

to them, but I have not their address, nor have I any stamps to put on letters to be forwarded to them, but if they would care to write, I would be pleased to hear from them. I am from Western Canada, but came overseas with an Ontario battalion. I like what little I saw of the east, but believe I would rather live in Western Canada. There are lots of things I could write about, but I do not want to take up too much space, and if any of the readers care to write, my address is with the Editor. "Restless."

#### Wants Showers of Letters

Dear Editor:—I have been an interested reader of The Western Home Monthly for a couple of years, and at last I have picked up courage enough to write to the correspondence page. "Myosotis," I am a farmer's daughter and have helped with stooking and have found it quite hard. However, one soon gets accustomed to it. I have to do a lot of outdoor work, and "Hurrah for Overalls." I live on a farm twelve miles from town, and one mile from a post office.

"Kentish Hop," I like your letters, please write again. I don't see any harm in having dances for patriotic purposes. We have raised a lot of money for the Red Cross in that way. Like so many of you, I am wishing this dreadful war over and to see our brave lads marching home again. Nothing would please me more than a shower of letters, and I promise to answer them all should any one care to write. Wishing the W.H.M. every success, "Undine."

#### Are there Slums on the Prairie?

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these men, not the much larger class of well housed, home loving prairie farmers of whom I am writing.

Now what are the reasons for the existence of these conditions that I have tried to describe? One of the main causes is, without doubt, the lack of a well founded and established tradition of good living and a public opinion that supports and enforces the tradition. In too many cases the prairie farmer and his wife have broken with the past which stood for a certain standard of living. Once upon a time "down East" they were careful of the amenities of living, but now—well, all that is gone, though it is at times recalled with a sigh. You will hear people say, "When we lived in the East we had a real nice house," and now they are content to live in a hovel. And at that they have more money than they ever saw in the East. Others around them are living in a squalid, apathetic manner, and they fall into the rut, too. Why it should be assumed that all the decencies were left behind in the East some of us have never discovered. The fact is that in the older parts of this old world of ours, people live as they do because it is the custom, and custom as a real force in life does not cut much of a figure in the West. This makes for sturdiness and independence of character all right, but in some aspects like these we are discussing, we would like to see more of the healthy check of a vigorous public opinion against a poor standard of living.

Unfortunately another operative cause is found in the fact that early difficulties in homesteading and getting a start have taken the heart out of the farmer and his wife. For years, maybe, they struggled on amid enforced mean surroundings until the spirit broke, the values of life became perverted, petty scraping and grasping became habituated and then when the chance came for better living, they had lost the desire and the will to change. This is a most pitiable state of affairs, and yet any observant prairie dweller knows it exists. Even the faces of a certain prairie type show that this has happened, and the strain of their general conversation reveals it still more. The narrowing lust of gold has robbed such men and women of the finest joys of living, and no Midas ever paid more dearly for his gold than these poor people.

This leads us to what is perhaps the deepest cause of all. The great want behind it all is a true conception of the worth and dignity of home. Too often the home to the farmer himself is a place where he eats and sleeps. To his wife

and family it bears a different complexion. The man is absorbed and obsessed with his farm work and the house has to look after itself. This kind of man is mistaking the means for the end, and there are lots of him, men who cannot see beyond the barn and the half section, not even into their own homes. Such men are sacrificing the stuff of living in the haste to get rich. The question may surely be put as to whether this is worth while. One thing is certain. It is bad for the prairie and those who live thereon.

**A Cure for Fever and Ague.**—Disturbance of the stomach and liver always precede attacks of fever and ague, showing derangement of the digestive organs and deterioration in the quality of the blood. In these ailments Farnelle's Vegetable Pills have been found most effective, abating the fever and subduing the ague in a few days. There are many who are subject to these distressing disturbances and to these there is no better preparation procurable as a means of relief.

#### Work and Worry

It is sometimes a slight compensation for the man who is broken down physically or mentally, the man with early heart disease or kidney disease, or the neurasthenic, to boast that hard work was the cause of his undoing. It is a much more respectable cause than dissipation, or at least it would be if it were the cause. But the best medical authorities and hygienists believe that few men have ever been seriously injured by hard work properly done. It is hard work combined with worry or hard work performed in the wrong way that does the mischief in the majority of cases.

Of course there may be such a thing as too much work—too constant application without recreation of any sort; but even in such a case enquiry will usually show that there is a want of system which increases the hours of work and induces a state of worry and hurry.

Some of those who accomplish the greatest tasks seem to have the least to do, and the reason for this is that their work is thoroughly systematized. The day is not begun with a despairing glance over all that must be done before night, and a hesitation where to begin. On the contrary, each hour has its appointed task; one thing is taken up, and for the time being the mind is concentrated upon that alone, as if nothing else pressed for the day. When this is done the next is taken up, and the next and the next; and when night comes there is no accumulation of unfinished work, and no worry for the morrow.

System, a quiet perseverance in taking up and completing one thing at a time, moderation in eating, one hour at least each day in the open air and seven hours' sleep will enable a man to put behind him an enormous amount of work every day without hurt to mind or body.



## The Burden of Anxiety falls on the Women

**A**LMOST everybody is living under a tense nervous strain during these trying times, but the burden rests particularly heavy on the women in the home. Whatever their employment about the house, the mind has much time to dwell on the dreadful things that might happen.

There is nothing so wearing on the nerves as worry and anxiety. Nerve force is consumed at an enormous rate, and as the nerve cells become starved and depleted you find yourself unable to rest or sleep. You soon get so you can only see the dark side, and become down-hearted and discouraged.

Headaches, neuralgic pains, indigestion and failure of the vital organs are among the symptoms which tell of exhausted nerves and low vitality.

Dr. Chase's Nerve Food will help you if you will only give it a chance. We know this from long experience with this great food cure. We have proven it by evidence published in this paper from time to time. It only remains for you to put it to the test.

You may wonder why people are so enthusiastic in recommending this treatment for the nerves. But you will understand after you have experienced the benefits that are to be obtained by its use.

You will find yourself resting and sleeping better, appetite and digestion will improve and you will know again the joy of good health.

## Dr. Chase's Nerve Food

50 cents a box—do not pay more—at all dealers, or Edmanson, Bates & Co., Ltd., Toronto. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.