The AUTOMOBILE

Happy Medium Between Comfort and Economy.

How far to let economy interfere with comfort and how far to let comfort interfere with economy in buying and operating an automobile are delicate questions which require keen discrimination. To get the fine balance between the two is a fine art that can be cultivated to the advantage of the motorist.

Just as the thrifty person is apt to lean over backward in his parsimony and penny pinching habits, which are not in reality the qualities that go to make up genuine thrift, so the prospective owner of an automobile or the present possessor of a car is apt to carry economy methods to such an extreme that a great deal of comfort and enjoyment which ought to be a driver's is weighed in the balance and found wanting.

For instance, the man who is ambitious to own a car—and his name is legion—approaches a salesman to be told that such and such a car will go so many miles on a gallon of gas. He will infer that because of this fact it is an economical machine to purchase. This particular car may be the hardest riding car on the market. Therefore, if there is any economic value in comfortable riding, this automobile may not represent a thrifty purchase at all.

Springs a Big Factor.

The wheelbase of a car is a factor that enters into its comfortable riding qualities. The springs represent another factor that make for or against easy transportation. The upholstery of one car may be more comfortable than that of another. The size and kind of tires make a difference in the ease with which one rides. The way a car is balanced affects comfort. So does the balance of the engine, which has to do with the vibration. Whether a car is of the closed or open type has a great deal to do with comfort, especially in the cold weather months and during the spring and fall rainy season.

Whether an engine has four, six, eight or twelve cylinders affects the riding quality of a car. The more cylinders the more even the torque and the less the vibration. The height of the car from the ground affects the probability of its tipping over under certain conditions, and consequently the comfort of the occupants, or at least their peace of mind. A low swung car usually has about as much road clearance as a car with a body higher off the ground and is less apt to turn turtle. The weight of a car affects its riding qualities. So does the amount of gasoline and oil used. The comfort of the driver is affected also by the position of the levers and pedals and the general set of the front seat.

Some of these factors in comfort cost a little extra and the prespective owner has to decide whether the added comfort to be secured will be worth the added cost. Usually it is worth all of that and more. Of course, the matter of comfort can be carried too far and a lot of money can be spent on things which add a minimum of comfort at a maximum of expense. But the reverse is more apt to prevail. An extreme case of economy vs. comfort is illustrated by the man who did not want a self-starter on his car. He preferred to crank the engine each time he set out on a journey in preference to using what gas might be required to develop the power to operate the generator that charged the starting batteries.

The Ideal Car.

The ideal to be hoped for is to get a car which will transport the owner from where he is to where he wants to go at a reasonable cost and with a liberal amount of comfort. Having purchased a car the owner is still up against the question of economy vs. comfort. He may cut down the gas to the lowest possible point when operating his auto. On a cold day it will take many minutes to warm up his engine on this plan. The power to accelerate and get away is impaired. On the other hand, if money is no object to him, he may use too much gas and develop carbon trouble. Consequently, comfort may be limited by too much of a good thing as well as too little.

Certain methods of driving save gas, like speeding up then coasting with the throttle closed entirely, but this does not make for comfort in driving. It is often a mistaken idea to keep out of car tracks when the road beside them is rough, because the owner thinks the tracks cause extra wear and tear on the tires.

To go out with a car on a wet day and neglect to put on chains may make for a little easier riding of the car for awhile, but the fear of accident more than offsets this and the saving effected by not having chains. With motor accidents on the increase, it is in keeping with comfort of mind and the lowered expense of avoiding accidents to take every possible precaution against dangerous experiences. Accident, suits of damage and wrecked cars are very expensive.

There are a lot of patent economizers on the market, headache pills and powders for gasoline, devices fastened on the manifold to give the engine a shot of oxygen or morphine. Some of these economizers are all right, but many of them tend to frugality at the expense of comfort.

Supplementary springs, for instance, often make for ease in riding, but they should be selected with care. Tonneau wind shields add to comfort and to the amount of gas required. Headlights that give added brightness and a well directed light make for comfort. Economy in lubrication should not be carried far unless the driver wants the discomfort of a dry bearing and the expense of repairing it.

