

Still, there was other capital—invisible capital, without which the land would have been of no value—even the boundless, potential capacities enshrined in the mind—the ideas and ideals, which all men possess in some degree.

It has been through the release of these dreams that we enjoy to-day the miracles of human invention, that have benefited city and country alike, delivering men and women from much drudgery, giving them leisure for the improvement of all their faculties, thus adding to the culture of body and brain.

Hitherto the sons and daughters of Canada have mostly had small opportunity for any extensive development in the fine arts. The getting of bread and butter has been the one insistent problem with the majority, the all-absorbing ideal of most urgent import. But labor-saving machinery, born from the brains of a thousand inventive geniuses, is now taking the place of much hard manual toil. We are reducing body-destroying work to a minimum, and so giving the wings of the intellect a chance to unfold. Handicraft is right and necessary in just proportion; all we demand is a more healthy balancing of our spiritual and physical forces. Then instead of work suggesting slavery and misery it becomes an entertaining exercise, bringing pleasure and profit.

After all, it is only exercise that our beings crave; happiness is simply the harmonious activity of our personal forces, the expression of our creative energies.

We all desire conquest and power. Money itself is only the counter in the game. It is superstition and folly to mistake the symbol for the reality, the latter being distinctly a mental state; and this common error assuredly does not lead to success in the true meaning of the word.

We hear much about the freedom of the farmer's life, also his independence, and he should be the most free among men. Only too often he has enslaved himself, manacled his mind with narrow ideas, clinging to the passing stages of a fretful self-consciousness, when new glorious fields were right in front of him.

Habit is a mighty influence in our lives. As we live longer, we sometimes find it most difficult to change our thoughts and ways. And yet we know that change is essential even for sheer life, to say nothing of growth.

We need to examine ourselves occasionally. To take a day off, and figure out whether our activities are worth while, whether we need a new schedule or system or order. A little thought and meditation will often save much time, and even money. A new ideal may prove an opening to increase of health and success. And particularly to the man we call the farmer, he who is engaged in the most important of all industries.

So here endeth this diatribe, calling the farmer to take it easy, or rather to alternate his work of muscle with culture of brain, that he may become the most all-rounded, the most completely educated among men.

#### About That Water Pan.

How often do you clean up the water pans in your hen house? You ought to clean them every day. For a dirty water pan is the surest way of spreading disease throughout your flock.

The best way of handling water in the poultry house is to keep it in a cheap, flat wash basin that can be easily cleaned and refilled. It doesn't pay to bother with patent water tanks. You will have to fill them just as often as the basins, and they are harder to clean up.

Place the open basin on a box some eight or ten inches high and perhaps eighteen inches square, and make a runway for it. This keeps it from filling up with dirt and straw from the floor, and the hens do not climb into it in drinking.

Then put the box and basin in a

To have the children sound and healthy is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Exterminator.

sunny corner of the house away from the roosts and nests, so that no dirt can fall into it from above.

Clean it and refill it with clean, fresh water every day and you will have put the disease germs to flight indefinitely.

Write to James G. Halpin, Secretary of the Wisconsin Poultry Association, Madison, for stencilled sheets on poultry raising.

#### Hens.

How many farmers make the hen house a source of income? and yet, maybe, for the want of a little care the hens, that now only supply the household, would bring him in rich returns.

First, let us see if his hen-house is facing south or southeast. Have almost all the front of the house made of glass windows to reach to about a foot-and-a-half of the floor, and see the windows are washed off once in a while to let in every ray of the sun you can. This will help to keep the floor dry and clean. Let us see about the floor. I made a floor, I think, would take a first prize anywhere. First, I dug it out to a considerable depth and filled in with a few inches of pebble stones, then I broke up all the old glass I could lay my hands on, and put the broken glass over the stones. I used lots of it. Then I covered all up with nice, dry sand. Let this come up a few inches on your side walls. Then, if any rats try to get in they find themselves up against sharp glass and stones, and I promise you not a rat will get in to destroy eggs and young chickens. Rats are always a foe to the farmer; they rob him of many dollars every year. Rake the sand over every morning and remove all droppings, as they are very poisonous. Sprinkle a little fresh sand over the floor once or twice a season, and dig it up once every year. If you do this you will not have a sour floor, and your hens will be healthy. Have the windows on hinges at the top so on nice days they can be opened; have them swing outwards. Have short roosts that face the windows for, did you ever notice, hens will always roost that way. I suppose it is to get the sun's rays in the early morning.

If you keep large, heavy hens such as Brahmas or Plymouth Rocks, put your perches about two or three feet from the floor. Hens will fight for the best and highest perch, so make them all the same distance off the floor, not one a few inches above the other. This will save you many a sick hen, as the stronger ones will knock the others off, and they often get hurt. Make the perches removable, and every month dip the ends into lime wash or carbolic acid water, to keep away insects. Many people would be surprised at the myriads of insects that swarm over birds when they are roosting that are not so protected, but dipping the ends will keep down the insects. The nests will need to be made clean, or the eggs will look dirty, and what looks worse than a dirty egg or one that has been washed. Make your nests so you can take them outside and clean; whitewash inside and out; do not overlook any corner, and then put nice, clean straw and a nest egg in. Hens will not be so apt to lay under a brush pile or hay shed if their nests are clean and free from lice. Never have a flat roof, or the birds will roost on them and in this way the nests will soon be anything but clean. In winter, always have a pile of dry ashes in one corner, as the dust bath is absolutely necessary to the well-being of the fowls.

