

But there are others that worry, as I said, about everything, little an' big. I wis talkin' tae a young lassie not lang since, that wis troubled in this way. "I dinna ken what's the matter wi' me," says she, "for when I hae naething else tae worry about, I worry because I worry." "Weel," says I, "ye will never be oot o' a job sae lang as ye can keep that up. Ye can worry because ye worry because ye worry, an' sae on till the 'cows come hame,' an' then some. But I'm afraid it won't get ye onything," says I. "Think about the worries o' the ither fellow, for a change," I went on, "an' aifter a while ye'll get sae sorry for him that ye'll forget a' about yer ain troubles."

There's na use makin' guid resolutions an' sayin' that ye're gaein' tae quit them. The mind is no' built tae wark that way. Ye'll only get tae worryin' mair because ye find that ye can't live up tae the high standard that ye set for yersel'. The only way is tae fill yer mind with the kind o' thoughts that ye ken ye should think an' in this way crowd oot the thoughts that are botherin', ye. It's pretty hard tae keep twa sets o' thoughts in yer brain at the same time. One gets oot when the ither comes in.

It's somethin' like tryin' tae get rid o' weeds in some field on yer farm. Ye won't mak' muckle o' a fist o' it by goin' at them an' pullin' them oot by hand. Gin ye want tae mak' a clean sweep o' them the thing tae dae is tae fill up yer field wi' some ither kind o' seed that will be o' some use tae ye, an' ye'll find at the same time that it has killed oot the weeds. Ye hae got rid o' the thistles an' ye hae a field o' clover in their place. Ye hae done in a round-about way what ye couldna' hae done by goin' at it straight.

As farmers we are inclined tae gie ourselves a lot o' trouble for naething, an' tae mak' trouble for ither as weel, by the habit we hae o' takin' oor wark a wee bit too seriously, an' lookin' on it as the one object o' existence, instead o' what it is, an education an' a trainin' for some better job further on. When we can look at things frae this point o' view the weather won't bother us sae much, for one thing, an' a guid mony ither things, that we're in the habit o' takin' considerably tae heart, winna' seem sae serious as they did at one time in oor lives. I heard an auld man say once that when he wanted tae stop thinkin' about his troubles he wad juist gae oot at night an' look at the stars for a while an' wonder where he'd be when they were a' burnt oot. It has the effect o' makin' yer worries here seem pretty small, a'richt.

Another thing that the writer o' that article in the "Advocate" mentions, is the fact that the farmers were workin' in the field on Thanksgiving Day, while the folks frae the toon were takin' a holiday an' enjoyin' themselves in whatever way best suited their taste.

I dinna think vera muckle o' these forms an' ceremonies mysel', for mair often than not there's but little thought given tae what they are supposed tae stand for. But at the same time, sae far as thanksgiving is concerned, I'm thinkin' the farmers o' Canada hae a guid deal tae be grateful for these years, compared wi' plenty ither o' the same callin' in different pairs o' the world. And if we dinna get the time for takin' a day off tae think about it, we can be keepin' it in oor minds as we gae on wi' oor wark, an' when oor day's wark is done. It's no' one day in the year that we need tae be thankfu', but ilka day. Gratitude should be a condection o' mind that will aye stay with us, an' not juist noo an' again when we happen to hae got intae a run o' guid luck. It is an attitude for the individual that will bring him mair happiness, an' cut oot mair o' his worries, than ony ither I ken about. In fact it's the only sure cure for the "blues."

THE HORSE.

Diseases of Respiratory Organs—X.

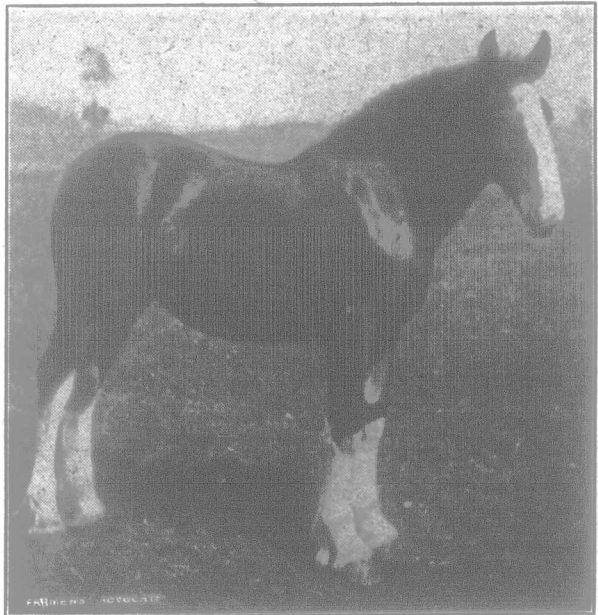
Broken Wind, Pulmonary Emphysema or Heaves.

