

### TRIALS OF INDIGESTION

#### Errors About This Trouble Into Which People Fall.

Many people so far misunderstand the digestive system as to treat it like a machine; neglecting it until it works sluggishly, then irritating it to work again by the use of purgatives. The stomach needs help at all times, but a study of the process of digestion will show that purgatives, as commonly taken, are seldom necessary and often harmful.

To safeguard your digestion the diet should be controlled. Over-eating is harmful, but one must assimilate food to supply the needs of the body. Remember, the blood has to be nourishment to all parts of the body and find fuel for its energy. When the blood becomes weak it fails to do its work, indigestion results. Therefore the sure remedy for indigestion is to build up the blood. If you suffer from any form of indigestion choose your diet carefully and take wholesome nourishment. Above all, start building up your blood by taking a course of Dr. Williams' Pink Pills. Then under the influence of the new blood supply, your digestive system will respond naturally, your appetite improve and your food will do you good. So begin to improve your digestion by starting to take Dr. Williams' Pink Pills now.

You can get these pills from your druggist or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

#### Holland to Drain Zuyder Zee After 250 Years' Delay.

After two and a half centuries of scheming, of doubts and delays, the draining of the Zuyder Zee is becoming a fact of which the most casual observer can see the evidence, says "The London Mail." Weirings, where the Crown Prince of Prussia was received with a mixture of welcome and reverence when he and his father, the ex-Kaiser, fled their country, is no longer an island, for a broad dyke, with spacious roads, now unites it with the mainland of North Holland.

Omnibuses now ply their regular services across what a year or two ago was a narrow strait of sea water, the crossing of which in small boats was not always unattended by danger. This dyke is, however, only a very small though somewhat important, part of the whole scheme, as a result of which an area about the size of Warwickshire will be reclaimed.

It was in 1821 that the present scheme took definite shape, but the Dutch government was chary of giving its consent and still more so of its support. Difficulties were gradually overcome, however, and the work was started in 1920. The first thing to be done was the erection of a new harbor at the eastern end of Weirings for the purpose of unloading material, and also to take the place of smaller harbors used by fishermen, which would be rendered useless or difficult of access.

After this came the erection of the dyke recently completed, and now, very shortly, will be begun the laying down of the great dyke twenty-one miles long between Weirings and the mainland of Friesland. The latter dyke is the one which will turn the Zuyder Zee into a fresh-water lake in place of a shallow but briny arm of the North Sea.

One of the most important secondary features of the work is this provision of fresh water in place of the present salt brackish supplies, for the mere value of the new land will be less than the cost of the work.

Including certain financial provisions that have been made to accelerate the work (which originally was to take about thirty years, but will not now take so long) the cost will be about 540,000,000 guilders, while the value of the new land even at the end of twenty-five years, the time which it is estimated it will take to make it fit for cultivation, will be only about 510,000,000.

This loss of 30,000,000 guilders will be made good partly by the new area of fresh water, partly by the improved conditions of traffic between the northern provinces of Holland and partly by the abolition of some present dykes and the improvement of the land behind them.

#### Bacteria in the Mouth.

Over twenty kinds of harmless bacteria have been found in the mouth of a human being.

Hot Air in Washington. In summer the Washington monument expands five and one-half inches in height.

#### FREE REPORT

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### Surnames and Their Origin



Prof. Julian Huxley

Who has studied sex instinct in the animal kingdom, and says the lowest of animals "court" their female charms. His research work, he says, partly confirms Darwin, and partly disproves him.

#### Moon Glitter.

A moonlit flower-garden—mildly moonlit—is a fine place to see stars from. One is so thrown upward, at night. Dark sweeps of hills, Alpha Immensely looming; one's world, except for a few starry flowers, is all stars. It is only lately I have discovered this; because the garden used to be a vegetable-garden, and some way one did not stand in the midst of one's interest in them (and mine never was very ardent), to admire the stars. A casual scent of turnip, let us say, or even the pleasant muskiness of tomato-plants, would tether one to earth; the stars would have to lift one out of it; whereas on a flower-fragrance, the veriest unutilitarian whiff of it, one floats upward, presumably!

