

NERVES WERE BAD

Hands Would Tremble So She Could Not Hold Paper to Read.

When the nerves become shaky the whole system seems to become unstrung and a general feeling of collapse occurs, as the heart works in sympathy with the nerves.

Mrs. Wm. Weaver, Shallow Lake, Ont., writes: "I doctored for a year, for my heart and nerves, with three different doctors, but they did not seem to know what was the matter with me. My nerves got so bad at last that I could not hold a paper in my hands to read, the way they trembled. I gave up doctoring thinking I could not get better. A lady living a few doors from me advised me to try a box of Milburn's Heart and Nerve Pills, so to please her I did, and I am thankful to-day for doing so, for I am strong, and doing my own work without help."

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

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kitchen, so that the country children could prepare themselves a good hot meal in the middle of the day, instead of having to depend on the sandwiches and cold lunches which were all they could bring with them.

Miss Mary Ard McKenzie, head of the Victorian Order of Nurses throughout Canada, spoke of the nursing problem in the prairie homes and of the sore need of the country mothers for trained help at a moderate fee, and also spoke of her hope that before very long a chain of nurses would stretch right across Canada, their stations being within such distances of each other that all who needed their help could avail themselves of it.

Mr. Putman, president of the H.E. Societies of Ontario, gave an outline of what they were doing and acknowledged that the Manitoba societies were ahead

of the sister province; he pointed out how all important the women of the country places are, and how self-reliant they must necessarily be. Mr. Putman also advocated manual training at the schools so that both boys and girls would have a trade to turn to, when school-days were over.

Miss Crawford, who is very interested in the formation of boys' and girls' clubs in the country districts, spoke of the success which had followed their organization in several places.

A very hearty vote of thanks was offered to Mrs. Moore, whose paper showed that her duties as delegate were taken con amore, and whose careful gleaning of every hint that could be helpful to our members should result in a plentiful harvest of good and advancement to ourselves and the community during the coming months.

his nerves are exhausted while his muscular system is crying out for more exercise. By trying a little antidote in the shape of some simple stretching and bending exercises for a few minutes before retiring for the night, he will find that his nerves will gradually be lulled by the counteracting influence of his awakened muscles, providing of course that the new treatment is taken on gradually. Out of doors we have the natural brain and body builders in the shape of fresh air and sunshine, though, in the course of the advance of civilization we have been forced into offices and workshops, sufficing to exist on a minimum amount of these valuable health preservatives. There is lots of hope though, for one and all, for in spite of our artificial existence, our physical culture experts, though drawing their raw material from the unpromising environments of office and workshop, can and do successfully turn them into giants of strength and millionaires of health. Let us cease our vain regrets about physical deterioration for the splendid physique of our gallant men now fighting in the cause of liberty, is the result of physical training, and not only the selection of the more fit, but the remodeling of the less fit.

The Nation's Call for Physical Fitness

Written for the Western Home Monthly by Allan Campbell

A noted Bishop said, "War its thousands slays but peace its thousands ten." The carnage of the present stupendous conflict is sickening to contemplate but just as sickening is the horror wrought by tuberculosis and other diseases which it is our duty, each and all, to do our part in combating. There never was a greater need for healthy men and women in this empire than there is to-day, the genius of brains has given us the foremost position in the world, and to-day we are relying on men who are a well balanced combination of genius and physical fitness, to prevent these much coveted laurels from being snatched from us. History shows us how soon a nation collapses when physical education becomes a minor consideration, and we can all pay our small share to this, both war and peace tax, for war is ever with us in the shape of disease which lurks in the foul air which is far too common in our living rooms and bedrooms. Let us uphold the policy of the "open door" (and window) and help to drive out the invader whose vast columns are invisible but whose deadliness cannot be equalled by bullet or sword. By giving ourselves an exercise time per day, (chores and splitting wood do not figure as the best of exercises in spite of what the common opinion may be) at some simple gymnastics at which we can put our whole mind even for a few minutes per day and the profits will show it as a pretty sound investment. The question is, can we go on living an artificial existence and retain the

physical ability to protect our hearths and homes in time of danger? No, we assuredly cannot, as the present war has shown that intelligent arbitration which has done such splendid work prior to this present war was lost on our foe whose mental plane appears to be as brutal as that of a vivisection.

