

The Art of Listening.
Have you ever thought how little the average person hears?
A busy man does not want to be distracted by outside sounds, and for that reason he unconsciously "closes" his ears when he is thinking about a special piece of work.

This is apt to become a habit, and a bad one. It tends to make a person absent-minded. Whenever one has the time to spare, it is both a useful and very pleasant pastime just to listen. One can do it in a town, but better still in the country.

When tramping down a country road try the experiment of listening to the voices of the countryside. At first you may not hear much—just the confused noise of a few birds in the near-by trees and the sound of wheels in the distance. That doesn't sound very interesting, does it? But that is because your ears haven't got tuned in; they are working badly through lack of practice.

But after a little while they will become keener and more alert. In other words, your ears are taking back some of the jobs your eyes have taken over from them.

It is then that you find what a doubly attractive place the country is. In addition to seeing the beautiful beauty of it you hear the beauty of it as well.

There is the vague whisper of the breeze in the tree-tops—one of the most soothing sounds in the world—and the crisp rustle of dead leaves. The confused noise of the birds becomes clear and definite, though you may not know them by name, you will soon find yourself picking out the notes of the different songsters.

And you will hear, too, that different trees have different sounds. The wind in the oak has a different whisper from the wind in the alder, even as it is different when blowing over the brow of a hill.

And thus in a few weeks you will find yourself knowing instinctively a thousand different sounds, and the things they stand for. You have learnt the art of listening. Your ears will tell you of the landscape as clearly as your eyes do.

In addition to that, it will make your eyes keener. Eyes help the other. By the simple pastime of listening you have become keen and alert. No longer will you have to ask a person to repeat what he has just said to you because you didn't follow all he said. You will take it all in at once.

French Birth Rate Still Decreasing.

Figures just published here show an appalling decrease in the birth rate of France during the last fifty-four years. French births decreased by 73,000 in two years. Figures for the first six months of 1922, which are the latest ones yet available, show 25,000 fewer births than for the corresponding period in 1921. It is estimated that for the entire year the birth rate will be 50,000 below that of 1921.

Whereas in 1868 more than 1,000,000 births were registered, it is expected that three years hence the total number of births will not exceed 500,000 a year. The chief causes of this decrease are attributed to the ever increasing taxation, the poor state of the country's finances, lack of trade, inadequate salaries, housing shortage, and the losses which France suffered in the war.

What may be another cause, according to some authorities, is the different attitude toward marriage found today among French girls who, it is said, prefer to remain single.

Night Song of the Pines.

Oh, I would sing of the swaying speech of the pines,
Of what they say by night when the wind is high,
And the crumbling clouds go racing over the sky,
And with ghostly faces in the east the full moon shines!

Down from the crests of Carmel where slender and tall
They rise, their sighing sweeps like a many,
And blends with the cooing surge and sob of the sea—
A rhythmic swell, and then a dip and a fall.

Whatever their words—and who shall interpret them clear?
Forever they tell of strange and of eerie things
That clutch at the heart like an unseen wafture of wings;
Hark, they are murmuring now!—You may hear and hear.

—Clinton Scollard.

Shall I Forget?

I do not think I shall forget—
Although I said I would—
For I have tried so long and hard
And yet it does no good.

Just when I think I have forgot
I find myself once more
Reviewing all the memories
I have reviewed before.

I do not think I would forget—
Although I thought I must,
When I had seen my dearest dreams
The shattered in the dust—

For I have learned remembering—
Although it brings my tears,
Is sweet to hold against my heart
As I go down the years.

—Abigail Oreson.

NERVOUS EXHAUSTION

The Only Sure Relief is to Enrich and Build Up the Blood.

Nervous exhaustion is the cause of headaches and dizziness, and it is due, almost always, to conditions of impoverished blood. Tablets and powders for headaches should never be taken; they cannot possibly reach the root of the trouble and are often most harmful. All that is needed to bring relief is a tonic that will enrich and purify the blood, and the very best tonic for this purpose is Dr. Williams' Pink Pills. These pills have a direct action on the blood, and in this way the headaches, dizziness and other bad symptoms rapidly disappear. Mr. Mark F. Taylor, Granby, Que., tells what this medicine did for him. He says: "I had severe headaches which would be accompanied by vomiting spells. These would last for two or three days at a time. I would take one of these pills every three or four weeks, and it is almost impossible to describe the misery they caused me. I tried a number of medicines without getting relief, until one day my mother brought me six boxes of Dr. Williams' Pink Pills. When they were used I was feeling much better, and I got a further supply, and under the continued treatment every symptom of the trouble disappeared. I cannot speak too highly of this medicine for it certainly has done wonders for me."

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Run on Lower Flange.

An electrically driven hoist with a capacity of a ton has been combined with a trolley conveyor that can be run on the lower flange of a standard I-beam.

Container for Match Boxes.

Two rubber vacuum cups hold a new container for match boxes on any smooth surface.

Minard's Liniment for Neuralgia.

Popularity is more often a reward for not displeasing people than for pleasing them.

