

the mortality increased a hundredfold. How many of you have worked for that, as every woman should, or even given to it according to your means? The Y. M. C. A. is blessed by millions of soldiers; yet it must strive, work and beg for the inadequate funds it has to bring some comfort, some joy, some love to our boys at the front. The Soldiers' Comfort Committees are often disheartened, knowing of the suffering men they are unable to relieve or bring some little brightness and pleasure to, for want of the dollar you spent for a new and unneeded necktie, or some other trifle. The funds for the prisoners of war in Germany are pitifully inadequate, though these are the saddest of all our beloved heroes we talk so glibly about at "thé dansants," at afternoon teas, at restaurants, and over the selection of utterly unneeded articles. One would think every expensive dish or selfish tea would, and should, choke you if you could visualize those gaunt, hunger stricken, forsaken forms, waiting like famished animals for the food you waste. One can scarce bear to even mention those millions scattered through every German-invaded district, who are *actually, really* starving, dying in the terrible, long-drawn-out anguish of starvation, amid every humiliation, discomfort, and exposure. Still you spend on selfish indulgence, rich and poor (for all but the most unfortunate can save, according to their means), such immense sums that almost every shop has had a record season.

If you refuse to save and give now some terrible calamity may force you to do what a nation of noble and fine souls would do of their own free will—give up all and every extravagance and selfish luxury. Each Canadian can and should begin now, immediately, to take the extra trouble and time to save in little things, ounce by ounce, nickel by nickel, leaving the many millions of precious ounces saved at the disposal of the authorities for your saviours and your starving fellow human beings and your almost equally precious nickels for the helping of the prisoners, the soldiers at the front, the sufferers in hundreds of hospitals, the returned veterans who have stood the heat and burden of the day, and are all more or less handicapped for their