

KIDNEY DISEASE FOR TEN YEARS.

A Glen Miller Man's Terrible Trial.

He Found a Cure at Last in Doan's Kidney Pills.

Mr. P. M. Burk, who is a well-known resident of Glen Miller, Hastings Co., Ont., was afflicted with kidney trouble for ten years.

So pleased is he at having found in Doan's Kidney Pills a cure for his ailments, which he had begun to think were incurable, that he wrote the following statement of his case so that others similarly afflicted may profit by his experience: "I have been afflicted with kidney trouble for about ten years and have tried several remedies but never received any real benefit until I started taking Doan's Kidney Pills. My back used to constantly ache and my urine was high colored and milky looking at times. Since I have finished the third box of Doan's Kidney Pills I am happy to state that I am not bothered with backache at all and my urine is clear as crystal. I feel confident that these pills are the best kidney specific in the country."

Shallow Versus Deep Cultivation.

Following is a lecture delivered by Mr. Clark recently in Carleton County:—

During my visit in the Maritime Provinces last year I saw many fields of what might be called worn-out land, and I gathered a few ideas regarding what had brought those fields to their present condition. If I have formed wrong ideas I want you to put me right.

In the first place I noticed that it had been, and with some farmers it still is, a common practice to seed a field to grass, chiefly timothy, and allow it to remain as long as it will produce a respectable crop of hay or pasture. In many cases I saw old meadows in pasture that had not been plowed for six or eight years. I went over some fields that were just being broken up after lying in meadow for a number of years and found the soil practically destitute of decaying vegetable matter, just what you would expect from a soil that had had nothing added to it that would increase its human content.

I want to show you two samples of soils, one of which contains considerable vegetable mould and the other contains very little. Just observe the difference in their color. With the soil containing the humus, a process of fermentation is going on through the summer months, and the humus rapidly decays. If I were to seed the land where I got the dark colored soil to timothy and remove the crop for about five successive years, I would expect to find the soil at the end of that time, in the same condition as my neighbors. There is a common idea that when a field gets worn out, as we say, it needs a rest and many farmers leave a field idle, or practically idle because they get very little pasture from it for one, two, and sometimes as many as ten or twelve years, meanwhile it becomes so depleted in vegetable mould, that it requires building up in order to get it in a condition that crops from it will pay for the seed and labor, and leave some profit.

I want to speak of the part which this humus has to play in the raising of crops.

We hear a great deal about bacteria—small one-celled vegetable organisms that may be found everywhere. The yeast that is used in bread-making is a kind of living organism quite similar to thousands of other kinds. A good rich soil is full of these germs, and they play a very important part in feeding the plants. But these little organisms have to have something to live on and some place to live. They make their home in this gradually rotting mould, but they are only to be found in the first two or three inches of surface soil. If you plow them down six or seven inches you are destroying them, and for a time you are without these little bodies which help to dissolve the food for plants. They cause the humus to ferment and decay, getting from it various kinds of acids that help to dissolve a little of the substance that is in the soil itself, which the plants must have, to make them grow.

As this mould is decaying it furnishes, directly, one of the all important foods that all plants require; the one for which you will pay from twenty to forty dollars per ton, if you buy it in the form of nitrate of soda. The one that will make a crop of grain grow like a crop of weeds and give it that dark healthy green appearance. As humus decays it supplies nitrogen in the cheapest and best form for the farmer.

Another important factor with which humus assists, is, in increasing the water holding capacity of the soil. If you were to ask one of the old Scotch farmers in Western Ontario, what he had to say in favor of humus, you would likely hear him say: "Ah mon, that's what keeps us alive through the lang dry spells." One of the most difficult problems with which they have to cope is, "how to carry a crop through the drouth." A soil that is well incorporated with decaying vegetable mould to a depth of three and one-half or four inches will carry a crop over quite a prolonged drouth, without much noticeable loss. It acts like a sponge. It will soak up a great deal of water that would percolate through the soil if the humus were not present. But then you seldom have those long periods of drouth, so I will not dwell long on that question. Better to have the humus, though, and be ready when drouth comes.

