Body in Proper Physical Condition Elegenes of ment have the many hand has and hand

nant pool, while the active man is like | time 46,525 ceaths passed under rethe mountain stream. In the stag- view. They, of course, tell nothing of nant pool reptiles of many descrip- individual cases, but of the average tions crawl and croak, and from it or typical cases they reveal much. noisome odors rise. The mountain | Skilful physicians are connected stream is pure and sweet and crystal | with the large life insurance offices,

a stream of matter flows. Exercise make a careful investigation of the is the means by which the movement | causes of death in cases of policy holdof the stream is accelerated so that ers. the blood is kept pure and the tissues clean. The Bible says that he that | tion show that the chances are about will not work shall not eat, and Na- six to four that consumption will carture says the same. A man who in- ry off its victims before the age of sists upon eating, even though he forty-five. Fifty-nine per cent of sufdoes not work, pays the penalty for ferers from this disease die before his violation of natural law. The food | they reach this age. Above sixty, the he eats becomes poison in the tis- per cent of cases is only twelve. sues; his body is not only like the stagnant pool, but it becomes even like | pox, diphtheria, measles, etc., the a cesspool, and ready food for germs. | chances do not differ widely. Thirty Exercise increases the ability of the per cent of the deaths from these disbody to resist a disease. It encour- eases occur under the age of fortyages every bodily function, creates five; 36 per cent, between forty-five appetite for food and the ability to and sixty; 34 per cent, above sixty. digest when eaten. It strengthens the heart, clears the brain and enlivens | paralysis chiefly afflict elderly people, the spirit.

much muscular work must one do to 12 per cent below forty-five. der one-half mile, or twenty-six hun- | curring after that age. dred feet high. If one lived in the ! vicinity of Leukerbad, Switzerland, or the elderly and middle aged, only 11 in the neighborhood of certain deep per cent of deaths from this cause mines, he might actually climb such occurring before forty-five years of a ladder. Ordinarily, some other more | age. climbing, and if one chooses to do life. the work while standing in a corner ty: 32 per cent, above sixty. raisings' would be equivalent to rais- forty-five. ing the body one foot, and to raise the rise upon the toes ten thousand four curring at ages above sixty. hundred times. One might easily exfeet a minute, or nine hundred feet | ver deaths occur under forty-five, and | house she said: would be accomplished in about three | sixty. hours. But it would be very tiresome to do the work in this way, for almost the entire amount of work would be thrown upon a single set of muscles.

nately raised and lowered through a thin, sharp knife, cut as thin a slice as fng. showing frequent disposition to young son, came into the office to and remarked: "I beats all what a Farmers' Review. distance of about two feet. The exe- possible. Butter and cut until you go out again. But the same game has have some work done. The youngster difference there is in cellars in keepcution of such a movement requires have slices to make the required num worked ever since. nearly four seconds, or fifteen to the ber of sandwiches. Spread a buttered minute. The body would thus be lift- slice with egg mixture, place over it ed thirty times a minute, and an hour a lettuce leaf washed and dried, then and a half would be required to do another slice and press well together and time shortened. But, on the whole, on a wooden bread plate.

same amount of work riding a bicy- serve with fruit juice.

mulation of uric acid and other tissue | Serve withpoisons after a time result in rheum- | Crange Sauce-Mix thoroughly half atism, neurasthenia, apoplexy, prema- a cup of sugar and a rounded tableture old age and a great variety of spoonful of cornstarch. Then add, in disorders which may be traced more the following order, a tablespoonful or less directly to uric-acid accumula- of lemon juice, the juice of one on the aisle please answer?

Vital Statistics.

statistics prepared by a leading life stiff. ed to stop human machinery. The spoonfuls lemon juice, three-fourths figures deal with a period of fifty- cup chopped walnuts.

