

## THE GROWING GIRL

Requires a Mother's Constant Care and Watchfulness.

In their early teens it is quite common for girls to outgrow their strength, and mothers should carefully watch the health of their daughters at this time, for it is when strength is sapped by too rapid growth that anaemia develops. The first signs may be noticed by peevishness, languor and headaches. The face grows pale, breathlessness and palpitation follow with low spirits.

At the first symptom of anaemia mothers should act at once. Neglected anaemia often leads to decline, but if you see that your daughter's blood is enriched there need be no cause for anxiety. The finest blood enricher ever discovered is Dr. Williams' Pink Pills. The pure, red blood created by these pills will quickly banish all signs of anaemia. They will build up your girl's health and ensure her a robust girlhood. Give your daughter a course of Dr. Williams' Pink Pills now. Make her strong like thousands of girls and women throughout Canada who have been rescued from the clutches of anaemia by Dr. Williams' Pink Pills.

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50c a box from the Dr. Williams' Medicine Co., Brockville, Ont.



As Busy as the Bee.  
"You say his business is humming?"  
Sure—he's a bee-keeper, you know."

Secrets are like money—good for nothing unless placed in circulation.

## What's On Your Card?

"Every man has a card on which his name, his address, and the fact that he will die are written in indelible ink. The date of his death and the disease from which he will die are also written on this card, but the writing is with pencil and erasable."

This statement was recently made at a meeting by Dr. Charles Mayo, the distinguished surgeon. Of course he spoke in parable but the statements are none the less true.

Continuing this idea, we might say that every man should look at his card about once a year. This looking at the card once a year is called "physical examination on your birthday." Such an examination, if it is properly made, should size up the person's condition in every respect. When he has finished, the physician will probably say something like this: "You are not like the deacon's one-hoss shay, due to go to pieces all at once in every part. I find your heart scores 100, but your kidneys score only 70. In so far as I can judge, you may die in 1933 of a kidney trouble, unless you change those of your habits which affect that condition."

These indications of conditions which may be changed by methods of living are written in pencil on your card.

Let us suppose you are sensible and wish to get the most out of life. You erase "1933" and write "1943." Ten years will mean much to you, and you make up your mind to have them. How?

You ask your doctor to tell you how you can make good on that 1943 entry, how you can make your 70 per cent. efficient kidneys last an additional ten years. You learn that you must change your habits, go to bed at a regular hour, get more sleep, change your food habits, protect yourself against infections, take better care of yourself when you have a cold. You decide that the game is worth the candle. When you have taken the right steps you again take your eraser. You erase the word "kidney trouble."

Then you go on for one year, happy in the prospect of a gain of ten years. Another birthday comes around. You go to the card box. You take your

## CANADA'S "BARREN LANDS"

Although nearly one-sixth of the area of the Dominion is included under the name of the "Barren Lands," there has been very little authentic information available about their nature and possible resources. Most of the exploration throughout these regions was carried on in the earlier days—from 1770 to 1834—in the way of various overland journeys in connection with Arctic expeditions by sea, searching for a Northwest passage to the Orient. These lands then lay far from the outposts of settlement and, with the primitive forms of transportation available at that time, estimations of their possible value and resources were bound to be based upon restricted standards.

From the close of that period of exploration to the present day, over a span of nearly a century, with its great strides in settlement and in the development of transportation and economic machinery in general, little has been done to reconsider the possibilities of these regions in the light of present-day conditions. In order to obtain first hand information about the country, and at the same time lay down a skeleton system of survey for all possible future development purposes, control traverse and exploration surveys were extended during the past season through a series of waterways lying to the north and east of the easterly part of Great Slave lake. This work was carried on by G. H. Blanchet, D.L.S., of the staff of the Topographical Survey of Canada, Department of the Interior.

The waterways followed consist of a series of large lakes draining to Great Slave lake which lie in a great plateau region of uniform elevation and generally subdued topography. This represents the drainage peak of the country in which some of the waters flowing into the great rivers of the north take their rise—Mackenzie river of the western Arctic, Coppermine

river of the middle Arctic, Backs river of the eastern Arctic, and Thelon river flowing to Hudson Bay. The coast line included between the mouths of these rivers may read that as the head waters of these rivers closely approach the lake series the route by these waters is important in giving access to a vast area of inland country and an extensive stretch of coast line. In this connection it might be noted that a practicable water route was discovered in the course of the survey connecting with Coppermine river.

It was observed that the country became less rough toward the north and east and that the accumulation of soil was greater with a corresponding improvement in the amount and variety of the vegetation. The name "Barren Lands" as applied to the greater portion of this country is a misnomer. It is true that trees do not grow beyond a certain line, and to the north and east of this line areas of barrenness exist where soil is either lacking or too coarse for ordinary plant life, but in the greater portion of the country a variety of shrubs and mosses cover the hills and grasses flourish in the swampy valleys.

The animal of outstanding interest, native to the country, is the Barren Lands caribou. Vast herds of these animals, leaving the open lands for the woodlands for a short period in the depth of winter, traverse the country through the fringe of the former range of the musk-ox and from the fact that only one was seen during the season it may be assumed that either the herds have been reduced in numbers or they have retired to the more inaccessible portions of their range. An interesting discovery was that a summer breeding ground of the Ivory Bill loon which winters in Norway and Iceland was found in the upper waters of Coppermine and Back rivers where hundreds were observed.

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## FABRE LINE

The popular Route to the Mediterranean

WINTER CRUISES 1925

From	To	SS. Patria	SS. Patria	SS. Patria	SS. Patria
Providence	SS. Patria				
Mar. 21	Apr. 20				

Minimum Fare \$450.00  
Comfortable and Commodious  
Shore Excursions at Ports of Call  
Card parties, games of all sorts in  
surpassed French cuisine and first  
tunes: Wireless News Daily. For in-  
Any autho  
JAMES W. EL  
17 St.

## What Makes Men

A well-known pathologist recently made an interesting discovery. He has found that the effect of a few minutes of light comes hot from the sun. The size of the change is the size of the sun.

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## Surnames and Their Origin

GROGAN  
Variation: Grogan, O'Grogan.  
Racial: Grogan, O'Grogan.  
Source: Grogan, O'Grogan.

cumbed to the English legal and social order and the complexities of modern industrial life and material civiliza-

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