

Good Health.

OVERWORK AND WANT OF SLEEP.

Overwork causes a great deal of ill health in farming communities. Very many farmers, in their efforts to avoid idleness, which they consider a sin and a shame, go to the other extreme, and lose both health and happiness thereby. While industry tends to health, overwork breaks down the constitution and shortens life. It injures both the body and the mind, and if long continued, results either in death or in premature old age. For this sin, and sin it is to overwork, there is not nearly the excuse on the part of farmers which there was twenty years ago.

Now one has machines to take, in a great degree, the place of hand labor, and the farmer who will use them need not break down his health by working too hard.

But it is not the farmer who is most liable to overwork. The farmer's wife is generally the greater sufferer. Every day in the year, Sundays not excepted, she has much to do. Often there is as much required of her as two women ought to perform. As the result of her overwork health is lost, and she either dies long before her time, or lives only to suffer the penalty of the law she has transgressed. For this course there is no justification. No woman ought to work herself to death, and no man is justified in requiring or allowing his wife to do so. He ought to furnish household machines; and if her health is poor, either help her himself, or hire a girl to help her.

This killing himself and his wife, which so many farmers do, for the sake of laying up a few dollars which they never expect to use, and which they cannot carry with them when they die, is a miserable speculation as far as profit and loss are concerned, and a sinful, shameful thing for any man to do.

Want of sleep is one of the chief causes of much of the physical and mental trouble of farmers and their families. During the busy season, when the farmer rises at four in the morning, and works till six or seven in the evening, then eats his supper, does his chores, and sits up an hour or two later to read his paper, or chat with his neighbor, he does not obtain sleep enough to keep either body or mind in perfect health and vigor. The evil consequences of his course may not be apparent for many years, but sooner or later they will come. The waste of the brain is not fully made up. Little by little it decays, and insanity or incurable disease is the final result of using the hours which should be devoted to sleep for other purposes.

Farmers' wives, who are often kept awake at night by the exhaustion caused by overwork, or by the crying and fretting of children, are the greatest sufferers, and year by year a vast number of this class go to the insane asylum or the grave. It is slow but certain suicide to curtail the hours of sleep, and no man, woman or child need expect to long continue in health without taking the fullest amount of quiet rest.—Working Farmer.

From the many movements that are made by the larynx in speaking, we infer that it is a matter of great importance that the neck in health should always be loosely dressed. Tight cravats are sure to obstruct the proper functions of this organ, and bring on irritation which may end in bronchitis or consumption.

This is an excellent practical suggestion, and we would add that the muffling of the neck, which for some time was so universal in cold weather, was a very injurious habit. The sudden transition from the unnatural warmth caused by fold upon fold of heavy woollen mufflers, to the exposure to the cold air when the muffling was thrown off, has doubtless been the cause of many severe and dangerous colds.—We are pleased to see a prudent habit prevail, and less of this muffling than was common a few years since. We need more to harden and strengthen our frames, that we may the better endure the summer's heat and the winter's cold.—As'st Ed.

Veterinary.

WORMS IN HORSES.

Intestinal worms are parasites which develop themselves in all domestic animals, each, however, possessing its own varieties. The presence of worms in the digestive tube is marked at first by an increased appetite, but the animal, notwithstanding the quantity of food which he consumes, falls off in condition; his skin is dry and hidebound; his coat is rough, and is not shed at the ordinary time; there is an annoying itching, which causes the horse to rub his upper lip against the manger or on the wall; sometimes there is a considerable itching about the rectum, which is indicated by the horse rubbing his tail or rump against anything within reach.

The symptoms mentioned are such as would lead one to suspect the existence of worms, but

it is only when these appear among the dung voided by the horse, that we can speak with certainty upon the nature of the disease. At a later period, and especially when the worms have developed in great numbers, the symptoms are very much aggravated, and the horse becomes emaciated and suffers occasionally from colicky pains; the flank is tucked up; the inside of the eyelid is pale; he walks with difficulty, and a fatal termination will sometimes ensue.

