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MAY
IF THE SPRING FEVER
GERM BITES YOU—
WATCH YOUR
STEP!

State Safety News

Safety *Efficiency*

BULLETIN No. 85 APRIL 28, 1918

KHAKI AND OVERALLS

Perhaps you have no choice.

Your age, your family, your health may hold you in the ranks of the great industrial army.

But although you cannot be with the boys at the front you need not be a "slacker."

You can "do your bit" in the shop with hammer and saw, with caliper and gauge, and in cheerful service.

Stand firm. America first. Be true to Liberty.

Protect your health. Be cheerful.

Avoid unsafe practices and habits.

A Prayer for Soldier and Worker: "Oh, Lord, Keep My Courage High."

THE FLY

One of mankind's most dangerous enemies is the common house fly. Bred in filth, living in filth, he carries disease germs wherever he goes.

If there would be no filth, there would be no flies, therefore to eliminate flies at the source we should eliminate filth. Clean up your house and your yard and alley, plant flowers, vegetables, trees and grass. Don't have any dirt, and get rid of the flies. Manure piles are great breeding places for flies, as are open garbage cans, outhouses and piles of decaying food. Manure should be kept in vaults, boxes or pits and sprinkled with lime. Garbage cans should be kept clean, sprinkled with lime or oil and kept covered at all times.

Screens on all windows and doors are necessary to keep flies out of the home. Have a swatter handy to destroy any stray flies who may venture in. Don't use poison fly paper or liquid poisons, as the children may drink some and die. Use sticky fly paper, and should flies get real bad burn pyrethrum powder, which you can buy at drug stores, to kill the flies. Cover the baby with netting to protect it from flies and mosquitoes.

Foods should never be exposed where flies may get on them. Keep

screened and covered. Don't buy any foods from stores where there are flies, as food which is exposed to flies is dangerous. Remember, the fly carries disease.

HEALTH AND HOME

By Dr. R. W. Corwin

Home is the foundation of society and nation.

The foundation of home is health.

Health should exist in every home.

Under proper conditions, health would exist in every home.

Sickness and disease come when there has been a failure to consider proper health conditions.

If traced to its source it would be found that sickness or disease in nearly every case could have been avoided or prevented.

The person afflicted may not be to blame; but some one has failed to observe the laws of health, and he should be censured or punished.

To some this will seem a broad statement, but only to those who do not understand or will not learn will it seem too broad.

When the cause of sickness is not known it is often attributed to a visitation of God. This is an admission of ignorance and superstition.

Health laws are established. When observed they promote health; when broken they invite disease.

All laws of health may not be known, but enough are understood to make ill health rare if observed.

Every case of smallpox could be prevented.

Every case of diphtheria could be cured if taken in time.

Under proper health conditions, no case of diphtheria could obtain a foothold.

If schools and homes were regularly inspected and inmates were properly examined, there would be little if any diphtheria.

If thorough inspection, public and private, were made sufficiently often, and anti-typhoid vaccination were used when and where needed, typhoid fever would be practically unknown to the next generation. Anti-typhoid vaccination is harmless.

Malaria, "Roman fever" and yellow fever, that have existed since mosquitoes learned to bite, have been controlled by applying the laws of sanitation.

It is now quite clearly proven that cancer—that of all diseases most dreaded and until recently considered hopeless—may be cured in most cases if taken early and treated properly.

What is true of these diseases is true of all diseases.

It is simply a question of intelligence, willingness to learn, and

application of the laws of hygiene, sanitation and morals, whether health in the home is to improve, stand still or retrograde.

Health of the home is in the hands of individuals and the public.

Those in doubt what to do to improve home health-conditions, what to read and where to obtain information, will always find the camp doctor ready and anxious to render every assistance in his power, and there will be no charge for such service.

Good Habits of living are often more important than Medicine

CARE OF THE TEETH

By Dr. Frederick C. Warnshuis, M. D., F. A. C. S.

