

# Health Talks

By John B. Huber, A.M.M.D.

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### The Floor at Lambing Time.

Plan farm work so the shepherd can keep a close watch over the flock day and night. Keep ewes about the lamb away from other stock, and in separate pens. Portable lambing pens 4 x 4 or 4 x 6 feet are good for the ewe until the lambs are three or four days old. Close openings through which lambs might creep and wander away.

After the lamb is born note whether the ewe casts the afterbirth. If she does not she should be washed out daily with liquid stock dip diluted one part to 100 parts of water. Milk the ewe if the lamb does not take all the milk. Give her all the water she wants, but not in too large quantities, and not ice cold water. Give grain sparingly for a few days after lambing. Let the ewe have clover or alfalfa hay and a little oats. When the lamb is a week old the ewe must have more feed, and must have plenty from that time until there is an abundance of grass.

When the ewe's udder swells, keep it milked out and paint it twice a day with tincture of iodine until the swelling begins to go down. Thereafter, paint it once a day. Lambs should not be allowed to have milk from a swollen udder, since the milk is poisonous. Use milk from another ewe or from a cow.

Sore teats should be washed with a solution of sheep dip, one part to twenty-five parts of water.

A lamb too weak to stand should get a fill of its mother's milk as soon as possible. If it refuses to suck, feed it from a bottle.

One of the best ways to warm a chilled lamb is to put all but its head in as warm water as the elbow can bear. When the lamb becomes lively, rub it briskly with a coarse cloth until dry. Then feed it, wrap it up in a thick cloth or blanket and put it away in a warm place to sleep. Keep it away from its mother no longer than absolutely necessary.

When a ewe will not claim her lamb rub her nose and on the rump of the disowned lamb some of the ewe's milk.

To avoid navel ill in lambs dip the navel cord in a cup of tincture of iodine as soon as the lamb is born. For sore eyes put a drop of a six-per-cent solution of argyrol in the eyes once a day. Do this with a medicine dropper.

Prothrusting at the mouth is a sign of acute indigestion in lambs. A tablespoonful of castor-oil is a good remedy.

White scours in lambs is caused by digestive disorders. Lambs with this trouble should be taken away from

the egg chamber, and as the water evaporates it puts moisture into the machine, softening the shells and bringing off a better hatch. If the heat is not sufficiently reduced repeat the process as the cloth dries. This has helped me to make a number of good hatches when the heat seemed about to get beyond control, and the eggs were too near hatching to bear cooling outside the machine.

### Were the Schools to Blame?

Many theories have been advanced concerning the cause of the numerous physical defects discovered during the examination of recruits for the army and navy and it is quite possible that our modern school system may be at fault.

As most of the handicaps have been present since childhood I firmly believe that a system which forces the attendance of children at an early age, and also the conditions under which the children are placed while attending school, has much to do with physical deficiencies in later life.

It has been proved that the average, natural gain in weight of children is less during school months than during vacation. Too many hours of close application are required for the different ages, especially the younger children, and there is too little pure air for those who are not robust, and for those who are indoors much of the time between school hours. Too much fatigue, mental especially, means "poison," and poison hinders the mental and physical development.

I can do no better than to quote from Oscar W. Hallin, a teacher of ripe experience: "Poets used to delight in extolling the care-free happiness of childhood. But times are changing. The prosaic business age in which we live has as little respect for the joys of childhood as it has for the beauty and sublimity of the forests. Before children have fairly ventured beyond the nursery they hold their eyes are ushered into the mad rush and worry of a 'strenuous life.' As a result we find them facing the responsibilities of adults before they can share the privileges of grown-up people. They are stunted and overworked physically and mentally, and thereby hastened to a premature old age and death."—Dr. L. W. St. John.

There are over 400,000 hymns extant, covering more than two hundred languages and dialects.

## Efficiency on the Farm.

Efficiency on the farm saves: 1. Human labor. 2. Time. 3. Money—by having:

Gas-engine for pumping water for the housewife, and for stock; for grinding feed; for milking; for separating the cream.

Houses for all farm machinery and wagons.

Sanitary hog pens, houses and cow barns.

All buildings painted when in need. A silo.

Improved implements.

A balanced ration for the animal. A place to save all manure.

A system of rotation and stock farming, to preserve the fertility of the soil.

Alfalfa and sweet clover on the farm.

A definite plan to work by.

After heavy snow-storms it is a good plan to shake the snow from evergreen branches. Too much snow is likely to cause them to break down.

