

Eye Examinations Safeguard Your Vision

If you have uncorrected vision defects, you may see optical illusions that healthy eyes would never see. A survey by Better Vision Institute conducted among employees of 50 companies large and small showed that 4 out of every 10 employees had inadequate vision for their jobs.

Of all those with faulty vision, few had any idea of their visual defects. Their vision "seemed" normal because they had no standard for comparison. Optical examination under professional supervision revealed the deficiencies.

Some were cases which called for immediate treatment. There were diseases present that might have caused total loss of sight, or even proved fatal to the individual examined.

FROM 90 to 95 per cent of these deficiencies were readily

correctible by proper glasses or by medical treatment.

Some sample findings: In one company where color vision was required, large numbers of persons were hired in a rush period. The examination showed many to be colorblind.

In another instance, many employees lacked side vision—a requirement for the job.

With one firm, product rejects decreased by 75 per cent after employees' eyes were examined and corrective measures were taken. In an electrical plant, training time was cut from 40 to 16 hours.

Summarizing the industrial study: Correction of eye defects led to increased production, improved personal efficiency, lower injury rates, reduced absenteeism and employee turnover. Several companies found that eyesight correction helped keep

experienced older personnel on the payroll.

Almost a thousand cases of disease conditions were discovered over a 13-year period in one firm whose employees' eyes were examined at regular intervals. The survey noted that 29 per cent of eyeglass wearers had not had their eyes checked in two years.

AMONG nonwearers of glasses, 37 per cent had never had eye exams and 40 per cent had not been examined in two years or longer. This means that 77 per cent of the non-eyeglass wearers had no accurate knowledge of their sight capabilities.

The same survey indicated that 85 per cent of eye examinations of current eyeglass wearers showed need for new correction. In many of the cases the wearer didn't realize that his eyesight had changed.

A survey by the American Association of Industrial Nurses Journal analyzed side effects of proper vision on employee attitudes and morale. Among effects noted were improved security, physical and mental well-being and improved appearance. Through eye examinations, diseases were revealed of which the subjects were unaware.

OFTEN an eyesight defect is a first clue to certain ailments,

Rotate the page and see the wheels go around.

To see boy kiss girl, place your nose near the dot.

How many cubes has the artist drawn—six or seven? Before you make a bet, turn the page upside down.

To put the bird in the cage, lift the page toward you with nose centered on the dotted line.

SOME OPTICAL ILLUSIONS—proof that seeing is not always believing, even with normal eyesight.

notes the Better Vision Institute. Among diseases reflected in optical symptoms are syphilis, arthritis, diabetes, cardiac conditions, meningitis, myasthenia gravis, brain tumor, hysteria, influenza, certain nervous infections and stomach disturbances; also chronic alcoholism. Reminds the Better Vision Institute: Periodic eye examinations will safeguard your vision. A good rule: Have exams once a year.

Name Change? Check SS Card

Marriage or other circumstance that change a woman's name calls for reporting that change on an up-to-date social security card.

For example, a woman who gets married and who had a

social security number under her maiden name, needs a re-issued card bearing her married name, says payroll supervisor Mrs. Eula Wilson.

She notes that failure to let the SS agency know of such change makes it hard for the person involved to get credit for earnings reported under her new name, even though the number is unchanged.

At postoffices or any social security office you can have Form OAAAN-6003 for changing social security records.



SECOND COURSE AT TEXTILE SCHOOL

Dautha Lane of twisting (synthetics) has begun the advanced course in yarn manufacturing at North Carolina Vocational Textile School, Belmont.

He received a diploma for Course I in yarn manufacturing at the school's commencement early this summer. Dautha earned credit for the course through class attendance 8:20 a.m. to noon five days a week from July, 1963 to June this year. Classes in the advanced course began last month.

New Munitions Contract

About \$1 million worth of 76-mm high explosive, anti-tank tracer shells will be produced by Firestone at its New Bedford, Mass. plant.

Two months ago Firestone got a contract for more than \$1 million worth of 175-mm shells to be produced at New Bedford, beginning in November.

