

## MORE ON ORTHO-RATER

This vision service is a means for properly utilizing visual skills and aptitudes, for efficient job performance. And, it opens the way for untold thousands of industrial workers to secure adequate eye care and counsel from professional services.

Many industrial jobs make heavy demands on workers' eyes. The Ortho-Rater seeks to give an over-all visual aid to workers, resulting in being able to see the job better and to have eye-ease after the day's work is done.

Most jobs depend upon seeing ability. As the program progresses we shall become more conscious of lighting-intensity, quality, placement, etc. We shall become more and more interested in every factor that makes for successful job performance.

Whether a job is done well or poorly, whether the job is a source of personal satisfaction or a mo-

notonous boring task may depend largely upon the usefulness of the eyes. This usefulness can be called "eye skill." Visual skills usually can be modified to meet job demands by professional and optical help. In other words, job performance and job satisfaction can be bettered by improving the visual skills of workers.

The Ortho-Rater is a modern precision optical instrument for accurate and reliable measurement of the individual characteristics of vision that are most important in various occupations. Testing of visual performance is accomplished without regard to the cause of the individual variations in vision. The tests are standardized so that the results are affected only by the visual performance of the employee. The Ortho-Rater is NOT a clinical instrument and cannot be used for eye examinations. It is used solely for the measurement of visual performance.

## Make Your Garden Profitable

### SUNLIGHT & LEVEL LAND GET BEST RESULTS

A city garden plot must be where it can get direct sunlight at least six hours a day, and there must be no obstructing trees and buildings. Vegetables require lots of sunlight. Crop like tomatoes, egg plants, peppers and lima beans need more than six hours sunlight and will not do as well if they do not get sufficient sun for quick growth. Leafy crops like lettuce, mustard, collards, spinach, chard and kale will tolerate some shade better than the fruit and seed-bearing crops.

The plot must also be well drained. The gardener should be certain of the plot he chooses for his garden. Excessive water should not be used for vegetable growing. The presence of green scum on the surface of the soil indicates poor drainage.

A rich, deep, friable sandy loam free from debris is the best all-purpose garden soil, but such an ideal is seldom found. The surface soils of town and city backyards and vacant lots are often thin and stony or heavy and claylike, or are full of debris. Unless the soil is of such a character that it can be spaded up in the spring into a loose, crumbly condition, it will be difficult to work if not definitely unsuited to vegetable growing.

Land should be level because it is easier to work and is less likely to be damaged through washing by heavy rains. Sloping land may be so planted as to safeguard it from erosion.

The convenience in having the garden near the home where it can easily be cared for daily or at frequent intervals is to be emphasized.

Timeliness is important in the success of a garden.

### SELECT PLANTS AND SEEDS CAREFULLY

Wisdom in selecting seeds and plants for transplanting cannot be stressed too much. All the effort and care spent in preparing the soil is but wasted if the quality of plants chosen for planting is not undertaken by securing the healthy plants of good seed. Fresh seeds from a reliable seed company or seed store must be bought. In general, it is probably better for small gardeners in towns and cities to buy the few plants needed for early transplanting than to grow them. Tomato, cabbage, pepper and egg plant, in the order named, are the plants most in demand.

There are many varieties of some vegetables such as tomatoes, collards, beets, turnips, onions and salad greens. Beans are numerous in good varieties as are also corn and peas. Some gardeners may care to produce potatoes and good seed potatoes should be selected.

### TOO MUCH FERTILIZER WILL RUIN THE CROP

Land treatment more often than not tends to increase quality of produce. Condition of soil may be ascertained by contacting county agent or experiment station about soil-testing sources available.

Lime may be required in some cases rather than too much manure or commercial fertilizers. Poultry and sheep manure are strong and should be used sparingly. For a garden plot about 30 by 50 feet in size, 200 pounds of manure may be used and fortified by the use of superphosphate at the rate of 10 lbs. per 200 lbs. manure. Commercial fertilizers come with directions.

Great care must be taken in the use of commercial fertilizers in a small garden. Too often, there is the tendency to use too much and thereby do more harm than good. Fifty to sixty pounds of commercial fertilizer is enough for a plot the size mentioned previously. A fertilizer containing about five per cent nitrogen, ten per cent phosphoric acid, and 5 per cent potash is good.

Fertilizers must be well mixed with the soil before planting, for too much contact of the pure fertilizer or manure with the plants may be very harmful, if not completely destructive.

### V-GARDENS

Have you planted your victory garden? If not, there is no time like the present to get around to spading up a little ground and getting some rows planted. And if you don't know the first thing about having a garden, think nothing about it; having a victory garden doesn't require a genius in agronomy. There are plenty of good manuals on the subject and your neighbors can no doubt give you plenty of help. Once you get the garden bug in your system, you'll find the pleasure is one that you'll never give up. Growing of your own food gives a satisfaction that is much deeper than just a few pennies saved and the guarantee that you will have food on the table. Join the city farmers movement today—not because it is patriotic, not because it is economical and thrifty, but because it is good for YOU.

It is patriotic and it is a help to your budget; but the fun it provides, the exercise and fresh air, the inner satisfaction of seeing things you cultivate grow are reasons enough to make a victory employee garden worthwhile for any one. Let's all join in and see that this year's gardens are the best yet.

Don't guess at the amounts of fertilizer or strong manure to apply per unit area of land.

