



## ARE YOU INTERESTED IN COAL CONSERVATION?

The Real Cause of Much Waste lies in Defective Regulation of Temperature

WITH a general shortage of coal in Canada, the housekeeper is confronted by the necessity of finding ways and means of conserving it. There is the cry by many that furnaces are not properly constructed. Furnace manufacturers deny this. Again protests are many that the quality of the coal now being supplied is quite inferior. Much of this contention may be true, but it has been investigated and proven beyond doubt that the majority of householders waste coal through utter ignorance as to the proper degree of temperature to be maintained.

The temperature of living apartments, places of business, churches, schools, theatres, railroad coaches, and other public and private places of sojourn should never be allowed to rise above 70 degrees Fahrenheit. This is high enough even in hospitals, except where heat is used as a remedial agent, as in Turkish baths.

In establishing a temperature not to be exceeded indoors the comfortable point should not be taken as the standard. The comfortable point varies with the individual and has relation to the accustomed temperature—moderate, too high, or too low. A person habitually living in a temperature of 80 degrees feels chilly at 70 degrees; habituated to 70, he scarcely finds 65 uncomfortable. The young and those accustomed to being much in the open suffer greatly from hot rooms. Robust men properly fed and accustomed to an active outdoor life are not uncomfortable at a house temperature of 60. The comfortable point with them would be too low for the common living room.

The taste in temperatures of persons living constantly outdoors in a cold climate should no more be taken as a standard than should the preferences of chilly persons whose reaction to moderately healthful temperatures has been lowered by living in overheated rooms.

### Waste of Health

A PART from the waste of coal caused by overheating, the waste of health is appalling. Space will not permit a detailed study of the matter. But if one reflects in regard to the common cold, the conclusion will be speedily arrived at that high degrees of temperature indoors

are the cause, in nine cases out of ten. Dryness of atmosphere plays havoc with the average constitution.

The amount of moisture contained in the air is one of the chief factors to be considered in the heating of a dwelling during cold weather.

Cold air will not hold as much moisture as warm air, and when air becomes cold, therefore, it usually loses part of its moisture. The result is that during the winter we take air that has but a small amount of moisture, and by heating this air cause a change in it which is similar in its effect to a reduction in the amount of moisture. As cooling air reduces the amount of moisture it can contain, heating air has the opposite effect and increases the amount of moisture the air will take up. When we take winter air, therefore, and heat it for our dwellings the dryness of the air is increased unless moisture is added.

This dryness of the air causes irritation of the mucous membrane of the nose and throat and makes those breathing it more susceptible to colds. It will be found also that the dry air heated to 72°, 74°, or even 80° Fahrenheit will be less comfortable and will appear more chilly than a temperature of 66° or 68° when there is a greater degree of moisture in the air of the room. In a room in which the air is overheated and overdry the least movement of the air gives the sensation of drafts. If the moisture is increased and the temperature lowered the air will give the impression of balminess and the movements of the air, unless of considerable force, will cease to be noticed as drafts.

It is the experience of many individuals that overheated, dry air produces restlessness and nervousness, while, on the other hand, moderately heated air in which there is sufficient moisture to give an impression of balminess is restful and quieting in its effect.

When considering ways and means whereby coal may be used economically, look first to the quantity being consumed daily; then look to the temperature of the house. They will correspond, without a doubt, but it lies in your power to keep the amount used down to the average—keep the temperature at the proper degree.

## Fighting Trim for Stay at Homes

THE soldier in the trenches has been trained until he is physically fit—the Government has seen to that. The soldier now in training is being developed to the highest point of physical efficiency—the Government is seeing to that.

But what are we, the seven and a half millions of stay-at-homes, doing? Every one of us needs health training. We need to be efficient to fight the enemy from the home trenches—to fight famine, want, disease and self; enemies more deadly, more to be dreaded than those to be met on the battle-field.

Health and a little care spell youth. Once, women were old at forty-five or fifty, but nowadays there are no old folks; we are learning that health and care are the elixir of life, but we have not yet learned that the care must be begun when health and youth are ours, that we must not wait until they are disappearing and then frantically clutch at restorers and quick-result dopes.

One of the best preservatives of health is exercise. In these days of easy transportation, of swift trains, automobiles and street cars, people are beginning to lose their powers of pedestrianism, and with that loss goes much of the joy of living. Who does not know the sheer delight of a brisk walk over crisp snow, in the tingling winter air. How it brings the blood to your cheek and the vigor to your frame! And with what an appetite you attack your next meal.

