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People all over this land toss night after night on a sleepless pillow, and do not close their eyes in the refreshing slumber that comes to those whose heart and nerves are right.

The sleeplessness comes entirely from a derangement of either the heart or nerves, or both, but whatever the cause Milburn's Heart and Nerve Pills offer the blessing of sound refreshing slumber. They do this by their invigorating effect on the heart and nerves, and will tone up the whole system to a perfect condition.

Mrs. A. E. Martell, Rockdale, N.S., writes:—"I was troubled for a long time with my heart, had weak and dizzy spells, could not sleep, and would have to sit up the greater part of the night, and it was impossible for me to lie on my left side. At last I got a box of Milburn's Heart and Nerve Pills, and they did me so much good I got another, and after taking it I could lie on my left side and sleep as well as before I was taken sick. They are the best medicine I ever heard of for heart or nerve trouble."

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F. W. Brooks, Baughene, P.Q., Canada, writes: "Owing to having severely strained my eyes writing and checking at night, my eyes became very painful, and I could not bear the light. After using 'Actina' less than four months I can read and write as well as ever."

Amanda G. Dumphy, Nariwaak Village, N.B., Canada, writes: "I have used 'Actina' as directed and I can truly say it has done more for my eyes than I expected. I wore glasses for five years and suffered much pain. Since using 'Actina' I can sew or read without glasses and my eyes do not pain me."

Mr. Harry E. Hendryx, Whitneyville, Conn., writes: "One of the leading eye professors told my wife that she would never see with her left eye again. But Actina has restored the sight, and it is now as good as the right one."

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Pancakes I cook,
Good bread's a fluke;
My buttons are all off.
The floor wants scrubbing.
The window's rubbing:
Now, who'll be a toff.

My complexion's dark,
My eyes they spark,
My hair is long and curly.
5-10 my height,
29's alright
My temper's never surly.

If this get's in print,
Dear girls, don't stint,
I'm really very lonely;
Don't say nay,
But write I pray,
Maybe you'll be mine only.
Curly Billy.

Quotations from Chambers.

Manitoba, Jan. 22nd, 1912.
Dear Editor,—Just finished reading the correspondence columns of your January issue, and might add that the criticism on dancing given by Josephus is a little strong. I am sure it is a good topic for discussion. What is dancing? Chambers defines it as the expression of inward feeling by means of rhythmical movements of the body, especially of the lower limbs, usually accompanied by music. The origination of dancing may be said to be as old as the world, and is found in one form or the other in all nations. The Bible makes mention of dancing, and in ancient nations it was part of their religious rites and ceremonies. Quotation from Chambers: Dancing as an entertainment in private society, was performed in ancient times mostly by professional dancers, and not by the company themselves. Again, among savage nations, the passion for dancing is most strongly manifested. These dances are associated with religion and war, and the performers work themselves into a state of frantic excitement, a kind of mechanical intoxication. As civilization advances, dancing—amateur dancing, at least—assumes a more and more subdued character. As a social amusement and a healthful exercise, dancing has much to recommend it; the chief drawbacks are the ill ventilation and overheated rooms in which it is performed. By many it is unfavorably regarded in a moral point of view; but this seems a relic of that outburst of Puritanism that characterized the seventeenth century, and which saw sin in every joyous excitement. Dancing is doubtless liable to abuse, but not more so than most other forms of social intercourse. What liberty is taken in a dance that is not proper? In taking the position they do in the dance, they are not thinking of the impropriety or immodesty of it, but the pleasure they get. And how is dancing dangerous to morals, and in what way? If it was carried on in the form of a ballet, it might be dangerous, but as it is not, one has some trouble in finding where the fault lies. If anyone cares to write to a lover of dancing, they may do so by getting my address from the Editor. Thanking you for space, if published. I am, yours sincerely,
Guizot.

Paragons of Beauty.

B.C. Jan 11th, 1912.
Dear Editor,—Although I am only a new reader of the Western Home Monthly, I am very much pleased with it, especially the correspondence department, through which one is able to exchange ideas with readers, not only in Canada, but also with those of the Mother Country and the United States. I notice that most of the readers give a description of their personal appearance, habits, etc., and really, Mr. Editor, I never thought that this Canada of ours could boast of such paragons of beauty and virtue, as some appear to be. I am, therefore, omitting this description, for if I gave a true picture of myself, I greatly fear that my qualifications in the way of good looks would fall far short of that of most of the writers in your column. However, I find comfort in such thought as "Beauty is only skin-deep," and "handsome is as handsome

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