When fencing is necessary, let us get wire netting; if bought in large quantities we can get it very cheaply. Galvanized wire lasts a long time, and pays for the little extra cost. If we have more than one runway, the dividing fence must be boarded up two feet above the ground, or the cocks will fight with each other. Leghorns are splendid layers of fair-sized eggs, and the pullets commence to lay at seventeen weeks old. They are small eaters, and can be kept on almost any soil. For those who wish to produce eggs for market, Leghorns are one of the best breeds that can be kept.

Kill off the hens when about nineteen months old, that is just before they go into their second moult. They are much

## Good News for Canadians HEALTH SPECIALIST SPROULE

The Great Catarrh Specialist Explains  
HIS METHOD of TREATMENT



The Great English Specialist  
Graduate in Medicine and Surgery of Dublin University, formerly Surgeon  
British Royal Mail Naval Service.

### HAS CURED ALL FORMS OF CATARRH

Thirty years ago a young but highly honored surgeon in the British Royal Mail Naval Service astonished his friends by suddenly leaving, and entering on private practice. That surgeon was the now famous Catarrh Specialist Sproule. His keen brain had early seen in the then new disease, Catarrh, a menace to the life and happiness of the civilized world. While other physicians were neglecting it as unimportant, Specialist Sproule studied its nature and the means of cure. He labored in office, hospital and laboratory. He mastered the subject.

As Specialist Sproule had foreseen, Catarrh spread with frightful rapidity. Thirty years ago Catarrh was almost unknown. Now no age or sex is exempt from it. No climate or locality is a cure for it. It is in many cases the forerunner of Consumption. Vital statistics show that deaths from Consumption in this country have increased in the last five years in startling fashion. Altogether too many of these cases have been traced back to Catarrh as their starting point.

Catarrh Specialist Sproule, the first to make Catarrh a specialty, has perfected a scientific, constitutional treatment which has cured hundreds and hundreds of cases of Catarrh. Many hundreds of Canadian people, throughout the provinces, bless the day they saw his advertisement fifteen or twenty years ago.

The widely advertised so-called "Catarrh cures" often do more harm than good, by driving the Catarrh germs deeper into the system. Painful stomach disorders and even more serious troubles have thus originated.

Catarrh is a disease of the mucous membrane and is curable only through the blood, and by remedies prepared for each case. Medicine that will cure one will often harm another. Specialist Sproule's method drives every germ out of the body. It clears the head, stops the hawking and spitting, sweetens the breath, strengthens the eyes, restores the hearing. It purifies and enriches the blood. It invigorates and tones up the entire system. It gives new life, energy, and ambition. The hardships of life seem easier to bear. Work becomes a pleasure. The man feels as if made over.

Catarrh Specialist Sproule's name is revered as that of a benefactor in thousands of homes. If you have any symptoms of Catarrh, the Specialist earnestly invites you to write him and tell him all about it. It will cost you nothing. He will give you the most valuable

### MEDICAL ADVICE FREE

He will diagnose your case without charge and tell you just what to do. Do not delay. In such cases every moment is precious. Do not neglect yourself. Above all do not give yourself wrong treatment. The results may be serious.

#### CATARRH OF THE HEAD AND THROAT

The most prevalent form of Catarrh results from neglected colds.

1. Do you spit up sputa?
2. Are your eyes watery?
3. Does your nose feel full?
4. Does your nose discharge?
5. Do you sneeze a good deal?
6. Do crusts form in the nose?
7. Do you have pain across the eyes?
8. Does your breath smell offensive?
9. Is your hearing beginning to fail?
10. Are you losing your sense of smell?
11. Do you hawk up phlegm in the morning?
12. Are there buzzing noises in your ears?
13. Do you have pains across the front of your forehead?
14. Do you feel a dropping in back part of throat?

If you have some of the above symptoms your disease is Catarrh of the head and throat.

Answer the above questions, yes or no. Write your full name and address plainly on the dotted lines, cut out and send to CATARRH SPECIALIST SPROULE, 117 TRADE BUILDING, BOSTON. Be sure and write to-day.

#### DISEASES OF BRONCHIAL TUBES

When Catarrh of the head and throat is left unchecked, it extends down the wind-pipe into the bronchial tubes, and in time may attack the lungs and develop into Catarrhal consumption.

1. Do you take cold easily?
2. Is your breathing too quick?
3. Do you raise frothy material?
4. Is your voice hoarse and husky?
5. Have you a dry, hacking cough?
6. Do you feel worn out on rising?
7. Do you feel all stuffed up inside?
8. Are you gradually losing strength?
9. Have you a disgust for fatty foods?
10. Have you a sense of weight on chest?
11. Have you a scratchy feeling in throat?
12. Do you cough worse night and morning?
13. Do you get short of breath when walking?

If you have some of these symptoms you have Catarrh of the bronchial tubes.

FULL NAME.....

ADDRESS.....

Ask your neighbor to take The Western Home Monthly.  
It pleases everyone—it will delight him or her also.