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T. B. PARKER, S. B. A., Raleigh, N. C.

Pleased With Fruit Trees.

Nashville, N. C., Dec. 5th, 1906.

Mr. T. B. Parker,
Dear Sir and Bro.
I received fruit trees 30th and can say I like them better than any I have ever bought. Thanking you for same, I am fraternally yours,
R. V. BACHELOR.

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A. JEFFERS,
Oceana, Va.

Two Minute Health Talks.—X.

THE FARMER AND RECREATION.

Needed Rest Does Not Cause a Loss of Time or of Money—It Enables the Farmer to Put More of Himself Into His Work and Get More Out of It.

Unending work without an occasional recreation may be an effective way to make money but it is not the process which capacitates people for the enjoyment of life. Farmers who believe they can not afford to separate themselves for a brief period, once a year or oftener, from their labors have failed to appreciate the wholesome philosophy in the old adage: "All work and no play makes Jack a dull boy."

No man has greater need for recreation than the farmer, yet he is perhaps the most loyal slave to work that the list of industrial occupations affords. Justification of this fact can be imagined but it can scarcely be approved. Necessity may compel all men to work part of the time. Mortgages, crop failures and other forms of adversity are not sufficiently important to deprive any farmer of a period of re-building, reviving rest during that season each year when climatic conditions and the status of his farming work render it most convenient. Equal in every respect are his wife's right, if not duty, to free herself from household toil and enjoy the recuperation and revivification as well as renewal of interest in her lot which come from proper diversion. Furthermore, the boys and girls and the hired farm help should have the same privilege.

Let it always be borne in mind that a recreation or rest is not a loss of time or of money. It is on the other hand an added if intangible asset, a form of capital which enables a man to put more of himself into his work with the logical result of ability to get more out of it. Downright selfishness even should recommend recreation to a farmer.

Many places offer advantages and inducements to rest-hunters. A day's journey by rail will reach a number of them. Trips by water would be a delightful novelty to hundreds of farm folk. American lakes and rivers are nicely distributed for the accommodation of all intent upon this form of transportation and pleasure. Cool spots are abundant in the mountains, and both natural and artificial conditions at these places make it possible for visitors to secure the full benefit of a recreation while at the same time enjoying beautiful surroundings. America is an ideal country for vacationists, but agricultural Americans are the most work-tied people in modern society. And this ought not to be.—Breder's Gazette.

[The subject of next week's Health Talk is "The Place of the Young Wife and Mother on the Farm."]

Proper Care of a Stallion.

In Answer to a Correspondent, Dr. Butler Gives Some Helpful Hints as to Exercise, Feeding, Etc.

Messrs. Editors: We recently organized here a club of ten farmers and purchased from a New York stockman a fine Percheron stallion. The scarcity of labor has already caused many of our farmers to purchase labor-saving machinery, which upon trial proves too heavy for our common farm teams. The old plan of raising cotton to buy our horses has kept us with light and inferior teams, for it takes a lot of cotton, after paying expenses, to buy a good team of horses or mules.

Dr. Tait Butler has been telling us that we would have to raise more stock, and plant less acres in cotton, and make more per acre, at less cost. To do this, labor-saving machinery pulled by good heavy teams becomes a necessity, so that one man can do the work of two men.

Now we would like to ask Dr. Butler how this stallion should be fed and exercised? how many mares he should serve in a season? how many services in any one day? and any other information he thinks might help us.

The stallion will be three years old next spring, is 16 hands high and weighs 1,400 pounds, estimated.

JOHN HUMPHREY, Sec'y.
Craven Co., N. C.

(Answer by Dr. Tait Butler.)

Exercise is one of the essential features of the proper care of a stallion. I can suggest only a few ways and these may not be practicable in the case at point, but there are other methods. We only insist on the moderate, regular exercise, the manner of giving it is of secondary importance.

First, he should have a paddock of one-half acre, with a good, strong,

high, tight, board fence around it. If he is so inclined he might take sufficient exercise himself in such a paddock. If he does not, and he probably will not, then—

Second, he may driven or ridden four or five miles a day in a walk.

Third, if he be properly broken, he may be worked slowly and regularly sufficient to give him the equivalent of four miles walking exercise.

As to feed we would suggest enough to keep him in good strong flesh when not in regular service. During the period of greatest service he should be fed more liberally. For hay I would prefer about 10 to 12 pounds per day per 1,000 pounds weight, of some good, bright, clean, grass hay. For grain, oats, corn, wheat bran and cottonseed meal. When doing heavy service, a ration for a day, per 1,000 pounds weight, might be something like this:

Corn, 5 pounds.

Oats, 5 pounds.

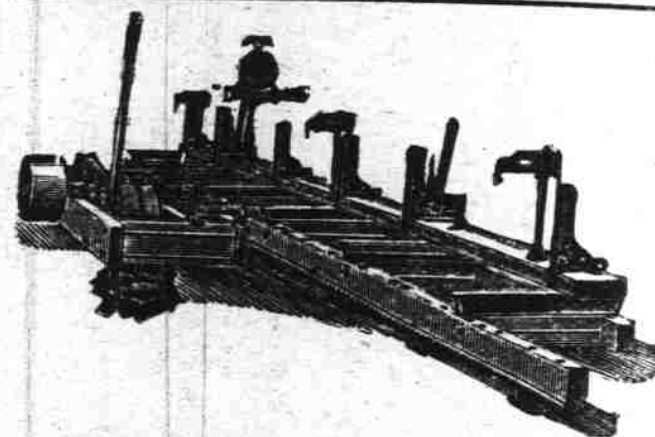
Wheat bran, 2 pounds.

Cottonseed meal, 2 pounds.

The number of mares he may serve in a season will depend largely on the length of the season. For a three-year-old stallion I would not suggest more than one mare a day. Mature stallions should not serve more than two mares on any one day when in regular service. If handled properly a three-year-old stallion should be able to serve from 25 to 40 mares in a season of four months, but 25 to 30 would probably be better. If scattered throughout the year, and never more than one a day, he may serve forty without danger of injury. A mature horse, properly handled may serve 100 mares in a season.

TAIT BUTLER.

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The South is in need of more settlers to buy vacant land, to raise farm stuff and sell it, and buy wagons, implements, furniture and household supplies, and put some money in the bank.

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M. V. RICHARDS,

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