During the first draft examination it devolved upon me to conduct the physical examination of the drafted men. One of the most vivid impressions gained during the performance of that duty was of the exceedingly large number of men who possessed defective or decaying teeth. I confess I was astonished to find so many intelligent, bright, active men, from outward appearance, who, through carelessness, permitted their teeth to reach horrible, repulsive stages of decay. I further observed that those who presented themselves with these defective teeth produced the largest number of defective men physically. In brief, defective teeth foretold defective physical men. One may further deduce that men with defective teeth will represent defective, inefficient employees. Physical defects beget inefficient workmen.

The question then that concerns the working individual is: "Why defective teeth should spell lowered physical health?" Further, in what way does this imperfect hygienic state of one's mouth impair one's health and limit his earning capacity to say nothing of shortening the length of life?

Our teeth are not ornaments. They have definite work to perform and unless they are in a normal state of health they cannot accomplish the functions for which they are meant.

Many are under the impression that the digestion of food consumed for body nourishment and strength first occurs in the stomach. Such a viewpoint is erroneous. The first step of digestion occurs in the mouth by the action of saliva upon the starch contained in many of our articles of diet. Saliva changes the starches of our food into cane sugar and in that form the digestive fluids of the stomach are able further to prepare this nutritive material for absorption. Unless the food is properly and thoroughly masticated, the saliva cannot act upon the starch content of the food and this starchy substance enters the stomach and remains an undigested mass and al-

though in intestinal digestion some of it is assimilated, still the larger portion passes on and becomes a waste product producing various forms of digestive disturbance. In addition, its important food value is lost and under-nourishment is an added factor.

Proper digestion and nutrition are dependent upon thorough mastication. Thorough mastication cannot be accomplished if teeth are absent or defective. Hence the individual with defective teeth will become a defective individual by reason of under-nourishment and will in addition suffer from stomach and intestinal disturbances, disease, constipation and other complications.

A man's efficiency is governed by his physical condition. Whatever tends to lower his physical condition must be eliminated if one is to obtain maximum efficiency. By efficiency I mean a state of health that enables him to accomplish the greatest amount of labor with the least degree of exhaustion in ratio to the energy expended. To be languid, tired, to have headaches, body pains, mental stupor, defective vision, etc., foretells lessened physical efficiency. It is frequently induced and maintained by reason of digestive disturbances due to defective teeth.

The foregoing is but a single feature of the subject under discussion. There is still another feature that is associated with defective teeth that has an extremely important bearing on the subject. I will endeavor to present it in plain non-scientific terms.

Medical investigation during recent years has cleared up the atmosphere of doubt that surrounded many forms of physical ill health and diseased states. In the past, these states of physical impairment were classified under general terms, such as rheumatism, heart disease, kidney disease, neuritis, bronchitis, gastritis, jaundice, asthma, etc. They were simply general terms, indefinite and designated group affiliations without reference to their cause or the diseased process that was going on and invaliding the person. Today these terms are meaningless to the intelligent physician and he no longer uses them. The physician who does has failed to keep abreast of the progress that medicine has made and he is consequently incapable of intelligently treating these conditions. His patients are not receiving the benefit of modern medicine and knowledge.

There is a cause for every ailment. Some factor always produces it and maintains its continued existence. Rheumatism is but a general term and only indicates that certain vague muscle or joint pains exist. Heart disease likewise is a general term and while it may mean that some heart abnormality is present, this general term does dot indicate the form or cause. It is important for successful treatment and cure to know the cause and to eliminate it. This leads up to the second point I wish to make.

Physicians have learned the importance of bacteria and the part

these germs play in undermining health. It has been demonstrated that they lodge or congregate in certain parts, multiply in enormous numbers in those parts and then find their way into the lungs, heart, joints, muscles, nerves, liver, gall, bladder, appendix, kidneys and other organs and produce disease, and lower states of health.

The two principal lodging places are the tonsils and teeth. Here these germs remain and multiply and in time they accomplish their inroads on one's state of health.

I want to cite but one personal experience to advance a clearer understanding of the subject in the reader's mind. A man had for weeks been confined to his bed with a fever ranging from 102 to 104. His condition had been designated as malaria, typhoid, auto-intoxication, intestinal poisoning, etc., by several physicians. When I first saw him he was a desperately ill individual who had been given but a few more weeks to live. To be brief and omit details, three decayed, ulcerated teeth were extracted and the caries cleansed. In twelve hours the temperature reached a normal stage and rapid convalesence ensued. What was accomplished was the removal of the foci from which infection and absorption was taking place.

