

THE MAGAZINE GUARDIAN

Teachers, Parents, Pupils, Farmers, Dairy men, Horsemen

SUNDAY SCHOOL LESSON

JESUS FORGIVING SIN

Mark 2:1-12

January 27, 1918

GOLDEN TEXT—"The Son of Man hath power to forgive sin."—Mark 2:10

In the passage studied last Sunday Jesus entered the Synagogue at Capernaum and a strange and high teaching and the Miracles he performed created great wonder among the people. So when he returned and they heard that he was in the village, great crowds gathered where he was staying to see and hear him.

Up to this time our lessons have followed Jesus through triumphs of popularity. Today we find the beginning of the development of opposition, as he from this time makes claim to authority, beginning with the forgiveness of sin.

Travellers in Palestine who are familiar with the flat-roofed cottages of the peasants in that land say it would be no very difficult thing for four strong men to make a hole in the roof and let a sick man down through it into the house. Down among the friendly faces of the Scribes and Pharisees to look up into the loving face of Jesus. The faith of the friends of the sufferer attracted the notice of Jesus.

In seeking Jesus there are always obstacles in the way. Pleasure allures from the path of duty. Habits are hard to break and some companions scoff. It is hard to rouse the soul to sense of sin and repentance. These things must be brushed aside as of no account if we would make our way to Jesus, and when we come after overcoming difficulties and in the face of opposition, Jesus is always waiting to receive us with joy over our faith and courage.

The paralytic and his friends were anxious that the palsied should be cured, but Jesus went down to the true cause of this man's misery and of all misery. "Son, thy sins be forgiven thee." The Scribes realized that by these words Christ publicly assumed that he was divine and therefore able to forgive sins. The fact that he instantly perceived in his own spirit that the Scribes were reasoning in their hearts that he was guilty of blasphemy in itself was strong proof of his divine power. When he had secured the attention of the crowd and aroused their interest, he bade the sufferer arise. This poor man had been ill for years. And Jesus told that helpless man to do three things: get up, take up his bed and go to walk. Impossible you say. That poor man could not do even one of those things. But he did all three. He rose up, folded his bed and just walked home to astonish and gladden everybody there.

Now, from this I learn that nothing is impossible that Jesus tells us to do. He tells us to do many things, and a great many of them seem not only hard but quite impossible. For instance—"Love your enemies;" "Do good to them that hate you;" "Overcome evil with good." How can I love the girl who says bad things about me, and does all she can to give me a hard time? That is just how the people thought when they heard those words of this sick man. "It can't be done," they said. But he proved it could. And so can anything that Jesus has set us. He would not give us the task if we could not do it. Don't despair when you face Christian duties. Just remember who gave you the task, and then you will know that there is a way to do it.

was kept moderately warm. Standing outside in cold and draught when I can be so generous for the horse's health and one thing will use up an extra quantity of feed. It is a mistake to think it will cost no more to back an idle horse around some evening and leave him uncovered. For exercise, turn him out on fine days, and don't leave any longer than they want to stay of their own accord. Now, as to feeding, nothing is better or more suitable than good hay and oats. I would like to qualify good hay, as there is a vasty greater difference in the quality of hay grown, or I should say made, in this province than there is in oats, as the former feed requires much greater care in its curing than does the oat crop and I have seen precious little hay in our country that would grade No. 1. In fact, practically none of it reaches market, and if we will but remember that it is almost altogether on its digestibility, that the value of hay depends, we will recognize how important it is that it be cut and saved with care. This is at its height. But this is a complete subject in itself, and cannot be more than touched on here further than to remark that, idle horses will hold weight and occasionally gain on good hay alone, while excessive feeding of unaged and over-ripe hay is the most common cause of colic. It has always been my practice to feed under the watchful eye, that is, require those feeding to observe the time of each meal usually one hour three times a day, is sufficient after a horse has become accustomed to wintering. It is both wasteful and actually harmful to allow a horse all the hay he will consume. Some horses are as liable to over-eat as most men, and the burden of forcing their digestive organs to handle such quantities of feed often largely made up of woolly fibre, is responsible for many forms of indigestion. And while all horses may winter and hold weight on a ration of hay alone, I doubt if it is the best system to follow; for if we can keep them gaining a little they will be in stronger and more serviceable shape for the heavy spring work, and not require so much extra feed.

