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September 23, 1915

### FARM AND DAIRY

## Ayrshires at Ottawa Best in Many Years

OVERS of good dairy cattle had a real feast among the Ayrshires at Ottawa Exhibition last week. e old exhibitior remarked that it as the best showing in twenty 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, nd a very close rival in numbers to Holsteins. The 183 entries inand with very straight top and bottom lines. Sunnyside Bell of J. W. Logan de holsteins. The 183 entries in-daded animals from eleven big herds. Large numbers of entries and keen mes. 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. Ryanmpetition in nearly every class disbuted the prize money quite gener-sky, though the herds of R. R. rss, Senator Owens, D. T. Ness and ogue Geneva, a very deep, breedy heifer, belonging to J. P. Cavers, of H. Black were outstanding. There are few herds, however, but that in ormstown, scored second. She was very strong in the heart and carried a full square udder. The yearling me of the classes secured a red abon. This fact is specially en-graging and should be an induce-set for many more of the smaller reders to appear with their best next a full square udder. The yearling heifers presented the finest class of the day. There were 23 of them out honors were keenly contested. Burnside Baroness 2nd carried the points for R. R. Ness. She was a The showing at Ottawa this agon. The showing at Ottawa this are was indeed a great honor to the reselers of good utility Ayrshires. As at Toronto, Hobsland Master-ier again won the senior bull and championship prize for R. R. fes. This was a good class, every clean cut heifer with a feminine head and well placed teats. She secured first and junior championship at Toronto.

The dry cows, three years and over, Lhe dry cows, three years and over, with thirdeen competing, was the out-standing 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. Auchenbrain Hattie that

Ayrshires Hold First Place in the Rich County of Chateauguay, Quebec. Winner along any end here represented is that of Hector Gordon, who is a consolutions winner at the last Ormstown show. His cows are big, deep, did animals, with good udder and tests, the ideal for which Canadian Arphire breeders are striving. —Photo by an editor of Farm and Dairy

ality. White Hill King of Hearts, very breedy bull owned by D. M. att, came second. He was a larger e, deep and stylish but scarcely strong in the lines. The two-yeard bulls brought out seven-not an specially strong class except for the rst two of three. Netherland Lochar was easily the winner for Sena-Owens. The youngest bull classes re very strong with fifteen and ven entries, respectively. The sen-calves carried many young promis-herd headers, and it was no disice to be even in fifth place. Robert bsland Landlord, a growthy Nov-ber calf (imported), that promises make a good one in every way.

mal being worthy of recognition

the winner was the smoothest bull in the show. He could be slightly larger

advantage, but he is thick, deep ad with all kinds of substance and

#### The Females.

Auchenbrain Hattie (illustrated in m and Dairy last week) was again admiration of breeders, and easily n for R. R. Ness, first in the dry w class, and later carried off the and Championship for females. She proaches the ideal in dairy cow formation, being somewhat a dup-ate of Auchenbrain Fannie in or and make-up. She is a half-er of the latter and should have now record ahead of her. The only her this year was that of and Champion.

An even dozen of very good ones de up the aged class of milkers. e of the finest udders and veining r seen at a show ring was carried Owens' winning cow, Duchess of tebello. On the left side s ran forward right up to the leg. She carried a full well-uced udder, snugly attached both re and behind. In the Canadian d three-year-olds, the thirteen comtors made up a string of good y forms and good udders that

won for R. R. Ness has few equals in the ring or for utility either-strong, smooth, refined and very deep - in smooth, refined and very deep — in every way the desired dairy type. Lady Mary of Kelso that scored first in the

Mary of Aciso that scored first in the Canadian bred class last year, drew second place for Senator Owens. It took a good one to beat her. The finest sight of the day in the herd prizes. There were eight en-trie mathematical score eight entries, making one of the finest showtries, making one of the inter seen in canada. This honor went to R. R. Ness with a string headed by Hobs-land Masterpiece Senator Owens se-Ness with a string headed by Hob-land Masterpiece Senator Owens se-cured second. In his usual quiet and decisive way, W. W. Ballentyne, of Stratford, again demonstrated his ability to judge to the satisfaction of the Ayrshire breeders.

