

HEALTH AND SAFETY

Health Hints

On the approach of winter, with its ravages—especially colds, sore throat, la grippe, and pneumonia—let us prepare ourselves against these enemies. It is much easier to prevent them than to cure them once they have gotten a start. How can we do this? First, by protecting our body with sufficient clothing to keep it warm. Second, by having plenty of fresh air both day and night. During the day, have one window in the room lowered from the top to allow the foul air to escape, and keep the room temperature about seventy-two degrees. It is a good plan to keep a thermometer in the room, and watch it to see that the temperature is the same at all times. Do not get the room hot, and then go out into the cold. When the body is suddenly chilled, severe cold or perhaps pneumonia may result. At night, sleep with the window raised from the bottom and down from the top; but do not have the bed so placed that you will be in a draft. Plenty of fresh air never hurts anyone if it is not blowing directly on you. At the first sign of a cold, treat it; for it is much easier to cure than later, and early treatment will often prevent pneumonia. On going to bed, take a purgative, hot foot bath, and some kind of hot drink. This method will usually relieve a cold, if used the first night.

The Company has very generously provided lockers and showers for its employees. Use them, and profit thereby. If you are hot, and your clothes wet with perspiration, do not go out without first taking a shower, ending with cold water, and changing clothes. While at work, do not get overheated and then go outside or sit in a window to cool off. This will feel good at the time, but is almost sure to cause colds.

Let us take care of ourselves, and make Badin a town free from colds.

The Company has built and equipped a modern hospital in our town for the use of its employees. It contains all the modern appliances used in the operation of such an institution. It is intended for your use, and the Company wants you to take advantage of it. The rates are much lower than those of any other hospital. Everyone will admit that the hospital is the place for you when you are sick. It relieves the family of the

burden and care of the patient, and he can be better cared for there than at home, no matter how well equipped the house may be. Let's get out of our minds the old idea that the hospital is the last resort, and make it the first call for safety. Use it, and profit thereby.

DR. W. T. RAINEY

Ten Golden Rules of Health

The ten golden rules of health, as prescribed by the Minnesota Division, Woman's Committee, Council of National Defense, and Minnesota Commission of Public Safety, are as follows:

I. Play hard and fair. Be loyal to your team-mates, and generous to your opponents.

II. Eat slowly. Do not eat between meals. Chew food thoroughly. Never drink water when there is food in the mouth. Drink water several times during the day.

III. Brush your teeth at least twice a day. Rinse your mouth out well with water after each meal.

IV. Be sure to cultivate regular daily habits.

V. Keep clean body, clothes, and mind. Wash your hands always before eating. Take a warm bath with soap once or twice a week; a cool sponge (or shower) bath each morning before breakfast, and rub your body to a glow with a rough towel.

VI. Try to keep your companions, especially young children, away from those who have contagious diseases.

VII. Use your handkerchief to cover a sneeze or cough, and try to avoid coughing, sneezing, or blowing your nose in front of others.

VIII. Study hard, and in study, work, or play do your best.

IX. Sleep: Get as many hours in bed each night as this table indicates for your age. Keep windows in bedroom well open.

Hours of sleep for different ages.

Age	Hours of Sleep
5 to 6.....	13
6 to 8.....	12
8 to 10.....	11½
10 to 12.....	11
12 to 14.....	10½
14 to 16.....	10
16 to 18.....	9½

X. Be cheerful, and do your best to keep your school and your home clean and attractive, and to make the world a better place to live in.

For the improvement of both your physical and mental condition, be a booster, not a buster; a worker, not a wrecker; and remember that courtesy and kindness help to make smooth the rugged ways of life.

Good ventilation means good health.

A Tribute to the Community

The generous response of the community to the recent case of family need in Badin shows the wonderfully fine spirit of helpfulness which belongs to the people here. THE BULLETIN would give the names of all the individuals and organizations that assisted the stricken family, if it were possible to obtain them all. As it is, we have to content ourselves with a general expression of appreciation to all who helped. This includes the Company, which is taking care of the mother in the hospital. It was a splendid example of community spirit.

Inconsistency

A strange sort of quiet pervades the place,

And hushed are the voices of all;

A sort of set sadness is seen in each face,
Like the sadness that comes with the Fall.

They're grieving for those who have gone away,

After spending with us their vacation.

Far be it from us to ask them to stay
When they're going to help run the Nation.

Winning the war is a task to be done

By laborer, soldier, and maiden;

So why should one hurry to Washington,
When war-work is done here in Badin?

AIKEN MOORE in *The Badin Bulletin*

Mr. James W. Rickey spent a few days in Badin, en route from Alcoa to Pittsburg.

Bert Lewis, of Badin, who was recently reported as wounded, wrote his mother a letter, which she received Saturday, the seventh, announcing that he was, at the time of writing, leaving the hospital to rejoin his Company.—*Albemarle Enterprise*.