It can be seen from this article to outline a system of winter feeding for other than idle farm horses, as those of other occupations stable fed the entire year and regularly worked are not so liable to get out of condition as horses accustomed to the ordinary routine of farm work and feed. I am not attempting in this article to outline a system of winter feeding for other than idle farm horses, as those of other occupations stable fed the entire year and regularly worked are not so liable to get out of condition as horses accustomed to the ordinary routine of farm work and feed.

The election of officers for the Driving Club, took place at their annual meeting on January 14th, and was as follows: Hon. President, Mayor Brown; president, J. S. Wedlock; vice-president, F. W. Hughes; race committee, Messrs. Kelly, Hughes and Harper; secretary, Geo. H. Hooper. It will be seen from the above that a new set of officials has been placed in charge of affairs, and it is to be sincerely hoped that every support will be given those hustling horsemen in order that their schedule of races will be carried out successfully.

The last heat in B. Trot Monday between Baby George and Jellicoe, furnished enough excitement and fun to surely a whole day's races. It was a sure treat to see those two good trotters come down the straight path neck and neck, the whole bunch, with their teamers shouting and extending every effort to win the heat, which was eventually won out by the son of George Crescens, 2:22, ably piloted by Bryon Brown. We look to see this pair come together again very soon, as it was Jellicoe's first race of the season, and no doubt he wasn't keyed right for so such a trotter as Baby George.

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My Limbs Would Twitch

And Waken Me—Unable to Rest or Sleep—Wrecked the Floor in Nervous State—Wife Specialists Found a Cure.

Windsor, Ont., Jan. 26.—This is the kind of cure that has set Windsor people thinking and talking about Dr. Chase's Nerve Food. The action of this food is so radically different to the usual treatments for the nerves that everybody wants to try it. Gradually and certainly it nourished the starved nerves back to health and vigor and the benefits obtained are both thorough and lasting.

Mrs. M. Smithson, 27 Arthur street, Windsor, Ont., writes: "I was suffering from nervous breakdown, which was caused by a shock when fire broke out in the adjoining house. My nerves were in such a state that, after going to bed I could not get my nerves quieted down sufficiently to go to sleep. I used to get up and walk around the room or go downstairs. Even when I would be dropping off to sleep my limbs would twitch and waken me. I used to have cold, nervous, night sweats, sometimes would become unconscious and lie that way for quite a little while. I was always cold and it seemed impossible for me to get warm or keep warm. When on the street I would shiver or shiver objects at once, and did not want any person to speak to me or bother me. Any little noise irritated and annoyed me very much. I had consulted specialists and tried many remedies during this time, but could not gain relief. At last I tried Dr. Chase's Nerve Food, and before long I was able to sleep. This treatment has proved of benefit. I am now feeling so much better than I can go on the street without any difficulty, can go across the river and go about the same as usual. I sleep well at night, and am feeling more like myself every day. I am pleased to be able to write you to tell you how much good the Nerve Food has done me. It has strengthened and built up my whole system. I am recommending it to everybody I find suffering from nervousness of any kind."

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 6 boxes for \$2.75, at all dealers, or Edmondson Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappointing.