The moon is old and golden to-night; when I went down, she was just rising; doing soft golden blitters at me through chinks in the pear-tree foliage. The petunias, with that golden light coming through them (they had been starting at the setting sun, and so had their backs to the east), were unbelievably glorified; I had seen them quite common-places, the other way round. Yes, as Monet says, "light is the most important person in the picture"; the garden shows me that every day. The petunias are little globes of beauty, with the moon, that low and old, behind them, their leaves darkly silhouetted, their transparent blossoms glowing. They seem to be having ceremonies of their own, that little host; will they turn, ere long, to the moon?

Across the path are white pinks. Moonlight and their fragrance seem the same. White moons above spun silver—their slim, silver spears of foliage are almost dazzling. Something on their petals glistens like mica; a pink is made for the moon. Single small white moons above spun silver foliage; precious to know they are just pinks. They might be moons, and float away. Poof! But under a dew like this one could follow them by their fragrance, breathe oneself into the scented wake of them, and bring them down. More than any other single flower they bring this moonlight down; hold it fast in those small scented circles, pin it with silver leaf-pins, with their long cool silver stems, quite safely in the earth.

In the shadows of the pear tree, safe from the moon, a firefly climbed the sweet-pea brush. Green as an emerald, or a tiny star; lighting the red brush-stems, the pale small leaves and tendrils of the sweet peas, one great pale bloom—then slowly floating like a starry emerald away. Very dark where he was; darkly golden just beyond, where the young pale-blue heads of daphnium, half-buds, were catching the soft gold light.—Anne Bosworth Greene.

#### Quite Otherwise.

Sport Editor—"Yes, I ran a story of your wedding on the sport page. What about it?"

Heavyweight—"Well, take a tip from me. Marriage ain't no sport. It's a job."

#### The Cheerful Heart.

God delights in nothing more than in a cheerful heart, careful to perform his service. What parent is it that rejoiceth not to see his child pleasant in the limits of a filial duty?—Owen Feltham, in "Resolves," 1620.

#### Marriage Risks.

An elderly and a young member of a certain club met in the smoking room. "I hear, Mr. Jones," said the former, "that you are going to be married shortly. I hope you will be very happy."

"Oh, I don't see why not," replied the prospective bridegroom, cheerily. "I came through the war without a scratch, you know."

Rub your scalp with Minard's Liniment.

#### NIVEN.

Variation—MacNiven. Racial Origin—Scottish. Source—A sobriquet.

The name of Niven appears to be exclusively a Scottish one. It is found so frequently in Ireland as to make it certain that it does appear there only as the result of the chance settlement there of a Scottish family now and then.

On the other hand it is a family name which has existed for a long time in Scotland, being borne by sept, or branches, of three of the foremost clans of that country, the Clan Cunningham, the Clan Macintosh (or Mackintosh) and the Clan MacNaughton.

These septs, or subdivisions of clans, were formed in Scotland in much the same manner that they were in Ireland, by some famous member of the clan, other than its leader, establishing his own organization of followers, who, together with the members of his family, would adopt his name in addition to that of the big clan.

The family name of Niven is a development of the Gaelic "Niomainn" or "Naoinnein" (the latter being pronounced very much like Niven), meaning sons or followers of the saint, apparently there were at various times in each of the three clans mentioned, men famous enough both for their ability as leaders and for their sanctity to bear the sobriquet of "The Saint" and to establish septs of their own.

MacQueen is but an Anglicized form of MacQuinn, in which the word "queen" has been adopted, owing to the similarity of sound, but with no regard for the meaning. The "Cann MacQuinn" held the territory known as "Muinir Gillegain" in what is now County Longford.

As nearly as can be estimated from the Irish historical records, which are scrupulous as to genealogy, but often neglectful of dates, forcing the researcher to the comparative method of filling them in, the chieftain Conn who founded this particular clan, lived about the year 1500.

