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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 stamped, 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.

Habit is as strong as death.

CATCHING COLDS.

As our forebears, who first got the knack of building houses, found them comfortable, conducive to ease if not to dignity, they became enervated by constantly rebreathing their own poisonous exhalations mingled with those of their family, their boarders, and such of their animal friends which they could not bear to see suffer in the raging elements without. Then coughing and sneezing, by which particles of germ-laden material was disseminated, helped infection along considerably. In short, people "caught colds."

Next in order, in the race of evolution came the fetish about night air; so that sleeping rooms were kept hermetically sealed. Bedroom windows are even now, despite all the fresh air propaganda, nailed down come November, and kept so (when properly they should have been nailed up) until March or even April. And yet, winter and summer, what air has the good Lord given us to breathe, at night, if not night air.

Then people came more and more to overburden themselves with clothes, in which they could collect germs, that would thus be added to the assortment already existing in the house. True, most germs cannot live for any length of time outside the living animal "host." And yet one cannot be sure that the germs in one's clothing are always dead ones. And let him who thinks his overcoat is germ-free because it is well brushed, turn a vacuum cleaner on it, and note the result.

SHORT-TERM AMBITION

"One of the reason why so many girls and women fail to attain real success in business," said a successful business woman the other day, "is short-term ambition. I have girls in my business who have worked splendidly for three, four or five years, making themselves steadily more valuable. Then upon reaching some particular position, they are stopped short. I have several who are not worth a bit more than they were five years ago. On the contrary they are worth less, for in business quite as markedly as anywhere else in life decay sets in when growth stops. Sooner or later those girls, although they are doing their work without blunders or noticeable failure, will be compelled to give way to girls who have life ambitions—girls who are eager and interested, alert to make both themselves and the



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QUESTIONS AND ANSWERS.

Blow From a Cow.

About 6 weeks ago our cow struck me with her horn on the left side of the bridge of my nose, "knocking me out." I have suffered since with a pain that extended from the place struck up over the eye and brow and through the eye ball. Do you think there could be any damage; could an abscess be forming without some discharge from the nose or signs from the outside. I am taking—for the pain; am I taking too much.

Answer—Have a doctor skilled in the nose and throat examine you at once. Such an ailment lasting six weeks without recovery is like to mean an abscess in the frontal sinuses—not necessarily a grave condition, but one which may well become so if neglected. There may be pus pocketed in those sinuses and not yet appearing at the nostril. The drug you mention may relieve but never cure such a condition. I cannot judge if you are taking too much; but over-dosage is like to depress seriously the vital processes.

Reducing Lips?

Can you tell me of a treatment that will reduce my lips and mouth? Would pinching the lips reduce them? Do tell me something and make me happy.

Answer—Sorry; but I know of no treatment I could guarantee. The remedy you mention would be likely to increase, to have the effect the opposite of that which you desire.

Plenty of Feed Essential.

There is no magic in getting eggs in winter. But a good many things must be considered. To begin with, it is essential that the fowls kept be healthy and of suitable age, i.e., neither too old nor too young. Old hens, as a rule, put on flesh instead of laying eggs, while small, late hatched pullets or those that were stunted in growth, will lay no eggs during the winter. We have tried a good many different kinds of chickens, but have at last settled down with the good old Silver Laced Wyandottes and Leghorns. We have plenty of house-room and always keep the two varieties separate during the winter, when all of our poultry is kept housed much of the time. Now, we don't mean to say that our selection of chickens is the best. We find that they suit our purpose best and believe this to be a step in the right direction. No one is likely to succeed with fowls he does not like.

Keep Pullets Separate. Don't let the young pullets roost in the same house where the hens are kept, until they get used to the rest of the flock. There are always some backward pullets that cannot "hold their own" with the older birds. For these, we have a house and yard where they are kept for a few weeks, separately from the use of crushed corn. They must have good care and plenty of feed.

Remember, these so-called back-

ward pullets are not the culs, but good thrifty pullets which seem rather timid and, for some reason, are unable to get their full share of the feed.

A variety of grains and other things, are necessary. Practically the same ration is required for growing pullets as that which is necessary for laying hens.

Also, moulting hens. The latter require a liberal ration. Plenty of feed and good, dry roosting quarters should be provided if the hens are expected to come through the moult and weather sets in.

