

# Why Are So Many Physically Unfit?

By William A. Griffiths, Ph.D.

Did you ever stop to think why so few of our men recently examined for military service have been able to do good physical work? The fact is that more than one-half of our young men are placed in this class.

The large percentage of men physically disqualified by the examining boards does not reflect creditable on the health and average physical condition of our Canadian people.

This should engage the serious attention of every man or woman and cause them to look into the condition of their individual health, as there never was a time when healthy, strong, robust men and women could make themselves so useful to their country and homes as at present.

The Government demands efficient men and nurses for its overseas service and in no less degree should these same results be looked for in the men and women engaged in the regular home and business pursuits of everyday life.

Health is undoubtedly our greatest national asset and at this most trying time, in the history of the world, should be our first consideration. Efficiency was never more needed in all vocations than at the present time.

Your physician will tell you that practically every form of physical debility can be originally traced to one source, and that is accumulated waste in the colon, or large intestine. This accumulation acts as a gradual poison to the system, and is known in medical practice as auto-intoxication, and results from imperfect elimination or constipation.

The great disadvantage is that nature does not warn us that our system is gradually being poisoned by this accumulated waste matter—until some physical trouble sets in. Constipation, Biliousness, Intestinal Indigestion, Headaches, Nervousness, Sleeplessness, Rheumatism, Skin Eruptions, Impure Blood, Kidney Trouble, High Blood Pressure, Hardening of the Arteries, Appendicitis, and many other serious diseases are traced to this source, which could all have been avoided had the colon been kept in a clean and healthy condition.

This gradual poisoning of the system sometimes goes on for years without making itself felt until all power of resistance is overthrown and then some form of disease is readily contracted.

Our present mode of living, with its large, largely unaccountable for most ill-health. We eat too much, work too hard, and do not take sufficient benefit of the right kind of out-of-door exercise, and in other ways do not heed the demands of nature.

## From The Countryside

### Frontenac

#### DEATH ROAD.

March 20.—Last Friday evening the annual cheese meeting was held in the Orange Hall. The Helping Hand met last Wednesday at Mrs. W. McFadden's, who served tea in aid of the Red Cross. Thursday the Ladies' Aid met at Mrs. T. Young's. A little girl has come to stay at Mrs. A. Lawson's. Mrs. Mr. and Mrs. A. Lawson have rented the farm of J. Silver. E. Babcock had a wood-bee this week. Miss Helen Wartman spent the week-end at Miss Lillian Guthrie's. Miss Sadie Guthrie was the recent guest of Miss Myrtle Raymond. Mrs. J. S. Roberts is visiting at Merriekville. Mr. Robert Stenness spent Tuesday at Maple Leaf. The Maple Leaf Mission Circle will meet this Thursday at Mrs. Charles Shales, where the members will piece a quilt.

### ZEALAND.

March 20.—W. H. Garrett cut pulpwood with his axolite outfit for T. Garrett. A number from here attended the sale at Mrs. Agnes Ferguson's, North Sherbrooke. Cows sold from \$65 to \$99 each; sheep, \$25 to \$27 each. T. Garrett sold a horse to Mrs. Chambers. Mr. Chambers is moving soon to his new farm near Ferguson's Falls, having sold his farm to Harry McDonnell. A letter from one of the Zealand boys, Ralph G. Garrett, who trained in Ottawa for a short time and went overseas, was received here this morning, saying he had arrived safely in Seaford, England. They had a very rough voyage. Captain said it was the roughest he experienced in seventeen years.

### Leeds

#### ELGIN.

March 19.—J. W. Proud, assessor, is making his calls. G. W. Sexton, Deloraine, Man., is renewing acquaintances. Harry Kelsey is confined to his home by illness. Miss Johnson, Forfar, was the guest of Miss Pinkerton. Mrs. H. S. Brown is confined to her room by illness. Miss Moore has moved to the rear of the bank. S. Ripley, Smith's Falls, was a guest in the village. Mrs. H. Coon spent a few days at Smith's Falls. Mr. and Mrs. W. Sherwood, Smith's Falls, were called here by the death of the former's father. Mr. and Mrs. M. Sweet, Leeds, were in the village. The vicinity has been called upon to mourn the loss of two of its oldest residents. In the past week, Reference being made to James Sherwood, who passed away at his home on the 19th inst., after several months' illness. Deceased leaves to mourn his demise, his widow and five sons, John, Brian, Colymbia, William, Smith's Falls; Robert, Charles and Melbourne, in this vicinity. Funeral services were conducted by Rev. Mr. Stillwell. The pall-bearers were six nephews, R. J. Mustard, S. J. Smith, H. Smith, F. Smith, H. Ripley and R. J. Power. The death occurred at Mrs. Thomas Cavanagh at the home of her daughter, Mrs. M. Rape, on the 13th inst., death being due to her advanced years. Her husband predeceased her a number of years ago. Surviving is her one daughter. Funeral services were conducted in the Roman Catholic church on Thursday by Rev. Father O'Hanly.

