

The Farmer's Advocate AND HOME MAGAZINE.

THE LEADING AGRICULTURAL JOURNAL IN THE DOMINION.

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said that our municipal life is not free from such influences. What is wrong? Is the race degenerating? There is a remedy, and the voter holds it. Houseclean more frequently from cellar to garret. Make the man who holds office by the will of the people understand that that will must be obeyed, and he must not abuse the confidence placed in him. How can the office-holder be made to realize that he must do all things in the best interests of the people? By frequent changes. Men can be voted out, as well as in, and it should be done oftener. There would soon be fewer hangers-on, and the professional grafter would become practically extinct.

Optimism in Live-Stock Circles.

There is a reassuring optimism prevalent among Canada's live-stock breeders. Speakers at live-stock meetings in connection with our Winter Fairs and at Conventions, prophesy good times ahead for the breeder of the right kind of the different classes of live stock. Stockmen must not, however, rest upon their oars. Every effort toward improvement in quality is necessary. And Canada has room for more good live stock. This country must be, for all time, a mixed-farming country. Now is the time for breeders to strengthen the foundations of the business. We never believed that scrub pure-breds should be used for breeding purposes. They have no more right to reproduce their kind than have scrub grades. If they should not reproduce, why should they be sold for breeding purposes? Would it not be better to fit the inferior animals for the block rather than sell them to go into other herds and flocks, there to damage the reputation of the breed which they represent, and pure-breds generally. We often get letters complaining that certain pure-breds are not as good animals as certain grades. True, they are not. But the best of pure-breds are more desirable than the highest grades. Of course, it is the business of the individual what he shall do with his inferior pure-breds and every breeder gets one once in a while, but there is a bright future for Canada's live stock. Let us hope that it be made the best in the world.

The prime essential to the success of the individual farmer is not a herd of pure-breds, a four-furrow tractor, a car load of fertilizer, nor a hundred acres of rich land, but good health. If we could begin with our forefathers we would have less trouble in keeping ourselves physically fit, and take a great deal more satisfaction out of farm life; but we can only make the best of ourselves, and if we live aright and take the occasional counsel of a competent physician, it will mean deliverance from a lot of pit-falls, and make the way easier for our lineal heirs.

DISEASES DUE TO EXPOSURE.

Men of the farm are less liable to ailments and are longer lived than those of the town. This is due to abundance of fresh air, natural exercise, ample food and freedom from the tension of city life. And yet, there are certain physical ailments that arise out of the conditions of farming. Among them are those of a bronchial nature, caused by exposure to wet and cold, particularly after physical exertion inducing heat and perspiration which, under normal conditions, is a most healthy function. Lumbago and certain forms of rheumatism sooner or later are prone to follow such exposure. Farmers take too great hazards in this respect. Waterproof clothes, hats, rugs and umbrellas are cheaper than medical bills. A good thing for the farmer, and an aid against taking "colds," is the first thing after getting out of bed to souse the face, arms, neck and chest with cold water, and rub till dry and warm with a coarse towel.

STOMACH DISORDERS.

But more widespread and serious is the class of disorders that invade the locality of the stomach, that most useful, misunderstood, and abused organ of the body. The liability of farmers to stomach troubles is in some cases directly due to an unequal distribution during the year of nutriment and physical exertion. Throughout the long, out-door working season from spring until early autumn, a large quantity of food is consumed to sustain the requirements of the system. The secretions are then fairly well maintained, perspiration especially so, and the toxic poisons constantly accumulating in the body are eliminated. In winter food consumption is whetted by cold weather. A great deal of the winter work of the farm is now in the basement barn with live stock. Heavy bush or road work has changed to getting out building materials and hay to market, or hauling manure and milk. Many make the trip hurriedly to town in the motor car, top buggy, or the cutter. Over considerable areas of the country, the local grocer and baker come to the door and carry away the butter and eggs. Speaking of the country generally, the undermanning of the farms has seriously increased the burdens of work, both in winter and summer, on those remaining. The strain or worry and hurry has a very detrimental effect upon the system, and particularly the stomach. The digestive and excretory tracts become overloaded and clogged to such an extent that the liver, kidneys, stomach, pancreas and intestines, instead of taking out the poisons discharge them into the system. Indigestion, constipation, appendicitis and a long train of complications follow.

IMPROPER EATING.