The sedentary man is like a stag- | three years-1845-1898-during which

to examine into the physical condition The body is a form through which of applicants for insurance, and to

> The records of the company in ques-In general diseases, such as small-

Apoplexy, softening of the brain and 55 per cent of the deaths from these How much must one exercise? How causes occurring above sixty, and only

maintain good health? According to The probabilities are that sufferers recent English authorities the average | from other nervous diseases will not man should do, daily, work equiva- reach the age of sixty, only 27 per lent to climbing a perpendicular lad- cent of deaths from these causes oc-

Heart disease afflicts principally

convenient method of exercise must | Although pneumonia has been called be adopted. It has been determined | "the old man's disease," the chances that walking twenty feet on a level, are sixty-four to thirty-six against one at the rate of three miles an hour, is | dying of this disease after the age of equivalent to lifting the body perpen- sixty. Twenty-nine per cent of the dicularly the distance of one foot. deaths from pneumonia occur under Hence, one may, if he chooses, walk | forty-five, 35 per cent between fortyten miles, instead of climbing a lad- five and sixty, and but 36 per cent der half a mile high. Of course, hill above sixty. Other respiratory disclimbing and mountain climbing will eases, such as bronchitis, pleurisy, accomplish the same thing as ladder etc., grant a little longer lease of

the work indoors, he may work out his | Derangements of the digestive systask in stair climbing. Going up and tem do not glean from the aged a down a flight of stairs ten feet high is very large number of victims, the equivalent to raising the body about chances being more than two to one twelve feet perpendicularly. Hence, against those so afflicted reaching the And All Because of an Innocent Re- of old Rome is publicly announced. Uncle Recognized Superiority of His one might do the required amount of age of sixty. Thirty per cent of the work by going up and down such a deaths from this class of diseases ocflight of stairs one hundred and sev- cur under the age of forty-five; 38 riage Gayman began to overlook his by Michael Angelo Buonarotti in the er near a summer resort in New enteen times. But, first, he may do per cent, between forty-five and six- promises to stay away from the club. beautiful cloister of Santa degli An- Hampshire. He was a teetotaler and

body half a mile, or twenty-six hun- urinary" are old-age diseases, 77 per not even give an excuse for going. tery behind the church was taken by of the year. dred feet, it would be necessary to cent of the deaths from such cases oc- Mrs. Gayman did not rush home to the Italian government, the monks

HEALTHFUL RECIPES.

Salad Sandwiches.-Boil three eggs By placing the hands upon the back ten minutes; drop in cold water two ward, that is-but of course you're were carried off for firewood. of a chair or upon a table the arms minutes; peel, and while still warm, going." may be used to assist in lifting the mash fine with a silver fork, work in body so that the movements can be a tablespoonful of thick cream, two run around, for I have an appointexecuted much more easily. More or teaspoonfuls of lemon juice, salt to ment. But I shall be back in two sistant to a dental surgeon uptown ever passed your lips I'll give in." less weight can be thrown upon the taste and a little watercress chopped hours." fine. After cutting off the crust, but-By raising upon the heels and bending the knees, the body may be altering the knees, the body may be alter

crisp them well; sprinkle over them them and then asked: Bicycle riding, if not overdone, is a cupful of ground pecan or other excellent exercise. To accomplish the nuts, dust lightly with sugar and get a job?"

Most city people, outside the labor- Peel one dozen bananas, dip in egg we will need you." ing classes, take far too little exer- batter, roll in granola or bread The young man's ambition seemed cise. As a result the deficient oxida- crumbs; repeat. Place in oiled pan, to fade, and he remembered that he tion of the body wastes and the accu- bake twenty minutes in hot oven had an engagement elsewhere .- Al-

orange, a little of the rind, three quarters of a cup of boiling water. Cook in ten minutes in double boiler, stir-Everyone who is troubled with ring constantly. Remove from fire, "symptoms" will be interested in the whip in the whites of two eggs beaten

insurance company showing at what | Nut Sponge Cake-Logredients: Six | Three, then. ages different diseases may be expect- leggs, 1 cup flour, 1 cup sugar, 2 table

······ "Ours," Not "Mine."