I have been told that fertilizer agents can do a fairly good business down here. Some people think that because the land won't grow large crops, the nitrogen, potash, and phosphoric acid, have all been used up, and a new supply must be bought. I think if we

knew the actual condition of those fields, we would commence to study the cheapest way to get a little nitrogen in them. We would conclude that we have plenty of the other constituents to last for quite a few generations.

Let us take one of those fields that are apparently completely worn out, and experiment with it to see how we can most economically bring it back into good cropping condition. Clover is the one great crop we should depend on to feed the soil. I did not see many fields of clover while I was here last year, and I want to say that the quicker you have proven to your own satisfaction that you cannot afford to let your fields go longer than four years without having them seeded with clover, the quicker you will have solved the problem of how best to keep your fields in a good cropping condition.

We were to commence with a worn out field—we will have it ploughed in the Spring—but it would have been better had it been plowed last Fall; or better still, last Summer, and from time to time had it cultivated, until late in the Fall. It will make little difference how deep you plow this worn out field next Spring, because we are assuming that it contains no humus at all. It is too far gone to grow a crop of oats or wheat. We could not expect to get a catch of clover—there would be nothing to feed the young tender clover plants, and it would be useless to waste good seed on such a soil. We will have it sown with buckwheat mixed with vetches, or some heavy strawed peas. You all know what a vigorous growth the buckwheat plant will make even under the most unfavorable conditions. It is a regular glut-ton. If there is anything in the soil in the shape of plant food, it will have it. We will use an admixture of vetches or peas, because they are nitrogen gatherers. The field should have the best possible cultivation in order to grow as heavy a crop of buckwheat and peas as the land is capable of producing. When the buckwheat is just in flower—before the seeds are well formed—plow the whole crop down, but be careful not to bury it. Four inches is plenty deep enough. Cultivate the field from time to time, during the rest of the season, in order to force the crop to rot as rapidly as possible.

In the crop of buckwheat you have returned nothing to the soil except what has been taken from it, but you have it in different form. Buckwheat will send its roots down and make use of plant food and thrive where other plants or even weeds would starve. When it is plowed down it will decay, thus supplying humus to the soil, and the plant food that was stored up in the buckwheat will serve to feed a crop of oats or wheat. The peas in addition to supplying humus has a special value because of its power to store up nitrogen.

I would prefer to leave the field ribbed over winter rather than have it again plowed. In the spring it may be sown to wheat or barley, but should be sown thinly. One and one-half bushels of barley is all that should be used for a nurse crop. We are not yet after a big crop of grain, a good catch of clover is of more importance now. Clover seed may be sown after the wheat or barley is sown and covered, or after the drill. I would not put on a heavy harrow to cover clover seed. There is a danger of getting it covered too deeply. Better to wait until the grain is just coming up, then sow it and roll the field. If the grain has been sowed with the drill, I would sow it as the grain is coming up, and harrow the field the same way it has been drilled. Sow twelve pounds of the best red clover seed that can be had.

It would be well to plow down the crop, of clover, but that looks like extravagance. It is desirable to make the field pay for a part of the expense while it is being reclaimed. If the clover crop has made a fair growth it will be wise to cut the crop for hay, and then plow the field, not more than four inches deep, and prepare it for a hoe-crop for the succeeding year, by cultivating it from time to time when most convenient until fall. Before the winter sets in we will again have the field ribbed for winter, and before the planting is done in the spring the field should have a dressing of farm-yard manure, at the rate of from ten to twenty loads per acre, according to the supply.

We will follow the hoe-crop with a cereal—wheat, oats or barley, and again sow clover. I have outlined a three year rotation. One that I have learned from experience to be the most economical method to adopt, in order to restore fertility to a worn out soil. A hoe-crop with a coating of manure, followed by a cereal crop and again by a clover crop, will build up a soil and clean it of weed, with very little cost.

