

The Secret of Health is Elimination of Waste

Every business man knows how difficult it is to keep the pigeon holes and drawers of his desk free from the accumulation of useless papers. Every housewife knows how difficult it is to keep her home free from the accumulation of all manner of useless things. So it is with the body. It is difficult to keep it free from the accumulation of waste matter. Unless the waste is promptly eliminated the machinery of the body soon becomes clogged. This is the beginning of most human ills.

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Concrete Adopted as Road Standard

WAYNE COUNTY, MICHIGAN, WHERE nearly one hundred miles of Concrete Roads have been built in the past six years, during which time nearly every method of road construction has been tested, now comes out flat-footed and adopts concrete as the road standard.

The story is best told in the following paragraph which has been taken from the latest report of the Board of County Road Commissioners of Wayne County, Michigan.

"With the completion of Plymouth Road, we have abandoned every other form of construction and have adopted concrete as our standard. We feel that our experience of the past six years warrants us in arriving at this determination, based on its general satisfactoryness and its annual cost as compared with other forms of construction. In addition to the economy in hauling, the pleasure in driving and touring, and the increase in land valuation, the concrete roads of Wayne County have been the means of bringing tens of thousands of dollars to this locality."

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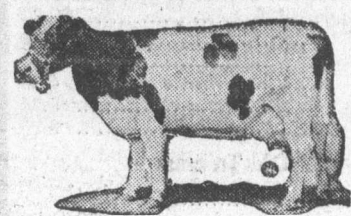
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SILAGE ALONE NOT A BALANCED RATION

The only use for ensilage I have ever had has been with dairy cattle. I always aimed to balance my ration, writes W. L. Raymond in the Iowa Homestead. While ensilage is an excellent food, it is not profitable to feed it alone, as it does not contain enough protein or bone, hair, milk and muscle building material. In fact, it runs high in only one of the several essential elements which go to nourish and build up the animal structure, and that is fat. Corn is a fat forming food, and ensiling it does not change its nature in the least.

In order to balance silage or get the entire benefit to be derived therefrom



In nearly all cases the beginner in dairying should start with grade cows, says Professor Nicholas of the Kentucky Agricultural college. On the whole, large, rangy, deep bodied, deep chested, big belled cows, carrying good, capacious udders, give best results. When fresh such cows ought to give from three to five gallons of milk a day testing $\frac{3}{4}$ to $\frac{4}{5}$ per cent fat. Cows of Holstein blood are more persistent milkers and do not fatten so rapidly as do Short-horns. The Holstein cow here pictured is Aralia De Kol, a pure bred Holstein. She produced 23,000 pounds of milk in one year.

It must be fed with food which runs high in protein or the element in which silage is most deficient. With my dry cows and young stock I found clover hay, which may be raised successfully on the same farm which raises the corn, with perhaps a little grain, to give very good results, as this runs high in protein. Alfalfa is still better, as it runs as high in protein as bran, ton for ton. I found alfalfa hay and silage to be all that was needed, with no grain, to make fast and good growth on young stock. With large producing cows or cows giving over twenty pounds of milk a day some grain, being balanced as to protein and fat the same as roughage, was required to keep up the milk flow and body weight of the animal.

Silage may be balanced with bran, oilmeal, cottonseed meal, oats, peas or any grain which runs high in protein, but any of the legumes, such as clover, alfalfa, pea hay, etc., are better for the mechanical effect. Silage, like grass, is loosening, and, while this is very beneficial to a certain extent, the effect is controlled by feeding a little dry matter, and this we get in the hays I have mentioned as well as the elements in which the silage is short.

CARE OF SICK ANIMALS.

Medical Equipment Should Be Kept on Every Farm.

Every dairyman who keeps even a small herd will find it convenient to have the following medical equipment: A clinical thermometer should always be at hand, and the herdsmen should know how to use it. It can be got through any drug store or from any firm dealing in veterinary instruments. The normal temperature of mature cows are from 99 to 102 and may reach as high as 103 F. Two or three milk tubes of different lengths, a trocar and canula, a long neck pint or quart bottle for encephalic, a milk fever outfit or a bicycle pump, a large syringe or funnel and three feet of small, rubber hose, and one graduate or measuring glass should be provided. Remember, milk tubes should always be sterilized by heat or a disinfectant before using.

