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district that this new railroad would accommodate, making them prosperous and happy. And the 20,000,000 bushels of increased production would supply 3,000,000 soldiers with bread for one year. This is worth our government's consideration.

The food situation is critical. We farmers are patriotic and willing to do what we can to increase production, but are the farmers the only ones who should be patriotic in this direction? We think that the government should be more considerate towards the farmers and lend them a little of the direct help which is now going to the big corporations and manufacturers who have made their first millions off the farmers. They should insist that the banks and implement companies extend all the credit possible to the farmers. This would help increase the production.

If our government does not consider this district worthy of a railroad this year it has made one of the biggest mistakes of this war's history. The farmers and their families have here undergone untold hardships in their freighting of supplies out from towns over 40 and 60 miles away and hauling in their crops to market. They endured these hardships of work and weather firm in the belief that they would get a railroad before long. But they have been disappointed again and again. If this railroad does not materialize this summer many of our farmers will leave this country and seek employment elsewhere. We all here believe in honest patriotism and there is not a farmer in this district who would not say, "Give us a railroad and we will increase our production four-fold." Let the members of our government ask themselves if they would be willing to exchange places with us. They would doubtless say that they would not without a railroad. I wish to compliment our government for taking off the duty on cattle and tractors and hope that they continue their work in this line by removing it from farm machinery, implements and horses.—T. L. Triplett.

LABOR'S VIEWPOINT

Editor, Guide: In a recent issue you were repeating again your desire to look at things other than from a farmers' viewpoint (April 10th). I have been farming until this year, but owing to hail one year, and being dried right out last, I was unable to get seed for my land this year without pauperizing myself, and I have been compelled to hire out.

Now, the farmer has had his wages (i.e. wheat, etc.) increased nearly 200 per cent., and yet he will only pay a 50 per cent. increase in his wages. This refers to the Weyburn district. I have been a subscriber to your paper for five or six years so I take the liberty of raising this query: "Is there a shortage of labor?" There is only one answer. Everything has advanced beyond this most essential thing, labor; and if you are as fair as you claim to be, this matter should claim a small part of your interest.—H. Wheeler, Neptune, Sask.

RED CROSS FUND

Previously acknowledged	\$6,902.56
Proceeds of Annual Supper and Dance of Grassmere G. G.	
Stonewall, Man.	73.00
A. E. Cudmore, Manor, Sask.	25.00
F. W. Godsal, Victoria, B.C.	5.00
Total	\$7,005.56

BLUE CROSS FUND

Previously acknowledged	\$157.77
Preston Miller, Wild Rose, Sask.	.35
James Teasdale, Red Deer, Alta.	.05
Total	\$158.07

PREVIOUSLY ACKNOWLEDGED

Y.M.C.A. Military Fund	\$901.00
Manitoba Red Cross	49.70
Halifax Blind Endowment Fund	363.80
Polish Relief Fund	212.00
Belgian Relief Fund	12,482.87
Prisoners of War Fund	210.00
Serbian Relief Fund	472.00
Halifax Relief Fund	212.40
Armenian Relief Fund	15.00
Agriculture Relief of the Allies	35.00
French Wounded Emergency Fund	48.00
British Red Cross Fund	104.50
British Sailors' Relief Fund	40.00
Canadian Patriotic Fund	895.00
French Red Cross Fund	563.50
Returned Soldiers' Fund	25.00
Soldiers' Families Fund	15.00
Total	\$23,808.40

Why We Should Bathe Internally

ADDS MANY YEARS TO AVERAGE LIFE

By R. W. Beal

Much has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but strange as in many ways, the most important as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not one of them would be correct. To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post-mortem, the sights they would see and the things they would learn would prove of such lasting benefit, and impress them so profoundly, that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be. There is, then, only one other way to get this information into their hands, and that is by acquainting them with such knowledge as will enable them to appreciate the value of this long-sought-for health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also they have almost no conception of how little carelessness, indifference or neglect can be the fundamental cause of the most virulent disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable, but preventable, through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of to-day is only fifty per cent. efficient." Reduced to simple English this means that most men are trying to do a man's portion of work on half a man's power. This applies equally to women.

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on a hundred per cent. overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy and strong? The number is appallingly small.

It is not a complex matter to keep in condition, but it takes a little time, and in these strenuous days people have time to do everything else necessary for the attainment of happiness.

but the most essential thing of all, that of giving their bodies their proper care.

Would you believe that five or ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely? Granting that such a simple procedure as this will do what is claimed for it, is it not worth while to learn more about that which will accomplish this end? Internal Bathing will do this, and it will do it for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body, and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your head keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practise internal bathing, and begin today.

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind. You will probably want to know WHAT an Internal Bath is. WHY people should take them and the WAY to take them. These and countless other questions are all answered in a booklet entitled "THE WHAT, THE WHY AND THE WAY OF INTERNAL BATHING," written by Doctor Chas. A. Tyrrell, the inventor of the "J.B.L. Cascade," whose life-long study and research along this line make him the pre-eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrrell's own life, but the lives of multitudes of individuals have been equally spared and prolonged. No other book has ever been written containing such a vast amount of practical information to the business man, the worker and the housewife. All that is necessary to secure this book is to write to Dr. Tyrrell at Room 382, 143 College Street, Toronto, and mention having read this article in The Grain Growers' Guide, and same will be immediately mailed to you free of all cost or obligation.

Perhaps you realize now, more than ever, the truth of these statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing, it will have served its purpose. What you will want to do now is to avail yourself of the opportunity for learning more about the subject, and your writing for this book will give you that information. Do not put off doing this, but send for the book now, while the matter is fresh in your mind.

"Procrastination is the thief of time." A thief is one who steals something. Don't allow procrastination to cheat you out of your opportunity to get this valuable information, which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural, when it is such a simple thing to be well?—Advertisement.

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