The happy medium between comfort and economy exists and should be constantly studied by the motorist who is interested in both.

—and the worst is yet to come

Irrigation Legislation in Western Canada

Irrigation received a considerable share of the attention of the members of the Alberta Legislature during the session that has just closed, writes James Colley, Secretary, Western Canada Irrigation Association, Calgary, Alta.

Bills making provision for the guaranteeing of the bonds of the United Irrigation District and the Macleod South Irrigation District were passed and a section was added to the Irrigation Districts Act, 1922, giving power to the boards of trustees of irrigation districts to accept listings of lands within their respective districts and to conduct negotiations for the sale or other disposal of these lands, subject to the general control of the Irrigation Council.

In the case of the United Irrigation District the government guarantees amounts to $645,000. The district covers an area of 61,195 acres, of which 23,000 acres are irrigable, between the Waterton and Belly Rivers and west of the Blood Indian Reserve in Southern Alberta.

The bill for the South Macleod District embracing an area of approximately 96,000 acres, of which about 60,000 acres may be considered irrigable, lying south-west of the town of Macleod and west of the Belly and Waterton Rivers, gives the government of Alberta power to guarantee the bonds of this district up to $2,050,000, provided it is satisfied that satisfactory arrangements are made as to the settlement of the surplus lands in the district.

In his report of the South Macleod Irrigation District which was tabled in the house during the session, D. W. Hays, the consulting engineer to the Alberta Government, estimates that the cost of construction of the works of the South Macleod Irrigation District will amount to $1,778,657, or $29.81 per acre on the basis of 60,000 acres of irrigable land in the District. Allowing for the discount of the sale of the bonds and their capitalization for a period of two years during the construction of the scheme, Mr. Hays estimates that a total of $2,042,279 will be required.

The bill giving the trustees of the irrigation districts power to accept listings for the sale of the surplus lands in these districts is a practical indication that the matter of securing settlers for the irrigated areas is being attended to.

The report of the Survey Board for Southern Alberta—the Royal Commission that was appointed by the government of Alberta for the purpose of inquiring into the conditions in that part of the province resulting from a succession of years of drought—came in for considerable discussion in the earlier part of the session and was frequently referred to throughout the sitting. In this report irrigation is considered to be the main solution of the problems of Southern Alberta. Another report dealing with irrigation that was tabled during the session was the first annual report of the Irrigation Council.

CORRECT BREATHING VITALLY IMPORTANT

LONG STEP TOWARD HEALTH AND HAPPINESS.

Breathing is, in Effect, Our Most Important Function, Say Noted Physicians.

It is through ignorance of our own powers and of how to develop and use them that we fail to attain happiness, and in the case of each of us the extent of that ignorance may easily be measured by simply noting the degree in which we fall short of being happy, says Dr. Goliardo. Instinctively we feel this, and instinctively therefore we are all endeavoring to dispel our ignorance and reaching out for more exact knowledge of our powers and how to develop and use them.

To express this deficiency and inefficiency in a brief simile, civilized mankind may be likened to a tree that is conscious of the nutriment drawn by it from the ground, but has so completely overlooked the fact that a large proportion of its substance must be drawn from the air that it has neglected to put forth leaves. We all know that such a tree would very quickly perish, and, as a matter of fact, it is equally true that the very portion of the human race which considers itself most highly civilized is in reality creeping along on the very brink of extinction—for no other reason than the fact that it has fallen under the evil spell of an ignorance and neglect of one of its most vital functions. This ignorance and neglect are indeed precisely similar to that which in our simile we have attributed to our imaginary tree which overlooked the usefulness of air and the consequent desirability of putting forth leaves to catch the air.

Dependent Upon Air.

In other words, we have overlooked the fact that a large part of our material bodies is derived from the air, and that when we neglect to so develop and utilize our lungs as to get from the air the full benefit which nature intends us to receive from the air we pay the penalty not only in decreased bodily efficiency, but also, and in an even greater degree, in a certain falling short of mental alertness and spiritual vision.

