

Laughter World's Best Tonic Doctor Claims

When the Future is Viewed Through Eyes of the Pessimist Then Man Must "Beware"

With Christmas and the New Year festivities fresh in our memories, it might be well if we strive to carry some of this power of joyous living with us throughout 1931, observes the medical correspondent of a Trade Journal (London, England).

He asserts that joy possesses the power of raising what the doctors call "the level of excitability" when a man's happy he sees clearly and thinks more surely than when he is sad; Pessimism, in Fouché's famous phrase, is not only a crime; it's a blunder.

And it achieves nothing. The counsels of despair are proverbially bad counsels. Wisdom wears a smile.

In these days every man needs all his wits and a little more. He needs to live on a higher plane of interest and enthusiasm. He needs clearer eyes, sharper ears. He cannot have these advantages unless he puts gloom out of his heart.

For the nervous system responds to emotional stimuli as readily as it responds to physical. The paralysis which fear produces is not confined to men and women; it is common to the whole of creation. The springs of life are dried up. "Eyes have they, but they do not see; they have ears, but they hear not."

Joy is the only certain antidote to this poison. It can be made a habit so that, like the discipline of an army, it will withstand every stress and every shock. There are men who can wear a smile in the face of ruin.

A cheerful countenance. These men do not get worried. The tonic effect of their habit of looking on the bright side of things is such that opportunities are perceived where other men see only darkness. When this happens we hear of "miracles" and "wonders".

It is a fact that most of the "wonders" of commerce and industry are happy men. They are not happy because they have succeeded; they have succeeded because they are happy.

Admittedly it is not easy to keep smiling. The happy disposition like the disposition to work is not, as a rule, a gift of Providence (though that is always said about it by unhappy folk). It comes by care and effort. When a man has convinced himself that it is a blunder as well as a sin to give way to pessimism he is on the high road to happiness. He can help himself in various ways. The most important of these is the cultivation of the power of shutting the mind. Dismal people carry their troubles home with them. They nurse them in and out of season. Happy men refuse trouble the freedom of their homes.

They shut out from their minds the difficulties which their work imposes on them so soon as they have finished with that work. Relaxation discovers them free and eager to enjoy it.

The man who, in a crisis can enjoy a good book or a good play or good music is on the high to success. He is happy; he is independent; he possesses his own soul.

Benefit of Distraction. And the odds are that he will surmount his difficulty. For he will come back to it with strong nerves and quickened senses. He will see it whole. He will see it in its true proportions.

The most dangerous moment in any man's life is the moment when he allows himself to take a black view of the future. The future, when he does this, is always black. It will inevitably grow blacker. For pessimism is an act of treason to oneself. He who, in the storm, takes his hand from the tiller deserves the fate which always overtakes him. If we must go down, let us go down smiling. It is a curious fact, however, that the proverbial expression is not "go down smiling" but "come up smiling".

Napoleon held that a hopeful attitude was almost, if not quite, equivalent to victory. The same view inspired Foch's strategy in the Great War. When all seemed to be lost he wrote his famous bulletin: "Tout va bien. J'attaque."

This motto would serve for the world of business to-day. It would serve also for each individual in his battle with disease. Never say die. To every man there is left, so long as he lives, a measure of health, however small. Let us keep our eyes on that bright spot and refuse resolutely to be intimidated by all the surrounding darkness of disease.

Useless

"Well, Angus, I hear ye've got married."
"Aye, Donald."
"An' what kind o' a body is yer wife? Can she sew?"
"No."
"Ma'k' parritch?"
"No."
"What! No' ma'k' parritch? What can she do?"
"Well, Donald, she's a grand singer."
"Och, mon, but ye're daft. Wouldna a canary hae been cheaper?"

MIDDLE AGE

A Critical Time for All Women.

"I am beginning to feel my age" is the confession many a woman has to make when she reaches the critical time of middle life. There is no need, however, to think you are too old to be well and happy.

Perhaps you have lost your grip on things; perhaps the old vigor and energy is lacking; you get tired easily, and your limbs ache terribly. Often your back seems ready to break and the pain is unbearable.

Your blood is at fault — it has become thin and impure and does not give the health-giving nourishment to the body. What you need is a treatment of Dr. Williams' Pink Pills. They will set you right. They actually make rich, red, health-giving blood and this good blood will drive out all your aches and pains.