The term "Pulmonary emphysema" implies that condition in which some of the inspired air escapes from the air-cells into the lung tissue. Most authorities claim that this condition exists in all cases of "Broken Wind" or "Heaves". It is a non-inflammatory disease, characterized by difficult and peculiar breathing; the inspiratory movement is performed with ease, the expiratory by apparent efforts. The difficulty in breathing in well established cases is constant, but varies greatly in intensity according to existing conditions. A peculiar cough, called "the broken-winded cough" is generally more or less marked, and many affected animals are subject to indigestion and flatulence from slight causes.

Many causes have been given by writers, but it is now generally conceded to be a "Dietetic disease" due to improper food, more particularly to bad, musty or dusty, or coarse hay, containing a large quantity of woody fibre, from being allowed to become too ripe before cutting, and to a superabundant allowance of hay of any kind. In most cases where an investigation reveals the actual facts, it will be found that the patient has habitually had the opportunity of over-loading his stomach, in many cases with coarse, indigestible feed. The average horse will eat too much bulky food if opportunity offers, many horses are practically gluttons. If such food be of good quality and the animal's digestive powers good, no evil may result, but if the food be of poor quality or digestion weak and the habit of over-loading the stomach continue for a long time, heaves is often the result. Observation teaches us that a large percentage of horses suffering from heaves are normally heavy feeders. There are some exceptions, in which cases the cause probably has been a weakness of the

digestive organs. The stomach and the lungs are largely supplied with nerves by branches from the same nerve, called the pneumogastric. The theory of the cause of heaves is that overloading of the stomach causes an irritation to the nerves of the organ, which, by sympathy, is transferred to the pulmonary branches of the nerve of supply, and that this being more or less regularly applied for a continued length of time, causes a rupture of the walls of some of the air-cells, uniting two or more cells into one, hence allowing some of the air to escape into the lung tissue. The history of the life of a horse that is affected with the disease tends to confirm this theory in many cases.

Symptoms.—Respiration is more or less labored according to the development of the disease. The inspiratory movement is performed with ease, but the expiratory by two apparent efforts, at the conclusion of which the muscles relax and the flanks fall with a peculiar force. There is a characteristic cough, which appears to be ejaculated with a sort of grunt through the upper part of the windpipe. In well marked cases the cough is frequently accompanied by well-marked escape of flatus per rectum. The double flank-movement is more or less well marked according to the development of the disease, but is present in all cases. If the theory as regards the rupture of the walls of the air-cells be correct, we can readily understand why difficulty is experienced in expelling the air from the lungs, as the natural recoil of the cells has been removed by rupture, hence compression of the lungs is necessary to expel the air. This is accomplished by contraction of the diaphragm and the abdominal muscles, hence the secondary flank movement, the first having failed. In some cases there is a nasal discharge, but this is by no means a constant symptom. The degree of expiratory effort is always more marked when the stomach is full, and is greatly influenced by the condition of the atmosphere, being much more marked in dull weather than when the atmosphere is clear. Rapid or severe exercise increases the symptoms in all cases. The characteristic cough is readily recognized by those who have given the disease much consideration. In suspicious cases, where the symptoms are not well marked, the horseman often



Growing into Money and Usefulness.

causes the horse to cough by pressure exerted upon the larynx, in order to observe the nature of the cough. It is hard to understand why climate and atmospheric conditions have such an effect upon the conditions. In some cases where the symptoms are well marked, and the animal removed to a different climate, it is noticed that after a few months the symptoms practically disappear. In many cases there appears to be a predisposition to indigestion and flatulence, and veterinarians have noticed that an attack of acute indigestion in a heavy horse is much more serious, than one of like violence in an animal whose lungs are healthy.

Treatment.—Preventive treatment consists in careful feeding with food of good quality. Even with food of good quality an unlimited supply of bulky food tends to excite the disease, especially in horses that are predisposed on account of abnormal appetites or other causes. As regards curative treatment, it can readily be understood that if our theory be correct, a cure cannot be effected, as it is not possible to reform the walls of the air-cells. The symptoms can be lessened by careful feeding; all food should be of first-class quality. Bulky food should be given in small quantities, and if necessary the allowance of grain increased. Care should always be taken not to allow the patient to overload the stomach, and where possible even after a moderate meal to allow an hour or two to elapse before putting the animal to work or drive. The dampening of all food consumed, with lime water, gives good results. The administration of medicines has no real curative effect, but the symptoms may be palliated by all methods that improve the digestion, and by remedies that give them tone, as gentian, ginger and nux vomica in dram doses of each three times daily. Horse traders resort to various methods for relieving the respirations of broken-winded horses. They know that they breathe moderately well when the stomach is empty, and that certain drugs that have a sedative effect temporarily lessen the symptoms. Hence, when they expect an opportunity to dispose of an affected horse, they take

care to keep him short of both food and water, dose him and give a sharp trot to encourage him to unload the bowels before showing him to the prospective victim, who discovers when too late how cleverly he himself has been "sold".