AMONG THE HORSES

WINTERING HORSES

The problem of wintering idle farm horses cheaply was always quite a serious one for Island farmers, (as per acre than any other country, has noticed a comparison of.) But since the world-wide shortage of feed the question of economical winter feeding is well worthy of careful consideration by every horse owner. We have many horse owners and drivers who are naturally fond enough of this noble animal to really know him as a high class machinist knows his machine. Of all God's animal gifts to man, he is the most beautiful, most intelligent and most patient, working faithfully and often suffering abjectly, he is the king in the animal kingdom, a gentleman in the brute creation. Knowing his many virtues all horsemen know them. I never can respect a man who will starve, neglect or abuse him. However, the many good qualities that he possesses are often responsible for many of us who are not so careful of him. We often want to sell the ones we can and cannot find a buyer for those we prefer to part with; hence we are generally overstocked, and it is well at the present to consider the cheapest method of winter feeding. "Horsing" in his work on "Feeds and Feeding," gives the cheapest and most satisfactory ration for working and idle horses. I have not this excellent book before me now, but can quote something from memory. Prior to the introduction of electric power, street car companies used thousands of horses for this work. One of the most eminent veterinarians used to learn how feeds could be blended and horses driven to get the greatest amount of service or power from the feed, and one of the conclusions arrived at as the result of this experiment was, that a horse used on nearly double the energy and required nearly twice the amount of feed covering the same number of miles a day at a speed of eight miles an hour as he did at going at a four mile an hour gait.

This accounts for the good condition many men keep their horses in, who, without performing the same amount of labor, the slower it is performed the small amount of energy is used. This is especially true of the heavier breeds of horses, forcing them at too fast a gait uses up energy and feed at a surprising rate. Maintaining a good condition of flesh is the most important consideration over the entire winter. However, we desire to carry through an idle horse as cheaply as possible, then we must keep him warm and quiet. I am not recommending this as the proper way to handle horses to keep them in the best condition, for we all know that they bear working every day, but even moderate exercise uses up energy and tissue, which must be renewed with extra feed, or a horse kept in a cold stable will require considerably more feed than if the stable

DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as salt, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food in to the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness; because the skin pores do not absorb impurities into the blood, while the bowel pores do.

Steer Feeding Economics

Before beginning any type of farming, one should consider whether or not it will pay. That is usually the first question asked with regard to beef production in any particular section. The question is meant to be a relative one. The enquirer wishes to know whether beef production will pay more than some other kind of agriculture that he might engage in, and what profit he may expect to make if he engage in the raising of live stock instead of selling his crops from the farm. Most of all he wishes to know how much money he may expect to have on hand when tax time comes, or when he must meet the various other expenses that necessarily arise in the running of a farm.

LEADING POINTS ABOUT POTATOES

The potato is used as food by more people than any other food product. Where soil moisture is limited, more potatoes per acre can be produced on summer-fallow than on land prepared in any other way. Potatoes may be used as a cleaning crop on rocky land. If potatoes are grown successively on the same soil, plant diseases and insects are likely to multiply. Ideal potato soil is a deep, rich, well drained sandy loam. Fresh manure should not be applied just previous to planting potatoes. Land for potatoes should be deeply ploughed. Tubers for planting should be smooth, free from disease, true to type and of unmixed variety. Sets for planting should each contain two or three eyes. Sets cut by machine are not as good as hand-cut sets. Larger yields may be grown in drills than in hills. Machine planters are economically used where large areas of potatoes are grown. From 12 to 24 bushels of tubers are used to plant an acre. Through cultivation, first with the harrow and later with the scuffle, should be given. Plants should be killed when in bloom. If insects attack potatoes, prompt action is demanded. Proper poisoning methods will very successfully kill potato insects. For large areas the use of a potato digger is economical. If dug before the tops are thoroughly ripe, the yield of tubers is lessened. Potatoes should be stored in a dark well-ventilated place, kept only slightly above the freezing point. In addition to cellars, out of door pits may be successfully used for winter storing. Our worst potato diseases are common scab, black leg, and dry or steam rot. If potato scabs appear, change the ground and soak sets in formalin solution. Use of fresh manure fasters scab. Wherever a potato disease of any kind appears, pains should be taken to ascertain its exact nature and combat it.