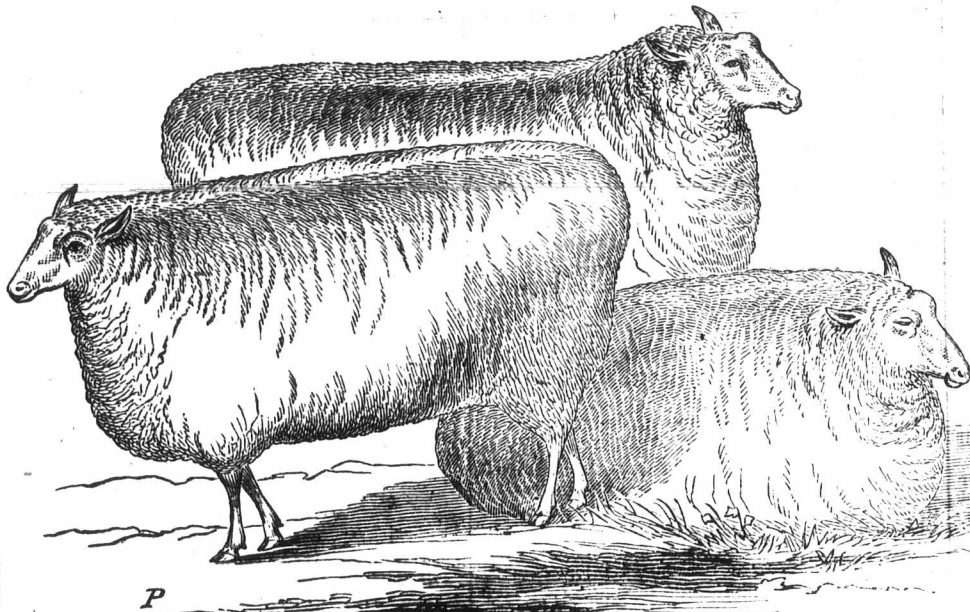
A dose of aloes (four to six drachms, made into a pill with linseed meal and molasses, and three drachms of ginger) may be given, which has often the effect of expelling worms without having recourse to further treatment. If this fails, divide six ounces of iron filings among twelve balls, and give one every morning until they are finished, and then give a dose of aloes, which will cause the expulsion of any worms which may remain in the horse's intestine.—Place rock salt within reach of the horse; this is a stimulus to digestion, and a preventative against worms.

POISONED BY A DISEASED HORSE.

The Turf, Field and Farm is our authority for the following:—

A Mr. Becker, who lives near Rondout, Ulster Co., in this State, owned a couple of horses that had the distemper. In cleaning out the mangers a few days since, the virus deposited therein came in contact with a flesh wound in his hand. In a short time his hand and arm became so terribly inflamed and swollen that the arm had to be amputated; but the poison had permeated his entire system, and he died soon after, a miserable, pitiable, horrible death.

It is not a generally accepted belief that the mucous discharge from the nostrils of a horse having the distemper is of a poisonous character. But persons owning such horses cannot exercise too much prudence in handling and tending them. It is well known that chronic cases of distemper frequently result in glanders, the mucous from which is a deadly poison.



GROUP OF LINCOLN EWES.

THE PROSPERITY OF ILLINOIS.

Following the snow storm of Thursday night last, I think we have had some of the coldest weather I remember. They talk of the mercury going down to 32° below zero.—Two years ago, at this time in the month, we had a similar week; one year since it came a week earlier—the cold seeming to increase with the increasing drouth of each season. The amount of suffering caused by this weather on the western plains and prairies, to human beings and domestic animals, no one who has not had personal experience can have any conception of.

Never has the old world greeting of the season, "I wish you a merry Christmas," had such a sarcastic and bitter significance as it has to thousands to-day. On half the prairie homes of the West I suppose there is privation; and on half of that half I believe there is an actual want of the bare necessities of life. I have never seen so much gloom, so much dullness, so much doubt and so much anxiety, among farmers and business men, as at the present time. The great winter festival of the year is passing by with scarce a tenth the recognition of former times. A great many of us are beginning to see and understand that we, for the last five or six

ANNUAL REPORT OF THE DIRECTORS OF THE WESTERN FAIR ASSOCIATION, FOR 1872.

In placing before the patrons and friends of the Western Fair, and the community at large, a statement of the proceedings of the Board of Directors, for the year 1872, and the results thereof, your Directors feel that their success justifies them in the course which they have taken.

In several classes the exhibition of 1872 was in advance of any previous one held in this Province; and altogether it has proved, as anticipated, highly successful, and is so far a proof that this Western section of Ontario requires, and is prepared to sustain, an institution of this kind.

