

The Farmer's Advocate AND HOME MAGAZINE.

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DOMINION.

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canning-factory States in the Union, and, according to a State Farm Bureau report, the hundred plants in Michigan are short 27,600 tons of coal, 9,600,000 pounds of sugar, and 1,275 carloads of cans. Next to fruit itself these are the prime essentials of the canning industry, and the State Farm Bureau is making every effort through the proper channels to alleviate the situation. Conditions in the United States affect us very directly here, and every effort should be made by the authorities to see that no impediments are placed in the way of a complete and uninterrupted absorption of the crop.

Some Common-sense Health Doctrine.

BY SANDY FRASER.

"Weel, Jean," says I to the auld wumman, the ither day, "summer is at hand again and we're alive to see it. I've been thinkin', sometimes, in the course o' the past winter, that we'd be lucky to see spring, what wi' the 'flu' an' the dozen an' one ither things that are gaein' around these times, tryin' to cut short one's career before they hae their funeral expenses saved up. But maybe noo we'll be like that Irishman that said he noticed always that if he made oot to live through March he lived through the rest o' the year a'richt."

"It's terrible what sickness costs the world every year," returned Jean, takin' no notice o' my second-hand joke. "I was readin' somethin' on the subject juist yesterday. They say that the average is nine days sickness for each person in North America every year. That figures oot, it seems, to a total o' three million years lost time, on this continent, every twelve months. An' that's wi'oot counting the time wasted in nursing an' doctoring these people. The money loss, in wages an' doctor bills, comes to mair than two billion dollars."

"Bein' sick is juist aboot as expensive a luxury as a world-war then," says I.

"It is that," replied Jean. "And there's little mair necessity for one than the ither. Apart from an accident, noo an' again, it's wrang ways o' living that is at the bottom o' nearly all oor bad health an' shortened lives. And maist o' us think that all we hae to do is to rin awa' to the doctor for a bottle an' we'll be a'richt in the mornin'."

"But ye can't correct bad habits wi' medicine. The only way is to cut oot the wrong by puttin' in the right, and Nature will dae the rest. Ye can hardly help gettin' well if ye give Nature her way, an' a little time."

"Ye ken, Sandy," Jean went on, "that in some countries the people pay their doctors sae lang as everybody's well an' hearty, but as soon as onybody tak's sick the doctor's salary stops. It's an unco' guid plan, an' one that we ought to put intae practice in Canada. It's far easier an' cheaper than the auld way o' first

gettin' sick an' then payin' doctors an' buying medicine. I never did tak' much stock in medicine," says Jean.

"No," I remarked, "not since the time ye took that half-bottle o' mine that was left over after I'd had the 'grippe,' d'ye mind. Ye took it to keep it from being wasted, and it was aboot the only time I ever mind o' ye bein' sick."

Jean didn't seem to be listening, an' as soon as I stopped she started again. "I was readin'," she said, "that there are four things that we hae to pay attention to if we're gaein' to be healthy. They are position, diet, rest and exercise. As to the first, the article went on to say that if we could gae around on all fours, the way our animal ancestors did, we would probably be a



Fig. 1.—Moccasin Flower.

—Photo by Klugh.

guid bit healthier than we are. Standin' on oor hind legs, as we do, puts oor internal organs in an unnatural position, which causes no end of trouble. But we've got the habit noo, an' it's no' likely that mankind will ever go back to the auld style juist for the sake o' his health. The best he can do, under the circumstances, is to keep himsel' as straight as possible. It's this slouchy, stooped-over way o' gaein' aboot, that brings lots o' people to an untimely end.

"As to the second point, aboot the right kind o' food and sae on, it said that the people o' this country are in the habit o' eatin' a lot mair meat than did them any guid. Especially the grown-up folks. Young people can stand it better. But moderation's the word in any case."

"It seems that they hae been tryin' an experiment along this line wi' a cageful o' monkeys, in a museum in New York. They started in feeding them meat an'

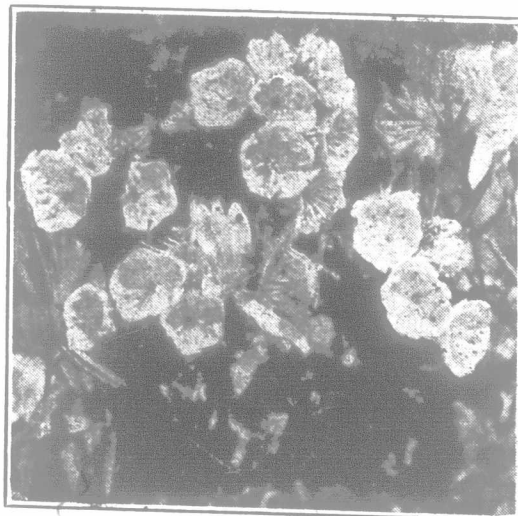


Fig. 2.—Crimson Laurel.

—Photo by Klugh.

beans an' strong food like that, an' kept it up for aboot a week. When the experiment started the monkeys were in guid spirits an' playin' around, as is their habit. But in a day or twa they seemed to quiet doon an' to be losin' interest in life, as ye might say. By the end o' the week they were each one sittin' in a corner, their heads in their hands, and not a word oot o' one o' them. They were juist a bunch o' pessimists, as the doctor said.

