Age is Spiritual Decay.

th is a quality, a spiritual energy roperly speaking, there is no ge." but spiritual decay. "The es prompt to meet the morning

English Roads Are etter Than Ours.

the very interesting trips stay in England was to which is 20 miles southeast

s's Official Capital max. Until December this was followed. One by one er 11 all documents were ated from Bordeaux, and

eresting Publication.

sersity of Toronto has just the staff in science of of Arts, this booklet outhe objects of the courses the sciences and then exis, in each case a list is ssitions which a graduate erse could hope to obtain aves the University. This uld help to solve, for the the problem of vocational should also be useful to are called upon to advise en as to the choice of a The Provincial University the necessity not only of ie very best of instruction supplying advice and parents and children in matters. This bulletin is ee, on application.

Energy Hidden in the Clouds.

A cloud, though composed of water, is so light that it floats in the atmospheric ocean.

It is made up of minute globules of water, each one of which has for its If the Blood is Kept Rich and nucleus a particle of dust. The weight of a cloud measuring 10,000 feet in diameter would, it is estimated, be something like 200,000 tons, if its ma- caused by weak, watery blood than terial were condensed .

This material has been lifted into your blood is impoverished, the nerves the sky by the power of the sun. The suffer from lack of nourishment and warm air drank in the moisture evap- you may be troubled with insomnia. orated from land and sea, and the neuritis, neuralgia or siatica. Muspressure of cooler air surrounding it cles subject to strain are under-nourcaused the mass to ascend like a hot- ished and you may have muscular should make sure that when in air balloon.

One may observe the process in op- blood is thin and you begin to show eration when one sees a "thunder- symptoms of any of these disorders the or a light pillow at the foot of the head" cloud mounting skyward on a try building up the blood with Dr. bed if he cannot keep his feet warm summer day. Its rising speed aver. Williams' Pink Pills. These pills have otherwise. He should always make ages more than 100 feet a minute, but a special action on the blood and as his evening meal nutritious but light, the cloud goes up more slowly when it it becomes enriched your health im- and if it proves to have been too light their way. reaches a point where its top is cooled proves. The value of Dr. Williams' supplement it with a little more light to the degree of the surrounding air. Pink Pills in cases of this kind is

as the transition takes place. Often the top of the thunderhead bursts out who says: "For some years I suffered, asleep quickly, but wakes in an hour in surprisingly beautiful mushroom forms and stands in the sky like a vaporous toadstool reared as if by magic.

Within the cloud violent forces are at work. Cooler bodies of air rush into the forming mass and the globmles of water are compressed into drops of rain, which may be carried high into the region of freezing temperature and congealed into ice. The lumps of ice fall, and we call it a hail- I got five boxes more and before they

Friction between the violent elements of disturbance produces fields of static electricity, and lightning ing as a barker in a pulp mill, ten clouds. It is thought that the electrical energy is due to the rupture of the raindrops in the clouds.

In explaining this interesting matter a science publication says the of the material of the cloud has put \$2.50, from The Dr. Williams' Medijust exactly that much energy, available for work if only we knew how to utilize it.

power, but the waterfalls from the life the money owns them." clouds offer opportunities which as yet remain beyond our reach.

Their Sweethearts.

Lovers are usually either unwilling or unable to see defects in their sweethearts. But truth is truth; there are men of heroic fibre who will not palter with it even when they are in love. such a man was William, a tried and trusted German employee of Andrew Carnegie's. Returning from a wellearned vacation in Germany, he sought out his employer and confided to him that he was engaged to be married. "But, Mr. Carnegie," he concluded in aggrieved tones, "dem people don't know no'ting about business! Her bruder write me dey want me to go dere again and marry her in Germany, and I can go away not again. I t'ought I yust ask you aboud it."

