

THE PROGRESSIVE FARMER.

"You Can Tell by a Man's Farm Whether He Reads It or Not."

Published Weekly by the Agricultural Publishing Co.

Under the Editorial and Business Management of

CLARENCE H. POE.

DR. TAIT BUTLER, ASSOCIATE EDITOR AND MANAGER.

PROF. W. F. MASSEY, - - - ASSOCIATE EDITOR.
E. E. MILLER, - - - - - MANAGING EDITOR.
JOHN S. PEARSON, - - - SECRETARY-TREASURER.
C. F. KOONCE, - - - - - FIELD REPRESENTATIVE.

ROBERT S. FOUNTAIN, - WESTERN REPRESENTATIVE.
315 Dearborn Street, Chicago, Ill.

Entered at Raleigh Postoffice as second class mail matter.

What the Lead Pencil and the Postal Card Will Do for You.

DON'T forget that postal card idea. The next time you go to the postoffice, get a quarter's worth, and when they give out get another quarter's worth, and keep a supply always on hand.

Then take a lead pencil and write for whatever you want whenever you want it—whether it is a Farmer's Bulletin, an advertiser's catalog or price list, or just some bit of information you need.

Use the postal card, too, to jog up your Congressman, your member of the Legislature, your County Commissioner, Superintendent of Schools, your Commissioner of Agriculture, or your Editor, about any matter in which you are interested. **Farmers can double their influence in the political and business world by liberal use of the postal card and the lead pencil.**

If you need help about any farm problem, a postal card will get it for you. If you wish to know more about anything advertised or mentioned in *The Progressive Farmer*, a postal card will get you the information.

In a hundred other ways the lead pencil and the quarter's worth of postal cards will help you amazingly. Get the habit and keep it up.

Larger Farm Work Stock Needed.

HEAVY mules and horses are necessary to the proper and economical cultivation of a large share of Southern soils. It is not unusual, however, to hear men say they prefer the 900-pound mule to the 1,200-pound animal; and as to horses weighing over 1,200 pounds, many farmers state they just would not have them.

To retain the old, light, one-horse implements and increase the weight of the mule is useless, if not at all times a positive disadvantage. If one of these friends of the 800- or 900-pound mule goes to the dealer to purchase a mule he soon learns that it takes more money to buy the larger animals, and if the dealer were to offer two mules of equal quality, but one weighing 900 pounds and the other 1,200 pounds, at the same price, there is no doubt as to which would be taken. The heavy mules are worth more because they can do more farm work of the kind that is profitable. Of course, the small mule is quicker, but speed is not what is wanted.

Implements to do satisfactory and economical work must usually be large and heavy, and for these the larger mule alone is satisfactory. The task of getting an implement that will do twice as much work each time across the field is more important and much easier than to find a mule that will go fast enough to do economical work with these small implements formerly used. If we are to use the small expensive implements of the past we should, of course, stick to the small mule, but

if we are going to do farm work in the most economical manner we must have the larger implements and larger mules to pull them.

We know a farm managed by a graduate of a Southern agricultural college on which a splendid Percheron mare that weighed about 1,400 pounds was abused and finally ruined, because she was "too slow;" and yet, the one-row cultivator and other small and expensive implements were in general use on that farm. If horses weighing 1,200 to 1,400 pounds were not capable of doing farm work more economically, they are necessary for the breeding of high-priced mules. The 1,200- to 1,300-pound mules which sell for from \$500 to \$600 a pair are not produced by 900-pound mares, nor by 1,000-pound mares.

The writer once asked a breeder of draft horses if he preferred mares of the weight he was using—1,600 to 1,700 pounds—for farm work, and he replied that he did not; that for farm work he preferred mares weighing about 1,400 pounds, but said he, "mares of that weight will not produce 1,800- and 2,000-pound geldings which sell for the best prices." I can do my work very well with the larger mares and their colts at four years old are each worth from \$25 to \$75 more."

What Is Your Corn Going to Cost You?

NEXT WEEK we hope to publish some figures from Mr. C. R. Hudson, the State Agent of the Farmers' Co-operative Demonstration Work, and some from Mr. E. S. Millsaps, the agent for Iredell County, as to the comparative cost of making corn under the methods taught by Dr. Knapp and under those commonly followed.

Whatever may be thought of these figures, they "demonstrate" beyond all question that the average yield of corn can be greatly increased and the cost per bushel greatly decreased by the use of better methods.

Many farmers seem to have gone into the demonstration work with a great deal of caution, trying it on little patches of land and looking upon it as something radically new and yet unproved.

