

Classified Page for the People's Wants

If you want to buy or sell anything in the line of Poultry, Farm Property, Farm Machinery, or if you want Help or Employment, remember that the Classified Advertisement Columns of The Western Home Monthly are always ready to help you accomplish your object. Cost 3c word, minimum 50c. Cash with order.

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CLOVER HONEY, 12c.; Buckwheat Honey, 10c., shipped in 60-lb. cans; cans, 30c. extra. Wilbur Swayze, Dunnville, Ont. 12-16

Music

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IF YOU HAVE PROPERTY FOR SALE OR EXCHANGE, write us. Information free. Real Estate Salesman Co., Dept. 116, Lincoln, Nebr. 11-16

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GOES' LIQUID POISON CAPSULES—Kill animals on spot. Goes' Luring Bait attracts them. Eleventh season in use, with excellent results. First class testimonials. Write for free circulars. Edmund Goes, Milwaukee, Wis., Station C, Route 8. 11-16

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J. D. A. EVANS, Teacher of English Composition, etc., Crystal City, Man. T.F.

Why Your Hands Perspire

By Dr. Leonard Keene Hirschberg, A.B., M.A., M.D. (Johns Hopkins University)

"Doctor," said the travelling salesman, "there surely must be something that will check the perspiration that constantly oozes from my hands!"

"What makes you doubt it?" asked the physician.

"Well, I've consulted a score or more with little or no results," he said.

"What treatments did you try?"

"One gave me baths, another belladonna, a third a tonic, and so on. They disagreed in all things, except the cause."

"What, pray tell me, is the cause of your sweaty fingers according to this unanimity of diagnoses?"

"Nervousness! The doctors united almost to a man in saying that it comes from my nerves."

Whenever the masses of the medical profession are ignorant of the underlying conditions of any group of symptoms, they are apt to include it under that scapegoat and makeshift phrase "nervousness." What "nerves" and "nervousness" really means few, if any of them, can honestly say.

What is probably meant is "emotionalism," not nerves. The nerves have less to do with a man's emotions than his skin, bones, and muscles have. Indeed, it is the excessive activity of certain glands such as the adrenal and thyroid glands, that are more often concerned with the abundant formation of sweat and an outbreak of the emotions, than are any other human structures.

Perspiration of the hands, fingers, feet and other tissues occurs in fiddlers, commercial travellers, and others who strain one set of muscles more than others, who yet do not exercise them more strenuously than is called for in their daily use.

Thus the man who may lug bags, satchels, or baggage around or who plays a violin, puts a load on his hands for which his fingers are untrained. Their muscles have not been developed up to the point of feeling at ease. They are not strong enough to ignore the weight or the tension put upon them.

In fine, the local force put upon the muscles of the hands, feet, or other parts, causes the adrenal substances and other gland products to be concentrated like artillery at Verdun upon the particular parts. This causes the excretion of fluid from the strained muscles known as sweat.

Obviously, if the hands or the muscles thus strained were keyed up to such efforts there would be little perspiration present. They would be strong enough and skillful enough to take care of the unexpected call upon them. The drummer, who carries the satchel, the violinist who bowed the fiddle would not need to run to medical men for drugs and prescriptions to check perspiration.

The plan to pursue to avoid sweaty hands is to take up such a form of gymnastics or exercises as will make the muscles more powerful. Indian clubs of five or six pounds or dumb bells a little heavier are good means with which to begin such exercises.

The same movements should be carried out as you use in your daily occupation or profession. The motions are to be repeated with the dumb bells, Indian clubs, or other weighty objects for five minutes four times a day for two or three months.

Place no credence whatsoever in the diagnosis "caused by nervousness." That phrase spells a jumped-at conclusion, and only deters you from the produce and the activity, which will effect the cessation of this unpleasant and embarrassing perspiration.

True enough, when you are harassed, worried, and otherwise emotionally excited, there is prone to be more or less perspiration excreted at points of unusual muscular effort.

Almost any sort of over-indulgence, which involves the use of the pituitary thyroid, sex, adrenal, or other glands of the living anatomy, induces a torrential outburst of perspiration. This may last as long as the muscles are in active use or even beyond that time.

Those whose muscles have been well trained and made accustomed to extra work are the ones who will perspire the least or not at all. A little perspiration may wholly escape notice by evaporation almost as rapidly as it is excreted.

After all, if the victim of perspiring

hands is able to train up to the "no perspiration" stage without the use of artificial remedies, drugs, medicine and such applications inside or out, he will be amply repaid for the twenty odd minutes of daily exercise carried out in these directions.

Friendship

By Norley Chester

I had a friend, who in my willing ear
Poured eager words with adulation rife,
He healed the wounds inflicted by Truth's knife,
My faults glossed over, made my virtues clear;
In those smooth seas he sought my soul to steer
Where self-esteem doth lead us far from strife.
I glided on content with self, with life;
He loved me till I to myself grew dear.

Another came; his presence seemed to send
A light in which my littleness lay bare;
He led me to a sea which tempests rend,
Where waves are efforts rising o'er despair;

But earth seemed richer for a soul so rare.
Myself I loved no longer, but my Friend.

The Advance

By Herbert French

Wild airman, you, the battle's eyes—
Who, hovering over forest air,
Can all the belts of cloud despise
And through them fall without despair—
No cannon's sound to you can rise,
But, say, how goes the battle there?
As they advance!

Be dumb, wild heart, for they are dumb—
Our men advancing. All's at stake!
The woods are bullet-stripped—with hum
Of cannon all the pastures shake;
And some will cross the crest, and some
Will halt forever in the brake
As they advance!

The ground is bubbling—pit and mire—
And blackened with the blood of sons.
Death rains on every yard; and fire
Shuttles the veil with woof of guns.
Heavenly the flag whose weavers dire
Shall make to shroud our gallant ones,
As they advance!

They follow now—who rode so well—
A braver hunt than e'er blew horn;
Through many a warren'd wood of hell
They'll follow, till the fateful morn.
And then the mud-stained sentinel
Shall watch, and see an age new-born
As they advance!

A Step and Time Saver

The Hoosier Kitchen Cabinet is to the kitchen what modern appliances are to the office or improved machinery is to the farm. It groups all the utensils and supplies right at the fingers' ends. Take for example the steps a Hoosier cabinet saves in the simple act of cutting bread for the table. The bread and knife and plate in kitchens without a Hoosier cabinet would have been collected from cupboard and pantry on to the table. When you have a Hoosier cabinet you take all of these articles from their proper places in the cabinet, pull out the cutting board, slice your bread and put everything away without a step. And so it is with all your kitchen work, for the Hoosier cabinet has places for 400 articles, all within an arm's reach, saving many miles of steps for tired feet. There are over 1,000,000 Hoosier cabinets in daily use; 75,000 have been sold these last few months. Seven out of every ten Hoosier cabinets sold have been through the personal recommendations of American housekeepers. The Gold Medal awarded Hoosier Cabinets at The Panama Pacific Exposition in San Francisco simply is the official announcement of a supremacy long ago conceded—First in number of practical step-saving conveniences; first in quality of materials; first in standard of construction; first in perfection of design; first in units of value for dollar of cost.