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EDITORIAL.

Growth by Expression.

"We grow by expression." A vast measure of truth is expressed in these words by a modern American writer. Absorbing knowledge as a sponge soaks up water, may in time possess one of quite a wide range of information, providing he has a good enough memory to retain it, otherwise it will leak out nearly as fast as it soaks in. The best way to commit facts to memory is to commit them to paper in one's own words, revising and correcting as may afterwards be necessary to insure accuracy of statement. A careful writer informs himself by writing far more thoroughly than he can possibly inform his reader. The reader reads and forgets; the writer must master facts in a way that he will not soon forget them. To hold and gain knowledge, we must give it forth.

Merely as a means of fixing facts in the memory, therefore, writing is of rare value. But it does far more than that. It stimulates brain activity, and develops by exercise that most important of all intellectual faculties, expression. Of what would it avail one to have a mind richly stored with knowledge if his mouth were dumb and his hands paralyzed so that he could not motion or write? It is the faculty of expression which gives current value to knowledge and thought. It follows, then, that anything which cultivates the art of expression is educative in a high degree. Writing and speaking do this. The more one thinks, the better he is able to think. The more he writes and speaks, the more valuable and helpful do his writings and speeches become, unless he allows himself to degenerate into a prolix and meaningless chatterer. Properly directed and controlled expression makes for efficiency of thought, understanding and influence.

Give of your best thoughts if you would make room for others. Speak and write whenever suitable opportunity presents. Take part in discussions of an elevating character, and thereby broaden your own mind. Clarify and crystallize your ideas by committing them to paper, that they may take clearer and more definite shape. Nebulous thoughts become much clearer and more tangible in writing. Relate your experience that you may understand and appreciate it better yourself. Make use of the correspondence columns in the agricultural press. Give forth of your best ideas. Help, that you may be helped by your own helpfulness. Grow by expression.

Protecting Our Climate.

Just as a number of sensible Canadian editors were welcoming a public disposition to return to and make the most of those distinctively northern healthful sports and carnivals, so well suited to the Canadian winter climate, along came a press despatch from Ottawa the other day announcing that officials of the Immigration Department were doing their best to discourage the advertising of winter carnivals in Canada, one being quoted to this effect:

"Any literature, exhibition, or any other thing which tends to create the impression that Canada is an extremely cold country is very hurtful in the work carried on by our officers in other countries. You will remember the great prominence given to Rudyard Kipling's poem, 'Our Lady of the Snows,' and the opinion of many of those best able to judge, that the title did incalculable damage to our Dominion."

It is hard to believe that so much squeamishness concerning the facts of our glorious winter season could still remain, even among the immi-

gration officers at Ottawa. The explanation probably lies in an over-anxiety of the officials to make a large showing in numbers of immigrants, irrespective of quality and adaptability. To this end, the officials would studiously suppress any shivery impressions, and even withhold the facts from possible candidates. The futility of such a course is obvious, for the facts will out, and if people come to us with wrong impressions of our climate, their complaints on being undeceived are liable to be stronger than had they known the facts impartially beforehand.

Moreover, supposing we do secure extra immigration by persistently picturing our country as a land of sunshine and summer heat, are we not likely to attract some who will prove ill-adapted to conditions; some, in short, whom we would be better without? Hardiness, vigor and adaptability to our conditions are far more to be preferred among immigrants than large numbers.

Of course, there is, no doubt, a degree of force in the Immigration Department's protest. No doubt, the Canadian climate has been labelled abroad, being represented as more rigorous than it really is. But is not candor the best policy? Why not let the facts be heralded forth as they are? Why exercise censorship over the utterances of the papers and the business policy of those having to do with our winter attractions? Is it not time to cease protecting the facts, but rather to publish them far and wide? All the world knows we have a winter, and it is not a mild one. Let the world also know that we glory in and know how to make the most of it. Outdoor exercise and frosty outdoor air have no terrors for the rugged Canadian. He revels in it. Let us make the most of our winters. People who do not like our winters had better not come to Canada. Hurrah for the winter sports!

Give us Fresh Air.