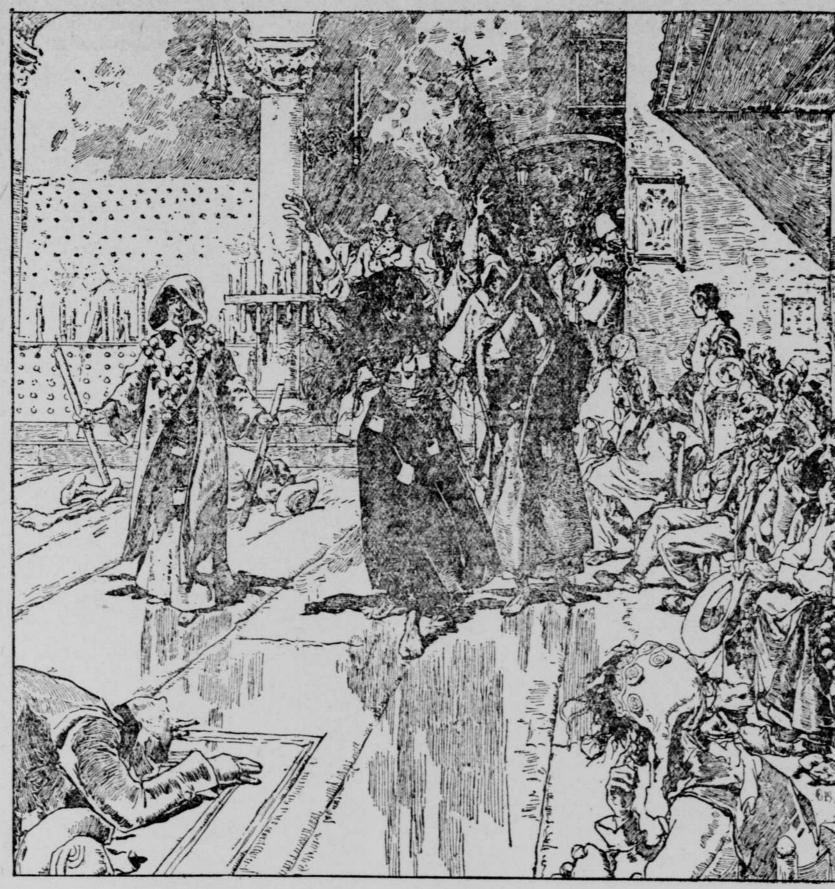
that which is not theirs, but "ours."- | pacity. Minneapolis Journal.

Ex-Bandit's Son Reading Law. library in the county courthouse. | year.

Damages for Lessened "Capacity." "It is mine!" "I tell you, you are | Louis Gurber, a Philadelphia musimistaken; it is mine!" Divorce court. cian, sued a street railway company Providence the other afternoon and concerning the binding of the first ed- a general man on his farm, outside of Which is a terse way of putting the for injuries sustained through the de for a time his manager was on the tion of "Ben Hur," which appeared in Portsmouth, and among those who ap Which is a terse way of putting the lor injuries sustained through the delight to pre sad history of many a marriage discount and the lord of the liquid sad history of many a marriage discount in the liquid sad history of many a marriage discount in the leaching away of the liquid sad history of many a marriage discount in the liquid sad history of many and marriage discount in the liquid sad history of marriage discount i agreement over the things mine and on the stand he declared that previous agreement over the things mine and on the stand he declared that previous agreement over the things mine and on the stand he declared that previous agreement over the things mine and on the stand he declared that previous agreement over the things mine and on the stand he declared that previous agreement over the things mine and on the stand he declared that previous agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will resident agreement over the fields begins, the garden will reside the fields begins agreement over the f agreement over the things mine and on the stand he declared that previous sprivate car was sidetracked a series which the fields begins, the garden will restand he declared that previous sprivate car was sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked as the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked a series which the fields begins, the garden will restand he declared that previous sidetracked as the fields begins and the fields begins are sidetracked as lows. The way to settle such a dis- drink fifty or sixty glasses of beer a the driver of his carriage, being a bound in cadet-blue cloth and decora- for his last employer, who was also a ceive scant attention. agreement is for both parties to say, day, but that now the best he can do comparative stranger, mistook the way ted with clusters of flowers in red, farmer, and why he left. "It is ours!" Because of the struggle is less than twenty. The court inquir and drove in the wrong direction. blue and green on the front cover and for mine and thine the records of his- ed gravely: "Would that be claimed Meanwhile a large and fashionable a vase of flowers in the same colors there a while the grub was very bad, growing of peaches must determine floors. tory are rolled in blood, nations have as an element of damage" Gurber's audience has assembled and was be- on the back. The lettering on the land one day an ould hog he had died, to do a vast amount of hard work in fallen, barriers of hatred have been counsel thought it ought to be, and ap- coming impatient. In desperation the cover is black. raised, brother has fought brother. parently the jury thought so, too, for unhappy manager was about to send Envy, dissension and division have the plaintiff was given a verdict of out a corps of town criers, when the come because men have contended for \$1,000 on account of his reduced ca- auburn-haired Russian appeared on the

