

### THE BAR TO SUCCESS

I have a pretty wide circle of friends and acquaintances, and I've been studying them. Not, let it be said, because the proper study of mankind is man, but because, scribbled in an old book I picked up, I discovered that: "Everyone ought to succeed in life; everyone should and everyone could if he himself was not the bar to himself."

It made me think a bit. Among my friends there were those who had succeeded and those who had not. There seemed no great difference mentally between the two classes, so I searched for the bar. And I think I discovered it.

A is not a success. He is really clever, hardworking, and a man of ideas. His bar is self-deprecation. Not long since he was, as I knew full well, the man who did the donkey-work in making a certain function a brilliant success. He supplied the brains, too. But when he was thanked for that he had done, he self-deprecated himself—mentioned B and C and said as those who really deserved the credit.

Very nice of him, of course, and very modest. But it wasn't the truth. B and C had done a little bit. The credit and the glory belonged to A. But he passed it on, and myself and a few others—excepted, the crowd took it as passed.

A's stock did not rise in the market. He depreciated himself. That's his bar. He hasn't succeeded in life because—though his business friends—could contribute to his success, have the settled notion in their heads that he's not up to much. That's the result of A's habit of self-deprecation. Naturally smart, he dulls himself.

### Are You Like Him?

Once, when he brought off a really good business deal, and was complimented on it, instead of taking the praise, he said, "Oh, it was really the wife's idea!" It wasn't. It was his. He had merely talked it over with her.

The moral is: Don't bar your road to success by self-deprecation. There is no need to go to the other extreme of course. If you have earned praise, take it. Don't put your light under a bushel.

Then there is F. He is more of a success than A, but he could be a far greater one if he were not so cynical and sarcastic. It invests him with a sort of sharpness which puts people and business—off.

A good deal of business results from me talking with another. But it is one of them sharpens his cynicism at the other's expense, that is not the way to create trust or make business. Sarcasm, too, has an edge that cuts. It's not a successful weapon.

The moral is obvious.

Then there is G. He's a success. Whether he has acquired it and practice it, or whether it is a natural gift, I know not. But he has a "way" with him. He's very friendly. He never makes an enemy. If he were a coal merchant, and you wanted coal, and he had none, you would end up by laughing together at the situation. In similar circumstances F would have been nastily sarcastic. A very friendly, cheery man is G. And a successful one.

Again, the moral is obvious.

Break the Barrier. It is another non-success. He's a born pessimist—if pessimism comes that way. Everything, always, is bad and getting to be worse. He chills ordinary folk, annoys the optimistic, and dumps other pessimists farther in the depths. He is in a certain trade, and so my knowledge loses lots of custom. People won't go to him: "He is such a depressing man." If it were not for his wholesale trade, into which the pessimistic element does not enter, he would be a bankrupt in a year.

Again, the moral is obvious.

If space permitted, the examples of success and non-success could be extended. But sufficient has been written to indicate certain bars. If one is yours, knock it down, and get on. If you are a non-success, but none of the above bars fits you, find out, even to asking a friend the candid question, what your bar is. Then demolish it.

Edison's first patent was for a vote recorder in 1868.

WISPS OF WISDOM. The best cure for hard luck is hard work. An ounce of caution is worth a ton of regret. If you try you may; if you don't, you won't. Conscience warns us as a friend before punishing us as a judge. Keep your face to the sun and the shadows will fall behind.

The man who never made a mistake never made anything. Toil and trial are grim companions without the gleam of hope that makes them beautiful. To breathe is not to live. To live is to think, to plan, to dare, to do, to achieve, and to do it all with charity in your heart. Each person lives best who does his best for one day at a time and who refreshes himself for his level best the next day. Young people frequently rely on affected manners to win admiration and praise, but most of us are quick to discern affectation of any kind and have a contempt for it. Give up affectation—he natural.

### PALE AND SICKLY GIRLS AND BOYS

#### Need All the Strength That Rich Red Blood Can Give Them.

Youth is the time to lay the foundation for health. Every girl and every boy should have plenty of pure, red blood and strong nerves. With this, impure blood they start life with a handicap. Rich, red blood means health, full growth, strong nerves, a clear brain and good digestion. In a word pure blood is the foundation of health.

