

If care is taken always to produce the best types of birds much better profits will result. Keep a good strain, try for top prices and watch results from year to year. Dress and pack poultry carefully and you will get from ten to fifteen cents per pound more. In marketing eggs it is an excellent plan for several poultry women to combine, each one initialing the eggs she places on the market.

HYGIENE IN THE HOME

A noted physician who established one of the largest sanitariums on the continent and who for many years treated all forms of disease without medicine said: "I would not give to a patient of mine a poisonous drug so much as dissolving a pill in the waters of Lake Superior and allowing him to drink of it." This theory of the treatment of diseases by the use of water, fresh air, exercise and massage was discussed by Miss Mary Sawyer of Saskatoon. She applied to these means the name of rational restoratives and stated that hot and cold water are fast becoming the universal treatment for all diseases. There is not a disease that cannot be treated and alleviated in some way by water.

In the treatment of fever, which was described as a symptom and not a disease, it was advised to secure for the patient absolute rest of mind and body, a constant supply of fresh air, sponge baths and frequent cleansing of the mouth, with every other precaution with regard to cleanliness and disinfection. The same general directions applied to the management of any form of sickness.

When a baby has convulsions the most important thing to do is not to get excited. A warm bath should be given, with care not to burn the child, the temperature of the bath should be 96 fahrenheit. The head should be kept cool by a cold compress. If the cause is over-distension of the stomach, as in indigestion, a little salt in warm water as an emetic may be given followed by an enema.

Fomentations are useful in the treatment of pains in the region of the liver, in the joints, appendicitis, etc. Make and keep the feet and legs warm by a hot foot bath; place a cold compress to the head to prevent cerebral congestion, and apply an ice bag or cold compress to the heart. The fomentations should cover an area of three times that of the affected part. Make the fomentations as hot as can be borne without burning. Protect the patient from exposure while making changes. Always finish with cold to prevent chill by evaporation. Dry carefully.