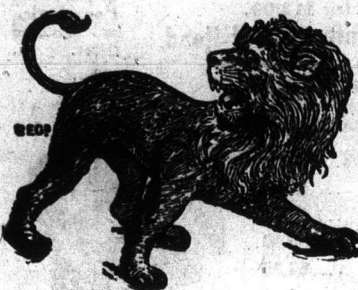


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If you have wrecked your Nerves by OVERWORK or WORRY, drained away your strength by bad habits or dissipation, or SAPPED your vital forces by EXCESSES, it is Time for You to Stop.

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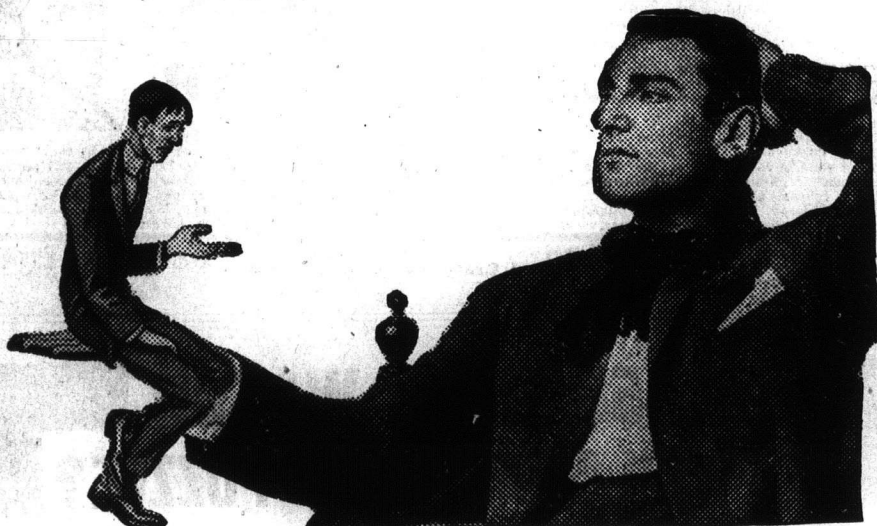
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Contains valuable remarks to Weak and Nervous Men on how to preserve the Health, regain Strength and restore the Powers when lost.

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Believe me, reader, when I say to you, it is not a matter of statue which makes a man strong and vigorous. A tall man may be weak and unmanly, or a small man may be a giant of power in his community. No matter whether you are young or elderly, no matter what past indiscretion or act of folly may have sapped your courage and left you weak, nervous, unstrung, unmanly, I say to you in all seriousness, if I can be sure that you will help yourself and help me by following the dictates of Nature's laws—that is, if you really WANT to become strong again and will thus cease now and forever the practise of any excesses or indiscretions which you may be indulging; in other words, if you will lead a decent, manly man's life, be true to yourself, then under these fine conditions I promise you as man to man that I can resupply your system with an abundant VITALITY or VITAL VIGOR, you should build up and develop into a strong, virile human being, with the same force and manly vigor that you see displayed in other full-blooded fellows about you. Vitality is the greatest single power in the world, and without it debility and weakness must prevail. Take my word for it, my friend for I know whereof I speak. Over 200,000 debilitated men have written to me of their ailments during the past twenty years.

My little book, which I send free to men, goes into this matter of vitality thoroughly, and should be read by all men, single or married. It fully describes my HEALTH BELT with suspensory attachment, a light, inexpensive

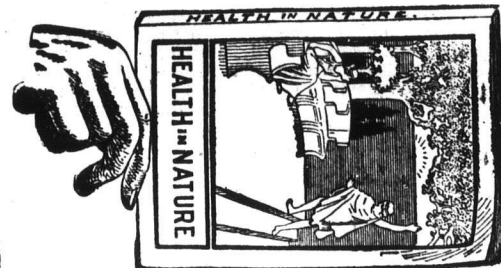
appliance which you place comfortably around your waist upon going to bed and wear until morning. Thus while you sleep, it is continually sending a great, soft, potent stream of real VITALITY and MANLY STRENGTH into your nerves, organs and blood night after night, while you sleep. It often takes the pain or weakness out of your back in one application—then before you realize that time is passing you commence to feel better, stronger, more ambitious, more manly, and will answer "never felt better in my life" to your friends' greetings, while they in turn will secretly marvel at the great change in your appearance. I have seen this work out in thousands upon thousands of cases before you. Remember, I am not asking you to buy a HEALTH BELT now, but merely want you to send for the book, then when you have thought the matter over, I will gladly make some proposition whereby you can use a HEALTH BELT if you want to, but first get the book.