The following medicines should be kept on hand. One pound bottle crystallized carbolic acid, five pounds epsom or gaulther salts, one pint castor oil, one gallon linseed oil, creolin, vaseline, carbolic vaseline, acetate of lead (sugar of lead), flowers of sulphur, hydrogen peroxide, one pint tincture of gentian. Dissolve the carbolic acid by placing the bottle in warm water and add a very small amount of water to keep it in solution. Make the carbolic vaseline by adding to a pound of vaseline less than one-half ounce of the dissolved carbolic acid; then warm and stir thoroughly while cooling. Other medicines may be added and even needed, but these should always be available.—Iowa Homestead.

Indigestion In Pigs.
Little pigs sometimes suffer from indigestion, and worms may be present. Physic them with castor oil in milk, and then feed milk with an additional one ounce of lime water per pint. When they can hold that down grad-

ually thicken with middlings and cornmeal. If worms pass in the droppings give the pigs two dram doses of fluid extract of pink root and senna in a little water every three hours until scouring is caused. It seldom pays to fust with a thriftless, stunted pig.

Feeding For Pork.

The best hams and bacon, the sweetest and best of all meats, must contain a streak of lean and a streak of fat from pigs fed upon milk, wheat feeds and grass with a little corn. Increase the corn as the pigs grow, and the last six weeks before killing feed all the corn they will eat up clean twice a day.

Cut His Visit Short.

The Duke of Wellington once wrote to Dr. Hutton for information as to the scientific acquirements of a young officer who had been under his instruction. The doctor thought he could not do less than answer the question verbally and made an appointment accordingly.

Directly Wellington saw him he said: "I am obliged to you, doctor, for the trouble you are taking. Is — fit for the post?"

Clearing his throat, Dr. Hutton began: "No man more so, my lord. I can—"

"That's quite sufficient," said Wellington. "I know how valuable your time is. Mine just now is equally so. I will not detain you any longer. Good morning."

Test For Hydrochloric Acid.

A curious mishap gave us a very delicate test for hydrochloric acid in the atmosphere. In a north of England locality many houses have curtains of the cream color produced by metanil yellow, popularly known as "dolly" cream dye and to science as "the sodium salt of meta-amido-benzene sulphonic acid-azo-diphenyl-amine." Some of these cream colored curtains suddenly changed to heliotrope. Investigation showed that an accidental escape of hydrochloric acid from a neighboring alkali plant had discolored the curtains, and the dye became a most useful test.—London Globe.

Political Influence.

"What do you understand by the term political influence?"

"Political influence," replied Senator Sorghum, "is usually something that a lot of people come around and tell you they brought to bear after you have succeeded in landing a job."—Washington Star.

College Education.

A college education is not a scheme to enable a man to live without work. Its purpose is to help him to work to advantage — to make every stroke count.—David Starr Jordan.

Considerate Parent.

"What are you doing these days?"
"I have joined the sons of rest."
"How can you do it?"
"By having a father who didn't."

Easy to Remember.

"Beg pardon, sir," observed the tough looking waiter suggestively. "Gentlemen who dine at this table usually—er—remember me, sir."
"I don't wonder," said the customer cordially. "That mug of yours would be hard to forget."—Dallas News.

The Cranky Stage.

"What is the difference between sickness and convalescence, pa?"
"The convalescent, my boy, generally makes those around him sick."—Boston Transcript.

Honors come by diligence; riches spring from economy.—John Francis Davis.

As He Saw It.

Wife—Oh, I saw the dearest little hat today.

Hub—That's just like you—always looking for the dearest instead of the moderately priced.—Boston Transcript.

Temperamental.

"How is the star actress today?"
"I don't know. The doctor's in her room now taking her temperament."—Baltimore American.

Too much is worse than want.—German Proverb.

It is a Liver Pill.—Many of the ailments that man has to contend with have their origin in a disordered liver, which is a delicate organ, peculiarly susceptible to the disturbances that come from irregular habits or lack of care in eating and drinking. This accounts for the great many liver regulators now pressed on the attention of sufferers. Of these there is none superior to Parmelee's Vegetable Pills. Their operation though gentle is effective, and the most delicate can use them.

The human race is divided into two classes—those who go ahead and do something, and those who sit still and inquire, "Why wasn't it done the other way?"

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