

Brandon Convention

As space prevented publishing the full report of the Brandon Convention in last week's Guide, the remainder of the report is published in this issue

Thru an oversight in the report of the Brandon convention in last week's Guide, the final disposition of the report on hydro-electric power was omitted. In discussing this question Roderick McKenzie thought that as Judge Robson's report would be presented shortly, the convention would not be wise to commit itself to any policy until they knew what the report contained. Everyone agreed that no more water power should be disposed of, but he moved that the latter part of the report referring to Provincial Legislation be struck out and replaced by a clause instructing the committee to continue its investigation and report to the executive whenever necessary.

Peter Wright moved as an amendment

to the amendment that the report as presented by Mr. Berry be adopted, with the addition of the clause suggested by Mr. McKenzie. On a vote being taken, Mr. McKenzie's amendment was carried, almost unanimously.

Hail Insurance Bill

Frank Simpson, on behalf of the committee appointed to draft a Hail Insurance Bill, presented a draft bill following very closely upon the lines of that in force in Saskatchewan. The main features are that municipalities which desire to do so may join an intermunicipal scheme, controlled by a board, consisting of the reeves of the participating municipalities. A tax of four cents per acre is proposed, with compensation to the extent of \$5

per acre for total loss, with proportional allowance for partial destruction of the grain crop. The bill, as presented by the committee, provided that the municipal council might exempt timber lands or any land to the extent of a quarter section or less on the application of the ratepayer resident thereon. This clause raised considerable discussion and finally it was agreed to amend the clause so as to exempt any land not arable and belonging to a resident ratepayer to the extent of a quarter section. After the bill had been approved, the committee, with the executive, was instructed to watch its progress thru the legislature and endeavor to have it enacted.

Labor and Co-operation

Wednesday evening was devoted to addresses by Alderman R. A. Rigg, Organizing Secretary of the Winnipeg Trades and Labor Council, and George Fisher, Winnipeg representative of the Scottish Co-operative Wholesale Society. Alderman Rigg declared that organized

labor realized that the parasite which had attached itself to the farmers was of the same species as that which fed upon the industrial workers in the cities. He believed that the time would soon come when the farmers and the labor men would unite for the common good, and when they did they would be invincible. The idle rich who lived upon the labor of the farmer and the workingman were not responsible for existing conditions, however. The people themselves were responsible, for the people had made laws which made it legal for the rich to rob the poor, and for himself he did not blame them for taking advantage of their opportunity.

George Fisher, speaking on the subject of co-operation, gave a very interesting account of the beginning and rise of the co-operative movement in Great Britain, and at the close of his address, in answer to questions, told how the Winnipeg Co-operative Society had been organized under the Co-operative Societies' Act of Manitoba and of the wonderful success of the store that had been established in the city.

T. H. Drayson, of Neepawa, and C. H. Burnell, of Oakville, also told of the successful co-operative stores which had been established during the past year in their localities by the members of the Association, and a great deal of very interesting information was given to the convention.

The evening session closed with an address by A. G. Hawkes, of Broadview, Sask., who brought greetings from the Saskatchewan Grain Growers' Association.

On Thursday morning, F. W. Green, Secretary of the Saskatchewan Grain Growers' Association, and E. J. Fream, Hon. Secretary of the United Farmers of Alberta, were also welcomed to the convention and addressed the delegates.

A Spontaneous Demonstration

The election of officers was the next business of the convention, and Mr. Henders asked for nominations for the position of President. He had served the Association in that capacity for three years and a half, and while it had been a very great pleasure, he felt that he must now step aside and make room for a successor.

J. Musgrove at once moved that Mr. Henders be re-elected president. Josiah Bennett seconded. The nomination was received with loud applause and the delegates' shout the hall jumped to their feet with cheers for Mr. Henders. It was then moved that nominations close and the secretary having put the motion to the meeting, Mr. Henders was unanimously re-elected.

Mr. Henders, who had determined not to stand for re-election, was overwhelmed by the spontaneous outburst on the part of the delegates, and accepted the re-election without further protest. He regretted, he said, that the convention had not allowed him to take a rest and appointed someone else in his place, but if the convention desired him to continue to fill the office, he must bend to their will.

On the motion of R. J. Avison, seconded by Peter Wright, J. S. Wood was unanimously elected Vice-President of the Association. Mr. Wood was given a most enthusiastic reception, and thanked the convention, not only for their continued confidence in himself, but more especially for having re-elected Mr. Henders to the Presidency.

A resolution regretting the absence of the Hon. President, J. W. Scallion, owing to the illness of his brother, was passed at the opening of the Thursday afternoon session.

Directors Re-elected

The election of the directors necessitated a ballot in only two of the six districts, and the final result was the election of the retiring board. In district No. 3, there were five candidates: W. H. English, of Harding; D. D. McArthur, of Lauder; D. S. McLeod, of Goodlands; J. G. Moffatt, of Souris, and Robert Chapman, of Beresford, being placed in nomination; while in district No. 4, Frank Simpson, of Shoal Lake, and C. Burdett, of Foxwarren, were placed on the ballot. Mr. English and Mr. Simpson, directors for the past year, were both re-elected. The other directors, re-elected by acclamation, being district No. 1, Peter Wright, Myrtle; district No. 2, R. M. Wilson, Marringhurst; district No. 5, P. D. McArthur, Longburn, and district No. 6, R. J. Avison, Gilbert Plains.

Public Abattoir

The remainder of the resolutions passed at the convention were as follows:

Whereas the establishing of adequate

What and Why is the Internal Bath?

