THE TRIALS OF MIDDLE-AGE

Much of the Suffering Women Endure Can be Avoided.

Every woman approaches middle-age with considerable anxiety, because she knows this is the time of her life when trivial ailments may be the first signs of trials and sufferings to come. She fears the headaches, backaches, lassitude and other distressing weaknesses that burden the life of so many women at this period.

Much of the anxiety and suffering that assail women approaching middle age can be avoided. This has been proved by thousands of happy, virile women who have relied at this time on the health-help given by Dr. Williams' Pink Pills. To the middle-aged woman the one thing necessary to carry her through her years of trial is rich, red blood. Because of their direct action on the blood, Dr. Williams' Pink Pills are the one remedy praised by women for women's needs. Among the thousands who have found benefit from this remedy is Mrs. Allan Wager, Echo Lake, Ont., who says:—"I was at a critical period in the lives of all women and was sick and miserable. I became so much run-down that I was unable to do my housework. The least exertion would cause my heart to flutter so violently that I would have to sit down. I had headaches and backaches, and was in a depressed condition. I saw Dr. Williams' Pink Pills recommended and decided to give them a trial. It was fortunate that I did so, for under the use of this medicine I was restored to good health and strength and feel like a new woman. I never neglect an opportunity to recommend this remedy to those who are run-down for I am very grateful for what the pills did for me."

For all ailments due to weak watery blood Dr. Williams' Pink Pills will be found a specific. You can get the pills from any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Did You Ever Wonder?

Teacher—"What does your mother use soap for?"

Willie—"That's what I'd like to know."

Big Ben, London's famous bell, has been cracked practically ever since it was first put in the Clock Tower of the House of Commons in 1860. The bell weighs about thirteen tons.

The first picture postcard was produced by a stationer in a French provincial town in 1870. It was not till 1894 that picture post cards were printed in England.

Hospital for Sick Children

67 College St., Toronto 2, Ont.

Dear Mr. Editor:

A spirit of warm friendliness towards the Hospital for Sick Children in Toronto exists all over the province and it increases with the years. It has been enhanced to a considerable extent by the clinics which have been conducted in so many centres in Ontario by doctors from the Hospital who have picked out curable cases which up to the time of the clinic had been seemingly hopeless—eventually sending the little patients home from the Hospital healed and fitted to be valuable assets to their municipalities, instead of remaining useless and pathetic burdens.

Your readers, in common with the people in all other progressive communities, are interested in the Hospital and what it is doing. The keen interest in crippled children manifested by the Rotary, Kiwanis, Gyro, Lions and other service clubs, throughout the province, has been of grand assistance in bringing in unfortunate children, often from remote districts to the various centres where the members of the Hospital staff have attended and have been able to hold huge clinics with the result that there has been a steady stream of children admitted to the Hospital from all over Ontario, for a long time.

This is but one branch of the thorough service rendered by the Hospital. It is the best equipped institution of its kind on the continent for the treatment of all child ailments. No Ontario child requiring its services is refused admittance and all that modern medical and surgical skill combined with loving care can accomplish is bestowed upon the sufferer, without distinctions as to religion or nationality, or because those responsible for the child are in poor circumstances.

Heavy expense is involved in this merciful work, Mr. Editor, as you can realize. Ordinary sources of revenue, including grants, fail to cover the actual cost of maintenance of the little patients, notwithstanding thrifty management. Old friends and new ones are relied upon to help in paying the difference and they include the readers of your valuable paper. The Hospital for Sick Children does not share in the funds of the Toronto Federation for Community Service, because it takes patients from all over the province.

Please ask your readers to remember the Hospital for Sick Children when they are doing their Christmas giving.

Faithfully yours,

H. H. WILLIAMS,

Chairman of the Trustees.

ISSUE No. 51—'26.

Canadian Students in France

Canada's place in the forefront of progressive educational affairs was set another step forward in October when "La Maison des Etudiants Canadiens," the Canadian house of the Cite Universitaire de Paris, was officially opened, the Dominion being the first foreign country to have a building there in readiness for the reception of its students. Canadian youth, pursuing its studies overseas, whose number is steadily increasing every year, will now be enabled to do so more comfortably and economically, while the corporate existence of these young men and women should, in an ambassadorial sense, react considerably to Canadian benefit.

The University City of Paris is the outcome of a very generous and entirely praiseworthy idea. At the end of the war a great French manufacturer, realizing the difficulties confronting the young generation in the pursuit of higher study, was prompted to aid them in practical manner, and placed a large sum of money at the disposal of the Minister of Public Instruction who had conceived the idea of building, round the University of Paris, the colleges of the nations which in the past had enjoyed great prestige. It was decided to build "La Cite Universitaire de Paris" for which he invited the various foreign nations to build houses where their students would receive a first-class university education under the most advantageous living conditions. Free sites in the neighborhood of the Sorbonne were donated to foreign countries requesting them for their buildings.

