

The Family Doctor

By JOHN JOSEPH GAINES MD.

DESTRUCTIVENESS OF MENTAL EMOTIONS

In these days, when everybody seems to have "colon trouble," a short talk on the subject appears to me very timely. I want you, not only to read, but to heed this, for it may concern you in particular.

Any form of profound emotion, as anger, fright, grief, and such like, exert a most decided effect on the colon, or large intestine. I have noticed that heavy farm workers are almost always troubled with that bane of healthy bodies—constipation. Any excess or effort on the part of the brain subtracts from the necessary nerve forces of the involuntary system, and to the detriment in health of the individual concerned. And I am sure that those placid natures among men and women—who take life temperately—who are not impulsive, irritable or quarrelsome, invariably have the best working elementary canals. I could mention many cases in proof.

I know of one man who cured his constipation—a severe form—by studiously avoiding his habit of fault-finding, and his was one of the most perfect cures I have witnessed. For years he had been a persistent "grouch." He could not argue on any question without insulting his opponent by his own anger.

He said he "became so mean his family could hardly live with him." His physician told him the clogged bowel was the cause of his nerve trouble. A capable neurologist told him—and proved it—that his habit of growling produced the constipation. He simply quit being mean, and got well.

Here is something worth thinking about, worth trying, since the trial involves no expense in time or money. If you are overworking the mental energy in any direction, stop it, and work temperately; and as for foolish mental outbreaks, stop them anyway. We know that mental emotion affects the bowel profoundly. Now see if you can go about intelligently and cure yourself.

MITCHELLSBURG FARMER GIVEN 18 YEAR SENTENCE

Bill M. Curtiss, 50-year-old farmer, of Mitchellsburg, was convicted by a jury in Boyle circuit court on a charge of voluntary manslaughter and was sentenced to 18 years imprisonment in the state reformatory.

Curtiss was charged with voluntary manslaughter in connection with the fatal shooting of Edward McDermott, 21, on election day at Mitchellsburg in the west end of Boyle county near the Mercer county line.

Curtiss claimed self-defense and testified that he had been knocked down by McDermott and fired only after he feared further attack by McDermott.

The trials of Jess Hilbert and Lloyd Chambers on charges of aiding and abetting in the death of McDermott and the wounding of the latter's brother, Harry McDermott, were continued to the September term.

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POULTRY

SPOT, THEN STOP POULTRY LOSSES

Extension Economist Offers Good Advice.

By F. H. Branch, Extension Economist, Massachusetts State College.

You can't run a henhouse by guess. You've got to have facts. You've got to spot the leaks in your business, then stop them, and the only way to do this is by keeping good records of your flock.

One of the biggest leaks in the poultry business is the failure to keep enough hens. Plants with less than 1,000 birds do not offer very great income opportunities, if the owner is dependent on poultry alone and has only a wholesale market for his eggs. Kept in conjunction with other farm enterprises, flocks can be profitable in numbers from 100 to 500 or even more.

Failure to operate the plant at capacity throughout the year causes another important leak. Overhead costs go on whether the houses are full or only half full of layers, and the same is true of labor costs. This leak can be stopped by hatching two lots of pullets, one early and one late, and by keeping through the late summer and fall the yearling hens that are finishing their first year's lay.

A third leak in the poultry business is failure to plan ahead so that a large proportion of the year's egg supply will be produced during the late summer and fall months when egg prices are rising. Here again, hatching two lots of pullets rewards the poultryman. He can also retain the best of the yearling hens through the fall months, force them for egg production, and dispose of them before winter sets in.

Keeping too many old hens is likely to cut into poultry profits. Records show definitely that labor returns per bird on the entire flock decrease as the proportion of old hens increases above 20 per cent. It is good business to keep the best of the yearling hens through the fall until they stop laying, but from then until late winter we usually do not lay enough to pay their feed bill.

Failure to maintain a high rate of egg production causes heavy loss and is perhaps best controlled by buying quality chicks from proven sources of supply. The failure to control disease is another potent reason for decreased profits and is closely related to the factors of operating capacity and egg production.

TREES PLANTED ALONG THE JANE TODD CRAWFORD TRAIL

Campbellsville, Ky.—Several hundred trees were received from the State Nursery and are being planted along the Greensburg-Campbellsville Road by N. Y. A. workers directed by County Supervisor Luke Creal.

The planting is a part of the movement here to improve the Jane Todd Crawford Memorial Trail from Greensburg to Danville.

Cholera Halted Convention

Members of the constitutional convention who assembled in Columbus, Ohio, in May of 1850 were forced to adjourn because of an epidemic of cholera which was sweeping over that section of the state.

