

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 this: "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 ideas, too. But when he was thanked for what he had done, he self-deprecated himself—mentioned B and C and D 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 and D 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 those—his business friends—who 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 deludes 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 one man talking with another. But if 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 practiced it or whether it is a natural gift, I know not. But he has a "way" with him. He's very friendly. He never takes 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. He is another non-success. He's a born pessimist—if pessimism comes that way. Everything, always, is bad and going to be worse. He chills ordinary folk, annoys the optimist and dumps other pessimists farther in the depths. He is in a certain trade, and to 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 personal 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 years, 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. —R. H.

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.

Toll 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 then 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—be natural.

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

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 thin, impure blood they start life with a handicap too great to win success and happiness. 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 anaemia—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 anaemia. Dr. Williams' Pink Pills act directly on the blood, giving it the elements it lacks, thus developing strong, healthy girls and boys. Mrs. R. K. H. Hepworth, 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."

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

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 stone. That 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 dwelt 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: "To Bibea, thus says Gimil Marduk: may the gods Shamash and Marduk permit thee to live forever for my sake. I write to inquire concerning thy health. Tell me how thou art. I went to Babylon but did not see thee. I was greatly disappointed. Send the reason for thy leaving, that I may be happy. Do come in the month Marchesvan. Keep well always for my sake."

Does it not seem strange that this eager inquiry of a lover after the health of a girl who has been dead for 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?

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."

Love Defined.

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 "MacRudadhri," 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 "MacRudadhri" 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 procured for it official recognition as such. His name was "Rudadhri," which signified "red-headed."

The variations Rodgers, Rogers and Rogerson all represent mere 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 the world book and serial rights 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-Kaiser 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, marked a record in literary remuneration, beating the \$300,000 which Mr. Harold Bell Wright, the American author, received for "The Winning of Barbara Worth."

While 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 \$10,000 for "Eudymion"; George Eliot sold the serial rights of "Romola" for \$35,000; and Charles Dickens the copyright of "Barney 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 was paid only \$150 for "Coming Through the Rye," and Sterne was refused \$250 for "Tristram Shandy."

How Hailstones Form.

It is during summer-time that hailstones 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 hailstones that are usually seen.

Sometimes, however, after falling through the clouds and receiving a coating of moisture 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 hailstone receives coating after coating of ice until it becomes as large as a marble or even an egg. Then it falls with millions of others, destroying crops, tearing fruit off the trees, and even killing cattle in the fields.

KEEP CHILDREN HEALTHY

To keep children healthy the bowels must be kept regular and the stomach sweet. Nineteenth of the ailments which afflict little ones are caused by derangements of the bowels and stomach. No other medicine can equal Baby's Own Tablets in guarding either 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. Coolidge, Sarnia, Ont., says: "I have used Baby's Own Tablets for over three years and have found them the best medicine I have ever used for my children. I never have any trouble giving them to 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.

Smile.

If the weather looks like rain, Smile. When you feel you must complain, Smile. Do not mind if things seem gray; Soon there'll come a brighter day; You will find that it will pay To smile.

If the world looks sad and drear, Smile. Banish every thought of fear, Smile. Do the very best you can; Play your part now like a man; Make each day a better plan And smile.

If you taste life's bitter cup, Smile. Should the doctors give you up, Smile. You are very far from dead; Waste no time in useless dread; Put your trust in God instead And smile.—Grenville Kleiser.

The Whale Is Not a Fish.

The whale who, because he lives in the water, is often supposed to be a member of the fish family, is in reality no more one than is a human being. He is in reality an animal very much like a cow or horse, and his flesh is real animal flesh, nothing whatever like that of a fish. And like all other animals, he cannot remain under water without an occasional trip to the surface.

The whale, however, is able to hold his breath for a long time, sometimes 45 minutes, and he is able to open his mouth under water when eating because his nostrils connect directly with his windpipe and not with the back of his mouth, as in most other animals.

When he comes to the surface he blows the air out of his lungs. It is by this time become so heated that it forms a column of vapor when expelled into the cool air of the surface and this is what happens when he is said to "spout."

Incidentally the most famous whale of history—the one which swallowed Jonah—was not a whale at all, but is called in the Bible "a great fish."

The normal adult can hold his breath from 40 to 45 seconds.

Minard's Liniment for Distemper.

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.

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 who 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 standard offer to all Provincial Governments to make free a survey of the numbers and conditions and needs of the mentally abnormal and subnormal in their respective Provinces and to outline a programme or 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 not been investigated.

Manitoba has led 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, 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, immigrant or those born out of wedlock, 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. This 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 modestly endure a half-sick, nervous, run-down 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 ends their trouble and builds 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-out 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. Adv.

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 Malachi recently put to his father was this: "Dad, was time invented in Ireland?" "What an idea? Why did you ask?" "Because it is spelled 'o'clock'."

Rural Route No. 1, Mascouche, 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 as large and shaped like a lady's thumb on the very place where my hair should be parted, and it was 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 good for tumors, and I tried it and kept it for exactly two months with the result that it has entirely removed all trace of the tumor, and were not that they had been cut fifteen years ago, no mark would be seen. I have not been asked for this testimonial and you can use it as you see fit." (Signed) FRED C. ROBINSON.

P. S.—I am a farmer and intend using Minard's Liniment on an mare for a strained tendon and am hoping for some results. FRED C. R.

DOG DISEASES

How to Feed, How to Cure, How to Prevent. Write for Free Book to any Address by enclosing this ad. E. Clay Glover Co., Box 19, 201 East 24th Street, New York, U.S.A.

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 pains in my back and from other troubles. Women often have. All of this time I was unfit for work and was taking the 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 book and in the newspapers as a testimonial."—Mrs. D. CASSIDY, 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 now.

Lydia E. Pinkham's Private Text-Book upon "Ailments 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.

Small portrait of a woman.

1000 Eggs in Every Hen

New System of Poultry Keeping—Get a Dollar a Dozen Eggs—Famous Poultryman TELLS HOW

"The great trouble with the poultry business has always been that the life of a hen was too short," says Henry Trafford, International Poultry Expert and Breeder, for nearly eighteen years Editor of Poultry Success. The average pullet lays 150 eggs. I kept the second year, she may lay 100. Then, she goes to market. Yet, it has been scientifically established that every pullet is born or hatched with her system—and will lay them on a highly profitable basis over a period of four to six years, if given proper care.

How to work to get 1000 eggs from every hen; how to get pullets laying early; how to make the old hens lay like young; how to keep up heavy egg production all through cold winter months when eggs are highest; triple egg production; make clacker hens bustle; \$5.00 profit from every hen in six winter months. These and many other money-making poultry secrets are contained in Mr. Trafford's "1000 EGG HEN" system of poultry raising, one copy of which will be sent absolutely free to any or more. Eggs should go to a dollar or Henry Trafford's "1000 EGG HEN" system more a dozen this winter. This means big profit to the poultry keeper who gets the eggs. Mr. Trafford tells how, if you keep chickens and want them to make money for you, cut out this ad and send it with your name and address to Henry Trafford, Suite 630P, Herald Bldg., Winnipeg, N. W., 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.

Ask for Minard's and take no other.

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

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ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

Genuine



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark registered in Canada of Bayer Manufacturing of Monro, manufacturer of Aspirin. While it is well known that Aspirin means Bayer, Bayer will be stamped with their general trade mark, the "Bayer Cross."