

## PREVENT BLINDNESS

A Warning to You.

The three following illustrations will be very interesting to those who have not realized the need to care for defective eyes. These illustrations are drawn from the personal experience of the writer.

In 1914, a stalwart young farmer, desiring to enlist for overseas, came before the Medical Officer at the Kingston Armouries. When asked to read the test card, he did so perfectly. As an afterthought, however, the Medical Officer asked him to cover his left eye and read with the right. Again he passed satisfactorily, but when the right was covered, it was found that he was practically blind in the left. The young man had never realized his deficiency but enquiry gleaned the fact that the left had been slightly injured when he was a small boy and had never been treated.

The next case was that of a middle aged lady who was very fond of reading. Noticing that her eyes could not follow small print with the same ease as in earlier days, she visited a fifteen cent store and purchased a pair of glasses that magnified. In three months she began to suffer from headaches and signs of eye strain began to show. She visited a specialist who pronounced the cheap glasses totally unfit. Through the proper treatment and use of properly fitted glasses, her headaches disappeared and her eyes were greatly improved. She had taken the proper course just in the nick of time.

In still another case, a boy of ten years of age, strong and well developed, was attending school regularly. In spite of his apparent effort, however, he could not get on and always seemed to be at the foot of his class. His teacher pronounced him a dunce. His parents could not understand this, however, since he was industrious when at home. Finally, a school nurse made the rounds of the class-room, suspected eye trouble, and found on test that the boy possessed less than twenty per cent, normal vision. He was at once taken to a specialist who prescribed proper glasses and within a year he stood at the head of his class.

From the foregoing you will understand the need for care, no matter how slight may be the injury or trouble. The Canadian National Institute for the Blind, established in 1918, undertakes as one of its chief activities, sight saving work. Statistics show that fifty per cent, of blind people in the whole country are over fifty years of age, and again, that fifty per cent, of all blindness is preventable. Imagine an infant or child in school losing sight totally and needlessly. Then consider for a moment the relative care and expense to all concerned. On the one hand, necessary attention, a few dollars of expense for treatment or glasses, and the child goes through life with little worry and practically as many opportunities for employment and recreation as the child who has never had eye trouble. On the other hand, no care or prevention expense, but fifty or sixty years of fretting by the now blinded child at it goes through life, remorse of the parents until death, special school education costing hundreds of dollars per year, and away from the family and friends, and the constant worry of the future with, in many cases, still no other relief provision for old age.

Those of us who could not have saved sight, no matter how much we tried, and who have accepted the situation in which we find ourselves to the end of making the best possible use of opportunities still permitted us, value sight. In fact, we possibly place a greater value on it than do the thousands of me and women who have never given thought to this most precious blessing. We shall not stand idle and see our fellow creatures lose sight needlessly. Canada's blind population now numbers seven thousand. When we consider that fifty per cent, of blindness is definitely stated to be preventable, we cannot but realize that three thousand five hundred blind people who are in Canada today should have been enjoying the blessings of sight if care had been taken. Will you act with us and assist?—Canadian National Institute for the Blind, Toronto.

### The Temple.

My body is a temple  
My eyes its windows are;  
My life the door which leads without  
Which often stands ajar.

Each ornament that is within  
Shines through its window bright;  
Lord, help me to keep my temple pure  
And lovely in Thy sight.

May every word that issues  
Through its doorway be kind;  
And may Thy light burn always on  
The altar of my mind.

My imagination would never have served me as it has, but for the habit of commonplace, humble, patient, daily tolling, drudging attention.—Dickens.

The ability to laugh at ourselves is a true test of a sense of humor.—Mr. A. W. Baskcomb, the popular comedian.

Fortune can take nothing from us but what she gave us.

We sometimes see a fool with wit, but never with judgment.

# RED ROSE

**For particular people—**  
Pure! No chicory or any adulterant in this choice coffee

## Surnames and Their Origin

**O'SULLIVAN.**  
Variations—Sullivan.  
Racial Origin—Irish.  
Source—A given name.

O'Sullivan is one of the most ancient family names in Ireland. Whereas, in all the races of northern Europe which originally had some form of clan or tribal organization, some connection can be traced between a large percentage of the modern surnames and the ancient nomenclature, the connection often is more or less vague, and likely to stretch across a gap in history between the abandonment of the clan system and the development of the modern surname. This is not true of Ireland. Among the Irish there has been no gap.

By far the greater number of Irish names to be found in Canada today trace back in an unbroken line to the clan and sept names. (The sept is a subdivision of the clan). In fact, there are many persons in Ireland today who, among their countrymen, are still known to the hereditary chieftains of their sept. Such persons are colloquially known by their surnames with the article "The" as a prefix. Thus "The O'Sullivan is the man who would be the head of the O'Sullivan clan did modern conditions permit of the actual maintenance of the ancient system.

