

GOOD HEALTH QUESTION BOX

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

Dr. Huber will answer all signed letters pertaining to Health. If your question is of general interest it will be answered through these columns; if not, it will be answered personally if stated in an addressed envelope is enclosed. Dr. Huber will not prescribe for individual cases or make diagnosis. Address Dr. John B. Huber, care of Wilson Publishing Co., 73 West Adelaide St., Toronto.

To wilful men the injuries that they themselves produce, must be their schoolmasters.—Shakespeare.

"NOTHING BUT A COLD."

A very great factor in catching colds is the disturbance of the body's equilibrium by passing from the superheated home, where one gets into a perspiration, into the constant and right adjustment of internal relations to external relations. Normal relations are thrown completely out of gear by the procedure just stated.

An intimate feature of the common cold is catarrh, inflammation of the mucous membranes of the nose and throat. Some catarrhs have a nervous relation. People nervously exhausted—neurasthenic—are apt to get a catarrh in the fall and not to be rid of it until winter is well past. Such folk will have a nervous catarrh simply from the apprehension of catching cold.

The neglected cold, considering its consequences, is the most serious of human ailments. Could its sum total in suffering, money loss, inconvenience, in its infection danger, and in the fatalities which are oftentimes, though perhaps remotely sequel to it—could this sum total be properly appreciated, no one in his senses would say the common cold is a trifling thing.

The common cold leads to, predisposes to many diseases, by weakening the body and by destroying the protective properties against germs, inherent in the mucous membranes of the nose and throat. To two diseases the common cold leads pre-eminently—consumption and pneumonia. The captain of the men of death and his first lieutenant, pneumonia, account between them for more than half of all human mortality.

QUESTIONS AND ANSWERS.

Catarrh and the Nasal Duct.

I have catarrh of the nose. The nasal passage is choked up, causing the eye on the affected side to become feverish and to feel very enlarged.

Answer—Don't temporize for a moment. There is at least inflammation of the lachrymal or tear duct, which runs from the eye-socket to the nose. Possibly also extension of the catarrhal inflammation to the orbit, the eye socket.

Globus Hystericus.

What is the cause of a slight strangling feeling in the throat, a kind of dryness that keeps me from swallowing. The trouble is at the Adam's apple.

Answer—I could not of course be sure in the circumstances; but the trouble is probably globus hystericus as the doctors call it—a symptom of hysteria. Better be examined however and be sure.

MOTHER-WISDOM

During Knighthood Years Children Need Most Patient Treatment
By Helen Johnson Keyes

In a former article we decided that children will be good if they are given a chance. Shall we look further into parents' duty and privilege in this direction?

Boys and girls at the knighthood age, from ten to fourteen years, are wild, strange and incomprehensible to most grown-ups. Boys want to fight, to throw stones, to have secrets. They are like the knights we read of, who went out to seek adventures, to try their swords against other brave knights; who made trouble just in order to mend it; who loved masks and disguises, wizards, dungeons and castles. These knights seem absurd and childish to us, by, they worshiped God, served their country and were true to the best in themselves.

Girls become sentimental, mysterious, full of giggles. They are less wholesome than the boys of their age but they can be led easily to sweetness and religious enthusiasm. It is a fine, brave age, both for our girls and boys.

It is an age of idealism, of hero-worship and reverence. They find out something then which gives them an insight always into the higher, nobler aims of life. We do not want our children to become the sort of men and women who forget God because they have too much to do, who slight love because they are concerned only about money, who see nothing beyond the monotony of the daily tasks.

Allow them then the special preparation granted by this period in childhood when romance and poetry throb with life. They will never forget it. Its spirit will come back to encourage and cheer them in years of maturity when days have grown intolerably dull. It will be like a window then, into the land of promise. Through it will shine the "light that never was on land or sea" but which makes bright the hearts of those who know how to "become as little children."

Whatever your boys and girls do at this age, try to remember that back of their deeds is idealism. What I mean by idealism is rule by ideas. In the animal stage they were ruled by their stomachs; in the savage stage by their five senses; in the period of knighthood, ideas have taken hold of them.

The ideas may be foolish, laughable, dangerous; nevertheless, they are the first reaching-out of the soul and spirit toward things not born of the flesh. Do not ridicule them or you may kill a soul.

