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A Woman's First Duty.

There is much discussion as to what is woman's first duty, and I have come to believe that her first duty is to properly care for her own health—physical, mental and spiritual—for it is only then that she can do her full duty to anyone else. It is only by being developed to the fullest extent of which we are capable that we realize our highest ideal, or that we become capable of doing our best for our family or mankind. So I think we should make the first consideration our own health, realizing that this is for the welfare and happiness not only of ourselves, but of all.

Many wives and mothers develop selfishness in the members of their families by their own extreme unselfishness. An ideal mother, is, of course, an unselfish one, always thinking first of her family, but one's virtues when over-developed, sometimes become vices. Hence, it is better to train our dear ones to habits of unselfishness by teaching them to save mother's health and strength.

Every woman, and a mother especially, should form the habit of going into her room for a certain time each day, during which the members of the family are not to intrude. Here she can shut out all the work and worry or cares of the family. She can renew her strength in this way as in no other. It is so important that a mother keep her serenity of mind or spirit, and this she cannot do if over-taxed by work or care.

Then, too, we should learn to live by the day, a day at a time, doing and bearing only to-day's duty or burden. So many of us try to live our past, present and future days in just the one day of the present. Just learning and realizing there is only one day with its duties and burdens, sorrows and joys is of itself a rest. We should make the most of the new leasures coming to us with each new day.

When one is feeling well she doesn't think of the necessity of saving strength, but I have acquired my views through dearly bought experience in overdoing myself; hence, my desire to warn others. Every mother should plan to husband her strength, so that whatever unexpected demand it may be necessary to meet, she can be ready for it; always keeping in mind that it is only possible to do her full duty, the best of which she is capable, after she has first done this first duty to herself.

The Salt of the Earth.

By Joseph Bull, Winnipeg. Specially written for Western Home Monthly.

Does the average farmer realize what an ennobling, elevating profession farming really is? One hears so much nowadays about country life being dull, of young men and women leaving the old homesteads and taking up other occupations in the cities, that one is inclined to think that the magnificent opportunities that agriculture offers, opportunities for the advancement in life of the individual and for the uplifting of a nation, opportunities more-over that few other professions can equal, are not so fully appreciated as they ought to be.

There was a time, now happily relegated to limbo, when it was considered that "any fool" could farm. Years ago in the Old Country it was often those sons of the nobility and country families, who, having proved themselves too dense and dull to successfully enter any other profession, were placed upon the land as "gentlemen farmers," of which class it used to be wittily, if somewhat severely, said that "they were neither gentlemen nor farmers." "Hayseed," "Chawbacon," and other equally foolish terms of contempt, supposed to denote stupidity and slowness as the characteristics of a farmer were frequently employed by would-be considered smart city people. But things have, indeed, altered to-day. If other professions have advanced and become far more exacting as to the number of

sciences connected with them, and persistent as to the proficiency of knowledge, a would-be successful practitioner must attain in those sciences. Agriculture has pre-eminently done so. To-day it is to the farmer, before any other profession or trade, that this great land, our Canada, which, like a lusty stripling, is so rapidly growing and stretching its limbs from coast to coast, looks, and confidently looks, for the realization of its dearest hopes and dreams, which are, that Canada, already rich, but richer far in the fair promise of splendid things to be, may ultimately become a great nation, powerful in the world's national councils for the upholding of every principle of truth, equity and justice. Independent in thought and action, yet united by the indissoluble bonds of blood and affectionate associations to the sister nations as co-partners in that glorious and unique concern, the mighty British Empire.

The statesman, the soldier, the sailor, the servant, and all the other numerous classes, who, giving to their country freely of their best life's endeavor, bear, it is true, their share also towards weaving together those strands of qualities that go towards making the fabric of a great nation. But the great deeds done, and the services rendered by these people, magnificent and

invaluable, though they often are, after all, are not, from a national point of view, of anything like the primal importance, as the life work of a really, earnest, intelligent farmer. It is an old and universally accepted axiom, that no country can become a great one, unless it has "Peace and Plenty" within its borders.

Peace, indeed, that blessed state, wherein, when acquired with honor, a country can undisturbed strenuously develop the resources within it for the betterment and the elevation of its inhabitants is almost impossible where there is not "Plenty." War, with all its fearful horrors and the tremendous waste of blood and treasure it entails, has indeed often been indirectly brought about by a country's lack of "plenty" or its want of territory to derive the "plenty" from. Even the successful waging of a great war must depend upon an abundant supply of food stuffs, for, as Napoleon is supposed to have said, "An army fights upon its stomach."

The greatest man, therefore, the truest patriot, the most beneficent to his race, is he who, by using to his utmost, the mental and physical abilities that Providence has given him makes "two blades of grass grow where but one grew before," and obtains from his holding, no matter whether his

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