The given name from which the name O'Sullivan is derived is Sallibain, that is, as nearly as it can be represented by English letters, for the Irish alphabet and pronunciation differs considerably from the English. But the spelling is probably a closer representation of the sound. The pre-

fix "C" is simply a contraction of "Hui," meaning "the descendants of."

**THACKERAY.**  
Variations—Thackeray, Thackuray, Thackman, Thacker, Thatchter.  
Racial Origin—English.  
Source—An occupation.

In the governmental and religious records, tax lists and the like of medieval England such names as "Roger le Thacker" and "Hobbe le Thacker" are to be found.

At that time, of course, the appendages to the given names for the most part were purely descriptive, signifying the trade with which their bearers followed. The trade was that of roofing, for with rare exceptions the ordinary house of the Middle Ages had a thatched roof.

Later the same names are met, but here and there minus the "le," showing that in some cases at least they were being used as real and not merely descriptive names. Still later such combinations as "Walter Thacker, le Cordwainer," proved that the name had become a family one, and that the said Walter was not a thatcher at all though his name might indicate it.

The harsher pronunciation generally developed in the northern parts of England and the softer in the south, just as the same word became "church" in the north and "kirk" in the south, or "fish" in the north and "dike" in the south. The flourishing ending "ay," later developing in some cases to a plain "y," were simply whimsical or vain endings added in much the same spirit that some names were Latinized to show the learning of their bearers.

In 1791 he weighed two hundred and forty-two pounds in boots, in 1798 two hundred and twenty-four pounds "fat gout," in 1800 two hundred and forty-seven pounds in hat and boots, and later that year two hundred and twenty-nine pounds "after gout." In 1803 "with gout" he weighed two hundred and eighteen pounds.

The figures help to picture those solid men of a century ago. We can see them trotting or mincing or preening with an air, small and large, down the sunny side of St. James Street to weigh themselves before dinner.

**Labor's High-Class Club.**  
The workmen of Havana, says a writer in Travel, have achieved a position for themselves. Probably in no other part of the world has the laboring man such a club as exists in the opera house building in Havana. The subscription is high—it is two dollars a month—but so are wages, and every chauffeur, cigar maker and domestic servant seems to belong to it.

The rooms are of marble decorated with paintings by famous artists. There is a school; there is free medical attendance; and there are benefits at death. The workmen themselves own and manage the building.

In the cigar factories the larger rooms are furnished with a high rostrum from which during working hours readers, paid by the workmen, declaim political articles from the daily newspapers or poetry or fiction. On one of my visits the reader was dealing with high politics at the top of his voice. What he had to say was not flattering to the outside, as I judged from the stamping of his feet and the sawing and clenching of his disengaged hand. But you could not judge from the impulsive faces of his employers as they rolled their cigars whether they agreed with the newspaper or not. At any rate they must have felt that they were getting their money's worth from the reader.

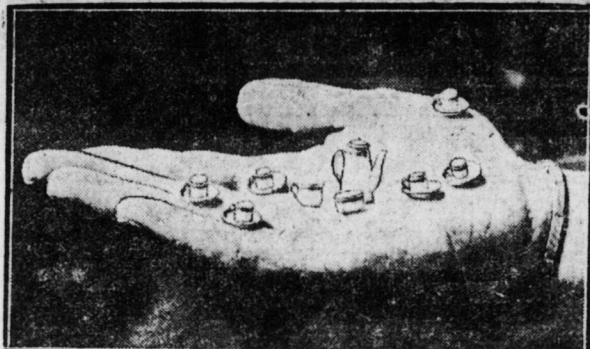
### His Hearing Restored.

The invisible ear drum invented by A. O. Leonard, which is a miniature megaphone, fitting inside the ear entirely out of sight, is restoring the hearing of hundreds of people in New York city. Mr. Leonard invented this drum to relieve himself of deafness and head noises, and it does this so successfully that no one could tell he is a deaf man. It is effective when deafness is caused by catarrh or by perforated or wholly destroyed natural drums. A request for information to A. O. Leonard, Suite 437, 70 Fifth Avenue, New York city, will be given a prompt reply.

Pluck wins! It always wins! Though days be slow and nights be dark 'twist days that come and go, still pluck will win. Its average is sure. He wins the most who can the most endure, who faces issues, who never shirks, who waits and watches and who always works.

It is fraud to accept what you cannot repay.

Keep Minard's Liniment in the house.



Here are some of the small pieces of china used for the Queen's doll house, which are actual replicas of genuine china sets, but made in one-twelfth regular size.