"But at the beginnin' o' the second week the bill o' fare was changed. From being meat-eaters they turned into vegetarians. And in two days the vegetable diet showed its good effect. The patients began to cheer up and by the end o' the week they were tearin' around again and as happy a crowd o' optimists as ever were oot o' jail."

"But, Jean," I ventured to say, "it might be that what was bad for monkeys might be guid for men, and"—"Hoot," she interrupts me, "There's no' that muckle difference between them, sae far as I've seen, as to effect the experiment to any degree."

"The third rule for health that I was gaein' to tell ye aboot was in relation to rest. It says that ye should rest up in the middle o' the day, as weel as to tak' seven or eight hours o' sleep at night. If ye can't sleep at noon ye should lie doon, onyway, and forget mon for the rest o' the day."

"That's the talk," says I. "I believe in the rest cure, a'richt."

"And the fourth, an' last, point," went on Jean, "has to do wi' exercise. It's juist as important as ony o' the ither."

"Not for me, Jean," says I, jumpin' up from my chair. "Or, if it is, it isn't necessary to talk aboot it. There isn't a farmer that I ken that is worth his salt, but gets mair exercise than he kens what to do with. Oot-door, regular exercise, winter an' summer, the farm's the place for that. I juist wish I could carry an insurance against gettin' ower muckle o' it. What is it that has stooped my shoulders an' bent my knees but regular an' lang-continued exercise? Tell me that," says I.

"Aye," returned Jean, "an', on the ither hand, if it hadn't been for yer oot-door life an' wark, ye might be in a lang box by this time, wi' yer shoulders an' yer knees straighter than ye'd like. Ye weren't juist that rugged an' hearty when ye first started in on the farm, forty years back. I mind that. For the man o' moderation an' common-sense there never was a better health resort established than the farm. But when he has neither the one nor the ither o' these qualities he has to depend on doctors an' health-rules an' such like. That's why I hae been takin' the trouble to tell ye all this, ye see, Sandy."

Nature's Diary.

BY A. BROOKER KLUGH, M.A.

There are comparatively few birds whose notes can be set down in syllables with sufficient success that anyone reading the syllables can recognize the song on hearing it. One species, however, with which this can be done is the Maryland Yellowthroat, whose song is an emphatic "Witchety-witchety-witchety." This species is an inhabitant of bogs and swales from Labrador to British Columbia, and is far more often heard than seen, because of its habit of dodging in and out among the shrubbery. If, however, when we hear the song near at hand we remain perfectly still, and make a faint squeaking noise, we shall get a good look at this handsome little bird when it comes to satisfy its curiosity as to the origin of these squeaking notes. This method of calling by making a squeaking noise with the lips, much in the manner that we often call a dog, is very valuable in the study of birds, as all our smaller species of birds may be brought into view, close at hand, in this way.

The male Maryland Yellowthroat in spring is olive green above, with a broad black band through the eye to the neck, and a black forehead, the black band being bordered above with ashy-gray. The chin, throat, breast and under tail-coverts are rich yellow, fading into whitish on the abdomen. The wings and tail are brownish, glossed with olive. The female lacks the definite black and ash of the head, her crown is brownish, and the yellow of the under parts is paler. The length of this species is from four and three-quarters to five inches.

The nest of the Maryland Yellowthroat is placed on the ground, and is composed of leaves and grass lined with fine grass, and is often partially roofed over. The eggs are from four to six in number and are white, sprinkled, chiefly at the larger end, with reddish-brown.

An extremely attractive flower, which grows in bogs from Newfoundland to the Mackenzie River District is the Moccasin Flower or Stemless Lady's Slipper, *Cypripedium acaule*. This species is from eight to twelve inches in height, and has two large leaves at the base of the flower-stalk. The fact that the flower-stalk arises from the ground and does not, as in the case of the other Lady's Slippers, branch off from a leafy stem, is the origin of one of its common names—the Stemless Lady's Slipper. The sac-shaped labellum of this species is crimson-pink, and has a longitudinal slit on the upper surface. This flower is pollinated by bees, which force their way in through the slit in the labellum. The recurved sides of the slit, coming together behind them prevents their egress by the same route that they entered, and they are obliged to squeeze through one of the two apertures at the back of the labellum. As they do so they come in contact with the anther which lies over this aperture and rub some of its sticky pollen off on their backs. When they visit the next flower of this species this pollen is scraped off on the stigma, which projects like a shelf in front of the anthers.

In our bogs there are a great many plants belonging to the Ericaceae or Heath Family; in fact, this family is made up chiefly of peat-bog plants. A very handsome species of this family is the Crimson Laurel, *Kalmia polifolia*. This species is a shrub about two feet in height with narrow, evergreen, opposite leaves whose edges are rolled back and whose lower surface is whitish. The flowers are crimson, or lilac-crimson, salver-shaped, and about half an inch across. The anthers of the ten stamens, which spread out like the spokes of a wheel from the centre of the flower, are held in little pockets in the corolla, and when they are mature and an insect visits the flower, they fly out of these pockets and dust the insect with pollen.

Another attractive shrub belonging to this family is the Labrador Tea. This species grows to a height of about three feet, has thick evergreen leaves which are densely clothed with rusty wool beneath, and bears terminal clusters of white flowers.

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