Well-rotted manure scattered over the lawn will hold the snow and give better grass.

Have an extra alarm clock to take with you when you go out to the workshop to do any job. Shape your plans by that clock.

Are rabbits or mice enjoying the tender wood of your apple trees? Better examine the trees and take steps to destroy the rodents.

No more profitable work for a stormy day than to go over the farm accounts thoroughly and see how you stand with the world. It will help you to shape your plans for the new season.

This is the time to study spraying. Spraying is serious business and the spraying campaign should be well worked out in advance. Know what insects or diseases you are going to combat, get the best materials to use them and learn when and how best to apply the materials.

More farmers than a few are going back to the woodlot for their fuel these days. They are setting out the coal-stove and putting in wood-burners. By doing that they save some money and get more comfort out of the wood; for there is no warmth like that which comes from good body wood.

### Boys and Girls Come First.

All over the land small feet are trudging daily to their tasks at school. In the country the distance is often long, and the prospect at the end of the journey not always inviting.

It is a peculiar thing that we build fine houses for our cows, pigs and poultry, and yet are often content with miserable shacks in which our youngsters are to get the rudiments of learning. Time will come when this will all be changed. We will recognize that the boys and girls are the most important product of the country. The country not only furnishes its own future population, but the major portion of our city population as well.

We are beginning to recognize the fact that an uneducated country population can not compete on equal terms with an educated city population. Consolidated rural schools,

## THE CHEERFUL CHERUB

The world may seem rather unfair and in vain But I feel it's more dignified not to complain.



carrying the pupils through the first two years of the high school, should take the place of the little one-room affair. This permits some division of the pupils into grades, and above all it makes possible the employment of well-trained teachers. The little, red schoolhouse will soon be a thing of the past in most localities; its place is being taken by modern structures, equipped for efficient work.

(By the way, did any one ever see a schoolhouse painted red?)

Competent teachers, well-arranged and properly-equipped buildings, and attractive school grounds go a long way toward removing the irksomeness of the early years at school. They create a sense of community pride, and enable country boys and girls to hold up their heads and look city students squarely in the face, as they have a right to do.

## Farmer's Account Book.

Farming is a business. If it doesn't pay the farmer wants to know why it doesn't pay. Some record of receipts and expenses, together with an inventory taken at the beginning and the end of the farmer's year, must be kept if he is to find out why it doesn't pay. Keep a record of your farm business. Find out how much you are making and why you are not making more. The Commission of Conservation, Ottawa, will send you, free on request, a well-bound account book in which to keep your Farm Record. You will find it very simple, and a great aid to success in farming. Send for the Farmer's Account Book to-day.

## An Easy Riddle.

Soft and fluffy, down they come, White and very feathersome.

Bobby says they're butterflies Fluttering in companies.

Edith says they're angels' birds. Harry says they're fairy bees.

Walter thinks they're winter bees Swarming over all the trees.

Soft and silent, chilly, white— Have you guessed the answer right?

Exports must pay our war debt and so the encouragement of live-stock farming to add to our export trade is a national benefit.

## The Profitable Tractor is the Busy One

A horse that does no work when horse labor is needed on the farm is far from profitable; the profitable horse is the one that works the greatest possible number of days in a year.

Likewise, the profitable tractor is the busy one. If a tractor can be used for only one job, and only during a short period, its value is less to the user than if it were used for various jobs throughout the year. Tractors, to be profitable, must be kept busy whenever possible.

Of the work which a tractor can do to good advantage perhaps plowing stands first. From a survey made on twenty-seven farms on which tractors were used, the following crops predominated: Oats, corn, wheat, clover, potatoes and hay.

Of the kind of work done by tractors on those farms the following operations were done on the greatest number of farms—plowing, disk, harrowing, hauling, rolling, sawing wood, filling silo and grinding feed.

These are some features of construction which are essential, if good results are to be secured with a tractor. The following list includes most of these features:

1. Simplicity.
2. Durability.
3. Good material.
4. Good workmanship.
5. Good design.
6. Interchangeability.
7. Protection of working parts.
8. Adaptability.

- a. Plowing.
- b. Tillage.
- c. Hauling.
- d. Belt.

7. Ease of operation.
- a. Turning small radius.
- b. Visibility of work.
- c. Easily manipulated.
- d. Safety of operation.

8. Weight.
- a. Heavy enough to secure traction.
- b. Light enough to prevent injury to soil.

9. Cost.
- a. Initial cost.
- b. Cost of operation.
- c. Maintenance cost.

Simplicity, of course, is taken for granted.