Town Clerk for Half a Century. Ira N. Goddard has been town clerk Jesse James, only son of the famous of Millbury, Mass., for fifty-two years great favorite with the poet Whittier, 28 per cent and double the number Missouri bandit, is reading law and and is now the unanimous choice of had recently married. Meeting the cremated in 1901. taking the three years' course in a the Republican caucus for another young husband one day, Mr. Whittier Kansas City school of law. This is his term. At the election last November remarked: "John, thee ought to be first term. When the course is fin- | he was chosen to represent his district | on the school board." ished he will practice law. The pro- in the state assembly. Mr. Goddard is The young man, somewhat surfessors of the law school say that 75 years old, but looks fully fifteen prisad, said: "Why, Mr. Whittier, way, from sixty to one hundred feet mitted between those distant points Jesse is a good student. Much of his years younger. He and his wife will what makes you think so?" time is spent in reading in the law celebrate their golden wedding this "Because," was the reply, "thee is It is reported that options on the nec- would take it to cross an ordinary

RELIGIOUS SOLEMNITY IN UPPER LOMBARDY



shoulders. They are intended to rep- is that the plaints and prayers of the visit to the cemeteries.

This solemnity, peculiar to the Sab- resent grief and pain and their pray- weepers are more acceptable to the the tree died. A sprout grew a little better flesh and make them able to do bia Valley, takes the form of a proces- ers are offered on behalf of all the departed than those of the real way from the ground. I did not dis- more work. sion preceded by weping women with sufferers and mourners who on bend- mourners themselves, who, on the turb this when sawing off the tree. disheveled hair hanging over their ed knee line their passage. The idea day of the procession, pay a pious and it made a growth of some three

NOW JOHN STAYS HOME.

mark of His Wife.

confusion-"it would be most awk- at once began to decay and fall and glass of cider, drew a glass of Eng. add one part of tallow. Try a coat

"Well," he replied, "I must just

Gave Up Waiting.

"Sit down and wait," said the joker. in Greek. cle, one must cover about four times | Baked Bananas-Beat two eggs and "There's ten or fifteen men killed here the distance required for walking. | a cup and a half of water together. | every day and you can't tell how soon | route.

bany Journal.

At the Mission.

Young Heathen-Five.

Fair Catechist-How many? Fair Catechist (reproachfully)-What? Young Heathen (desperately)-

hat)-Two. (And he fled.)

"Lost" Great Pianist.

Paderewski, the pianist, got lost in

An Anecdote of Whittier.

Old Cypresses Gone.

A sad piece of news for the lovers The last but one of the five immense Less than two years after his mar- cypresses planted over 400 years ago of the Michaelangelesque cloister you to try it." "How do you know I'm going?" he were clumsily removed, and in doing

Cosmopolitan New York. had the cosmopolitanism of New York He was back in one hour, and seem- thrust forcibly upon him the other his lips to it, sipped a little, and then spoke a few words in English which | ing cider." and walked out. the dentist took to mean that the

father would take the chair first. A young man who was anxious to | The dentist examined the old man's secure a job as a railroad brakeman | mouth and then looked at him helpthe day's work. By placing weights Trim the edges, removing tough crust; wandered into one of the local yards lessly. He wanted to ask him whethupon the shoulders the rate at which cut across twice diagonally, and ar the other day and came across a er he wanted bridge work or plate, the work is done would be increased, range the triangles on lettuce leaves bunch of railroad men who were sit- but he could not make himself underting in a shanty. He made known his stood. Knowing that most foreigners there is no method of accomplishing | Toasted Granose Flakes With Nuts | ambition and one of the men, who is | speak more than one language he the work so good as walking, and par- and Fruit Juice.-Toast the flakes in quite a joker, asked him a few fool- called in the other dentist, who speaks ticularly climbing a hill with a mod- the ov be delicately, but enough to ish questions. The youth answered French. In English he told his professional brother what was to be "How long before I'll be likely to done; in French the man translated it to the boy, who in turn told his father