Dr. Williams' Pink Pills will banish headaches, backaches, nervousness and lack of appetite, and in their place will come new energy and happiness. You can get these Pills at all medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Bothwell Romance Again in Spotlight

Smashing of Earl's Burial Casket on the Island of Zealand Recalls His Adventure with Mary Stuart

The pillaging of a forgotten village church on the remote little island of Zealand, reported in Copenhagen dispatches last week, recalls one of the most brutal episodes in all British history. Here since his death, in exile, in 1573, has lain the body of one of the husbands of Mary Queen of Scots, the Earl of Bothwell. In searching for treasures, or accidentally, thieves smashed the glassed-in coffin which for more than three and a half centuries has held the remains of the man about whom historians agree that "no good word can be said."

James Hepburn, high-born and adventurous, inheriting the title and castles of the Earl of Bothwell, has been said to have contributed more than any other person to sending Mary to the gallows. Although a Protestant, Hepburn became one of the most violent anti-English leaders in the bitter religious wars between Scotland and England.

After exile in France and imprisonment by Queen Elizabeth in the Tower, Bothwell returned to Scotland in 1565 at the summons of Mary — his darling and strategy made possible his escape despite pursuit by ships Elizabeth sent in search of him.

His complete ascendancy over Mary appears to have dated definitely from the murder of the Queen's secretary, Rizzio, in March, 1566. From then on he was her chief adviser, attending with her the Craigmillar conference at which both signed the "bonds" which were to result in the murder of the Queen's husband, Darnley.

To Mary, Bothwell was a "glorious, rash and hazardous young man." He was masterful and daring and possessed of a certain courage that even his bitterest enemies were forced to recognize.

The intention of Queen Mary to make the Earl of Bothwell her husband was, for a time, kept secret. She sought refuge with him at Dunbar Castle. He met her riding out of Edinburgh and, leading a force of 800 spearmen, escorted her — forcibly or otherwise — to Dunbar. Less than a month later Mary made Bothwell Duke of Orkney and Shetland.

Within a month after their marriage, Mary Queen of Scots and Bothwell were again seeking refuge, to be separated from then on. Both well's flight to Denmark was the last of his adventurous life. He was no longer in position to aid his Queen, and he downfall left him the prisoner of King Frederick II of Denmark, from whom, during Mary's reign, he had obtained safety by promising to restore to Denmark the Orkneys and Shetland. Eleven years after his marriage with Mary the Earl of Bothwell died at Zealand.

Clubs Can Hire Planes

Airplanes will be leased to British light airplane clubs, according to the Department of Commerce. The planes at the disposal of the clubs will be Gipsy I Moths with wooden fuselages, and equipped with telephones, automatic lights and a compass. The planes will be fully insured by the De Havilland Company, the builders, against all ground and air risks, including third party risks. They may be hired for any period up to six months at \$291 a month and for a period beyond six months at \$243. All rentals are payable in advance. Planes must be maintained at the expense of the lessee in a correct airworthy condition, and must be operated in accordance with the provisions of the air navigation acts. In the event of accidents causing damage to the aircraft, the first \$77.20 of damage must be met by the lessee.

The longest air route at present with a regular service of planes is from New York to Buenos Ayres, a distance of 5,850 miles.

Owl Laffs

If the boss' desk is clean it indicates that an assistant is doing the work. Often the boss takes the "in" out of indispensable when an employee begins to feel that way. How can there ever be true happiness in this world when all silver linings have a lot of little clouds about them? Eat slowly, friend. Haste makes wast.

Sounds Tiptop

(Advertisement in St. Louis, Mo., Post-Dispatch). Partner Wanted—Lady wants partner in bath house; good proposition.

The little girl who ordered a baby brother complicated the affair by specifying that he must arrive three years old.

Aspiration

Let me to-day do something that shall take
A little sadness from the world's
Fast store,
And may I be so favored as to make
Of joy's too scanty sum a little more.

Let me not hurt by any selfish deed,
Or thoughtless word, the heart of
foe or friend;
Nor would I pass, unseeing, worthy
need,
Or sin by silence where I should
defend.

However meagre be my worldly
wealth,
Let me give something that shall aid
my kind.