PLEASE PASS THE SALT

The desire for salt in nearly all classes of domestic animals is so strong as to amount to a craving if it is withheld from them for any considerable period. That it serves an important end in the animal economy would seem to be thus indicated by nature. Swine seem to crave for it less than other domestic animals, but they also profit by its moderate use. Salt is not a nutrient in the sense of furnishing food, nor is it certain that it adds directly to the digestibility of foods as such; nevertheless, it plays an important part in sustaining the animal by the influence which it exerts on the digestive processes. An important effect of salt is the favorable influence which it exerts upon the appetite. It renders foods more palatable and, therefore, when judiciously used in preparing them, increases their consumption. But, to feed quantities abnormally large would lead to harmful results. When abnormally large quantities of salt are taken, this is followed by the drinking of water, which results in a waste of nutrients in the body through increased protein consumption. Death has even resulted from allowing cows to drink large quantities of brine, which had been used in salting pork.

Conservation and Utilization of Farm Manure

All investigations go to show that farm manure has its greatest value when fresh, that the liquid portion is richer than the solid material, and that the former is more readily lost through drainage and leaching. Hence it is that every precaution is taken here to ensure a minimum loss of plant food constituents in the manure and is the chief reason for applying manure to the land, where practicable, as quickly as possible after it is produced. At the Central Farm, Ottawa, the manure is absorbed by means of litter, usually cut straw, and as each load of mixed liquid and solid manure is gathered it is taken directly to the field and is spread on the land either by hand or by means of the manure spreader, as convenient. This method is carried on constantly throughout the year although during occasional winter seasons this system may be disorganized for a time due to the depth of the land at this farm

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are extremely hard on the health of little ones. The weather is often so severe that the mother cannot take the little one out for an airing. The consequence is that baby is confined to overheated, badly ventilated rooms; takes colds and becomes cross and peevish. Baby's Own Tablets should be given to keep little one healthy. They regulate the stomach and bowels and prevent colds and coughs. The Tablets are sold by medicine dealers or by mail for 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

FARM

Shipping Stock to Market

Since live stock have in many instances to be shipped long distances to the market, both as stockers and in the finished form, and since the condition in which they reach the same materially influences the sale, it is a matter of much importance to the shipper that they reach the place of consignment under conditions that will be attended with a minimum of shrinkage and loss of bloom. To secure these results requires: (1) That they shall be fed properly in preparing them for shipment and when in transit; (2) that the transit shall be as rapid as possible, and (3) that they shall be promptly unloaded and cared for when they reach the place of consignment. Before shipping finished cattle and sheep, the usual grain allowance should be reduced gradually and materially, for two or three days before shipping, and in transit may cease altogether. Hay of good quality should be supplied, and in quantity as much as they will consume. The continued feeding of grain before shipping finished animals, in connection with the more than usual amount of exercise, and the excitement resulting from changed conditions, is liable to result in scouring. This means much shrinkage in weight and soiled appearance. Bedding should be plentifully supplied before loading. Unless driven far before loading, animals will not drink to excess when fed as indicated. When loaded, the transit should be as rapid as possible. This, of course, is mainly in the hands of the railways, but it may be materially influenced by the choice of season made by the shipper, when traffic is not congested. Every additional hour spent on the road means additional shrinkage, as animals will not eat or drink freely when in transit by rail. When shipped long distances, the animals will take less harm if hurried on to the place of sale than if the journey is prolonged by unloading at feeding station every 24 hours. Experience has shown that runs considerably longer than 24 hours conduce to the well-being of the cattle by reducing the time in transit, thus shortening the period of privation, notwithstanding the contrary view held by many humane societies. Watchfulness is necessary on the part of the attendant, especially in case of sheep, lest they should get down and suffer injury by being trodden on, especially in crowded cars. Overcrowding of cars is, of course, a mistake, but no harm comes from filling cars to their full capacity. In shipping heavy livestock, weather probabilities should be considered at certain seasons. A blizzard may cause serious loss in transit, and the same is true of excessive heat, especially in the case of swine. Delay in unloading is avoided when the animals have been consigned to a commission firm when shipped. The aim should be to unload them before buyers make their rounds, and hay and water should be present in the ample supply. An effort to induce the animals to drink excessively, by giving salt previously or by withholding water, is to be deprecated.

