gainst to the flocked haps a county

gers to

e band e courts of the lieutenthe boys lked for ty judge rerchiefs eyes as s we are it some-

them. the boys ard to at mfortable curishing ant comunity for ent, hard verything ders, and We are But the ing that th many

op train gone off r hear s.

Idings gainst rotector ma-

A Hat Store. In his cagerness to see a whale during the voyage between Honolulu and the island of Hawaii, Mr. Homer Croy, who tells about his adventure in Travel, leaned too far over the rail, and lost his hat.

After arriving at the island he climbed into a taxicab and told the driver to take him to a hat store. "Do you understand? he asked. "A hat store." "Yes, for sure, all right," the Japan-

ese chauffeur answered. They went bumping up the street, swung wildly round a corner, and finally at the far side of the town drew up to the curbing. In the window of the store was a bedstead on which hung the sign, "This week cheap." "What do you mean by taking me to but how fast you are asleep. a furniture store?" Mr. Croy demand-

"Dis Hata Store," replied the Japanese driver, and he pointed to the name of the proprietor, "Ko. Hata."

"I want a hat, not a bed," Mr. Croy said with feeling. "I want it for this," pointing to his bare head.

"Yes, for sure, all right." that the cab whirled down the and away to the other side of the town, while the taxi bill was merrily running up. This time it stopped before a barber shop.

"No. I don't want anything taken off it," declared Mr. Croy, who was now will awake at the least touch or sound.

They went clattering just as far to other side of the town as they ald, and drew up before a store that an afterthought apparently carried hats. Mr. Croy had to pay price of a hat on the way to drivers, stood up under it

The World's Peace Palace.

magnificent marble palace which cost nearly a quarter of a milis to erect, the great men of the details. been discussing the s of bringing about per-

edifice is the Pan-Ameri Washington, the headhe Pan-American Union. just over thirty years ago American republics of developing comand friendly intercourse.

parters of the huge sum reto build the palace was given by Mr. Andrew Carnegie. That the was well spent may be judged fact that the building is con-

There are three pairs of splendid bronze gates, and on either side of the dedicated to Columapable of holding 120,000 There are 1,500 maps, 22,raphs, and 160,000 index taining information about

But the most attractive feature of the Disarmament Conferlery of Patriots, is 100 ft. long, 65 ft. got a few seconds at a time. As a wide, and 45 ft. high. Its decorations rible state that all the time, day and are magnificent.

and brandishing a wooden day, and so forth. Beelzebub, who is, of course, who wears a battered top-hat.

nounced that the countryside is being laid waste by Beelzebub. Various minor characters make an appeal for deliverance from the monster's sway. St. George bursts upon the A flerce battle takes place, in which he slays Beelzebub, but is Variations-Livingston. himself badly wounded. At this point Racial Origin-English. the Doctor rushes in with a bottle, Source-A place Name. which he places to the saint's lips. "Tak soom o' mah niff-naff dahn

thy tiff-taff," he prescribes. George drinks and is cured. Some of the words used in the play are so old that neither the boys nor the majority of the audience can un-

> ---Days.

We are the marchers, Marching endlessly, Marching tunelessly. Marching raggedly,---

Column by column, And column and column, Clad in gray.

We shall never double-step. Never run-But quietly, quietly, Forever, forever. . . .

-William Newman. in twenty-nve years the number of place in West Lothian, Scotland. The to be traced in so many of our given place in Japan has increased from original form of the place name was passed to do ancient reutome words which are about 200 to more than 25,000.

Soap has been in existence for 3,000

THE ORIGIN AND MEANING OF DREAMS

METHOD OF MEASURING SLEEP.

Interesting Experiments by Medical Scientists Have Led to Certain Conclusions.

One of the latest scientific discoveries is a method of measuring sleep. Not the number of hours you sleep.

Supposing you are so fast asleep that the noise made by a ball dropping from a height of six inches will not tion. intervals from eight, ten, twelve inch- much that we are persuaded to for-"deepness" of sleep.

Another way is to touch the sleeper with an electrified wire, noting the intensity of the current used. In such experiments, however, the mental attitude of the subject has always to be taken into consideration. That is, anyone who is expecting to be awakened

be ready to call her. minds to call them at a certain time as surely as an alarm clock.