The Canadian High Commissioner in France immediately took an option on the site adjoining the French buildings and made an appeal to his countrymen for means to carry through the commendable object, which was to be a memorial to the heroism of those Canadian soldiers buried in France. The building was estimated to cost $500,000, and in such satisfactory manner was the amount forthcoming by public subscription that Canada has been the first nation to be able to throw open its building to its students.

There is a certain appropriateness in this since there is a steady official movement of Canadian students to France. At the conclusion of the war the Dominion sought assurance of the maintenance of the sympathetic bonds between it and the Republic by making arrangements for Canadian youth to study in the Republic after graduating in Canada. Simultaneous action was taken by the various provincial legislatures as a result of which a permanent annual appropriation of $6,000 was provided to cover five yearly scholarships. The course covered a wide variety of subjects, including agriculture and forestry, so that Dominion industries stand to benefit greatly from the constant presence of Canadians at the great French university.

Parentless Children Run Wild in Moscow Streets.

Maj. Frank Bustard, speaking before the Manchester (Eng.) Geographical Society on "The New Russia," based upon his personal experiences there, both before and since the war, referred to what he described as "the appalling problem" which faces the Soviet Republic with regard to the welfare of destitute children.

The situation, he said, had arisen through the policy of the Soviet Government in its early days of taking the children of the country from their parents to be educated and brought up in Government schools. Hundreds of thousands of small children were thus taken away, and, altogether apart from the Government's theory that this was the best thing to do, he would say without reserve that the arrangements made by the Government for the welfare of the children were admirable in every possible way. At that time the Government had little regard for the cost of things, but later they were forced to consider it.

A wave of economy ensued, and the grants which had been made for the welfare of the children were no longer forthcoming, said Major Bustard. The result was that one met hundreds of children, ragmuffins who had lost their parents in the famine that visited Russia some years ago, running wild in the streets of Moscow.

Russia, said the speaker, was more of an empire than a country—its vast area and the great differences in the people of the various parts explained some of the apparent contradictions encountered in reports about it. No country in the world, he said, presented a greater difference between the educated and the non-educated classes, and he could not imagine any country which was so ill-suited to the experiment in Communism that had been made there. The reason was that when those responsible made the experiment, with the idea that all people would be equal, they started off with the initial disadvantage that in no country were the people so unequal.

"The great bulk of the people in Russia—probably no less than 85 per cent. of the population—are employed in agriculture," he said. "They are a people slow to move and slow to think, but it is the agricultural community which will finally prevail."

Minard's Liniment for Distemper.

Surnames and Their Origin

MULLOY

Variations—Molloy, O'Molloy.
Racial Origin—Irish.
Source—A given name.

Here is an Irish clan or family name of real antiquity, for it traces back to about the period of "Niall of the Nine Hostages," who was the "High King" of Ireland in the latter part of the fourth century. In fact, the clan traces its origin to a chieftain who was a descendant of this Monarch.

It may be of passing interest to note here that the ancient Irish nation ran a course far longer than has been the lot of other nations, ancient or modern, with the exception perhaps of the Jews and the Egyptians. The historians of the "High Kings" who held sway over all the clans of the nation, are recorded in an unbroken line from the joint reign of the brothers Heber and Heremon, in 1700 B.C., down to the death of Roderick O'Connor, the last and 183rd of the "High Kings," at which time, in the latter part of the twelfth century A.D., the Irish national structure began to crumble under the onslaughts of the Anglo-Normans.

The Irish form of the name Mulloy is "O'Moalumaidh," from the given name of "Maoluadh." The meaning of this name, as nearly as it can be rendered, is "servant of motion." It is a compound of the Gaelic words "fudah" (motion) and "maol" (servant, follower or devotee).

The clan seat was in the ancient territory of "Ferceall," in Meath, the ancient "federal" territory, now the territory about Fecall, Ballycowen and Ballyboy in King's county.

DOUGHERTY.

Variations — Dogherty, O'Dogherty, O'Dougherty, Dochartaigh, Doherty, Dochart.
Racial Origin—Irish and Scottish.
Source—A given name, also a locality.

The O'Dougherty clan in Ireland is an offshoot of considerable antiquity, from the O'Donel's of Tirconnel.

The Irish form of the name is "O-Dochartaigh," which is derived from the given name of "Dochartach," in turn derived from the Gaelic word for "harm" or "damage."

The original seat of the clan appears to have been near Innishowen, but as early as 1440 there was another division established in Donegal.

The name is one prominent in later Irish history as the result of a rebellion led against the British in 1608 by Sir Cahir O'Dougherty, who for a number of years, achieved considerable military success against them in Ulster. Finally, however, he was killed in an engagement with them, and the power of the clan was broken, the British Government depriving them of their land.