Keep in the open air as much as possible. There is no tonic that the doctor can administer that will do as much good as that which wise old Mother Nature offers for our use, and she makes no charge for the pre-

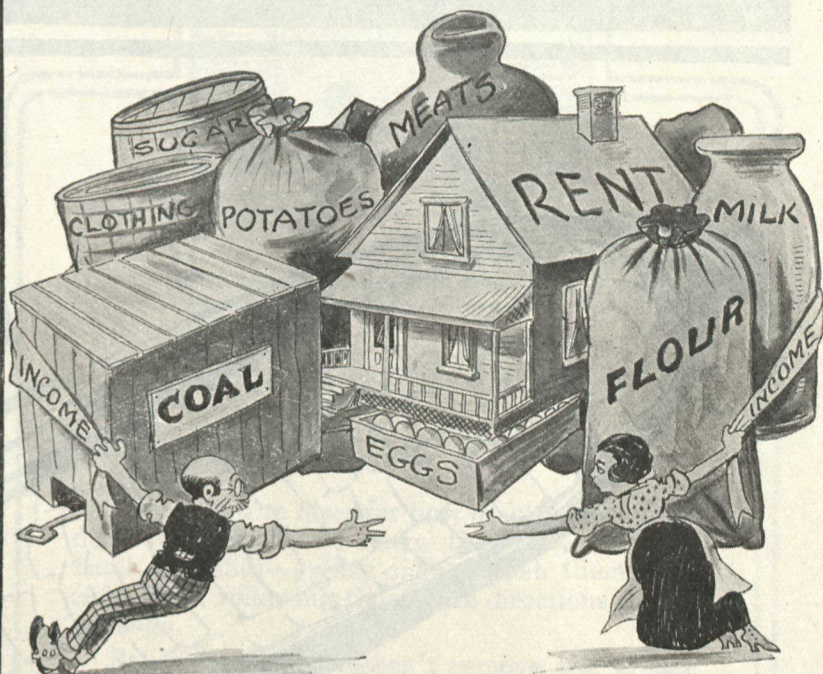
scription. In ninety-nine cases out of a hundred, even when there is organic disease, a large improvement can be achieved by right living, daily bathing, correct diet, exercise, and fresh air. "Be sober and temperate and you will be healthy," wrote wise old Benjamin Franklin and his words hold good to-day.

In conclusion, when you walk, see that you are properly clothed for the exercise. Wear a short skirt, which will not impede your movements, and stout low-heeled shoes. Do not attempt to do too much at first. With practice, power will come and before long you will find yourself thinking of a five-mile walk on good roads as a mere trifle.

We stay-at-homes owe it to our country and to ourselves to become as physically fit as it is possible for us to be. The clerk from store and office, and often the boy from the farm, is flat-chested, round-shouldered and short of breath before enlisting. But three months in the training camp makes a new man of him. He has muscles like rubberbands; his heart is a dynamo of energy and his brain clear and alert. In short, he is a competent fighting man. He is in fighting trim.

And are we stay-at-homes to fall behind him? Are we to allow the precious gift of health to be lost to us for want of a little care and determination?—unpleasant at first, maybe, but growing less so with every hour of exercise and attention to diet and training? Shall we be slackers in the great battle against the powers of disease and physical weakness? No, a thousand times, no!

Are we doing our bit? Are we in fighting trim?



Stretched to the limit—To make both ends meet

## HOW CAN I HELP?

How many earnest women have turned that thought over and over in their minds during the past few months?

How many find themselves with living expenses climbing beyond the limits of a "salary as usual"?

The war has enforced many economies. It has opened to women many new channels of earning money. It has dignified women's work in factory, shop and farm. For that work is now an essential part in the world's struggle for freedom.

Yet, while not every woman has been able to answer the question which comes up regularly with each month's onslaught of bills from grocer, butcher, clothier, landlord and the coal baron, every woman may, with ease, make a sum of money each month that will not only meet the growing expenses but leave a goodly sum to spare.

**Your Spare Time**  
will Bring You a Steady Income  
of from \$15.00 to \$100.00  
Each Month

That is a bold statement but it is not by any means a guess on our part. More than 5,000 women each year take advantage of our plan and earn sums regularly ranging up to \$100.00 a month and higher in a great many cases. No previous experience of any kind is necessary. You make no investment. We supply everything necessary for your success.

If you would like to occupy your spare time with work that is of national importance, because of its educational nature; if you would like to earn a good substantial cheque each month to add to the family income, if you really want to help, we will show you how.

## MAIL THIS COUPON TO-NIGHT!

Agency Dept., EVERYWOMAN'S WORLD,  
101 Continental Building, Toronto:

Please show me "how I can help" in my spare time by giving me full particulars of your monthly salary plan for local subscription correspondents.

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