

# More Tariff Cuts Being Scheduled

Hold onto your hats. Here we go again for another whirl on the tariff-cutting merry-go-round.

Just three years ago the U. S. Government agreed to cut tariffs on textile goods imported into this country. The cuts ranged up to 50 per cent. The action resulted in greatly increased imports. These imports, especially from Japan where the average textile wage is about one tenth of the U. S. average textile wage, caused serious injury to our textile industry and the loss of many, many textile jobs.

Now comes word that members of the General Agreement on Tariffs and Trade (GATT) have agreed to negotiate a new round of worldwide tariff reductions. Incidentally, these reductions seldom apply to any country except the United States.

The negotiations are not expected to start before 1960, which gives the manufacturing employees in this country about a year and a half before their jobs go on the international bargaining block again.

The new authority of the U. S. Government to reduce tariffs up to 20 per cent over a four-year period will naturally be a keynote of the negotiations.

## STAY HEALTHY

### Your Blood Pressure

By Dr. J. A. SANFORD,  
Medical Director, Fieldcrest Mills

Blood pressure is the pressure of the blood on the walls of the arteries and is dependent on the energy of the heart action, condition of the walls of the arteries and the amount and thickness of the blood.

The blood pressure reading is composed of two parts—the maximum pressure exerted when the heart contracts is known as systolic pressure and is the higher reading—the minimum pressure felt when the heart expands is known as diastolic pressure and is the lower reading.

Blood pressure in both men and women increases with age. The increase is more rapid after 50 years of age. There is no clear cut relationship of blood pressure to height, but it does become higher with increased weight, regardless of age or sex.

#### Common Disorder Of Adult Life

High blood pressure (hypertension) is one of the most common disorders of adult life. It may be present without symptoms and only discovered on physical examination. There are many factors involved in high blood pressure: emotional, hereditary, physical or a combination of all three. High blood pressure is not inherited, although there appears to be a family tendency.

Common signs which may be associated with high blood pressure are:

1. Dizziness—a feeling of swaying or spinning when bending over or sudden change of position.
2. Nervousness—especially when it persists with little noticeable cause.
3. Irritability—usually goes along with worry. Little things become of major importance, causing worry and irritability.

4. Aches and pains—headache centering in the back of the head and neck. At times pain in arms, legs and shoulders not relieved by rest and sleep.

There are some rules of good health which may be followed to control a tendency toward high blood pressure.

1. Get plenty of rest.
2. Maintenance of proper weight.
3. Avoid excessive exercise.

Low blood pressure (hypotension) is most frequently noted in young adults. Its incidence is higher in women of all age groups.

It is highly advisable to have your family physician check your blood pressure every six months. In this way a continuing record may be kept and early treatment begun if needed.

## In The Mail

Dear Editor:

Thank you for sending us the "Mill Whistle" this year at Washington, N. C. We have enjoyed receiving it each time. Have closed ministry here and now moving back to Nassau, Bahamas, in November to be missionaries there again. Should you come to Nassau, look us up.

REV. A. L. PAYNE

(Mr. Payne was formerly pastor of Central Church of Christ in the Tri-Cities.—Ed.)

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Dear Sir:

I want to thank you for sending me the "Mill Whistle" during my tour of duty here in Germany. I have truly enjoyed reading all the news of the mill. I would like for you to discontinue my copy, as I'm going back to the good old U. S.

JERRY L JOYCE  
Baumholder, Germany

## THE MILL WHISTLE

Fieldcrest Karastan

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## Service Anniversaries

Fieldcrest Mills extends congratulations and sincere appreciation to the following employees who, since our last issue, have observed notable anniversaries of continuous service.

### Thirty-Five Years

Harry R. Chaney ..... Finish...

### Thirty Years

Joseph Woodrow Murphy .... Blanket  
Thomas J. Corbett .... Karastan Sa...

### Ten Years

Willie G. Mills ..... Sheeting  
Ernest C. Gravely ..... Auto. Blanket  
Marvin E. Clifton ..... Bleachery  
Doris M. Jarrett ..... Cen. Whis...  
J. Raymond Cundiff ..... Towel

## Japanese Textiles Face Red China Competition

The Japanese textile industry is getting a taste of its own medicine.

Low-wage imports from Japan have inflicted serious injury on U. S. textile mills for years, and now the Japanese are complaining that Red China is taking many of the traditional Japanese textile markets in Southeast Asia and other areas. The Japanese textile wage is about one-tenth of the U. S. average textile wage.

The Japanese industry now has a trade delegation in this country trying to arrange for heavier shipments to this country.



Enter into His gates with thanksgiving, and into His courts with praise; be thankful unto Him, and bless His name. For the Lord is good; His mercy is everlasting; and His truth endureth to all generations.—PSALMS 100:4 &

THE MILL WHISTLE