

Ayrshires at Ottawa

OVERS of good dairy cattle had a real feast among the Ayrshires at Ottawa Exhibition last week. The old exhibitor remarked that it was the best showing in twenty years, and a very close rival in numbers to the Holsteins. The 183 entries included animals from eleven big herds. Large numbers of entries and keen competition in nearly every class distinguished the prize money quite generously, though the herds of R. R. Ness, Senator Owens, D. T. Ness and H. Black were outstanding. There were few herds, however, but that in some of the classes secured a large share. This fact is specially encouraging and should be an inducement for many more of the smaller breeders to appear with their best animals. The showing at Ottawa this year was indeed a great honor to the breeders of good utility Ayrshires. As at Toronto, Hobland Masterpiece again won the senior bull and Grand Championship prize for R. R. Ness. This was a good class, every animal being worthy of recognition. The winner was the smoothest bull in the show. He could be slightly larger in advantage, but he is thick, deep and with all kinds of substance and

Best in Many Years

made the placing difficult. Burnside Pearl 4th, a cow for both show and work, took first place for D. T. Ness. She was heavily veined, with deep chest and large digestive capacity, and with very straight top and bottom lines. Sunnyside Bell of J. W. Logan was also a good one in second place, though with scarcely the finish. A very fine quality heifer won the two-year-old class for R. R. Ness, Ryanco Geneva, a very deep, breezy heifer, belonging to J. P. Cavers, of Ormstown, scored second. She was very strong in the heart and carried a full square udder. The yearling heifers presented the finest class of the day. There were 23 of them out and honors were keenly contested. Burnside Baroness 2nd carried the points for R. R. Ness. She was a lean cut heifer with a feminine head and well placed teats. She secured first and junior championship at Toronto. Of the dry cows, three years and over, with thirteen competitors, was the outstanding mature class at the Fair. The cow that won first in this class last year, only made fifth place this season. This gives an idea of the quality. Auchrain Hattie that

What is an Internal Bath?

By R. W. BEAL

MUCH has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but strange as it may seem, the most important, as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not one of them would be correct. To avoid any misconception as to what constitutes an internal bath, let it be said that a well watered cow is a fine example of an internal bath that a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post mortem the sights they would see and the things they would learn would prove of such lasting benefit and impress them so profoundly that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be. There is, then, only one other way to get this information into their hands, and that is by acquainting them with such knowledge as will of this long-sought-for, health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how little carelessness, indifference or neglect can be the fundamental cause of the most virulent disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable but preventable through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of to-day is only fifty per cent. efficient." Reduced to simple English this means that most men are trying to do a man's portion of work on half a man's power. This applies equally to women.

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on a hundred per cent. overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy and strong? The number is appallingly small.

It is not a complex matter to keep in condition, but it takes a little time and in these strenuous days people have time to do everything else neces-

sary for the attainment of happiness but the most common thing of all, that of giving their bodies their proper care.

Would you believe that five to ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely? Granting that such a simple procedure as this will do what is claimed for it, it is not worth while to learn more about that which will accomplish this end? Internal Bathing will do this, and it will do it for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your mind keen, your blood pressure normal, your nervous system able to enjoy the vigor of youth in your declining years, practise internal bathing and begin to-day.

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind. You will probably want to know **WHAT** is an Internal Bath, and **WHY** people should take them, and **THE WAY** to take them. These and countless other questions are all answered in a booklet entitled **"THE WHAT, THE WHY AND THE WAY OF INTERNAL BATHING"** written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade," whose lifelong study and research along this line make him the pre-eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrrell's own life, but the lives of a multitude of hopeless individuals have been equally spared and prolonged. No book has ever been written containing such a vast amount of practical information to the business man, the worker, and the housewife, all that is necessary to secure this book is to write to Dr. Tyrrell at Room 305, 280 College St., Toronto, Ont., and mention having read this article in Farm and Dairy, and same will be immediately mailed to you free of all cost or obligation.

Perhaps you realize now, more than ever, the truth of these statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing, it will have served its purpose. What you need to do now is to avail yourself of the opportunity for learning more about the subject, and your writing for this book will give you that information. Do not put off doing this, but send for the book now while the matter is fresh in your mind.

"Procrastination is the thief of time." A thief is one who steals something. Does not this allow procrastination to cheat you out of your opportunity to get this valuable information, which is free for the asking. If you would be natural be healthy. It is unnatural to be sick. Why be unnatural when it is such a simple thing to be well?

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