

PLEASE
TELL ME

Q and A

Thrombosis Club— Will You Join It?

Q. We hear much these days about heart attacks as a major cause of death. What are some factors that one should know in order to sensibly take care of his heart?

A. Perhaps it will be most impressive if we think of the answer in terms of what one British physician has listed as "Steps to an Early Grave." Sir Daniel Davies, physician to

Queen Elizabeth, has set down these rules for qualifying one as a member of the "coronary thrombosis club":

1. Work every evening, weekends and holidays included. Don't let personal considerations interfere.
2. Take your office work home if you can't finish it during the day.
3. Never refuse invitations to parties and the like and committee meetings, no matter how tired you feel.
4. Don't let meals interfere with your job. Try to work through them. Take phone calls during lunch, for example.
5. Always carry responsibility yourself. Don't let anyone else deprive you of taking the blame.
6. If you have to travel away from home on a job, go overnight. You'll be able to do so much more work.
7. If you ever relax a few minutes, always feel guilty about it.
8. Eat excessive fats and try to stay overweight.

thetics); and Claude H. Clark, Carding. These had 20 years each.

And there were seven others marking anniversaries in March:

Fifteen Years
Henry J. McDaniel, Twisting (synthetics); John M. Chastain, Isaac Moss and Lawrence C. Wilson, all of the Mechanical department.

Ten Years
Hyme Jackson, Twisting (synthetics); Howard V. Martin, Mechanical.

Five Years
William F. Colling Jr., Twisting (synthetics).

Employees-Community Give To Bloodmobile

Employees and others of this neighborhood gave 139 pints of blood, when the Gaston County Chapter of American Red Cross sent the Carolinas Regional Bloodbank to Firestone Recreation Center recently.

It was the first of two visits each year to this community. On that occasion, three donors joined the two-gallon group: Joe H. Carson, J. R. Benfield, Carmon F. Robinson; while three more reached the one-gallon class:

Wade H. Stiles, Hansford Wilkes, Ralph F. Johnson.

Other Donors

H. T. Aldridge, Ernest Austin, Lucille Baker, Bobbie Baldwin, J. C. Barnes, Juanita Beddingfield, Lee R. Bentley, Buford Blanton Jr., Ruth H. Bolick, Jennie Bradley, Myrtle Bradley, Opal Bradley, Thomas Bradley, Carl E. Briggs, Robert W. Broome, Luther C. Brown, Paul D. Broyles, William A. Brown, Gladys Butler, Harlan E. Butler, Ida W. Byers, John Bryant.

Frank E. Capps, Carl Carpenter, Grafton Carpenter, Gene Carson, John R. Carson Jr., Edna Champion, Paul Chastain, Roy Chastain, P. C. Cloninger, Roland E. Conrad, James M. Cooper, William Cosey, S. E. Crawford.

Ralph Dalton, Coy Davis, Fred J. Davis, Grady Davis, Reginald Davis, William Davis, Eula Dunlevy, Hazeline Erwin, Jack Faile, Pansy Falls, Ralph Farrar, Barbara Ferguson, Charles M. Ferguson, Exlice Fletcher, John E. Fletcher, Hazel Foy, Luther Foy, F. B. Galligan, Mack Garis, Thomas Grant, W. S. Guffey.

George Hager, Homer Hall, Belon D. Hanna, Ben T. Hanna,

Willie Hannie, John Harris, F. B. Harrison, Charles E. Hedgepath, Hallie Hedgepath, George High, Kathleen Hodge, W. F. Hogan, Jerry Howie, Horace Hughes, Robert B. Hull.

Thomas Ipock Jr., Nelson Jackson, Betty Jolly, Frank Jolly, Bobby L. Jones, Lennell Keenum, Minnie Kilby, Mary Lankford, Alvin Ledford, James F. Lewis Jr., Bobby Lee Liles, Richard Littlejohn, Gary P. Lyles, Charles Lunsford, Blonzeen Mauney, Scott McCarter, John Mitchell, J. Q. McPherson, B. F. Massey, John Mercer, Jack Moore. Isaac Moss.

Dillard Palmer, Charlie Parham, J. I. Parks, J. L. Parks Jr., Harry Parton, Mattie Passmore, Flora Pence, Ransom Piercy, Leroy L. Povey, Bobby Purkey, Duell Redding, Ralph Reep, Alvin Riley, Ruby Riley, Horace Robinson, Julia Rosdahl, Randall Rowland.

Bobby J. Smith, J. M. Smith Jr., Lloyd Smith, W. S. Spencer, Jr., W. O. Stephenson, Buster Stiles, Elton L. Still, Edward C. Taylor, W. D. Teague, James O. Thomas, Luell E. Thomas, J. H. Thompson, George Trakas, Shuford Turner, John Verdery, Everett Watson, Ill. Webster, Eula B. Wilson, James R. Young.

'Man of Effort' Characterized

Each of us who has the ability has an obligation to serve our fellow men and the needs of the world, J. E. Trainer said in a speech at Des Moines, Iowa last month. The executive vice president of Firestone had just returned from a global tour of world centers.

In his Des Moines talk, Mr. Trainer said, "Personal and business contacts with peoples of many lands emphasize our common problems and our similarities, rather than our differences."

He contrasted the self-satisfied man with the man of effort who "appreciates his heritage, knows he is not self-made, wants to pay his own way, and wants to express his appreciation and acknowledge his responsibility by acts of service."

