

Her HEART and NERVES Were So Bad She Could Not Sleep.

To those who sleep in a kind of a way, but whose rest is broken into by fearful dreams, nightmares, sinking and smothering sensations, who wake in the morning as tired as when they went to bed, we can recommend Milburn's Heart and Nerve Pills. By taking them you can have your old, peaceful, undisturbed, refreshing sleep back again.

Mrs. Chas. Teel, Horncastle, Ont., writes:—"Just a few lines to let you know what Milburn's Heart and Nerve Pills did for me. My heart and nerves were so bad I could not sleep, and the least noise or excitement would make me feel so that I used to think I was going to die, and I would tremble until I could hardly stand. I took doctor's medicine, but it did not do me much good. At last I tried Milburn's Heart and Nerve Pills, and I can certainly say they did me a great amount of good. I can recommend them to anyone who is suffering as I was."

Milburn's Heart and Nerve Pills are 50c. per box, 3 boxes for \$1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

The Great English Remedy Grasshopper Ointment and Pills

TRY
IT
IF
YOU



HAVE
A
BAD
LEG

a Poisoned Hand, Abscess, Tumor, Piles, Glandular Swelling, Eczema, Blocked and Inflamed Veins, Synovitis, Bunions, Ringworm or Diseased Bone. I can cure you. I do not say perhaps, but I will. Because others have failed it is no reason I should. You may have attended Hospitals and been advised to submit to amputation, but do not. Send at once to the Drug Stores for a box of Grasshopper Ointment and Pills, which are a certain cure for Bad Legs, etc. See the Trade Mark of a "Grasshopper" on a green label. 40c. and \$1.00 per box. Prepared by ALBERT & CO., Albert House, 73 Farrington Street, London, England (copyright).

Wholesale Agents, The National Drug and Chemical Co. of Canada.

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The
IDEAL
APERIENT.

Does not disturb the liver or kidneys, and its effectiveness does not wear off by regular use.

IN SMALL TABLETS OF PLEASANT FLAVOUR.

Of Druggists, 30 c. per box or postage paid for 35 c. direct from

LYMAN'S, LTD.,
474, ST. PAUL STREET,
MONTREAL

When writing advertisers please mention The Western Home Monthly.

street, the chute-the-chutes, and the joy ride. How often do you see a real Canadian expressing the mere joy of living and having enough to eat and a little to drink. His only moments of abandon are in a splurge at a vulgar restaurant.

Mental Dyspepsia

There are so many thousands of people suffering from digestive difficulties that the matter has become one of universal importance. There are so many opposing theories, so many conflicting opinions as to the cause for this condition of things, that the suffering dyspeptic is in a hopeless quandary as to what to believe, what course to pursue.

No one in the least degree familiar with the subject can fail to recognize the important part that the mind plays in the digestive function, but we are convinced that its importance is underestimated.

Of the innumerable body of sufferers from digestive derangement throughout the world, it is a positive fact that a large majority of them actually have nothing the matter with them, if they could only be brought to think so.

They are really suffering from mental dyspepsia, a disease that anybody can contract if he makes up his mind to adopt that particular form of idiocy, and to get this form of trouble firmly fastened upon him, all that is necessary is to carry all his cares and worries to the table with him.

If a man sits down to eat while in a bad temper his disturbed mental condition exerts a deleterious effect upon the digestive process. Although the viands may be the best procurable and prepared in a manner to tempt the palate, yet under the influence of his depressed mental condition it is rendered little better than a contaminated mass, a veritable poison to the system.

The whole process of alimentation is under the control of the nervous system, which has its seat in the brain, consequently, a cheerful mental attitude favors digestion.

Anger is well known to be a veritable thought-poison. A fit of anger has been known to completely arrest digestion. The individual, therefore, who takes his anger and vindictive thoughts to the table with him, practically poisons the very food he eats, or at least, seriously hampers digestion.

It is an equally grave mistake to take business cares or domestic worries to the table, or in fact, any kind of fretful thoughts, for it cannot be doubted that these thought elements have just as much effect upon the nerves that govern digestion, as they have upon the other nerve forces of the system.

Family discords and personal grievances should be relegated to the cellar and never allowed to accompany us into the dining room, for it is in the highest degree unwise to mingle these disturbing elements with our food and still expect the full quota of nutrition.

People need to have the fact impressed upon them that the nerves play a more important part in digestion than they have hitherto suspected—that the mental side of the process is, if anything, more important than the physical.

The trouble of the dyspeptic is invariably aggravated and prolonged by his mental attitude toward his food. He is apprehensive that the food he is eating may be hurtful to him, and by that means brings about the very result he fears. He does not realize that the effect of these adverse thoughts will persist after the thoughts themselves have disappeared, and that the results of these pernicious thoughts will continue to manifest themselves during the later stages of digestion.

It is a common experience to hear people say, when partaking of a certain diet, "I know this will disagree with me," and it is seldom that the prediction is not verified, for they are setting in action the very forces that will promote disagreement. Consciousness of the digestive organs is an offence to them. The more a man is conscious of his stomach, the less will be its capacity for performing good service.