The signs of weak, watery blood are unmistakable. The pale, irritable girl or boy, who has no appetite or ambition, is always tired out, short of breath and does not grow strong, is a victim of anemia—the greatest enemy of youth. There is just one thing to do for these girls and boys—build up the blood with Dr. Williams' Pink Pills. You can't afford to experiment with other remedies, for there must be no guess work in the treatment of anemia. Dr. Williams' Pink Pills act directly on the blood, giving it the elements it lacks, thus developing healthy girls and boys.

Mrs. R. H. Knich, Hopworth, Ont., tells as follows what these pills did for her daughter: "I think it a duty to let others know the benefit which Dr. Williams' Pink Pills have been to my daughter, and I hope this may be the means of inducing some other sufferer to try them. She was weak, nervous and badly run down. She took medicine from the doctor but got no benefit, and finally she was not able to walk to school. I was advised to give her Dr. Williams' Pink Pills, which I did, and after taking them for a time she was restored to perfect health. I cannot speak too highly of these pills."

#### A Love Letter Five Thousand Years Old.

Archaeologists are continually making surprising discoveries among the rubbish heaps that mark the sites of the vanished cities of Mesopotamia. It is not so long ago that the remarkable code of King Hammurabi was found among the ruins of Babylon, inscribed on a large and irregular tablet. This carries us back to two thousand years before Christ, but the recent discovery at Tello, Nippur, and Ur in Chaldea of clay tablets nearly or quite a thousand years older carries us back to what we consider as the dawn of civilization.

We find that the people who dwell along the Tigris and Euphrates so long ago were both civilized and cultivated and wrote letters much like those we write to-day. Among the discoveries is this delightful little letter scratched by a young man on a clay tablet and sent to his beloved:

"My Elbea, this says Gimil Marduk: may the gods Shamash and Marduk permit thee to live forever for as long as fifty centuries perhaps should so long have survived both the man and the maid and come to be seen and read to-day by men who live thousands of miles beyond the limits of the little world they knew!"

Love Defined. The other day we came across a definition of love that is well worth reading and remembering: "Love is the doorway through which the human soul passes from selfishness into service and from solitude into kinship with all humanity."

Surnames and Their Origin.

MCCRORY. Variations—MacRory, Rodgers, Rogers, Rogerson. Racial Origin—Irish. Source—A given name.

Except for the fact that every man has a right to spell his name as he pleases, you would call this form McCrory incorrect, and a "corruption" of the form MacRory.

The Gaelic form of the name is "MacRuadhri," which isn't nearly so far from the Anglicized form as it seems. If you'll just remember that the "dh" combination is silent.

The "MacRuadhri" clan came into being about the year 1260 A.D., as a branch of the MacDonnells of Antrim. The clan name, as was usual, was compounded from the given name of the chieftain who gathered around him from among relatives, friends and followers the nucleus of the new clan and proceeded for its official recognition.

His name was Ruadhri, which signified "red-headed."

The variations Rodgers, Rogers and Rogerson all represent more arbitrary changes in the Anglicizing of the name, changes dictated for the most part either by political reasons or by governmental rulings.

### Money-Making Memoirs.

It is estimated that when he looks back on the life of Mr. Lloyd George's forthcoming memoirs have been sold, the Prime Minister will receive approximately \$450,000.

As the book will contain 150,000 words, he will thus get three dollars a word, a rate of remuneration for literary work that has seldom, if ever, been equalled.

Mrs. Asquith's diary, which created such world-wide interest, has brought in about \$75,000. The ex-husband has secured \$200,000 for his life-story; while Admiral Jellicoe obtained only a few thousand dollars. Mr. Churchill's memoirs, when they are published, will, it is believed, bring in about \$250,000.

Mr. A. S. M. Hutchinson has so far received \$350,000 for "If Winter Comes," which by the way paid only a record in literary remuneration, being the \$300,000 which Mr. Harold Bell Wright, the American author, received for "The Winning of Barbara Worth."

