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**News and Information for the Busy Farmer**

**Current Crop Report**

Threshing of fall wheat of average yield and quality is proceeding. Barley and oat straw is short and the yield of these grains is light due to premature ripening and lack of moisture while filling. Corn is showing some improvement but a below average yield of fodder is expected. Sugar beets and other root crops are variable. Pastures are in poor condition and new growth has made little progress. Late varieties of apples are sizing well and with a favourable autumn average yields are indicated. The growth of tobacco has been retarded and yields will be curtailed. Priming of flue-cured tobacco has commenced and burley is in topping stage. The crop is about two weeks later than normal and favourable autumn weather conditions are required.

**Nutritional Value of Alfalfa**

Experiments in the feeding of sheep for the correction of nutritional deficiencies common to breeding ewes, fed under range conditions and on farms in western Canada, have resulted in findings which are likely to prove of great value to sheep ranchers and farmers. The University of Alberta, in co-operation with the National Research Council, has been carrying on experiments aimed to improve ratios for breeding ewes in years when winters are long and grazing is difficult, or when as a result of drought the variety of feeds produced on farms is restricted.

Experiments covering a period of years show that alfalfa hay contains ingredients which approximate quite closely those contained in natural pastures. Ewes receiving alfalfa hay as part of the ration retained their thriftiness, reproductive capacity and general health over a period of eighteen months, even though kept on dry feed summer and winter.

The value of this information to ranchers and farmers is that it suggests the importance of feeding alfalfa hay at all times. When due to adverse climatic conditions, feed has to be bought or made available on the range or on farms, first consideration should be given to the purchase of alfalfa hay, especially if required for breeding stock.

The findings of the experiments are of special significance in view of the greater volume of alfalfa now being produced in the prairie provinces and throughout Canada.

**An Ideal Seed Exhibit**

An ideal seed exhibit for a seed fair consists of one made up of kernels typical of the variety and nearly alike as possible in size, shape and colour. The whole exhibit should present a sound, vigorous, lustrous appearance and should be free from all impurities and all evidence of disease and unsoundness.

**Corn Root-Rot in Ontario**

Undoubtedly numerous corn growers, particularly those in Essex, Kent, and Elgin Counties, have been wondering why their corn is so uneven in size and has made relatively slow growth in certain areas of the field. One of the factors largely responsible for this condition has been determined to be a root-rot infection.

Corn root-rot, so far as is known, has not been in the past a serious corn trouble in Ontario. This year, however, the disease is causing serious losses. Without a doubt the exceptionally cool nights accompanied by rains during the past spring favoured the development of the disease. Unless a careful examination of the root systems of affected plants is made for dead rootlets or discoloured lesions on living rootlets the determination of this trouble is difficult. Frequently the only above-ground symptom of this disease is a stunting of the affected plants. Usually, however, plants in affected fields are also uneven in size and often the diseased plants are lighter in colour than healthy plants, and the lower leaves in more severe cases become streaked and die. It should also be mentioned that the presence of root-rot organisms in the soil is frequently responsible for poor germination and resultant uneven stands of corn.

**Real Estate Insurance Conveyancing Estates Managed Rents Collected**

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**THE IMPORTANCE OF REST**

By Augusta Philbrick

The following is a radio talk sponsored by the Health League of Canada. This talk on the importance of rest, deals with a subject which is always for the benefit of our readers:—

"No subject is more timely than the importance of rest, for there are probably more tired people in the world today than ever before. Nervous exhaustion has taken the place of the old-fashioned stomach-ache as the prevalent complaint of the times. The direct result of our strenuous life is that everywhere people are suffering from sleep.

Before dwelling on the subject of sleep I should like to point out that considerable rest may be obtained even though actual sleep does not take place providing one gives himself the proper opportunity. Many people have found that a few minutes relaxation even without sleep restores body vigour to enable them to carry on any particular problem with which they may be concerned.

It has been stated that man is the only animal who does not sleep after a meal. Most of us take a meal and immediately start in to work where we left off. Ten or fifteen minutes complete relaxation after a meal is well worth the apparent loss of time.

No doubt many of you know people who can completely relax for a comparatively short period of time, ten to twenty minutes, and start in as refreshed as if they had had several hours in bed. To those of you who are working at high tension let me advise breaking the tension with relaxation at periodic intervals during the day.