The cultivation of our lungs—which means the cultivation of the art of breathing—ought to be the very foundation and commencement of our educational system, instead of being so little understood and appreciated that very little information about the subject is brought to the attention of our children while they are still in the receptive and plastic stage of human life.

A life time of aimlessness of purpose, of looseness of thinking, of clumsiness of action and barrenness of achievement is the penalty which many of our children pay as the natural and direct result of this criminal neglect on our part to properly instruct and train them. Far better in this respect is the custom of the so-called savage races in which the mothers most carefully watch the breathing habits of their children and take effective measures to prevent them from falling, for example, into such a slovenly practice as inhaling through the mouth instead of through the nose.

Chief Task of Human Body.

That the art of breathing is in reality the most important function of the human body is shown and established by the fact that, although we can live without food for weeks and without water for days, the best of us could not live without air for more than two or three minutes at most. Death would ensue from lack of oxygen, the element which gives warmth and energy to the body—the element which makes it possible for the food which we eat to be transformed into muscle and bone and tissue—the element in short which can be called the steam of life—the steam which imparts motion and effectiveness to that wonderful machine, the human body, so perfect in its adaptability to all purposes of life and yet so neglected and mishandled through ignorance that the average man lives but half his possible days and during the days that he does live enjoys but half of his possible energy and efficiency, and consequently attains to but half his possible happiness.

Although, therefore, a part of this falling short of the full abundance of life comes from failure to understand and care for the stomach—the galvanic centre in which the food is received and separated in various constituents required by the body—yet by far the greater part of our ineffectiveness comes from failure to understand and operate the lungs.

A celebrated English physician, Dr. Tucker Wise, says: "Learn to inhale habitually through the nose and not by the mouth. Children ought to be taught this habit when they are young. The nasal passages act as a filter for the inhaled air. Many atmospheric impurities and disease germs which would otherwise enter the throat and lungs are thus arrested and are finally expelled with the nasal mucus."

Evils of Nose Breathing.

Again, Dr. Clinton Wagner in his treatise on mouth breathing by children says: "Those of mature age must be impressed with the necessity of persisting in nose breathing. It is extremely difficult for one who has been addicted for any length of time to the habit of mouth breathing to break himself of that bad habit. For those who are addicted to the practice of keeping the mouth open during sleep only enforced closure may be successfully carried out by means of a linen support over the lower jaw, properly adjusted."

The fact is that the nose has several important functions. The one with which we are here concerned is its use as a passage through which the air should properly obtain access to the lungs. The air passing through the nose is raised to the temperature of the body before it reaches the larynx. Furthermore, the air is made moist by the secretions of the nose, and the hairs which grow in the nose act as a filter, which separates the impurities from the air so that they do not enter the lungs. This is easily demonstrated after you have been in the streets by passing the point of your little finger—covered with a corner of your handkerchief—into the mostrils. When you withdraw your finger and the handkershief you will find it covered with dirt which would otherwise have passed into the throat and lungs and possibly caused trouble.

The Winning Side.

Do you know this, that in yourself
You hold the power to make or mar
Your future life, and you can be
A better man than now you are?
Though Fortune frown, though days be dark,
Though all seems lost beyond recall,
That is no reason to despair,
For you, yourself can change it all.

Ask then, sincerely, what you lack—
If it is faith, or strength of mind,
And, if you answer as you should.
No fault with others you will find,
The very fact that you are down,
That you no chance in life can see,
Should urge you on to try again;
The spur is your necessity.

Remember that, as you are now,
So were the great men in the past.
What they have done you, too, can do,
Where'er your walk in life is cast.
A cheerful smile, a steadfast heart,
A faith that will not be denied—
These things alone shall lift you up
And put you on the winning side.

—George B. Righter.

Cautious.

"Would you wish the lady's name engraved in the ring?" the jeweler suggested pleasantly.

