

Conservation

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It is the business of Canadians to build up Canada by buying goods made in Canada by Canadians

Water Waste in Winter

Running Taps to Prevent Freezing Are Source of Great Danger in Case of Fire

Several cities in Canada are today in a serious position because of the water consumption is equal to the supply. The result is insufficient pressure in the water mains for fire purposes. With the coming of winter weather this situation will no doubt be accentuated, due to leaving taps open, thus allowing the water to run therefrom for many hours at a time, to prevent the pipes freezing.

Not the least of the many advantages which cities have derived from the installation of water meters is the reduction of this heavy waste during the winter months. With the introduction of water meters, consumers have realized the value of having water pipes protected from frost. This precaution usually entails very slight expense, but where there is no check on the water consumed, lack of public spirit keeps people from undertaking the frost protection.

Water and waste pipes should be once be carefully looked after and protected, and particularly where they are exposed to cold drafts. They should be well wrapped and kept thoroughly dry on the outside. As an additional precaution, pipes may be enclosed in a box and well packed with sawdust.

The quantity of water wasted by a small stream left running under average water pressure is as follows:

1/2 inch leak wastes 8 gal. per hour
" 3/4 " " " 13 " " "
" 1 " " " 17 " " "
" 1 1/2 " " " 24 " " "
" 2 " " " 34 " " "

On the basis of the local water rates, it is easy to figure out the actual cost to the city of these running faucets, and, also, the almost criminal neglect when compared with the small cost of overcoming this waste. Meter installation is now recognized as one of

Supplementing Canada's Meat Supply With Fish

In Canada, owing to the abundance of game and live stock, fish has not been given the place as a staple food, that its excellent dietary qualities warrant. The growing scarcity of meat, and its consequent increase in price, must bring the question of supplementing the supply to the fore.

Canadian coastal and inland waters are filled with many varieties of food fishes. The sea fisheries especially are capable of great expansion, and the building up of a fresh sea-fish trade throughout the country should prove an important factor in reducing the cost of living.

A table giving some comparative food values and costs of staple foods follows:

Kind of Food	Price per lb.	Amounts for 10 cents		
		Total weight lbs.	Protein lb.	Units of energy
Codfish, whole fresh	10 cents	1,000	0.111	209
Halibut	18	0.556	0.085	253
Codfish, salt	7	1.429	0.229	437
Salmon, canned	12	0.833	0.162	547
Beef, sirloin steak	25	0.400	0.066	380
Mutton chops, loin	20	0.500	0.068	664
Smoked ham	22	0.454	0.064	729

These amounts are based on the prices given in the first column and would vary as the price varies. The prices are actual quotations. From these figures it will be seen that, while fish is poorer in protein (nutritive nitrogen) pound for pound than meat, its uniformly lower price makes it a cheaper food. Thus, in the instances presented in the table, it would be possible to purchase 111 lbs. of protein in the form of fresh codfish, for ten cents, a sum which would only procure 0.68 lbs. of protein in mutton chops. Or to express it differently, a pound of protein purchased as fresh codfish would cost 90 cents, while if it were purchased as mutton chops it would cost \$1.47.

In the matter of units of energy, however, fish, for the most part, does not make such a good showing, but, where a fish diet is properly supplemented by cereals and vegetables, foods which are rich in heat producing elements, it makes an excellent substitute for meat, at the same time adding wholesome variety to human diet. From the standpoint of health as well as economy, Canadians should develop the home market for fresh fish.—A.D.

the best means of preventing water waste. Where meters have been installed not only has it been followed by a marked reduction in the amount of water required for general consumption, but it has been possible to maintain a more satisfactory pressure for fire-fighting purposes.]

[Belgrade, Servia, with a population of 75,000, has had an average annual fire loss for the past ten years of only \$11,700.

Lecturers from the Commission of Conservation will attend meetings of Farmers' Clubs early in December at Gould, Canterbury, Cookshire, Island Brook and Scotstown, Que.

Let all Canadians, men and women, young and old, show their patriotism and make Canada strong and prosperous by buying made-in-Canada goods, thus providing work for [Canada's sons and daughters.]

Ventilation of Street Cars

Greater Attention Required by Employees to the Sanitary Condition of Cars

The cold weather and the necessity for heating street cars, calls attention to the question of their proper ventilation and sanitary condition. At times very much overcrowded, the street car is a prolific means for the propagation and spreading of disease. Too much attention cannot be given to the care of the cars. Spitting is prohibited in the cars in most cities, but, with the introduction of the pay-as-you-enter car, the conductor is not in the same position to check this nuisance as formerly. The conductor should also give careful attention to ventilation. The upper windows are put there solely for the purpose of ventilation, and these may be opened without the risk of creating a draft and causing passengers to feel uncomfortable. If conductors would give this matter attention, it would obviate the necessity which some passengers feel of opening the lower windows for the admittance of fresh air. This, while accomplishing the object sought by the passenger at the window, creates a strong draft, which is decidedly objectionable to those in the rear.

Conductors should be instructed as to the proper ventilation of their cars; they should be the only persons authorized to open or close windows, and a notice to this effect should be posted in the car. The company should, however, insist that their employees give ventilation careful attention.

Conductors could also with advantage give their cars closer inspection to check the spitting on the floors. They have ample time between stops, and this inspection would add very little to their duties.

Street cars should be thoroughly cleaned and disinfected when taken off the run at night.

Buy made-in-Canada goods and help toward the full dinner pail.