A word of courage, or a thought of
health,
Dropped as I pass for troubled
hearts to find.

Let me to-night look back across the
span
'Twixt dawn and dark, and to my
conscience say:
'Because of some good act to best
or man
The world is better that I lived to-
day.'

Judge—"You're charged with throw-
ing your mother-in-law out of the
window."
Accused—"I did it without thinking,
your honor."

Judge—"I realize that, my dear man,
but don't you see how dangerous it
was for anyone passing at the time?"

Whether administrations are
responsible or not, they get blamed for
bad times—and never fail to take
credit for good ones.

Archibald—"Do you and your wife
ever think 'e same, John?"
John—"When I stay late at the club
we do. She keeps thinking what
she'll say when I get home, and so do
I."

Flapper's Vocabulary—To under-
stand a modern young woman's vo-
cabulary it is necessary to know that
"cute" may describe a sports road-
ster, a bridge prize, a dance step, a
baby, a dog or Rudy Vallee.

Wait for something to turn up and
it will, but it will be your toes.

Tommy—"Pa, why was Adam
created first?"
Father—"To give him a chance to
say something."

Many of us find it harder to shrink
than to work.

The banker's little word "yes" has
power to break the bank and his little
word "no" has power to break every-
body else.

We can't say much for these dresses
that look like they had been caught in
a door and portions torn off as the
lady left home.

Love is the only commodity needed
to insure a happy marriage between
meals. Beauty that used to be skin
deep is now skin and knee deep.
Dreams that come true would anyway.
We know a man who fell out of a
twentieth storey window without hurt-
ing himself. There was a balcony out-
side. His ability most in demand is
reliability.

Caller (at telephone)—"Give me
Main 2633. Hello; this the wife?"
Called—"Yes."
Caller—"Listen, dear. Would it be all
right if I bring a couple of fellows
home to dinner to-night?"
Called—"Why certainly."
Caller—"What?"
Called—"Certainly it will. I'll be
very glad to have them."
Caller—"Oh, pardon me, lady.
Wrong number."

"Mr. Flancee's father seems to think
she is marrying a fool. But he's
wrong."
"Why? Are you going to break the
engagement?"
The man with a private grievance
usually becomes a public nuisance.



crew of shipwrecked schooner "John W. Miller" which left St. Johns, N.F., with a load of cod for Brazil. She was abandoned after being wrecked by a storm in mid-ocean and the crew was picked up by a German steamer and landed at Colon whence the "Carinthia" brought them back to entrain for Canada. They are: (sitting) Wm. Kennedy, 1st Mate, of St. Johns; Capt. Cyril Horwood, St. Johns; Boat-swain John Clark of Carbonear, N.F.; (back row) F. Rogers, St. Johns; Wm. Laling, Carbonear; Theo. Pike, Harbor Grace; John Green, cook, Carbonear.

Constipated Children

Constipation is one of the most common ailments of childhood and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative; are pleasant to take and can be given to the new-born baby with perfect safety. Thousands of mother use no other medicine for their little ones but Baby's Own Tablets. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Autos as Earthquake Refuges

Automobiles are cited as "admirable earthquake-proof buildings" by Dr. T. A. Jagger, American volcano expert, as a result of personal experiences during the earthquake of September 25, 1921, in Hawaii.

In a recent announcement from the Hawaiian Volcano Research Association, Dr. Jagger describes how he happened that day to be driving in his automobile to visit a friend. Then, says Dr. E. E. Free's Week's Science (New York):

"On arriving at the friend's house, Dr. Jagger was astonished to find the inhabitants in great excitement, and the house partly ruined."

"A violent earthquake had happened while Dr. Jagger was in his moving automobile. In spite of long experience as an earthquake observer, he had felt nothing. During the shocks which followed, Dr. Jagger reports, many people left their houses and slept in their automobiles."

"Even when not in motion, Dr. Jagger reports, a sedan on springs and rubber tires produced almost no sensation to the occupants, while adjacent homes were rattling and rocking with the aftershocks."

"Houses usually act, he finds, as magnifiers of earth movements, so that what seems to be a violent earthquake to a person indoors may seem to a person on the ground, in the open to be a single not very strong thud under his feet, or may pass altogether unnoticed."