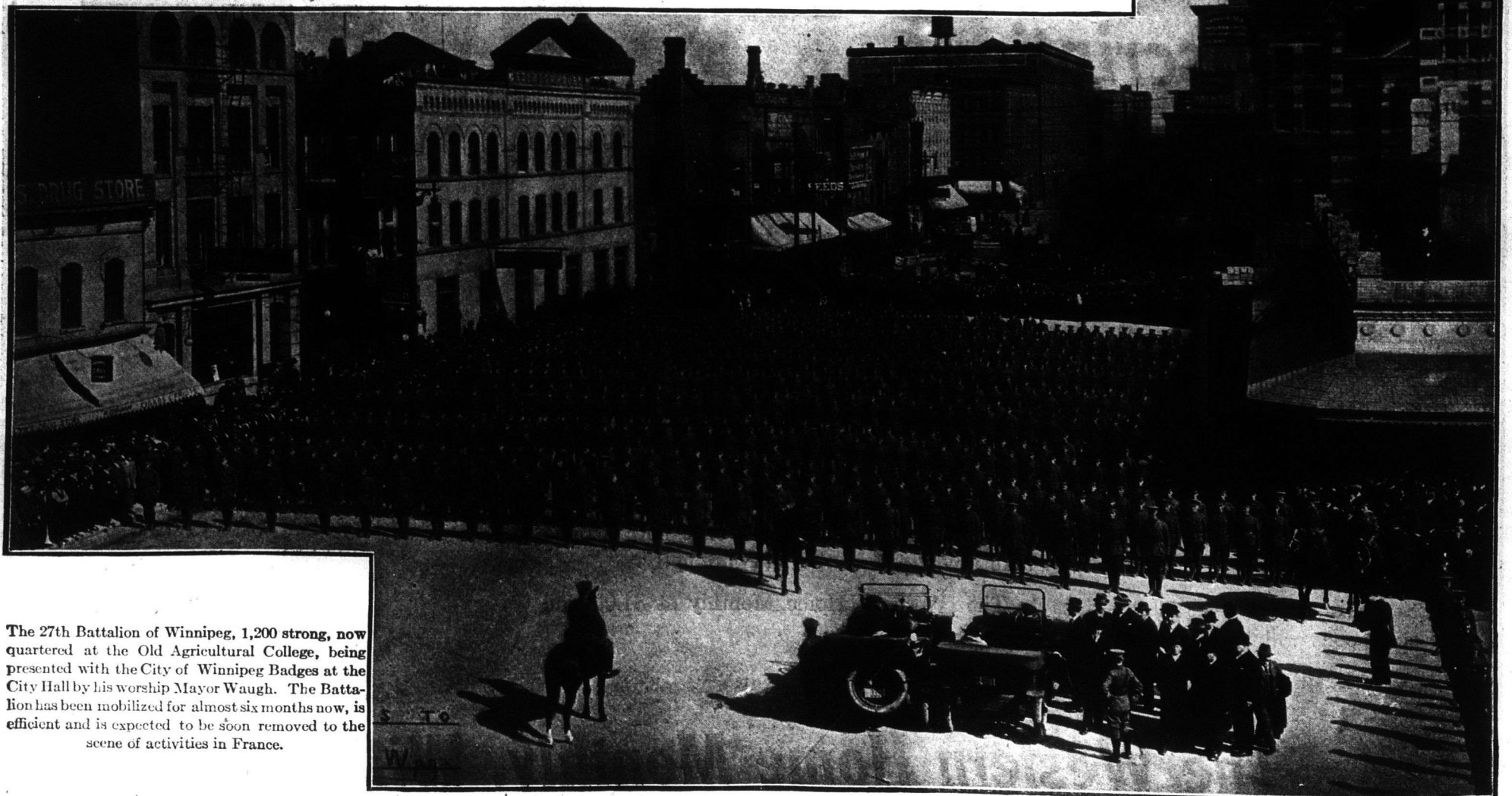
When we have quite recovered from the shock of civilized and cultured nations going to war in this intellectual era, we will see that it is still as imperative to train our men and women to the grace and athletic beauty of the ancient Greeks, then, if war ceases to be, this training will be just as valuable to us in the great war against disease.

It is very evident that which ever way we look at the question, the answer is, physical neglect is national suicide, for a puny bodied nation, however brainy, is ever in danger of invasion by a superior nation or of decimation from disease. We certainly do not intend to force ourselves into a state of conscription for physical training, for the healthy benefits must come from within, and cannot be rubbed in from without, like an embrocation.

The first step is to work up an ambition for a better state of physical development. This is the hardest wrench of all to those who have got to the arm chair, pipe and carpet slippers state of existence, and which is equivalent to following the line of the least resistance. The tired business and professional man is tired because

An interesting announcement in this issue of The Western Home Monthly is that of **POWDERPAINT**, which is intended for barns and guaranteed to preserve wood, last for years and is fire-proof, with the additional advantage that it can be mixed and applied by anyone by the simple addition of water.

The Home Comfort Co. of 323 Garry St. are agents for the distribution of this Paint, and they will have pleasure in supplying full information to anyone interested in painting operations throughout the country.



The 27th Battalion of Winnipeg, 1,200 strong, now quartered at the Old Agricultural College, being presented with the City of Winnipeg Badges at the City Hall by his worship Mayor Waugh. The Battalion has been mobilized for almost six months now, is efficient and is expected to be soon removed to the scene of activities in France.