ARE YOU BAD-TEMPERED?

Try the Laughter Cure.

The world is worse-tempered than it was fifty years ago.

Three-quarters of the bad temper in the worldd is caused by round shoulders.

The first thing a person who is annoyed does is to hunch his shoulders.

If he squared his shoulders instead he would find it much more difficult to be angry.

These are among the maxims of Mr. L. E. Eeman, an ex-R.A.F. officer, who has just written a book on self-healing.

Despaired of by his doctors in 1919 as a result of an accident, he claimed to have completely cured himself by means of his own "Euclid of health," and has become a well-known amateur athlete.

On the whole, the most bad-tempered people in the world are those given to tense thinking, Mr. Eeman said, but they are not necessarily the best workers.

If you took a census of habitually ill-tempered people you would find that they are nearly all round-shouldered and hollow-chested. Sudden irritation makes them round their shoulders still more.

Mental Control.

People are too apt to waste their vitality and energy through fretting over small and unimportant trifles, with the result that the last two hours of the day at the office are generally wasted. This applies to a vast proportion of sedentary mental workers.

Mr. Eeman has some startling views regarding athletics. As much exercise can be taken in an armchair as on the playing field, he contends.

Complete physical training must embrace mental control of the muscles as well, he says.

The whole body can be exercised by sitting quietly in a chair with eyes closed and allowing the mind to dwell upon some sport or exercise. The mere thinking of that exercise, and of the muscles which that exercise brings into play, will send the blood to the muscles and exercise them as efficiently as if they were being actually used.

For technical perfection, of course, a certain amount of physical practice is necessary, but the armchair athlete soon finds himself possessed of greater control and staying powers than the athlete who relies on physical training.

How to Sleep.

Rest and sleep should be prepared for if they are to be efficient, declares the author.

Preparation consists in lying down flat, stretching every muscle, after the manner of a cat, and clasping the hands, fingers linked, over the pit of the stomach.

At the same time, adds the author, every part of the body should be thought of in turn.

Then think of yourself in the act of performing different functions—looking at beautiful flowers, smelling their lovely scent, tasting luscious fruit, listening to inspiring music. . . . Apply the same principle to your mental, moral, and spiritual development.

At first sleep may supervene before the exercise is completed, but this is a passing phase which observance will overcome.

Here are some of the thoughts for idle moments which the author serves up as an appendix:—

The only bottle of medicine worth having is yourself. It is labelled—To be thoroughly shaken with laughter, three times a day, before meals.

—Sing. Never mind if the other fellow says you don't know how to; just go on. His only salvation will be to sing louder.

A little nonsense every day keeps worry and the doctor away.

Mirth.

Haste thee, Nymph, and bring with thee
Jest and youthful Jollity . . .
Sport that wrinkled Care derides,
And Laughter holding both his sides.
Come, and trip it as ye go,
On the light fantastic toe;
And in thy right hand lead with thee
The mountain Nymph, sweet Liberty;
And, if I give thee honor due,
Mirth, admit me of thy crew,
To live with her, and live with thee,
In unreproved pleasures free;
To hear the lark begin his flight,
And singing startle the dull night,
From his watch-tower in the skies,
Till the dappled Dawn doth rise;
Then to come, in spite of sorrow,
And at my window bid good-morrow,
Through the sweet-briar of the vine,
Or the twisted eglantine . . .
While the ploughman, near at hand,
Whistles o'er the furrowed land,
And the milkmaid singeth blithe,
And the mower whets his scythe,
And every shepherd tells his tale
Under the hawthorn in the dale.

—Milton. L'Allegro.

A Rare Type.

"And so you are not married yet?"

"No."

"Engaged?"

"No."

"What's the matter?"

"Well, father says that my husband must be a keen and experienced man, of good health and good habits; mother says he must be frugal, industrious, and attentive; and I say he must be handsome, dashing, talented, and rich. We are still looking for him."

RED ROSE TEA
"is good tea"

Next time try the finest grade
—Red Rose Orange Pekoe Tea.

EXPLORERS LOST FOR SIX YEARS

When explorers leave their native shores for little-known parts of the world, there is no knowing if they will ever return.

Some disappear utterly; but there are cases where they have been given up for dead, yet have returned or been found after an absence of many years.

Take the case of the heroic missionary explorer, David Livingstone, for instance. He vanished in the unknown interior of Africa, and when more than six years had elapsed without news of him, he was mourned as dead. Yet after all that time Stanley found him alive and well at Ujiji, on Lake Tanganyika, which is almost in the centre of the country.