## SPRING IMPURITIES DUE TO POOR BLOOD

A Tonic Medicine a Necessity at This Season.

Dr. Williams' Pink Pills are an all-year-round tonic for the blood and nerves. But they are especially valuable in the spring when the system is loaded with impurities as a result of the indoor life of the winter months. There is no other season when the blood is so much in need of purifying and enriching, and every dose of these pills helps to enrich the blood. In the spring one feels weak and tired—Dr. Williams' Pink Pills give strength. In the spring the appetite is often poor—Dr. Williams' Pink Pills develop the appetite, tone the stomach and aid weak digestion. It is in the spring that poisons in the blood find an outlet in disfiguring pimples, eruptions and boils—Dr. Williams' Pink Pills clear the skin because they go to the root of the trouble in the blood. In the spring anaemia, rheumatism, indigestion, neuralgia and many other troubles are most persistent because of poor, weak blood, and it is at this time when all nature takes on new life that the blood most seriously needs attention. Some people dose themselves with purgatives, but these only further weaken themselves. A purgative merely gallops through the system, emptying the bowels, but does not help the blood. On the other hand, Dr. Williams' Pink Pills enrich the blood which reaches every organ in the body, bringing new strength and vigor to weak, easily tired men, women and children. Try Dr. Williams' Pink Pills this spring—they will not disappoint you.

Sold by all medicine dealers or sent by mail at 50c a box by The Dr. Williams' Medicine Co., Brockville, Ont.

### The Back Parlor.

We have most of us seen it; when doors have been open  
We have got just a glimpse of it, cosy and bright,  
The fire in the grate and the funny old sofa,  
The lamp shining homeliness over the night;  
We have turned from our buying a moment to pop  
Right into that parlor behind the old shop.

And sometimes there's been a nice clatter of dishes,  
And sometimes a waft of the hot toast for tea,  
And sometimes a mingle of relish so toothsome.

We have wondered whatever the fragrance could be;  
It seemed just the place for a chat and a chop.

It hasn't fine ornaments, just a few photos,  
And bowls of Sweet Williams and posies like that,  
A loud-ticking clock and a bookshelf of prizes,  
And drowsily purring an old tabby cat;

But tiredness and worry away from us drop;  
We love that back parlor behind the old shop.  
Pay your out-of-town accounts by Dominion Express Money Order.

Passed!  
Farmer—"So you've had some experience, have you?"  
New Man—"Yes, sir."

Farmer—"Well, what side of a cow do you sit on to milk?"  
New Man—"The outside."

Ask for Minard's and take no other.

I have never had time, not even five minutes, to be tempted to do anything against the moral law, the civil law, or any law whatever. If I were to hazard a guess as to what young people should do to avoid temptation, it would be to get a job and work at it so hard that temptation would not exist for them.—Thomas A. Edison.

If you sulk in the corner and refuse to play the game, you do quite as much harm to yourself as you do to anybody else.—Mr. Asquith.

**How Many Pounds Would You Like to Gain in a Week?**  
If you are thin and want to gain weight; weak and want to be strong, I will send you a sample of famous Alexander's Tonic, absolutely free. No money, just name and address for sample. ALEX. ANDERSON LABORATORIES, 224 Bazaar Building, Toronto, Canada.

## World's Most Ancient Building.

It was King A-n-n-i-pad-da of Ur, in Mesopotamia, who built the oldest building in the world which is still standing.

He reigned about 4,500 years before the birth of Christ, and the building is thus about 6,500 years old. Ur was the native place of Abraham and the city of Nebuchadnezzar.

The King's name and title were learned by the chance discovery of a gold scaraboid bead, on which they were engraved.

Mr. C. Woolley, leader of the joint expedition of the British Museum and the University Museum of Pennsylvania, made the discovery during the excavations, at Ur. The little temple which is the oldest building in the world is at Tel el Obeid, about four miles from Ur.

## ALL FOODS SHOULD BE SEALED.

The medical profession very generally advocates that all food products should be sold in sealed packages. All cities rigorously inspect butcher shops to prevent meat from being infected, many prohibit milk from being sold in bulk and gradually this will come with everything. "SALADA" was the first to introduce the package idea as regards meat over thirty-two years ago, and "SALADA" is still a little purer and a little better than other meat. It has by far the largest sale.

### Icebergs Help Industry.

Of all dangers that beset ships engaged in the North Atlantic traffic there is none so great as that of the iceberg.

These great floating islands of ice will soon begin to drift down from the north, and so well is the peril recognized that, in the spring, ships crossing the herring pond take a more southerly course than at other times of the year. Icebergs are not only dangers in themselves, but they also cause fogs which hide them and make the risks even greater than they would otherwise be.

