

The Farm Home

Body Building.

By Mrs. S. T. Rorer.

The average farmer spends much time in learning how to grow crops, how to raise animals, how to keep them, and how to get the very best from them. He keeps them lean as long as he wants them so; when he is ready to sell he quickly fattens them. The human animal is not so very different from the one going on "all-fours," and it is always a matter of great surprise to me why so much time is spent on the commercial side of this question, and so little on the side of health and comfort of the family. Sometimes these same men keep the animals in good condition, while the family is allowed to fall ill from neglect, and without a twinge of conscience, a physician is called in to correct their own shortcomings. If half as much attention was bestowed to the health, care and general living of the family in the house as to that portion which resides in the barn, the doctor's buggy would be seldom at the door. Sickness is certainly caused by disobedience to the laws of nature. We are governed by our appetites. The first palate, that of the mouth, is our average guide; the second, the stomach, when greatly abused, creates a little uneasiness; but, unless it does, we take for granted that we are suffering no discomfort from that which we have eaten, not taking into consideration that nature after repeated offences ceases to be tolerant. One frequently hears of a mother or a father living to be ninety, who boasts of disregarding every law of hygiene, having eaten that which suited best or was most convenient. Forget her for a moment, and look at her progeny, you find them weaker—sometimes mentally, at others physically; just one step lower down in the scale of health and vitality. Her grandchildren, if there be any, are puny indeed; a fourth generation rarely follows, unless there happens to stray into this family, by marriage, some individual who has observed natural laws and put them into practice. Watch the change. You find a sturdy, healthy offspring, from the father who can scarcely congratulate himself on a single well day. Such children, however, must always watch for the "shallow places." The great insane hospitals, as we now call them, are filled with the children of unthinking people. In Pennsylvania (a great State), it is the pride of our legislators that we have the largest of the kind in the country. We have one near my summer neighborhood which holds a thousand souls, while three others of the same sort close by hold from one to two thousand. It happened to be my

privilege to visit these institutions and to look carefully over the food. While there, I investigated many individual cases, that I might make for myself a thorough report of the cause of this great affliction. To my surprise, it was found that two-thirds of the inmates were of country birth, and nine-tenths of these had broken down from preventable causes, while the remaining one-tenth came to their condition from shock or accident. The nine-tenths are there because they have never been taught to care for the body as the great casement of both mind and soul. The farmer feeds the buttermilk to his hogs and the butter to his children. The hogs look it, and so do the children. He sells his eggs, and feeds his children on potatoes. He gives the corn—good, wholesome food—to his hog until it is too fat to stand; then calls you out to look at this "beautiful" animal whose ankles and feet can no longer bear its weight; it is panting from fat pressure—in fact, an object of misery. This he kills and feeds to his children. Why not give the children the corn in the first place, rather than convert it into fat of this diseased form? Buttermilk contains an admirable form of nitrogen, tissue-building food, and this along with an occasional egg—even at a high price—might prevent a breakdown.

Watering Flowers.

One great cause of failure to secure blooms is injudicious watering—deluging at one time and withholding at another and paying no attention to the needs of different varieties. The appetites and needs of plants are as various as those of people and their temperaments differ, too; there are the sanguine, the sensitive, the phlegmatic—each requiring being dealt with accordingly. While one plant will thrive, notwithstanding the utmost neglect and subsist on almost nothing, another must have nourishing food and warm drink. It is a good plan to adapt the water to the temperature of the room, never using cold water and always being sure that the drainage is good. Once a plant will droop and look sickly without any apparent cause, when, if the matter is looked into, it will be found that water stands in the bottom of the jar. A bent wire is always useful in this case, for by penetrating the holes at the base of the pot and stirring the earth, passages will be made for the escape of the water and gas. Then water freely, being sure that the water runs through quickly; drain all off, loosen the soil at the top of the jar and withhold moisture until the plant is again healthy. The calla, as is well-known, requires plenty of

water and that which is quite warm; fuschias are thirsty plants, especially when in flower and moisture is necessary to the Chinese primrose. The majority of plants require a weekly bath; in fact, nothing invigorates them as a shower bath of tepid water. Those which cannot be removed readily for the showering may have their leaves sponged. The ivies should be sponged frequently, while primroses and ornamental leaf begonias should not have their foliage wet, but is well watered at the roots.

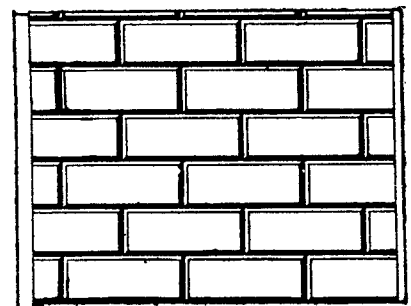
Vegetables for Summer Diet.

Americans are undoubtedly the greatest civilized meat-eaters in the world. Of course savages, who do little in farming, have few vegetables except corn, beans and pumpkins, and live mainly on animals they capture by hunting and fishing. We believe in a due supply of animal food in winter when the air is cold and bracing. But as summer heats come on the animal food should be replaced by vegetables, taking care so far as possible to eat that which is most palatable and whose nutrition most nearly replaces the meat ration. Peas and beans, divested of their skins, which are indigestible, and thoroughly cooked, have all the nutrition of whole wheat. So also have oats cooked without the hull and whole wheat. With some one of these every day and plenty of fruits and vegetables, a man may largely dispense with meats during the summer and be healthier and happier without them.

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