### Prince Edward

#### BONGARD'S

March 19.—The next meeting of the Ladies' Aid will be held at the home of Mrs. Thomas Bongard the first Thursday in April. Mr. and Mrs. D. T. McCormack spent a day at "The Prince" last week. There was no school at S.S. No. 3 last week owing to the lack of fuel. R. Harrison and A. Kerr visited friends at Conway on Sunday last. J. Turner is in the vicinity with his sawing outfit. Eleanor Sheppard, Gladys Bongard and Edith McCormack of the Collegiate spent the week-end at their respective homes. P. Thurston spent a few days at Cherry Valley, recently. The farmers here have tapped their sugar bushes. Miss Lawton, teacher at S.S. No. 3, has tendered her resignation to take effect at Easter.

### Lanark

#### LOWER LAVANT.

March 19.—Quite a few from here are attending the sale at Thomas Dunlop's, Poland. The good news was received here that Pte. R. Paul has reached Canada and expects to arrive in Lavant by Thursday. Pte. Paul escaped from Germany some time ago and his friends will be all glad to have him home again. John Reid, who was working in Renfrew for some time, is visiting with friends here. Mrs. John Robertson received word that her sister, Miss A. E. Jones, surgical nurse at Watertown, N.Y., has left for service overseas. Mrs. R. Barr and Mrs. J. Browning visited friends in Lanark recently. Mrs. R. Nairn, Middleville, is spending some time at her mother's, Mrs. John Paul's, Mrs. Somerville, Middleville, is visiting her daughter, Mrs. H. Paul.

Nelson Covell, nearly all his life a resident of South Elmley, passed away after an illness of six years at the home of his daughter, Mrs. J. H. Phillips, Smith's Falls, on March 15th. He was seventy-seven years of age.

## The Landcraft Creed.

By Bert Huffman, Langdon, Alberta.

Landcraft is the science of knowing, trusting and understanding Mother Earth. It is the science of growing things, of building homes, of producing the beautiful and wonderful miracle of the harvest. Landcraft comprises within its magic brotherhood more members of the human family than any other science, profession, art or craft. It is as wide as the confines of the earth and so vital that the human family would perish within a tragically short period without its golden stores. Its business stature is so gigantic that but for its products railroads and ocean liners would rot in idleness.

So I'm proud to be a Landcraft, a Farmer. And for this is my destiny, my occupation, my profession, I am going to love it. I am going to make my profession both pleasant and profitable. I am not going to run slipshod over my work, thinking I will some day leave the farm. I am going to make my work attractive and beautiful. I have all the forces of Nature at my command. I have all the seasons to render me their homage, their service. I have the soil, the air, the streams, the sunlight, the freshening rains to serve me. So I have a retinue of servants such as no king can boast of.

This farm is my workshop, my studio, my sanctum. I am going to strive to be an artist in my profession. I am proud that I am able to take a spot of the Earth's surface, savage, raw and untamed, and convert it into a place of beauty, profit and delight. Since life is a business, I am going to be skilful, intelligent, thoughtful in my calling. I am going to study my farm. Every acre of it I am going to scrutinize and control. I will fondle it, pamper it, and caress it; but it must work for me—it must give me its richest dower, its most splendid riches.

If there is a barren or non-productive spot on it I will study to improve and strengthen it. I will study to understand it as an engineer knows and loves his smoothly running engine. I will study its chemical composition, so I may plant the seed that will be most thrifty, most productive, most profitable for such soil. Am I not a scientist, an artisan? Am I not closer to Nature than any other worker? Then why not use the marvelous knowledge Nature holds out to me? Do I not tread the dirt roads, travel the bridge paths, live, work and walk upon the earth's bosom constantly? Then why should I not know it better than any other?

I expect to pass my life upon the land, for farming is my work, my play, my religion. So I am going to strive to make my farm pleasant, comfortable and enjoyable. I will pass through this life but once, so I am going to gather about me all the comforts, advantages and conveniences with my reach. Life is short at best, so I am going to use all my intelligence and skill to get the most out of it, as I go through.

It is said by the thoughtless that the agricultural class—the Landcraft—is ignorant; that he drudges and sweats and lives a dull, unthinking life while shrewd manipulators exploit his labor and take the cream from his harvest. So I am going to be a student as well as a farmer. I am going to know what conditions surround me, what dangers threaten my interests, what enemies lie in wait for me. All the libraries of the world are open to me. All the schools, colleges, universities, books, newspapers, and magazines are within my reach, so I am going to educate myself and remove the stigma of ignorance with which I am branded.

