

ON THE ROAD TO MASTERSHIP

Whatever your vocation, it is essential that you keep your goal vividly in mind. It is a great thing to think every day that you are on the road to mastery, that personal power is your goal and that everything you do and everything you think, all your expectations, your every act and word are working toward this one end—your mastery. If you keep this constantly in mind you will keep growing. Your life will grow larger, fuller, and more complete.

On the road to mastery! What a fine motto for every youth who stands tiptoe on the threshold of his career. On the road to mastery, grinding everything into paint for life's great masterpiece, making everything count toward this one end: growth, expansion, personal power, the development of ability greatly to serve the world.

All sorts of temptations will try to keep you from your goal. Pleasure and comfort will vie for your attention. Love of ease, and natural laziness, will try to lure you from your goal. Persuaders on every hand will try to beckon you from your course. But burn this one word, "Mastery," into your conscience, hang it up in your bedroom, and don't let anything decoy or lure you from your goal.

Many a morning you will rise and "Don't-Feel-Like-It" will call you a fool for straining and striving for such an uncertain goal, a goal which you may never reach, and will bid you take it easy. Pleasure will tell you to take your good time as you are going. But do not heed these dangerous whispers.

Young people are apt to think that one little departure from virtue, one little wrong act, could not seriously mar the character which it has taken a lifetime to build, that such a thing would scarcely be noticed; but remember that an artist may, with one stroke of the brush, ruin a masterpiece on which he may have spent many years of effort.

No matter what tempts you, fascinates you, keep steadily and persistently in mind, that you are on the road to mastery.

This is your goal. Turn not to the right nor to the left. Let not even a Paradise tempt you from your course. This is the only way in which mastery may be attained.—Success Magazine.

This is Russia!

A peasant's cart, dragging wearily under a burning sun. Flat lands cracked open by heat and drought with dead grain stalks withered and dry in the sun. Emaciated bodies lying by the roadside. Black wings cloying in the brassy sky overhead.

More carts, many, many carts at a river bank at sundown. What peed of campfires when there is no food? The river is wide, but off across the Volga to the northwest somewhere, weary versts away, are the domes and minarets of Moscow. More bodies, some cholera stricken. Back to the east and northeast other carts come crawling across a dead land with wings always hovering over the slow procession. One must go somewhere.

A dead village, utterly cleaned out. Street littered with broken jars, bottles, rags, rubbish. A few dead folk in the doorways. The wave of hunger mad has come. The villagers had fought for their food stores. Those not dead are driven like dry leaves in a hot wind.

Multiply these things by a thousand roads and a thousand villages, and they cover an area as great as all the United States east of the Mississippi. It is even greater.

Look east and north from Moscow. Up there along the Volga twelve divisions of infantry and two of cavalry wait to shoot down the hunger-driven as they come. Will there be cartridges enough? Will the sabres grow so dull that they will be more metal bludgeons?

In Moscow men plot how they may live fatly through and gain more power from the misfortunes of the dying and the bones that will whiten the landscape when spring comes again. They claim to be the true disciples of the "Brotherhood of Man." They have their troops on the Rumanian and Polish frontiers to strike at the Europe that is now taking from its scanty stores to help them. There are 200,000 more red troops in Georgia and Armenia alone.

They must ride in armored trains, loaded with bayonet-carrying guards, when they travel to the edge of the onward rolling mass of hunger-stricken. The instinct of the dying tells them that these men are the causes of their helplessness.

A peasant dying in a withered field. A fanatic studying a map and dreaming of the red fires of world revolution. A vulture wheeling, low-winged, overhead. This is Russia in 1921.

Just one hundred years ago the French government came into possession of the Venus of Milo for the modest sum of fifteen hundred francs. A young midshipman named Voutier was exploring the island of Milo when he noticed a peasant working with a pickaxe at some object in the ground. He found that it was a statue, in three pieces, and was astonished at its unusual beauty. A Greek monk prevented him from buying the statue at once, but Voutier appealed to the French ambassador at Constantinople, who went direct to the Sultan and induced him to sell for a trifle what is now considered as the foremost work of art in the world.

FREQUENT HEADACHES

A Sure Sign That the Blood is Watery and Impure.