During the last war on marches the customary thing was to march for a period and rest for a much shorter period, and it was found that a greater distance could be traversed in this way than by keeping right straight ahead for a longer and more continuous period.

Let us now consider just how much time we do spend in sleep. The ordinary man, without knowing it, in the course of an ordinary lifetime, spends about as much time in slumber as Rip Van Winkle. The following table shows how much time the average person has to sleep if he spends the normal amount of time in that way and if he lives to the ripe age of three-score and ten. You who are listening to this talk make a note when your age is mentioned, and see that you henceforth get what is coming to you.

If you are twenty, you will sleep 16 years, 8 months, 3 days and 8 hours. If you are now thirty you will sleep 13 years, 4 months, 1 day and 16 hours. If you are now forty you will sleep ten years. If you are now fifty you will sleep 6 years, 8 months, 3 days and 8 hours. If you are now sixty you will sleep 3 years, 4 months, 1 day and 16 hours. If you are now sixty-five, you will sleep 1 year, 8 months, 3 days and 8 hours.

These figures may strike ambitious people as rather alarming. We are apt to dislike the idea that all those valuable years in one lifetime are to be spent in mere slumber. But we must remember that "Sleep is a generous thief. It restores to energy what it steals from time."

It is not with the desire to encourage idleness that we point to the necessity of the average man and woman with responsibilities taking the normal eight hours' sleep per night such as advocated. Rather it is because the conditions which modern life imposes on us encourage us to cheat ourselves of that reasonable amount of sleep which is necessary if the human system is not going to get out of gear. Compared with animals, human beings have few natural resting habits and dispositions. That is partly because of our more active brains; the mind is constantly making suggestions for further activity. For many reasons man is a very restless organism; and the tax is apt to be nervous exhaustion. As someone has said, "If you would live long, you must live slowly."

You are apt to read many things on the subject of sleep that you will find confusing. For instance, one of the greatest men of our time, Thomas Edison, did his very greatest work at an advanced age and yet he indulged in only 4 hours' sleep per night; and 4 hours was the allowance of sleep Napoleon permitted himself. But the latter's experience differed from that of Edison, for he was burned out early in years. He died of cancer, it is true, and while we do not know yet that there is any relation between cancer and nervous exhaustion there is reason to believe that his later battles and campaigns were lost by a man whose nervous energy was exhausted.

age from your night's sleep. Poor distracted Macbeth spoke of sleep in the beautiful lines which Shakespeare gave him, in words which we should all ponder upon today for the greater health of our minds and bodies: "Sleep that knits up the ravell'd sleeve of care, The death of each day's life, sore labour's bath, Balm of hurt minds, great Nature's second course, Chief nourisher in life's feast."

**RICHVALE**

Mrs. Tammaron spent a few days with Mrs. Bentley before leaving for England. Mr. and Mrs. Millard arrived home from England where they spent an enjoyable visit with relatives. Mrs. Johnson spent last week at her summer home near Huntsville. A number of Richvale residents spent an enjoyable afternoon at the Mulock picnic.

**TESTON**

Y.P.U. services were cancelled last Sunday evening owing to an invitation to Maple United Services being accepted to join the Sunday School and Young People of that place. Mr. Hassard of Toronto gave an address on "A Generation Hence." On the 18th Beth Wilson gave a birthday party to her young friends when the guests enjoyed games, a fine birthday luncheon and Beth received some lovely gifts and good wishes for many more happy birthdays. Then on the 24th Irene Kyle gave a birthday party to her young friends at which an enjoyable time was spent and of course birthday cake and gifts. Incidentally Mr. Roy Wilson enjoyed a birthday on the 24th.

Two more of the district's old residents have passed on, Mrs. Minton and Mr. David Wright.

Mrs. Corfield's sister Mrs. Bremner with Mr. Bremner and Frank of Keene, N. H., are visiting here for a time.

Mrs. Frank Piercey is away for holidays.

A meeting of the Women's Association was held last week at the home of Mrs. Ed. Kyle.

Don't forget that all services will be held next Sunday and as the vacation season is over the Pastor wishes full attendance at all services.

A number from Teston and vicinity attended Bill Mulock's picnic at Woodbridge. Messrs. Ed. Bowen and Joe Quantz were successful in winning the horseshoe pitching prize.

Another good way to escape the perils of hot weather is to place both hands against the dining table and push back.

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