Your Directors, flattered by their previous success, enlarged the prize list for 1872, to the amount of \$10,000—just four times the amount offered in 1868; and they are gratified to say, as the Treasurer's report will show, that they were justified in so doing. The following statement will show the growth of the institution since its formation in 1868, viz.:—1868.—Prizes offered, \$2,500. Number of entries, 2,037. 1870.—Prizes offered, \$6,000. Number of entries, 4,169. 1871.—Prizes offered, \$8,000. Number of entries, 6,130. 1872.—Prizes offered, \$10,000. Number of entries, 7,079.

A new feature was introduced in the Prize List for the past year, viz., the withdrawal of prizes for the heavy classes of agricultural implements, such as Mowers, Reapers, Threshers and Drills. This course seems to have given almost universal satisfaction to the manufacturers, who showed their approval to this measure by making a much larger display than on any former occasion.

The visit to the Fair of His Excellency the Governor-General and Lady Dufferin was a gratifying event, inasmuch as it afforded an opportunity of presenting to their notice some

indication of the wealth, intelligence and industry of the Western section of the Dominion.

To the Managing Directors of the respective railway running into London your Directors feel much indebted for the facilities afforded by them in the conveyance of stock, goods and passengers, at reduced rates.

Your Directors also desire to express their thanks to the ladies and gentlemen who, with inconvenience to themselves, undertook and discharged an arduous duty as judges, and of whose awards very few complaints have been made.

Owing to the holding of the Provincial Exhibition in this city next fall, there will be no Western Fair for 1873. In the meantime the Associate Societies will be preparing to make a hearty effort in 1874.

THE CANADIAN DAIRYMEN'S ASSOCIATION.

The Sixth Annual Convention of the Canadian Dairymen's Association will be held in the Town of Ingersoll, Ont., on Wednesday and Thursday, Feb. 5th and 6th, 1873. X. A. Willard, A. M., will deliver the Annual Address. Prof. Caldwell, of Cornell University, Ithica, N. Y., will address the Convention on "Tainted Milk," and Hon. Geo. Brown, on "Soiling." Prof. Bell, of Albert College, Belleville, and Rev. W. F. Clarke, will also address the Convention on subjects of their own selection. Hon. A. McKellar, Commissioner of Agriculture, and Prof. B. K. and if their duties will permit, will also be present.

These meetings have always been the best and most useful agricultural meetings we have attended. We advise all our readers that can conveniently attend not to miss the opportunity. If you cannot go yourself send some of the younger branches of your family. It is one of the best schools for young, or even old, farmers in Canada.

Group of Lincoln Ewes,

Imported by, and the property of Richard Gibson, London, Canada.

We have pleasure in introducing to our readers these illustrations of that very valuable stock—the Lincoln sheep. This class of sheep are, in many instances, preferred to the Leicester or Cotswold. Mr. Gibson has spared neither pains nor expense in introducing this class of animals into our country. His flock stands unrivalled in Canada. The Lincolns are unsurpassed by any other class of sheep in the length of wool and weight of carcass. The group consists of two two-year old sheep, the one in back ground and the one lying down bred by Mr. Clarke; got by a ram purchased from Mr. Kirkham for 130 Guineas. Winners of First Prize, 1872, at the Lincolnshire Show; First at Provincial of Canada, at Hamilton; First at New York State Fair at Elmira; and First at the Western of Canada, at London.

The one in the fore-ground, standing up,—a shearling—was bred by Mr. Byron, and won First Prize at Doncaster, England; First at Lincolnshire in competition with all breeds of long wools; 2nd at R.A.S.C., held at Cardiff; Second at Provincial of Canada, at Hamilton, being beaten by the two-year old ewes above mentioned; First at Elmira N.Y. State Fair; and First at the Western of Canada.

She was sired by the same ram that got the wethers which won First prize in their classes at the Birmingham and Smithfield fat stock shows in 1871; also £20 cup as best of the long-wools exhibited, and champion piece of plate (value £50), for best sheep of any breed exhibited. Also in Dec., 1872, of the wethers that won at Birmingham and Smithfield these took First Prizes in their class, and £20 silver cup, as best of long wool sheep of any variety.

"Why should we celebrate Washington's birthday more than mine?" asked a teacher. "Because he never told a lie!" shouted a boy.

While at the at Hamilton Fair, the great many opinions members present and accounts that the loss of those keeping in those most some cases Thomas said in a bad state He could give an epidemic bees are kept The loss was the whole. under my nose to be in a very were dead were on from the gro that fail-d success in th

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