People with thin blood, are much more subject to headaches than full-blooded persons, and the form of anemia that afflicts growing girls is almost always accompanied by headaches, together with disturbance of the digestive organs.

Whenever you have constant or recurring headaches and pallor of the face, they show that the blood is thin and your efforts should be directed toward building up your blood. A fair treatment with Dr. Williams' Pink Pills will do this effectively, and the rich, red blood made by these pills will remove the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia or sciatica. Muscles subject to strain are under-nourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, try building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

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

Material Difference.

"Now that Estelle is engaged, I suppose you are going to give her a linen shower."

"No; she said she preferred a lawn party."

People are made more unhappy by the ills they fear than by those they suffer.

The man whose advice is worth while doesn't have to offer it.

Minard's Liniment for sale everywhere.

Surnames and Their Origin

ADAMS

Variations—Adam, Adamson, Addison, Atkins, Atkinson, Adkins, Adkinson, Adie, Edie, MacAdam, MacAdie, MacKeggie, Ayson, Esson.

Racial Origin—English and Scottish. Source—A given name.

The family name of Adams is, of course, a shortened form of Adamson, or "Adam's son."

This surname, together with the many variations which have been formed from the medieval diminutives of the given name, is unusually widespread, because the given name itself was far more common in the Middle Ages than it is to-day.

The medieval English were a sturdy, simple folk, comparatively few of whom could read, and so they lacked the modern facilities to search through the Scriptures for names for their children that the modern ability to read, coupled with the development of printing, would have given them.

There was little incentive to learn to read, since books could be produced only by handwriting and were excessively expensive. Hence, they got their knowledge of the Scriptures by word of mouth, and naturally the names which stuck in their memories were those connected with the most dramatic passages. Naturally the most prominent, which explains why the name of Eve as well as Adam was so popular.

"Adcock" was a diminutive of the given name. It became a family name as "Adcockson," and was finally shortened again to Adcock. "At" and "Adkin" or "Atkin" were also forms of the given name, giving rise to Addison, Adkins, Adkinson, Atkins and Atkinson.

The Scottish or Celtic form of the given name was "Adamh." A sept of the Clan Gordon bears this name, tracing it to Adam de Gordon, Anglo-Norman founder of the clan in the twelfth century.

MacAdam is a sept name in the Clan MacGregor.

Pyramid Building.

The Pyramid of Cheops is nearly 500 feet high, covers more than thirteen acres, and contains 90,000,000 cubic feet of stone. Its construction is said to have been a task of twenty years, employing the continuous labor of 100,000 men.

Modern engineers believe that they could reproduce it in twelve months, at a labor cost of \$1,200,000, using concrete as the material in place of limestone.

The great pyramid was built wholly by man power. To erect one like it would be a relatively easy task mechanically, inasmuch as electrical and other machinery would do the bulk of the work.

A theory generally accepted has been that the ancient Egyptians elevated the huge limestone blocks by building against the structure a long "ramp" of earth, up which the stones were dragged. Some of our foremost engineers now reject this idea, contending that the sides of the pyramid, being filled in to a smooth slant as they rose, themselves formed planes sufficiently inclined to enable gangs of men to pull up with ropes the stones required for the successive courses.

With modern devices we could build such a pyramid in a year. An enormous concrete-mixing plant would be erected, capable of handling thousands of tons of material a day. A great steel tower, or several of them, would be erected. Fresh concrete would be rushed to these by a multitude of bucket conveyers from the mixing plant. The concrete would be whisked to the tops of the towers and thence would be distributed to the points where it was wanted. Up, up, up the mighty pile would go. It would be a process twenty times as rapid as the best that slave labor could do under the lash for Old Man Cheops.

Mount Ararat.

Mount Ararat is really two mountains separated by a valley. The higher peak is 17,216 feet and the lesser is 13,000 feet above sea level.

British Produce Cotton.

A British experiment farm at Baghdad has succeeded in producing Egyptian and long staple American cotton of excellent quality and heavy yield.

There are 850 daily newspapers in Japan.

BRITAIN WILL BUILD SWIFT MINE LAYER

DURING THE COMING AUTUMN SEASON.

To be of Cruiser Class, About 6,000 Tons and of Large Munition Capacity.