Buttermilk is Valuable. Buttermilk is very beneficial, both as an egg producer and growth promoter. It also helps the moulting hens to grow feathers. Bear in mind that the latter are under a strain so to speak. Their vitality is being taxed to the limit. The late moult is very tiring. To give white and while she is growing a new coat of feathers, she is, at the same time, laying up egg material for the future. We keep our milk before the fowls most of the time, but sweet milk should never be used because it takes a bad effect on the bowels. Be careful to keep the milk trough as clean as possible.

There is doubtless a great deal of soft corn in many parts of the country at this time. Be careful about feeding this immature grain to poultry. New corn, at best, is none too safe. In former years, we have suffered severely by feeding poultry new corn, especially turkeys. If new or soft corn must be used, we now boil it.

This same rule holds good with other things, such as musty grain, cull beans, etc. If any of these are not too badly spoiled, they may be made suitable for poultry feed by thorough cooking. This sort of feed can be used as a mash by adding bran or something similar. Right here we want to speak a word of caution in regard to the use of crushed corn. When the cob is crushed with the corn it should not be used as a poultry feed. The crushed cob is practically indigestible, somewhat similar to saw-dust. We have known of a number of cases where poultry have died from eating "cob meal." They simply can-

not see the difference between cob meal and corn meal.

A Wheatless Ration. While wheat is one of the best egg-producers known, when fed along with corn, we have cut it out of the ration entirely, on account of the cost as well as for patriotic reasons. Instead, we use bran and boiled oatmeal. This, with a little corn meal added, makes an excellent morning mash. Sometimes we use boiled vegetables instead of oats.

When the hens are kept-housed, as they must be, when the weather is severe or snow is deep, it is essential to vary their ration. We sometimes add raw cabbage (chopped) to the mash. A little salt or a dash of cayenne pepper helps to give it a "tang" that is greatly relished. Green stuff, or a substitute for same, should be provided. Pure water, with the chill removed, should be kept within reach.

Don't fail to provide some sort of place where the hens can get all the exercise they need. We have regular scratch-sheds attached to each house, but in former years the floor of the poultry house answered very well.

Every fall when dry leaves are plentiful, we store large quantities to be used as scratch material. Rye in the sheaf, or other unthreshed grains are used, also. Small grain, such as kaffir or even millet, will answer to make the hens work, but will not take the place of corn.

Fall Feeding Important. Sharp grit is an important factor. Again let us impress upon the minds of beginners the importance of a generous ration, right now, for both old and young. Don't wait until winter to begin feeding for eggs. The fact is, chickens are more often under-fed than over-fed, at this season of the year. If judgment is used in the selection of feed, it is next to impossible to over-feed a moulting hen or a growing pullet.

As to hopper feeding, don't do it unless the hens have been accustomed to it, from the time they were hatched. Otherwise, they seldom know when to stop eating.

A warm mash in the morning, with scratch-feed and "grains" through the day and a full feed of warmed corn at night (never feed frozen corn) will give better results as a rule. We usually allow one quart of shelled corn for every ten fowls. A large handful for each hen is a safe rule, but may be varied.

Right there is the trouble. Horses are so valuable and so easily killed by damaged feed that caution has repeatedly been urged in the use of silage. On the average farm it is better not to feed it at all than to feed it and lose even one horse. Those who are determined to feed silage should follow a rigid system of closely scrutinizing every forkful as it is taken from the silo. When a little moldy pocket of silage is discovered it must be rejected. Silage should be thrown down by daylight so that inspection is easy.

Of course the general quality of the silage must be as perfect as possible, and that is determined by care and thorough tramping as the silo is filled.

Get ready for the War Loan.

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.

Subscriber:—I have about an acre enclosed for hog pasture. This has been well manured and plowed and I should like to know what to plant to get the best pasture for the coming year. Would you advise me to sow rye or rape in the spring, or is there something better?

No better crop can be sown for early hog pasture next spring than rye seeded as soon as it can be gotten in, if possible, sowing this fall. Then the ground can be seeded to clover in the rye, and some late pasture provided, also good pasture for the following season. Rape could be sown on this ground early in the spring and would make good midsummer pasture. It could be turned into about six weeks after sowing if weather conditions were favorable, and would make good pasture for two or three months thereafter. There are many forage crops which can be satisfactorily used for this purpose, but in a case like this the rye would afford an opportunity to get the land seeded to clover, which would also provide pasture for the following season.

