

## "WHAT IS DYSPEPSIA?"

There is no form of disease more prevalent than dyspepsia, and none so peculiar to the high living and rapid eating of the present day mode of life.

Among the many symptoms are: Variable appetite, faint, gnawing feeling at the pit of the stomach, with unsatisfied craving for food; heartburn, feeling of weight and wind in the stomach, bad breath, bad taste in the mouth, low spirits, headache and constipation.

### BURDOCK BLOOD BITTERS

will cure the worst case of dyspepsia, by regulating the bowels, and toning up the digestive organs.

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Do you want to grow CATTLE that go to market early, that make the BEST use of their feed, and so leave the largest PROFIT to the owner? Then use Hereford Blood. Useful young stock offered for sale. Herd headed by Sampson 1st. Get my quotations.

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Herd headed by the imported Cruickshank Bull Allister, winner of championship at Prince Albert and Saskatoon. Herd also won twelve first and eleven second prizes, 1906. 3 Bulls that have won 1st and 2nd prizes Prince Albert and Saskatoon, for sale. Also Barred Plymouth Rocks.

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is a desire on the part of those living in towns and villages, as well as in less populated districts, for what are known as the "modern conveniences" of the city, is evidenced by the thousands of cess-pools in existence or being built, for the purpose of hiding away far beneath the surface of the earth the various organic and liquid wastes from private residences, public houses or institutions, as the case may be.

1st. That the power of mischief possessed by sewerage placed beyond the action of bacteria, is enormous.

2nd. That the diffusibility of typhoid poison in water is practically infinite.

3rd. That water containing the germs of disease may not be purified by filtration through a mile of solid earth (a filter so fine as to arrest particles of wheat flour).

The moral to be drawn from the foregoing is that the greatest care should be exercised in the disposal of waste matters, and that under no circumstances should they be buried deeply under the surface of the earth.

The question will be asked, "How is decaying matter to be disposed of at the surface of the earth without creating a nuisance?" In answer to this question it may be said, that as far as it applies to the human excreta two methods have been found to work successfully, viz.: the dry earth closet, the contents of which are dug into shallow trenches at regular intervals; and the septic tank system, the latter being preferable, for the reason that while it performs all the work of the dry earth closet, it will also take care of the liquid wastes from the house, and it requires little attention, while the former depends for its success upon unremitting care.

A brief explanation of the construction and operation of the septic tank system will be of value to those who are anxious to have their premises in the best possible sanitary condition, and who are willing to go to a comparatively small amount of trouble to produce the desired results.

A tank constructed of brick or stone, well bedded in cement to prevent leakage, is built at such a level as to allow the discharge pipe, which is of glazed tile four inches in diameter, to leave it at a depth of not more than twelve inches beneath the surface of the earth. Where the surrounding land is level, this tank may be located close to the building too; if covered with earth (and sodded over if desired) it will not cause any inconvenience. If more convenient it may be placed any distance from the house and the inlet pipe laid along a mound or ridge of earth and covered with earth to protect it from the frost; this pipe must under any circumstances have a slight continuous fall from the building, too, and must enter the tank at the top. If, however, there is a considerable slope to the land, the tank may be buried beneath the surface, it being borne in mind that the branches of the pipe which may be taken off at any distance from the tank, must not be more than twelve inches beneath the surface and must be perfectly level. From the discharge pipe about every two feet, are run branches of field tile, four inches in diameter, the total contents of which should be equal to the amount of water which will be discharged at each operation of the valve, and allowing thirteen tiles to every cubic foot to be discharged, the number required will be readily found. The end connecting the tank to the system of sub-surface tiles should be of iron, solidly cemented into the bottom of the tank to allow the caulking of the valve with lead.

The valve described in this article, which is manufactured by the Dominion Flushing Valve Company, of Toronto, is the only thing of its kind which can be set at any level, will open and close automatically, and, as it needs no adjusting, it can be put in by almost any person.

The septic tank system has the endorsement of all scientific men who have given the subject of sewage disposal close study. We have secured a detailed account of the workings of this system which can be seen at this office by any who wish to see it.

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