The condition referred to is naturally aggravated by fast eating and improper chewing. A man may be justified in hurrying his horses in with a load of grain out of the rain, but above all things he should take time at his meals and make them a cheerful event. Better than doses of pepsin is plenty of good-natured laughter at the table. A ten-minute rest before and after eating is a great help to digestion. As you value your stomach, do not make a rush order of your meals. We have seen men in the restaurants forking food into themselves as they would hay into a mow. A dog may do so with apparent impunity, but no human stomach can stand such abuse. Thorough chewing of food is a great aid to digestion, but it is not necessary to reduce food before swallowing to a fluid because a certain amount of bulkiness is desirable to promote the activity of the intestines. For this and other reasons, what to eat is most important. Food should be sufficient. Many wasting diseases, like consumption, arise from under nourishment, which leaves the system unable to resist them. A man who tried the fasting fad says it cured him of one thing—fasting.

THE FOODS TO EAT.

The three chief classes of foods are proteids, such as milk, eggs and lean meat; carbohydrates, found largely for example in bread, potatoes and corn; and fats, like those of cream and the fat of meats. Plainly then, to supply tissue, energy and heat in the body, a variety in diet is needed. Though to a less extent than in the case of townsmen, heavy meat eating is a source of ailment to farmers, as it is constipating for the reason that it digests completely without residue.

More water drinking is required with a meaty diet, which, also, tends to irascibility of temper. For children, and especially men advancing in years, meats are undesirable, and the quantities consumed should be reduced.

The diet of the farm man should contain plenty of fruit and vegetables, and there is no excuse for being without them, for he can grow them and have them pure, fresh and in plenty. It is deplorable to find that sometimes a town man's table will be better supplied with them than that of his country cousin. As a laxative and wholesome food, too much cannot be said in favor of the apple, raw and cooked. Celery, lettuce, raw cabbage, parsnips, turnips, potatoes, asparagus, tomatoes, cauliflowers, are bulky foods and tend to prevent or relieve constipation, for which onions are recommended. Plenty of good wheat bread, all the better if "home-made," should be included. An occasional loaf of brown bread is good for a change, if nice and moist as our mothers used to make it. The cereal foods prepared from wheat, corn and oats, preferably not reduced to too fine a condition, should have a liberal place on every farm breakfast table, with plenty of whole milk.

Advanced medical research with animals indicates, in order to sustain life and growth, the necessity in food of a living element, called "vitamines," which has not been destroyed by cooking. Hence, there is a sound basis in science for the use of whole, uncooked milk, butter, celery, lettuce, cabbage, and apples, and some of them are available for the farm table the year round. Babies, by the way, require "vitamines."

THE PLACE OF WATER.

In addition to the moisture in foods and the liquid taken at meals, an American writer has advised drinking six to ten glasses of water per day. About 2½ pints per day can be recommended safely. Drink water freely on going to bed and on rising to flush out the system. If perspiration is free more should be used. Drinking at meals does not hamper digestion to the extent commonly supposed. The importance of the free use of water will be seen when we remember that two-thirds by weight of the body is water, and it is the conveyor of waste and essential in tissue building. The fact that digesting machinery needs rest, and that about four to six hours are required to digest a meal, point their own moral.

NERVE DISORDERS THE REAL SEAT OF TROUBLE.

Now, while to the stomach is attributed most ailments common to the farmer, the real seat of trouble is in disordered nerves, of which there are millions, radiating from their centre to every part of the body, which are just as tangible things as the veins or intestines. In discussing this subject, the Dean of the London, Ont., Medical College, Dr. H. A. McCallum, whose attainments and wide experience attach special significance to his judgment, confirms this view. He defines the stomach as the instrument of the nervous system. The latter breaks down from such causes as want of rest, malnutrition, poisoning by waste products, and, observed the Dean with grave emphasis, from ill-nature and lack of the cultivation of the higher emotions of love, trust, confidence, gladness, and peace. The narrow selfishness that wraps up a man in his personal interests, or even those of his own family, neglectful of the appeal of wider needs, will react injuriously upon his nerve organization, culminating in a condition that leaves him an easy victim to some acute stomach disease.

REST ESSENTIAL.

From these considerations a further word may be deduced that one who works and thinks as hard as the farmer does needs ample rest, and eight hours per night in a room where the air is pure and comfortable is none too long. Retire early. Relax. It is folly to perform the work of the farm twice over, or to spend hours in bed worrying if the price of hogs is likely to fall next week.

A day of real rest, as far as practicable, and attention to higher things once per week at least, is necessary even to preserve one's physical condition aright and avoid the danger of falling into a rut of sordidness. More and better work can be done on the other six days. Take a vacation once in a while to get away from the grind, and see what some other good farmer or institution is doing. Cultivate the old-fashioned, personal neighborhood. In addition to a reliable periodical about your own business, have other good ones coming to the home, and broaden out by some book reading on subjects other than those of the farm. In view of the waste and deception involved in the use of patent "curealls," there need be no hesitation in counselling the man of the farm to rely upon enlightened and trained experience just as he would in dealing with contingencies arising in farming. If the system goes wrong, consult a capable physician. To conclude: A clean, well-nourished body