"Of course you can go again," Mr. Carnegie assured him. "I think the better of her people for feeling so. You go over at once and bring her home; I'll arrange it." Then he added, "I suppose, William, your sweetheart is a beautiful, tall, peaches-and-

cream kind of German young lady." William, who thought of everything to Scotland, and as the name of a sept those of the modern city or state what is claimed for them and that the rablets always go just them that the rablets always go just the rablets in terms of his work, "she is a leetle in the Clan Buchanan. But while it treasurer and custodian of public do-

American sculptor in Rome, answered obscurity, and the only thing certain key he bore was that of the public in to decay before they are fairly Own Tablets are the best medicine I case of hyacinths, a little powdered than ten. more poetry. He had told the sculp- connection with the Irish clan. The tor of his engagement, and after con- older form of the Scottish name is moneys and documents, the official acquire "cavities" during the first year Tablets, but they soon made him color than any fertilizer. ingly asked, "I suppose she is very." pretty, Giuseppe? The prettiest girl in all the world. Isn't it so?"

Giuseppe beamed, but he shook his head. "Ay, no, signor! Not so! You and I, if we chisel my Paolina, we make the nose different, and perhaps a little also the chin, to make her sufficiently beautiful. But the good God is not so particular. He who can see the soul within so clearly as the nose without was doubtless content that she had her share of beauty."

---Superstitious Fear Year 1921.

The calendar for 1921 reveals a feature which has set the good folk of English countrysides to shaking their heads. Good Friday fell on March 25, 1 which was also Lady Day, and this, tradition warns, is an ill omen.

When our Lord falls in our Lady's lap All England will have great mishap. The last time this occurred King

Edward VII. died within the year. We can be quite sure that with so much ready to happen something will come off in 1921 to make the old rhyme come true.

Britain's present war debt to Canada, end of 1920, of \$150,000.000 be paid off by April, 1322.

At one time during the war ninetyfour per cent. of all the foodstuffs in the United Kingdom were controlled.

John Burroughs, the francus naturalist, died late in March, on a train, en route to his New York home from California. He was in his eightyfourth war. No man loved the out-

MANAGER STREET, TETTS JOHN .

is a correct that

MUCH ILL HEALTH

Red You Will Enjoy Health.

More disturbances to health most people have any idea of. When The cloud assumes varying shapes proved by the experience of Mr. D. J. McDonald, North River Bridge, N.S., severely with headaches, pains in the

back and a run-down condition. At night. From time to time doctors ate of soda has been dissolved. were treating me, but did not give me more than temporary relief. And then temperament and should practice selfone day when I was suffering terribly control. They should not take the a neighbor came to see me, and urged frets and annoyances of the day to bed me to try Dr. Williams' Pink Pills. with them. To go to bed angry is the al asked: "Will you keep that pie un-After taking two boxes I felt relief. worst of all. were all gone I feit as though they were giving me new life, as in every way they built up and improved my hours a day, and feeling none the worse after my day's work. I say with pleasure that this condition is

due to Dr. Williams' Pink Pills." You can get Dr. Williams' Pink Pills power employed in lifting the weight at 50 cents a box, or six boxes for cine Co., Brockville, Ont.

"A great fortune is a splendid servi- of astronomers. Here, indeed, is an inexhaustible tude," wrote Seneca, the great mil- It has been found that the average source of power, if we could but har- lionaire of the first century. In the velocity of faint stars is much greater ness it. We have learned how to twentieth century Carnegie expressed than that of brighter ones. Twentymake use of the energy of falling the same idea when he said of rich eight faint ones have been found to water, one cubic foot of which drop- men, "At first they own the money have an average velocity of 138 miles plug nine feet represents a horse- they have made and saved. Later in per second, whilst the speed of nine

> The delta of the Mississippi River. Judged from the standard of speed, Service. The aerial camera, fixed in the bottom of a plane flying at a uniform height, takes overlapping pictures that later are fitted together to form a continuous picture map.

Minard's Liniment Relieves Distemper | would you have?

The Poor Sleeper. One sign that a man has had insuf-

ficient sleep is finding nimself drowsy at odd hours during the day. There are many simple precautions that man so affected can practice. He will often find it a waste of time to lie bed obstinately trying to get to sleep. The wise course for him is to rise, put

on warm slippers and a dressing gown and read until his brain grows quiet. Te may find that eating a light luncheon will help; one physician used to advise his patients either to heat a cup of milk and sip it slowly or eat an apple slowly, skin and all.