Safeguards Against Insomnia. We have no reliable record as to the length of time a man can go without sleep at all. There are plenty of stories of centuries ago, when a favorate method of torture was to keep a prisoner awake till he died, but it is, of course, impossible to check any of

We do know, however, that continued sleeplessness will bring on a sort of delirium. One experiment was made within the last few years. Some the obvious interpretation is not often members of a university staff were kept awake for ninety hours. quite unexpected result was that when they were allowed to go to sleep, they made a perfect recovery after only a

quarter of the sleep they had lost. That is, supposing that in an ordin- leading guesswork. ary ninety-hour period they would end of the exceptional strain they only required the usual eight hours—for

Quite probably this ninety-hours was getting on to something like the limit gone for nights and nights without a is any other medicine to equal Baby's son of nine. "Put 'em under a duck." slept, perhaps very badly, and only for a minute or two at a time, but they

Probably the record for this sort of sleeplessness was that of a woman who "didn't sleep" for two whole This instance was a case well known in medical science. It is not night, was sort of "awake sleep."

the oldest of English Christmas cusreason—toothache or trouble or sometoms are still faithfully observed. One thing—you miss your night's sleep. the reasons for the steady develop-

how dreadful it would be if you didn't are three chief characters- sleep that night either-how you George, resplendent in silver-peper- wouldn't be able to do your work next

dragon; and the Doctor, though you are not actually asleep, not been explored. At the beginning of the play it is an- just lying in bed resting, and that it | Minard's Liniment for Garget in Cows.

does not make a bit of difference THE HEALTHY MAN will go to sleep!

Nearly all of us sleep too much. Many of our great men-Edison in our own time is an example -have managed with only four or five hours' sleep Is a night; but the sleep they took was real sleep an absolute throwing off of the cares of the day.

Dreams are now deeply studied as a guide to the treatment of nervous

Happy and normal people do not dream. But the absolutely normal are in a very small minority. Most other people dream more or less, and are curious as to the origin and interpretations of their dreams.

The origin of dreams is generally the gratification of either a conscious or subconscious wish, or the subconscious repression of a painful emo-

In the lives of most of us there is es, and so on, and we can then get get and not to talk of, the tendency besome comparative standard of the ing nearly always to bury the unpleas-The object of the dream is to keep

one asleep, but there is a contest going on between the conscious and subconscious sides of the brain.

Can Dreams be Phophetic? Consciousness tries to intervene with vivid impressions of experiences, thoughts, memories, desires, and vari-

The mother, for instance, will rouse ous conscious mental processes. does not sleep at all), warning it to faculty, for the most part, acts as a Pills and note their beneficial effect. mother does my French lesson for Some people can "set" their under- wishes, and tries to soften things.

a horse-race no more proves the pro- Ont. phetic value of your dream than the chance picking of a winner in your waking consciousness proves the prophetic value of your conscious thought. It is merely a coincidence.

Nor is that horse's victory the origin of your dream beforehand. More likely the origin is a-possibly unconscious wish that something like that might happen.

The meaning of a dream is seldom what it appears to be on the surface; the attempt to interpret dreams by dark here's a match." the correct one. And for that reason people other than those who have qualified by long and patient study on scientific lines is likely to result in nothing but ignorant and totally mis-

be one of the wonders of back to the normal. BABY'S OWN TABLETS

Mrs. Alfred Naud, Natagan River, single "wink," it isn't true. They have Own Tablets for little ones. I have use nothing else." What Mrs. Naud They have found by trial that the not your mother said something to you Tablets always do just what is claimed about his habit?" for them. The Tablets are a mild but thorough laxative which regulate "Mother says men haven't altered a the bowels and sweeten the stomach bit." and thus banish indigestion, constiliterally never slept, but that she only by modicine, colds, etc. They are sold cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Women and Tree Planting. claimed: In the North of England some of insomnia is this: For some quite good the Planting, which is one of the North of England some of insomnia is this: For some quite good the Planting, which is one of the North of England some of insomnia is this: For some quite good the Planting, which is one of the North of England some of insomnia is this: call themselves 'The Mum- you tell yourself you did not "sleep a cash returns which shelter-belts give e play that is as old as the The next night you begin thinking appearance and comfort of the home