A little while later Stanley himself disappeared, together with three other white men and 353 native porters.

The expedition set out from the east coast of Africa in November, 1874, and when nearly three years had elapsed without tidings, the worst was feared

But on August 4, 1877, Stanley turned up unexpectedly at Boma, on the west coast, having marched by devious ways right across the continent—a journey of over 7,000 miles—through territory the major portion of which had never before been visited by white men.

The terrible journey had cost the lives of his three European companions, and of his 353 porters only 115 had survived.

Captured by Savages.

A few years ago a native, bearing a letter, arrived at a settlement, near the mouth of the Fly River in New Guinea, the huge island north of Australia.

To everybody's amazement the letter was found to have been written by a Danish explorer named Peterson who, four years previously, had started with three companions to explore the unknown interior of the island, and had long been given up for dead.

They had, it appeared, been captured by a tribe of savages who had killed their carriers, and made them prisoners.

An expedition succeeded in ransoming them with presents of glass beads, looking glasses, and similar articles dear to the hearts of savages; and they were ultimately restored to civilization and their friends.

The fur-trappers of Hudson Bay still tell the story of "Lucky Moore," as he came to be called. He was a hunter and prospector who was twice reported lost in the frozen wastes of Northern Canada. Yet he turned up alive and well after disappearing for seven months, and then again for eleven months.

When, however, he disappeared a third time, and in a blizzard, while guiding an expedition along the shores of the Polar Sea, everybody thought it was all over with him.

An Eskimo Chief.

Nearly six years elapsed. Then an Inspector of what was at that time the North-West Mounted Police, in the course of a journey of 1,800 miles across the frozen land which stretches along the coast from Hudson Bay to Alaska, came upon a tribe of Eskimo who acknowledged a white man as their chief. The white man was none other than Lucky Moore.

He had, he explained, been found by an Eskimo hunter when on the point of death from cold and starvation, and had remained with the tribe ever since, not daring to run the risk of reaching the settlements, on account of one of his feet having been amputated owing to frost-bite.

The stirring story of Arctic exploration abounds with similar incidents. The Canadian explorer, Stefansson, and two companions, were given up for dead when their ship was crushed by the ice and sunk.

Two years later they were found in Banks Land, a large island in the Arctic Ocean. They had subsisted mainly on seal meat.

In Real Life—

—The happiest people are those who are doing honest work.

—The luckiest people are those who have a work they can respect.

—The finest homes are those furnished with love, not luxuries.

—The most beautiful woman is the one making herself most useful.

—The average employer is a pretty dependable fellow when treated right.

—The villain is partly good and the hero is partly bad.

—The story does not end with the wedding scene.

Makes a Difference.

"I don't know what it is, doctor," said the invalid, "but I feel I shall never pull through."

"Nonsense, nonsense," answered the doctor. "Why, your case is absolutely the same as an illness I had years ago, yet look at me—strong and hearty as ever."

"Yes," was the reply, in a very hopeless voice, "but I expect you had a good doctor."

PRINCE EDWARD BRAND FOX WIRE

Perfect Protection With Every Roll

Every roll of Prince Edward Brand Fox Netting opens out as a 150 foot long wall of perfect protection for your foxes. "Prince Edward" does not bag nor sag and has 10% more meshes than any other brand of fox netting.

Write or wire for delivered prices.

Holmans Summerside P. E. Island

Special Ontario Agents
W. H. C. Ruthven, Alliston — J. M. McGillivray, Prieeville

Very Long Ago!

There have been very few poets who so delicately could touch the pathetic strings of the harp of poesy as Engene Field. He certainly wrote mainly for children, but there is a depth and sincerity about these things which make them very acceptable to their elders.

I once knew all the birds that came
And nested in our orchard trees;
For every flower I had a name,
My friends were woodchucks, toads, and bees.
I knew where thrived in yonder glen
What plants would soothe a stone-bruised toe:
Oh, I was very learned then;
But that was very long ago.

I knew a spot upon the hill
Where checker-berries could be found;
I knew the rushes near the mill
Where pickerel lay that weighed a pound.
I knew the wood (the very tree)
Where lived the poaching, saucy crow,
And all the woods and crows knew me;
But that was very long ago.