The reply came back by the same

Good Advice in Any Language. Tennyson once attended a dinner where G. L. Craik proposed "The cynical advice given by a brother ence.-Indianapolis News. Scot to his children: "Tak my ad-Fair Catechist-How many Creativice and dinna marry for siller. You tors were there? Will the little boy can borrow cheaper." Some time later Tennyson, at his own table, repeated Mr. Craik's story, but expressed the idea without attempting dialect. His Young Heathen (nervously)-Four. son Hallan remarked: "Surely, fath- I wish all boys would be polite. er, Craik did not use those words." "No, he did not. But the Craik is a Scotchman and I am afraid to venture on repeating him exactly. However, How very pleasant life would be Fair Catechist (angrily)—What? it's almost as good in English as in Young Heathen (edging toward his | Scotch and it's tremendously true in both."

First Edition of "Ben Hur." Inquiries have reached the Harpers

Cremation Grows in Favor.

ber of cremations, there having been | to lave." cremated 1,381 bodies in 1904 against A young lady teacher, who was a 1,074 bodies in 1903, an increase of

Automobile Speedway.

such a good judge of schoolma'ams." essarv property have been obtained. room without electrical propulsion.

LAID IT TO THE CELLAR.

Neighbor's "Cider."

Uncle George Blodgett was a farmafter he reached home at night. At geli, was blown down and broken to an uncompromising prohibitionist. He and raising himself on his toes. In Victims of Bright's disease have a first he moved cautiously, pleading a pieces during a recent great rain raised a good many apples, and made about three inches. Hence, four heel- 16 in 100 dying of this disease before ising to be back in an hour. Soon that this picturesque and famous clump is vinegar. "Bill" Small ran a hotel promise began to slip his mind, and also much damaged, and must soon nearby, and he bought a barrel of

her mother. She did not appeal to were dispersed, and the place turned Uncle George was at "Bill's" hotel. hands. Fifty per cent of the deaths from his mother. She played her own into a hideous museum of profane dig- "Uncle George," said Bill, "that barecute this movement at the rate of violent causes occur under forty-five. game. One evening, when Gayman nitaries discovered during recent exone a second, which would be fifteen | Fully 68 per cent of the typhoid fe- showed no inclination to leave the cavations in and around the city. With doesn't turn into vinegar worth a cent, ers of the bark will be wounded, but almost incredible vandalism the fine but it is the slickest cider you ever treatment is just as necessary as for an hour. At this rate the day's task only 9 per cent at ages higher than | "John, dear, you'll be late at the old well and fountain in the middle put inside of your face, and I want those damaged by rabbits. If some

so the roots of the overshadowing cyp- thinking to have a little fun with or six parts of resin and two parts "Not going? Oh,"-affecting intense ress trees were much injured. They Uncle George, instead of drawing a of beeswax. Melt this and while hot that," he said, "and if you don't say hard and cracks easily, add a little one that confronts the farmer that A young Western dentist who is as- it is about the smoothest stuff that more tallow. With a swab apply a is about to build a stable that he

Uncle George looked at it; touched

Value of Teaching Obedience. Is there any reason why our schools ting children through a certain course have noticed that in a wild state rasp- like. Brick also permits the trans of study? We think not. In our opin- berries are found in the vicinity of ion, if the schools fail in discipline, if trees especially in clearings, where they fail in developing a spirit of there is a partial shade from trees obedience, they fail in discharging still standing. All that have picked their most vital function and at the wild raspberries have noticed the inmost vital point. And it seems to us creased size of the berries where that this railure is one for which the there is partial shade. schools may very justly be held responsible. For the very theory on which the state proceeds in this matter of public education is that through education the children will be properly trained along the line of good citizenship. But they cannot be sood citizens unless they learn to be obedient to law. In some way, therefore, Ladies." In doing so he recalled the the schools must inculcate this obedi-

Grandma's Girls and Boys. I wish-I wish (said Grandma Gray) That little boys were always good, That little girls so fend of play, Would help their mothers when they

And all the little girls were neat. That all would try to do the right. And all had tempers that were sweet.

It can be done, you must agree— And all depends my dears, on you!

He Got the Job. The Hon. Frank Jones once needed

"Well," said the man, "after I was Statistics for the German empire two months afther, his ould mothershow a further increase in the num- in-law died. Then I thought it time

Talk from Omaha to Boston.