## The Welfare of the Home

"Thirteen pounds and seven and three-quarter ounces. She's gained ten ounces and a half this week," the gray-haired nurse lifted the tiny baby from the scales and, with a look of satisfaction, handed it to its flushed and radiant mother. "Doesn't look much like the wraith you brought in here two months ago, does she?"

It was at a regular session of the baby clinic.

"It's just a miracle," the mother said gratefully, "I never can be glad enough I brought her to the clinic."

"Miracle, nothing," laughed the nurse, "It's just knowing how to feed her right and having the will to do it after you are told. Better take her over in that corner out of the draft to dress her."

Other mothers crowded around with babies of assorted sizes, undressed and wrapped in the cradle blankets provided by the clinic, awaiting their turn to have baby weighed before the doctor came in. There were all sorts of conditions represented. Babies in perfect health whose mothers believed in preventive measures and wanted to be sure they were feeding right as they went along. Babies like the first who had been under direction long enough to begin to pick up, but still show the effects of a wrong start. Babies just brought for the first time, whose pinched, weakened faces and plaintive little wails told too plainly to the experienced eye the effect of wrong feeding. There must have been fifty mothers with infants in the room, and wandering through the crowd were two-year-old brothers and sisters who had to be brought along.

It was an interesting crowd viewed from any angle, full of pep and noise and human nature, from the two mothers who wig-wagged their disgust at the crowding and elbowing of a third, to the small son of the aggressive mother who showed his devotion to her side by pulling the curls of the other women's small daughters.

But the greatest interest lay in the purpose underlying the clinic—the attitude of the city in saying it is fully as important to give money to start children right as it is to keep up courts and jails to correct them after they go wrong. The baby clinic is maintained by the city, plus a few private contributions, and any mother of whatever station in life is privileged to go here to get advice on the care of her children under five.

A staff of doctors donate their services and instruct in the proper method of feeding. If the baby needs further attention, operations or medical care, the mother is told so. If she can afford to pay for the care she is required to do it, if not, the city takes care of the case. Only instructions in dieting are given free to all who come.

Working with the clinic is a corps of nurses who go out to homes when it is impossible to bring the child to the doctor. One baby who was brought to the attention of the nurses too late to save his life had twenty-two calls from nurses in six weeks, and a part of the time two nurses were together working to save the little life. Not many cases are lost; however, unless there are other complications besides wrong feeding. Even the most hopeless looking tots are brought along if it is simply a question of what to feed. One thir-

teen-months-old baby was brought in who weighed only ten pounds and six ounces. She had never had a tooth, could not sit alone, and was altogether as helpless a bit of future womanhood as you could ever find. A diet of modified milk, thoroughly cooked cereals, and orange and prune juice was prescribed. In six weeks Miss Baby had perked up amazingly, had a suspicion of color in her cheeks, positively smiled when you looked at her, and even acted as though she might cut a tooth some day.

Then there was the five-months-old baby whose mother had to live with grandma. Grandma had strong notions on "giving them a taste of real food." "Real food," however, was not baby food for this young man, and he somehow didn't thrive on grandma's formula. Mother took him to the clinic and learned that milk is the only real baby food for a five-month-old boy. She took her lesson to heart and insisted on trying the doctor's way, so long as grandma's way hadn't proven altogether a success. Six weeks of clinic feeding converted even grandma, and now baby is as rosy and fat as the best.

Many pitiful cases among the older children are treated, and warped lives straightened. There was the four-year-old boy with club feet. His parents couldn't pay for an operation, but the attending physician told them the city could. The child was operated on, one leg is now perfectly straight, the other is still in a cast, but the child has no trouble in walking.

When you hear all the things accomplished by the clinic you wonder just why they call it the "Baby Clinic." For while it is primarily intended as a place where mothers can get advice on the care of babies, it seems as though the nurses thought they had to take the whole family under their wings. There was the mother who brought her eighteen-months-old boy down. The nurse took one short look at the child and two long ones at the mother. Then she asked a few kindly questions. She found out that the mother was again in a delicate condition, that she was tired all the time, could not do even the lightest housework, and lived in conditions not of the best. She advised the mother to go to the anti-tuberculosis society for an examination. The attendants found that the woman was developing tuberculosis. They prescribed a rest period morning and afternoon, some time daily in the open air, got her to sleep alone in a large room with three windows open, and prescribed a diet. The mother made her visit to the clinic in August. In October she was in good condition and able to do her own housework.

