

TRAINING YOUR BABY

BY DR. FLORENCE L. McKAY.

As is bent the little twig
So will the tree be when grown big.
This is also true of babies. The habits which they form in infancy may be connected with their physical and mental health in later life. Many disgruntled, complaining adults bear evidence of lack of early training in the right health habits.
There is no time when training is as easy as in infancy. The new baby's brain must necessarily form habits for physical functioning.
Habits result from repeated actions, and these habits should be good ones rather than bad. It is just as easy to train a baby to good habits as bad ones. The intelligent mother will therefore start the baby on right habits of living and will not allow him to acquire the wrong ones that later require so much time and patience to overcome. She saves much time and trouble for herself by so doing.
The troublesome baby—provided, of course, he is well—is almost always the result of carelessness or ignorance on the part of his mother.
The baby can easily be trained to regular hours for all his duties and functions. For instance, if he is fed regularly by the clock he will soon demand his food at the regular hour, even waking from sleep, though waking for feeding may be necessary at first. If food is given only at these hours he will soon learn not to demand it at other times. If his bath is given at a regular hour he will learn to expect it.
Training in regular hours for sleep is also easy if started from birth. The method of putting the baby to sleep is important as a matter of training. How easily and quickly a baby will learn to expect rocking or wheeling or walking the floor has been demonstrated in too many families to require further comment.
Comment should, however, be made on the fact that he learns just as easily and quickly to go to sleep if made comfortable and left quietly in his bed. It is not necessary for all the family to whisper and tiptoe when baby is asleep. He may easily be accustomed to the ordinary and usual noises.
The baby can be trained to have a bowel movement at a regular time each day. This can be started when he is a month old. It will take time and patience on the mother's part, but it will also save washing and worry later on and establish a habit that if continued will help to keep him well all his life.

REGULARITY AND PROPER FOODS.
Choose a time that can be adhered to each day and do not vary it by ten minutes. A good time is just before undressing the baby for his bath.
Place him on a table or on the lap, holding the feet up as if changing a diaper.
Make a soap stick by whittling a piece of Castile soap into the shape and size of a blunt-pointed pencil. Hold it in warm water until sharp edges are smoothed, and insert it into the rectum while wet. Then hold a small warm chamber against the buttocks. At first it may be necessary to wait ten minutes or more for the stool, but gradually it will come more quickly.
As soon as possible, usually after three or four days, discard the soap stick, as there is danger of forming a habit by too prolonged use. As the baby grows older a nursery chair or small size bathroom seat may be used.
Do not, however, leave the child sitting indefinitely. He may be taught by grinding or other signs to indicate his desire.
Use laxatives as little as possible. They tend to have a constipating after effect and to upset the regular habit. Training, regular hours and the addition of laxative foods, such as fruit juice or oatmeal water, are the best methods of regulating the bowel movements.
It is more difficult to train the bladder. As the baby grows older it is possible to put him on the chamber at frequent intervals of an hour or two and gradually teach him to indicate his desire, as in stool training. It is often helpful to discard diapers early, as their thickness and warmth tend to suggest the idea of urination, whereas drawers do the opposite.
The baby gets his exercise by kicking, rolling about, throwing his arms and crawling and also from crying. He does not need the extra amount that many mothers give him in handling and jouncing, which are harmful.
Anyone who has ridden in jerky, jostling trains or motored over rough, bumpy roads or sailed on stormy seas has a very good idea of the feelings of a trotted, jounced or swinging baby. Babies, however, can be trained to anything and they soon learn to demand even bad treatment regularly and consistently given.
They need and respond to a certain amount of personal attention. Loving and mothering are necessary and playing with other members of the family helps in baby's development; but these should be properly timed.
The baby should not be played with or excited just before going to sleep or before, during or after eating.
A good time for a frolic is on waking from a nap. It is not good for the baby to keep him awake until father comes home to play with him. Fathers who realize this are glad to forego this evening pleasure so that baby's sleep and health and peace of mind may not suffer.

The playtime, can, however, usually be adjusted so that father and baby can have their fun in the morning or at some other convenient hour.
The baby should be handled or played with only by well people. Even a cold is easily transmitted to the baby by an infected playmate.
A certain amount of crying is good exercise. The lusty demand for food or for attention is part of the baby's daily dozen. This is not usually of long duration. The well baby who cries long and frequently and who whines is too often a testimonial to a weak-minded or careless mother.