Avail present-day authors are supposed to reap better harvests than their predecessors, many popular books of the past brought their writers quite large sums. Mrs. Barclay, the author of "The Rosary," earned \$200,000; Lord Beaconsfield was paid \$1,000 for "Eudinoyan"; George Eliot sold the serial rights of "Romola" for \$35,000; and Charles Dickens for the copyright of "Barnaby Rudge" for six months for \$15,000.

On the other hand, the authors of many works of genius received very little indeed. "The Vicar of Wakefield" was sold by Goldsmith for \$300; Miss Helen Mathers, whose "The Rival" is still being read, brought the publisher \$150 for "Coming Through the Rye"; and Sterns was refused \$250 for "Tristram Shandy."

### How Halitones Form.

It is during summer-time that halitones occur most frequently. One might expect that these balls of ice would fall from the sky on the cold days of winter, but it is the heat of summer that gives rise to them, for they can be formed only in thunder weather.

When there is thunder about there are always very strong upward draughts of air. As raindrops begin to fall they are caught by these currents and carried to great heights, where they freeze solid. If they now fall to earth they arrive in the form of halitones, which are usually seen.

Sometimes, however, after falling through the clouds they are carried up again by other currents. The moisture freezes upon them, increasing their size.

The process may go on for some time, in which case the halitone receives coating after coating of ice until it becomes as large as a marble or even a pea. Then it falls with millions of others, destroying crops, tearing fruit off the trees, and killing cattle in the fields.

### KEEP CHILDREN HEALTHY

To keep children healthy the bowels must be kept regular and the stomach sweet. Nine-tenths of the ailments which afflict little ones are caused by derangement of the bowels and stomach. No other medicine can equal Baby's Own Tablets in guarding the baby or growing child from the ills that follow a disordered condition of the bowels or stomach. They are a mild but thorough laxative and never fail to give results. Concerning them Mrs. W. B. Coollidge, Sarnia, Ont., says: "I have used Baby's Own Tablets for over three years and have found them to be the best medicine ever used for my children. I never have any trouble giving them. My little ones and they have saved me many a doctor's bill. My advice to all mothers of little ones is to keep a box of the Tablets in the house."

The Tablets are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Forest fires, by burning the saplings of to-day, destroy the forests of tomorrow. Put them out.

### Care of the Feeble-Minded in Canada

#### What is Done or What is Under Way in Each Province.

Dr. J. G. Shearer, Secretary Social Service Council of Canada, has laid before the members of the National Council of Social Service the report of the Social Service Council of Canada, which has been prepared for the purpose of showing what is done or what is under way in each Province.

Canada is far behind many of the American States such as Minnesota, New York, Pennsylvania, and Massachusetts in the providing of a modern system and adequate equipment for the care of the Mental Defectives which unfortunately are all too numerous in all our Provinces as in other States and Countries.

To all Canadians it is of interest to know what is done for these victims of heredity and of society. The care of such, under the Canadian Constitution, falls to the Provinces. It is necessary, therefore, to state the conditions in each Province as to the Care of the Feeble-minded.

The Canadian National Committee for Mental Hygiene has made a standing offer to all Provincial Governments to make free survey of the numbers, conditions and needs of the mentally abnormal and abnormal in their respective Provinces and to outline a programme of plan for their adequate care and the prevention of the birth of more of their kind. In a single generation it is possible to almost entirely eliminate the feeble-minded. The Committee has made surveys of the four Western Provinces, of Nova Scotia and New Brunswick. In Ontario Judge Hodgins made an investigation and recommended a policy. Quebec and P. E. I. conditions have also been surveyed.

Manitoba has had all the Provinces in this matter as in their new Child Welfare Act. Some three years ago the Government adopted the plans recommended by the Mental Hygiene Committee, enacted the necessary enabling legislation, and proceeded to put it into effect. It includes the establishment of an industrial farm institution of a Psychopathic wing or ward in the General Hospital of Winnipeg for study and treatment and under the new Child Welfare law provision is made for the appointment of a medical officer trained in Psychiatry to examine and report on the mental condition of all children who are the wards of the Province, e.g., neglected, dependent, delinquent, defective, imbecile and for the appointment of a Board of Selection to determine what shall be done with all mentally defective children. The necessary specialized care and training are to be provided as required. In the larger centres special classes are provided and taught by specially trained teachers. All persons accused of any offense before the courts are subject to mental examination and if found defective become wards of the Child Welfare Department.

