

but little reference to the consequences. This was more especially true (and in certain localities may now be so) when even thoughtful and intelligent and good people believed that it was impossible to get the hay in without intoxicating drinks, absurdly believing that they really aided digestion, imparted strength, "warming one in the winter and cooling one in the summer." It is true, however, that they uniformly reduce the heat of the body by transferring it to the surface from the internal organs, allowing it to escape, producing a deceptive sensation of skin warmth. The intelligent farmer now looks back upon that as a natural outgrowth of a dark age, fully aware of the fact that no more or better work was then done, but that more machinery was then destroyed by the recklessness of inebriety, and that sunstroke was more usual then, in consequence of the almost insane "drive." To "make haste slowly" is the true principle, adopting *method* in everything, so that every blow will tell. Aside from sudden and unexpected changes in the weather, there is no possible necessity for unusual haste in haying. Nothing is gained by "hot haste."

About so much work can be done in a season, or a lifetime, and the extra toils of this year, unduly exhausting the life-forces, must be deducted from the available strength of the future, and that of a certainty. Very few of this class enjoy good health, as shown by our vital statistics—not as many, by far, as among those in occupations regarded as far less favourable to health. Many, many at the age of forty, when one should be in the very prime of life, in modern times—when the term of human life is really increasing—are broken down, look as if ten years older, more or less bowed with the infirmities of age. They have enlarged and deformed joints, with chronic rheumatism, caused in part, at least, by overwork under very unfavourable circumstances. Much of this is produced by labouring in the storm, with wet clothes and feet, and when drenched in perspiration sitting on cold stones, or on the wet ground, until an actual chill is the result.

When, by accident, the clothes become wet, rapidly conducting off the heat of the body, some of the unfavourable effects may be avoided by a change of clothing, with a thorough friction of the skin, as by the use of a crash towel, or a flesh brush, until a glow of heat is secured. As soon as any perceptible pain is noticed in the joints, muscles or bones, a very safe, cheap and effectual remedy is found in applying a wet cloth to the parts, on which a little mustard or cayenne pepper has been sprinkled, to be covered by dry flannels, so as to be comfortable. If worn all night, it is best to have as many as four thicknesses of wet cloths. I well know that this may be considered too simple to be efficient, but after a medical practice of more than thirty years, I have failed to find any liniment, salve or ointment that will effect a cure as readily in such cases. It will be safe so long as it is comfortably warm.

Of course avoiding the cause is far better; and yet these pains and aches and stiffness may be wonderfully mitigated by simple applications, better than by the use of violent poisons, especially in "horrid doses." On the proper use of water, I will quote from a dis-

tinguished author, who largely recommended medicines, who says:—

"Water is one of the most valuable articles in the *Materia Medica*. Internally it is diluent, sweating, cooling, and may be given warm to vomit. It keeps the blood and other fluids in a proper state to circulate. It has sometimes appeared to me that I could fulfil almost every indication by the use of water—vomit, purge, sweat, strengthen, and thus cure all fevers, etc. But we must not simplify too much, lest we destroy our own business too soon."

Every one should know that these overdrafts on the vital powers are as destructive to the future health as borrowing money is at an exorbitant rate of interest, still borrowing at a more ruinous rate to pay the first, and so on, ruin must come at some time. All should know that no pain or ache ever occurs without some definite cause or causes, and that no law of the body can be broken with safety, the penalty being sure to follow, though years may intervene.—*Dr. J. H. Hannaford, in Farm and Fireside.*

#### WOMEN AT FARM WORK.

President A. S. Welsh, of the Iowa Agricultural College, in one of his recent instructive letters from abroad, referred to that strange thing which strikes an American on arrival in Europe—the sight of stout, ruddy, hardy women, in coarse dresses, performing the heaviest and rudest of labour, as well on the city streets as in the fields. We feel shocked at seeing any of the sex serving as beasts of burden or of draught, but at the same time could heartily wish that our tenderly housed better half of the population might have a share of the jocund health and strength that is enjoyed by those French and German mothers. Perhaps some happy means shall yet be discovered combining physical well-being with delicacy. Even in our more trying climate we find women who manage, or materially assist in managing, farms with notable success, even doing much of the outdoor work themselves. Witness the following instance communicated by a happy bachelor to the *Ohio Farmer*:—

