

ada, and are calculated to hinder desirable people from coming here to live on very moderate means in comfort and happiness.

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### PROSPECTS OF THE WESTERN CROP.

It is pleasing to find the crop prospects in Manitoba and the Territories continue favorable. The people in Winnipeg who are most keenly interested appear to maintain their customary buoyant frame of mind. From different sources in that city we get the same story. "Red River," whose letter was written on Monday last, uses very much the same hopeful strain as our other correspondent, who, wiring us yesterday noon, says: "The weather throughout the west during past week has been warm with general showers. Nearly all points report that conditions of growth could scarcely be better. In practically all parts of the country wheat has commenced to head out, so that the crop will likely be in good time."

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### THE BUSINESS MAN'S BODY

"Indigestion, irritation, insomnia, insanity." Such was a medical student's category of ills with which a man is likely to be beset who neglects his body for study, for money-making, or for any sedentary pursuit, while drawing upon his nervous energies and neglecting to restore the balance of his physical system by proper rest and exercise. Repeatedly we have heard medical men say of a man who had gone to his grave through overwork, or who had made himself a chronic invalid, "If he had only taken a week or a fortnight off when I told him to, this infernal ailment would not have got such a hold upon his system."

By taking a week or a fortnight off, the doctor meant that length of time devoted to travel, to recreation, or to some variety of physical pursuit which would relax the pressure upon his brain and nervous system, that over-taxing of his excretory organs, or of his heart, which now-a-days carries off so many men. Business men and professional men are alike prone to working in a groove for long years to the neglect of refreshing the strength and spirits after toil or worry. They do this, thousands of them, under the mistaken notion that they cannot spare the time or afford the expense of a holiday, that there is no room in their lives for sport or travel, no necessity for diversion, no chance for change of occupation. And many a man dies in his prime because he has neglected just such things.

Merchants often permit themselves to believe that their business cannot go on if they do not give it their entire attention for twelve or fifteen hours a day three hundred and thirteen days in the year. And so, with their noses to the grindstone, they plod along month after month with no thought of the benefit they may derive from a short sojourn away from home and the cares of "the shop." Many of them have never taken a consistent holiday since launching out in a mercantile career. But a man is never too old to change from the mistaken ways that he has always followed. If he begins to feel his energies flag and

his spirits droop, our advice would be to try the effect of a change before he resorts to "temperance" patent medicines (so-called), or to stimulants. Sometimes one of these is as bad as the other.

Not a few will say that they have never called in a doctor, and that they do not propose to begin. Such a resolve is short-sighted if there is a physician of skill and good sense within reach, who might advise them as to diet and exercise—what not to do, as well as what to do. But there are hundreds of ailing men who may be their own doctors if they will. What they need most is probably a rest and a change. Horseback exercise, automobilng, golf, polo, are perhaps not to their taste or within their means. But a trip round the lakes on a steamboat, a series of country walks, a daily game at bowls on the green, an hour or two at gardening will do wonders for a man who will break away from his business for part of every day. Let him give his over-worked heart and his over-trained nerves a fair chance.

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### SYSTEM AND NEATNESS.

To be neat and methodical are praiseworthy points in a clerk, and those of a bank's staff who are deficient in these habits will do well to acquire them. Numbers of men are handicapped more than they know by a slipshod manner of doing things, by a lack of neatness about the desk, of cleanliness about the person, of orderly procedure with their work. Some may say that these are minor things, and if a clerk is intelligent and energetic his slovenliness does not matter. But it will be found that the cleanly and orderly hand, other things being equal, is preferred nine times in ten.

A paper upon the subject of neatness and system in the office was read before the Kansas Bankers' Association the other day by Miss Marie Meyer, of the First National Bank, Hutcheson, Kan. She insists very strongly upon the necessity of neatness. "Let an office be neat and tastefully appointed, and it will be a pleasure to work in it, and a delight to frequent it." And she makes the point that one cannot draw the line between neatness and accuracy. "The lack of neatness will eventually issue in errors and mistakes. To be careless and indifferent as to the entry made is to be careless and thoughtless of the figures and facts which constitute the entry. Perhaps it is too late to begin the habit of neatness when one enters the work of the bank."

It is never out of place to remind young people entering business life that whatever is worth doing is worth doing well. Here is the way Miss Meyer conveys that lesson:

The clerk who can keep the books and follow the system assigned to him a little better than anyone else, if it be just a little neater, so surely has that clerk taken an advance step towards future preferment. All bad work is wicked, and work that has to be done deserves to be done well. Not, perhaps, so much for the sake of the books and the pages and the papers, but for the sake of the future of the person who does the work. Carelessness, thoughtlessness, indifference and slipshod work have been the cause of more failures than the world knows.