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Pure**

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Vincent's Health Hints

Why Don't We Breathe?

Why, we do breathe, of course! We
would die if we didn't. That is easy to
say, but it is only partially true. We
keep us alive from day to day a little
while; but that isn't what I mean.
Why don't we fill our lungs clear
down to the very bottom every time
we breathe and keep that up all the
time? If we did that it got to be a
habit, it would not be long before there
would be a new race of people
on this earth.

My wife has always thought she had
a tendency to bronchial trouble, and
she did from a child wheeze and puff
whenever she did a little extra work
of any kind. Even walking about the
farm would put her out of breath.
Somehow we got the notion that this
trouble might be helped by breathing
deeply all the time. It made her
cough at first to do it, but she kept at
it faithfully, not all the time when
she began, for that tired her so much;
but at noon times, filling the lungs
full and breathing it out slowly.

A TRANSFORMATION

That was four or five years ago, and
to-day that difficulty has practically
disappeared. She can stand it to
walk like a trooper and rarely wheezes
now. The trouble might have led
if it had been left to do its worst
we cannot tell, but I do know that
another farmer's wife who had the
same thing not far from us to-day has
a new and sound habit. She might be
cured if she would adopt the plan of
deep breathing.

I know it seems as if we might get
plenty of fresh air, living out in the
country all the time, so that we would
not need to breathe deep. But it is not
so the matter; but we are so careless
about it. We sit all humped over our
work. We shut the windows all down
tight at night and then wonder why
we take cold so easily and why it al-
ways "goes to our lungs!"

JUST HOW TO DO IT

But how shall we learn to breathe
right? Just stand up straight, slowly
throw back the shoulders, pushing the
lower part of the bowels at the same
time, and take in every bit of air you
can. Then let it gradually out to the
very last mite, drawing the shoulders
in as you do it. Do this as many
times as you can, then wait awhile.
Over and over again every day fol-
low this plan. You will find that your
lungs will expand and little by little
you will feel better all over, for our
very life depends on the air we
breathe. We will rest better, sleep
better and life will take on a new
look. We will sing about our work
and won't be half as cross and touchy.
Isn't it worth while?

*Mr. Vincent, writing under this heading
in Successful Farming, a United States
farm monthly publication, has touched
upon some vital problems of everyday
life in an interesting, helpful way,
and we pass some of it on for our people who
read and get help from Farm and Dairy—
Editor.

A Plant Lover's Success

Did it ever occur to you that the
invariable success your neighbor has
with her plants might be owing, not
to greater expenditure of money or
time, but to a greater fondness of
her plants? She has her housework
to do, and perhaps chickens and
ducks and berry vines to look after;
but as she hurries from kitchen to
cellar, and from cellar to barn, she
finds time to pinch this one back, and
to straighten that, and to pick the

dead leaves from another. Her pa-
tience is inexhaustible and her plant
is too sickly or small for her mis-
tractions. They are coaxed and ap-
plauded, and given sun and air and water, un-
til through "very" desperation, they
accept the inevitable and flourish on
into strong, blossoming thriftiness. It
almost seems as though they ten-
dowed her as she approaches them,
and that even the most refractory
geranium or helianthus needs a
few of her admonitory "pats" and
straightenings to be reduced to flow-
ering obedience. Where were there
ever such callas and begonias and
snapdragons as to be found
among her window plants, or to be
luxuriant beds of bright colors to
adorn her "yard" during the sum-
mer months?

The chances are that she does not
know the scientific name of a single
plant in her whole unique collection,
and that a professional florist would
be scandalized at her methods of
treatment, but nevertheless, she
in greenhouse or garden, grows
more thrifty, flourishing plants than
can be found in the collection of the
busy woman who "likes flowers."

Country vs. City People

Dr. G. C. Creelman, O. A. C., Guelph
In this country we have set up
false standards regarding dress and
farm operations. The city man
does not always appreciate the value
of the farmer as a citizen, nor the
farm as the aggregate of the great-
est source of our national wealth.
The country man, on the other hand,
is often jealous of the apparent ease
with which the city man makes his
money, and the appearance of luxury
with which he surrounds himself.

The reason is that city and country
people judge one another by entirely
different standards.
The city man hears the word "Moo-
back" you think of one more man
in the country clothed for manual
labor. When a farmer hears the word
"Dude" he immediately pictures to
himself a man well dressed, with a
crease in his trousers, perhaps, or
his way to business. Neither of these
men deserve the terms applied; each
is properly dressed for his work and
each thinks the other is extreme
in style.

ARE WE CLOSER

Again, the city man looks upon
most farmers as men who are close-
dressed in money matters, and so jumps
to the conclusion that such men are
narrow-minded and ungenerous. In
thought, word and deed. The truth
is that though a man in the country
is often inclined to pay out even
comparatively small amounts of money
for charity, it is not, as a rule, as
indication of "nearness," as the
Societyman would call it, but because
he does not handle much money. For
the same cause he will most gener-
ously donate hams, and potatoes, and
flour, and bread, and cakes, and pie
by the dozen.

On the other hand the city man,
who gives more readily in cash, would
fear, make a poor neighbor if asked
to give up a crock of good country
butter from his city cellar or to share
his strictly new laid eggs even with
a sick friend.

The city man wears a silk hat and
frock coat to church because he would
otherwise be conspicuous. The farmer
does not wear such raiment for ex-
actly the same reason.

And so when you stop to think
that nine-tenths of the men in ur-
cities are only one generation re-
moved from the farm itself, you
realize that it is not a difference of
blood, or intellect, or even culture
that distinguishes the city man from
the man that tills the soil, but rather
a mere superficial difference of im-
mediate local environment.

Well

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NO chance of using the
one to only. All
under. FREE Col-
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Any little

MAX

Favor

It makes the

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