

trenches. Our family can count thirty on active service, and I do not spend all my time dancing, for I knit for the Red Cross and the Daughters of the Empire, both societies, of which I am a member. I also write to lonely boys and send them smokes and chocolate. So if we each do a share it will be different. (Do more and talk less of what you do.) I thank you, Mr. Editor, for the time I have taken. Your old friend

"Kentish Hop."

"Have a Heart"

Dear Editor,—Will you please give a small space in your correspondence column for another of your readers out here in France. I may say the W. H. M. is looked forward to from month to month like our weekly letters from home. I notice that there are not many letters in the columns from boys out here, so I hope you will excuse this intrusion.

Some of the members write very interesting letters, but all the girls seem to have a word against the poor bachelor. Girls, please "have a heart" for the poor fellows. I don't want any of you to think that I am a bachelor, as I am not yet, but may be if some kind-hearted girl doesn't take pity on me soon.

Re slackers: I don't think all the boys that are still at home should be called slackers. Although I have passed my third year in the thick of the fighting I know that there are many boys in Canada that cannot come to help us here, much against their wills on account of several things. Still many of them are doing great work for their country, and I think it is hard lines on them to be called slackers. I know if I were one of them, it would be a hard blow to me to be called a slacker. Yet there are a few that are real slackers.

The farmerettes in overalls have a big place in my heart, and I am proud to see the way the Canadian girls are coming forward to help and do their bit in the great war. Great praise is coming to them all, I think. As for wearing overalls, I believe they are the proper dress for the girls if they are doing farm work. Some think it is not lady-like for a girl to be dressed in overalls, but remember it is not the dress that makes a lady.

I would be glad to hear from any of the correspondents if any of them will please write first. Our time and news is rather limited, but I will promise to answer all letters as interestingly as possible. It is marvellous how a letter will cheer one up in the bluest of times, so someone please "have a heart" for a lonely soldier in France.

Thanking you, dear editor, for your kindness.

"Gunshot Bill."

With the French Army

Dear Editor,—Although I have been looking for The Western Home Monthly since I got to France, I have not had the pleasure of receiving it. For the past few years I have been a reader of the W. H. M., and while in Canada one of its correspondents.

For the purpose of joining the French army, I left home on June 10th, sailed from New York on the 21st of same month, and landed at Bordeaux on July 4th. The editor would certainly not allow me the columns of space, it would require to give you a slight idea of what such a journey is like in war time. I'll just say that now I am in a training camp near Brest where so many Americans are landing every day. I have had the pleasure of meeting some of them who had been over in Canada, and we have been writing to each other ever since. Once in a while they send me magazines that they get through the Y.M.C.A. I enjoy very much reading them and will be very glad when I get the W. H. M.

I would like to hear from any of the readers that my letter may interest and promise to answer all letters promptly. My address is with the editor.

"Rainbow."

Very Fond of Reading

Dear Editor,—I have been an interested reader of your column for years, and I certainly enjoy reading it as I am very fond of reading. I live on a farm, and I would as soon work outdoors as do

housework. I have been wearing a farmerette suit this summer, and think they are just the thing for working in the harvest field or doing any kind of outside work in.

If anyone cares to write my address is with the editor, and I will be pleased to answer all letters. Hoping I have not taken up too much space, I will sign myself

"Farmerette."

Views on the Love Discussion

Dear Editor,—Although I have read the W. H. M. regularly for several months, I have never before ventured to write, although I have intended to do so, but you know the old proverb about procrastination.

I have read with great interest the discussions on the page and think it an excellent way to exchange ideas on

various subjects. This last discussion on the subject of love lasting after marriage has been interesting, but isn't it a great pity that there is room for argument on the subject? Love should last and I believe the reason it does not is that in many cases either the girl or man or both enter married life thoughtlessly. I am a teacher and have lived in several communities and in different kinds of homes, and I have noticed that in many cases there has been real love on one side but not on the other. After marriage there has been a drifting apart until apparently there is mere toleration.

As for having Red Cross dances, I do not think it is wrong. It seems to me that we are able to do better work when we have a reasonable amount of pleasure to keep up our spirits. Without it we are liable to become pessimistic. Furthermore, I think that many people will give in this way who will not otherwise. Fortunately, this class is in the minority.

I admit that I might change my mind on the subject if I had dear ones in France. I don't know.

Like most young people I am very fond of dancing, skating, horseback riding, reading, music, etc., and although I was brought up in the city, I like country life very much for it seems saner.

If any one cares to write, I will try to answer all letters. My address is with the editor.

"American Girl."

Wretched from Asthma.—Strength of body and vigor of mind are inevitably impaired by the visitations of asthma. Who can live under the cloud of recurring attacks and keep body and mind at their full efficiency? Dr. J. D. Kellogg's Asthma Remedy dissipates the cloud by removing the cause. It does relieve. It does restore the sufferer to normal bodily trim and mental happiness.



He Cannot Sleep

IT isn't the body that craves rest, but the mind.

When you are bodily tired you can usually fall to sleep at the first opportunity.

But when the nerves are irritated by anxiety and worry rest and sleep seem to be impossible.

The mind seems to be most alert, and you are thinking, thinking, thinking—first of one thing and then of another—often matters of little or no importance. But you simply cannot sleep.

Sleeplessness is the most common and often the first indication of a breaking down of the nervous system.

The object of sleep is to allow the body to rebuild tissue and the nerves to recover tone. Sleep is the ideal condition for this process.

If you cannot sleep you worry, and worry breaks down nerve cells at a tremendous rate, so that instead of laying up nerve force for the demands of the day you are using up the reserve.

The nerve centres are sometimes likened to storage batteries. If you continue to consume the nervous energy in reserve, without paying back, these centres become sooner or later depleted, and you find yourself a nervous wreck.

After a sleepless night you get up

feeling tired and lacking in mental energy. Your day's work seems more than you can face, and you become down-hearted and discouraged.

The future is not bright, for you must realize that the natural result is exhausted nerves, paralysis, locomotor ataxia or some form of helplessness.

In Dr. Chase's Nerve Food is found the most natural and the most rational treatment for the nerves imaginable, because this food cure contains the vital substances which go to the building up of the blood and the depleted nerve cells.

Dr. Chase's Nerve Food does not induce sleep, but it does restore the nervous system, and after you have been using it for a few days you will begin to find yourself resting and sleeping naturally.

A little patience is necessary if your nervous system is greatly exhausted, but you will be encouraged by the benefits obtained to keep up the treatment until the exhausted nerves are fully restored, and you feel the energy and snap which means success and happiness.

Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto. To protect you against imitations the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are on every box.