Surnames and Their Origin

Variation—Bagley.
Racial Origin—English.
Source—A locality.

This is one of those family names which might well have sprung up independently in many sections of England throughout the period in which the majority of family names were formed, that is to say, between the eleventh and the fourteenth centuries. And all of the available records in the form of historical records of counties, townships and villages go to show that it did.

The "Bagley" was the kind of local geographical name which might have sprung up almost anywhere in the country.

As a geographical term it was simply the combination of two ancient Anglo-Saxon words, "baegle" and "leah." The former is the word which in the course of time has developed into the modern "bailey," meaning a "small" or "little" place, and the latter is "leah," and principally in geographical names, in the terminations, "ley," "lea" and "leigh," and it meant either meadow, or untitled land. The "baegle," "leah" or "bagley," therefore, simply referred to some local piece of rising or swelling ground that was untitled. Any one living on such ground was likely to be distinguished in the speech of his community by reference to it.

Now, a Word of Magic.

There is such a thing as a statement containing more poetry than truth. "Turn back the universe and give me yesterday," "sing well" and "listen well," but it is unobtainable just the same. "Taking a trip on Memory's ship" is all right—just occasionally, but it can become a mental and spiritual dope. The slaves of this habit are really unfit for the realities of to-day.

To a healthy mind, all pleasure is contagious. We have all enjoyed hearing old people talk of bygone days, but frankly, didn't your pleasure arise from the fact that it gave them pleasure to live those days over again? This sort of thing is a bit akin to the truth that "all the world loves a lover." For old people to live in the past is not only natural, but becoming and lovable. But as long as "Today" brings to you duties and tasks and burdens, can you successfully perform those tasks and duties, and lift those burdens if your strength is sapped by an over-indulgence in the dopes of retrospection?

Enter into to-day as ardently and enthusiastically as if there had never been a yesterday, and never would be a to-morrow. Instead of waiting ten years, and looking back upon it as one of the "good old days," which you may vainly wish to recall, squeeze from it now the goodly share of wholesome joy and serenity it surely holds.

Instead of sentimentally looking back on past days as "the good old days," why not sensibly and optimistically and practically view each new day, right while you are living it, as "a good old day?" And most important of all, make to-day "a good old day" for everybody with whom you come in contact. To-day ought to be the best day of all the "good old days."

Why? Because if we have lived truly and earnestly we have just a little more experience and wisdom to put into to-day.

To Remove Wall Paper.

Heat a gallon of water, and add to it a heaping tablespoonful of salt-petre. Apply this to the wall with a brush, keeping the water hot all the time. After a few applications the paper will pull off easily.

Translations of the Bible, or portions of it, are published by the British and Foreign Bible Society in 550 different languages.

RAMSEY

Racial Origin—English.
Source—A locality.

Ramsey is one of those English names which are distinctly Anglo-Saxon, in distinction from those which are Norman-French. Still it does not follow that all who bore it in the first place were of the Saxon race. A name of this sort gives little or no clue to the race of those who first used it, because it was a place name before it became a family name, and the Normans, when they spread their way over England, saw no reason for renaming the locality.

Like all family names derived from place names, its first general use was to indicate the place from which a given person or family had come, thus distinguishing a man from others who bore the same given name. Later, these names, for the most part, lost their local significance and became the hereditary names of families. Only in a minority of cases do such names indicate that the original bearers were "of" a certain locality in the sense that they were the rulers of it.

As a place name, Ramsey is a combination of the Saxon "ey," which meant "isle" or "island," and either "ram," or else the word "reoma." The last named meant the "edge" or "border" and was the ancient form of our modern word "rim."



Progressing

Mother—"Mary, don't you think you are getting too old to play with the boys?"
Mary—"No, mother; the older I get the better I like them."

GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A New Year Thought.

At long last we shall find them, if we set ourselves to look.
The answers to the problems in old Time's big puzzle-book!
The why and how and wherefore of the ups and downs we meet;
The meaning of the corners and the turnings in Life's Street!

At long last we shall learn them—all the lessons of the way.
At long last we shall sing them—all the carols of the day.
We may not find it quickly, but at long last if we're true—
We'll dig it out and finish it—that work we're meant to do!

At long last we shall get there—to the top of Hill Success;
At long last we shall sing them—all the carols of the day.
We may not find it quickly, but at long last if we're true—
We'll dig it out and finish it—that work we're meant to do!

The Pleasure of Music.

Beauty in all its glory can be brought to the hearts of children through music.

The joy received from hearing beautiful melodies preserves that idealism, which is one of the most precious possessions of childhood. When such music is heard it reaches their consciousness through rhythm, melody and harmony, through form and style, through the warmth of stringed instruments or the rich tones of a French horn, but it all affords a pleasure which finds echo within and is an influence for good.

The world can not live without music. It is uplifting and makes one think of the better things of life. When we realize how vital a factor music is in the life of each individual we will also realize how important it is to hear good music.

Taking interest for money lent to Hebrews was expressly forbidden by the Mosaic Law.