CRYING IT OUT.
The baby soon learns that his parent can be "worked" by crying, and what unhappiness for family and baby can be developed upon this theme only those experienced can know.
Remember that baby can just as easily be taught that he can get nothing by crying. Only a very few lessons in "crying it out" are necessary, and the earlier they are given the easier they are learned.
Of course the mother must always be sure that the baby is not crying because of physical discomfort, hunger or thirst. When these are ruled out and there is no other cause, such as illness, the baby should be left alone and allowed to cry until he stops.

There is little if any danger of harm to the baby even from rupture; but unless this seemingly cruel discipline is early inaugurated and the crying habit overcome, the baby will forever be the tyrannical ruler of the household.
To the shame of adults, be it said, the pacifier habit is one that is usually deliberately taught to the baby. In many instances it is the result of ignorance or lack of will power in the mother.
Babies who are well trained have no use for pacifiers. They have the proper quantity of food at regular hours and are satisfied and do not cry. They seldom put things in their mouths because they are hungry but because this act is one of the few they have learned successfully to accomplish, and they enjoy its repetition.
The pacifier habit is bad for the baby because the object used as a pacifier, whether it be rubber nipple, sugar bag, bread ball or what not, is never clean and carries dirt and disease germs into the baby's mouth; it promotes a continuous flow of saliva so that the baby is constantly drooling; it is likely to establish a sucking habit and may affect the shape of the jaw.
If pacifiers are not given to babies they cannot acquire the habit. Thumb sucking is often the result or the accompaniment of the pacifier habit, though the baby may learn this by himself. He apparently gets a real satisfaction from this act.
It is safe to say that all babies put their thumbs in their mouths at times and all do not necessarily become thumb suckers, but a careful mother will be watchful for the development of a habit on which the baby learns to depend.
Its harmfulness is chiefly in its interference with the proper formation of the jaw by spoiling the arch of the mouth, causing protruding of the jaw and the upper teeth.
There is also the danger of dirt as well as of habit formation. Once acquired it is very difficult to unlearn.
Diverting the baby's attention, persistently removing the thumb or applying bad tasting substances may help in preventing, but seldom in curing. Among the best methods for curing the habit are the mittens made from drillings, celluloid or aluminum, and the elbow cuffs made of stiff cardboard with well padded edges which, when pinned to the sleeve, prevent the bending of the elbow.
It is usually necessary to use these devices only at bed or nap time; but their use should be continued long enough to stop the unnecessary and harmful habit and should be again promptly resorted to if a relapse occurs.
In all the foregoing remarks we have appeared to place the entire responsibility on the mother. Primarily this responsibility is hers. But it should not be hers alone.
Fathers can share this burden and can be of great assistance by co-operating with the mother in training the baby.
So also can all the grown-ups in the family—the sisters and the cousins and the aunts and especially the grandmothers. It is so easy for some other person who may be temporarily in charge of the baby to undermine much of the good work that the mother has so painstakingly accomplished.
A well-trained baby results from the intelligent co-operation of all his elders.

Frequent Varnish Needed.
The best way to keep the car looking new is to have it varnished every six months.
That old sprinkling can may be made into one of the handiest things on the farm. Get a gas-pipe elbow just large enough to slip over the top of the sprinkler spout, and then solder it tightly in place. The sprinkling can will now make an ideal vessel for filling the radiator of your car without spilling water all over it. Do the work now and have the car ready to use when you start using the car in the spring.



Guinea pigs are one of the hobbies of Miss S. Densham, the schoolgirl mayor of Kingston-on-Thames, England. The above picture shows her with some fine specimens.

The Dairy

Feeds containing abundant calcium are necessary if dairy cows are to do their best. Experiments conducted with groups of cows over a period of three years show such to be the case. All received the same grain ration and mineral supplement of one-half pound of bone meal per animal per day. The differences in the mineral element to the different groups was arranged for in the class of roughage fed. One group being fed well cured alfalfa hay; the other well cured timothy. The difference in nutrition resulting from the differences in the roughages was as follows: The group receiving alfalfa were rebred earlier and maintained their milk flow for a longer period than did the timothy-fed group which were particularly slow in being rebred and dropped in their milk flow immediately fetal development was under way. Minerals are a necessary constituent of milk, if not in the feeds the cow must either draw on the stored mineral matter in her body or cease to produce milk. As a matter of self preservation she will lower her milk production while developing her unborn offspring, if the bone-making minerals are not supplied in abundance. In properly balanced rations the mineral elements receive consideration. The clovers are rich in mineral matter, but even so, heavy milking cows require a supplement of mineral matter for long-term work.