If you remind yourself that, even miles of the earth's surface that have instead of romping about like child-

Surnames and Their Origin was built. This chieftain, "Livingus,

LIVINGSTONE

St. ly to throw you off the track, first by its final "e," and secondly by the ele- fancy you may find much symbolism

It should be explained at the outset that the final "e" does not belong in the name, except as it has been sanc- you know what the name of Baldwin tioned by long usage, for the original means. termination was "ton," "don" or "tun," all forms of the same old Anglo-Saxon word which has given us our modern a given name. It was of Teutonic word "town," and which in those days origin, and was brought into England signified a fortified place. The evolu- by the Norman conquerers, who were tion of meaning to "town" was a natur- Teutonic in blood and who, for the al one, for the towns of early days most part, retained their Teutonic nowere, of course, fortified. In fact, it menclature even after they had adoptwas the necessity for mutual defense ed their own language the Celtic-in-

in the class of those which have been was, roughly, the same period in which based upon place names, indicating the Saxons of England at the time the residence or former home of the when the Normans arrived there.

first bearers of them. original form of the place name was names to-day. "Bald" meant "swift" exhausted. has been in existence for 3,000 up of the ending already referred to or. Our own modern word "winner" boy at the foot of the class, "have I or speeny and "win" meant conquer- boy at the foot of the class, "have I or. Our own modern word "winner" boy at the foot of the class, "have I and the given name of the feudel stellar and the verb "to win" come from the not told you before that you cannot same root.

barrister." BALDWIN

Racial Origin-English. Here is a family name which is like- Source—A given name. If you're given to poetic flights of

lived about the year 1124.

of Baldwin which the locomotive has made famous from one end of the world to the other, provided, of course, last twelve months states in this note It means "swift conqueror."

It was, of course, in the first place, which first drew men together in fluenced Latin spoken by the natives The family name, therefore, belongs they first settled in Normandy; which

"Bald-win," is a simple combination Livingstone, or Livingston, is a of ancient Teutonic words which are

HAS THE BEST CHANCE

Always Full of Life and Energy-Failures Are Weak and Bloodless.

Some men seem to have all the luck. If there are any good things going these men seem to get them. If they are business men they are successful; if they are workmen they get the foreman's job. They have the power of influencing people.

The same is true of women. Some have the charm that makes men seek them out; others are neglected. But this is not luck. It is due to a personal gift-vitality. Men and women of this sort are never weak, puny in- screws, orvalids. They may not be big, but they are full of life and energy. The whole thing is a matter of good blood, good nerves and good health. Everyone would wish to be like this and the qualities that make for vitality and ness of the back, headaches and the to be hopeless! On the top of this ineffectual sort of presence which real- have just seen your homework. Your

ly comes from weakness can be got French is disgraceful. I shall have to rid of. Dr. Williams' Pink Pills have write to your mother about it!" made many weak, tired men, vigorous, and many pale, dejected girls and wo- Elsie calmly. right," replied the chauffeur, with a berrelf to "fall release" she has on the largest movement of the barrier blood and toning up their blood and toning up their blood and toning up their by her side because, before allowing by her side because the barrier blood and toning up their by her side because, before allowing by her side because the barrier blood and toning up their blood and toning the blood and toning up their blood and toning the blood and toning up their blood and by her side because, before anowing torts, and siters these, and generally herself to "fall asleep" she has, as it substitutes an often obscure symbolmersen to ran asteep she has, as it substitutes an often obscure symbol derves. If you are weak, low-spirited everywhere, were, "set" her under-mind (which ism for actuality. The sugconscious or unhealthy, try Dr. Williams' Pink Elsie; "I mean with you. You see, known to be very great, and there are everywhere.

Dreams are never prophetic except a box or six boxes for \$2.50 from The by accident. To dream the winner of Dr. Williams' Medicine Co., Brockville,



Kind of Kind. Old Scot-"Dinna cry, ma wee laddie. If ye dinna find yer penny afore

Embarrassing Moment. Podger (to new acsuaintance)-I Of undisturbed retirement, and the

wonder if that fat old girl is really trying to flirt with me?" Cooler-"I can easily find out by asking her. She is my wife."

