FARM·FIELD AND GARDEN

WATER SUPPLY OF THE FARM.

The water supply of the farm is obtained usually from wells. In many cases the source of supply is from shallow wells, and with these there comes the danger of pollution. When the farmer first builds his home the water supply from the shallow well is pure. As the soil near the well becomes covered with litter and slops and other refuse are thrown out near the house, the water supply is subjected to contamination more and more as each succeeding year adds to the material absorbed by the soil, writes Prof. J. B. Weem.

Ultimately the soil is saturated and the rain as it falls to the surface of the ground seeks the water level and carries with it decayed vegetable and animal matter which may be present in the soil through which the water passes. In many instances the well which furnishes the water supply of the family and is used to wash the milk utensils is situated near the barnyard. Under certain conditions the well may have been placed so that the drainage of the barnyard runs directly into the well. It can easily be seen that the water containing these impurities may be unhealthy for two reasons: It may serve as a carrier of the germ of diseases which may be present in the decayed matter in the soil; the water containing the products of decomposition and putrefaction cannot but have an unwholesome effect upon the person using it.

Material which in its pure condition can be used for food undergoes chemical changes when exposed to the action of certain bacteria and poisons may be produced.

AN EXAMPLE.

of this change which is capable of taking place in vegetable and animal matter and producing poisons, is shown in pressed beef, which when exposed to the action of certain bacteria produces a poison. Cheese which is made under certain conditions, where certain kinds of bacteria can grow in it, produces a poison also. These unwholesome results are produced when these peculiar bacteria come in contact with food material, and it is necessary in order that good health result, to prevent the introduction of both the bacteria which are capable of producing poisonous products and the poisons themselves, into the body.

The germs of many diseases are widely distributed by means of water and milk supply. It has been known that the epidemic of typhoid fever has resulted from a contaminated water supply being used for washing the milk cans, without boiling.

The open well has also been known to become contaminated from the germs brought in the mud adhering to the boots of the persons who used the well water. These germs would be deposited on the platform and be washed down by the rain into the well. Sickness which results from the intorduction of germs into the body, such as typhoid, is a very costly experience to the community. A few years ago the city of Plymouth, Pa., had an epidemic. The population of the city was 8000. There were over 1000 cases and 100 deaths from it.

The cost to the community was estimated as follows: Loss of wages of those who recovered, $30,020; care of sick, $67,800; yearly earnings of those who died, $18,499; giving total cost of $115,619.

SHEEP IN ORCHARDS.

As a general rule, when we see orchards that have been set from 30 to 50 years, and all beyond that time, says Dr. Galen Wilson, we see many dead limbs and branches upon the trees and decay stamped upon them in every feature. Ask the owner of them what that means and the invariable answer will be that it is old age, when the true answer would be starvation and neglect.

The land has been cropped and the crops removed from the orchards to such an extent that the soil has become impoverished and pruning has been neglected until the limbs and branches have so outgrown the roots of the trees that the latter cannot convey nutriment enough to the former to keep them in fair growing condition even if there were now in the starved soil enough of it to make an adequate top growth. A healthy, prosperous life of an orchard is not limited to fifty or a hundred years or more by any means.

What is the cheapest and best method of keeping the soil of an orchard in a good state of fertility? I claim there is no better or cheaper method than by "sheeping" it; that is, by pasturing sheep upon the land. If one has more sheep than the area of the orchard will maintain, have a pasture adjoining it, being sure to enclose the sheep in the orchard nights so that the most of their droppings will be left there to fertilize the soil. The leaves of the trees will assume greener color, will remain on the trees much later and the fruit will be larger, will color better and every feature of the orchard will evince greater thrift. Warm, sunny days in summer the sheep will rest in the shade of the apple trees, and of course, will leave much of their droppings exactly where they will do the most good. Sheep will consume the immature and "windfall" apples with all their content of larvae of predatory insects, and will keep the base of the

STEMS OF THE TREES

entirely free from the unsightly provided only that the old growth of sprouts there be cleared away when the sheep are first turned in. Sheep and prune the orchard and have healthy and fruitful trees so long as you and your blood relatives of any not too remore kinship shall live to enjoy the fruits of your orchard and your wise attention to it in season.