Anyone who is subject to insomnia rheumatism or lumbago. If your his head shall be cool and his feet warm; he should use a hot-water botfood at the end of the evening.

Much sleeplessness is only a form of indigestion. When a person falls or so unmistakably suffering from undigested food, he should rise and slowtimes the pain in my back would be ly drink a cup of hot water in which so bad that I would sit up in bed all a quarter of a teaspoonful of blearbon-

Most poor sleepers are of nervous

Something Like Speed! One of the most interesting of recent discoveries in conection with astronomy is that the older a star grows, the

faster does it move. A star, like an express train, takes ime to get up speed.

In the case of the train, however, it is a matter of a few minutes only; with a star it is millions of years. The speed of the fastest star is about three hundred miles per second. This celestial racer is invisible with the naked eye, but has a number of other means of identification for the convenience

very bright ones averaged only eighty miles per second.

hitherto only inaccurately surveyed on our own sun-which would appear as account of the extreme difficulty of a star if it was far enough away from travel in its swamps and marshes, us-is a comparative infant. Its speed will be photographed by the U.S. Air is only about twelve miles per second.

Spinach is a Persian plant.

Here is a good one: If you had dollar for every kind thing you have iar and conspicuous. done during 1920, how many dollars

Surnames and Their Origin

DUNLAP.

Variations-Dumleavy, Dunlevy, Dun- Variations-Cleaver, Clavenger. lief, Donleavy, Don-Levi, Delap. Racial Origin-Irish and Scottish. Source-A given name.

foregoing variations have been de obsolete word "claviger."

The Irish clansmen were known as tion or expenditure. the "MacDunshleibhe" or "O'Dununder the leadership of a chieftain to be found in such entries as "John more of the first molars missing or named "Dunsleibhe," who was the son le Clavier," "Henry le Claver" and defective. of the famous chaidh," brother of "John le Clavour." This "Maolruan-

lish translation of the name adopted vidual, and were even handed down by a branch of the clan, but it was with the office from father to son, to never widespread.

Racial Origin-English. Source-An occupation or title.

family names had nothing to do with set. This group of family names had its the word "cleve" in either the sense origin in the name of one of the an- of cutting or clinging. The source is grinder is needed throughout life. cient Irish clans, from which all of the entirely different, and lies in the now

rived in the process of Anglicizing the The "claviger" of the middle ages, human being—two in each jaw. under the Anglo-Norman system of The study made by the United "Vell, Mr. Carnegie," said the honest The name Donleavy occurs as native government held a position similar to States Public Health Service com- them that the Tablets always do just stems, such as primulas. But the mixis really dumb. It is unable to exstout. If I had the rolling of her, I may have originated from the same cuments combined. Technically he of six (when the teeth in question first to children of all ages. Concerning Charcoal, while not a true fertilizer,

the great battle with the Danes at ficial from office was to remove him equipment is undergoing. for life. Thus in many instances these "Don-Levi" was the peculiar Eng- titles stuck long enough to the indibecome family names.

INSTANT:

A Better Table Drink

INSTANT POSTUM

Made instantly in the cup by adding hot water no delay and no waste. Delightful and satisfying in flavor, with none of the harm that sometimes comes from tea or coffee.

"There's a Reason" Sold by grocers everywhere!

Grant Made Him Eat Humble Pie.

MELLER MUSICAL

Ceneral Grant once called his army into grand parade, and issued a formal order that had as its sole object the destruction of a pumpkin pie. The story is told in a biographical work by L. P. Brockett, M.D.

In the rapid marches of Grant's forces in southern Missouri their rations were often scanty and not very palatable. At length, however, they emerged into a better and more cultivated section, and Lieutenant Wickham, of an Indiana cavalry regiment, who with two second lieutenants was in command of the advance guard of eighty men, halted at a farmhouse. Pretending to be General Grant, he demanded food for himself and his

The family hastily brought forward the best their house afforded. The lieutenants ate their fill, and went on

Soon after, General Grant, who had halted his army for a short rest a few miles farther back, rode up to the same door and asked if they would cook him a meal. The woman, who grudged the food already furnished. replied gruffly: "No. General Grant and his staff have just been here and eaten everything in the house except one pumpkin pie."

