

Western Ontario Dairymen

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ber of prosecutions for adulterating milk as compared with last year, which shows that adulteration is rapidly decreasing.

The number of creameries shows an increase from 96 in 1907 to 123 in 1913 and in 1912 Western Ontario produced 13,839,130 lbs. of butter, or double the amount produced in 1907; 29,081 patrons send their output to creameries. Mr. Hems then dealt with experiments that have been conducted on the cooling of cream under his supervision. This portion of Mr. Hems' report will be given in a future issue of Farm and Dairy.

The financial statement showed receipts of \$4,933.90, and expenditures of \$4,615.32, leaving a balance on hand of \$318.67. The directors reported a membership of 830 last year.

Officers for 1914 were decided as follows: Pres., J. B. Muir, Ingersoll; 1st Vice-Pres., Robert Myrick, Springfield; 2nd Vice-Pres., James Bristow, St. Thomas; 3rd Vice-Pres., R. W. Stratton, Guelph; Secy-Treas., Frank Hems, London; Auditors, J. A. Nelles, London, and J. C. Hegler, Ingersoll; representatives to Western Fair, J. Brodie, Mapleton, and F. Hems, London; representatives to Canadian National Exhibition, Toronto, F. Hems, and Robert Johnston, Woodstock. There was but one change in the directorate, J. McHooover of Burgess taking the place of the retiring president, S. E. Facey.

PROGRAMME OF ADDRESSES

The possibilities of profit from the manufacturing of soft cheese were brought before the members at a starting-point at the Wednesday evening session, when Miss Bella Millar of Guelph stated that it is quite possible to sell buttermilk or skim milk in the form of fancy cheese for \$6, that in the raw form would bring but \$1. She noted a growing demand on the part of Canadian consumers for a variety of cheese, and much is being imported. Creameries, she said, might have a new line of soft cheese as a side line. This the T. Eaton creamery is doing. Miss Millar then spoke enthusiastically of the possibilities of cheese in the diet as a means of reducing its cost and then brought down the house when she closed with "if you can't make both ends meet, make one end cheese."

At the same session, Hon. Jas. Duff, Minister of Agriculture, addressed the convention, laying particular stress on the importance of Ontario crops as compared with the much-lauded grain crops of Western Canada. Another much appreciated speaker was Mr. Cuthbert deKorser, Mr. Nelson Monteith, who was strong in his claim that the money made in the country should be spent in the country. He opined that a "clay bank" was a much better place for a farmer's investment than a "city bank." Mr. J. H. Grisdale gave an illustrated lecture on stable construction, dealing with the various forms of interior and exterior barn plans.

When a "Clean" Larger farms, larger herds, and mechanical milking were advocated by Prof. H. H. Dean. "These innovations are necessary," said he, "for the cheese business will go nearer the wall than this is now." So little milk is produced in many sections that hauling costs are too high, and this Prof. Dean cited as a large factor in changing cheese factories into creameries. Many of the small and poorly equipped factories he predicted would go to the wall anyway. He advised strongly against communities carrying all breeds of cattle. "Let us specialize," said he, "as they do in older countries."

The greater portion of Prof. Dean's address was devoted to the marketing problem, taking cheese as an example he claimed that the spread in price between producer and consumer was too great. The responsibility for this spread he placed on the wholesaler and retailer, contending that 10 per cent. of the retail selling price should carry the cheese from the factory to the consumer. In this contention the speaker came strongly in conflict with dealers present who, however, reserved their comments until after the meeting, when they had a heart to heart talk with the professor. To them the contention that railway charges could be met, shrinkage and waste accounted for, storage charges paid up, and the cheese cut, parcelled and delivered for two cents a pound appeared nothing short of ridiculous.

Other addresses were for the most part a repetition of those given at Cornwall and summarized on pages 16 and 27 of this issue of Farm and Dairy. The great majority of these addresses will be given in full in

future issues, and Our Folks will have an opportunity of getting almost as much benefit from them as did those who were present at either of the two conventions. The Convention closed with the presentation of trophies by Mr. Geo. G. Putnam.

A free short course will be held at Macdonald College, Que., Feb. 9 to 12 inclusive, when all phases of horticulture will be thoroughly discussed by practical and scientific men.

What and Why Is the Internal Bath?

By C. Gilbert Percival, M. D.

Though many articles have been written and much has been said recently about the Internal Bath, the fact remains that a great amount of ignorance and misunderstanding of this new system of Physical Hygiene still exists.

And, inasmuch as it seems that Internal Bathing is even more essential to perfect health than External Bathing, I believe that everyone should know its origin, its purpose and its action beyond the possibility of a misunderstanding.

Its great popularity started at about the same time as did what are probably the most encouraging signs of recent times—I refer to the appeal for Optimism, Cheerfulness, Efficiency and those attributes which go with them, and which, if steadily practiced, will make our race not only the despair of nations competitive to us in business, but establish us as a shining example to the rest of the world in our mode of living.