For this reason a dyspeptic should never attempt to follow an experimental course of dietetics with himself, for if

he watches his stomach after his selected meal to note how it will serve him, he will always observe, or think he does, abnormal symptoms. It is never wise to anticipate anything but good results from anything that has been allowed to pass beyond the palate, for that is Nature's infallible safeguard, its province being to reject every objectionable thing.

If you want your food to disagree with you, you only need to fear that it will do so and you are tolerably sure to find your gloomy anticipations realized.

The Alphabet of Health

By Sheldon Leavitt, M.D.

As a man thinketh in his heart, so is he. Be master—not servant.

Courage is worth more than medicines.

Do not follow the diet fads, but

Eat plenty of ordinary food, with confidence.

Fear not.

Get enthusiastic.

Hold tenaciously to your purposes.

Illness is a reflection of your mental instability.

Joy and gladness are physical tonics.

Keep in the road and you'll meet no "lions."

Live as though you expected to live forever.

Magnify all the bright spots.

Never stop to fight boys or dogs on the way. Go on!

Optimism leads to the hills.

Pessimism leads to the valleys.

Quiet your fears with a big dose of confidence.

Realize your powers over your whole organism.

Smile in the face of threatened defeat.

Think health.

Utter no complaints.

View your ambitions as already realized.

That's faith.

Worry kills. Throw it out.

Exercise freely.

Yield not a peg to mere "feelings."

Zealously do what your hand finds to do; live rationally and expectantly; and you will keep well.

Mumps

Mumps is infectious. The child that comes in contact with a patient with the mumps is certain to take the disease. The disease consists of an inflammation and swelling of the glands underneath the jaw. Sometimes only the glands on one side are affected, sometimes both glands are swollen and painful. The swelling extends into the face and neck. The disease is not dangerous if the patient has proper care. The swelling will subside on the fourth or fifth day. The swelling interferes with the swallowing and breathing. Only liquid food can be taken. The child suffering with mumps must have good care. The body must be kept warm and dry. It is better for the child with mumps to be in bed, even if it is not very sick. The child that is around the house dressed as usual, is in danger of taking cold. He is more or less exposed to currents of air and doubly in danger of cold which distributes the mump swellings among the various glands of the body and creates a dangerous stage in the disease.

No violent exercise should be permitted. Much excitement, too, has a tendency to change the location of the inflammation. Giving the child a sweat (the feet and legs in hot water and the body well wrapped is a good method to use), will hasten the recovery. The child should have a physic, and the bowels must be kept open. A flannel around the neck will maintain an even temperature. If the swelling leaves the throat and enters other glands of the body, a fly blister applied over the glands of the throat will restore the soreness to the original location. Hot catnip or peppermint tea taken freely will keep the patient in better condition. It is well to emphasize the previous statement: There is no danger from this disease if the patient has the proper care.

For years Mother Graves' Worm Exterminator has ranked as the most effective preparation manufactured, and it always maintains its reputation.

Twice Proven Cure for Nerves

Irritable, Hysterical, Sleepless, Dr. Chase's Nerve Food Restores Health.

There is a message in this letter for thousands of women who are suffering from broken-down nervous systems. Sleepless nights, much irritability over little things, spells of dizziness and nervous sick headaches are among the symptoms.

You may not realize the nature of your ailment until nervous prostration comes upon you. But, in whatever stage you find yourself, Dr. Chase's Nerve Food is ready to help you.

Mrs. W. J. May, 88 Annette Street, Toronto, writes: "Some years ago I suffered from nervous trouble, and took Dr. Chase's Nerve Food, which completely cured me. About six months ago I received a shock which again shattered my nervous system to such an extent that I was irritable and hysterical, and could not sleep nights. I began to use the Nerve Food again and was not disappointed. Improvement was apparent from the first box, and now I am entirely well."

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.50, all dealers.

\$3.50 Recipe FREE For Weak Men.

Send Name and Address Today—
You Can Have it Free and Be
Strong and Vigorous.

We have in our possession a prescription for nervous debility, lack of vigor, weakened manhood, failing memory and lame back, brought on by excesses, unnatural drains, or the follies of youth, that has cured so many worn and nervous men right in their own homes—without any additional help or medicine—that we think every man who wishes to regain his manly power and virility, quickly and quietly, should have a copy. So we have determined to send a copy of the prescription free of charge, in a plain, ordinary sealed envelope to any man who will write us for it. This prescription comes from a physician who has made a special study of men, and we are convinced it is the surest-acting combination for the cure of deficient manhood and vigor failure ever put together.

We think we owe it to our fellow men to send them a copy in confidence so that any man anywhere who is weak and discouraged with repeated failures may stop dragging himself with harmful patent medicines, secure what we believe is the quickest-acting restorative, upbuilding, SPOT-TOUCHING remedy ever devised, and so cure himself at home quietly and quickly. Just drop us a line like this:—Interstate Remedy Co., 4215 Luck Building, Detroit, Mich., and we will send you a copy of this splendid recipe in a plain ordinary envelope free of charge. A great many doctors would charge \$3.00 to \$5.00 for merely writing out a prescription like this—but we send it entirely free.



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