L.H.—I have ten acres of corn that was just in the milk when the frost came. Would you think it safe to feed this to cattle and sheep this winter, (from shock), or would it be better to let the hogs eat the corn, and cattle clean up the fodder? If not, what would you advise? I have no silo.

There will be no danger in feeding frosted corn from the shock to either cattle or sheep at least, provided some other forage is given them in the ration, as clover or alfalfa hay. The frosted corn fodder fed from the shock will be in very much better condition to feed than where the fodder is subjected to repeated heavy freezes, as is the case with standing corn.

A.F.—I have 19 August pigs to get ready for market as soon as I can. What would you advise me to feed, barley, ground, or wheat and oats ground together, feeding in a self-feeder?

Barley is an excellent feed, but for best results should be fed in combination with other feeds such as middlings, where available for growing pigs. Barley would be a much cheaper ration when combined with middlings than would wheat and oats ground together. Sound wheat should not be fed to pigs under present conditions from either an economic or patriotic standpoint, since all the available supply will be needed for human consumption, and the pigs can be grown as well on coarser and cheaper feeds. Barley should always be ground for pigs, and would be better fed in combination with other feeds in a self-feeder, since it is not as palatable as a mixed ration.

Getting Winter Eggs

By A. Gallagher.

We are told that "eggs are going sky-high" before long. And while this may be somewhat exaggerated, yet we have to admit that prices are on the upward trend. Not only egg prices, but grain prices and, in fact, prices of nearly everything else.

A good many poultry keepers are asking themselves the question: "Will it pay to keep hens for winter eggs and feed high-priced grain?"

The above question must be answered by the individual himself, or by someone who understands local conditions. But so far as we are concerned, there is no question as to whether it will pay or not. We know by long experience that winter eggs are profitable and with ordinary success we still hope to come out "ahead of the game."

There is no magic in getting eggs in winter. But a good many things must be considered. To begin with, it is essential that the fowls kept be healthy and of suitable age, i.e., neither too old nor too young. Old hens, as a rule, put on flesh instead of laying eggs, while small, late hatched pullets or those that were stunted in growth, will lay no eggs during the winter.

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The Dairy

Feeding the Calves.

Remove the dairy calves from the cow at birth. Do not allow them to suck, unless weak or unable to drink, or unless the cow's udder is severely caked. Mother's milk for the first four days, at the rate of 8 to 10 pounds divided into three or four feeds, is essential. Feed whole milk for the first ten days, then start replacing part of the same with skim milk, so that when the calf is one month of age it may be receiving in two feeds daily twelve pounds of skim milk, plus a tablespoonful of finely-ground scalded flax-seed jelly.

At three weeks old feed a small quantity of whole oats in the manger. Fine clover hay and clean water might profitably be kept before them from this time on.

During the next fifteen weeks gradually increase the skim milk to 18 to 20 pounds daily. Add to the flax-seed jelly other constituents to make a cream substitute as follows:—Fine ground flax 1 part, fine ground oats 2 parts, ground corn 2 parts. Feed in the milk divided into two feeds daily at the rate of one-eighth pound at the start and increase to 1 pound.

Replace the whole oats at four weeks of age with a grain mixture of equal parts bran, rolled oats and ground corn. Start the calves on one-eighth pound per day and increase gradually to 1½ pounds daily at twenty weeks of age, when the skim-milk may be gradually cut off and this grain ration increased proportionately.

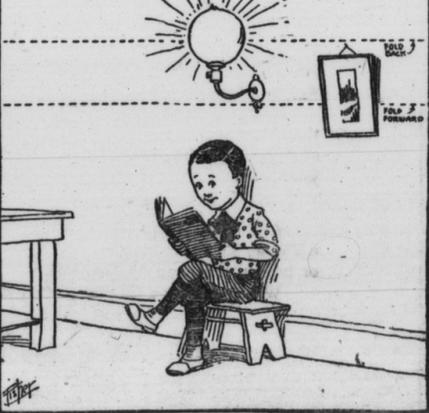
Do not expose your calves to heat and flies, but during extreme heat keep them in a dark, cool box until four months of age, after which they may have a night paddock. If fall-dropped calves keep in a clean, bright, comfortable, warm box stall. Feed a limited amount of roots or a mixture of roots and ensilage. Feed salt in limited quantities regularly, and water as required.