"This may explain why it is that primitive men have few myths of earthquakes, but many of floods and fires. Having no houses to magnify them, primitive men probably felt only the very greatest earthquakes, but anybody is impressed by a forest fire or a flood."

Tests Show Lack of Vitamin Cause of Grey Hair

Premature gray hair may be due to lack of some vitamin-like material in the food, just as lack of one of the vitamins causes the disease called rickets. This is suggested by researches reported to the Academy of Sciences in Paris by Prof. Gabriel Bertrand. Says Dr. E. E. Free in his Week's Science (New York):

"In experiments planned for a different purpose, ordinary black and dark gray rats were fed on diets containing all vitamins known to be necessary, but made of purified or synthetic foods instead of natural materials like vegetables and grain."

"To the investigators' surprise, the black coats of the animals began to turn silver gray."

"This may happen, the experimenters knew, because of bad health, but the rats in this instance were perfectly healthy, as was confirmed by blood tests."

The new vicar was calling upon one of his parishioners. "I hear," he said, "that you have a son in the film business at Hollywood." "That I have," replied the woman, proudly. "How long has he been in America, Mrs. Smith?" "Five years, sir." "Indeed. And does he ever come back to England?" "Every summer regularly." "And brings his wife with him, I expect." "That is so, sir. And they've been five smart girls, too!"

Noiseless Factory To Help Workers

Also to be Built Without Windows—Machines to be Painted Orange

A factory without windows, and having other features of an unusual, if not revolutionary, character, is to be constructed at Fitchburg, Mass. Conditions under which the employes work will be so controlled that they will be uniform, night and day, and everything possible will be done to make work easy. It is expected that efficiency will be increased by about 30 per cent, and the experiment is being watched by industry.

Noise-eliminating devices will make the factory quiet. The walls will be built to absorb sound, and machines will be mounted on cork. Noises from the manufacturing processes will be made to counteract each other.

The intensity of daylight changes, constantly, thus putting a strain on eye muscles and bringing on fatigue. In this windowless factory, electric lamps, with special diffusing shades, will furnish illumination. A certain amount of ultra-violet light will be introduced.

The temperature in the factory will be kept constant, the air being washed on entering the building, heated in cold weather and cooled by a spray in warm weather. Drafts are to be eliminated.

As colors, according to psychology, either depress or raise the spirits of humans, they are the basis for the decorative scheme. The walls and ceiling will be white, blue and green. Machines will be painted a bright orange, to make them easily visible and thus to reduce the chance of accidents.

Caller (inquiring for son of the house)—"Whaur's young Angus, Mr. McFee?" Mr. McFee—"He's doon in the shed sharpening the gramophone needles. We're giving a wee party the night."



Results Commendable. Genuine Gratitude.

Miss Miller, of Croydon, writes:—"In gratitude, I feel I must write and tell you what wonderful benefit I have derived from taking a bottle of your Carter's Little Liver Pills. Having been troubled with indigestion and sick headache for several months, a friend recommended me to try your famous pills, with the results that after the first dose I was made aware of their very real tonic value, and felt I had at last discovered a remedy which performed what it claimed to do."

Take Carter's Little Liver Pills for the complexion and constipation. All druggists 25¢ and 75¢ red pkgs.

Does your face burn and itch after shaving?
Try Cuticura Shaving Stick
It soothes and heals and is wonderfully efficient

for COUGHS
Take half a teaspoonful of Minard's in molasses. Heat Minard's, inhale it. Also rub it well into your chest.
You'll get relief!

MINARD'S
"KING OF PAIN"
LINIMENT



ACID causes Headaches

WHEN there's too much acid in your stomach, you must force yourself to work, and even pleasures are too great an effort. Appetite lags; the digestion is poor; the whole system suffers.

Laboratory tests show an acid condition is due to errors in our modern diet. But you need not wait to diet your way out of the trouble! Take a tablespoonful of Phillips' Milk of Magnesia.

This will neutralize the excess acid instantly; make you feel like a new person in just a few moments.

Take a little whenever heartburn, sick headaches, nausea, flatulence, indigestion or biliousness show the digestive system is becoming too acid. Whenever you are taking cold or feel sluggish, weak, constipated, Phillips' Milk of Magnesia has a gentle, laxative action.