Besides the four super-treadnoughts, armed with 16-inch guns, for which Parliament is to vote money this month, Great Britain is about to lay down two other vessels, each of a new and novel type, says a London newspaper. The first is a cruiser mine layer, while the second is a big ocean-going submarine, which probably will be larger and much faster than the German U-boats that made their appearance toward the end of the war.

The mine layer is to be put on the stocks at Devonport during the coming autumn. She will be the first vessel of this type ever built for the Royal Navy, all its other mine ships having been improvised. Her features will be high speed, an extensive cruising radius and very large mine carrying capacity. The displacement may exceed 6,000 tons. War experience demonstrated the value of big high speed ships fitted up as mine layers, and it is partly owing to the fine performance of H.M.S. Princess Margaret, a former C.P.R. liner, purchased by the Admiralty and used for this work, that the decision to build a special mine cruiser has been taken.

Driver by Diesel Engines. As regards the new submarine, the few details known of her indicate a development of the famous "K" class designed to work with the fleet at sea. But the new boat will be driven by Diesel engines and will have better diving qualities than the K-boats.

The Brazilian Government, it is understood, intends to augment its navy by purchasing foreign warships. A mission headed by Admiral J.J. Ribeiro da Costa and Commandant C. Palmeira is now in Europe for this purpose. It is said that they are negotiating for the purchase of one or two British battleships, the Agincourt and Erin being mentioned in this connection.

The Agincourt was originally built in England for Brazil, but before completion was sold to the Turks, who were prevented from taking delivery of her by the war. She was then seized by the British and commissioned for service with the Grand Fleet, taking part in the Jutland battle. American naval men who served in the North Sea will remember having heard this ship called the President Wilson, a nickname bestowed on her by reason of her battery of fourteen 14-inch guns, known as the Fourteen Points. The Agincourt has been in reserve since the war.

SUMMER COMPLAINTS KILL LITTLE ONES

At the first sign of illness during the hot weather give the little ones Baby's Own Tablets or in a few hours he may be beyond aid. These Tablets will prevent summer complaints if given occasionally to the well child and will promptly relieve these troubles if they come on suddenly. Baby's Own Tablets should always be kept in every home where there are growing children. There is no other medicine so good and so safe for the guardians of a government of children that they are absolutely safe. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

An Electric Coat.

An electrically heated garment, designed especially for use by aviators, has been developed by the genius of an Italian, Antonangelo Negromonte, of Milan. It has certain very novel features.

In the higher reaches of the atmosphere, into which aviators ascend, there is even in the summer time cold so severe that the thickest garments of padded and fur-trimmed leather do not afford adequate protection.

The Negromonte coat is woven of threads which, both warp and weft, are electrically resistant wires coated with a treproof insulating material— asbestos or silk.

The wires are connected with a source of electric current (which may be a battery of accumulators, and also with an apparatus which contains an aneroid barometer. The latter instrument is associated with a thermostat tube in such a way as to vary the electrical resistance of the wires composing the coat.

Thus, because of the barometric control of the electric current, the coat gives increasing warmth as the flying machine attains higher and higher altitudes. The higher the aviator goes the more the heat furnished for his comfort by the garment he wears.

I know what pleasure is, for I have done good work.—R. L. Stevenson.

At a crossroad it is better to sound your horn and put your foot on the brake than to step on the accelerator and try to beat the other fellow across.

SECRET TALKS THROUGH SPACE

WORK OF WONDERFUL LITTLE VALVE.

Wireless Telephone Around the World is a Marvel of the Not Distant Future.

One of the biggest dreams of wireless, full of promise for the world, is coming true. At last men of science have succeeded in the great task to which they have given their minds for years—they have made wireless secret and private.

This is the latest development in the scientific wonder of the age, and the method by which it is brought about is ingenious. A certain type of wave is used that will go from point to point without expanding, and it cannot, therefore, be picked up by any station unless that station happens to be in the direct line between the transmitting and receiving stations.

The system can be applied to wireless telephone or telegraph, and it is expected that it will be in general use before long.

Privacy by Wireless.

Wireless can, in this way, be rendered as secret and private as a message by wire.

Professor J. A. Fleming, of London University, tells us that some time ago a ship in the Atlantic spoke by wireless telephone to a station on the American coast; then, by means of a special apparatus called a thermionic valve, the message was transferred to the New York-San Francisco telephone line, and on to Los Angeles.