All of the variations given at the heading of this article are derived from this clan name, with the exception of Dochart. Though one might well be pardoned for assuming that this also is a variation of the Irish name, it should not, strictly speaking, be classed with it. The similarity is in sound and spelling only.

Dochart is a Scottish name, strangely enough, bore by a sect of one of the broken clans of that country, the MacGregors. The Docharts, of Buhlane, however, took their name from Lake Dochart, having been compelled to drop that of their clan when it was outlawed.

A PERFECT MEDICINE FOR LITTLE ONES

Baby's Own Tablets Should be in Every Home Where There Are Children.

The perfect medicine for little ones is found in Baby's Own Tablets. They are a gentle but thorough laxative which regulate the bowels, sweeten the stomach; drive out constipation and indigestion; drive out constipation simple fevers and promote healthful refreshing sleep. It is impossible for Baby's Own Tablets to harm even the new-born babe, as they are absolutely guaranteed free from opiates or any other injurious drug.

Concerning the Tablets, Mrs. Alex. J. Perry, Atlantic, N.S., writes:—"I always keep Baby's Own Tablets in the house for the children, as I have found them a perfect medicine for little ones."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Elevating Music.

What is the average Canadian home doing to raise the standard of music? In the homes of the well-to-do, in homes of wealth, in fact in all walks of life, we often find that the purity of the home is considered in everything but music. Pianos are littered with all kinds of musical trash both vocal and instrumental. Mothers who exercise great care that their children read no undesirable books will allow them to sing songs of the vaudeville threatres, many of which are frankly suggestive ,and to spend hours playing "ragtime" and "jazz" and other drivel while the lesson remains untouched. Why make the piano in your home a sort of social ornament or something for the grinding out of spineless jingles.

The songs of childhood are always remembered, and the influence of a song may be felt throughout a lifetime. What do you want your child to remember—that which uplifts, or that which degrades? In the musical life, as in the spiritual life, there is no standing still. Which way are you going?

Song of the Songsmiths.

Here do we meet again,
After a full year's time:
Here do we meet again,
Meet with our old refrain,
Praise of the regal rhyme.
Songsmiths like them who of old
Fashioned their speech of gold
In a far, forgotten clime,
We at that ancient fire
With our young bright breath suspire,
And hammer the golden rhyme.
Hammer the ringing rhyme
Till the echoes tire.

Who is it jeers at our song?
Scoffs at an art sublime?
Who is it jeers at our song?
We who know right from wrong
Worship the godlike rhyme.
Still on the world-wide breeze,
Over the surge of the seas,
Comes like an echoed chime
The voice of all passions that play
In the dim heart of man alway,
With the rush of a rolling rhyme,
The lilt of a lulling rhyme.
To the end of day.

—G. A. Greene. For the First Anniversary of the Rhymers' Club.

Don't let indigestion after meals, biliousness, heartburn, or dyspepsia take the pep out of you. Take Seigel's Syrup. Any drug store.

Well-balanced speeches are usually the result of weighing every word.

IMMIGRATION TO CANADA

With the year near its close, new immigration to Canada continues at a more gratifying rate than has been the case at this season for some time past. There is every assurance of this continuing throughout the winter months. For the spring and subsequent seasons the many visits to the Dominion of influential European delegations, indicative of a keen interest in Canadian immigration and a desire to stimulate a movement of nationals, would appear to forecast a busy time.

One of the most significant of visits from the standpoint of a future British movement has been that of the Earl of Claredon, Under Secretary of State for Dominion Affairs, who made an exhaustive tour of the Dominion with the particular object of personally investigating the success which has attended the 3,000 family scheme carried out through the co-operation of the Overseas Settlement League, of which he is chairman, and the Canadian Government. At the conclusion of his tour he characterized the scheme as one of the most successful of its kind ever attempted. About 1,500 of the 3,000 families are already settled in Canada and the balance are expected to be absorbed by 1928. He personally visited nearly two hundred families on farms, and was completely satisfied with their uniform success. On this account he stated that, as far as the Overseas Settlement League was concerned, the scheme would in all probability be further developed.

Outlook for British Immigration.

As far as British immigration is concerned, also, considerable significance, it is felt, attaches to the visit to, and tour of, the Dominion by Major H. F. Hall, manager of the training depot at the British Government instructional centre at Weeting Hall, Brandon, Norfolk. A few months ago the first group of trainees from the farm, after six months' training in overseas farm conditions, under a Canadian instructor, were moved out to Canada and placed upon specially selected farms in Manitoba. This first contingent has given an excellent account of itself and the initial and experimental phase of the scheme is considered successful up to most sanguine expectations. Leading immigration authorities believe that in the expansion of these traning centres lies the solution of both Canada's and Great Britain's problems, and it is understood that Major Hall's visit has prime reference to this. It is likewise known that the Earl of Clarendon is also an advocate of the elaboration of the scheme, and he can be expected to lend his efforts in this direction.