One hundred pounds of clover seed will cost from twelve to fifteen dollars. If a soil is in a good condition, it will seed ten acres; if in poor condition, not more than six or eight acres. But it is the cheapest and best fertilizer that can be bought. No upland soil should be left more than four years without a crop of clover.

I have spoken of shallow plowing. When we have succeeded in getting three and one-half inches of surface soil incorporated with humus, it should not be buried. Most of our farm crops are surface feeders, and require plant food in a soluble form in the first three or four inches of soil. When we bury the surface soil to a depth of seven or eight inches, we bring up the sub-surface soil which is in a crude state, and unfit for supplying nourishment to young, tender plants until it has been exposed to the action of the sun and air, at a summer temperature, for some weeks. It is just as important to study how to get the fertility out of the soil, as it is to study the most economical way to put it in the soil. Much loss from leaching is sustained by carrying along a depth of six or eight inches of soil well incorporated with decaying vegetable, and in commencing to build up an impoverished field, it is well to first get a few inches of surface soil in good condition, and gradually increase the depth of fertile soil, if the soil is not liable to suffer loss of fertility from leaching.

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It is dangerous to neglect a simple case of itching piles as the trouble is likely to become chronic and develop into fatal incurable fistula or cancer of the rectum. A single application of Dr. Chase's Ointment will quickly relieve the itching and burning sensation, and a few boxes will cure any case of piles. This standard ointment has probably relieved more suffering than any preparation you can mention.

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The cause of the disease is a germ which rests in the back part of the throat and upper air-passages. How can these germs be destroyed? Certainly not by taking medicine into the stomach. Then why not breathe something into the throat that will destroy them?

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Sweetness Long Drawn Out.

A Washington man declares that the average stenographer will not learn to spell correctly until the millenium comes. In support of his opinion he relates his experience with a young woman whose spelling as he describes it, had an "engaging originality," but who was so amiable and even-tempered that she seldom found heart to rebuke her.

One day she appeared before him with a neatly written letter for a Southern correspondent. He hastily looked it over. "See here," he said, "you've spelled sugar s-u-g-g-a-r."

The young woman looked at it a moment critically, and then her face brightened as she replied: "So I have. How careless of me! I don't see how I came to leave out the h."

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6.00 A MIXED—Week days—for McAdam Jet M. St. Stephen, St. Andrew, Fredericton, Saint John, Bangor, Portland and Boston. Pullman Parlor car McAdam Jet. to Boston. Palace Sleeper McAdam Jet. to Halifax.
9.05 A MIXED—Week days—for Aroostook M. Jet. and intermediate points.
11.32 A EXPRESS—Week days—for Presque M. Isle, Edmundston, and all points North.
3.35 P MIXED—Week days—for Fredericton, M. ton, etc., via Gibson Branch.
4.35 P EXPRESS—Week days—for Saint M. Stephen, (Saint Andrews, on Monday, Wednesday and Friday); Fredericton, St. John and East; Vancouver, Sherbrooke, Montreal, and all points West, Northwest, and on Pacific Coast; Bangor, Portland, Boston, etc. Palace Sleeper McAdam Jet. to Montreal. Palace Sleeper McAdam Jet. to Boston. Intercolonial Sleeper McAdam Jet. to Halifax.
5.15 P MIXED—Week days—for Bath and M. intermediate points.
8.30 P MIXED—Week days—from Woodstock M. Yard for Debec Junction and Houlton. ARRIVALS.
10.25 A. M.—MIXED—Week days, from Bath.
11.32 A. M.—EXPRESS—Week days, from Saint John, St. Stephen, St. Andrews, Boston, Montreal etc.
12.15 P. M.—MIXED—Week days, from Fredericton, etc., via Gibson Branch.
4.35 P. M.—EXPRESS—Week days, from Presque Isle, Caribou, Edmundston, etc.
5.50 P. M.—MIXED—Week days, from Houlton.
6.00 P. M.—MIXED—Week days, from Aroostook Jet.
10.15 P. M.—MIXED—Week days, from Fredericton, St. John and East, St. Stephen, (St. Andrews, Monday, Wednesday and Friday); Boston, etc.
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