Many supplies for the family are removed in friction-top tin cans. These, when the tops are carefully removed, and the cans thoroughly cleaned, may be used again for the preservation of fruits and vegetables in the household.

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FUNNY FOLD-UPS

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My mother says if I sit up And read this way at night, I'll soon acquire a shiny dome Like old Professor Bright.

Horse Sense

Many men insist on feeding silage to horses so as to reduce feed costs. Many men have fed silage to horses for years with success. Many men have poisoned horses by feeding them accidentally moldy silage.

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Health

Colds And How To Prevent Them.

The condition that we usually call a cold is really not a cold at all. It is a heat rather than a cold. One does not "catch" cold; instead, the cold catches the victim and gives him a fever.

One "catches" a cold because for some reason the skin lacks resistance. Apply a cold-water compress to a person's head for several hours and he will begin to complain that his forehead is sore and painful; he will have neuralgic pains in his forehead; the skin and the flesh become sore. Sometimes it is necessary to keep an ice bag over the heart. When the ice bag has been kept there half an hour two or three times a day for two or three weeks, the patient, in most cases, begins to complain of soreness in that particular region. That pain is called "rheumatism," for lack of a better term. It is not rheumatism at all, but simply a painful, sensitive condition due to the lowering of the blood temperature in that region, which permitted the waste matters to accumulate in these tissues, and as a result the nerves and other tissues have become abnormally sensitive.

Thus in a general way we may say that the cause for taking an ordinary cold is lowering of the temperature of the blood, either locally or generally. If a person has been perspiring from exercise and sits down and lets the wind blow on him he soon begins to feel chilly. While he was exercising, his muscles were generating heat. For a muscle generates heat just as a dynamo generates electricity. By its action heat is generated, just as by the revolution of the armature of the dynamo electricity is generated—and, in fact, in a very similar way; not in the way a stove generates heat, but in the way a dynamo generates electricity.

If a person perspires when exercising it is because he generates more heat than is needed to keep the body warm, so it is necessary that the body should be cooled, and perspiration is simply the effort of the body to cool itself. Bathing the skin with water and allowing the water to evaporate also has the effect of cooling the skin.

Now when the perspiring individual ceases to exercise and sits down the effect is that of putting out a fire or blowing out a light. The extra generation of heat ceases, so the evaporation goes on—without any extra heat being produced, because the skin is wet and the clothing contains moisture and the evaporation causes a chilling of the body.

It takes but a few minutes to produce this result; then in order to warm the body up, the muscles are set into spasmodic contraction. There is shivering and sneezing, which are signs of a general spasm.

When one sneezes he does not sneeze with his nose, but through it. It is the entire body that is exercising. Every muscle contracts. The feet are lifted up from the floor. There is a jump of the whole body. It would be quite impossible to hold anything steadily in your hand when you sneeze; but the motion is particularly of the expiratory muscles.

There is a sudden contraction of these muscles, with an explosive effort of nature to warm the body.

When you sneeze you say, "Oh! I am taking cold." That is a mistake. You have taken cold. Your temperature has been lowered and you already have the cold and the muscular spasm is the effort of nature to cure it.

Now if you want to help nature, the best way is to keep right on exercising. You feel a little shiver started here and there and you feel chilly. Now set your muscles to work as hard as you can. That is the quickest way to stop the shivering.

It is certainly one can prevent himself from taking cold. One sits in church and a draft blows on the back of his neck. He says, "I am going to get a cold. I shall have a stiff neck tomorrow."

You do not need to have a cold. Just make the muscles contract as hard as possible; keep them working so they will keep the skin warm and you will not take the cold.

And the best of it is that one does not have to take gymnastic exercises or walk in order to exercise. One can sit perfectly still and work so hard as to make himself perspire freely—by making every muscle of his body tense. The hands can be kept straight at the sides, with the muscles perfectly rigid. Make every muscle of the body rigid and you will see pretty soon that you are breathing hard. Pretty soon you are taking deep breaths. You may say that it is hard to do that, but nevertheless one can sit quietly in church or other gatherings and look the speaker in the face and at the same moment work as hard as though he were running to catch a train, or one may sit at his desk and dictate important letters or papers and at the same time be doing hard physical work.

Thus one does not need to take cold because he is sitting still, for one does not need to be idle and relaxed just because one is sitting still.