Now, as we understand it, Dr. Knapp and his force lay the most stress upon (1) good seed, (2) good preparation of the soil, (3) good cultivation afterward. We have been neglecting our seed or selecting it with a wrong ideal in mind for a long time; but a deep, well-broken, humus-filled seed bed and level, shallow cultivation are certainly nothing new or strange. They have been recognized as essentials of successful corn culture in those sections where the best corn crops are grown for a long time, and were the established means to the most profitable yield of corn long before the demonstration work had been dreamed of. **There is nothing radical, nothing new, nothing doubtful about these methods Dr. Knapp and his co-workers are "demonstrating." They are the methods followed by the best corn growers everywhere.**

There is no money in growing twenty or twenty-five bushels of corn to the acre by the use of several hundred pounds of commercial fertilizer. With decent treatment of our lands we should average more than that in five years without any fertilizers at all. As it is, we make (in North Carolina) 12.8 bushels per acre. We shall never get rich raising such corn crops as that.

As a step toward building up your corn land, begin now to get ready to sow peas in the corn when you lay-by and crimson clover on the land next fall. As a means to making the most out of this crop, prepare to cultivate it whenever it needs cultivation—whenever the soil begins to "crust" or get hard,—and to cultivate with tools that will fine the first two or three inches of the soil without tearing up the roots of the corn.

Prepare to "demonstrate" on your farm this year that you can grow more than 12.8 bushels to the acre and that you can grow it at a reasonable cost.

Seven Health Rules: How to Live One Third Longer.

ALL America is waking up to the importance of better health conditions, and State and National Governments are taking deeper interest in the subject than ever before. Regardless of what State or Nation may do, however, every individual by following a few simple rules of hygiene for himself may greatly increase the length and the happiness of his own life. Seven such rules we give herewith, and if they should be followed this season by the 86,000 farm families who will read these lines, the health and efficiency of young and old, men and women, would be immeasurably increased, doctors' bill reduced, and the general tone of life made notably brighter and happier—to say nothing of fewer graves in the burying-grounds and cemeteries at the end of the year. Here are the seven rules:

(1) **Have a properly planned and properly cooked diet.** Make a study of this question and have your wife make a study of it. We eat too much meat and too much hot, pasty food. We do not eat enough fruit, vegetables, eggs, butter, and milk: There is no excuse for any farmer not having enough of these nourishing, health-giving foods, and with them, one can set a table fit for a king.

(2) **Chew your food three times as long as you have been doing.** The Fletcher principle, "Chew your food till it becomes liquid and practically swallows itself," is the only correct guide. Mr. Fletcher guarantees that his method will increase the average man's working efficiency 25 per cent in six months.

(3) **Don't overeat.** Proper chewing, however, will practically prevent this also. Chew your food thoroughly and your sense of taste will be satisfied before you eat too much. It is when you bolt your food down that you overeat.

(4) **Breathe only fresh air.** Let it into your sleeping room, no matter how cold the weather. The dread of "night air" is absurd. If fresh air were only to be had for a price, thousands of poor people would be begging money to buy it, while as it is, they shut it out on every provocation. Stuffy parlors and sitting-rooms and sleeping rooms with all the windows down breed headaches and develop consumption.

(5) **Drink twice as much water as you have been drinking.** The average person drinks only half enough. Drink two glasses when you get up mornings, and as much as you can at other times—preferably not at meals, however, or for an hour before or after.

(6) **Stop dosing and drugging yourself; never take a patent medicine.** If you are not well, by all means avoid putting your health and your life in the hands of men you know nothing about, and who know nothing about your ailment. Nine times out of ten a drug taken into your system when not needed acts as a virtual poison, and unless the physician knows the exact nature of your ailment, the chances are it is not needed.

(7) **Let all intoxicants alone.** No man who begins drinking is sure that he can keep from drinking immoderately; while the latest medical researches have proved that even the most moderate drinking injures one's nervous and mental powers, lessens one's ability to resist disease, and also aids in developing any latent disease or weakness. Surgeon-General Wyman in his recent address on Southern health conditions sounded a special note of warning concerning the injurious effects of alcoholic drinks in warm climates.

Of course there are other things not to be neglected—frequent bathing in a room as warm as the body (a bath-room just big enough to turn around in, and quickly heated by an oil stove will do the work), eight hours' sleep, and a good supply of drinking water uncontaminated by filth or disease—but these seven rules are the things most needed by the average man. They will add years to your life and life to your years.

Try them.

A Thought for the Week.

THE basis of our government being the opinion of the people, the very first object should be to keep that right; and were it left to me to decide whether we should have a government without newspapers, or newspapers without government, I should not hesitate a moment to prefer the latter. But I should mean that every man should receive those papers and be capable of reading them.—Thomas Jefferson (born April 13, 1743.)