"Ah!" said Grant. "What is your "Selvidge," answered the woman.

Tossing her a half dollar, the genertil I send an officer for it?" "I will," said the woman.

The general and staff rode on, and soon a camping ground was selected. and the regiments were notified that there would be a grand parade at half past six for orders. This was unusual, and neither officers nor men could imagine what was coming. The put on your rubber shoes and wear parade was formed, however, ten you raincoat and take your umbrella, columns deep and a quarter of a mile that's all." in length. After the usual review, the assistant adjutant-general read the following:

"Special Order No. -: Pocahontas and Black River and Cape were visible from the outside. Girardeau roads, except one pumpkin The captain made a careful survey. pie, Lieutenant Wickham is hereby Then he lit his pipe and started ordered to return, with an escort of smoke. one hundred cavalry, and eat that pie "We'd better leave it alone an' let

Uncle Sam a Dentist.

study of a tooth.

The matter is of prime importance, because the part this particular tooth plays in the human economy is pecul- he said

It is the largest of the teeth—the daughter of the house, blushed crim- I was so weak and rundown I was not big grinder. It is the first of the per- son manent teeth to make its appearance in the mouth of the child. Yet it does not replace another

tooth, and it is not replaced by an-It is the so-called "firstmolar," and -I'm going to steal just one." upon it falls the job of doing most of the heavy chewing while the tempor-

ary teeth of early childhood are being The original meaning of these replaced by the permanent and final The service of this tooth as a food Four of these first molars are provided by thoughtful nature for each

through the gums. The inspections know of for little ones. I thought I charcoal mixed with the potting soil He was the custodian of public showed that nearly 5 per cent. of them would lose my baby before trying the makes the flowers more brilliant in who was responsible for their safe- after hey are erupted. In children healthy and happy and now I would Salt spread on the paths is used to keeping, though not for their collec- eleven years old (five years ofter erup- not be without them." The tablets are kill weeds, yet salt in smalled quantition) 9 per cent. of them have been sold by medicine dealers or by mail at ties is a splendid fertilizer for carna-There was a Robert Clavynger on extracted or appear merely as decayed 25 cents a box from the Dr. Williams' tions and pinks, and all plants of that shleibhe." This clan came into being the medieval parliamentary lists, but roots. Fifty-four per cent. of the 6,388 Medicine Co., Brockville, Ont. some time in the eleventh century, the still older forms of the name are children examined showed one or

The trouble seems to be due to im-Public offices in those days general- perfect enamel. It is merely one into the country considered the keepaidh" was the forty-seventh king of ly were leld for life, as the most usual manifestation of the progressive de ing of hens a pleasant and profitable "Ulidia," or Ulster, and was slain in and effective way of removing an of- terioration which the human dental undertaking. As she grew more ab-

Preserved Timber.

Men employed in driving a new gallery in a mine at Charlotte Plains in Victoria, Australia, have made an astonishing discovery. At a depth of yet!" 300 feet below ground they have come upon pieces of timber, perfectly preserved, which have every appearance the hand of man.

This timber lies in the bed of an ancient river now being worked for gold, and the timber is oak. Now oak has the peculiar property of lasting for centuries when buried in water or out from under old wooden bridges constructed by the Romans and found as sound as when they were put there

nearly 2000 years ago. black, intensely hard and very value erating it. able. At present there is an absolute famine in seasoned oak wood, but if we could suppress bolshevism and war it was discovered that the bed of Spaniards were reported to have the river Moksha, for a length of over caught sight of them. | 400 miles, is simply full of magnificent | old oak trees bedded in sard.

Bear Ind there ideas

FROM HERE & THERE

What the Judge Said.

Topper-"Did anybody remark on the way you handled your new car?" Goggles-"One man did, but he did not say much."

Topper-"What did he say?" Goggles - "Twenty dollars and

Quite So.