Responsibility, he noted, demands that "a citizen inform himself on world affairs, work on them where and when he can; and strengthen the hand of world leaders who are striving toward the solution of these problems."

Textile School Using New Facility

The North Carolina Vocational Textile School at Belmont recently began using its new \$42,000 wing with two floor levels. A storeroom for tools and heavy machinery to be used in the shop is located on the first floor. On the second level are conference and assembly rooms with accommodations for 300 persons.

NC Vocational Textile School offers major courses in yarn manufacturing, weaving, designing, knitting, tailoring and mill maintenance (machine shop).

Those who enroll are high school students from the area served by the Belmont institution, veterans, employees in industry and other adults interested in textiles and the related subjects.

In the enrollment of more than 400 this term, students' ages range from 16 to 60 years.

Service List For March

When Lewis W. Compton rounded out 25 years of employment here early last month, his name brought the total to 170 belonging to this category of long-time service at Gastonia.



Lewis W. Compton

INTO
HIS
26TH
YEAR

Next in line for a lengthy record were: George H. Sadler of Twisting (synthetics); Thelma M. Gilreath, Weaving (syn-

BETTER PRODUCTS THROUGH SCIENCE

Research Cuts Tire Noises

Improved control during the building of tires has been primarily responsible for the important advances in recent years in reduction of automobile noise caused by tire vibration.

This is the conclusion of Dr. J. W. Liska and James Sidles of Firestone, in a paper presented in March at the Society of Automotive Engineers National Automobile Week meeting in Detroit.

Their report, "Dynamic Tire Characteristics—Effect on Noise and Vibration", was presented at a session on tire roughness. Dr. Liska is assistant research director at Firestone and Mr. Sidles is an advanced tire developed engineer.

The only known practical solution to the problem of noises induced by tires, they observed, is improved control of variables such as balance, radial runout, splicing, tread mass distribution, bead centering and molding of the tire body.

Uniformity The Key

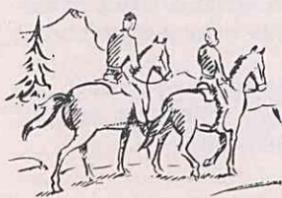
"Substantial advances have been made over the past several years in solving the overall tire-vibration problem, by continually improving all aspects of tire

uniformity," they said.

It is relatively easy to demonstrate that vibrations induced by tires can contribute to automobile noises and vibrations, said the report. But it is more difficult to isolate the sources or causes of vibration, because it is hard to produce tires which are near-perfect in more than one respect.

Dr. Liska and Mr. Sidles said it is not yet possible to assign separate degrees of importance to each variable, but they explained that one could be more important than another in a particular instance.

Development of smoother roads and reduction in passenger car noises and vibrations have focused considerable attention on the artistic appearance of tires, the report noted. But it explained that improvements in artistic qualities are not gained at the expense of safety, dependability and durability of tires.



In Springtime Down The Valley

YOUR TRAVEL NOTEBOOK

April walked in, crowned with daffodils. She brought a lively roster of things to do and see in the Carolinas for those who can't stay home, now that Outdoor Time is here.

Festivals, sightseeing tours, exhibits, and sports events flavor the travel calendar, according to this month's notes from the plant recreation department.

Outstanding of events is the seventh annual Dare Coast Pirates Jamboree on the Outer Banks of North Carolina, April 27-30. The jamboree marks arrival of the surf-sun season on the Outer Banks beaches from Kitty Hawk to Cape Hatteras. Usual events include fishing contests, pony and jeep races, a fish-fry, and model plane flying competition, topped off by a "pirates" ball at Nags Head.

Westward With The Spring

The big attraction of Spring is the showcase of flowers and blooming shrubs from the Carolinas coast to the highlands. Dogwood begins to bloom this month and hundreds of species of wildflowers in the western part of both states put on a color extravaganza which lasts into June.

For those who travel to the Great Smokies and northward along the Blue Ridge Parkway, note that all sections of the most-traveled scenic route in America are open by late April, as are visitors centers, motels and other accommodations.

The Pilgrimage of Colonial Edenton and Countryside, April 14-16, is outstanding of Spring home-garden tours. Edenton, "Cradle of the Colony", is scene of the biennial pilgrimage which includes visits to a dozen houses and plantations dating to the 1700s, a daily tea in the afternoons, and other events. Edenton was the first permanent settlement in North Carolina. Established in 1658, it was the Colonial capital from 1722 to 1766. Hotel Joseph Hewes there is headquarters for the pilgrimage.

New Bern: Memorial Gardens

In the same general vicinity, travelers will be interested in the restored Gov. Tryon Palace at New Bern. Formal dedication of the Maude Moore Latham Memorial Gardens at the Palace were scheduled for early April.

Closer home, the annual tour of gardens in Charlotte is set for April 14-16.

A complete rundown of travel attractions in North Carolina alone defies listing here. But the recreation department reminds you to mark your calendar for these highlight events:

NC Salt Water Sports Fishing Association Contest on NC Coast, April 15-Nov. 1; 13th annual Mountain Youth Jamboree, Asheville, 12-15; Central Carolinas Sports Car Hill Climb at Chimney Rock, 22, 23; Sidewalk Exhibit, Raleigh, 14-16; Greenville Community Arts Festival, April 29-May 2.