

What the Internal Bath Is Doing for Humanity

Under our present mode of living the large intestine (or colon) cannot get rid of all the waste that it accumulates—so it clogs up, and then biliousness, constipation are the result, and that lack of desire to do, to work, to think.

This waste in the colon, as we all know, is extremely poisonous, and if neglected, the blood takes up the poisons—and brings on countless very serious diseases—appendicitis is directly caused by waste in the colon.

If the colon is kept clean and pure you will always feel bright, and capable—never blue and nervous—always up to "concert-pitch."

There is just one internal bath which will keep the colon as sweet and clean as nature demands it to be for perfect health—that is, the J. B. L. Cascade.

Many thousands are using it, and doctors prescribing it with great success all over the world. This "assistant-to-Nature" treatment is most interestingly described in a booklet called "Why Man of To-day is Only 50 per cent Efficient." Dr. Tyrrell's treatment is shown and explained in Winnipeg by Harry Mitchell, 466 Portage Avenue.

"SOME HA'E MEAT AND CANNA EAT"

So Bobby Burns tersely describes the rich, but still poor, dyspeptics. But their case is not now so desperate as when Burns wrote. For the man who has the feed now can eat without suffering for it, if he just follows the meal with a Na-Dru-Co Dyspepsia Tablet.

These remarkable tablets banish the troubles of the chronic dyspeptic—the man who is bilious—the sufferer from heartburn, gas on the stomach or occasional indigestion. You can eat hearty meals of wholesome food—and digest them, too—if you take Na-Dru-Co Dyspepsia Tablets.

Compounded by expert chemists, after probably the best formula known to medical science, they are quick and certain in their action, giving prompt relief from all forms of stomach trouble, toning up and strengthening the digestive organs and bringing about permanent cures.

A man is no stronger than his stomach. Fit yourself for your best work by taking Na-Dru-Co Dyspepsia Tablets. 50c. at your druggist's. National Drug and Chemical Co. of Canada, Limited, Montreal. 146

Electric Restorer for Men

Phosphonol restores every nerve in the body to its proper tension; restores vim and vitality. Premature decay and all sexual weakness averted at once. **Phosphonol** will make you a new man. Price \$3 a box, or two for \$5. Mailed to any address. **The Scobell Drug Co., St. Catharines, Ont.**

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tern Home Monthly, so I always could read it when I was at home and now when I am in town the people I board with take it. There is always a scramble to see who gets it first when the mail comes. My home is in the country and I have lived there most of my life. I work in an office—in a medium-sized town and like it fine, though in summer I think I would like the farm better. I see it is the fashion to tell everything you can do, so here goes. I can cook, wash, bake, sweep, sew and most every thing that a farmer's wife is expected to do, only I can't milk cows—I could learn if I chose but I don't choose. I like having a good time and I like working too. I work from nine to six. Perhaps the dear boys and girls would like to know what I look like. I have red hair, gloriously bright red, a yellow complexion and freckles. Oh! my gracious, great big lovely ones, blue eyes, big feet and hands. Height, 5 feet 8 1/2 inches; weight, well, I don't know, I broke the last scales I got on. My age is somewhere between 15 and 30. I am very lonely, so please write to me somebody, I will try to answer all favors. If any of the readers should be so kind and condescending as to write to me the editor will kindly forward the same. Wishing the W. H. M. every success, I remain, Yours truly, Little Chickabiddy.

Can Bake Bread.

MacGregor, Man., Sept. 20, 1912.

Dear Editor,—As this is my first letter to your magazine I would like to see it escape the waste-paper basket and appear in print. My father has taken the Western Home Monthly for the past year and I enjoy reading it very much, especially the correspondence columns. I, like many other girls, see no harm in dancing. I enjoy going to a real nice country dance. I also like playing cards, skating, concerts, picnics or socials. I live with my parents in town. I can make good bread or do anything in the line of housekeeping. I also don't mind gardening or berry-picking. Well, dear editor, I won't take up any more of your valuable space, so will conclude. I will be pleased to answer any letters received, especially from Lonely Laura and Alone, as I think their letters very interesting. Wishing the Western Home Monthly every success. I'll sign myself. Brunette.

Who Wants a Pony?

Tugaske, Sask., Sept. 3.