"Eh? Why, no," the cautious young man responded. "Suppose you just put "To my beloved."

BEST WAY TO REMEMBER ANYTHING

IS TO FORGET ALL ABOUT IT, SAYS THIS WRITER.

Well-Trained Mind Knows What to Forget, as Well as What to Remember.

My friend Tomkyns attributes his success in life entirely to his capacity for forgetting. It is not half so difficult to remember anything as it is to forget what we don't wish to remember. But forgetting is an art well worth cultivation. The great Disraeli always claimed that the reason he got on so well with Queen Victoria was that he knew which of her instructions to forget.

We all have to practise the virtue of overlooking little indiscretions on the part of our friends at one time or another, but probably few of us realize that this question of forgetting goes to the root of every detail of our daily existence quite apart from the attempt to dismiss troubles from the mind.

It may appear a startling statement, but it is perfectly true that we can never do anything while we are thinking about it. It is not till we have forgotten it that we can do it, strange to say. In the case of sport, dancing, singing, etc., this is perfectly plain. To cogitate about it is proverbially to fail in the performance. How often we say that a person is too self-conscious—or, in other words, thinks about what he is going to do too much, to be successful in performing the task.

In connection with health, forgetfulness is all-important. If we remember that we have eaten such and such a dish, or can't sleep after coffee, we are certain to be the victims of our ideas. Our bodily functions should operate quite unconsciously. Directly we think about them we throw them out of gear.

If you ask me about breathing, digestion, etc., I reply most emphatically: "Forget them for your health's sake."

Don't Pamper New Ideas.

It is perhaps less easy to understand that we can reason out problems without thinking about them, but as a matter of fact our mind often works without definite thought on our part. The operation of memory—perhaps the greatest function of the brain—works almost entirely unconsciously.

How often we realize this when we can't think of a name, or place or date, and so long as we try to bring it to mind we fail; but directly we put it out of our thoughts, it comes to mind apparently of its own accord.

The super-mind is essentially the one that knows there is a time for remembering and a time to forget. Supposing a problem has to be solved. So long as the tired brain is tortured for an answer, so long will the mind remain a blank.

Take the other line, however. Forget all about it. Leave the thought alone, and after a night's sleep it may be that the desired idea will present itself bright from the mint of the underground workshop of the brain.

In the domain of health nothing may be worse than a pampered thought. Jumpy hearts, for instance, can easily be produced by a wrong idea. Get rid of the notion that the heart's action is affected, and the organ beats correctly again. A physician friend gives me the following actual case in his experience:

"A young man came to me complaining of severe pain in the region of the heart. It had, according to his account, been gradually increasing for some time. It frequently came on after he had run upstairs, or when running to catch a train. Would I tell him if his heart was all right?

"I examined the heart, and found no trace of any abnormal condition. I told him that his heart was absolutely sound and there was nothing to suggest disease anywhere. He went away, and I never expected to see him again. Five months later, however, he came to thank me for 'curing his heart.' I remembered the case, and was fairly staggered.

" 'But, bless my soul,' I said rather brusquely, 'there never was anything the matter with your heart.'

As Bad as the Real Thing.

" 'No,' he replied, this time with a quiet smile; 'I know there wasn't. All I can say is that from the time you told me it was all right the pain disappeared. But before that the pain was real.' "

My medical friend says that no doubt it was. This young fellow, otherwise a sensible youth, had, by coming to believe that his heart was diseased, quite unconsciously so excited the nerve centres that the brain received exactly the same impressions as would have been caused by the disease.

Kant, the great philosopher, was subject to oppressive palpitation of the heart, but he conquered his trouble by giving his whole attention to intellectual work, and forgetting all about his ill-health.

In factories it has been found that the best work is done when the operator gets into the swing of the task and does not think too deeply about the job in hand.

It is just as easy to make up our mind one way or another, to get rid of a thought or to dwell on one idea. As William James, the American psychologist, says, it requires as much muscular effort to take one past the dentist's door as it does to take one in. All that is needed it to "will" the one thing or the other. And what is willing itself, but the selecting and keeping hold of one idea by banishing all the others?