I know it's folly to complain
Of whatsoe'er the fates decree;
Yet, were not wishes all in vain,
I tell you what my wish should be:
I'd wish to be a boy again,
Back with the friends I used to know;
For I was, oh, so happy then;
But that was very long ago!

A Prayer.

God, feed me understanding
Bit, by curious bit,
So that my tiny soul
Shall not be surfeited
With wonder.

—A. M. Sullivan.

Fools pay just as much attention to the counsels of the wise as the wise pay to the words of fools.

Good Pickle Recipes

Mustard Pickles—Chow-chow—India Pickles—Sour Pickles—Dutch Pickles—Relishes and Catsup. Our Recipe Book gives splendid recipes for making all of them.

Write for a copy—mailed Free.

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Keen's Mustard aids digestion

431

Surnames and Their Origin

GALBRAITH

Variation—Galbreth.
Racial Origin—Scottish.
Source—A given name.

At the period when the Scottish clans were at the height of their power the Galbraith formed a very important division of that most influential clan, the Macdonalds, North and South.

The Gaelic designation of this branch of the Macdonalds was "Chlann a' Bhreattannaich," or "descendants of the Britons," but they took as a family name the given name of their chieftain, who played an important part in the national affairs of Scotland about the time of James I., "Galbraich," of Baldernock.

Of course, in the earlier use of this name it was regularly prefixed by the "mac," indicating followers or descendants of the person named. But as has been the case with so many Scottish and Irish clan names, the prefix was droppedd as superfluous after the translation of the name into English in later generations.

The strongholdsd of this branch of the Macdonalds were Macrihannish and Drumore, and prior to 1600 they held the island of Gigha for the Macdonalds.

CANNON.

Variations—O'Cannon.
Racial Origin—Irish.
Source—A nickname.

It is remarkable in how many instances a mere obvious guess gives you the exact origin of a family name and in how many this very obvious guess leads you totally astray. Knowing that the family name of Cannon is Irish, you would, of course, distrust the obvious. Naturally it would not come from the English word "cannon."

Instead, it comes from the Irish clan or sept name of "O'Ceannfionnain." If you drop out the "f" in this, which is infected into silence, and simplify the three diphthongs, you have a pronunciation roughly like "O'Canniuan." Then slur through that middle syllable and you arrive at "O'Cann'an," or simply Cannon. And this is just about the way the name has become Anglicized through simplification of both the Gaelic spelling and pronunciation.

The name comes from the nickname of "Ceanmfionnan," meaning "fair-haired, and which was the sobriquet given to a chieftain by the name of "Flachra," who was the founder of the sept. The territory of the O'Cannons from medieval times was that around Orgiall.

Advent of Autumn.

When fall's first early frosts subdue
the ground,
And paint with artist's fingers all the
trees;
Unfurl bright golden banners to the
breeze;
And scatter leaves o'er every vale and
mound;
The goldenrod bedecks the byways
'round;
A stray, brown bee roves o'er its yellow seas;
Then silence falls in magic mysteries,
As Summer's skies in Autumn's haze
are drowned.

And 'neath the murky mirage o'er the
river,
The wildling asters in profusion grow;
The yellow catkins nod brown heads
and quiver,
Just as they did this time a year ago,
There stirs a breeze; the aspens dance
and shiver;
The buttonwoods and maples murmur
low.

Rose E. de Ribcowsky.

English Girls Tune Pianos.

Girls have already invaded the realm of the piano tuner in England, and mere man must look to his laurels. There is said to be a lack of efficient, well-trained tuners in England, and thousands of pianos remain silent and untuned for want of proper attention.

The profession is said to offer exceptional opportunities for the educated girl. The course of instruction in England lasts for about two years, and the pay is said to be about ten pounds a week, with opportunity to travel to all parts of the country.

The tuning classes at the Music Trade School are full and a waiting list is reported. A large percentage of the entrants are women.

THOUSANDS OF THANKFUL MOTHERS

Strongly Recommend Baby's Own Tablets to Their Friends.

Once a mother has used Baby's Own Tablets for her little ones she would use nothing else. The Tablets give such results that the mother has nothing but words of praise for them. Among the thousands of mothers throughout Canada who praise the Tablets is Mrs. David A. Anderson, New Glasgow, N.S., who writes:—"I have used Baby's Own Tablets for my children, and from my experience I would not be without them. I would urge every other mother of young children to keep a box of the Tablets in the house."

Baby's Own Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach; drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fancy.