THE CANNA

Either for beds in an open lawn, foundation planting close to a dwelling or as individual plants in a mixed border the canna serves a very useful purpose. There are many varieties of the canna, varying greatly in height and in color of bloom. Their range in height is from twenty inches to six or seven feet and the colors run from creamy white up to scarlet. There is also variety in foliage, some of the kinds being green and others dark copper color. One has therefore an opportunity for choice to suit one's taste in the garden or home grounds.
The canna has been given thorough test on the Central Experimental Farm at Ottawa, where it is used for bedding purposes and for experiment. It is a sub-tropical plant of easy culture, and during recent years has gained in favor and popularity. The more recent introductions are the orchid-flowered types. These are considered an improvement over the gladiolus-flowered types. Improvement has been brought about by hybridization and selection both in Europe and this continent, and to-day the canna is a commercial flower of considerable importance.
The canna can be raised from seed, which should be started early in the year. This, of course, requires greenhouse conditions because early in the year means the month of January. Plants may thus be produced for bedding the same season. The usual method of propagation, however, is by division of the stored roots. From a very few plants one with care can quickly increase his stock. That is to say, a single plant set in the spring will make four or five in the autumn.
Cannas are gross feeders and not unlike the corn plant in habit of growth. The richer the ground and the deeper it is prepared the better the plants will do. They require plenty of water, although watering can be overdone. A fair amount of watering with frequent cultivation, particularly in a warm season, will give the maximum satisfaction. As the individual flowers fade they should be cut off to be followed by new bloom from week to week.
Canna roots must be taken into the cellar for wintering. They may be left in the bed until frost comes to tinge the leaves and then dug up and allowed to dry for a few days in the sun. The tops should be removed and the roots stored in a cool though frost-proof cellar such as would be suitable for the storing of potatoes. Many canna plants are lost during the winter both from rotting and over drying. After they have become reasonably dry they should be stored in a box or bin side by side and covered two or three inches deep with dry sand or soil. In this condition they should winter well.
To prolong the blooming season, the canna should be started in March when the old roots should be divided and potted in good soil. These in the ordinary dwelling house should be set near the furnace until the plants are up. Excessive watering should be avoided until the roots are several inches long. They should then be taken to the light and permitted to grow in a rather cool atmosphere until danger of frost is over when they may be transplanted to the position they are to occupy in the garden.
Hundreds of varieties have been tested at the Central Experimental Farm, Ottawa. Fine varieties of different heights are named by the Dominion Horticulturist. Dwarf varieties, about two feet high: Wm. Saunders, Crimson Bedder, and Dagana. Medium varieties, about four feet high: Allemina, David Harem, and Louise. Tall varieties: Fair Hope, Mrs. Kate Grey, and Wyoming.
One of the most beautiful bronze varieties is the King Humbert. It produces a luxuriant bloom of great beauty.—Can. Hort. Council.

Select Hatching Eggs from the Well-mannered Hen.

There is as much difference in a hen's manners as there is in the manners of the human. Almost invariably the heavy layer is quite docile and does not object to handling. She will rest quietly in your hands and sing quietly all the time she is being handled. The cull has a disposition quite in keeping with her head type. She is noisy, wild, and the quiet singing of the good hen is replaced by squawking of the cull. This same difference can be noticed in the birds about the pens. The heavy layer is always going about busy but contented. She is first off the roost in the morning and last on at night. Her work commences at daybreak and continues relentlessly but cheerfully until often sundown. She spends little daylight on the roost with her less ambitious neighbors, so says Prof. W. R. Graham of the O. A. College. Select the hatching eggs from the hens that have all desirable characters, don't increase trouble or poor stock.

Yellow Corn as Chick Feed.

Heat and Vitamin A, two factors required in chick nutrition, are present in yellow corn to a greater degree than in any of the grains commonly used. Hence yellow corn can be used extensively in chick feeding with every assurance of success. Oats, barley, wheat, white corn do not contain Vitamin A in appreciable quantities, so are not now considered in the same class as yellow corn when used as chick feeds. A ration made up of eighty pounds of yellow corn meal, twenty pounds wheat middlings, five pounds raw bone meal, five pounds pearl grit, and one pound of salt, mixed as a mash and fed dry from hopper or pan, will give excellent results providing liberal quantities of skim milk and clean fresh water are also supplied. Direct sunlight will complete it.