The Other Way.

a hen sitting on eggs and, with the incubator in mind, asked if eggs could be hatched in any other way. "Yes, sir," said an experienced per- Mother! Move

"Dolly," said her father, "your young says thousands of other mothers say. man stays until a very late hour. Has "Yes, father," replied Dolly, sweetly.

> Exciting. Betsy's grandmother had been reading to her the Bible story of the Creation. When asked by her mother how

> she liked the Bible so far, she ex-

set," said Mrs. Dumpling. "Why?" asked her husband. "I read in the paper that after the quite dead, and, when his chance fire was under control the firemen came has got out and escaped.

played all night on the ruins. Why There are still 20,000,000 square didn't they go to bed like sensible men,

Retort Courteous. Counsel for the prosecution

been bullying the witness for an hour, when he asked, finally: 'Is it true that there are traces

insanity in your family?" "Very likely," answered the witness. My grandfather, who was studying for the ministry gave it up to become a

Unpropitious Setting. "Hum," said the magazine editor,

"this is going a bit too far." "What's the trouble?" "A chap who says he has received fifty rejection slips from me in the that he'd like to meet me." "Well, you might grant the poor devil an interview."

Poor Bride.

At the wedding breakfast the bridegroom, an exceedingly bashful young man, was called upon to speak. Blushing to the roots of his hair, he rose, intending to say that he was no speechmaker. But unfortunately, he placed his hand on the bride's shoulder and stammered these opening (and closing) words:

"This-er-this thing has thrust upon me-"

The teacher's patience was almost

Guard Your Consciousness

Guard your consciousness as you would your life, for everything that comes to you in life must come through your consciousness. Don't allow anything opposed to your ideals, to the things you want to realize in your life, to obtain lodgment in your mind. If you want health, hold the health consciousness; if you want prosperity, hold the prosperity consciousness, the opulence consciousness; if you want success, hold the consciousness of success; if you would be happy, hold the consciousness of happiness; if you would be efficient, hold the consciousness of efficiency, of initiative, of executive ability. In other words, whatever ideals you wish to realize, whatever qualities you wish to establish, to dominate in your life, hold the consciousness of these things in mind, for this is the doorway to all attainment. This is the only way to make them yours. Your consciousness is the sum of everything you are, or can be, or can achieve.—Success. Handy Tommy.

apples, or monkey-nuts from cork-Two Hibernian ladies stopped to chat in the village street, and one of "But, teacher," ventured the culprit, them presently began on the topic of "this morning I took a light from our

her young son. fire and a bone from our dog." "Look here, Elsie," angrily exclaim- he's that handy about the house. energy are purely a matter of health, ed the French teacher, "I've spent By building up the blood and nerves, hours trying to drum this lesson into sleeplessness, want of energy, weak- that thick head of yours, but it seems do?" he fixed it."

> 'Mamma will be very angry," replied 'oo's' before it 'cucks.' " "I'm afraid she will," said the teach-

Now stir the fire, and close the shut · ters fast, Let fall the curtain, wheel the sofa And while the bubbling and loud-hiss-

Throws up a steamy column and the So let us welcome peaceful evening in. only 35 cents a bottle.

O winter, ruler of the inverted year, One application ends all I love thee, all unlovely as thou I crown thee King of intimate delights, Fireside enjoyments, homeborn happi-

And all the comforts that the lowly so soft, lustrous, and

weeks use, when you see Of long uninterrupted evening know. How calm is my recess, and how downy at the frost Raging abroad, and the rough wind,

The teacher had been talking about The silence and the warmth enjoyed -William Cooper

Child's Bowels With California Fig Syrup

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels

is often all that is necessary. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must "O mother, I love it. It is so exciting. say "California" or you may get an

Mean Healthy Hair Feigns Death. The death-feigning instinct is large Especially if preceded by touches "These firemen must be a frivolous ly developed in some birds. The cornof Cuticura Ointment to spots of dandruff, itching and irritation. crake, for instance, has often been put This treatment does much to keep in a sportsman's pocket, apparently the scalp clean and healthy and to promote hair growth. Soap 25c. Ointmost 25 and 50c. Talenss 25c. Soid throughout the Dominion. Canadian Depot: Lymnes. Limited, 344 St. Ped St., W., Montreal. Cuticura Soap shaves without mag.