Dear Sir,—I just finished the correspondence, which is the first thing I look for. Your valuable magazine sure is attractive for some reason or other. I guess because it is a good, clean, decent paper that no one need be ashamed of. I see so much about dancing. Now, I am no dancer myself but go to most of them in winter to pass away the long evenings of the prairie province. But I cannot see any evil in it if kept in proper limits. They can go to extremes in any and all games but that is out of the question. As for sport, I am right there with bells on, footracing, jumping, horse-back riding, shooting or anything at all a little exciting. Now as for homesteads for women I think it would be the real thing, for if I had some nice little fair one for a neighbor I think I could pass away some of my spare time. Just a few words on the married woman subject. How many married women are there that get out as much as they should? But very few. Some man will say he has an old cranky woman. Why is she cranky? Because she never gets anywhere. I wonder how some of the men would like to be shut up in the house for a life-time; they would soon kick. And other men will go and throw their money over the bar and when the wife says there is something needed in the house why he will say: You don't need that or you can get along without. Say, girls, I have a half section and am very lonely. I am 21. I have a dandy little driving or riding pony. Who will be first to win him? Remember this is leap year. Please forward enclosed letter to Honey Kid of June number. I will sign myself The Barefoot Boy.

As a vermifuge there is nothing so potent as Mother Graves' Worm Exterminator, and it can be given to the most delicate child without fear of injury to the constitution.

FOR THE WOMAN WHO THINKS AND FEELS.

Some women complain that they periodically suffer from dull and heavy feelings, or dizziness in the head, nervousness, pain and bearing-down feelings which should not occur to the normal healthy woman. But most every woman is subject to these pains at some time in her life, due to abnormal conditions in life, such as corsets, over-taxed strength, bad air, poor or improper food, wet feet, sluggish liver, etc. A regulator and female tonic made from native medicinal roots with pure glycerin, and without the use of alcohol, called

DR. PIERCE'S FAVORITE PRESCRIPTION.

has proven its value in thousands of cases, like the following:



Mrs. MARTIN.

Mrs. DONA M. MARTIN, of Auburn, Nebr., Route 1, Box 24, says: "I thought I would write you in regard to what your medicines have done for me. I have used them for thirty years for female troubles and general weakness with the very best result, and they have saved me hundreds of dollars in doctors' bills. I buy the 'Favorite Prescription' and 'Golden Medical Discovery' and take them together. I never was disappointed in your remedies and take pleasure in recommending them to any suffering lady. I am now almost fifty years old; at forty-five I took your medicines, both kinds, and I passed that period very easily and left me fat and healthy. I feel like a young girl. If any lady cares to write me, I will gladly tell her more about the good work of your medicines."

DR. PIERCE'S GREAT FAMILY DOCTOR BOOK, The People's Common Sense Medical Adviser, newly revised up-to-date edition—of 1008 pages, answers hosts of delicate questions which every woman, single or married, ought to know. Sent free in cloth binding to any address on receipt of 50 one-cent stamps, to cover cost of wrapping and mailing only.

Gives Men This Vitality of Youth



Vitality is the thing which makes success; it gives men that compelling power which sends them forth eager and equipped to meet and overcome all obstacles; it is the thing which gives the young soldier courage to face death; it is the thing which inspires and holds his sweetheart's love and faith. No matter what your age, I can give you this same vital power. I can restore the vigor you lost, no matter what early or late indiscretion may have sapped your strength. I can make you "young" and keep you "young." From an intimate and studious observation of possibly 100,000 weakened men, I say to you that VITALITY or the lack of it means all the difference between a manly man and a

half man. The man who bubbles with vital power will exert a pleasing influence upon all with whom he comes in contact; women are naturally attracted to him, as are men. Lack of vitality is a negative condition and it even repels. You wear my HEALTH BELT all night; it sends a great glowing health-giving current of electro-vitality into your nerves, blood and organs; it takes all the "funk" out of your back and all the coward out of your makeup; it puts you right up in the "feeling fine" class and keeps you there. No stimulation, no false results; just a sure return to manhood and courage. Recommended also for rheumatism, pain in the back, kidney, liver, stomach and bladder disorders. It makes you feel young and keeps you feeling young forever.



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It fully describes my Health Belt, and contains much valuable information. One part deals with various ailments common to both men and women, such as rheumatism, kidney, liver, stomach, bladder disorders, etc. The other part is a private treatise for men only. Both sent upon application, free, sealed, by mail.

If in or near the city, take the time to drop in at my office, that you may see, examine and try the Belt. No charge for advice, either at my office or by mail. If you cannot call, fill in the coupon and get the free book by return mail. It is better than a fortune for anyone needing new vigor.

DR. W. A. SANDEN, 140 Yonge St., Toronto, Ont.

Dear Sirs:—Please forward me your Book, as advertised, free.

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