These new daily "Gospels," as it were, had as their inspiration the over-present, unconquerable Canadian Ambition, for it has been proven to the satisfaction of all real students of business that the most successful man is he who is sure of himself, who is optimistic, cheerful and impresses the world with the fact that he is supremely confident always—for the world of business has every confidence in the man who has confidence in himself.

If our outlook is optimistic and our confidence strong, it naturally follows that we inject enthusiasm, "ginger," and clear judgment into our work, and have a tremendous advantage over those who are at times more or less depressed, blue and nervous. Fearful that their judgment may be wrong—who lack the confidence that comes with the right condition of mind, and which counts so much for success.

Now the practice of Optimism and Confidence has made great strides in improving and advancing the general efficiency of the Canadian, and if the mental attitude necessary to its accomplishment were easy to secure, complete success would be ours.

Unfortunately, however, our physical bodies have an influence on our mental attitude, and in this particular instance, because of a physical condition which is universal, these much-to-be-desired aids to success are impossible to consistently enjoy.

In other words, our trouble, to a great degree, is physical first and mental afterwards—this physical trouble is simple and very easily corrected. Yet it seriously affects our strength and energy, and if it is al-

lowed to exist too long becomes chronic and then dangerous.

Nature is constantly demanding one thing of us, which, under our present mode of living and eating, it is impossible for us to give—that is, consistent care of our diet, and enough consistent physical work or exercise to eliminate all waste from the system.

If our work is confining as it is in almost every instance, our systems cannot throw off the waste except according to our activity, and a clogging process immediately sets in.

This waste accumulates in the colon (lower intestine), and is more serious in its effect than you would think, because it is intensely poisonous, and the blood circulating through the colon absorbs these poisons, circulating them through the system and lowering our vitality generally.

That's the reason that biliousness and its kindred complaints make us ill "all over." It is also the reason that this waste, if permitted to remain a little too long, gives the demand of removing it, which are always present in the blood, a chance to gain the upper hand, and we are not alone inefficient, but really ill—seriously, sometimes, if there is a local weakness.

This accumulated waste has long been recognized as a menace, and Physicians, Physicists, Dietitians, Osteopaths and others have been constantly laboring to perfect a method of removing it, and with partial and temporary success.

It remained, however, for a new, rational and perfectly natural process to finally and satisfactorily solve the problem of how to thoroughly eliminate this waste from the colon without strain or unnatural forcing to keep it sweet and clean and healthy and keep up correspondingly bright and strong—clearing the blood of the poisons which made it and its sluggish and dull spirited, and making our entire organism work and act as Nature intended it should.

That process is Internal Bathing with warm water—and it now, by the way, has the endorsement of the most enlightened Physicians, Physical Cultivators, Osteopaths, etc., who have tried it and seen its results.

Heretofore it has been our habit, when we have found by disagreeable, and sometimes alarming symptoms, that this waste was clogging the body, the better of us, to repair to the drug shop and obtain relief through drugging.

This is partly effectual, but there are several vital reasons why it should not be our practice as compared with Internal Bathing.

Drugs force Nature instead of assisting her—Internal Bathing assists Nature and is just as simple and natural as washing one's hands.

Drugs, being taken through the stomach, sap the vitality of other functions before they reach the colon, which is not called for—Internal Bathing washes out the colon and reaches nothing else.

To keep the colon constantly clean drugs must be persisted in, and to be effective the doses must be increased. Internal Bathing is a consistent treatment, and need never be altered in any way to be continuously effective.

No less an authority than Professor Clark, M.D., of the New York College of Physicians and Surgeons, says: "All of our curative agents are directed and as a consequence every dose diminishes the patient's vitality."

It is rather remarkable to find, at what would seem so comparatively late a date, so great an improvement on the old methods of Internal Bathing as this new process, for in a crude way it has, of course, been practiced for years.

It is probably no more surprising, however, than the tendency on the part of the Medical Profession to depart further and further from the custom of using drugs, and accomplish the same and better results by more natural means: causing less strain on the system and leaving no ill after-effects.

Doubtless you, as well as other Canadian men and women, are interested in knowing all that may be learned about keeping up in "concert pitch," and always feeling bright and confident.

This improved system of Internal Bathing is naturally a rather difficult subject to cover in detail in the public press, but there is a Physician who has made this his life's study and work, who has written an interesting book on the subject. Why man of Today is Only Fifty per cent. Efficient." This he will send on request to anyone addressing Charles A. Truell, M.D., Room 309, 280 College Street, Toronto, and mentioning that they have read this in Farm and Dairy.

It is surprising how little is known by the average person on this subject, which has so great an influence on the general health and spirits.

My personal experience, and my observations make me very enthusiastic on Internal Bathing. For I have seen its results in sickness as in health, and I firmly believe that everybody owes it to himself to get the information available, to read this little book by an authority on the subject.