

Amco News

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Plant No. 6 - Patsy Rush

Plant No. 7 - Dorothy Halker, Mary Chapman, Gladys Flippin, Eva Jones, Blanche Jackson, Viola Jones and Nannie Smith.

Plant No. 9 - Faye Edwards.

Machine Shop - E. Verne Snotherly.

Office - Fay Cheek and Frances Smith.

Composing Staff - Addline Hill, Ruth Ellington and Bertha Hester.



Pray for one another. --(James 5:16).

Prayer is a power because through prayer we reach past human thought, past human limitation and touch the invisible source of all life, all energy, all substance. Our prayers help and heal another because they awaken the Spirit of God in him.

Laughing is the cheapest luxury man enjoys. It stirs up the blood, expands the chest, electrifies the nerves, clears away the cobwebs from the brain, and gives the whole system a cleansing rehabilitation.



Wonderful Machine. . .

Man is still the world's most miraculous mechanism, the National Safety Council reminds us. Did you know that:

In 70 years of life, a human being eats 1,400 times his body weight, more than 100 tons of food, and he spends five full years just putting food into his mouth.

If his weight is average, his heart beats 103,680 times every day; he breathes 23,040 times; he inhales 438 cubic feet of air; he moves 750 major muscles, he utters an average of 4,800 different words, and he radiates 85 degrees Farenheit of heat.

The human body can take a lot of punishment and still function. A man can get along without his gall bladder, spleen, appendix and bladder; he can give up one kidney, two quarts of blood, a piece of his brain, both eyes, and all of his teeth and still live.

Nevertheless, it may take only one little accident to throw in the monkey wrench that can stop this wonderful machine cold.

Anxious wife, as she observed her husband fishing in a bucket in the living room: "I'd take him to a psychiatrist, but we need the fish."

The average number of times a man says "no" to temptation is once weakly.