A pair of young pigeons will seldom produce their first squabs in less than eight months, and two pairs are about all they will produce before they are one-year old. The first pair, as a rule, are small and are generally sold as culs. Five pairs of squabs a year are about all that a good flock of pigeons will average per pair. It is seldom that a pair of pigeons will produce over seven pairs of squabs in a year.

The Sunday School Lesson

MARCH 22.

The Forty Days and the Ascension, Luke 24: 13-53. Golden Text—Ye are witnesses of these things.—Luke 24: 48.

ANALYSIS.
I. APPEARANCE OF THE RISEN LORD TO THE APOSTLES, 26-43.
II. THE LAST INSTRUCTIONS, AND THE ASCENSION, 44-53.

INTRODUCTION.—Our last lesson from the life of Jesus describes his appearance to the eleven disciples after the resurrection, his parting instructions, and his farewell. It would appear from St. Luke's account that this appearance of the Risen Lord was, like the others, of a very mysterious and unearthly character, unlike any of the experiences which we associate with the world of space and time. Jesus appears suddenly in the midst of his disciples. He gives no warning, and, apparently, he is not seen to enter by any door or by any ordinary way of access. The disciples are startled, and suppose that they behold a spirit. Yet, according to the record, the Risen Jesus was not a spirit, but a corporeal existence. He had a body, which doubtless had a glorified character, but which, nevertheless, retained the familiar aspect and quality of flesh and blood. Not only so, but the Risen Lord is declared to have spoken to his disciples, to have recalled words spoken formerly on earth, to have quickened their minds to truths of scripture, to have explained the nature of their mission to the world, and finally to have gone before them to Bethany, where he leaves them. All this implies something different from mere vision on the part of the disciples, and yet the mysterious element remains. Revelations were granted apparently which rested on experiences of a different kind from those occurring in the normal physical world, but which, nevertheless, were so convincing in their reality, that the resurrection of Jesus becomes the certain foundation of the Church's faith.

I. APPEARANCE OF THE RISEN LORD TO THE APOSTLES, 26-43.
V. 36. The appearance takes place in Jerusalem, and as it follows the Emmaus-recognition, which itself took place when the day was spent (24:29), we should judge that the time was a late hour at night. The eleven are gathered together, presumably in some private house, and at the moment when Jesus appears they are describing excitedly to the two disciples from Emmaus how the Lord had risen that morning, and appeared to Simon (24:34), while the two disciples are relating their own wondrous experience during the evening meal at Emmaus. Suddenly Jesus is seen standing in the midst of the company, and they hear the familiar words, "Peace be unto you."
V. 37. The effect is terrifying, and produces on the disciples the impression of beholding a spirit. They cannot think that what they see is not an apparition.

Vs. 38-40. But Jesus reassures them. He speaks to them, and to disprove their fears and to rebuke their unbelief, he shows them that he is corporeal, having hands and feet. John says that he showed them his hands and his side. In any case, it is the sound-prints, the "marks" of his death, that he shows to all eyes. The eyes of the disciples are riveted; they can no longer think that they behold an apparition. No "spirit" possesses a body such as Jesus does.
Vs. 41-43. Nevertheless, conviction is not yet complete. The disciples still disbelieve, no longer, however, from fear, but for joy. The experience of seeing Jesus again seems too good to be true. It seems a dream, from which they will presently be ushered to a disillusioned awakening. But no! Jesus speaks again. Luke says that he asked for food. They had some broiled fish, and they gave it to him. He took it, and ate before their eyes.

II. THE LAST INSTRUCTIONS, AND THE ASCENSION, 44-53.
V. 44. The evangelist passes now to the doctrinal effects of the resurrection of Jesus. The risen Jesus draws the attention of his followers to the words—once mysterious and misunderstood—which he had spoken "while yet with them." He had solemnly shown from scripture the necessity of the Messiah's death and the glorious hope of his resurrection. All these words are now recalled to the disciples' minds, and are seen in a new light. The words "the law of Moses and the prophets and the psalms" refer to the three great divisions of the Old Testament. They describe the order in which the holy books were written and given to Israel. All scripture, as the apostles now see, has light to throw on the experiences of Christ.