Members of the Naval Board were examining young applicants for appointment to a Naval college. "Well," said an old admiral to one of the youths, "what must an officer be before he can have a funeral with full

naval honors?" "Dead," answered the bright youth

She Knew It. "No. Harold," said Miss Goldie, "?

"Never!" she answered coldly. His mood changed. "Oh, very well," he sneered. "There are others."

"Never?" he cried in despair.

"Yes, Harold. I know there are," she answered sweetly. "And I accepted one of them to-day."

Caution.

"John." "Yes, dear."

can never be yours.'

"Are you really going down in that submarine?" "I am, positively; no use arguing,

now, I'm---" "Well then, all I've got to say, you

Give the Fire a Chance.

It was a sleepy village, and its fire "Headquarters, Army in the Field, brigade was anything but up-to-date. One night a fire was announced by the "Lieutenant Wickham, of the Indi- violent ringing of the alarm bell, and ana Cavalry, having on this day eaten the sleepy brigade arrived at the everything in Mrs. Selvidge's house, scene of action to find the burning a full half century has devoted his for. Finally I got so bad off I was not at the crossing of the Ironton and building a mass of smoke. No flames life and talents to Sunday school and able to get around with any degree

burn up a bit," he said. "Then we'll spected citizen in that part of the "Brigadier-General Commanding." be able to see what we are doing."

Unreliable Evidence.

"Where is my umbrella?" fumed The United States Public Health father, just as he was ready to rush trouble was nervous indigestion. My Service has been making an intensive off to the office. "Somebody's taken appetite was very poor and my food

> Little Willie looked up at his dad "I 'spect Mr. Smith took it, father,'

"Oh, Willie," she cried, "how can

you say such a thing?" "Well, sis," returned Willie, "when he was saying good-night to you last night I heard him say, 'Mabel dear, I'm physician said he could not do any. Tanlac is sold by leading druggists

Thousands of mothers state posi-

----Good Laying Hens.

A young married woman who moved sorbed in the pursuit her enthusiasm During one of her animated descrip-

tions of her success a friend inquired: "Are your birds good laying hens?" "Oh, yes," she replied, in a delighted tone; "they haven't laid a bad egg

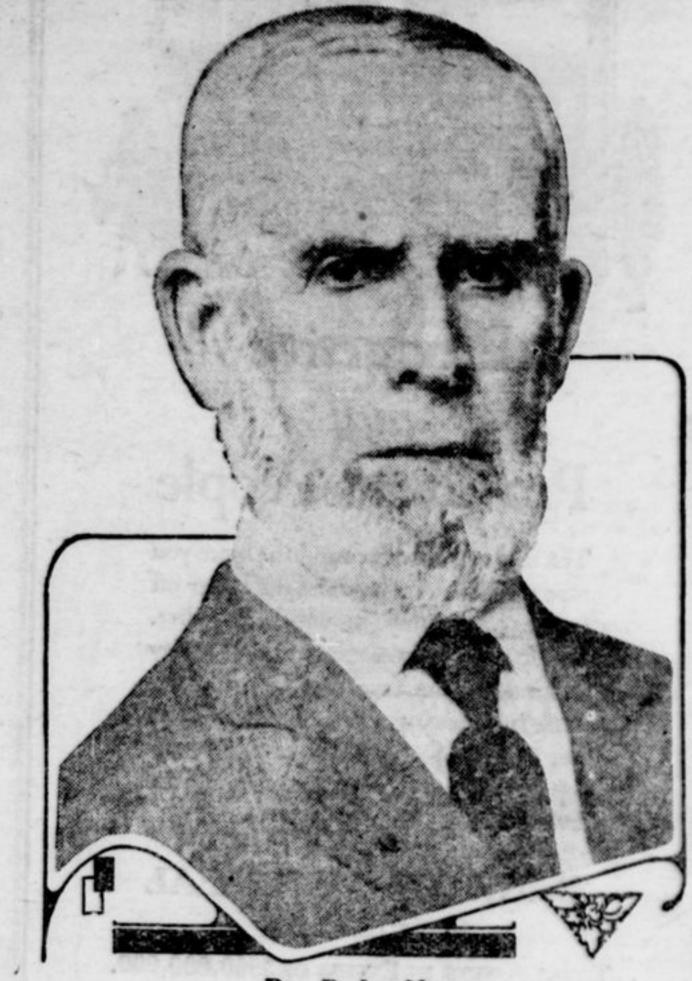
MONEY ORDERS. Dominion Express Money Orders are of having been sawed and shaped by on sale in five thousand offices throughout Canada.

