

CONTINUAL CARELESSNESS CAUSES CASUALTIES

SAFETY DEPARTMENT

TALLASSEE
HINK SAFETY

POWER
PRACTICE SAFETY

COMPANY
CAUTION SAFETY

Read and Learn

The value of reading and studying the Safety Bulletins posted weekly throughout the plant for the purpose of instruction along safety, health, and sanitary lines is more forcibly brought home by the following article that appeared in the *National Safety News*:

Some few days ago a father and son, who are employed in a power plant of a large company, were making some repairs on a switchboard. Suddenly the son's hand slipped and came in contact with a live buss bar carrying high voltage current. The boy pitched forward to the floor apparently electrocuted. The father was so overcome that he lost control of himself and was absolutely helpless. A young man, a friend of the son's, who had just dropped in to visit for a minute, began at once to apply the Prone Pressure Method of Resuscitation, and after working for half an hour brought the boy back to life.

The owner of the plant asked the young man where he had learned to apply this method of resuscitation, and the answer was: "From a National Safety Council bulletin at the shop where I work."

It is literally true that the boy's life was saved by this one bulletin. If the young man had not seen this bulletin, and had not known how to apply the Prone Pressure Method of Resuscitation, and had not been on the spot to act at

once, it would have been impossible to secure a doctor in time to save the boy's life.

The story brings home very forcibly the far-reaching effect of pictures and stories posted on bulletin boards. Study each and every one of them carefully, whether they apply to your particular kind of work directly or indirectly, for they are all true results of carelessness among employees in industrial work. And who knows but what you may be placed in a position some day similar to that of the young man who saved the boy's life!

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 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 window 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

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