There it was transferred to the wireless telephone and transmitted to the island of Santa Catalina in the Pacific, thirty miles from the mainland, so that a man on a ship in the Atlantic spoke across that ocean, across the American continent, and over part of the Pacific, a distance of four thousand miles.

This wonder, and indeed the whole remarkable development of wireless over long distances, has been rendered possible by the thermionic valve, a little instrument that magnifies the current.

Even on an ordinary telephone a much thinner and less expensive cable can be used if thermionic valves are inserted. How great the saving is can be judged by the fact that the wire of the ordinary trunk line between London and Glasgow weighs three hundred tons, and by means of the valve more than half this weight can be saved.

The General Post Office is now installing the valve on all its long trunk lines.

Cabinet of the Empire.

Almost every week there are advances in wireless. Some years ago Professor Fleming foretold that it might be possible one day for the Premier of the British Commonwealth, without leaving their offices, to communicate by wireless telephone and attend an Empire Cabinet meeting in Downing Street.

It seems that we may be on the eve of such a marvel. It might be quite possible, Professor Fleming says, for a British Minister to ask to a secretary: "I want the opinion of General Smuts on a matter. Ask him what he thinks," and for the secretary to come back presently and say that the Premier of South Africa approves of the decision.

Wireless telephony has one great advantage over the ordinary telephone. It does not distort the form of the sound waves. In the ordinary telephone the waves are much distorted, with the result that the sounds heard at the receiving end are far from perfect. With wireless there is no distortion, and the sound is clear.

Fiction Provided For.

The husband was seeing his beloved wife off for a holiday.

"Maggie, dear," he said, "hadn't you better take some fiction with you to while away the time?"

"Oh, no, George," she said, "you'll be sending me some letters."

His Alibi.

Awkward Friend (who has been permitted to hold the baby, with disastrous results): "Terrible, terrible! I can't imagine how it happened. Really, I assure you, I—I hardly ever drop a baby."

MONEY ORDERS.

Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Summer vacation and recreation: To-morrow to fresh woods and pastures new. A league up the road somewhere, then a bypath, and a little lodge by a rushing mountain stream, or perhaps where the sea tumbles in—cool and sweet and salt. Let the act of going—leaving your place unoccupied—be the vacation part of it. The precious days of freedom are for recreation: new tasks, new thoughts, a regeneration of mind and body. It is not a matter of doing nothing, but rather of doing something different or differently or in a different place.

The only difference between a rut and a grave is the width and depth.

The first bicycle driven by pedals was made in Paris in 1865.

Minard's Liniment Relieves Neuralgia

BITS OF HUMOR FROM HERE & THERE

Verbal Barrage.

"Shall I go over the top?" asked the talkative barber, posing his shears. "Yes, as soon as your gas attack is over," answered the weary customer.

Nasty One.

"Yes, my dear," said the sarcastic husband. "You may have made the cake all alone, as you say, but who helped you lift it out of the oven?"

Wouldn't Repeat.

Jack—"Say, Artie, this freemarker won't go off."

Artie—"That's funny. It went off all right a minute ago."

They Might.

"Papa," asked little Clementine, "if they made stockings out of Irish poplin, would they call them Stan Fein-ery?"

Unhealthy Not To.

Tourist (in mixing town)—"Is this a good healthy place to settle in?"

Hotel Keeper—"It is, stranger. Fact is, ye can't get away from here alive unless ye do settle."

All Explained.

Officer in charge of rifle-range—"Don't you know any better than to point an empty gun at me?"

Raw Recruit—"But it isn't empty, sir; it's loaded."

Learning His Trade.

"Johnny," said the teacher reprovingly, "you misspelled most of the words in your composition."

"Yes'm, I'm going to be a dialect writer."

Suspicious Welfare Work.

Mother—"No, Hobbie, I can't allow you to play with that little Kim boy. He might have a bad influence over you."

Hobbie—"But, mother, can I play with him for the good influence I might have over him?"

Of Course.

"Emma," her mother said, "did you peel your apple, as I told you to, before eating it?"

"Yes, mamma," said little Emma. "And what did you do with the peel- ing?"

"Why," said little Emma, "I ate it, of course."