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## Concerning Apologies

"And it wasn't Lou Enderby who was responsible, after all! Here I've been sputtering and seething, and owing I'd resign if she stayed on the committee—it happened while I was away, and I'm sure it's not my fault if I'm not kept properly informed. Lucy White wrote me about it—nobody else even mentioned the matter, though you'd think they might have known you'd be interested—and you know what Lucy's handwriting is! I never dreamed it could be anything but 'Lou Enderby,' and now she insists she look extra pains to write clearly, and that if I'd really read her letter instead of just skimming it I couldn't possibly have been mistaken. Mean thing—trying to shed her responsibility!"

"Oh, well now, Nina," said Frances, "I wouldn't be too sure about that. It's six of one and half a dozen of the other, probably. Most likely you did say so, long as grandma's way hadn't proven altogether a success. Six weeks of clinic feeding converted even grandma, and now baby is as rosy and fat as the best."

"O dear me, Frances!" cried Nina whimsically. "Please don't prove I've been maligning Lucy! That would mean two apologies! I have to apologize to Lou, as it is; it seems something I said has got back to her, thank goodness, it will be easily set right! I don't like apologies, but I never shirk them. If I'm wrong, I own up and apologize just as soon as I find it out. That's one thing I pride myself on."

"Yes," Frances assented dryly, "I rather thought you did."

Nina's eyes opened wide. "Well, why shouldn't I? It's the thing to do, isn't it? And, really, I always do it. I haven't so many virtues that I'm ashamed of taking a little harmless pride in my pet and particularly and most reliable one!"

"It's all right if you don't rely on it to achieve too much. It can't actually undo what's done, you know; it may have a derelict back on the track, as it were, and start it running; but there's apt to be a patch of damaged roadbed left behind."

Nina puckered her brows and then lifted them. "Meaning?"

Frances laughed. "Never run by the danger signals because you can apologize after things have gone wrong. Of course, you wouldn't deliberately—but there's a certain subconscious willingness to take chances."

"Maybe. Discretion is a virtue I do not pride myself upon, and my apologies are really extra nice ones."

Frances shook her head. "You're incorrigible; but I know I'm right. Do you remember how, when Macaulay was a young man, he was caught in a mob during a lively political campaign, and somebody threw a dead cat that hit him full in the face? The man who threw it instantly apologized; he said he was extremely sorry; the cat had been meant for Mr. Adeone. But Macaulay wouldn't accept the apology. He responded stiffly. 'Then I wish, sir, you had meant it for me, and hit Mr. Adeone.' You see, he could have forgiven the man, but there was no question, but there was the cat! Mr. Gladstone had a word to say about the limitations of apologies once, too. He put it concisely in six words: 'You can't un-pull a man's nose.'"

"At least," said Nina with exaggerated meekness, "Lou Enderby's nose is unpulled and I never pelted her with cats. I will now go to her and apologize in a properly chastened spirit—and I'll try not to say, 'I told you so,' if she cheerfully forgives and forgets. I'm perfectly sure she will!"

## Live Stock Notes.

A county veterinarian for every county would be a boon.

The pen is mightier than the sword—especially if there is a pig in it.

A cow needs rest before calving, else she will begin production at a low level. She should be dry six weeks; if thin, two months.

Thirty pounds of corn silage, eight pounds of clover hay, two pounds of wheat bran, one pound of cornmeal, two pounds of cottonseed-meal is a good, economical ration for a 1,000-pound cow giving twenty pounds of four per cent milk a day.

The temperature of milk when being separated will affect the test of the cream. Lowering the temperature will cause a thinner cream than would be skimmed if the milk were warmer. Never attempt to skim milk that is below 75 degrees; better have it 85 or 90 degrees.

To hold a sheep, stand at the left of the animal and place the left hand under its jaw. If the animal goes forward, the left hand will check it. If it backs up, place the right arm around behind it, just below the rump. After a few minutes the sheep will stand quietly.

## History of Mirrors.

In the early part of the sixteenth century mirrors first became articles of household furniture and decoration.

From the twelfth to the fifteenth century—pocket mirrors or small hand mirrors, carried at the side, were adjuncts to ladies' toilettes. A pocket mirror consisted of small circular plaques of polished metal fixed in a shallow circular box covered with a lid.

## HOW BOSS GOT HOME

Tom never knew how he became separated from Boss at the corn roast but when the time came to start home the little dog had disappeared. The wagon waited while Tom called and whistled. But he could hear no answering bark, though he called a long time and listened with all his might.

"We shall have to go without him," said one of the older boys.

B