There is no more worthy or sublime calling than mine. There is no more divine art than that of living upon and intelligently cultivating a spot of the earth. What artisan deserves better of humanity than he who takes a parcel of raw land, wild and stubborn with ages of idleness and disuse, and who by skill, patience and intelligence makes that parcel of land support himself and a family, yield profits, year after year and which, being transmitted from father to son, generation after generation, returning the same bountiful harvests, furnishing the same shelter, support and pleasure, age upon age!

So I am proud that I belong to the Landcraft. I am going to try to be an ornament to the brotherhood. I will strive to be alive and work among my fellows that friends will be plentiful and faithful as harvests are bountiful and unfailing.

### The Fool-Hen of Canada.

Wasn't it Theodore Roosevelt who brought back from Brazil the story of a bird that gnashed its teeth? Dan Beard has been hunting in Canada, and he has another kind of bird. He tells about it in "Boys' Life," as follows:

"That night we heard the moose grunting around the little lake a few yards back from our camp and in the morning saw their fresh tracks in the snow that had fallen during the night. The chief had risen very early, and at dawn he and Isaac Hunter, the halfbreed, shouldered their guns and went to look for meat.

You saw our party was not out for wood, nor ever for beads, but we were to be gone about a month and needed some fresh meat, so off we started through the silent woods, climbing over snow-covered fallen logs, but we met nothing except some cool-birds—this is the name given to these birds by hunters because the birds do not seem to be afraid of people and consequently they are birds which will become extinct as soon as their country becomes the resort of thoughtless hunters. I have seen them sit quietly on a limb while a boy shot at them with a twenty-two rifle.

And when the bullets went through the bird's feathers the latter would turn around and smooth the feathers down again where they had been ruffled up by the last's missiles.

### Shetfish.

Among the oldest life forms on the globe is the shetfish, known as the lingula, a specimen of which was taken from Manila Bay several years ago. The genus, according to scientists, has remained practically unaltered for more than 100,000,000 years. With the extraordinary changes of climate and environment since the world began most forms of life with which science is familiar have been transformed or have altogether disappeared since the geologic age. "That the genus lingula," says the Journal of Heredity, "should have survived for all these ages, and undergone virtually no change, is striking evidence of the fact that the germ plasma, which under some conditions, as in the case of the horse and the dog, is capable of extraordinary variation, is under other conditions remarkably constant."

### Sugar Beets in England.

For several years Great Britain has experimented with the sugar beet, but now, facing a sugar shortage and with the need of making the country less dependent upon foreign supply, the Government is taking an official concern in the possibilities of this industry. Accordingly, the Government has made a loan towards the creation of a sugar beet factory near Newark, capable of dealing with a large daily tonnage. The British Sugar Beet Growers' Society has purchased land, and it is hoped that this area, with additional land in the vicinity cultivated by separate farmers, will produce eighty thousand tons of beets a year, which should yield over two thousand tons of sugar.—Empire Gazette.

### Self-confidence of a Captain.

"You have made a lot of money." "Yes," replied Mr. Dustin Stax. "I have gotten to a point where I almost wish I were poor in order to have the fun of making it all over again."—Washington Star.



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Made in three weights—60 lb., 70 lb., 80 lb. per square.

### Brantford Rubber Roofing

is the same quality as Brantford Asphalt, but has a smooth, rubbery surface instead of the sand. It is particularly suitable for verandah decks and floor coverings. Three weights—40 lb., 50 lb., and 60 lb. per square.

### Standard Mohawk Roofing

consists of the same grade of materials as Brantford Asphalt Roofing but is lighter in weight—a thoroughly reliable roofing at a low price. Tested for years and has given entire satisfaction. Sanded on one side. One weight—40 lb. per square.

### Mohawk Rubber Roofing

The same quality as Standard Mohawk but with a smooth surface. Used for all classes of temporary work—sheds, bunk-houses, camp sites, even dugouts in the trenches. 35 lb., 45 lb., and 55 lb. weights.

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Slightly lower quality than Mohawk Rubber. Used for same purposes. 35 lb., 45 lb., and 55 lb. weights. Samples of any of these roofings and prices will be furnished by either the makers or their agents in this locality.

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is just this kind of remedy. It is good for any member of the family. It relieves coughs of all kinds. It is composed of things which cure easily and soothingly without harming the delicate tissues of the throat, and is the ideal remedy for coughs, colds, croup, influenza and whooping cough.



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