A Remarkable Legal Memory.

"Have you ever appeared as a witness in a suit before?" asked the attorney.

"Why, of course," replied the young lady on the witness stand.

"Do you remember what suit it was?"

"It was a blue suit with a white collar and white cuffs and white buttons all the way down the back," replied the fair witness.

publishers of the best Farmers' paper in the Maritime Provinces in writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

COARSE SALT LAND SALT

Bulk Carlots TORONTO SALT WORKS G. J. CLIFF TORONTO

America's Pioneer Dog Remedies Book on DOG DISEASES

How to Feed, Train and Cure Dogs by Dr. H. Clay Glover, D.V.M., New York, U.S.A.

ASPIRIN

"Bayer" is only Genuine

BAYER

Warning! It's criminal to take a chance on any substitute for genuine "Bayer Tablets of Aspirin," prescribed by physicians for twenty-one years and proved safe by millions. Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacturing of Monocetlicacidester of Salicylicacid.

LONDON WOMAN IS MUCH GRATIFIED

GRATEFUL TO TANLAC FOR HELPING HER.

Now Free From Troubles From Which She Had Suffered For Three Long Years.

"I will always feel grateful to the lady in Toronto, who advised me to take Tanlac," said Mrs. Gertrude Pugsley, 74 Colborne St., London, Ont.

"For three years I suffered from a general run-down condition, following a severe operation. I was in the hospital for a month and, after coming home, it was fully ten weeks before I could get around, very much and then only with difficulty."

"I could neither eat nor sleep with any satisfaction and had very little strength. I was not satisfied with the way I was mending and decided to get something to build me up."

"I read a statement from a lady in Toronto about Tanlac and I wrote to her and she advised me to try it by all means. It certainly has been a godsend to me and I am glad I followed her advice, for I am a well woman today. I began to pick up from the very start and my strength gradually came back. I have a fine appetite, sleep soundly all night long and my work is a pleasure. I am grateful for what Tanlac did for me and I believe it will do the same for others."

Tanlac is sold by leading druggists everywhere. Adv.

Why "Pot-Luck"?

When a man offers a spur-on-the-moment invitation to "come home with me and take pot-luck," he is understood as meaning that no special preparation has been made for the repast, but that the repast will be whatever chances be in the house.

But there was a time when "pot luck" was actually dished out of a pot, and when the guest took his chance of getting either a good meal or a very slim one. In the old days—and the practice is still in force in some parts of Europe—nothing came amiss to the family cooking-pot suspended from the pot-hook in the centre of the fireplace.

Everything edible was thrown into it, and, to "keep the pot boiling," the fire was seldom, if ever, allowed to go out. When meal-time came, persons fished for themselves, and whatever they happened to find was their "pot-luck."

As a rule fish sleep during the day.

You Never Tire Of Cuticura Soap

Because of its absolute purity and refreshing fragrance, it is ideal for every-day toilet purposes. Always include the Cuticura Talcum in your toilet preparations.

See Size, Outset 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, 344 St. Paul St., W., Montreal.

Cuticura Soap leaves without rinsing.

THE MISERY OF BACKACHE

Removed by Lydia E. Pinkham's Vegetable Compound.

Mexford, Ont.—"I took Lydia E. Pinkham's Vegetable Compound for backache, and I also had a female weakness. I felt dizzy and nervous, and was without energy. I had to force myself to do my work, and was always tired. Saw a Pinkham advertisement which induced me to take the Vegetable Compound, and my back gradually stopped aching and I felt better in spirits. I am recommending the Vegetable Compound with pleasure to all I meet who complain as I did."—MILDRED BROOK, Mexford, Ont.

Woman's Precious Gift

The one which she should most zealously guard is her health, but she often neglects to do so in season until some ailment peculiar to her sex has fastened itself upon her. When so affected women may rely upon Lydia E. Pinkham's Vegetable Compound, a remedy that has been wonderfully successful in restoring health to suffering women.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

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No hot cooking No trouble to serve

For breakfast or lunch, no food is quite so convenient or satisfying as

Grape-Nuts

Served from the package with cream or milk—full of splendid body-building nutrition. Its flavor and crispness charm the taste—a splendid summer food.

"There's a Reason" for Grape-Nuts

Sold by grocers