Speaking of climate, we have much to learn yet in Canada about how best to meet winter conditions for both man and beast. In pioneer days, our houses were rather freely ventilated by open fireplaces, and unless walls, ceilings and floors were fairly well built, strong drafts were set up across the living-room. These were not only unpleasant, but, if too free, they lowered the temperature to an uncomfortable point, except just in front of the fire, and even there one's feet might be warm, while his back was chilled by drafts.

Under these circumstances, it was not surprising that our forebears should seek to build their houses as snug and tight as possible, thinking that if they only shut out the cold air, it was all that was required. They overlooked two very important principles: First, that heat may be lost from a room without any exchange of air whatever, just as water may be cooled and frozen in a tightly-corked bottle; and, secondly, that introduction of fresh air is necessary for health of the animal system. In order to keep a living-room or stable sanitary and healthful, there must be provision for admission of pure air and egress of foul, respired air. It is much better that this exchange of air should be accomplished by the installation of a systematic plan of ventilation, but in the absence of this, chinks and crevices are better than no air inlets at all, even though they do sometimes cause uncomfortable drafts. In fact, we would be much healthier were we to reduce the temperature of our living-rooms by more copious admission of fresh, pure air, and in this connection, the importance of sleeping with the windows open cannot be too strongly insisted upon. Scientists have discovered that colds are a germ disease, and are caught not in the cold, outdoor air, but in

the hot, vitiated, germ-laden atmosphere of our living-rooms. Arctic explorers who pass several successive winters sleeping in snow-houses and open air, without even a sign of a cold, invariably succumb when they get back to the close, warm, germ-infected houses of civilization. Consumption is nowadays treated by the fresh-air method, while even pneumonia is most successfully combated in cold, tented enclosures on the roofs of hospitals in New York. No one need be afraid of cold, pure air; it is the foul air of unventilated dwellings that is to be feared. Pile on the bed-clothes, and sleep with windows up at least the height of a fly screen, and keep the whole house abundantly and constantly aired. Gusts of fresh, cold air will not hurt a healthy person who is used to them. When your feet get cold, do not warm them under the stove or over the register. Warm them by exercise, thus improving the circulation. When you go outdoors, do not shrug your shoulders and bury your head in your coat collar. Breast the storm, step out boldly, take long breaths. Be hearty, and thus keep healthy and strong. The Storm King conquers those who fear and quail before him, but on those who throw out their chests, breathe deep, and laugh at him, he wreaks his furies in vain.

Away with hothouse conditions. Let us spend winter as it ought to be spent, toughen ourselves by judicious, habitual exposure, get fresh air and sunlight into our houses and stables, and let man and beast enjoy the outdoor air.

Remodelling the Farmhouse.

Much has been written for these columns in recent years on the subject of remodelling old barns and stables, with a view to rendering them more comfortable, sanitary and convenient, and to economizing time and labor, but comparatively little has been written about improving the old farmhouse, with the same objects. There are many good old houses in the country that were well built, and are roomy enough, and are likely to last for generations, but which are far from being arranged for comfort or convenience in working. The head of the house does not hesitate about making radical changes in his barns to suit his purposes, but too seldom thinks of the need of alterations in the house to lighten the work for his wife and daughters, and to make it more pleasant and comfortable for those whose time is mostly spent within its walls, while he has the freedom of the fields for variety and healthfulness. Experience and observation has proved that, in many cases, decided improvements may, at a moderate expense, be made in the internal arrangement of some of the rooms in an old house, rendering them much more convenient, while a cement floor in the cellar is a health-preserver and a rat-excluder, and a veranda or porch not only adds much to the appearance of the house, but may also mean a saving of doctor's bills if used for the purpose of indulging in sun baths, which are now recognized as essential to the enjoyment of the greatest degree of good health. And the mention of baths brings to mind the general absence of the bath-room in old farmhouses, a comfort which might in many cases be provided, at a moderate expense, by a simple rearrangement of some partitions. The water supply in the house might also, in many cases, be made as convenient as in the arrangement of the modern cattle barn, proving a great saving of time and a real comfort to the women folk in their work. The vanishing of the farmer's wood-lot brings to mind the question of economical heating of the house, which may well engage the attention of these contemplating improvements