



**Synopsals of Canadian Northwest Land Regulations.**

THE sole head of a family, or any male over 18 years old, who was at the commencement of the present war, and has since continued to be, a British subject or a subject of an allied or neutral country, may homestead a quarter-section of available Dominion Land in Manitoba, Saskatchewan or Alberta. Applicant must appear in person at Dominion Lands Agency or Sub-Agency for District. Entry by proxy may be made on certain conditions. Duties—Six months residence upon and cultivation of land in each of three years.

In certain districts a homesteader may secure an adjoining quarter-section as pre-emption. Price \$1.00 per acre. Duties—Reside six months in each of three years after earning homestead patent and cultivate \$0 acres extra. May obtain pre-emption patent as soon as homestead patent on certain conditions.

A settler after obtaining homestead patent, if he cannot secure a pre-emption, may take a purchased homestead in certain districts. Price \$3.00 per acre. Must reside six months in each of three years, cultivate \$0 acres and erect a house worth \$300.00.

Holder of entries may count time of employment as farm laborers in Canada during 1917, as residence duties under certain conditions.

When Dominion Lands are advertised or posted for entry, returned soldiers who have served overseas and have been honorably discharged, receive one day priority in applying for entry at local Agent's Office (but not Sub-Agent). Discharge papers must be presented to Agent.

W. W. CORY,

Deputy Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

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## Second Wind

By S. GLENWOOD BUCK

Have you gotten your "second wind?"

Do you know what it is to "warm up to your job?"

Has it ever occurred to you that you have stores of energy which you have never drawn upon?"

The fact of the matter is that all live too near the surface. We tire too soon. We quit at the first signs of fatigue. We are ennuied before our real and permanent sources of energy are tapped.

A horse will tire at the first mile and poke to the third, but after it has "struck its gait" it will travel long before without signs of weariness.

Under the extraordinary pressure, even indolent men perform wonderful feats of physical, mental and moral strength. In anger one will give and take punishment lightly and without injury, which under other conditions would result seriously. Buried coal miners will work steadily for days, without nourishment, to extricate themselves from living tombs. Men in the heat of political or religious passion will surprise even themselves by their powers of concentration, expression, endurance. Soldiers under patriotic or self-preserving impulse and excitement will suffer and survive agonies which would kill under different conditions. Patient, frail, little women, bereft of support, with dependant families, will for long, weary hours, sew, wash, scrub, teach, nurse, cheer, sympathize, sustain, expend energy almost beyond belief.

When it comes to soul-racking, body-wrecking work, man is generally a "veritable dub." He is

only a beginner in the kindergarten of the University of Hard Work, from which woman has taken her degree long ago. To her he must go for instruction.

But few women and many men have not yet tested themselves—they know not the latent powers within. Many go through life without even sounding their deeper selves, without touching their great sources of energy—they never know what they are capable of.

Beyond this first superficial "layer of energy" which is so easily expended, lies our real source of power.

From this reservoir has come all the great and true work, thought, feeling, inspiration, sentiment, genius, art of the world.

The difference between greatness and meanness lies here greatness makes use of this great source of energy. By sheer force of will it breaks through the walls into deeper and deeper strata. It rises higher as it goes lower—and habit sustains it.

It is from this reservoir that your energy and mine must be drawn, if we are to get out of life—and give to it—what we should.

We must make use of the latent power within.



The Grouser: "Just our rotten luck to arrive 'ere on early-closing day."

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