CAN SWING PICK LIKE HE USED TO

Miner Thanks Tanlac For Putting Him Back On Job After Illness Forced Him to Quit.

"When Tanlac helped my little granddaughter so wonderfully I thought maybe the medicine would help me too, and since I've taken it I am feeling fine," said John Jones, 19 Sterling St., London Ontario.

"I came here a year or so ago from Calgary, where I was a miner, but had to quit on account of asthma," he continued. "I was badly run down, and then I got a touch of pneumonia that knocked me out completely. I couldn't get my strength back, had no appetite, was unable to work and didn't know what it was to get a good night's sleep."

"By the time I took three bottles of Tanlac I was eating just like a log and I have been on the job ever since. My asthma doesn't bother me so much now, and it's a race between me and my little granddaughter at meal time, for we both have splendid appetites."

Tanlac is for sale by all good drug-gists. Over 35 million bottles sold.

PUT STOMACH IN

ORDER AT ONCE

"Pape's Diapepsin" for Gas, Indigestion or Sour Stomach

Instantly! Stomach corrected! You never feel the slightest distress from indigestion or a sour, acid, gassy stomach, after you eat a tablet of "Pape's Diapepsin." The moment it reaches the stomach all sourness, flatulence, heartburn, gases, palpitation and pain disappear. Druggists guarantee each package to correct indigestion at once. End your stomach trouble for few cents.

A Quick Relief

for Headache

A headache is frequently caused by badly digested food; the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Selig's Syrup correct faulty digestion and afford relief.

COARSE SALT

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America's Pioneer Dog Remedies

DOG DISEASES

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Faster Than the Fastest.

Orchestra Drummer—"I'm the fastest man in the world."
Victor—"How's that?"
O. D.—"Time flies, doesn't it?"
V.—"So they say."
O. D.—"Well, I beat time."

MONEY ORDERS.

It is always safe to send a Dominion Express Money Order. Five dollars costs three cents.

Death and Life.

I do not know what may befall to-morrow.
Wint' stores of blessing, or what weight of sorrow;
But this I know, whatever may befall,
Whatever Life may be, Death ends it all.

But stay! Does Death end all we know of living?
Though it may end the tears and woe and the forgiving,
Is it not rather, O my Soul, the door To Life Eternal, life for evermore?

No sneering doubts shall quell my heart's believing,
Though hell and furies ply their arts deceiving;
The icy stream may o'er my body roll,
But Death can never rob me of my Soul.

Quite Untrue.
The village postman, being an inveterate gossip, could never resist reading the postcards entrusted to him to deliver, and then communicating the news thus gained to others.

The doctor was much bothered by this, and one day, in writing to a friend who lived quite close, he added: "I would tell you more, only I know the postman will read it."

He then posted the card in the letter-box, whence it was collected, and taken to the post-office, and sent out for delivery.

The postman stamped up to the house with the card and knocked at the door.

To the surprise of the good lady who opened the door, the postman handed her a postcard, and exclaimed angrily: "He's a liar! I don't read 'em!"

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"Cascarets" 10c

Best Bowel Laxative When Bilious, Constipated

To clean out your bowels without cramping or overacting, take Cascarets. Sick headache, biliousness, gases, indigestion, sour, upset stomach, and all such distress gone by morning. Nearest physician on earth for grown-ups and children. 10c a box. Taste like candy.

New Socket Wrench.
Weighing only 1 1/4 pounds, a socket wrench that has been designed for a certain type of automobile fits nuts of eleven sizes.

PETRIE'S MACHINERY TORONTO

Pain?

For immediate relief rub the affected part with Minard's Liniment. It penetrates faster and further than any other, soothing and stopping pain. Two generations have crowned it King of Pain.

Minard's Liniment

The Family Medicine Chest.

SEVERE ITCHING BURNING PIMPLES

Over Face and Neck. Face Disfigured. Cuticura Heals.

"My trouble began with a rash which later turned to pimples. The pimples were quite large and of a reddish color, and were scattered all over my face, neck and forehead. The itching and burning were so severe that I could not help scratching. My face was disfigured for about a year.

"The trouble lasted about a year before I began using Cuticura Soap and Ointment. They afforded relief within two weeks, and at the end of six weeks I was healed." (Signed) Clarence J. Burnell, 474 Tyler St., Pittsfield, Mass., Jan. 4, 1921.

Use Cuticura for all toilet purposes. Sample Book Free by Mail. Send to: The Cuticura Soap Co., Dept. 100, 244 St. Paul St., W. Montreal. Sold every where. Soap, Ointment, Face Powder, etc. Cuticura Soap shaves without razor.



Rheumatism?—banish pain!

Apply Sloan's. Restore healthy circulation of blood through congested tissues. Since congestion causes the pain—almost instant relief!

Sloan's Liniment

Made in Canada —kills pain!

For rheumatism, bruises, strains, chest colds

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all



Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds Headache Rheumatism
Toothache Neuralgia Neuritis
Earache Lumbago Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark (registered in Canada) of Bayer Manufacturers of Medicines. It is well known that Aspirin is a Bayer product. The Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."