It is the greatest mistake to be constantly brooding over any single idea. Once it has served the purpose of the moment, let it go. Forget it!

Borrowed Gems.

Perpetual pushing and assurance will make a seeming impossibility give way.—Jeremy Collier.

It was the saying of a great man that "if we could trace our descents we should find all slaves to come from princes and all princes from slaves"—Seneca.

It is generally the man who doesn't know any better who does the things that can't be done. The fool doesn't know that it can't be done, so he goes ahead and does it.—Charles Austin Bates.

Finish every day and be done with it. You have done what you could; some blunders and absurdities crept in—forget them as soon as you can. To-morrow is a new day, and you shall begin it well and serenely, and with too high a spirit to be encumbered with your old nonsense.—Emerson.

I saw a delicate flower had grown up two feet high between the horse's path and the wheel-track. An inch more to the right or left had sealed its fate, or an inch higher; and yet it lived to flourish as much as if it had a thousand acres of untrodden space around it, and never knew the danger it incurred. It did not borrow trouble, nor invite an evil fate by apprehending it.—Thoreau.

The Day Has Come.

"When I was a little boy," the sergeant said to his men, at the end of an exhaustive hour of drill, "I had a set of wooden soldiers. There was a poor little boy in the neighborhood, and after I had been to Sunday-school one day, and listened to a stirring tale on the beauties of charity, I was softened enough to give them to him. Then I wanted them back, but my mother said, 'Don't cry, Bertie. Some day you will get your wooden soldiers back.' And, believe me, you mutton-headed, goosebrained, prehistoric set of certified rolling-pins, that day has come! Dismiss!"

Shale Oil Record.

Shale oil production in Australia reached a record figure in excess of 2,600,000 gallons in the last fiscal year.

The Housewife's Problem in Russia

An English woman who recently made a visit to Soviet Russia was astonished to discover that the housewife of that country is in a sad plight. Her investigation was not along the lines that are generally chosen by the visitor. She made a point of looking into the affairs of the Russian home, and her observation is that every individual and every family has reverted to primitive conditions.

In Petrograd and Moscow families live in flats of great, many-storied houses, just as they do in New York. The difference is that they have no modern facilities. They must carry their water up long flights of stairs and must carry refuse and garbage down in pails. They have no running water system and no sewerage system.

However, there is some comfort in that fact that very little water is needed, for there is nothing to wash and nothing to wash with. There is no fuel to heat the water and there is no soap.

For a while there was a limited soap supply, but that is now exhausted, and only a certain favored few are issued any rations by the Soviet. These few are fortunate enough to get somewhat less than half a pound of soap a month. The rest must buy if they are to have it; and a pound of soap costs 30,000 rubles—$14,000 at the pre-war exchange rate.

The housewife is frequently called upon to ply her needle and thread, but she has no new goods upon which to sew. Her effort in this direction is a continual labor to keep the ragged garments of all members of her family from falling to pieces. One can imagine what hopeless rags the clothing has become during the four years of Communist power, for there have been almost no new goods produced in Russia, and the little quantity that has come from the factories has been taken by the Red army.

Shoes are not, literally, a housewife's problem; and it is just as well, for a new pair costs 1,000,000 rubles.

The principal problem is that of food. Communism has worked out according to promise in that women are free from kitchen cares; but the reason for it is that there is nothing to cook. Meagre rations were issued for four years on the card system, and during that time any effort to buy food at an open market was punishable by death. Now there is not even any ration. Potato skin biscuits are considered a luxury. In the large cities there are very few small children left, for they have died of starvation in great numbers. The death rate vastly exceeds the birth rate.

In spite of all privations mothers still strive and struggle and sacrifice themselves for the lives of their children with the same love as any mothers in Canada or Great Britain under happier conditions.

There are fortunate families in Russia living in the greatest plenty. Those who have the favor of the Soviet Government live exceedingly well. But they are mere thousands, while millions are half starved and ragged.