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NEWS AND INFORMATION FOR THE BUSY FARMER

Taking Stock
 The farmer who takes stock now and plans for his farming operations during the coming crop season will be able to order his fertilizers, spraying material, insecticides, etc., in good time. He will also be able to eliminate unprofitable hens, cows, and other animals, and otherwise cut the cost of production.

The Spring Seed Supply
 Now is the time for farmers to take stock of their spring seed requirements. Those who do not have sufficient seed of their own should secure what they require as soon as possible, making sure that they are getting the varieties recommended for their part of the country. Farmers who have their own seed should have it properly cleaned and graded before the spring rush.

Grains for the Breeding Ewe
 In early winter, with hay supplying the bulky part of the ration, breeding ewes in good condition have very little need for grain. However, with mixed or grass hays, some protein-rich concentrate should be added. One-quarter to one-half a pound per day of a mixture of two parts oats and one part bran gives very good results. Oats are relished by sheep. They strengthen the ewe, while bran furnishes the protein needed to balance the ration in addition to assisting the digestive organs by its laxative qualities. Other grains, such as barley, corn, wheat and peas are fattening feeds and should not be used except in small quantities and for ewes that are in very poor condition. They should always be fed in combination with bran and oats to lighten the mixture.

Convention Dates
 Arrangements have been completed by the Agricultural Associations concerned to hold their Annual Meetings and Conventions, as announced below (1936):

Ontario Association of Agricultural Societies (formerly Ontario Association of Fairs and Exhibitions)—Annual Convention, Tuesday and Wednesday, February 4 and 5, commencing at 9.30 a.m., King Edward Hotel, Toronto.

Ontario Plowmen's Association—Annual Meeting, Thursday, February 6th, commencing at 10.30 a.m. Directors' Meeting at 9.30. King Edward Hotel, Toronto.

Ontario Field Crop and Seed Growers' Association—Annual Meeting, Friday, February 7th, commencing at 9.30 a.m. King Edward Hotel, Toronto.

Ontario Vegetable Growers' Association—Annual Meeting on Tuesday, February 11th, commencing at 9.30 a.m. Royal York Hotel, Toronto.

Ontario Horticultural Association, Annual Convention—Thursday and Friday, February 13 and 14, commencing at 9 a.m. Royal York Hotel, Toronto.

Ontario Fruit Growers' Association Annual Convention—February 12, 13 and 14, at the Royal Connaught Hotel Hamilton.

Corn Growers' Association Annual Corn and Grain Show—At Chatham, Ont., February 11 to 13.

Rations for Bacon Hogs
 Experimental work conducted during the last few years has demonstrated that feeds commonly grown or manufactured in Eastern Canada will supply practically all the food nutrients necessary to properly develop and finish the bacon hog.

• **Cost of production studies in the growing of the common cereal crops show that these crops (oats, barley and wheat), quality considered, can be produced more cheaply than they can be purchased.**

With these points in mind, there can be no hesitation in recommending the following rations for general use:

First period—from weaning at 6 to 8 weeks to 100 pounds live weight—Ground oats, 300 pounds; ground barley, 500 pounds; ground wheat, 200 pounds; skim-milk, 1½ to 2 pounds per pound of grain mixture, or, high grade fish meal, 8 pounds per 100 pounds of meal mixture.


Second period—from 100 pounds live weight to finish at 210 pounds: Ground oats, 100 pounds; ground barley, 600 pounds; ground wheat 300 pounds; skim-milk, 1 pound per pound grain mixture, or, fish meal, 5 pounds per 100 pounds grain mixture.

The age to start on this ration is given as 6 to 8 weeks, the most suitable age for weaning. Pigs younger than this are not able to stand a heavy ration. If found necessary to wean at a younger age, a ration that has proven satisfactory here is equal parts ground oats, with the hulls sifted out, or ground hullless oats, and white middlings. The pigs at this farm are started on this before weaning, in a pen or creep separate from the mother sow and they suffer no setback when this practice is followed. Add a little milk or fish meal to the mixture and make all feed changes gradually.

When feeding skim-milk in the above ration, a mineral mixture is necessary. A suitable one may be made of equal parts of ground limestone, common salt and bone char or bone meal, and fed at the rate of 4 pounds per 100 pounds of grain ration.

Skim-milk, however, is not essential for the proper development of the bacon hog. High grade fish meal has proved to be an excellent substitute.

Feed three times daily for the first period and twice daily from then to finishing. Regularity in feeding is essential to success.

HEALTH
 by

 A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES OF CANADA

"NERVOUS BREAKDOWN"
 Every life is a battlefield between the native inborn desires and the ideals of conduct which we set up for ourselves as the result of our associations and experiences. We can live our life as a protest against conditions which we resent, or else we can face the situation and make the best plan for ourselves under the circumstances as they exist.

The person who is called "nervous," or the one who has a "nervous breakdown" has failed to meet the situations of life. These individuals lack balance, which is the happy condition enjoyed by those who have made a satisfactory and harmonious adjustment of their inherited desires to their ideals and social standards.

Most people find it difficult to understand that such physical symptoms as blindness or paralysis, to mention but two rather striking and evident conditions, are not always due to a diseased or abnormal state of the nervous system, but may arise solely from an emotional disorder.


This does not mean that the individuals suffering from these conditions wish to be blind or paralysed; they do not will or plan to be so afflicted. Quite unconsciously, as far as they are concerned, their emotional difficulties are solved for them temporarily, through these physical conditions which offer a satisfactory excuse for not doing, or for avoiding, what was for them a difficult task or situation.

A city woman married a man whose business required that they live in an isolated place without the sanitary and other conveniences to which the wife was accustomed, and, in addition, she was cut off from the social life which she had enjoyed in the city. She began to suffer from severe headaches which justified several trips to the city so that she might have her eyes examined. Later on, she developed a variety of pains and aches for none of which was there ever found any physical cause, but they provided her with the necessary excuse to get back to her city friends and comforts.

There are many kinds of mental breakdowns in which the final precipitating factor may be failure to adjust to changing conditions of life, which follow upon altered economic conditions, marriage, growing older, and so on. Mental health makes it possible to meet the changing conditions, and to face the crises which come to all. A realization of the truth, which comes to us if we have mental health, helps us to face the facts squarely and to deal with them sensibly, instead of running away from them. It also allows us to understand the actions of those who fail to solve the conflicts between in-

born desires and personal ideals or social standards which beset them in life's journey.

Questions concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

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GOING PLACES

When you are going places you like to inquire the way of someone who has been there.

If grocers will use newspaper advertising consistently and intelligently, J. Frank Grimes, president of the Independent Grocers alliance, said Tuesday, they will do more business in 1936 than in any year during the last decade.

In a letter addressed to members, Grimes said: "The fellows who used the depression as an excuse to curtail their advertising have steadily made their plight worse and are now paying the penalty for their short sightedness. Our consistent advertising and promotion has been the most potent force in our remarkable growth. Advertising makes for volume sales, volume sales lower production cost and we all benefit."

Many business men are making up their minds these days that they have stood still long enough. They are "going places." How about you?

No matter what line of business you are in there is someone in your line who has taken the Advertising Route and eventually reached the City of Success.

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