

# -Safety for



The tools shown above can really be referred to as "killers," and such tools have contributed to numerous personal injuries here at Ecusta. A small piece of steel off a "mushroomed" tool can be as powerful and deadly as a bullet, and will oftentimes embed itself as much as three inches deep in one's arm or leg. Too, a slipping wrench or a glancing hammer have been known to inflict serious body injuries. We can play safe by repairing or replacing such "killers."

## Greater Dividends Through Safety!

Never will we realize greater dividends from any one undertaking than that of *training ourselves to live, play, and work safely at all times.*

We must also bear in mind that *it is just as easy and much more profitable to develop safe practice habits, as it is to develop unsafe ones . . . that the safe way is always the right way . . . and that those of us who adhere to safe practices will live much longer and suffer less.*

It is well to remember that safety is for our sake, and that the prevention of personal injuries is forever being stressed with this one thought in mind: *"That the workman shall live to enjoy the fruits of his labor; that his mother shall have the comforts of his arm in her age; that his wife shall not be untimely a widow; that his children shall have a father; and that cripples and helpless wrecks who were once strong men, shall no longer be a 'by-product' of industry."*

## KEEPING FIT

Brush your teeth regularly and go to your dentist twice a year—Take a daily bath and wash your hands good before eating—Eat plenty of fruit and vegetables, and drink a pint of milk a day. Get enough sleep so that you feel fit every morning—Dress for the weather and your job, and have your work clothes laundered twice a week—If you have a pain, see your doctor; Patent medicines deaden pain, but they do not remove the cause—Once a year go to your doctor for a complete physical examination.

## SUNBURN

**GET SUNTANNED GRADUALLY!** There is little excuse for taking the chance of a serious burn that will put you flat on your back in agonizing discomfort.

Expose yourself to the sun for short periods at a time until your skin has a chance to adjust itself or, in other words, until nature protects you with a good coat of tan.

A good coating of "sunburn" oil or ointment, well rubbed in, before exposing yourself will help to prevent burning.

## JOHNNY BOBBIN IN: "It Is Better To Be Safe Than Sorry"