Though you would not suspect it if you did not know the peculiar method by which some of the Irish nouns are declined, "Quinn" is but the genitive case of the form name "Conn" (the meaning of which is "wisdom"), one which is frequently met with in the pages of Irish history.

#### QUINN.

Variations—O'Quinn, MacQuinn, MacQueen. Racial Origin—Irish. Source—A given name.

The correct Irish spelling of this family or clan name is either "MacQuinn" or "O'Quinn." There is no "q" in the Irish language.

It should be noted, too, that one variation of this family name, MacQueen, is not to be confused with the Highland Scottish name spelled the same way, the origin of which has been explained in a previous article.

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#### The Auto and the Horse.

Though bedecked in splendid trappings, gliding on its stately course, Still the Auto's but a lackey to His Majesty, the Horse.

Who could know a pang of pity for a broken frame of steel, Like the sorrow that a master for his fallen steed must feel?

Who, behind a chugging engine—thing without heart or will— Ever felt the blood-tide tingle like the horseman's gallop thrill?

Death is in the Auto's pathway; madness glowers at the wheel; But a good horse guides and guards you, faithful, trustful, wise and leal.

Let the Auto toll for Commerce, claim the prize for strength and speed; But for frolic and for friendship, give a true bred man his steed. —John E. Miller.

#### Rabies.

"The most terrible death a man can die," said the doctor after he had returned from the bedside of a little boy who had been bitten by a rabid dog.

"The thirst is intense—beyond imagination; his tongue is swollen to twice its size and hanging out of his mouth—yet he can't take a drop of water; his throat is paralyzed, and the sight of a drink produces choking and a paroxysm of the muscles used in swallowing, which no human being could look at without pity. And the tragedy is that there is no help under heaven for it, once the disease develops."

The boy had been bitten by a rabid dog; unfortunately his parents had delayed too long in getting the lad treated to prevent hydrophobia, and it was impossible to save his life. The treatment will absolutely prevent rabies if given ten days to three weeks after the person has been bitten.

Don't kill the dog that bites a person—let him up. If alive at the end of 10 days, you may be perfectly sure he did not have rabies; no dog suffering from rabies will live longer than 10 days.

If the dog is dead within ten days, send the head well packed in ice to the Laboratories of the Department of Health, Spadina House, Toronto. They will advise you immediately whether the dog died of rabies and whether it is necessary to take treatment, which is known as the Pasteur Preventive Treatment for Rabies and supplied free of charge to Ontario residents.

A child's life is worth more than a thousand dogs—let us muzzle Ontario dogs and keep out dogs from the United States which may spread rabies among our stock and kill our children.

#### Son of Lady Asquith is Boadicea in Films

The Hon. Anthony Asquith, son of Lord Oxford and Asquith, has been playing part of the role of Boadicea, the Amazonian queen, in a British film. He drove the chariot in an exciting race scene in place of Miss Phyllis Neilson Terry, who otherwise played the queen. Miss Terry found that guiding galloping horses from a swaying chariot was beyond her strength, and Anthony Asquith "understudied" in it, attired in her royal robes and a wig.

Mahogany should be washed with vinegar or cold tea.

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#### CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble that comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent the dreaded stomach complaints. They are an absolute safe medicine, being guaranteed to contain neither opiate nor narcotics or other harmful drugs. They cannot possibly do harm—They always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



Could See the Rust. "That red-headed chap has a head of iron." "I believe you—I can see the rust."

#### Toll Bridges and Roads Survive in England

British motorists recently were surprised to learn that in the kingdom there remain more than 100 toll bridges. Also while there are no portions of the country not served by public roads, there are still a few toll roads which serve as short cuts.

Suggestions have been made that the government should compensate the holders of toll privileges and abolish this archaic system, but with the increase of motoring recently, the toll privileges are so profitable the owners are unwilling to sell.

#### Addition.

"How old are you?" Bobby—"Eleven." "But you were only five last year." "That's right. Six this year and five last year. That makes eleven."

RED ROSE TEA  
"is good tea" TEA  
Red Rose Orange Pekoe is extra good. Won't you try it this time?

