

FABRIC'S GONE to Mangla Dam

RAWALPINDI
WEST PAKISTAN

Three Fabridams manufactured by the Firestone Coated Fabrics Company are working flow control of the Jhelum River through the Mangla Dam Project during construction in West Pakistan.

The Fabridams — mammoth waterfilled balloons, made of material similar to that in the sidewall of an auto tire — are manufactured at Firestone's plant at Magnolia, Ark.

The variable-height Fabridams in operation are filled and emptied as needed to act as submerged dams to control the water level during building of the main dam structure.

FABRIDAM installations were put into service recently when the waters of the Jhelum River were diverted through tunnels, into a stilling basin, and across the Fabridams back into the river below the main dam construction site. Each unit is about 225 feet long at its base elevation and 10 feet high when fully filled. When emptied, the flexible fabric dams lie flat against the foundation surface. Flattened to less than an inch thick, they offer no obstruction to high water flows.

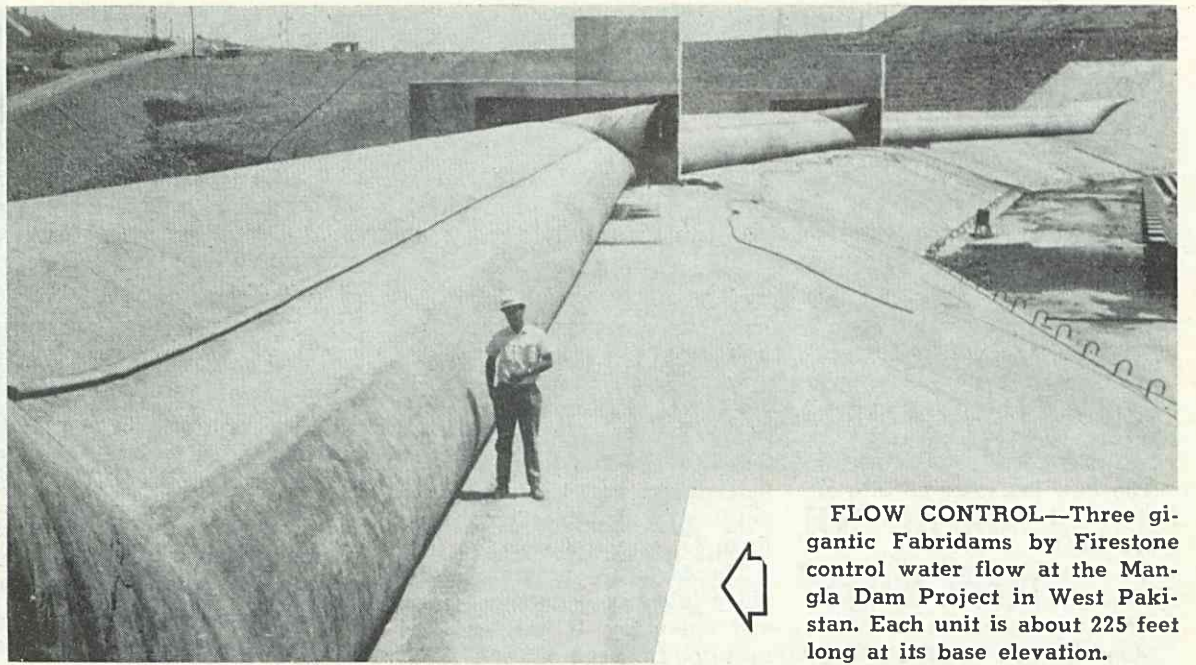
While joined for automatic de-

flation, each of the three Firestone Fabridams can be independently operated for the most flow control.

The Mangla Fabridam system will be in operation for some two years, after which it will be removed, modified and relocated. This will be at only a slightly added expense to provide permanent water-control functions in a different irrigation or flood-control project.

COMPLETED, the Mangla Project will be one of the largest earthfilled dams in the world. The reservoir, being built for The West Pakistan Water & Power Development Authority, will be 370 feet at its highest point and will reach nearly two miles across the river bed. The reservoir created will cover an area of about 100 square miles submerging almost 64,000 acres of land.

Besides furnishing the Fabridams, Firestone supplied most of the tires for original heavy-duty earthmoving equipment — graders, scrapers, bottom dump wagons and other vehicles. During construction, Firestone is supplying new replacement and retreaded tires for the project through the prime contractor,



FLOW CONTROL—Three gigantic Fabridams by Firestone control water flow at the Mangla Dam Project in West Pakistan. Each unit is about 225 feet long at its base elevation.

The Guy F. Atkinson Co. of San Francisco.

When the Indus Basin project is done, it will include three large dams, two reservoirs and extensive canals with total size

of more than seven times that of the St. Lawrence Seaway development.

The project will provide substantial irrigation development in Pakistan and India in addi-

tion to developing a further hydro-electric potential. It will also provide soil reclamation and drainage for Pakistan as well as flood control in Pakistan and India.