Vs. 45, 46. The risen Jesus thus opens the mind of the disciples to understand the Bible. In particular, they come to see the place which his cross and resurrection have in the unfolding of the divine plan of the ages. While he lived and taught on earth, these things were hidden from them. Their thoughts were all of an earthly kingdom and of worldly glory. But now through the resurrection, they see the truth.
Vs. 47, 48. Not only so, but the risen Jesus brings to their minds anew the sense of their mission to the world. On earth, Jesus has labored to reconcile the nation to God by repentance, and he had called the disciples to a part in the same mission. Now risen and glorious he leads them to see that their mission of "repentance and remission of sins" is to be continued, and to be carried over the whole earth. Jerusalem is only the starting point, the beginning. The reason why the apostles must go everywhere is that they are Jesus' witnesses. They have seen him die, and he has now given them the knowledge that he lives, as the conqueror of death, for the salvation of mankind.
V. 49. To aid them in this task, the risen Jesus brings afresh to their remembrance the gift of the Spirit which God has promised. Scripture spoke of God as pouring out his Spirit on his people in the last days, Joel 2:28, 29. To this promise, Jesus now directs his disciples' minds, as they go forth in his name. They shall receive the Spirit before they even leave Jerusalem on their world-venture.

Vs. 50-53. The last farewell and the ascension now follow. Jesus bestows his benediction, and is received up into heaven. And now the era of Christian worship and the Christian church begins.

CO-OPERATION NO PANACEA
Speaking of crossword puzzles, the farmer would never be "stumped" on the word "co-operation," for it is one of the much used words of his vocabulary. He sees it, hears it, and he says it innumerable times. And he does it, or has done it.
Having co-operated, the farmer realizes that co-operation does not perform magic; it does not possess the magic wand which converts a poor farmer into a landed owner of an estate, who is monarch of all he surveys. Ruralists realize this, especially since in many cases in the formative stage when co-operation was talked rather than performed, one was led to believe that it would pave the streets of life with gold.
No, co-operation is no fountain of youth, no panacea for the ills of economic life, no royal road to the millennium in agriculture. Co-operation, when properly managed, is just a more efficient way of marketing and buying. When not properly managed it is often a more costly method of doing these things. But when it is efficient, it is like other efficiency methods; it makes a little saving here, adds a little income there, and perhaps may save a little time, work, or worry on the farm. But, it will never make a sovereign farmer rich, or make the crops grow better. It will not afford to any farmer the opportunity to be less diligent in the use of work, or judgment, in his farming operations.
Farming still depends as much upon individual effort and ability as it ever did. Co-operation is just one of the better methods to be used. It is really to marketing what fertilizers are to crop production which, when rightly used in amounts and times, will help to produce better results. But, also like fertilizers, it alone will not accomplish much; the other things also have to be done.

All Women.
A Swiss town is populated solely by women, who carry on an extensive dairying business.

WRITERS' REWARDS

Some years ago Sir James Barrie laughed heartily when it was suggested that he should dramatize "The Little Minister" and he laughed louder when the friend who made the suggestion added: "There's a good \$200,000 in it if there's a penny."
A year later the incredulous Barrie of months earlier was drawing \$2000 a week from the stage antics of Gavin and Babble.
It is calculated that the different plays that have come from Barrie's pen to-day bring him in an income of \$125,000 a year. A few months ago he was receiving \$5,000 a week in royalties from London theatres alone. Compare these figures with the \$25 Shakespeare is said to have received from "Hamlet."
Sir Arthur Pinero made less than \$50 from his first two plays, and when, for his third play, "Daisy's Escape," he endorsed a cheque for \$250, it was with no idea that he would one day write "Sweet Lavender," which has brought him in \$200,000.

Mark Twain's Record.
"The Lights of London" put \$120,000 into the banking account of the late George B. Sims ("Dagonet") while for "The Harbort Lights" he got another \$75,000.
Sir W. G. Gilbert sold one of his plays, "Dulcamara," for \$150, but he never repaid that mistake. If he had he would have lost \$250,000 from his "Pygmalion and Galatea" alone.