The longest distance over which speech is regularly transmitted is be tween Boston and Omaha, 1,600 miles A project is under consideration to talks daily with its representative in build a twenty-mile automobile speed- Boston. The human voice is trans wide, in Mercer county, New Jersey. on a copper wire in less time than it



Treating Fruit Trees Gnawed by Mice

or Rabbits. The winter of 1903-04 was fearfully cold and the snow deep. The food of the rabbits was scarce and they gnawed the bark from some of our young apple trees. Six of them were badly girdled in this way. To pull out the young, thrifty trees would have been quite a loss. So I applied an effective remedy, which is within the reach of

In spring as soon as the orchard ground is dry enough, fill an old pail three-fourths full with fresh cattle consistency of mortar. Apply the pre- It surely does. pared paste to the eaten parts of the | The liberal use of these tools pays trees, putting it on as thick as it will the practical farmer better than it the moisture around the wounded buy another. So it pays the poor parts during the growing season.

them at least one inch under the bark | him just as well. feet during the season.

If the trees are two inches or more in diameter and the entire trunks are girdled clear through the bark to the hard wood of the tree, it is best to pull or grub them out and plant others. With the exception of the one which was entirely girdled, all trees that I treated in this way last spring showed by their luxuriant growth that they were doing as well as the young such exercise the body is elevated fair chance of reaching sixty, only business appointment there and prom- storm. The sole remaining one of cider, and sold it strictly to make I know from experience that had the wounded parts of the trees not been Complaints classified as "genito- he came home at all hours. He did fall, too. The dear Carthusian monas- cider from Uncle George in the fall had some difficulty in getting the manure paste to stick to the trunk when One day in the following spring applying it with a paddle, so used my

> Mice will not gnaw trees as deeply as rabbits. Usually only the top layshould object to the manure paste "Bill" went into the cellar, and, remedy let them try this: Take five lish ale, blew the froth from it, and of this on a green stick, exposing five took it up to Uncle George. "Try minutes to the cold air. If it is too use in the construction of stables is parts. While applying, the wax should There is some advantage in building will burn the wood or bark .- Fred Strohschein, Winnebago Co., Wis., in

> > Wind and Raspberries.

A grower says raspberries do best where they have the protection of a thicknesses of the wood. The therma wind-break. The wind breaks the should limit themselves simply to put- canes when it has a full sweep. We

Alfalfa Ground. Ground on which to plant alfalfa should be carefully prepared as early in the spring as convenient, though ground before the early part of May. The plowing should be deep and this should be followed by the roller, unless the ground is a clay loam or clay. The seed should be sowed early enough to give it the benefit of the

spring rains.

Irrigation and Gardening. The use of extra water in the garden is coming into use in the humid states as well as in the arid states. Wher- that locality. ever a stream can be turned or a pump installed with some cheap force to work it, the use of water in the garden is desirable. A little water at the right time is worth more than an is one of the very important abundance of water when it is not things that must be considered needed. The water is an assurance when a new barn is being erect that the cop will not fail on account ed. The floor must be smooth enough of drouth.

so we had to ate it. Then, agin, one a good many directions. If he is not

Barren Stalks of Corn. Reason for barrenness in corn stalks

the tendency to produce stalks with. to be marketed at the price usually We have yet to be convinced that it is a good guess. One farmer tells us

Use of the Brush and Currycomb. Some farmers have no use for these two articles, but I would find it hard to get along without them. I have heard it said that a good currying and brushing is worth two quarts of oats. This may be a little exaggerated, but I had rather see a man have this idea than the idea that there is no profit or use in it. A good currying will keep the horse on less feed. I do not say that it will save two quarts of oats a day, but I do say that it will pay well for the time spent in doing the work. I have heard men say that they had no time to waste in currying their droppings; with a wooden paddle mix horses and that it might pay the men up the manure in the pail, adding wa- who raised fine horses. Does it not ter to it as needed until it is of the pay the farmer to raise good horses?