Let your children have at this time, plenty of space, plenty of hard, open-air fun as well as systematic work and companions of their own ages. Their stone-throwing, their "gangs" are not necessarily dangerous to the community; even the sentimentality of the girls may be turned into useful channels. All these age-developments can be controlled and made educational. We shall have more to say about them in another article.

Remember that although this period is very difficult for the parents, it is worth while to be patient and affectionate. It leads into adolescence and unless mothers and fathers have held their boys and girls close to them all through their previous development, it will be impossible to establish

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INTERNATIONAL LESSON
NOVEMBER 25.

Lesson VIII. A Psalm of Thanksgiving—Psalm 103. Golden Text, Psalm 103. 2.

Verses 1, 2. The psalmist summons all his faculties to praise Jehovah. Soul—The entire personality. Similarly, "all that is within me," refers to the whole being. Holy name—See comment on Neh. 1. 11 in lesson for Nov. 11. The psalmist is thinking of Jehovah revealing himself as a holy God. For the sake of emphasis the summons is repeated in verse 2. Forget not—Forgetfulness is the secret of much ingratitude. Benefits—Or, "kind dealings," as set forth in the succeeding verses; they include forgiveness, healing, redemption, provision for the psalmist's needs, etc.

3-5. These verses emphasize the characteristic activities of Jehovah. Forgiveness—The greatest of divine blessings, which Jehovah had to bestow throughout the history of Israel (Exod. 34. 7). Health—Afflictions of body and spirit. If the psalmist is thinking of the nation the verse refers primarily to the judgments which have come as punishment for national sin. (See Deut. 29. 21.) Redeem—Redemption—The noun, better translated "pit," denotes Sheol, the place of the departed. The expression is often used figuratively of deep distress; in the life of the nation, of the exile; so here, the redemption would be the deliverance from exile. Life—The same as "thee" or "thyself" (compare verse 1). Crowned—"He makes his children kings and weaves their crown out of his own glorious attributes of lovingkindness and tender mercies." Desire—A word of uncertain meaning. Jehovah gives to his children what is good for them.

6-10. Jehovah's gracious dealings with Israel. Righteous acts—Acts

revealing Jehovah's righteousness, in the special sense of loyalty to the covenant relation between himself and Israel; here, acts of deliverance. Judgments—Acts of judgments, against Israel's enemies, the oppressed being the nation. Ways—doings—His methods were revealed in the days of Moses in the deliverance of Israel and the destruction of the Egyptians; but Jehovah was also active throughout the entire history of Israel. Chide—Or, "contend." There are times when it seems as if Jehovah were angry and quarreling with his people, but this cannot endure. The psalmist is fully aware that the blessings enumerated have come to the people not because they were merited, but solely because of the divine lovingkindness.

11-14. The psalmist dwells at greater length on the greatness and tenderness of Jehovah's love. Fear—See comment on Neh. 1. 11 in lesson for Nov. 11. The figure in verse 12 denotes the completeness of the removal of sin. Back of the pardoning grace is the divine compassion. Pitieth—Or, "has compassion." Back of the compassion is the divine knowledge of man's weakness. Dust—Man's being of the earth, he has of course low, carnal elements in his make-up. Jehovah knowing this sympathizes with him.

15-18. Though man is frail and transitory, the lovingkindness of God endureth forever. Heaven—Calls attention to the transcendence of God (see comment on Neh. 1. 4 on lesson for Nov. 11), as also to the permanency of his rule; his abode is free from the disturbances that overthrow kings and governments. Angels—They form his court; as Jehovah's warriors they must be mighty in strength; they obediently do his bidding. Hosts—ministers

Celestial beings subordinate to the angels. In verse 22 the whole realm of nature is summoned to join in the praise-song of the angels.



Feeding Fall Litters.

Pigs raised by a mature sow get a better start while young and give greater profits than the pigs from a young, immature sow. To increase the number of brood sows by selection from last fall's litter, one should choose the thrifty, broad-chested sows and leave out the narrow-chested, pinch-bellied ones to be prepared for a market for a convenient season.

Pigs sired by mature boars are generally larger and more thrifty while young than those sired by immature boars. It is expected that the fall pigs will be farrowed as early as October. At that time the sows with their pigs should be allowed to run in the open where there is an abundance of green feed, clover, alfalfa, rape, or rye. If the sows are fed sloppy feed at that time they will give a liberal amount of milk.