A gentleman having led a company of children beyond their usual journey, they began to be weary, and jointly cried to him to carry them; which, because of their multitude, he could not do, but told them he would provide them horses to ride on. Then cutting little wands out of the hedge as nags for them, and a great stake as a gelding for himself, thus mounted, fancy put metal into their legs, and they came cheerfully home.—Thomas Fuller (1642).

Fairness.

Certainly, the fair way is the best, though it be something the further about. . . . Constraint is for extremities, when all ways else shall fail. But in the general, fairness has preferment. If you grant, the other may supply the desire; yet this does the like and purchaseth love.—Owen Felltham, in "Resolves," 1620.

Minard's Liniment relieves stiffness.

WORK WORN PEOPLE

Find New Health by Improving Their Blood.

If you feel run down, it means that your blood is thin and watery, that your vitality is low. You do not sleep well and are tired when you rise in the morning. You find no pleasure in your meals and are listless and dispirited at your work. You have no energy to enjoy yourself.

Thousands of men are run down by anxieties of work. Thousands of women are broken down by their household toil, with tired limbs and aching backs, thousands of girls are pale, listless and without attraction. It all means the same thing—thin and watery blood, vitality run down, anaemia, poor appetite, palpitating heart, short breath.

Do not submit to this. Get new blood and with it new vitality. There is no difficulty in doing this. Dr. Williams' Pink Pills build up and enrich the blood, which brings with it new health and vitality. The man, woman or girl who takes Dr. Williams' Pink Pills is never run down. Their friends notice how energetic they are, what a fine appetite they have and how much they enjoy life.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

An Out and Out Red.

Mrs. Plymouth-Rock — "You advise me to have nothing to do with her then—her tendencies are very Bolshevistic?"

Mrs. Buff-Orpington—"Decidedly so, my dear—she's an out and out Rhode Island Red."

Transformation.

A walnut tree upon a hill
For many a season grew,
And watched the eagles upward soar
And vanish in the blue,—
It envied all the birds that built
Among its branches high,
And murmured to the passing breeze,
"Would that I, too, could fly."

It tugged and pulled in every gale
Against the roots that bound
Its graceful trunk and waving boughs
So firmly to the ground.
And ever lifted up its top
Through storm or sunlight clear,
A little nearer to the stars
And clouds from year to year.

Men came one day and felled the tree,
And sawed it into thin,
Smooth, fragrant pieces, finely grained
As wood for violin,
And wrought them in an aeroplane
To course the boundless sky;
"Now," sighed the walnut joyously,
"Behold! at last I fly."

—Minus Irving.

Incomplete.

Husband — "H'm! Funny pudding, this."

Wife—"Yes, dear. That's as far as I got with the recipe when the radio broke down."

A reputation should be lived up to and not on.

Extra Money This Fall

in spare or full time taking orders for "Imperial Art" Xmas Greeting Cards. $100 easily earned in a month. Liberal commission. Sample book free.

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The Christian Science Churches in Toronto cordially invite you to hear by

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By Charles I. Ohrenstein, C.S.B., of Syracuse, N.Y.
A member of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, Boston, Mass.

Ten Good Rules for Broadcast Listeners.

The following ten rules for radio broadcast listeners have been evolved by Dr. Alfred N. Goldsmith, well-known radio engineer.

The rules themselves are as follows:

1. Don't try to hear ordinary broadcasting from Australia in mid-summer. Be satisfied to enjoy the good programs from nearer stations most of the time.

2. Don't be disappointedd if an occasional disobliging storm interferes with your Summer radio evening. There are many fine concerts coming. You can't expect to find a pearl in every oyster, nor to receive a record-breaking concert every night.

3. If you want louder signals, use a larger aerial, more tubes, higher plate voltage, more sensitive loud speakers and more careful tickler and receiver adjustment.

4. A pleasant signal filling a moderate size room should be enough to give satisfaction. Musically, such a signal is ideal. It is not worth while producing signals which deafen the neighbors. It is wasteful to insist on tremendous signals which are generally less pleasant than moderate signals, particularly during the Summer.

5. If your local station comes in too loud and drowns others out, a smaller aerial will help in tuning him out, with a small condenser connected between aerial and ground. Or a simple wave trap may do the trick. And if all measures to get rid of the local station fail, why not enjoy his concerts? He is working hard for you and it is nobody's fault that you are so close to him that you are bound to hear him. Broadcast stations have to be closer to some people than to others.