Transforming the Common Task

IT IS safe to say that the great majority of individuals perform the usual routine duties over and over again. It is not difficult for them to foresee when they arise in the morning just what the day's work will be, and if the work is of a somewhat uninteresting character the performance of it may be allowed to descend into a mere perfunctory operation, a mechanical round, which affords little pleasure to the individual.

There are few things more delightful than the ability to look forward to one's daily work and to enter upon it with zest and spontaneity. The "trivial round, the common task," becomes transformed when performed in this way. Sloth is banished, and any sense of drudgery abolished. Duties which might otherwise seem monotonous or arduous, if not indeed onerous, are lightened when the heart, having learned something of the true nature of service, sings at its work. . . .

George Herbert must have recognized this fact when he wrote,

"Who sweeps a room as for Thy laws
Makes that and the action fine."

Indeed, the efficient performance of our present task is often the first step towards the gaining of a more responsible and congenial one. Improvement in any phase of our experience must begin right where we are. Today, the present moment, is ours in which to make new beginning from which to transform our activity in the "trivial round, the common task," into something approximating perfection.

The keynote of such transformation lies in an apprehension of the truth about God and man's relationship to Him. As it is seen that God, Spirit, is the author or creator of spiritual perfection only, as must inevitably be the case, it is also seen that the man of His creating must be, and is, spiritual and perfect; for like can only produce like. What a new and delightful incentive for righteous and useful living comes with such a revelation! How changed becomes one's outlook upon life in general! Not personal aggrandizement,

or gain, but opportunity for helpful service becomes one's chief concern. Unselfed love has been admitted into thought, and has begun its benevolent reign in our everyday experience. No greater blessing could possibly be.

It has been truly said that in the study of astronomy it is necessary to take one's mental stand outside of the earth before a correct view of the universe can be gained. In like manner it is impossible to obtain an accurate estimate of our surroundings or environment until we mentally posit ourselves outside of matter. To the extent that this is done are we able to appraise things? For just what they are, for then have we gained a new standard of values. Important things no longer concern us unduly. We are not swayed or disturbed by trifles. Our grasp on spiritual reality steadies judgment, purifies purpose, and clarifies vision. Is it any wonder that he who is attaining this poise and consequent efficiency finds himself in greater demand to fill useful and responsible positions? The Bible promise (Matthew 25:23), "Thou hast been faithful over a few things, I will make thee ruler over many things," may be proved by each one of us today.

This being "faithful over a few things" may be the very thing which is testing our mettle and proving our trustworthiness. In "Science and Health with Key to the Scriptures" (p. 323) Mary Baker Eddy writes, "If 'faithful over a few things,' we shall be made rulers over many; but the one unused talent decays and is lost."

Is the only talent which we seem to possess the ability to perform some simple task well and efficiently today, and to do the next thing that comes to hand and do it thoroughly? Then we should use it. Such use fits us for a wider sphere of action, and at the same time transforms our present experience into something uplifting and ennobling. Mrs. Eddy also writes in her work "Miscellaneous Writings" (p. 116), "Never absent from your post, never off guard, never ill-humored, never ready to work for God,—is obedience; being 'faithful over a few things,' Such labor constitutes working 'as for Thy laws,' and ensures its own reward.—The Christian Science Monitor.

Women of Nigeria

The work of missionaries among the women and girls of Nigeria is more difficult than among the men and boys. This is probably due to the fact that the boys are more ambitious. The women seem satisfied to follow their husbands, which is not to be wondered at when for generations they have been the property of the men.

All Children Are Legitimate

In North Dakota a statute enacted in 1917 provides that all children are legitimate, whether born in or out of wedlock, and that all have the same rights as to support by parents and as to inheritance.

Swan, Cygnet License Required

In olden times in England, no subject could possess a young swan or cygnet without a license from the crown.

Colors of Honey

The various colors of honey result from the nectar extracted from various flowers. For instance, that from the yellow star thistle is a yellowish green, while the honey from the white buckwheat is a very dark color. Tulip trees produce a rich wine red, and from purple blossoms comes a light honey.

Elephants Carry Lumber

Elephants are regularly employed in the great lumber yards of Burma. One of the most thrilling sights there is to see a jungle patriarch kneel down to a heavy log, twist his trunk round it, place it on top of a pile, and then calculate its position, and push and pull until it is square in its place.

Largest Conical Type Mound

Grave Creek mound, a prehistoric earthwork near Moundsville, W. Va., is the largest of the conical type of mounds in the United States, having a basal diameter of 320 feet and a height of 70 feet.

Being Cheerful

"Everybody ought to be cheerful," said Uncle Eben, "but not so cheerful as to look foolish."

The Peasants' War

The Peasants' war was a revolt of the German peasants against their feudal overlords from 1524-1526.

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