Being a "dyed-in-the-wool" admirer of sheep, I have witnessed much of their being kept in orchards. Years ago, when I was studying up on the subject of growing hot-house lambs, I drove about six miles to see an expert at the business and his flock. I found them in his orchard. A few weeks previously he had plowed it and sown it in Canada peas and oats, and at this time his sheep were feeding upon them. He used hurdles, and fed off in patches, as it were. The next fall, in November, I called again to observe his method of wintering his sheep. That season there was very little fruit in all this section, owing to a late frost the previous spring. He invited me into his capacious fruit cellar and pointed out 600 bushels of great red winter apples which he was holding for a better market, and said: "I believe here are more apples than any half dozen farms in this township could show this season, and sheep were the cause of it." The incipient fruit at the time of the frost seemed to have the vigor and strength to resist the frost. This man kept 100 ewes to grow hothouse lambs, and from them that year he sold 107 lambs at 8 to 10 weeks of age at $6 to $11 each. And he is still at the business.

POTATO SPRAYING.

The spores of potato blight are carried through the air, and fall on the leaves during the last of July to August 1 for the late blight. They soon germinate and enter the tissues of the plant. After the leaves commence to blight, nothing can cure them, but a person will be able to prevent the disease from going down into his tubers by either pulling or mowing the vines. This, of course, checks the growth of the potato, but it is better to have small and sound potatoes than larger ones that are decayed. It is still better to properly prevent the blight of the leaf, and, consequently, the rot of the tuber, by spraying with bordeaux.

The first spray should be made the latter part of June, and from that time until the vines commence to show that they are becoming ripe, the bordeaux should be kept constantly upon the leaves and vines. If it does not rain to wash it away, it will be sufficient to spray once every two weeks, but an extra application should be made after a hard, dashing rain. This application will not kill the potato beetle or other chewing insects, but if any such pests be present, add about a third of a pound of paris green to each barrel of the bordeaux. This then becomes both a fungicide and an insecticide.

SAVE BABY'S LIFE.

You cannot watch your little ones too carefully during the hot weather. At this time sickness comes swiftly and the sands of the little life are apt to glide away almost before you know it. Dysentry, diarrhoea, cholera infantum, and stomach troubles are alarmingly frequent during the hot weather. At the first sign of any of these troubles Baby's Own Tablets should be given—better still an occasional dose will prevent these troubles coming, and the Tablets should therefore be kept in every home. Promptness may save your child's life. Mrs. J. R. Standen, Weyburn, N.W.T., says: "Baby's Own Tablets are valuable in cases of diarrhoea, constipation, hives, and when teething. I have never used a medicine that gives such good satisfaction." This is the experience of all mothers who have used the Tablets. If you do not find the Tablets at your druggists send 25 cents to The Dr. Williams' Medicine Co., Brockville, Ont., and a box will be sent you by mail post paid.

BRITONS ARE BADLY FED

EXPERT SAYS GREAT HARM IS DONE BY WRONG DIET.

Condemns the Food Given to Schoolboys, Soldiers and Sailors.

Is the British nation growing too fast? That is a question which is being seriously discussed just now in view of the statement by a prominent medical man at Edinburgh that the youth of the country are being fed at school upon a diet which encourages the formation of flesh rather than intellect.

Dr. Yorke-Davies, of London, the well-known dietetic expert, is of the opinion, and in the course of an interesting interview, gave the following expression of his views:

MORE ANIMAL FOOD.

"I am quite in agreement with the opinion expressed by Dr. Leslie Mackenzie at the meeting of the Parents' National Education Union at Edinburgh, that the average schoolboy is very improperly fed, and a very great deal of harm is done to the youth of this country by wrong diet. He has too much farinaceous food and not enough animal food. The practice of giving boys beer is a thoroughly bad one, as at their age they are much better without alcoholic stimulants of any kind.

"The usual school meals are made up far too largely of bread, puddings, and jam, which are not the foods of energy. One boy, who was recently brought to me for over-fatness, I ordered to be removed from his school at once, so very harmful was the diet proving. Every schoolboy, says Dr. Clement Dukes, a great authority, should have a pound of meat a day, and it should be well cooked. With this I agree.

"It is not, however, in schools alone that feeding is based on entirely wrong principles. The same is the case in the army, the navy and nearly all great public institutions. Take work-houses, for instance. Not long ago it was stated that the inmates of a certain workhouse had grown so fat that the chairs were not sufficiently large for them.

SAILOR BADLY FED.

"The food of the sailor, according to the latest 'improved' ration, is absolutely too ridiculous for words, because it contains over three times as much farinaceous matter as he should be allowed. The result of the diet cannot but affect his efficiency in war time, rendering him far less active than he ought to be. In a few years, in fact, it is calculated, as I have pointed out in an article in the 'Gentleman's Magazine,' to make him fat, lazy and gouty, and he will scarcely be able to waddle about the deck.