6. In selecting your evening's program try for the higher powered broadcasting stations. They were designed to give better Summertime service, and you will generally find that they do.

7. A little patience in learning to handle your receiver yields rich returns in satisfaction from fine signals. Remember, that "Rome wasn't built in a day," and keep on getting more and more familiar with your set and how it works.

8. It is a good idea to read the radio column of a newspaper or a good radio magazine or two. It helps you to know how your set works and keeps you up-to-date in radio. Information of this sort is an aid in getting the concerts loud and clear.

9. Ask your music dealer for advice; he can probably tell you what you want to know, and will be glad to do so. The manufacturer of your set is also willing to help you get the desired results from its use.

10. Do not throw away the direction sheets or booklet that came with your set and with the tubes. Read all such material carefully now and then, and follow the suggestions which are given. The direction sheets answer most of the questions which have been puzzling you and preventing you from getting the best out of your set.

Rub your scalp with Minard's Liniment

He Gets Most Out of Life—

—Who spoils no happiness he has by envying that which he has not.

—Who lets the other fellow get mad first.

—Who finds his greatest pleasures in the simple pleasures.

—Who works contentedly for one wife and some little children.

—Who laughs himself out of difficulties instead of fighting his way out.

—Who forgets his pay in the joy of the work he does.

—Who gives every other man the benefit of the doubt.

No more Punctures

PALCOSEEL instantly seals all punctures, slow leaks, valve leaks, without taking tires off rim.

PALCOSEEL
makes tires puncture proof.

A new scientific preparation that you inject into inner tubes, coats the walls with a semi-liquid and seals instantly and permanently, punctures, leaks, leaky valves and porous places, the minute they occur. Guaranteed harmless to valve or inner tube. INCREASES MILEAGE by keeping your tire at normal pressure. Drive as many nails as you want into a PALCOSEEL treated tire and it won't leak.

AGENTS $500 a Month Easy

We want agents and distributors everywhere to demonstrate and sell PALCOSEEL to car owners, Garages, Service Stations. Get particulars of unusual money-making proposition.

P. A. Lefebvre & Co., Alexandria, Ont.

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LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time. Good pay. Work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

Pitied the Laundress.

A little girl had just been listening to a description of heaven.

"And do the angels all wear white, mummy?" she inquired.

"Yes, dear," replied her mother.

The child thought for a moment, then she said thoughtfully:

"What a big washing they must have up there."

Canadian Plan Book

In co-operation with Canadian Architects designs of moderate priced homes are published in the MacLean Builders' Guide. Detailed information on planning, building, furnishing, decorating and gardening. Profusely illustrated. An ideal reference book. Send 25 cents for a copy

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After Shaving
Rub the face with Minard's mixed with sweet oil. Very soothing to the skin.

MINARD'S "KING OF PAIN" LINIMENT

THIS MOTHER GLAD DAUGHTER IS WELL

Mrs. Parks Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Daughter's Health

Toronto, Ontario.—"My daughter is 16 now and has been an invalid ever since she was six months old and has been compelled to remain out of school the greater part of the time. We have tried different kinds of medicine, but none helped her much. I had taken Lydia E. Pinkham's Vegetable Compound when I was run-down, and it had helped me so much that I thought it might help her at this time. She has gained ever since she began taking it. She attends school every day now and goes skating, and does other out-of-door sports. I recommend this medicine to any one who is run-down and nervous and weak."—Mrs. PARKS, 106 Bond Street, Toronto, Ontario.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for young women's troubles.

For sale by druggists everywhere.

FACE WOULD SMART TERRIBLY

Hard, Red Pimples Broke Out. Cuticura Heals.

"My trouble was caused by eating apples. My face began to break out with pimples that were hard and red at first and then festered and scaled over. They spread all over my face making it very sore. After the scales came off my face would burn and smart terribly.

"I used everything I could think of without any benefit. A friend recommended Cuticura Soap and Ointment so I purchased some, and in four weeks I was healed, after using two cakes of Soap and one box of Ointment." (Signed) Mrs. Edith Brown, 37 Forney Pl., Barre, Vt., Sept. 24, 1925.

Rely on Cuticura Soap, Ointment and Talcum to keep your skin clear.

Sample Each Free by Mail. Address "Cuticura Dept. 'Stockbridge, Mass.' Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c.

Cuticura Shaving Stick 25c.

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