## ★ OUR NURSE SAYS: ★

Any of the following symptoms should make one suspicious of having tuberculosis. Loss of weight, loss of strength. Lack of energy and endurance. Feeling tired and run-down—especially in the afternoons or evening. Poor appetite. Indigestion or dyspepsia. A temperature normal or below normal in the morning and 99 or above in the afternoon or evening. A Cough is frequently, but not always present, in tuberculosis; every cough lasting three weeks or more is suspicious. A hemorrhage from the lungs, as much as a teaspoonful of pure blood, is almost always due to tuberculosis; blood-streaked spu- is also suspicious.

Pleurisy—a sharp pain in the chest, made worse on deep breathing or on coughing and lasting an hour or more—is nearly always due to tuberculosis; this is true whether it is dry pleurisy or with fluid in the chest.

If you have had a hemorrhage or pleurisy be sure to have a thorough physical examination, and if the tuberculosis can not be discovered otherwise, be sure to have an X-Ray of your chest made by some one who has had considerably experience in reading chest pictures.

Tuberculosis is like a house on fire, and it can only be put out when discovered early. Do not delay the examination until you have symptoms of advanced tuberculosis. Those most likely to have tuberculosis are adults who have one or more of the above symptoms and those, both children and adults, who have ever lived in the home with, or who have otherwise been closely exposed to someone having tuberculosis.

Tuberculosis is spread from one person to another through the discharges from the patients' mouth and nose—in the sputum, the saliva, and the spray from coughing and sneezing. The germ causing tuberculosis—the tubercle bacillus, is contained in the discharges. If the patient and those helping to

take care of him will follow carefully the directions given by the physician or other health officials for disposing of the discharges and things which come in contact with these discharges, there will be no danger of giving tuberculosis to anyone.

Children are much more susceptible to infection than adults. In the home the chief danger is to children, although adults may also be infected. The two chief sources of infection for children are: First, consumptive relatives, or fellow lodgers, and, second, infected room, dwellings or dishes. Children are apt to be kissed, and fondled, and in this way the germs may be carried directly to them. Again they play around on floors, too often infected with sputum, and thus acquire the trouble.

Therefore, the kissing and fondling of children by sick relatives or friends should be prohibited, as well as the bad habit of feeding them from the spoons and plates of such people.

Indeed, as far as possible, children should be kept from their sick relatives. Children should not handle anything which is handled by tuberculosis patients and they especially should not eat fruit, candy, chewing gum—anything, in fact, which patients have handled or have been in the sick room. Neither should they be allowed to lean against or play upon a bed of a tuberculosis patient.

During the year 1944 there were 1,132 deaths from tuberculosis in the State. Of this number 448, or 40 per cent were white and 684, or 60 per cent, were others. A study of tuberculosis death certificates for 1944 reveals that only three counties in the State escaped and these three, Alleghany, Clay and Graham, are all mountain counties. All other counties report from one to eighty deaths from tuberculosis during the year.

Guilford County reported 30 for the year.

### FEW GOOD TOOLS BETTER THAN MANY GADGETS

Very few tools are necessary for a small backyard or vacant lot garden. It is better to buy a few simple, high grade, substantial tools that will serve well for many years than equipment that is poorly designed or made of cheap or low-grade materials that will not last.

In most instances, one needs only a good spade or spading fork, a steel bow rake, a 7 inch common hoe with socket handle fitting, a strong cord for laying off rows, and enough garden hose to reach all parts of the garden with water. A trowel is useful but not essential.

Tools will last longer and do better work if they are always kept clean and bright. After each use they should be thoroughly cleaned and wiped with heavy oil to prevent rusting. Hand hoes are to be kept sharp for doing the best work with the least effort.

Rubber garden hose should be handled with special care. The hose should never be pinched or kinked and should be kept neatly coiled and under cover when not actually in use. A coil of garden hose should never be hung on a single peg or other slender support; two or three pegs should be provided, spaced far enough apart that the weight of the coil will be well distributed, preventing any pinching or breaking.

First Victory Gardener: "Are you having to do much spraying to fight bugs this spring?"

Second Victory Gardener: "No, my bugs are patriotic. Just this morning I saw a speckled lady bug chasing a Japanese beetle away."

Don't sow seeds too thickly, and don't fail to thin out plants to the proper distance.

### REQUEST FREE ADVICE

There are many sources of information for help in planning your planting. You will find that seed stores will have information on season, plants, seeds, soil, etc., in advising prospective gardeners in selecting items for cultivation. The North Carolina Department of Agriculture acting through the various substations and offices throughout the state is a splendid source of help with problems.

History records that nations of ample food supplies are the ones that win great victories. A hungry people are not an industrial people.

Don't run the rows up and down a slope.

## LETTERS

Feb. 19, 1946.

Dear Mr. Boyd:

Of course, I am several miles from High Point, but I think of you all back home so much, and the nice mill I will never like anywhere as well as I did there.

Mr. Hardison and Vivian were so good to me and you all have made the mill the best place I know of to work. Although I have left there and working in Newton, N. C.

One of my girl friends in the finishing room sends me a copy of the mill papers each month and I sure enjoy reading it and the many nice pictures make me want to come see all of you.

How is Mrs. Wilkinson. I sure would like to see her

Write me about the pins and keep the paper up, as I sure do enjoy it.

MRS. E. L. HOKE  
Box 705,  
Claremont, N. C.