"The convicts at Dartmoor also have more than double the amount of food—that is to say, farinaceous foods—that they should have, with the result that they become very obese. When I went over the prison recently I found that most of them were too fat even to walk properly, and obviously not so capable of doing the convict's ordinary hard work as they should be.

FATNESS COMMON.

"I have noticed that among the upper classes in this country overfatness is becoming more and more common This is in some measure due to the fact that the luxurious eat a great deal more than they ought to, some even double and treble what they need. It is also due in part to the abominable dishes which pass as French cookery in this country.

"So difficult, in fact, is it to get French cookery properly done that it ought, as a general rule, to be rigorously eschewed. I am not referring, of course, to great hotels like Claridge's or the Savoy, where the very best chefs procurable are employed, nor to some of the dinners prepared at the homes of the wealthiest upper classes, but if you go to the middle-class homes, where attempts are made by third-rate English cooks to reproduce delicate French sauces and garnishings, the result is most ludricrous.

"Our reputation as a meat-eating nation accounts no doubt for the moderate average of girth of the British nation, in comparison with the middle class in Continental countries, such as Italy, France, Holland and Belbium, where a large proportion of the diet is farinaceous, and the tendency is for the people to become very obese. The Germans are also, as a race, very stout, and this seems to be in a great measure due to their drinking such large quantities of thin beer, which is very fattening.

DULLS THE INTELLECT.

"Over-fatness undoubtedly tends to dull the intellect and decrease energy. It will be found by studying history that very few really great and successful soldiers or thinkers have been fat. I think there is some truth in the assertion of a military friend of mine that if Napoleon had been thirty-five instead of forty-six and not so fat when he fought Waterloo, the result of the battle might have been different. As it was, overfatness had sapped his energy and crippled the ease of his movements. Wellington, on the other hand, had the advantage of being a comparatively thin man.

"If we take the leading statesmen of to-day, Mr. Chamberlain has decidedly a slim figure, and Mr. Balfour also errs on the right side. Among the Liberals, Mr. Morley, perhaps the most thoughtful of his party, has no superfluous flesh to encumber him. Of course, there are

"You will very seldom find a discontented man over-fat, because so much of his time is devoted to worrying over his grievances, whether real or imaginary. That is what I meant when I said in the Gentleman's Magazine that I should like to see a twenty-stone Anarchist. Idiots, on the other hand, who are lacking in intellect, are usually obese and flabby.

FAT EASILY REMOVED.

"Those who have the misfortune to be over-fat have at least the consolation that it is a disease easily cured by proper diet and exercise. As it is caused almost invariably by improper food, it can only be dealt with by the patient, with proper food. Medicines are useless, and should never be taken for that purpose. The quack medicines which you see advertised so freely, and such drugs as acetic acid, thyroid tablets, and purgatives of various kinds, if they bring about reduction of weight at all, do so at the expense of health.

"Of course, it is impossible to lay down a particular diet suitable for all cases of over-fatness. The proper food for one individual is not the proper food for another; in fact, in this case nothing could be more true than the old adage that, 'What is one man's food is another man's poison.'"

STRATEGY OF THE CUCKOO.

The Indian fruit-cuckoo, which, like all members of the cuckoo family, lays its eggs in the nests of other birds, and thus avoids the trouble of hatching them, is said to exhibit most interesting strategy in dealing with crows, which are its enemies. Whereas the hen, an inconspicuous speckled gray bird, conceals herself in the foliage, the cock, remarkable for his brilliant black plumage and crimson eyes, places himself on a perch near a crow's nest, and makes a great noise. The crows immediately rush out to attack him, and he takes to flight with them in pursuit. The hen meanwhile slips into the nest and deposits an egg. Sometimes the crows get back before the egg is laid and then the intruding hen cuckoo gets a trouncing.

ENGLAND'S OLDEST STATION.

The only railway station in England that can boast of being really old is that at Bourne, Lincolnshire, which is an ancient Elizabethan mansion, formerly in the possession of the Digby family, some members of which were implicated in the Gunpowder Plot. When the Great Northern and Midland Railways came through this district a memorial was sent from the inhabitants of Bourne asking that, instead of pulling the old landmark down, it might be converted into a railway station, for which purpose it answers admirably now. Part of the house is used as a residence by the station-master.

"Has your father a bad cold?" "No, indeed. He is merely reading the Russian-Japanese War news aloud."

Some women are busy little bodies and some others are little busy-bodies.

DR. GIUSEPPE LAPPONI

PHYSICIAN TO THE POPE PRAISES DR. WILLIAMS PINK PILLS.

