



The Adams-Millis Maroons won the regular season championship of the Little Industrial Baseball League and went on to take the play-off championship from Silver Knit. In the picture above are members of both the Adams-Millis Maroons and the Adams-Millis Reds with their coach, A. B. Lockhart.

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(From the desk of one of our V. P. 's)

### HOW TO RELIEVE TENSION

Here are a few suggestions offered by some psychiatrists to relieve tension:

1. Try a complete change of pace. Take up some form of recreation far removed from your working (regular) day.
2. Discussing your problems with a good friend is helpful.
3. Exercise is good, because it gets rid of the excess adrenaline in the blood stream, and this adrenaline is the stuff which produces tension.
4. Your problems will be easier if you take them one at a time instead of letting yourself get swamped under a pile of them.
5. It even helps sometimes to dodge a few of these problems--meet

them all head-on, and you'll soon become a sorehead! One of the most effective remedies, though, is a sort of internal tranquilizer. It is called "Damitol," which is the smart thing to say to most of our silly problems.

--Secretary's Memo

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A small town is a place where everybody knows whose check is good and whose husband isn't.

Often an automobile is the first thing about a city that strikes you.

When you help someone up hill, you, too, are closer to the top.

The toughest form of mountain climbing is getting out of a rut.