The idea that an iceberg could possibly have any use would make the average sea captain gasp, yet one of the biggest of marine industries has been helped considerably by icebergs. Nearly all the codfish from which are made that wonderful medicine, cod-liver oil, are caught on the Banks of Newfoundland, a vast area of shallows which run far out into the sea. It is known that this great submarine plateau is composed entirely of rock and earth dropped by melting icebergs. The great icebergs come down from the huge glaciers of the west coast of Greenland, and their bases are full of detritus—earth, gravel, and rock. An single berg carries enough to build a village.

All this stuff is shed as the ice melts, and in course of ages has built up the

## ASPIRIN

Beware of Imitations!



Unless you see the "Bayer Cross" on package or on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians over twenty-three years for  
Colds Headache  
Toothache Lumbago  
Neuritis Rheumatism  
Neuralgia Pain, Pain!  
Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proven directions. Handy boxes of twelve tablets cost few cents. Drugists also sell bottles of 24 and 100. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer Manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

**Improve Your Appearance**  
More Phosphate for eye want your complexion to clear, eyes to brighten, and skin to become soft and smooth. This, nerve-exhausted people grow strong on Bitro-Phosphate and drugists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

**For the Kidneys**  
Kidney troubles are frequently caused by badly digested food, which overtaxes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine at your druggist.

# Smoke OLD CHUM

The Tobacco of Quality



Sealed Package (which keeps the tobacco in its original condition) 15¢

also in 1/2 lb. tins

Manufactured by Imperial Tobacco Company of Canada Limited

Banks. The process still continues, and the debris deposited on the sea bottom makes it the great breeding place for cod, herring, and other fish. It contains food for these fish, and if the great bergs ceased to drift south this gigantic fishing industry might soon be a thing of the past.

**A High Grade of Paper.**  
"I want some paper," the small boy said to the storekeeper.

"What kind of paper?"  
"Better make it fly paper," was the reply. "I'm going to make a kite."

**The Glass Blowers.**  
Young Wife—"Chester, dearest, how do they arrange these pickles so nicely in the bottles?"

Young Husband—"They pile the pickles up, Petsey, and then they blow the bottles about them."

## CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

## Rheumatism

Minard's penetrates to the root of the trouble and eases pain. The universal remedy.



## Improve Your Appearance

More Phosphate for eye want your complexion to clear, eyes to brighten, and skin to become soft and smooth. This, nerve-exhausted people grow strong on Bitro-Phosphate and drugists guarantee it. Price \$1 per pkg. Arrow Chemical Co., 25 Front St. East, Toronto, Ont.

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## Information.

Teacher—"Johnny, what are the two genders?"  
Johnny—"Maculine and feminine. The masculines are divided into temperate and intemperate, and the feminines into frigid and torrid."

By bearing with others, you shall be borne with.

## Classified Advertisements

PURE, BEAUTIFULLY FLUFFY, carded wool; sample, enough light comforter; one dollar. Woolen Mills, Georgetown, Ont.



## Young Girls Clear Away Pimples With Cuticura

Gently smear the pimples with Cuticura Ointment on the end of the finger. Wash off the Cuticura Ointment in five minutes with Cuticura Soap and hot water and continue bathing for some days. This treatment is best on rising and retiring.

Sample Each Free by Mail. Address Canadian Cuticura, 7 E. Box 2614, Montreal. Price Soap 50c. Ointment 25c. Tubes 50c. Try our new Shaving Stick.

## THEY TELL THEIR NEIGHBORS

Women Tell Each Other How They Were Helped by Lydia E. Pinkham's Vegetable Compound

Woodbridge, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for female troubles. I would have headaches, backaches, pains between my shoulders and under my shoulder-blades and dragging down feelings on each side. I was sometimes unable to do my work and felt very badly. My mother-in-law told me about the Vegetable Compound and I got some right away. It has done me more good than any other medicine I ever took and I recommend it to my neighbors. You are quite welcome to use this letter as a testimonial if you think it will help some poor sufferer."—Mrs. EUGENE SIMMONS, R. R. 2, Woodbridge, Ont.

In nearly every neighborhood in every town and city in this country there are women who have been helped by Lydia E. Pinkham's Vegetable Compound in the treatment of ailments peculiar to their sex, and they take pleasure in passing the good word along to other women. Therefore, if you are troubled in this way, why not give Lydia E. Pinkham's Vegetable Compound a fair trial. This famous remedy, the medicinal ingredients of which are derived from roots and herbs, has for forty years proved its value in such cases. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

ISSUE No. 16—24.