WHIP.

Farm Wastes For Horse Feeding.

Cheap feeds, such as straw and corn stover, have a place in the horse ration. For growing colts and for horses doing hard work these roughages may be fed in limited quantities, supplementary to a more nutritious ration.

A caution is timely in regard to feeding bulky roughages low in nutrients. Horses have comparatively small stomachs and their digestive anatomy is in no way suited to handle a great bulk of feed. Little nourishment is derived from a pound of such roughage, and in maintaining a hard-working animal too great a bulk of feed would necessarily be taken into the body. It is therefore desirable to combine with a limited quantity of stover or straw sufficient legume hay, grain, or other nutritious feed to meet the individual requirements of the horse. A small portion of some laxative feed, such as silage, roots, bran, or alfalfa, may well be included in a ration containing a large proportion of corn or straw.

Cottonseed meal has met with considerable disfavor among horse feeders, but it may be fed in limited quantities if due care is exercised. It is a very heavy protein concentrate but is not particularly laxative in character, and is quite likely to produce trouble unless the quantity fed is limited. Its proper use is as a supplement to a carbonaceous ration, one-half pound daily being usually sufficient, although in some parts of the South several pounds daily have been fed with success. The more favorable results have come from feeding it in connection with grains and blackstrap molasses. Cottonseed meal is not palatable to horses. In most cases not more than two pounds daily per animal should ever be given, and before that limit is reached special note should be taken of its effect. Most horse feeders prefer the use of oil meal. The following rations are suggested for horses:

Maintenance Ration for 1,000-pound Idle Horse.

Ration 1:	
Corn stover.....	9 pounds
Alfalfa hay.....	3 pounds
Corn on cob.....	5 pounds

Ration 2:

Oat straw.....	8 pounds
Alfalfa.....	8 pounds
Cane molasses.....	3 pounds

Daily Ration for 1,250-pound Horse at Light Work.

Barley straw.....	5 pounds
Alfalfa hay.....	6 pounds
Rolled barley.....	8 pounds

Daily Ration for 1,500-pound Idle Horse.

Corn fodder(with ears).....	18 pounds
Alfalfa.....	5 pounds

—U. S. FARMERS' BULLETIN 873.

LIVE STOCK.

Straw For Bedding and Feeding Cattle.

In an experiment conducted at the Indiana Experiment Station to test the feeding value of oat straw, it was found that a ration of corn silage, corn and cottonseed meal was just as valuable for economy and extent of gains when used with oat straw as when fed with clover hay. As such a ration is extensively used its practical value can readily be seen. Straw and stover are especially valuable for the wintering of breeding herds of beef cattle, and should form a large part of their feed.

Rations suitable for different classes of beef cattle are as follows:

Rations for Wintering Breeding Cows: Ration 1.—Straw, 10 pounds; silage, 20 pounds; cottonseed or linseed meal, 1 pound. Ration 2.—Straw, 20 pounds; cottonseed or oil cake, 2 pounds. Ration 3.—Straw, 10 pounds; shock corn, 10 pounds; cottonseed meal or linseed meal, 1 pound. Ration 4.—Stover, 35 pounds; cottonseed or linseed oil meal, 1 pound.

Rations for feeding 1,000-pound fattening steers: Ration 1.—Straw, 5 pounds; silage, 18 pounds; corn, 12 pounds. Ration 2.—Straw, 8 pounds; legume hay, 6 pounds; cottonseed cake or linseed cake, 5 pounds. Ration 3.—Stover, 10 pounds; silage, 15 pounds; corn 12 pounds. Ration 4.—Straw, 5 pounds; stover, 15 pounds; cottonseed meal, 3 pounds.

In these rations various other feeds may be substituted. In the rations given for wintering breeding cows definite quantities of straw and stover are given. In actual feeding such figures should be somewhat disregarded, and the cattle given as much roughage as they will consume.

Yearlings may be fed three-fourths the ration for breeding cows, and may be expected to come through the winter in fair to good condition.

For fattening animals straw should always be within reach so that the animal may eat at will. They will usually eat from 3 to 5 pounds daily.

Don't waste feed, but, on the other hand, don't be too sparing with it.