The keen interest exhibited by many European countries in the movement of their nationals to Canada and an evident desire to evolve schemes of co-operation is in marked contrast to the situation which has prevailed in the immediate post-war years. Visits from important delegations of the Governments of Czecho-Slovakia, Norway and Austria recently, which were eminently satisfactory in every particular, forecast substantially increased movements from those countries. All indications lead to the conclusion that the new wave of European immigration experienced in the course of the past summer will continue to swell.

Radio Have Included on the Holiday Farm.

The first summer's revenue from the camping space in the field down by the gate netted the Habbabbys one hundred and forty dollars, which the family decided to spend on a Christmas present for itself. A radio was the thing every one of them wanted.

When mother and father drove into town a week before Christmas to choose it, they were somewhat worried about the pain which seized young Tom on his right side. They called at the doctor's office. "You say you are going to buy a radio?" asked the doctor, "Well, this boy has appendicitis, and from what he tells me, I don't wonder. You can't have appendicitis without constipation, and he has been suffering from constipation ever since the cold weather came in. With nothing but an outdoor closet at home and at school, he has not been regular in his habits, with the result—constipation leading to appendicitis."

The father said they had hoped to install an indoor closet in the house this fall, but had put it off. "For the radio?" asked the doctor. "That's all very well, but health first."

So they went to the plumber's and arranged for a chemical closet, quite inexpensive and costing very little for upkeep, which was installed in the basement the following week.

Tom's illness left a very small balance in the radio account and the family's Christmas present had to be postponed.

Last week, however, the boys were busy with ground wires and the aerial; the radio is now in place, paid for from this summer's camping. And we say with the doctor, "A radio is all right—but health first."

Moods in Music.

The spiritual effect of music is the accepted idea among all people. It uplifts the listener—it creates a mood of joy or sorrow or anxiety or anger.

But the intellectual effect—here is where we come to the big idea. Music makes ideas and communicates them from musician to listener. Instead of using words—notes and combinations of notes are employed. These notes are capable of making any story, play or picture, and where the great composers are understood it is seen that they are also novelists, story writers, dramatists and even motion picture makers.

There is nothing mysterious about this idea; nothing to worry you or make you annoyed that you cannot understand it. Ask any violinist to imitate the crying of a baby—it is the easiest thing in the world. Ask him to play a laugh, a sigh, a moan, a fretting sound. Ask the pianist to represent for you the playing of chimes, the shriek of an engine, the rumble of thunder. Ask the harpist to play the sound of a breeze rustling the trees, the sound of a mountain brook, the whisper of fairies. Ask the clarinet player to represent a shepherd call, the lowing of cattle, the sob of an old man. So you will understand that in music instead of describing ideas and action, as with words, the thing itself is actually reproduced in symbols. Thus when you hear a certain composition, and this idea has gained upon you, will you discover that you are actually seeing the story, the play, the description.

Keep Minard's Liniment in the house.

Naming the Baby.

Choosing a name for a new baby is always a matter of anxious consideration; but in certain lands the anxiety has been minimized by the laying down of rules to guide the choice.

The Mohammedans, for example, write five names on slips of paper and place them in the Koran. One slip is drawn out, and the name written thereon is bestowed upon the baby.

With the Egyptians three lighted candles are taken and named — one name always being of Biblical character—and the candle which burns the longest determines the child's name.

The Hindoos allow the mother to name a baby when it is twelve days old, but if the father does not like the chosen name, he selects another. Then the two names are written on slips of paper and held over a lighted lamp, that which burns the brighter being the name finally adopted.

In China girl babies are considered not worth naming, and are simply numbered in order of birth. Chinese boys are named until they are twenty, when they receive fresh names specially chosen by their fathers.

Modern engineering science is capable of floating St. Paul's Cathedral on a rafts—Lord Crawford.

Classified Advertisements

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Inspector John Jones, Caerphilly, Wales, who is retiring after 56 years' railway service, has never missed a day's duty.

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The average length of life has increased forty years in the last four centuries.

The original mince-pie was made of mutton, and baked in the shape of a manger.

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Last word in builders' aid. Practical, up-to-date suggestions on planning, building, furnishing, decorating and gardening. Profusely illustrated, and scores of actual dollar-saving suggestions. Send 25 cents for current issue.

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Heat and inhale Minard's. Also rub it on the throat and chest. The great preventative.

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The new Chief—extra fare—is the finest and fastest of the Santa Fe California trains. Only TWO business days on the way.

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