Delightful to take. Endorsed by physicians for 50 years and prescribed everywhere for men, women and children. The genuine is always a liquid; it cannot be made in tablet form. It always bears the name Phillips for your protection.

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AGENTS WANTED.

WE DESIRE TO HAVE A LOCAL agent in every town and parish of the province. We are in position to offer you a very pleasant and paying proposition. The work is easy and we assure you a regular income. For particulars, Quebec Sales Company, 101 Hat-four Building, Montreal.

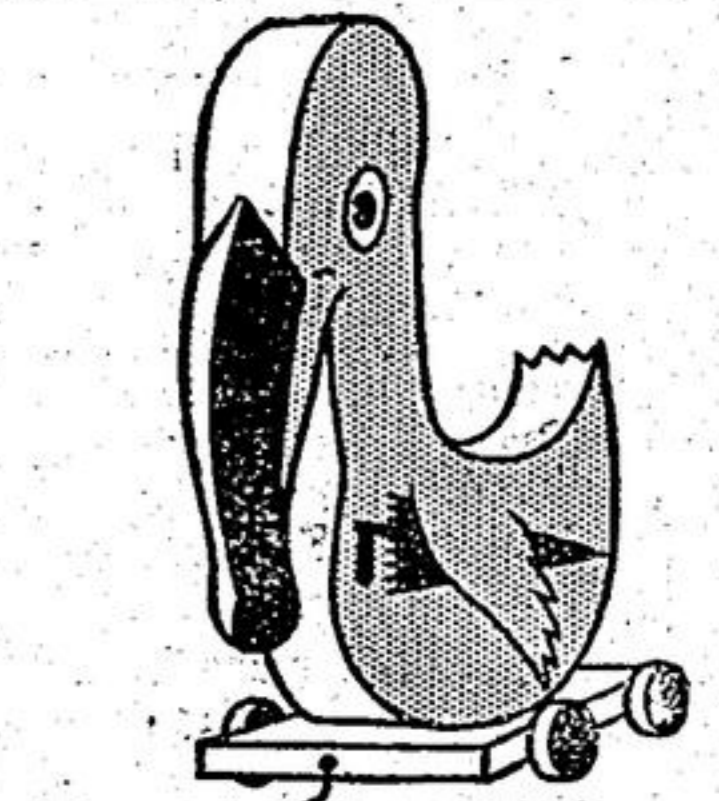
Long Wait

The office-boy took off his cap, presented the bill, and stood at ease. "My boss says I'm not to go back until you give me the money you owe him," he said.

"Oh?" was the reply of the debtor. "I wonder if he'll recognize you with a beard?"

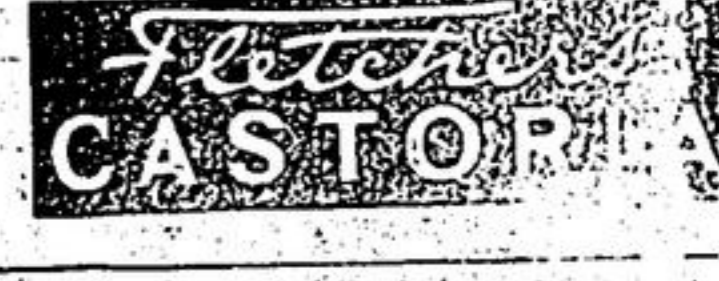
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for ANY CHILD

WE can never be sure just what makes a child restless until the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation, and not the slightest harm in its frequent use. As often as your child has a fretful spell, feverish, or cries and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes constipation. Or diarrhea—a condition that should always be checked without delay. Just keep Castoria handy, and give it promptly. Relief will follow very promptly. If it doesn't, you should call a doctor.



Was In Bed All Summer

"I have to work in the store and do my own housework, too, and I got nervous and run-down and was in bed nearly all summer. The least noise would make me nervous. I was told to take Lydia E. Pinkham's Vegetable Compound and I have taken seven bottles. It has made me stronger and put more color into my face. I am looking after my store and housework and my four children, and I am getting along nicely now."

—Mrs. J. Malin, R. R. No. 5, Barton St. East, Hamilton, Ontario, Canada.

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., Lynn, Mass. U.S.A.
and Cansboro, Ontario, Canada.