Parents of mentally deficient children can place them for training in the institutions of the Province.

Thus fairly adequate machinery is provided for the discovery, sifting out, special training and, when necessary, custodial care of Manitoba's mental defectives. Saskatchewan has established a

### Tired Feeling Is Soon Ended By Tanlac

Thousands of people needlessly endure a half-sick, nervous, rundown condition when they might enjoy sturdy, robust health and all its manifold blessings if they only knew what to do. People in this condition, find Tanlac soon end their troubles and build up abundant strength, energy and vitality. Chas. F. Walker, 220 Langley Ave., Toronto, Ont., says: "My wife had become so weak she was hardly able to do the housework, and it just seemed that my whole system was out of order. Tanlac seemed to help us both right from the start, and now we are enjoying the best of health."

Nervousness and a run-down, tired feeling are but symptoms of a hidden cause, which usually lies in the stomach. Tanlac enables you to digest your food properly, eliminate waste and regain your old-time strength and vigor. Get a bottle today at any good druggist.

### Hope to Make Rain by Scientific Means.

Praying for rain used to be more than a verbal expression among farmers who saw in dry seasons their grains burning up, when they suited the action to the word. Scientists believe that in a few years the problem will be solved of controlling rainfall. This means that they are seeking some method of electrifying the atmosphere. When they have accomplished it man can produce rain at will.

Has a Celtic Look. Among the questions that young Malachy recently put to his father was: "Dad, was time invented in Ireland?" "What an idea? Why did you ask?" "Because it is spelled 'o'clock'."

Rural Route No. 1, Macouche, Quebec, The Minard's Liniment People, Sirs—I feel that I should be doing a wrong if I neglected to write you. I have had four tumors growing on my head for years. I had them cut off by a surgeon about fifteen years ago but they grew again till about three months ago I had one cut off and about the size of a lady's thumb on the very place where my hair should be. I had a letter from you getting so embarrassing in public that it was a constant worry to me. About three months ago I got a bottle of your liniment for another purpose and saw on the label instructions to use it for warts and kept it for exactly two months with the result that it has entirely removed all traces of the tumor and was not that they had been cut fifteen years ago. I have not asked for this testimonial and you can use it as you see fit.

(Signed) FRED C. BIRNSON. P. S.—I am a farmer and intend using Minard's Liniment on a mare for a strained tendon, and am hoping for some results.

There is no more crying need in the way of social reform in Canada than in this matter of the discovery, training and care of the victims of mental defect. When we recall that half of all crime, two-thirds of all prostitution, and two-fifths of all general disease is said to be due to our neglect in this matter we shall recognize that this is false economy in highest measure.

1000 Eggs in Every Hen. New System of Poultry Keeping—Get Double a Dozen Eggs—Famous Poultryman.

TELLS HOW. "The great trouble with the poultry business has always been that the laying hen is too slow," says Henry Trafford, International Poultry Expert and Poultry Successor.

The average pullet lays 150 eggs, if kept the second year she may lay 100 more. Then, she goes to market. Yet it has been scientifically established that each pullet, in her own lifetime, will lay over one thousand minute egg germs in her system—and will lay them in a highly profitable basis over a period of four to six years' time if given proper care.

How to work to get 1000 eggs from every hen: how to get pullets laying early; how to keep the old hens by the pullets; how to keep up heavy egg production all through cold winter months when eggs are highest; triple egg production; make eleven hens bustle; \$5.00 profit from every hen in six winter months. These and many other money-making poultry secrets are contained in my "1000 Egg Hen" system.

Send your name and address to Henry Trafford, Suite 6307, Herald Bldg., Binghamton, N. Y., and a free copy of "THE 1000 EGG HEN" will be sent by return mail.

Not Necessary to Ask. "I hope you didn't ask for a second piece of pie when you were over at Johnny Smith's to dinner," said his mother.

"No, ma'am, I didn't," said Charles. "I just asked Mrs. Smith for the recipe so you could make some pie like it, and she gave me another piece without my asking for it at all."

MONEY ORDERS. The safe way to send money by mail is by Dominion Express Money Order.