Novels are another source of big incomes, but the 1925 novelist is not giving away any figures. There is one British novelist, however, who refuses to write a short story for less than \$10,000. He must be on the way to breaking the record of Mark Twain, who made \$1,500,000 from his pen. Sir Walter Scott's novels and poems brought him in \$1,000,000.
Compared with these figures, some classical authors and poets fare badly. Ninety dollars was all that was paid to Milton's family for "Paradise Lost." Gay of "The Beggar's Opera" fame only received \$215 for his "Trivia."

On the authority of Dr. Johnson we know that Pope got \$26,600 for translating Homer's "Iliad," a princely reward compared with the \$52 given by the same publisher some years earlier to Ozell for translating three books of the same epic.

Golden Notes.
For translating "Pizarro," Sheridan received the sum of \$7,500. Goldsmith sold his "Vicar of Wakefield" to Doddsley for \$50, while, however—and this is sometimes forgotten—an eventual condition on its future sale.
Some remarkable figures can be given in connection with song-writing. "Her Golden Hair Was Hanging Down Her Back" earned \$100,000 for its author and publisher, Sir Arthur Sullivan received, it is calculated, \$50,000 for "The Lost Chord."

CULTIVATION OF RHUBARB

How It Should be Planted and How It Can be Enjoyed During the Winter.

There is probably no more beneficial vegetable than rhubarb. It is tasty and it is a corrective. Moreover it comes like a release from the coils of winter. And yet it can be enjoyed with a little trouble from January well into spring or early summer. It can be preserved the same as fruit and can be forced in the cellar, the roots being kept moist. In their bulletin on "The Farmer's Vegetable Garden," Messrs. MacKilloan and Cooper of the Brandon Dominion Experimental Farm, point out that by cutting good sized crowns or pieces off the plants in the garden sufficient forced stalks can be secured for a family.
The richer the soil is for rhubarb the better. It can be propagated from seed, but it is an improvement to propagate by transplanting sections of root. Holes for planting can be dug or a furrow opened up seven or eight inches deep with a plow. It should be mentioned that a spot where manure has been piled is ideal for rhubarb. Set the plants in squares four feet apart each way. Small sections of root with a single crown are to be preferred and in planting the crown should be about level with the surface, the earth being firmly packed around. Plant in early spring, and cultivate with a horse and scuffle or by hand during the first season. The rhubarb will then be ready for light use the next year, but should not be heavily used until the second season. Keep out weeds and grass by digging each spring and subsequent cultivation.
If the roots are to be cultivated in the cellar dig them out before winter sets in and leave them out to freeze solidly. Set the plants close together either in boxes or on the floor. They can remain in total or almost total darkness, as that improves the color. Although one lot of plants will throw up stalks for six weeks or two months, that is until the roots are exhausted, to ensure a continuous supply some roots can be kept frozen and not put in the cellar until the stalks from the first lot are ready for use. The temperature of the cellar should be between 50 and 60 deg. F.
Two of the best varieties of rhubarb are Victoria and Linnaeus.



Can You Guess These Birds?

- A jolly outdoor time?—A meadow lark.
- What hunters sometimes do?—Killdeer.
- Used in decorations?—Bunting.
- A color Quakers like?—Dove.
- An unsteady light?—Flicker.
- Material for summer trousers?—Duck.
- A stupid fellow?—Booby.
- A boy's name?—Bob-white.
- What friends do?—Chat.
- A bird never seen in the summer?—Snowbird.
- What farmers need in the summer?—Thrasher.
- What a dog does when he is happy?—Wagtail.
- A color too?—Yellowhammer.
- A baseball player?—Flycatcher.
- A little monarch?—Kinglet.
- The bird that likes to punish William?—Whippoorwill.
- The champion singer?—Kingfisher.

Loss in Haymaking.

Experiments conducted to determine the losses through the weathering of the clover crop, during the ordinary routine of field curing, indicate that serious losses occur. These losses depend on methods and seasonal conditions and are only in part preventable. Observations show that the anti-rachitic vitamin was destroyed by the long exposure of hay to the sunlight and weather. This is a serious loss since the calcium in hay that is badly weathered is quite unavailable to farm animals even though it may be present in large quantity. Clovers dried in the sun but not exposed to dew and rain have been found to retain the anti-rachitic factor in greater abundance than where the clover has been unduly exposed through neglect or adverse weather. Hay for young and growing animals, and also for animals that are producing milk should be cured in the cell with as little exposure as possible in making good hay, otherwise the calcium content will not be available.