In Four Cases of Anaemia Their Effects Were so Satisfactory that He Will Go on Using Them.

Dr. Lapponi, whose skill preserved the life of the late Pope Leo XIII to the great age of 92, and to whose care the health of the present Pope, His Holiness Pius X., is confided, has written the remarkable letter of which the following is a translation:—

"I certify that I have tried Dr. Williams' Pink Pills in four cases of the simple Anaemia of development. After a few weeks of treatment, the result came fully up to my expectations. For that reason I shall not fail in the future to extend the use of this laudable preparation not only in the treatment of other morbid forms of the category of Anaemia or Chlorosis, but also in cases of Neurasthenia and the like."

DR. GIUSEPPE LAPPONI.

Dr. Giuseppe Lapponi, Physician to the Pope, who has written a letter in praise of Dr. Williams' Pink Pills for Pale People.

It would be impossible to exaggerate the importance of this opinion. Dr. Lapponi's high official position places his professional competence above question, and it is certain that he did not write as above without weighing his words, or without a full sense of the effect his opinion would have.

The "simple anaemia of development" referred to by Dr. Lapponi is of course that tired, languid condition of young girls whose development to womanhood is tardy, and whose health, at the period of that development, is so often imperilled. A girl, bright and merry enough in childhood, will in her teens grow by degrees pale and languid. Frequent headaches, and a sense of uneasiness which she cannot understand, makes her miserable. Just when it is time for her to leave off being a girl and become a woman—a change which comes to different individuals at different ages—her development lingers—why? Because she has too little blood. That is what Dr. Lapponi means when he speaks, in the scientific language natural to him, of "the anaemia of development." Dr. Williams' Pink Pills for Pale People have the power of making new blood. They cure anaemia just as food cures hunger. That is how they help growing girls, who, for want of this new blood, often drift into chronic ill-health, or "go into a decline"—which means consumption—and die. Dr. Williams' Pills could save them.

The value of Dr. Williams' Pink Pills as a nerve tonic, referred to by Dr. Lapponi, makes them valuable to men as well as women. They act on the nerves through the blood and thus cure diseases like St. Vitus dance, neuralgia, paralysis and locomotor ataxia. When buying these pills it is important to see that the full name Dr. Williams' Pink Pills for Pale People" is printed on the wrapper around each box. Never take a substitute, as it is worse than a waste of money—it is a menace to health. If you cannot get the genuine pills from your dealer write the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent you post paid at 50 cents a box or six boxes for $2.50.

JAPANESE GODS.

It is said that there are no fewer than eight millions of gods worshipped by the Japanese. Praying is made very easy. In the streets are tall posts with prayers printed on them and with a small wheel attached. Anyone passing by can give the wheel a turn, and that counts as a prayer. The people in the second largest of the 3,850 islands of which the Empire is composed worship the bear and reverence the sun, moon, fire, wind, and water.

Money occasionally makes a fool of a man by helping him to break into society.

Trouble With The Kidneys

Ailments of the Most Painful Nature Result—Prompt Cure Comes With the Use of

Dr. Chase's Kidney-Liver Pills

From every part of this broad land come letters of recommendation for Dr. Chase's Kidney-Liver Pills.

They seem to be well suited to the needs of many people, who obtain no benefit from ordinary kidney medicines.

When you wait to think of the hosts of cures they are making it is no wonder they have such an enormous sale.

Mrs. Caswell Reid, Orrville, Muskoka, Ont., writes:—"For nearly twenty years I was troubled with kidney disease and have recently been completely cured by using three boxes of Dr. Chase's Kidney-Liver Pills. I have tried a great many remedies, but never seemed to get anything to do me much good until I used these pills."

Mr John Gearin, an old resident of Thorold, Ont., states:—"For twenty years I was badly afflicted with kidney troubles, indigestion and bladder derangements. During that time I was a great sufferer and had to get up six to twelve times nightly to pass water. I tried different doctors and used all sorts of medicines to no avail.

"Finally, I began using Dr. Chase's Kidney-Liver Pills and soon found relief. Thus encouraged I continued to use these pills and after having taken twelve boxes was again in perfect health and vigor. I can sleep undisturbed, the pains in the kidneys and back are gone, and I am feeling well and strong. I consider Dr. Chase's Kidney-Liver Pills a great boon to suffering humanity and had I known about them when I was a young man could have escaped suffering all the best years of my life."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers, or Edmanson, Bates & Company, Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

DR. A. W. CHASE'S CATARRH CURE ... 25c.

is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. Blower free. All dealers, or Dr. A. W. Chase Medicine Co., Toronto and Buffalo.