Cancer has been assigned to the fo lowing causes, among others: Eating In every Bayer package are directions over-hot food, excessive smoking or wet sand. Oak piles have been taken drinking, severe blows, mental worry, and hurrying over meals.

A race of white cannibals, recently re-discovered in South America by an open up Russia to trade, that famine American explorer, have not been seen would soon be ended. Just before the by any white man since 1753, when

Minard's Liniment for Dandruft.

Quaker Minister Is Grateful to Tanlac



Rev. Parker Moon

Missouri, U.S.A., either knows or has and went back and forth three times heard of the Rev. Parker Moon, who for but did organization work for the Society of of comfort. I was also told I had Friends or Quakers. "Uncle Parker," as he is more fa-

miliarly known, came from fine old had been very highly recommended rugged Quaker stock, and there is not it a better known or more highly re- bottle and had taken only a few doses state. In referring to his remarkable restoration to health by Tanlac, he

"About five years ago I suffered general breakdown. My principal seldom agreed with me, and I had to live on a very restricted diet. I suffered a great deal from headaches and dizzy spells; I had severe pains across the small of my back and was badly Mabel, the beautiful grown-up constipated most of the time. In fact,

able to attend to my duties. "This condition made me very nerv-Frequently I would lie awake most friends and am pleased to reach all night and was in that condition others by giving this statement for more or less for five years. My publication."

thing for me and suggested a change everywhere

Plants, like animals, have curious appetites, and very different ones. Most to seaweed, hops flourish on ground-

Giuseppe, the Italian assistant of an its source is more or less clouded in its source is more or less cloud

Soot, again, a fertilizer which wi



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. for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Drug-The handle of a new electric tool gists also sell larger packages. Made for tamping railroad ties is made of in Canada. Aspirin is the trade mark Oak known as the bog oak is found spring steel so that the vibrations (registered in Canada), of Bayer buried in peat bogs and is perfectly are not transmitted to a workman op. Manufacture of Monoaceticacidester of Salicylicacid.

Warning! Take no chances with



Nearly everybody in Southwest of climate. I then moved to Texas

ous and I could not sleep at night, mended Tanlac to a great many of my

kill some plants, is one of the best

Potatoes and cauliflowers are partial

things possible for the onion bed.

Medicine for Plants.

ferns seem to appreciate a small dose up rags, while there are some greedy of weak tea, and many other pot plants, fike strawberries and roses, plants are benefited by this mixture. which seem to appreciate any form of tively that Baby's Own Tablets are the A drop or two of ammonia in a tum- food which may be given them. best medicine they know of for little bler of water is a specific for some

"KING OF PAIN" **ASPIRIN** YARMOUTH, N.S. Fishermen and Campers Quick Relief.

PUT A BOTTLE IN YOUR OUTFIT Mrs. Lilian Taylor Tells How Cuticura Healed Her Baby

"Our baby was two weeks of terribly itchy, and he was fairly crazy rub bing and scratching till the skin broke and bled. He could not sleep, and did nothing butcry. His face looke as though he might be disfigure

"I thought I would give Cuticure Soap and Ointment a trial. I found the free sample so good that I bough more and two cakes of Cuticura Soas and a fifty cent box of Cuticura Oint ment healed him." (Signed) Mrs Lilian M. Taylor, Box 99, Brace bridge, Muskoka, Ont., Dec. 30, '18 rify, Cuticura Ointment to softer and soothe and Cuticura Talcum to daily toilet purposes.

Soap 25c, Ointment 25 and 50c, Stathroughout the Dominical Card 50c, Stath Lympne, Limited, St. Paul St., Montreal.
Cuticura Soap chaves without mug.

ISSUE No. 21--- 25