#### AYRSHIRE AWARDS IN DETAIL

AYRSHIRE AWARDS IN DITAIL Bail, mature 1, Hobiand Mastergiese, R. R. Nems, 2, White Hill King of Hearts, D. M. Watt, 86L Scuis Bistion, Cue: 3, Auchenbraim Sea, Yoam, 6, R. Monistom-ni, Boy, J. C. Gavers, Ornotown, Gue, Bail, 2 yrs.: 1, Netherington Lochinvar, Senastor Owens, Monisbello, Gue; 3, Spring-ballo, Ont.; 4, With Marker Marker, 1, 1997 Bast, Leither, C. S. Barrheye, Bell, 1 yr. old 1, Hobiand Piecemeal, P. Blash, Leither, Gue, 7, Barrheye, Ph. Bast, Leither, Gue; 5, Barrheye, Ph. Mast, Leither, Gue; 5, Barrheye, Ph. Bast, Leither, Gue; 5, Barrheye, Ph. Mast, Leither, Gue; 5, Barrheye, Ph. Mast, Leither, Gue; 5, Barrheye, Ph. Bast, Bartheye, Bast, Bast,

19th. Overnis, 4. Takesida, Spice' Here, Montgeomery, Bull calf, over 6 nos, and under 1 yr. 1, obute. Ques. 2. Burrade Invincibly Master-pices, J. V. Logan, Boviek Ration, Que. 5, Prince Arthur End of Kaiso, D. A. Mac-Pariane, Reise, Que. Bull calf, under 6 mos.; J. Burnade-rians, Reise, Que. Bull calf, under 6 mos.; J. Burnade-riae Masterpice, Robert Doir; A. Rive-ale Champion 20th, Overns, 6 Mach of Kaiso, MacSatano, Novems, 6 Mach of Kaiso, MacSatano, Novems, 6 Mach of Kaiso, MacSatano, Sense Multi: Hubband Masterpises, R. R. Ness. (Concluded on porga 19)

(Concluded on page 19)

# What is an Internal Bath? By R. W. BEAL

M UCH 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 re-source of the human mind has been 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 peoplo scent to the internal take the remendous 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 hot water enema is no more an internal bath than 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 ar-gument in favor of internal bathing gument in rayo of investor 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 acquaint-ing them with such knowledge as will enable them to appreciate the value of this long-sought-for, health-producing necessity.

Few people realize what a very litthe thing is necessary sometimes to im-prove their physical condition. Also, they have almost no conception of how little carelessness, indifference or ne-glect can be the fundamental cause of the most virulent disease. For in. stance, that universal disorder from which almost all humanity is suffer-ing, known as "constipation," "autoing, known as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable but preventable through the consistent practise of internal bath-

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 unneces-sary and avoidable sickness in the world.

How many people can you name, in-cluding yourself, who are physicially 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 essential thing of all, that of giving their bodies their proper care.

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

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 nerves relaxed, and be able to enjoy the vigor of youth in your de-clining years, practise internal bath-ing 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 an Internal Bath is, to know what an internal Sath is, WHY people should take them, and the WAY to take them. These and countless other questions are all an-swered in a booklet entitled "THE WHAT, THE WHY and THE WAY OF INTERNAL BATHING," written by Doctor Chas. A. Tyrrell, the inven-tor 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 in-ternal bathing saved and prolonged Dr. Tyrrell's own life, but the lives of a multitude of hopeless individuals have been equally spared and prolong-ed. No book has ever been written ed. containing such a vast amount of 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 395, 280 College St., Toronto, Ont., and mention having read this article in Farm and Dairy and areas article in Farm and Dairy, and same will be immediately mailed to you free of all most 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 pur-pose. What you will want to do now pose, 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 "Procrastination is the thief of time". A thief is one who steals something. Don't allow procrastina-tion to check you out by your oppor-tunity to get this valuable informa-tion, which is free for the asking. If you would be natural be healthy. It is unnatural, when it is such a simple thing to be well?