By C. Gilbert Percival, M.D.

Though many articles have been written and much has been said recently about the Internal Bath, the fact remains that a great amount of ignorance and misunderstanding of this new system of Physical Hygiene still exists.

And, inasmuch as it seems that Internal Bathing is even more essential to perfect health than External Bathing, I believe that everyone should know its origin, its purpose and its action beyond the possibility of a misunderstanding.

Its great popularity started at about the same time as did what are probably the most encouraging signs of recent times—I refer to the appeal for Optimism, Cheerfulness, Efficiency and those attributes which go with them, and which, if steadily practiced, will make our race not only the despair of nations competitive to us in business, but establish us as a shining example to the rest of the world in our mode of living.

These new daily "Gospels," as it were, had as their inspiration the ever-present, unconquerable Canadian Ambition, for it had been proven to the satisfaction of all real students of business that the most successful man is he who is sure of himself, who is optimistic, cheerful and impresses the world with the fact that he is supremely confident always—for the world of business has every confidence in the man who has confidence in himself.

If our outlook is optimistic, and our confidence strong, it naturally follows that we inject enthusiasm, "ginger," and clear judgment into our work, and have a tremendous advantage over those who are at times more or less depressed, blue, and nervously fearful that their judgment may be wrong—who lack the confidence that comes with the right condition of mind, and which counts so much for success.

Now the practice of Optimism and Confidence has made great strides in improving and advancing the general efficiency of the Canadian, and if the mental attitude necessary to its accomplishment were easy to secure, complete success would be ours.

Unfortunately, however, our physical bodies have an influence on our mental attitude, and in this particular instance, because of a physical condition which is universal, these much-to-be-desired aids to success are impossible to consistently enjoy.

In other words, our trouble, to a great degree, is physical first and mental afterwards—this physical trouble is simple and very easily corrected. Yet it seriously affects our strength and energy, and if it is allowed to exist too long, becomes chronic and then dangerous.

Nature is constantly demanding one thing of us, which, under our present mode of living and eating, it is impossible for us to give—that is, a constant care of our diet, and enough consistent physical work or exercise to eliminate all waste from the system.

If our work is confining, as it is in almost every instance, our systems cannot throw off the waste except according to our activity, and a clogging process immediately sets in.

This waste accumulates in the colon (lower intestine), and is more serious in its effect than you would think, because it is intensely poisonous, and the blood circulating thru the colon absorbs these poisons, circulating them thru the system and lowering our vitality generally.

That's the reason that biliousness and its kindred complaints make us ill "all over." It is also the reason that this waste, if permitted to remain a little too long, gives the destructive germs, which are always present in the blood, a chance to gain the upper hand, and we are not alone inefficient, but really ill—seriously, sometimes, if there is a local weakness.

This accumulated waste has long been recognized as a menace, and Physicians, Physicists, Dietitians, Osteopaths and others have been constantly laboring to perfect a method of removing it, and with partial and temporary success.

It remained, however, for a new, rational and perfectly natural process to finally and satisfactorily solve the problem of how to thoroughly eliminate this waste from the colon without strain or unnatural forcing—to keep it sweet and clean and healthy, and keep us correspondingly bright and strong—clearing the blood of the poisons which made it and us sluggish and dull spirited, and making our entire organism work and act as Nature intended it should.

That process is Internal Bathing with warm water—and it now, by the way, has the endorsement of the most enlightened Physicians, Physical Cultivists, Osteopaths, etc., who have tried it and seen its results.

Heretofore, it has been our habit, when we have found by disagreeable and sometimes alarming symptoms, that this waste was getting much the better of us, to repair to the drug shop and obtain relief through drugging.

This is partly effectual, but there are several vital reasons why it should not be our practice as compared with Internal Bathing.

Drugs force Nature instead of assisting her—Internal Bathing assists Nature and

is just as simple and natural as washing one's hands.

Drugs, being taken thru the stomach, sap the vitality of other functions before they reach the colon, which is not called for—Internal Bathing washes out the colon and reaches nothing else.

To keep the colon constantly clean—drugs must be persisted in, and to be effective the doses must be increased. Internal Bathing is a consistent treatment, and need never be altered in any way to be continuously effective.

No less an authority than Professor Clark, M.D., of the New York College of Physicians and Surgeons, says: "All of our curative agents are poisons, and as a consequence every dose diminishes the patient's vitality."

It is rather remarkable to find, at what would seem so comparatively late a day, so great an improvement on the old methods of Internal Bathing as this new process, for, in a crude way, it has, of course, been practised for years.

It is probably no more surprising, however, than the tendency on the part of the Medical Profession to depart further and further from the custom of using drugs, and accomplish the same and better results by more natural means; causing less strain on the system, and leaving no evil after-effects.

Doubtless you, as well as other Canadian men and women, are interested in knowing all that may be learned about keeping up to "concert pitch," and always feeling bright and confident.

This improved system of Internal Bathing is naturally a rather difficult subject to cover in detail in the public press, but there is a Physician who has made this his life's study and work, who has written an interesting book on the subject called "The What, The Why, The Way of the Internal Bath." This he will send on request to anyone addressing Charles A. Tyrrell, M.D., Room 389, 280 College Street, Toronto, and mentioning that they have read this in the Grain Growers' Guide.

It is surprising how little is known by the average person on this subject, which has so great an influence on the general health and spirits.

My personal experience and my observations make me very enthusiastic on Internal Bathing, for I have seen its results in sickness as in health and I firmly believe that everybody owes it to himself, if only for the information available, to read this little book by an authority on the subject.—Advertisement.