stick. It should be not less than an does the fancy horse trainer, for the inch thick. Now wrap all the parts reason that if a farmer is not rich well with old cloths and tie with and loses a horse he feels the effect of strings. There is no danger of putting it more than the rich man who may too many cloths for they help retain | have money in the bank with which to farmer to give his horses the best of Should the trunks be entirely care and keep them in a healthy congirdled, which checks the flow of sap, dition. He has just as much time to cut scions of last year's growth of do it as the man who makes a busiwood long enough so you can enter ness of training horses and it will pay

of the tree at the upper and lower | A horse should be curried daily, esextremities of the wounded part. The pecially when working hard. Use just ends of the scions should be shaved | enough time to put him in the right down so that they will wedge in snug- shape, whether it takes five minutes ly under the bark. According to the or half an hour. Don't stop until you size of the tree, fit from two to four | have all the dried sweat off. If this is of these on opposite sides of the trunk, allowed to form a coat on the hair it then cover the entire work with a coat | will stop the pores and keep the imof manure paste and wrap with rags. purities inside. Such conditions are If this has been properly done the sap | not healthy for the horse and will will circulate through the scions, and | cause some ailment sooner or later. in this way the tree will be saved. It | It will pay to use the brush and comb is said that this treatment is not like- for looks alone, but looks is only a ly to succeed with the plum and cher- small part. How does it look to have ry tree, but it is fairly successful with | manure sticking all over a horse and the pear and apple. I tried it with why wouldn't it pay to use the brush one tree that was entirely girdled, for a few minutes? Don't think it a but was not successful for the top of waste of time, for it will keep them in

be persuaded to discontinue their use. I do not say that I keep my horses better than other people, but I know that they would be worse if I omitted the daily use of the brush and comb. I know that it pays me and do not see why it should not pay all others who keep horses. A good currying is the same to a horse that a bath is to a man, and how would a man feel if he worked day after day and never washed? How long would he feel like

working? Try it once for a while. A well-kept horse will do lots of work for a man in a year and should have the best of keeping in return. The horse is a most faithful animal, but the general way of keeping horses would not indicate that their owners appreciated it. It is nothing less than sin the way many horses are kept and some owners should not be allowed to possess horses. But we have no pow er to prevent their owning horses. Al' we can do is to advocate better care for the horse.-E. J. Waterstripe, Shel by Co., Mo., in Farmers' Keview.

Walls of Stables.

The problem of what material to coat of this wax over the wounded wants to be a permanent edifice be kept warm, but not too hot or it stable walls of stone or brick, or ever gravel, but usually that advantage is more than compensated for by the increase in the cost.

Wood is without doubt the warmes' material to use, especially if there can be an air space between two permeability of wood is about 100 to about 400 of stone, cement and the mission of heat quite readily and is most serviceable when there is an ail space between two layers of brick Dead air has a thermal permeability of about 50, which gives it double the value of wood as a protection against

cold. All materials like stone have the advantage of being non-combustible but this is not a very great factor, as most of the fires in barns are serious because of the burning of the contents the seed in the latitude of northern of the barns rather than of the struc-Illinois should not be put into the tures themselves, and stone walls wil not prevent the combustion of dry hay

The question of the material out o which the walls are to be constructed must be settled by the cheapness and abundance of certain materials in any one neighborhood. The writer knows of one locality where the farmers have built their barns largely out of boul ders left by the glaciers. They consti inte the cheapest and best material ir

The Stable Floor.

The floor of the stable or barn to be easily cleaned and must not be so smooth as to be slippery. If it is The kitchen garden should be behind the cows or other farm ani planned at once, so the work of plant- mals it must be water tight to pre saturated with urine. This is the great objection to wooden floors and the The man that intends to go into the great argument in favor of cement

On our high-priced lands cows can so we had to ate it. Then, agin, one of his sheep got drowned in a bog. willing to do this he had better save no longer be kept for the purpose of raising a calf out of which raising a calf out of which to make beef. It costs in excess of \$30 a year to keep a cow and the calf that costs is not really known. It has been as that at the outset will hardly make a sumed that some corn seed had in it profit on his development, if he has prevailing for beef.

A business house in the Western city that a certain corn field bore a very in the United States. After half a We have too few good cattle herds large per cent of stalks one year, century of agitation of good breeding when growth conditions were not methods and the importation of multigood, while the next year the same tudes of blooded cattle we should befield planted to seed from the crop fore this have had among us a large of the preceding year bore almost all number of herds noted for great exfertile stalks. The second season was cellence in all the members of the