When the pigs are about three weeks old they will want to eat more than the milk they can get from their mother. A small shallow trough should be placed where the sow cannot get to it. Scald some middlings, stir and pour in some milk; if the milk is sweet, all the better. Put into the feed about a tablespoonful of

molasses. Drive the little pigs carefully over the trough. They will get the odor from the molasses, put their noses to the feed, lap it, and begin to eat.

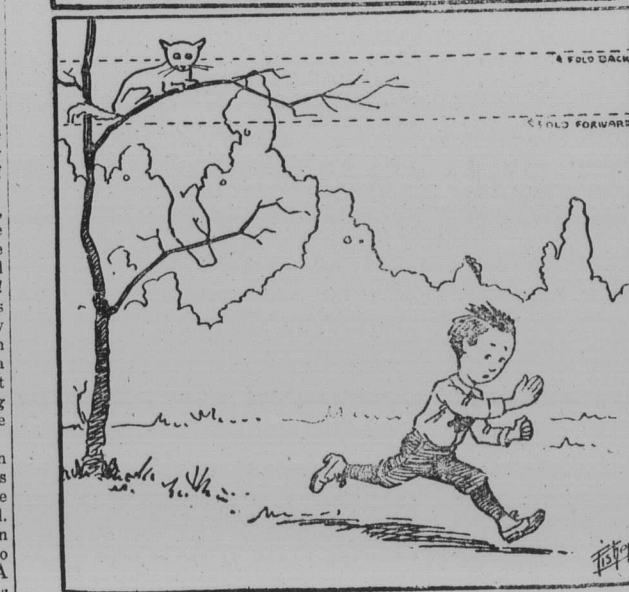
It will not be necessary to drive the pigs to the trough again. They will go to the same place the next day. They should be fed some warm feed twice each day. If any feed is left in the trough it may be put where the sow can clean it up. Always feed the pigs in a clean trough.

After feeding the pigs in this way for a week or two, coarser feed can be used, and sour or butter-milk in the place of sweet milk. But one should continue to scald the grain feed and feed the pigs while it is warm. Increase the amount of the feed as the pigs grow.

Pigs fed in this manner should weigh 50 pounds at weaning time, when they are about eight weeks of age. If the warm feed is continued, there will be no check in the growth by taking the sow away from them.

Always give the pigs a warm, dry place in which to sleep. Do not allow much air space above the nest. Give an opportunity for an abundance of exercise and a variety of feed. It is practicable to push them to popular market weights by the time they are seven months of age. The gains are made more cheaply before that time

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Willie was surprised to see
His kitty high up in a tree;
But back to the house in fear he flew
When Kitty said, "Thoo-Thoo."

Soils and Crops

By Agronomist

This Department is for the use of our farm readers who want the advice of an expert on any question regarding soil, seed, crops, etc. If your question is of sufficient general interest, it will be answered through this column. If stamped and addressed envelope is enclosed with your letter, a complete answer will be mailed to you. Address Agronomist, care of Wilson Publishing Co., Ltd., 73 Adelaide St. W., Toronto.

C.H.—I have a piece of sod land that I wish to plant in corn next spring. Should I spread manure on before it is plowed?

Answer—I would advise you to have your sod ground plowed this fall, and allowed to stand over winter. Then spread the manure on top of the plowed furrows in the spring before you disk the ground in preparation for corn. On very heavy soil it is sometimes advisable to plow in straw manure in order to open up the soil. Conversely on very sandy soil it is sometimes advisable to plow in straw manure in order to give body to the sandy land, but on normal loam soil the treatment recommended has given the best results.

L.J.—What is the best way to plant and handle a bean crop? Are bean harvesters satisfactory? What is the best soil for beans?