ALL men and women are naturally drawn to and fascinated by the truly VITAL man, because he radiates his power and vigor, as you know if you have observed the brighter men in any assemblage. The weakling must stand aside. There are no drugs or medicines to take in connection with my HEALTH BELT. Simply wear it and absorb its wonderful health giving power. With special attachments it is a fine treatment for rheumatism, kidney, liver, stomach, bladder disorders and general ill-health.

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which interest every man, young or old, who would be strong in manly vigor. It is a word of hope, a carefully written, interesting book, which should be in every one's possession. Therefore send to-day. If in or near this city call at my office. Hours, nine to six.



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friendship, will live long and bloom through all our generations to come. I am not a lawyer, I am a farmer and a railroader who is still engaged in farming and running a train. I have no interest at the present time other than to see good crops on the farm, and good fair laws for railroad employees. I have lived in cities and in country towns, also homesteaded, and like country life with city comfort the best. I want to express my appreciation of all that comes from the pen of the W.H.M. corresponding sisters.

Here's to the woman whose heart and whose soul,
Are the light and life of each spice we pursue,

Whether sunned at the tropics or chilled at the pole;
If woman be there, there's happiness too.

But it's up to us bachelors to make it so.
29 Michael.

From Far Away

Lancashire, England.

Dear Editor: Although you will notice my home is in the East, it is with no less pleasure that I read your splendid paper, "The Western Home Monthly." My brother who is out West sends it to me, and I delight in reading it, for my one ambition is to get out to Canada. When I digest your excellent pages I feel as though I am already one of your fellow country people. I am a teacher, having passed my examinations (any chance in Canada?) but I have many duties at home which makes it my duty to stay here for the present. I take a great pride in the household, cooking, sewing, cleaning, etc., which goes down like a rich piece of cake to snatches of song, recitations and laughter. When I am not at the beck and call of my many younger sisters and brothers, I write articles to our school paper, many of which have appeared in print, or I correspond with a few friends abroad. Maybe some of your correspondents would like to write to me. My ambition being to travel, I wish to know as much of the world as possible. I am a lover of nature, so that the country appeals to me more so than town life, although I can occasionally indulge in a day's shopping. Well, dear Editor, I must not take up the space to which the people of the West have prior claim, so with all the best wishes to The Western Home Monthly, I am

Hetty, The Turk.

Against Card Playing

B. C., Jan. 22nd. 1913.

Dear Editor: Will you admit another subscriber to your large circle of correspondents. I have thought of writing for some time, but am always so busy, but today it is snowing and the fire is the best place, so I thought I would take this opportunity and write a letter. I have read your magazine for over three years, and have been a subscriber for two years, and I must stay I would not like to be without it now, although I have to put the copies away till the long winter evenings are here, as I have no time for reading in the summer. I was reading today, "A Reader's" letter in the October issue, and like him, I, too, often ask myself the question, "Is life worth living?" I came from England some five years ago and had only just got settled down when I lost the breadwinner, leaving me with a small family to provide for, without a friend, a stranger in a strange land, and everything so different to what I had been used to. At work from morning till night, week in and week out, and no chance of a change to try and keep a home going. "Life isn't worth living." A neighbor said he wondered I did not go to a city to live. I'd earn more money, and not have to work so hard, but he didn't suggest where the money was coming from to take us there. Had I the money I would not go, there are too many temptations for boys and girls, and a mother cannot always be with them, then again, I prefer the free natural life one can get in the country. I love the mountains with their wild beauty, and also the cultivated beauty of the apple trees when they have their lovely white and pink dress in the spring. There's nothing to be found in any city that

THERE IS NOTHING FOR THE LIVER SO GOOD AS MILBURN'S LAXA-LIVER PILLS

They will regulate the flow of bile to act properly on the bowels, and will tone, renovate, and purify the liver, removing every result of liver trouble from the temporary, but disagreeable, bilious headache to the severest forms of liver complaint.

Mrs. John R. Barton, Mill Cove, N.B., writes:—"I suffered, more than tongue can tell, from liver troubles. I tried several kinds of medicine, but got no relief until I got Milburn's Laxa-Liver Pills. They are a wonderful remedy."

Milburn's Laxa-Liver Pills are 25 cents per vial, or 5 vials for \$1.00, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



A bite of this and a taste of that, all day long, dulls the appetite and weakens the digestion.

Restore your stomach to healthy vigor by taking a Na-Dru-Co Dyspepsia Tablet after each meal—and cut out the "piecing".

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are the best friends for sufferers from indigestion and dyspepsia. 50c. a Box at your Druggist's. Made by the National Drug and Chemical Co. of Canada, Limited.

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