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The CLEARING HOUSE

Roland Huss, shop (elevator operator), wants to exchange information on botanicals—herbs, roots, barks, berries, flowers, etc. Too, he wants to add to his collection of household hints and witty sayings; would also like an old-time buggy whip. Somebody have one?

Do you have a recipe for a "really good" Italian-style spaghetti dish? Brenda Taylor of methods-time study would like to have a copy. Brenda collects letterhead stationery from all over. Have any to share with her?

Anyone know where an old-fashioned stereo view outfit can be obtained? It's the kind Grandpa had to look at double-view postcards in the parlor. If you know where one can be obtained, tell the industrial relations office.

Good Posture Helps Avoid The Strains

By J. A. Akerstrom
Firestone Physical Therapist

Strain from bad posture is a common cause of muscle fatigue and pain of the neck and back. Posture strain comes on gradually with development of poor-posture habits. It results from repeated poor positioning of joints which causes stress on joints, ligaments and muscles.

This strain is frequently preventable or correctable by simply developing habits of good posture. Normally, from a sideview, the human spine is a curved structure, as you see in the first drawing.

Strain of neck and back result when a person over and over again assumes a posture or body position which either increases or tends to flatten (decrease) these natural curves.

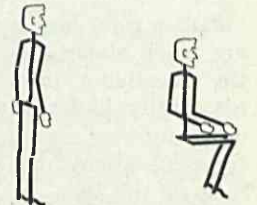


Natural Curves of the Spine—Viewed from the side, the spine looks something like this: Neck curves slightly forward; upper back curves slightly backward. The low back curves slightly forward.

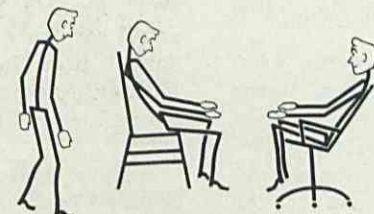
Variations in the Natural Curves—As the spine must move freely to allow free movement of the upper part of the body, the natural curves sometimes increase or decrease in curvature. It is only when the increasing or decreasing of these curves becomes a habit that posture strain results.

SOME BAD POSTURE HABITS • Old Military Posture

Authorities on posture have long known that the "very straight" posture is actually bad, for reasons given here (Observe changes in natural curves). The neck curve decreases; upper back curve decreases; low-back curve greatly decreases.



Slumped Posture • Slumping in a chair which gives little support to the low back, sitting tilted back in a swivel chair, or standing in a slumped position, affects mostly the neck and upper-back curves, as seen here:



The neck curve decreases; upper-back curve increases. When not supported in the sitting position, the low back is under strain.

"Tilted" Posture • To prevent the body from slumping as just described, or from leaning forward as when wearing very high heels, there is a tendency to do two things—increase the low-back curve and tilt the head back, increasing the neck curve.



High heels cause the body to lean forward.

Attempts to prevent forward lean of body lead to tilting head back, increasing neck curve. Low-back curve is increased.

Bad posture is frequently prevented or corrected by assuming good posture and developing habits of good posture. Changing body positions also helps in many situations.

 I. V. Trammell Twisting (syn)	 W. E. Deanhardt Mech. Service	 D. H. Helms Carding	 Johnnie Wood Spinning
 Lois Bolding Quality Control	 Hurley W. Brooks Spinning	 Trenton Ginn Twisting (syn)	 Reid A. Deal Spinning
 William York Preparation	 Fred E. Deal Twisting (syn)	 Oliver Taylor Spinning	

25
and 30
Years

Service Anniversaries

The company's Los Angeles plant awarded Firestone's 20,000th service watch for 20-year employee records about the same time that Firestone in Gastonia was presenting its 603rd watch in November for 20 years work.

Besides this service milestone last month in Gastonia there were added to the growing roster of honored long-timers 9 30-year records, 2 for 25 years; also 5 awards for 10 and 15-year achievements.

Twenty Years • J. P. Hart Jr., James M. Smith Jr., Andrew Craig and William Sanders, all twisting (synthetics).
Fifteen Years • Clifford R. Stuman, mechanical service.
Ten Years • Cecil Head, twisting (synthetics), Marvin W. McCurry, weaving (synthetics), Grace A. Spencer, quality control, Robert Froneberger, industrial relations (plant protection).
Trammell and Deanhardt: 25 years; others 30 years.

December • AMERICANA

The great English author Charles Dickens will always be associated with the world's keeping of Christmas because of his classic story "A Christmas Carol."

But it is not generally known that the only likeness of Dickens in the form of a statue is a prized piece of our American heritage.

The great writer, in bronze, sits in Fairmount Park, Philadelphia. On his knee and listening as Dickens reads from a book is Little Nell, one of his renowned story characters.

Why but the one statue? Charles Dickens' family following his death requested that no memorial likenesses be placed in his memory. The request was honored in England and no statues were erected there or anywhere else for many years.

Then a group of interested people in the United States had the sculpture created and placed in Philadelphia—all unaware of the Dickens' family request of many years before.