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Take one tablet of "7 MONKS"

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At bedtime and another in the morning and your cold is broken up. A wonderful remedy. Sold everywhere for 25 cents, or mailed upon receipt of the price.

7 Monks Company

BOX 742, WINNIPEG.

Man and Wife.

We are proposing in this article, to talk to you married tolks, collectively and separately. Come, now, will you, as man and wife, take this article and

read it together. Of course we shall not say all that might be said. We shall, perhaps, say some things differently than they ought to be said. Our remarks will quite likely be open to criticism, contain many faults. But, in reading this article together, if you feel a desire to correct or improve on what we shall say, we shall be very glad to read anything you may write us, whether we publish it or not.

Of course, all married folks don't have exactly the same history. Each couple has problems to solve, difficulties to overcome, lessons to learn, slightly different from all others, and yet there are certain things that are liable to happen to all married couples.

After the courtship, be it long or short, after marriage is really consummated, the glamours, the mysteries, the novelties soon wear off, and the couple find themselves facing the real facts of married life. Much of the romance, and poetry, and passion, which scattered roses or thorns in the pathway of lovers has passed away. The cold, practical, humdrum, workaday experiences have taken their place. Try as you may to keep alive the sentimental and roseate feelings peculiar to courtship and honeymoon you will find yourself slowly but surely drifting away from this fairyland into a country where mundane sur-roundings and matter-of-fact things

reign supreme.
You may be inclined to blame each other that this should be so. Sometimes the husband blames the

wife. He tries to imagine that she may have, carelessly or purposely, laid aside those charming and womanly graces that used to thrill his soul with admiration.

On the other hand, the wife may allow herself to believe that her husband deliberately hid all his faults and masculine traits before marriage, leaving her to discover them, one by one, after it is too late.

Of course, there are instances where all this is true. Unfortunately, courtship rarely reveals all there is, either in the woman or the man. Except in the country, where the lives of both are open and simple, lovers rarely know much about each other until after they have become man and wife.

But with the best of acquaintance previous to marriage, with the frankst treatment of each other, with no intention to deceive or to conceal, marriage does actually and inevitably destroy many air castles, terminate many beautiful dreams. It is inevitable. Neither is to blame for it. Before marriage the touch of the hand, the meeting of the eves, were sufficient to set the nerves tingling and the arteries throbbing with a strange and mysterious joy. Because this does not happen now, after months or years of matrimonial experiences, it should not create suspicion, or blame, or sur-

But it does not follow, because the first entrancing dream is over, that the pleasure of married life is destroyed. Not by any means. Other joys, just as satisfying, if not quite so electrifying, are before them.

Happy is that married couple who. before the first bloom of their newly married life has disappeared, must begin to make preparations to welcome a tiny stranger to their home. This arouses within them both novel anticipations. new and inexhaustable jovs. And then if in addition to reasonable health and moderate means, one by one there appears a large family of healthy boys and girls, the problem of married life is solved without time for heartaches or jealousies. The joys and experiences of the present are too many and varied to allow the mind to wander back to the days of con this and honeymoon, conjuring up what me ht have been.

I is the childless homes that have the serio s problems to solve. "Multiply and replenish the earth," is the fiat that has gone forth through sacred writ and natural laws. They who take upon

themselves the responsibility to set this law aside have created for themselves a labyrinth of difficulties which frequently baffles worldly wisdom and human sagac-

ity.
Not that the childless home is always an unhappy home, for even this problem has been solved by self-sacrifice and nutual forbearance. But the home filled with the prattle of babies and the noise of growing children settles its own problems, requires no psychological analysis or moral philosophy. The family is na-ture's own sequel to the honeymoon Healthy boys and girls constitute a never failing antidote for the waning passions of youthful courtships. At least one-half of the infelicities of domestic life, and one-half the ailments peculiar to women, are the direct result of fruitless marriages.

But the incoming of a family does not correct everything. Differences will arise, perplexities will present themselves, incompatability of temperaments will occur, disagreements may happen, even quarrels are possible.

A woman looks out upon the world from a different standpoint than a man. Until a woman has learned the man's viewpoint, and the man has comprehended the woman's attitude, and then become reconciled to differences that can never be wholly eradicated, until all this happens perfect tranquillity can not be

Of course there are dull-minded, goodnatured men and women, who have no ideals, who are never disturbed by any theories or sentiments, who live almost wholly on the physiological or sensuous plane of life, like well-fed, well-behaved animals, who are saved from conjugal troubles by sheer stupidity.

But people of sensitive natures, people of nerve tension and high aspirations, people who desire to do the best things for their children and accomplish the highest results for themselves, such people are far more liable to find themselves involved in disastrous domestic disputes.

Commendable aspiration and virtue on the part of men and women are quite as frequently the cause of family troubles as are faults. Over and over again it happens that two very good people, who are related as husband and wife find themselves wretched, almost goaded to distraction, by little insignificant incompatibilities which recur with each rising of the sun, and repeat themselves every hour of the day. Even the wholesome influences of growing sons and daughters can not always reconcile such parents to each

What, then, is the best thing for such people to do? Shall they separate, and scatter their family to the four winds of The proposition seems like a monstrous one. Even the beasts of the field do better than this, they stay together until the family is reared.

Divorce is a hideous thing, especially where there is a family to be affected by it. In the daily papers, almost every day, are recorded deaths and divorces. To the thoughtful man or woman the divorces are greater tragedies than the deaths. The human suffering, blasted hopes, withered ideals, moral degradation and bleeding hearts that are indicated by one divorce are greater than a score of funerals.

If not divorce, then what? The remedy is not a very radical one, or an expensive one. But it is one that is almost sure to work. If a husband and wife, who find themselves divided by what seems to them irreconcilable differences, would just agree to let past differences alone never refer to what has gone by between them, allowing each day to bring its own troubles, and when the day is past let the oblivion of night bury them forever, much would be accom-

Get up each morning determined to give each other another chance. "Let not the sun go down upon your wrath. Make each new day a starting point. If you must differ during the day, do so. Do not yield what you believe to be right and just. Speak your piece frankly every time your judgment or principles are assailed, but give your partner a clean slate every morning. Do not bring over any unsettled balance to spoil the next day. Do not harbor any grudges, or keep alive in your heart any animosities. Start

new every morning.
Say to yourself each morning: "I can do better to-day than I did yesterday. I growin what p Just as rity an please, 'An not rea new ference to give the spo trouble evil th les to

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