

Health Hints

1. *Drink Plenty of Water:* Do not drink too much water during meals. It is more difficult for the stomach to digest food when filled up with water. Drink it frequently between meals.

2. *Do Not Overeat:* An overloaded stomach does not function properly. It clogs the organism and befogs the brain.

3. *Take Plenty of Outdoor Exercise:* Outdoor exercise, such as walking, golfing, or the playing of any outdoor game, stimulates and refreshes both the nerve system and the physical body.

4. *Protect Your Body with Warm, Clean Clothing.*

5. *Keep Feet Dry and Warm.*

6. *Bathe Often:* In bathing, it is well not to use the water too hot, as this may result in a shock to the nerve system.

7. *Get Plenty of Sleep:* The average individual requires between seven and eight hours' sleep. Remember what Benjamin Franklin said, "Early to bed and early to rise makes a man healthy, wealthy, and wise."

8. *Arrange for Occasional Mental Recreation:* To keep the mind from getting into a rut and from becoming stale, you should occasionally provide mental recreation. The type of recreation depends upon the individual. It may be reading, attending theaters, dances, parties, lunches, etc. These are all good forms of recreation, providing they are not overdone.

9. *Do Not Smoke to Excess:* Smoking in moderation is not injurious, but when done to excess it may have serious consequences. Let me caution you also against the excessive use of alcoholic beverages.

10. *Keep Windows Open:* Always sleep with your windows open. Keep some of the windows open in your home during the day. The temperature of a room should be between sixty-eight and seventy degrees.

11. *Take Good Care of Your Teeth:* Teeth affect and are affected by the entire nerve system of the body. Unhealthy teeth result in unhealthy mind and body. It is well to visit your dentist

at least once or twice a year, even if only for an examination and thoro cleaning of your teeth.

12. *Practice Deep Breathing Exercise a Few Times Daily:* Deep breathing ventilates the lungs and increases their resistance power.

13. *Breathe Thru the Nose:* The organisms of the nose are directly in connection with the lungs, whereas those of the mouth and throat are connected with the stomach. Breathing thru the nose is therefore most beneficial.

14. *Importance of Regular Bowel Movements:* Retarded bowels are a source of infection to the entire system.

15. *Take No Medicine without Advice of a Physician:* One cannot be too careful in the taking of medicine. No one except an experienced physician can prescribe correctly for you. You may take headache powders to cure a headache with injurious results because you should be taking other medicine to cure another ailment which is causing the headache.

Fighting

All men know that fighting while on the job is absolutely prohibited. On December 12, Fletcher Finger, No. 1340, was hit in the face by another man with a carbon butt. As a result, Fletcher's jaw was broken in two places, he lost most of his teeth, and will spend about four weeks in the hospital. The other man spent Christmas as a guest of the sheriff, and will no doubt be given a short course in practical road building. That some innocent bystander was not hit and severely injured was a miracle. Do not fly off the handle, and do something that you will afterwards regret. To be able to control your passions is a long step towards success and *Safety First.*

Strains and Ruptures

Boys, whenever you have any heavy work to do, by all means see that you have sufficient help, and the proper tools, ropes, chains, or hoists to do the work. Every now and then we have a

man complain of straining his back, or of rupturing himself, doing some extra heavy lifting.

No one expects you to do more than you are physically able—much less your foreman; and whenever you have some particularly heavy work to do, ask your foreman for assistance whenever necessary.

A pay check is bigger than a relief check.

Safety

Born in 1910.

I have not yet reached full development.

I am everywhere—where I am wanted.

I come from above, and I am one of mankind's greatest blessings.

My work is to prevent accidents.

I am safety.

—National Safety News

Difficult

A certain judge, after passing sentence, always gave advice to prisoners. Having before him a man found guilty of stealing, he started thus:

"If you want to succeed in this world, you must keep straight. Now, do you understand?"

"Well, not quite," said the prisoner; "but if Your Lordship will tell me how a man is to keep straight when he is trying to make both ends meet, I might."

—London Tit-Bits

VICAR—Nothing to be thankful for! Why, think of poor old Hodge losing his wife thru the flu!

GILES—Well, that don't do me no good. I ain't Hodge.—Farm and Home.

Policeman Beagle has resigned from the department, and is now working in the plant.

A bed in the home is worth two in the hospital.

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FALLS ROAD

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