DRAIN THE BARNYARD FOR TWO REASONS

The owner of the average barnyard may well be thankful for the frost which makes the place fit for his animals to take exercise in during the winter, but the very fact of the earth, or mist of earth and stones, being frost-bound for five months of the year only adds to the disagreeable state of the floor of the yard when the Spring thaw sets in. It is in the early Spring, while the fields are still soft and bare of pasture that the livestock most requires attention and exercise during the middle of the day, and it is just at that time that the average barnyard is at its worst as a place for taking exercise. It is not a desire to retain leachings from the manure pile that influences the owner of the yard to refrain from providing drainage for this much used and abused spot, because it is the usual thing to see a man with a spade trying to let off the accumulated surface water on any fine Spring day, and not all the liquid manure that could be saved in a six-month would be sufficient to offset the curing that the barnyard mudhole gets from the loss of the dried manure. Satisfactory drainage of the barnyard in the manner that the fields are underdrained may be impossible owing to the accumulation of water and the treading of animals that takes place in the small area, but if the floor is made impervious to water by the use of concrete or cement with stiff clay, and a general slope to a tank in the centre allowed, the whole surface of the yard will be kept reasonably dry at all times, and no liquid manure will be lost. Most barnyards would stand entangling if they are to be considered as exercising places for all the farm live stock. Probably the yard proper cannot be made larger on account of being more or less surrounded by the buildings, but the stock should have free access to a small field adjoining the yard so that on fine days they will have the chance to take a run around the house and the barn. Any fat that may lose by this extra effort will soon be replaced owing to an increased appetite and the animals will finish out the Winter in better shape than they would have if closely confined all the time.

RHEUMATISM A MYSTERY

This Trouble is Rooted in the Blood and Can Only be Cured by Enriching the Blood. Some diseases give immunity from another attack, but rheumatism, works just the other way. Every attack of rheumatism invites another, worse than that, it reduces the body's power so that each attack is worse than the one before.

It is not a disease coming early in life, it is rheumatism, but there is scarcely any disease that physicians find more difficult to treat successfully. When a medicine does cure rheumatism therefore it is worthy of special notice. Medical authorities agree that the blood becomes thin with alarming rapidity as rheumatism develops. Maintaining the quality of the blood is therefore a reasonable way of preventing and combatting rheumatism. That it works out in fact is shown by the beneficial effects which follow the treatment of rheumatism, acute, muscular and articular, with that great blood tonic, Dr. Williams' Pink Pills.

That thousands of people who have taken Dr. Williams' Pink Pills for their rheumatism have been cured is a fact beyond dispute. That rheumatism does not return as long as the blood is kept rich and red is equally true. If therefore, you are suffering from rheumatism, in any form you should lose no time in giving Dr. Williams' Pink Pills a fair trial. Mr. A. E. Hinton, Western Ave., Toronto, says:—"Up to about a year ago, my wife and I suffered nearly three years from rheumatism from which she suffered greatly. She had been under the care of several doctors, besides spending dollars on advertised cures, but did not get any relief. One day talking to a fellow clerk, she said her sister had been cured of this trouble by Dr. Williams' Pink Pills. Although not feeling very hopeful, I took two boxes before that evening and urged my wife to try them. By the time they were used they had done her so much good that she required no pressing to continue the treatment, and after taking six or seven boxes she was completely cured. As I have said this was about a year ago, and she has had no return of the trouble since. I feel very grateful for the immense good Dr. Williams' Pink Pills have done my wife, and I hope other sufferers will benefit by her experience. You can get these pills through any dealer in medicine, or by mail at 50 cents a box of six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.