

if only for an examination and thorough 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 through 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 through 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.

"One of our painters stepped off of a thirty-foot ladder backwards yesterday."

"You don't say, hurt him much?"

"No, he happened to be on the bottom rung."

**Mr. A. G. Long—B. D. Mauldin—
T. T. Johnson**

Some of the boys working on the seven o'clock shift and eleven o'clock shift, since checking over the weekly tabulations for the month of October, which shows the number of accidents occurring in each potroom, their cause, and the shift during which the injury occurred, have asked "why has the three o'clock shift more injuries this month than either the eleven o'clock shift or the seven o'clock shift?" I am passing the word on to

Mr. Long, Mr. Mauldin, and Mr. Johnson, and will give you their answer in the next issue of the Bulletin.

Experience Teaches

On September 7, Willie Roberson, No. 12405, while working in pitch room of carbon plant, suffered an extremely painful injury to his eyes. At the time of accident, Roberson was not wearing his goggles, although he had been warned and cautioned on several occasions before that it was absolutely essential from a safety standpoint to wear his goggles at all times while handling pitch. But as Roberson was an old-timer on the job, and had been working in the pitch room for the past two years, and had been lucky enough not to have had any pitch dust in his eyes before, he decided that wearing goggles was all foolishness. Result was that he suffered considerable pain and the loss of five weeks' time. We are glad to say he is back on the job again now, and you can bet he wears his goggles. Roberson says experience teaches a good lesson; but it reaps too large a reward. He now firmly believes that one ounce of prevention is worth ten pounds of cure.

October Accidents

The following tabulation shows the number of lost time accidents which occurred throughout the plant during the month of October, 1920.

Lost Time Accidents

Aluminum Plant

	Lost time Days	Accidents	Lost
Pot Room No. 22	0	0	0
Pot Room No. 24	0	0	0

Pot Room No. 26	0	0
Pot Room No. 28	1	4
Pot Room No. 32	2	2
Pot Room No. 34	0	0
Pot Room No. 36	1	4
Pot Room No. 38	0	0
Rodding Department	0	0
Pot Lining Department	0	0
Metal Loading Department	0	0
Unloading Ore	0	0
Cleaning and Sweeping	0	0

Carbon Plant

R. E. Lee	0	0
A. D. Howell	2	3½
G. E. Biddix	0	0
W. R. Young	0	0

Electrical Department

Rotary Station	0	0
Power Houses	0	0
Motor Repair Shop	0	0
Miscellaneous Electrical	1	3

Machine Shop

E. N. Evans	0	0
M. S. Ragsdale	0	0
T. L. Chambers	0	0
Geo. Holt	0	0

Narrows Construction Department	2	7
Store Room	0	0
Reclamation	0	0
Planing Mill	0	0
Traffic Department	0	0

Total of entire plant 9 23½

Since the gardening season is over, the boys are wondering if Mr. C. C. Smith has to take a day off to cut wood.

Miss Bessie Bell, of Newbern, N. C., is the guest of her mother, Mrs. H. W. Bell, on Spruce Avenue.

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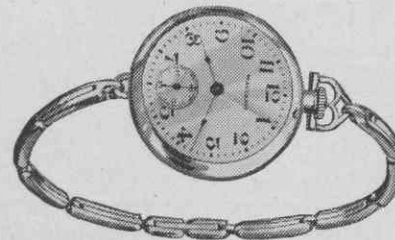
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