#### Mysterious Powers of the Brain.

During a thunderstorm at Sheffield a man standing near a place which was struck by lightning lost his speech, says an English writer.

At Fakenham, in Norfolk, a soldier who had lost his speech after shell-shock in the war suddenly recovered it while he was plying his trade as a house-painter. His ladder lurched, and with an "Oh!" of fright his speech came back.

Not the cleverest investigator of the brain can tell us the why and wherefore of such happenings, but can only say that the mechanism by which the brain, or parts of the brain, directs the throat, the tongue, the palate, the lungs, to fulfil their duties in giving utterance to spoken sounds is infinitely more complicated than the works of a watch.

To the brain come along the nerves from different parts of the body sensations of heat or cold or pain or hunger, to which the brain gives names. From the brain go thoughts which set the organs of speech or action in movement. All these impulses have to go through telephone exchanges in the brain system far more complicated than any which give and take calls in a city.

A sudden silent jar, and the telephone exchange is put out of gear. Lines cross, the buzzer sounds a wrong note at a wrong time, the desk telephone becomes altogether silent.

In the city exchange the damage can be located and repaired; in the brain exchange it cannot be found. Nobody can say where the damage has taken place. Another jar, and it may right itself as mysteriously as it went wrong, but no man can say how.

#### Others Ring Wedding Bells For Bellringers

All the bellringers in Chertsey, England, were members of the bridal party at the wedding of Miss Lily Stevens, and chimers from distant parishes had to be summoned to Chertsey to ring the wedding bells. Miss Stevens' father, who gave the bride away, has been foreman of the Chertsey Church bellringers for years. The bride, and her sister, who acted as bridesmaid, are both experienced ringers. The groom and best man also are members of the bellringers.

A Quick Process. To make a 24-page newspaper, it requires a block of wood two inches high, three inches wide and four inches long. To convert this block of wood into newspaper, it requires enough electricity to light four 60-watt lamps for one hour, nearly three pounds of steam, two-tenths of a pint of fuel-oil and ten seconds of one man's labor. But it takes on an average, for all the production processes, only five one-hundredths of a second per 24-page paper, which is quicker than a cat can wink its eye.

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#### Yearful Philosophy.

The little sister had not been well, and had been particularly trying to little Tommy, her brother, all the day. Finally the young man's patience came to an abrupt end.

"Mother," he asked, "don't you want Dorothy to be a good wife like you when she grows up?"

"Of course," said his mother. "Well, you make me give everything to her 'cos she's littler'n me. 't you're littler'n father, and when he comes home you say, 'Here's your slippers and magazine, dear.'"

And before his mother could move Tommy tore his railway train from the screaming baby.

"If we don't begin to train her she'll be a terrible wife," he remarked as he slammed the door.

#### Gland Transplanting in 1672.

The transplanting of glands into the human system is no new discovery, the first record of such an operation being accredited to John Hunter in 1672.

#### Stiffness

of any kind can be quickly removed by massaging with Minard's Liniment.

MINARD'S "KING OF PAIN" LINIMENT  
RESTORED TO GOOD HEALTH  
Mother of Eleven Children Praises Lydia E. Pinkham's Vegetable Compound  
Her Interesting Experience

Buckingham, Quebec.—"I am the mother of eleven living children, and my baby is five months old. I am only 38 years old and I have taken Lydia E. Pinkham's Vegetable Compound for weakness and my nerves. I knew of it from my sister, Dame Edouard Bellefleur of Ramsayville. For five years I was in misery and was always ready to cry. Now I am so happy to have good health. My daughter, who is 18 years old, has also taken it and will be happy to recommend it to all young girls."—Dame WILLIAM PARKER, Box 414, Buckingham, Quebec.

Why suffer for years with backache, nervousness and other ailments common to women from early life to middle age, when Lydia E. Pinkham's Vegetable Compound will give you relief?

In a recent country-wide canvass of purchasers of Lydia E. Pinkham's Vegetable Compound, over 250,000 replies were received, and 98 out of every 100 reported they were benefited by its use.

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