

#### DRY FARMING CONGRESS.

Methods of Increasing Crop Output Will Be Discussed.

The Dry Farming congress is now organized; with some persistency and determination to be heard from in the matter of urging its claims upon the attention of the public. The faith that the promoters and operators of this association have in their claims of dry farming methods, well carried out, cannot be questioned, says the editor of the Twentieth Century Farmer. The experiences and results of careful and persistent work in crop growing efforts are the evidence that is offered in testimony of the feasibility of dry farming methods and dry farming as an industry.

It is not surprising that there are the doubtful, the skeptical, the unbeliever in converting the dry land of the arid West to agricultural purposes, the growing of crops, the cultivation of orchards and forests, the establishing of homes and the building up of commercial interests and industries on these lands; we say that it is not surprising that some hesitate, that they doubt the availability of sufficient moisture to grow crops; that they forecast seasons of drought, etc. All these things had their period and have exerted their influence to discourage and prejudice the mind of the public as the settlement of the country has progressed westward for the last fifty years, and yet cultivation has been the civilizing influence that has conquered drought, hot winds and the barrenness of the plains and prairie countries that are now the dependence in production.

The Fourth Dry Farming congress will hold its meeting at Billings, Montana, October 26, 27 and 28, 1909. This will not only be an institute for dry farming farmers and dry farming instructors and teachers, but it will be an exposition of dry farming products such as this or no other country has ever witnessed. There are pledged already exhibits from thirteen Western states that are engaged in dry farming work. The organization by states, to show what each is doing and capable of doing in the raising of grain and vegetable crops, without irrigation, is a feature never before undertaken in this district and promises some great surprises for visitors.

The area of tillable lands in the United States not yet turned to cultivation is comparatively small, and under present conditions of demand by the homesteader will last but a few more years at most. It is only the part of good business judgment that the dry farming districts be investigated by those who contemplate getting a home under the free homestead law. Good lands and the best locations will be the first taken. Each year will reduce the quality of lands to be disposed of as government homesteads.

The Dry Farming congress will be a good place to visit next October, in view of getting dry farming information and dry farms on which to put it into practice. The Dry Farming congress announces that there are 200,000,000 acres of arable land awaiting development by the dry farming methods.

Many a man is an expert hand at putting his foot in it.



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## HEALTH AND PUBLIC SCHOOLS: VIEWS OF VETERAN EDUCATOR.



HAT are termed by the author "some rather sweeping generalizations" on the subject of medical inspection of school children are contained in an article entitled "A Lesson From Medical Inspection of Schools," published in the Psychological Clinic, a journal edited by Professor Lightner Witmer of the University of Pennsylvania and published in Philadelphia. The author of the article is George H. Martin, who has been an educator for forty-four years, supervisor of the schools of Boston and since 1904 secretary of the Massachusetts board of education.

The medical inspection of children in schools has been so beneficial, according to Mr. Martin, that "a community which has not provided through its proper authorities for a thorough-going inspection of its schools is guilty of criminal negligence." He points to the discovery that out of more than 400,000 children examined in Massachusetts \$1,000 were found defective in vision and 22,000 in hearing, and to the results of other examinations as throwing much light on the subject of backward and perhaps delinquent children.

Concerning the immediate results of the examinations he writes:

"Then we consign the unfortunate to the care of the family physician, send them to the public dispensary or the public clinic, or send the school nurse to look after the cases in the home, and by these means we patch up a few. Some glasses are provided, some teeth cleaned and filled, some adenoids removed, and many children begin to know the joy of living.

"All this is good. It is worth many times what it has cost. But is it enough?

Have school people done all their duty when they have admitted the school physician and the school nurse to the sacred precincts of the schoolroom, when they have sent out the warning notices to the parents?

"Supposing that all defects have been discovered and remedied, so that school life goes on without its aches and pains. Must we go all over it next year and the next and forever? The Massachusetts law says that every child shall be examined annually for defects and disabilities. There is no statute of limitations. Is there any hope of limitation? Is there any mode of limitation? Or is the social mill to go on grinding out diseased and unfeeling children by the thousands indefinitely?"

Dealing in the advance in personal and domestic hygiene, Mr. Martin records signs of hopeful progress. He finds "that the ignorance of the laws of health and conditions of health is less dense than it once was undoubtedly true." The educational forces that have brought about this change are many—the medical profession, the press, discussion in women's clubs and the influence of the public schools. The teaching of physiology and hygiene in many schools he thinks, is good.