The New Bedford plant—in a surplus labor area—is part of a broad mobilization base for manufacture of military products.

Smokey Bear: Keep It Green

Smokey Bear's program of forest-fire prevention had good results for 10 years. While the number of visitors to the great outdoors increased tenfold, the number of man-caused fires dropped from 210,000 a year to 100,000 and the burned acres dropped from 30 million to 4 million.

Then for the first time in a decade the number of fires and amount of fire damage jumped. Unusually dry weather across the country encouraged the loss.

Please, when you are outdoors, be very, very careful with matches, campfires, smokes. Help keep a living forest from becoming a land of destruction and waste. Leave the unspoiled land for others to enjoy.

See: Collection of paintings by Shinji Ishikawa, Japanese watercolorist and leading master of Sumi (ink painting). Through mid-August at Gaston

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AUGUST

Waning Summer—Festivals And Fairs

August is the ripening and mellowing of summer. And as one employee with a farm background says, "it caps the haystack" for a harvest of travel possibilities close home and as far afield as you'd care to go.

Down South, August means a waning summer flavored with festivals, sports events and the earliest community fairs. Plant Recreation offers some of its usual travel suggestions, but only samplings of variety within a few hundred miles of Gastonia.

Apple Harvest And Pageantry • Of topnotch events in August is the 18th annual NC Apple Festival at Hendersonville, 28-Sept. 2. There are apple displays, a parade, pageantry, a muzzle-loading rifle match, dances and Apple Festival Queen coronation.

To "tune you up" for such festivities, Hendersonville offers the state's first regional fair of the season: the Western NC Fair, Aug. 17-22.

Folk-Dancing Against The Clouds • If you like to square dance—or to watch it—you will be in good company at the third annual Square Dance Festival Aug. 13 at Highlands. Some NC towns which feature square-dancing throughout the summer are Chimney Rock (Mon. nights), Fontana (Mon., Wed., Sat. nights), and Maggie Valley (Sat. nights).

North Carolina is a fisherman's delight, and angling competition adds interest to the sport. At Morehead City the spear-fishing tournament lasts to Sept. 30; the pier tournament through October; on Topsail Island the contest goes to Nov. 30.

Along The History Trail • "North Carolina

Historyland", a handbook of highlights from the first English settlements to the present, is in free distribution, through request to NC Travel Division, Raleigh. It describes many historic sites and points of interest, lists other sources of information on NC history and devotes a section to variety travel.

Employees are discovering the entertainment value of stage plays this season. Playhouses with productions in August are Theatreland at Maggie Valley, Ovens Auditorium in Charlotte, Thomas Wolfe Playhouse at Asheville, Vagabond Playhouse at Flat Rock, Tanglewood Barn at Clemmons, and Outer Banks Playhouse at Kill Devil Hills.

The NC outdoor dramas "Horn In The West", "Unto These Hills", and "The Lost Colony" have schedules at least through August. If you are going afar and like outdoor drama, the one at Pineville, Ky. is different. "The Book of Job" runs through August.

This Month Is Variety • Note these additional travel listings: NC Shuffleboard Tournament at Hendersonville, Aug. 17-19; antiques fair, Asheville, 11-14; garden tours at Highlands, 13; Carolina mountains flower-gardens show, Hendersonville, 15-16; cup races at Morehead City, 16; rodeo-horse show at Love Valley near Statesville, 15-16; 352nd anniversary celebration of birth of Virginia Dare, Manteo, 18; NASCAR grand national race at Winston-Salem, 22; Rock Swap at Almond, 29-30.

Into September • "Legends in the Stars" at Morehead Planetarium, Chapel Hill, Sept. 1-Oct. 5.

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BALLOON TIRES FIRST IN 1923 Manufacture of the balloon automobile tire was regularly introduced by the Firestone company, April 5, 1923. The India Rubber Review officially announced the achievement and noted that prior to 1923 there was a limited number of large-action, thin-walled tires with small-bead diameters — all used experimentally or for specialized purposes. So, Firestone in 1923 became the world's first manufacturer to produce the balloon tire commercially.

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