

# BICYCLES!

--HOW TO REPAIR A PUNCTURED TIRE!  
--Translated from the original by James Penn.

Bicycles are quite popular nowadays & almost everyone knows how to ride one. Having to repair tires is one of the few trials of a cyclist. It is something that should only take a few minutes.

The wheels of bicycles are equipped with tires which protect the soft rubber inner tubes. The inner tubes are inflated by means of a small piston valve, the end of which screws or unscrews to open or close.

A tire can be flat for different reasons, & according to the cause you can repair it or change the inner tube.

\*A punctured inner tube is the most common problem, which can be repaired with a small rubber patch & some glue.

\*A leak from the valve mounting. In this case there is not much that you can do & it would be best to change the inner tube for a new one.

\*A porous inner tube due to the aging of the rubber. This usually affects a large part of the tube, again necessitating the replacement of the tube.

\*The detachment of a patch already on. Try to take it off completely. If you can't do this, re-glue the unglued part & cover it all with a larger patch.

The repair of a puncture consists of 3 steps:

- a) The taking apart of the tire & inner tube. You would do best to take the wheel off the bicycle first to facilitate the separation of tire & tube.

- b) Finding the leak. Sometimes it can be seen, but often there are many invisible holes, so it is best to investigate systematically.

- c) Gluing of the patch. This is the most important part because its efficacy depends on the care you take in preparing the places that are to be glued.

WHAT YOU WILL NEED	
TOOLS	ACCESSORIES
*Monkey Wrench *3 small special levers (or wrenches or even screwdrivers) for dismounting tires; or 3 metal spoons	*A Repair Kit with different size patches, a small rasp & a tube of glue *A pencil *A basin *A bicycle pump

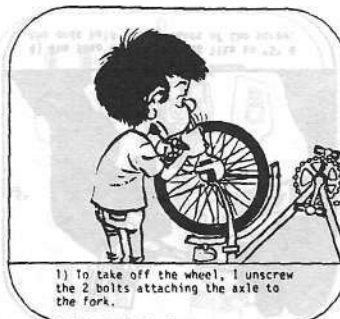
## RECOMMENDATIONS:

- \*Don't forget to completely deflate the inner tube before dismounting & replacing the tire onto the rim. When you use the levers, be careful not to catch the inner tube, or you could puncture it by squeezing it against the metal rim of the wheel.
- \*If you need to buy a new inner tube, take the old one with you so that you are sure to get the correct size.
- \*If you don't have a patch, you can use a piece of an old inner tube. Be sure to clean it carefully before using it.
- \*Certain patches are self-sticking & do not need glue. Their adhesive side is protected by a glued paper which should be taken off just before being used.

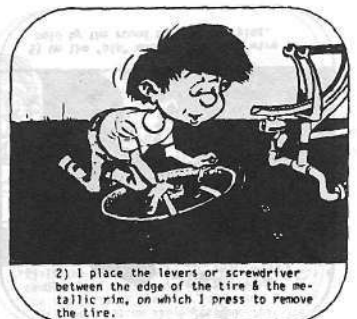


## STEPS TO FOLLOW:

- 1) To dismount the tire, start by totally deflating the inner tube. Then unscrew the bolts which hold the wheel on the fork. Remove the wheel, being careful to avoid the brake blocks which might be in the way. If it is the rear tire, take off the chain before removing the wheel.
- 2) To take off the tire use the small flat levers, putting one end between the edge of the tire & the rim of the wheel. Push on the rim to raise the tire & put the other end of the lever between the spokes. Repeat this with a second lever, & then a third, all 10 cm. apart. The third lever should permit you to take the tire completely off the rim. Then unscrew the small screw which keeps the valve on the rim (putting it in a safe place) & take out the inner tube.
- 3) To find the leaks, inflate the inner tube, & put it into the basin of water. The leaks will be evident by the little bubbles of air.
- 4) In order that the glue will stick properly, the two places to be glued must be clean & slightly rough. Scrape them with the small metallic rasp which is in the repair kit, & wipe them with a dry clean cloth.
- 5) Apply a thin coat of glue on the inner tube & the patch & wait until it is superficially dry. (Read the instructions on the glue tube.)
- 6) When the glue is ready (it should not stick to your skin when you touch it with your finger), apply the patch onto the inner tube & press hard for a few seconds. Be sure that the edges of the patch are well glued, then inflate the tube & pass it through the water again to be sure that the leak is plugged. After having deflated it again, replace the inner tube, screw the valve back on, & replace the tire onto the rim of the wheel with the help of your levers.



