

A Quick Relief for Headache

A headache is frequently caused by badly digested food, the gases and acids resulting therefrom are absorbed by the blood which in turn irritates the nerves and causes painful symptoms called headache, neuralgia, rheumatism, etc. 15 to 30 drops of Mother Seigel's Syrup will correct faulty digestion and afford relief.



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A. B. WILLISTON
OPTOMETRIST
With H. Williston & Co. Newcastle, N. B.

Light in The Poultry House

After repeated experiments by the Experimental Stations and other people can safely say that artificial light in the poultry house is an advantage in that it transfers the period of high production from the spring months to winter months. Though lights may not be the means of increasing yearly egg yields it produces eggs when eggs are high in price.

Reasons Why Light Helps

Light gives the birds the amount of daylight they are used to having during the time of high production or in the spring months. In Canada, especially, the winter days are extremely short and the hen's day even more so, for she goes to roost as soon as it begins to grow dusk, and the trouble is that the light is so long that she is not able to take enough rest to do her work in the morning. The value of the light is simply to increase her daylight so that she can have more time to eat and less time necessary for sleep. It lengthens the day and makes it more in keeping with summer conditions.

Best Time To Give The Light

There is really no best time when the light should be turned on. It is all a matter of convenience. Some people prefer to turn on the light from four to six in the morning and let the birds go to roost when they see fit in the evening. They claim that this is more natural in that the birds get up as soon as the light comes and start scratching. They go to roost at the usual time at night and are sure to be on the roosts. Others will turn the light on for an hour or two in the morning and an hour or two in the evening, while some find it more convenient to turn the light on in the afternoon before dark comes and then turn it off about nine or ten o'clock at night.

As long as the day is lengthened from twelve to fourteen hours it is immaterial just what method is adopted as long as the same method is followed throughout the whole season. Care however, must be taken so that after the lights are turned on in the evenings the birds will get to roost before the lights are turned out. To insure this some use dimmers. Others flash the lights while some claim that it is not necessary, that the birds will soon get into the

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At last a friend advised me to take 'Fruit-a-tives'. I did so and soon I felt some relief. I continued with 'Fruit-a-tives' and in a short time, the Constipation was banished, I felt no more pains or headache or the disagreeable sensations that follow dyspepsia. Now I am well, strong and vigorous."

MADAME ARTHUR BEAUCHER.
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... Kind of Birds Helped

Since the use of electric light is valuable only in hurrying up egg production, it is not recommended as highly for well matured early pullets that have started to lay say in October or November. Under natural conditions these will give a good egg yield, and it is a question as to what her light to help them as an alternative. It will hasten the development of the later pullets, bring them into egg production much earlier, and will so, in fact, be the means of making the birds give a profit when otherwise there would be none. The same is true of hens that have been laying fairly well during the summer and under natural conditions will rest for most of the early winter months.

Our experience has also been that for the late hatched chicks electric light has assisted in the development. In a bunch of 200 White Leg horns hatched on the 15th of September, electric lighted brooders were used which gave light all night long and these pullets were laying by the 15th of January.

... Kind of Lights To Use

As a rule, a 60 Watt Tungsten will give sufficient light for an ordinary pen of twenty five birds. Shades to the light are not an advantage, but the light should be placed where the most illumination will spread over the floor. Where electric lights are not available, a number of barn lanterns with reflectors have been hung on the wall with fair success. Other systems of illumination may be used but danger of fire must be taken into consideration. Automatic clocks for turning on and off the lights are an advantage in that it is then done without any extra attention. Dimmers are an advantage if the light is used in the evening, but if the manager will watch carefully he can by flashing his light once or twice soon train the birds to take to the roost.

A Few Results

At the Experimental Farm electric lights have been tested for several years and the general results are as indicated above. During the six winter months, November to April lights were the means of reducing the cost of feed for each dozen of eggs from \$2.1 to \$1.5 cents, but the main difference was shown in the profit because of the extra price received for the eggs during the early winter or with the light, for in four pens, two with light in the illuminated pens was \$77.54 against a balance over cost of feed in the dark pens of \$58.95.

Lloyd George Proud of Sir George Foster

London, Dec. 22.—Premier Lloyd George speaking today at a luncheon given by members of parliament at the House of Commons to overseas delegates to the League of Nations (described Sir George E. Foster, Canadian Minister of Trade and Commerce as a veteran Canadian statesman whose reputation had already gone far beyond the bounds of the great continent he represents.

"Sir George," said the Premier, "has entered recently another League. I understand the Right Hon. Arthur Balfour was present at his wedding, representing Great Britain. I have no doubt that Sir George will return the compliment when Mr. Balfour does likewise."

Much laughter greeted this sally especially as the older generation of Westminster parliamentarians is fully persuaded that Mr. Balfour, who is a mere year younger than Sir George E. Foster, has for thirty years at least never exhibited, the slightest leaning towards matrimony.

Sir George in replying on behalf of the delegates of the League of Nations Assembly from the Dominions said that at the bringing of the people's representatives together was a worth all it cost. Within a week all the delegates were boon companions, "not in any bad sense" he added amid laughter.

There was no shadow of difference in the desire to have every nation represented but the League would not be a failure even if the prominent nations did not become members for years.

He believed the United States would become a member in time. Sir George added that he did not think the meetings got all the sympathy deserved from those present as observers. The whole feeling was that a moment must go eventually, but thought they wanted every destructive weapon swept out of the world as quickly as possible, this could not be done instantly.

Sir George concluded by declaring that the British Empire was stronger than ever today through the meetings of the League of Nations Assembly at Geneva.

London, Dec. 22.—In the House of Commons today A. J. Balfour, head of the British delegation at Geneva, detailed the work of the League assembly at that place. He referred to the Ter-Meulen scheme for commercial credits and announced that the British Government was seriously considering whether such a scheme under the auspices of the League might not be supplemented by some form of insurance which would make currency and the utility of bonds issued under the scheme far more certain, and thus insure at least moderate success for that rather bold scheme.

Mr. Balfour stated that it had been decided to head the next conference of the League at Barcelona when questions of transit would be under discussion.

He concluded that in the setting up of the League an experiment had been begun which the world could not afford to relinquish.

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