"To-day the physicians, general and special, are more alive to the needs of the times than are the school people. No permanent results of the present agitation for better sanitary conditions, domestic and public, can be hoped for unless the schools co-operate with all the other agencies. The universal need is for the higher order of intelligence respecting the things that make for health, and the foundation of such intelligence must be laid in the schools."



#### HARDENING OF THE ARTERIES.

"A man is as old as his arteries," was said some time ago by a French physician; and the saying, like so many others of the phrase-loving French, has a good deal of truth in it and not a little error.

There is many a man, old in years but young in spirit, whose arteries are like pipe-stems. So brittle do they seem, indeed, that the physician hardly dares feel the pulse, lest he crush the friable artery under his finger; yet these old people are active in mind and body, and seem often much younger than men of but two-thirds their years.

Again, one meets old and feeble folk whose lives seem to flicker dangerously, like a candle flame in a draft, whose arteries are as soft and compressive as those of a child.

In general, however, the saying is true, and especially in premature old age it will usually be found that the arteries are hard, with fibrous thickening, if not already some or less calcified. Hardening of the blood-vessels—arteriosclerosis is the accepted medical term—consists in a fibrous overgrowth of the walls of the arteries, usually following more or less degeneration of the normal tissues of the vessels. As to just how this comes about, physicians are not entirely agreed. It is probable that the change occurs first in the very minute vessels, those that run through the walls of the larger vessels supplying them with blood for their nourishment. When these are hardened by the deposit of fibrous tissue they carry less blood and carry it more slowly, and so the nutrition of the walls of the larger vessels is reduced. This leads to softening, and then Nature tries to repair the damage by the only new tissue at her hand—namely, fibrous tissue.

Later, these fibrous and thickened walls of the larger arteries may be hardened still more by a deposit of lime salts from the blood.

The arteriosclerosis so common in old age is the result of "wear and tear." An elastic tube dilated by hydraulic pressure and then contracting ten thousand times a day will have done much work by the end of seventy years. In younger life arteriosclerosis is least commonly caused by intense psychical effort in dentistry only, but in eating, especially overeating; without enough exercise to consume the excess of nutrient material. Overwork,

worry and chronic poisoning, such as lead-poisoning, are also factors.

The best thing for arteriosclerosis is not to get it, and the best way not to get it is to be moderate in everything. People growing old should be examined medically every six months, and then incipient arteriosclerosis may be detected and perhaps arrested by proper diet, drugs and regimen—Youth's Companion.

#### BAD PARROT A PRISONER.

Profane Bird Hauled Out of a Tree by a Policeman and Arrested.

Charged with resisting an officer, using profane language, being a disorderly person, causing a crowd to collect, trespassing on park lands prohibited by law, and being disrespectful to a policeman without cause, a parrot is a prisoner in the offices of the Essex County Park Commission in Newark waiting for its owner to square things with the authorities, according to the New York Times.

When Sergeant Wilson passed a tree in Branch Brook Park he noticed a crowd gathered around the foot of it. He hastened to the spot and was informed by a boy that some one was up in the branches "swearin' awful."

"Here, you, come down out of that," yelled Wilson. "You're violating the law."

"Oh, you bonehead! You hamfat!" came the answer from the new and thick foliage.

"I'll give you a minute to come down. Then I'll pull you down," said the angry sergeant!

"Robber! Help! Take him out! Bonehead! Strike one!" said the voice from the tree.

"He thinks he's at a baseball game," said one of the crowd.

"I'll go up and bring him down," said Sergeant Wilson, who was convinced by that time that he was dealing with a crazy baseball crank. The crowd admiringly watched him climb the tree, and looked at the commotion in the branches, there being sounds of deep breathing, imprecations, and struggles. In a few minutes the policeman reached earth somewhat rumpled, but triumphant, with an angry, profane parrot in his hands. The park commission is waiting for a man with an extensive baseball vernacular to lay claim to the bird.

#### Highly Esteemed.

"Do you think that most people nowadays worship money?"

"No; I won't go as far as that," answered the home-grown philosopher, "but I will say that the love of money is wisdom platonic."—Washington Herald.

The women regard it as nothing against a man if he has buried several wives, providing he keeps their graves looking trim.

Chicken-hearted people are always ready to back up an excuse.

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