1) To take off the wheel, I unscrew the 2 bolts attaching the axle to the fork.



2) I place the levers or screwdriver between the edge of the tire & the metallic rim, on which I press to remove the tire.



3) The air bubbles escaping from the leak show me the parts to be repaired.



4) I scrape the area around the puncture with a small rasp so that the roughness of the rubber will facilitate the adherence of the glue.



5) I smear the inner tube & the patch with a thin coat of glue & allow it to dry for a few minutes.



6) I press hard on the glued part & spread the glue after having tested the adhesion.

## How to Save Heat—

### And Money—courtesy 1547 EASY WAYS TO SAVE ENERGY by Roger Albright

A new door here, new carpeting there, and a change in habits for all members of the family. These things can add up to big energy—and money—savings.

Read through this list, then check off the ones that would save you money.

- Don't leave the room without closing the closet door. There's no need to spend hard-earned money heating storage spaces. For a luxury touch, clothes you're going to wear can be taken out the night before into the room warmth. Be your own valet and save money.

- Ceiling need repainting? Consider soundproof tiles instead. They will not only bring pleasant quietness to the room, but also act as insulation to hold in room heat.

- Carpeting on floors even in bathroom and kitchen is a heat-saver and comfort-maker. Durable carpeting is available that is quite practical for these locations. In the bathroom particularly, stepping out of the tub onto a cozy carpet is so much nicer than bracing your toes for those cold tiles. The practical advantage is that the bathroom thermostat can then be set much lower without any discomfort.

- Check around for those relatively useless appliances, and put them on the top shelf of the closet. Singly they don't use a lot of electricity, but together the electric toothbrush, electric shoe-shiner, electric car-washer and the like are items you don't really need. They were invented to sell electricity and sell appliances, not necessarily to help people live better.

- A rug in the children's play area is warmer for playing on the floor than wood or tile. The new indoor-outdoor carpets made of synthetic yarns will take a lot of punishment and are quite stain-resistant.

- Go for soft, warm colors in the north rooms where direct sunlight is not available to cheer things up. You'll be surprised at the effect color has on how comfortable you feel.

- Don't forget to close those chimney dampers if you have a fireplace or stove not in use. An open chimney will exhaust more heat than an open window.

## In Summer It's the Heat AND the Humidity

There's lots you can do to keep cool in the summer. You'll be more comfortable this way, and if you have an air conditioner, you'll be saving energy as well.

In the summer, keep an eye peeled for extra lights burning, particularly incandescent bulbs. They furnish heat as well as light!

In regard to humidity, in summer you're looking for just the opposite effect from winter: low humidity. The

kitchen and laundry areas are moisture-makers, so keep them closed off from the rest of the house as much as possible.

Humidity again: When you take a shower, open the bathroom window to let the moisture out.

More on humidity: In the summer, be sure to cover the pots on the stove when you're cooking to minimize the steam escaping into the room.

Since heat rises, in the summer you'll do well to open upstairs and attic windows to let the heat escape.

Then, in the cool of the evening let the more temperate air into the house and close the windows first thing in the morning to keep that cool air inside.

Awnings can really be a help in the summer. Particularly on the south windows, awnings will keep the sun away while still letting the light and breezes through. A heavy duck cloth, or plastic panels, either one in a light color or white, will be most effective.

Bright pastel colors and crisp, cheery plants indoors and out will help to make your home feel cooler.

For cooling breezes in the spring and fall, open windows from the top to exhaust excess heat without making drafts that might trigger the thermostat.

You'll be cooler in a minimum amount of loosely-fitting clothing, but some clothes will help you feel cooler because the moisture evaporating from them as you perspire will feel good on your skin.

## EASY WAYS

TO CUT HEATING COSTS For many people, home heating bills can cut 10 percent or more with one simple move: have the furnace cleaned and adjusted properly. If yours is an oil burner, that means at least an annual inspection by a qualified technician.

When you're rearranging furniture, be sure that radiators, warm-air registers or heating units aren't blocked from their proper functioning. If there's an arrangement you "must" have that blocks heat flow, let it wait till summer when it won't affect heating efficiency.

