E. Pinkham's Veget-  
able Compound  
and Lydia E. Pink-  
ham's Blood Medicine and used the  
Sesquiterpene Wash. Also the Brown's  
Capsules and Prescription and now  
much better in every way. I am writ-  
ing for you to use my letter as a  
testimonial as I recommend your  
remedies. Mrs. Isaac Kossock, 12-3-3  
Spok, Saskatchewan.

When backache and rheuma-  
tism drive out all ambition, when that  
bearing-down sensation attacks you,  
when you are nervous and tired, the  
one great help for such ailments is  
Lydia E. Pinkham's Vegetable Com-  
pound.

# Surnames and Their Origin

STARK.

Variations—Wilde, Wyld, Savage.  
Racial Origin—English.  
Source—A Characteristic.

Here is a group of family names  
which are variations of one another  
in the sense that they all have the  
same meaning, though they are de-  
rived from three different words.

To-day most of us know the ad-  
jective stark only through such phrases  
as "stark mad" or "stark naked." We  
use the word with a vague idea that  
it means the extreme of something,  
and, except in such phrases as these,  
it is virtually obsolete with us.

Its meaning, however, is really that  
of "savagery" and "wild." It was so  
used in the Middle Ages and just as  
frequently.

In those days any man who at-  
tracted particular attention to himself  
by reason of his wild eyes or unkempt  
appearance, though not literally wild  
or insane, would very quickly have  
been referred to as "Walter Le Wilde,"  
"William Sauvage" or "John Le  
Stark," just as he might have been  
called "William the Red," because of  
a red beard or red hair, or "John  
the Black," because of a swarthy com-  
plexion. And in this manner the peo-  
ple of the Middle Ages hit upon us-  
ually the most obvious distinguishing  
feature of a man or woman to differ-  
entiate him or her from others of the  
same given name. And in the course  
of time these surnames became heredi-  
tary, particularly in cases where the  
parent was better known by his sur-  
name than by his given name.

O'RAFFERTY.

Racial Origin—Irish.  
Source—given name.

One of the most powerful clans in  
Ireland, up until the time when the  
Gaelic system of government finally  
broke down under the English invasion  
and government of the island, and  
even after this a clan still among the  
most powerful in its influence, was that  
of the O'Neills. As a rule, in speak-  
ing of this clan, the Goels use the  
more ancient prefix instead of the  
"O" and call it "Hy-Niall."


This clan was founded by the fam-  
ous "Niall Nox" (Niall the Great), also  
known as "Niall of the Nine Hostages,"  
and it dominated the North of Ire-  
land at virtually all periods, furnish-  
ing, as well a large number of the  
Irish High-Kings.

The sept or divisions of this clan  
were virtually clans in themselves, and  
in Scotland the group would probably  
have been spoken of as a confeder-  
ation of clans, rather than as divisions  
of one clan.

Among these septs was that of the  
"O'Abhartainn" (from the given  
name of the sept founder, "Abhartainn"),  
and when you know that the  
pronunciation of the "bh" is like "ff,"  
and the final "nn" virtually silent,  
you understand how easy it was for  
this name, in its translation into  
English, to become O'Rafferty, and  
finally Rafferty.

There were two branches of the  
O'Raffertys, one in Tyrone, and the  
other in Donegal.

## Your breakfast cup ready in an instant



MADE in the cup at the table. (Just-add  
hot water, and stir thoroughly).

Delightful and refreshing, a satisfying  
mealtime drink for comfort and health.

There's never any protest from distressed  
nerves afterward.

Economical for family use—the large  
size tin of Instant Postum will serve 90  
to 100 cups.

For Health's Sake drink  
**Instant Postum**  
"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., Windsor, Ont.

# Remove Pimples and Blackheads With Cuticura

Bathe with Cuticura Soap and hot  
water to free the pores of impurities  
and follow with a gentle application  
of Cuticura Ointment to soothe and  
heal. Cuticura Talcum is ideal for  
powdering and perfuming.

See Dr. Bennett's advice. Talcum, Sold  
throughout the Dominion, Canadian Depot  
Express, Montreal, 304 St. Paul St., Montreal.  
Cuticura Soap always without cost.

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Express, Montreal, 304 St. Paul St., Montreal.  
Cuticura Soap always without cost.

# ASPIRIN



WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not get-  
ting Aspirin at all. Accept only an "unbroken package" of  
"Bayer Tablets of Aspirin," which contains directions and does  
worked out by physicians during 22 years and proved safe by  
millions for

Colds Headache  
Rheumatism  
Neuritis  
Earache Lumbago  
Pain, Pain

Handy "Bayer" boxes of 12 tablets  
Aspirin is the trade name  
of acetylsalicylic acid. Bayer  
manufacture to keep the  
will be stamp 4 each.

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