Answer—1. Beans do best on a fairly compact well prepared seed-bed that is loose on top. They thrive on a fertile soil that is neither extremely light, nor too heavy and compact. The soil should be well drained. Beans are a quick-growing, short-seasoned, early maturing crop. An abundance of available plantfood is needed in order to produce rapid growth and maximum yield. On a medium loam soil the application of 200 to 600 pounds per acre of a fertilizer carrying 1 to 2 per cent. ammonia and 8 to 12 per cent. available phosphoric acid along with 1 per cent. potash, if it is obtainable, will give this rapid start and vigorous growth. Successful bean growers apply this fertilizer through the attachment of the grain drill, either at seeding time or one or two weeks previous to planting. If you have no fertilizer attachment on the grain drill apply the fertilizer through a lime distributor previous to drilling, but be sure to work in the fertilizer by thorough disking and harrowing the soil before the beans are planted. The amount of seed to plant per acre depends upon the variety. Two to four pecks of the

pea bean or four to five pecks of the larger variety has given good results. Cultivating the beans be careful not to cultivate too deeply. Bear roots are shallow. Do not cut off these roots or cultivate the beans when they are wet, since there is a danger of spreading disease at this time. As a rule bean harvesters do satisfactory work.

P.T.—1. In your opinion what is the best variety of potato for market? 2. I wish to seed a six-acre field to alfalfa in the spring. What variety would you advise? 3. Is it best to sow grass seed in front or behind the disks in a disk seed drill? The field is a sandy loam.

Answer—1. There is no best variety of potatoes for all markets. Professor Zavitz of Ontario Agricultural College, who has given the subject careful and long study, reports in his most recent bulletin that for table quality, Empire State, Rose's New Invincible, Rural New Yorker No. 2, White Elephant, and Stray Beauty are all good potatoes. The first four rank above 75, when judged on the basis of 100 for perfect table potatoes. They are also heavy yielders. For early potatoes, Stray Beauty, Howe's Premium, and Early Ohio rank high. 2. As a general rule Grimm alfalfa has given exceedingly good results in the middle west. There are other hardy strains being introduced from seed which is imported from Russia. 3. Grass seed may be sown broadcast in front of the disks, or the conveyers from the grass seed box may be attached so that the seed is sown with the grain seed, falling through the boot. On a sandy loam soil, if the grain is not sown too deeply, the latter method usually will give the best results. If the grain is being sown very deeply, however, it would be better to allow the grass seed to drop broadcast in front of the disks and to rely upon its being thoroughly covered by the chain drag which follow the drilling attachment, or if press wheels are attached, they will deposit the seed satisfactorily.

than it is possible to make them after that age. As true patriots we must not miss planning for the fall litters, and when they arrive we should make the most of them.

The potato was first introduced into Spain by Hieronymus Cardan, a monk, in 1553; into England by Sir John Hawkins and Sir Francis Drake in 1563; and into Ireland by Sir Walter Raleigh in 1586.



When Poultry is Ripe for Market.

The roasting fowl must be young, full grown, plump and well finished. It is ripe for a choice roaster only a short time. It is well finished when fat and lean meat are well intermixed in good proportions. An unfinished fowl lacks flavor, and does not present an appetizing appearance when prepared for the table. The flesh appears shrunken and the bones are prominent. Besides, the meat will be dry and tough.

Before starting to lay, the pullet makes an ideal roaster, but after she has started to lay the flesh becomes tough. When the spurs of the cock are harden, the flesh toughens.

Hog fat is not a desirable condition for market poultry. Close-grained carcasses are preferred. Large, rough, coarse fowls are not in good demand. There is better eating in a stag than in a male that has been mated. As a rule, a hen is a better roasting fowl than a male.

The spring chicken is one hatched not earlier than February, nor later than May, and is ripe for market when two or three pounds in weight. Chicks hatched the last of August, or the first week in September, are fit for the broiler market about the end of November.



Hair in the region of the udder should be kept short by clipping, since the hair harbors dirt.

If strongly flavored foods such as turnips or cabbage are given at any time except immediately after milking, the milk is likely to have the flavor of the foods.

To insure strong, vigorous, healthy winter calves, provide the pregnant mother with clover or alfalfa hay, corn silage, and from two to four pounds of a grain mixture composed of two parts oats, two parts wheat bran and one part of linseed oil meal. Grain should be fed sparingly for a few days prior to and after calving.

It is always desirable to grind all grains for the dairy cow because of the large amount of feed that a cow must digest in order to produce well. When butter becomes strong and rancid, break it up into new milk, working this through it; then take out the butter, wash it and work the milk out of it as you did the better milk in the beginning.

Scraps of toilet soap should be saved and when half a cupful or so is saved, it is a good plan to make the scraps into a soap jelly.

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