Many kitchens and bathrooms have exhaust fans to take away unwanted odors, and in some bathrooms they turn on automatically with the light switch. Convenient, but expensive. In winter, those exhaust fans not only take out odors, but they're blowing away warm air as fast as they can. That's expensive. Use them sparingly and save money.

HOW YOU USE ENERGY

Pennsylvania State University says this is how energy is used at home:

Heating of space	57.3%
Water heating	14.9%
Refrigeration	8.0%
Cooking	5.5%
Air conditioning	3.7%
Lighting	3.5%
Television	3.0%
Food freezer	1.9%
Clothes drying	1.7%
Others	2.3%

It can be seen that the big energy users in the home are heating of space and water heating, totaling 72.4%. This is where the most can be accomplished in saving energy.

## BASIC STAGE AND ACTING TECHNIQUES — by Simon Peter

**INTRODUCTION:** Theatre is an artistic medium that can encompass all other mediums. Every artistic medium can be present in theatre... art, dance, music, and as a back-drop even film, slides and photography can be used.

Before the advent of radio and television, theatre and live performances of either plays or music was one of the only forms of entertainment. Live theatre is still very popular as a medium of entertainment in many countries of the world and even more than TV or radio I find it the most exciting medium for a performer because theatre happens live before an actual audience in front of whom you can really "let go and let God!" — Once the play or performance has started it must go through until its conclusion without any stops or second takes! I get a particular feeling of excitement watching a theatrical performance that I don't get from watching any other type of medium, because the action is live and it's happening right in front of your eyes, and because of this you have the feeling that anything can happen! — The performance is real and the songs are real, and everything is happening right there and then!

The unfortunate thing about theatre is that you can only perform at any one time for a very small amount of people, compared to film and TV, where there is the possibility of a single performance being seen by many millions. But during the coming days of war and confusion when there is maybe not going to be so much public entertainment on radio or television, live theatrical and musical performances could well be very much appreciated, just as they were in the days of the Great Depression, during which time Dad told us how he used to travel with Grandmother's travelling theatre show, putting on Gospel Dramas in empty cinemas to large appreciative audiences. In fact, you might be interested to know that theatre had its first beginnings in Europe by travelling bands of Christians who performed what were called "Miracle Plays" which were enactments of stories from the Bible to help people to understand them, because the Bible that was read in church at that time was in Latin.

Anyway, whether you are going to do a short skit or a full length play, there are some basic acting techniques and tips that could be helpful to you. I went to a Drama School for two years, during which time I hardly attended any of the lectures or spent much time learning the various acting techniques that they taught us. However, I was considered to be the best actor in the school because

acting was a God given talent that I had. I would say the most important thing in acting, is simply to have a basic acting talent... which most of us seem to have in the family with our misdeeds of "becoming all things to all men" and our constant public ministry and also having the aid of the power of the Holy Spirit which gives us that special charisma on stage that many actors would love to have. If you want to study acting techniques more seriously, then there are many different books on acting techniques and voice training which you can find in any large book shop. Here I plan to cover just a few very basic points which may be helpful to you if you are planning on doing any kind of theatrical performance.

## SIMPLE ACTING TECHNIQUES

**Stay in Good Physical Shape!** The stage actor primarily uses two things as a vehicle for his art, his body and his voice. Both need to be in good shape if he is going to have the stamina to put on a performance night after night or even just one performance that lasts for an hour or two. When you are on stage, you are using your physical body as a vehicle to portray a character and your body is being very closely watched. You need to be in full control of your body and its movements and you should be able to move with grace and ease and poise and control. So keep your body in good shape for acting. To keep your body fit and supple, you can do the standard "keep fit" exercises that everyone knows how to do, such as touching your toes, body rolls, head rolls, bending from side to side, push-ups, etc., etc. Do them every day.

**Moving on Stage.** One thing about acting on the stage, unlike acting on the video, is that small gestures, winks of the eyes, subtle smiles and tilts of the head are going to pass completely unnoticed by all, except maybe the front row! You've got to act big and use definite and expressive movements that can be clearly seen by the person sitting at the back of the auditorium. Always play to the back row and don't make any movement that the back row are not going to be able to detect. On TV you can say much with just a lift of an eyebrow. Stage is different. Think big, and if you make any movement, make it definite and throw your whole body into it.

**Standing Still on Stage.** Only move on stage when you're meant to move. At other times you should stand very still and not fidget or shuffle around or make any movement.