"I have a sister who is a model farm girl. I am thirty and she is a little older. We have been partners for twelve years, and now own 150 acres of land worth \$60 an acre. This we earned ourselves, and 100 acres of it cost us \$5,000. She—my sister—is not afraid to milk. She often helps to pick up a load of corn, lead the horses, to pitch hay, feeds the hogs when we get home late, etc. She knows where all the stock are in pasture, and if any is for sale knows the price, and when sold can tell how much we have cleared on it. She is never 'snubbed' for her independence, although we live adjoining a small town, where all the fools are generally found. Now, girls, if any of you want to succeed, don't be afraid of doing all the work you can. It is the only way."

SAYS the *Mount Forest Advocate*: This part of the country has produced a few curiosities lately. In Arthur township a pig was born with two heads and eight legs, and in the district a chicken was brought forth having four legs, both of which curiosities were destroyed.

#### CURRENT NEWS ITEMS.

THE horses in Pittsburg, Ont., are afflicted with the mouth disease. It is the result of epizootic.

THE *Campbellford Herald* says that Mrs. Moore, of Asphodel, realized \$300 since last spring by the sale of eggs.

THE township of Turnberry has between \$6,000 and \$7,000 to loan on farm property. This looks well for Turnberry.

MR. WM. J. THOMPSON, of Beverly, has sold to Mr. Jas. Moffat, for \$200, a very fine Royal George filly about two years old.

IT is stated that by the assessment roll there are only 27 dogs in the village of Blyth, while by actual count there are over 80. How does this discrepancy occur, can anybody tell?

A VERY large number of cattle changed hands at the Durham fair at good prices. Steers sold at from \$20 to \$25 per head. Cows from \$20 to \$35. Oxen from \$90 to \$125 per yoke.

MR. BENNETT, of Halton, intends starting a large hog breeding establishment near Winnipeg. He complains bitterly of the autocratic conduct of the Collector of Customs at Winnipeg in dealing with his importations of swine.

A FEW weeks ago a farmer named Henry Goheen of Hamilton township was robbed of \$1,000 in cash. He offered a reward of \$200, and shortly afterwards found the money—minus the \$200—tied to his gate post. That thief could be honest for \$200, it seems.

NOT long since some parties tried to rob a beehive on the farm of Mr. Jas. Steep, Bayfield concession, Goderich township, and succeeded in getting two trays out of the hive, but the bees had been sleeping with one eye open, and gave the would-be thieves such a reception that they quickly left without succeeding in their object.

SO many farmers' homes are bare of all that has a tendency to make life pleasant that it is a wonder how the boys and girls stay in them as long as they do. What good does the farmer expect to gain from hoarded wealth? He need not expend very much in making his home cheerful. A few dollars will buy pictures which will make the walls bright, and give sunshine when the sky is overcast. A few dollars will buy papers and books from which food for the mind can be obtained, and every man ought to be as glad to see the minds of his children growing and expanding as he is to see the development of their physical system.

THE other morning, in getting up steam to thresh for Mr. Thomas Jackson, near Trowbridge, the fireman observed that there was something wrong with the boiler. This every moment became more certain, and he blew off the steam, just in time to save the whole apparatus from being blown up. It was found on examination that it was no longer safe to run it. The engine has only been used a very short time, and evidently the boiler was not constructed of the proper material. Mr. Stockford intends to have it examined by the engineer of the locomotive works, Stratford, and if it can be proved that it was never safe to be run, the manufacturers will doubtless be the losers, and not Mr. Stockford.