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rooms = {
    "Hall": {"north": "Kitchen", "east": "Dining Room", "item": "key"},
    "Kitchen": {"south": "Hall", "item": "monster"},
    "Dining Room": {"west": "Hall", "north": "Garden", "item": "treasure"},
    "Garden": {"south": "Dining Room"}
}

# Player state
current_room = "Hall"
inventory = []

# Show instructions
def show_instructions():
    print("Text Adventure Game")
    print("Commands: go [direction], take [item], help, quit")

# Show current status
def show_status():
    print("\nYou are in the", current_room)
    if "item" in rooms[current_room]:
        print("You see a", rooms[current_room]["item"])
    print("Inventory:", inventory)

# Main game loop
show_instructions()

while True:
    show_status()
    command = input("\nEnter your move: ").lower()

    # Quit command
    if command == "quit":
        print("Thanks for playing!")
        break

    # Help command
    elif command == "help":
        show_instructions()

    # Movement command
    elif command.startswith("go "):
        direction = command.split()[1]
        if direction in rooms[current_room]:
            current_room = rooms[current_room][direction]
        else:
            print("You can't go that way!")

    # Take item command
    elif command.startswith("take "):
        item = command.split()[1]
        if "item" in rooms[current_room] and item == rooms[current_room]["item"]:
            inventory.append(item)
            print("You picked up the", item)
            del rooms[current_room]["item"]
        else:
            print("There is no", item, "here!")

    # Win condition
    if "treasure" in inventory:
        print("\nCongratulations! You found the treasure. You win!")
        break

```

Text Adventure Game

Commands: go [direction], take [item], help, quit

You are in the Hall

You see a key

Inventory: []

Enter your move: take key

You picked up the key

You are in the Hall

Inventory: ['key']

Enter your move: go east

You are in the Dining Room

You see a treasure

Inventory: ['key']

Enter your move: take treasure

You picked up the treasure

Congratulations! You found the treasure. You win!