The man who boasts of a victory is rarely a man who will blush for a defeat.

A good woodman always puts out his camp-fire, and cleans up his camp before he leaves.

ISSUE NO. 39—22.

### Classified Advertisements

WANTED—YOUNG LADIES WITH Good Education to Train as Nurses. Welland Hospital, B. C. Catharines, Ont.

AGENTS WANTED. WANTED—AGENTS IN ALL PARTS of Ontario to handle our fast-selling machines: liberal commission, best opportunity to make \$5.00 a year; write to-day for information and territory. The Farmers' Supply Co., Brantford, Ont.

FOR SALE. YARN—WONDERFUL VALUES AND Colors, samples free—Oreoretown Woolen Mills, Ont.

WEEKLY NEWSPAPER WANTED. WE HAVE A CASH PURCHASER for a weekly newspaper in Ontario. Price must be attractive. Send full information to Wilson Publishing Co., Ltd., 71 Adelaide St. W., Toronto.

BELTING FOR SALE. THRESHING BELTS AND SUCCTION hose, new and used, shipped subject to approval at lowest price in Canada. York Belting Co., 116 York St., Toronto, Ont.

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

PETRIE'S MACHINERY TORONTO.

TO ENJOY PERFECT HEALTH. Every Woman's Wish—Read Mrs. Cassidy's Experience.

Paris, Ontario.—"For five years I suffered with pain in my back and from other troubles women often have. All of this time I was unable to work and was taking the most different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and have taken it faithfully. I am now in good health and do all my own work. I recommend it to others and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. Cassady, Box 461, Paris, Ontario.

This medicine which helped Mrs. Cassidy so much is worthy of your confidence. If you are troubled with such ailments as displacements, inflammation, irregularities, or other forms of female weakness you should give it a trial.

Lydia E. Pinkham's Private Testimonial. Book upon "Albums Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

Paris, Ontario.—"For five years I suffered with pain in my back and from other troubles women often have. All of this time I was unable to work and was taking the most different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and have taken it faithfully. I am now in good health and do all my own work. I recommend it to others and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. Cassady, Box 461, Paris, Ontario.

This medicine which helped Mrs. Cassidy so much is worthy of your confidence. If you are troubled with such ailments as displacements, inflammation, irregularities, or other forms of female weakness you should give it a trial.

Lydia E. Pinkham's Private Testimonial. Book upon "Albums Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

Paris, Ontario.—"For five years I suffered with pain in my back and from other troubles women often have. All of this time I was unable to work and was taking the most different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and have taken it faithfully. I am now in good health and do all my own work. I recommend it to others and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. Cassady, Box 461, Paris, Ontario.

This medicine which helped Mrs. Cassidy so much is worthy of your confidence. If you are troubled with such ailments as displacements, inflammation, irregularities, or other forms of female weakness you should give it a trial.

Lydia E. Pinkham's Private Testimonial. Book upon "Albums Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

Paris, Ontario.—"For five years I suffered with pain in my back and from other troubles women often have. All of this time I was unable to work and was taking the most different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and have taken it faithfully. I am now in good health and do all my own work. I recommend it to others and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. Cassady, Box 461, Paris, Ontario.

This medicine which helped Mrs. Cassidy so much is worthy of your confidence. If you are troubled with such ailments as displacements, inflammation, irregularities, or other forms of female weakness you should give it a trial.

Lydia E. Pinkham's Private Testimonial. Book upon "Albums Peculiar to Women" will be sent to you free upon request. Write to The Lydia E. Pinkham Medicine Co., Lynn, Mass. This book contains valuable information.

Paris, Ontario.—"For five years I suffered with pain in my back and from other troubles women often have. All of this time I was unable to work and was taking the most different medicines that I thought were good. I saw the advertisement in the papers of Lydia E. Pinkham's Vegetable Compound and have taken it faithfully. I am now in good health and do all my own work. I recommend it to others and give you permission to publish this letter in your little books and in the newspapers as a testimonial."—Mrs. D. Cassady, Box 461, Paris, Ontario.

This medicine which helped Mrs. Cassidy so much is worthy of your confidence. If you are troubled with such ailments as displacements, inflammation, irregularities, or other forms of female weakness you should give it a trial.