MONEY ORDERS Send a Dominion Express Money Order. They are payable everywhere Minard's Liniment for Distemper.

The Severn tunnel, the longest in England, is to have a new system of ventilation, one feature of which is a fan 27 ft. in diameter and 9 ft. in width, which will revolve one hundred times a minute.

The first printed advertisement was in an English newspaper, April, 1647. It advertised a book. To-day everything is advertised and, what is more, every advertisement is read.

The first envelope ever made is kept in the British Museum.

THE racking, agonizing rheamatic ache is quickly relieved by an application of Sloan's Liniment. For forty years, folks all over the world have found Sloan's to be the natural enemy of pains and aches. It penetrates without rubbing You can just tell by its healthy, stimulating odor that it is going to do

Keep Sloan's handy for neuralgia. sciatica, lame back, stiff joints, sore muscles, strains and sprains.

135UE No. 53-2

"The Cuckoo-clock was broke, and

"Well, now, isn't he the smart lad

Brazil Rich in Minerals.

THIN, FLAT HAIR

GROWS LONG, THICK

AND ABUNDANT

ine" is to the hair what fresh showers

It goes right to the roots, invigorates

stimulating tonic helps thin, lifeless,

faded hair to grow long, thick, heavy

and luxuriant.

and strengthens them. This delightful

And does it go now?"

Hasn't a Trace of Former Trouble Left and Feels Like a New Person. "It was certainly a happy surprise to me when I saw Tanlac was restor-

RESULT WAS A b.

SURPRISE TO HEA

MONTREAL GIRL SAYS

TANLAC IS SIMPLY

WONDERFUL.

ing my health," said Miss Yvonne Roy, 3 Hotel de Villex St., Montreal. "For a year and a half before I got Tanlac my health was simply awful. I slept so fitfully I gained no real rest and I woke up mornings feeling all tired out. My nervous system just collapsed and I would jump at any lit-"Shure, my Tommy's the fine boy, the noise. I frequently turned so dizzy Mrs. Casey, and a great comfort to me, and sick I could hardly stand the smell of food cooking. My condition "I dunno, Mrs. Ryan. Phwat did he I worried all the time.

"Well, the first thing Tanlac did for me was to give me a splendid appetite. Then all my troubles gradually disappeared, my nerves got better and I could enjoy a good night's sleep. My whole system is now in excellent "It does that, Mrs. Casey. Only it condition and I'm enjoying the best of health. Tanlac is certainly a wonderful medicine."

Taniac is sold by leading druggists

Classified Advertisements.

BELTING FOR SALE ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK, STREET, TORONTO.

HELP WANTED. L and light sewing at home, whole of spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

For Sore Throat, Cold in the Chest, Etc.



COARSE SALT LANDSALT Bulk Carlots TORONTO SALT WORKS

C. J. CLIFF . TORONTO You're Constipated! Take "Cascarets" For Liver, Bowels

Sick headache, biliousness, coated, tongue, or sour, gassy -stomach-always trace this to torpid liver and delayed, fermenting food in the bowels. Cascarets work while you sleep. They immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the Cuticura Shampoos | pated waste matter and poisons in the



ASPIRIN

Never say "Aspirin" without saying "Bayer." WARNING! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances? Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 21 years and proved safe by millions for

Coids Toothache Earache

Headache Neuralgia Lumbago

Rheumatism Neuritis Pain, Pain

Hardy tin boxes of 12 tablets-Bottles of 24 and 100-All Druggists. Handy tin boxes of in tholets bottles of Bayer Manufacture of Mono-Aspiria is the trade mark (registered in Canada) of Bayer Manufacture of Mono-Aspiria is the trade mark (registered in Canada) of Bayer Manufacture of Mono-Manufacture of Salicylicacid. While it is well known that Aspiria means Bayer manufacture, to arnist the public against imitations, the Tab will be stamped with their genere trade mark, the "Bayer Cross"

ONTARIO ARCHIVES TORONTO