Each person does not become so extremely ill from the absorption of these germs and their poisons. In the majority, the process is slow and gradual. These germs have a tendency to act on and damage the valves of the heart, its muscle and blood vessels and a chronic heart lesion or disease results. In the same way, do we encounter kidney disease, hardening of the arteries, joint lesions and under-nutrition. The damage is accomplished before one becomes aware of the fact in many instances.

We, therefore, can state with confidence and emphasis that:

1. *Care of the teeth is of most vital importance to maintain health, efficiency and long life.*
2. *Diseased tonsils are a menace to health.*
3. *Diseased, decaying, ulcerative teeth lessen efficiency and will produce chronic disease.*

What should be done and what should be the greatest concern of every individual should now be apparent to the reader. To summarize the observation I tabulate the fellowing rules:

1. *Consult a reputable dentist. Avoid the quack or advertiser.*
2. *Have the dentist place your teeth in perfect condition.*
3. *Cleanse the teeth morning and night—three times a day is better—with a good tooth brush and water.*
4. *Have the teeth examined every three or six months or oftener when you feel or detect trouble.*
5. *If suffering from diseased tonsils have them removed by an experienced operator.*

He who will observe these five rules will witness an improvement in health and efficiency. Diseased conditions will be minimized. Danger of heart, kidney, liver and similar diseases will be lessened to a marked degree. Your chances for a long life free from sickness will be bettered. You will be freed from many aches, pains and minor ailments that limit your working capacity.

He who neglects his teeth invites sickness and curtails his life.

Good Health is the Most Valuable Thing in the World.

HEALTH INSURANCE

By John B. Andrews. Ph. D.

Extent and Cost of Sickness

It has been estimated by the United States Public Health Service that about 3,000,000 persons in the United States are sick at any one time, that each of our 30,000,000 wage-earners loses an average of approximately nine days' work from this cause yearly, that the resultant yearly wage loss totals $500,000,000, and that medical treatment costs an additional $180,000,000 annually.

Wage studies show that the slender savings of workingmen are inadequate to meet the burden of sickness. A recent investigation of 700 sick wage-earners by the Russell Sage Foundation disclosed that in addition to using up savings the deprivation of income was met (1) by relief societies; (2) by relatives and friends, who were undermining their own health and strength in order to help others; (3) by employers and trade unions; and (4) by borrowing money, taking in lodgers, sending the wife to work, committing children to institutions, and moving to cheaper quarters—all of which tend to reduce the standard of living and to multiply sickness. In 75 per cent. of the families receiving aid from the New York Charity Organization Society, sickness was a very serious disabling condition. About eight-tenths of the relief expenditure of the New York Association for Improving the Condition of the Poor is made necessary by sickness. The economic loss due to the impaired vitality of wage-earners, and to that of ill-nourished and ill-cared-for children when they come to working age, cannot at present be accurately measured, but it must be considerable. Moreover, although much of it is preventable, there are no signs that sickness in America is diminishing. On the contrary, deaths in middle life, due to degenerative diseases, have increased in the United States 40 per cent. during the last twenty-three years. Until some means is found to prevent illness, and to distribute its cost, sickness will continue to produce destitution, dependency, inefficiency, waste, and death.

AVOID ILLS OF OLD AGE

Walter Camp, famous Yale coach, has issued the following instructions to the members of the senior service corps, organized by himself. They are said to be a guide for avoiding the usual ills of old age:

1. Drink without eating and eat without drinking.
2. Five glasses of water a day, none with meals, will make you free of doctors.
3. Warm feet and cool head need no physician.
4. A bath, cool if you please, hot if you must, with a good rub, starts the day right.
5. If you save your smoke till after luncheon, you'll never have smoker's heart.
6. Wearing the same weight underclothing the year round will save you a lot of colds.
7. Dress cool when you walk and warm when you ride.
8. Your nose, not your mouth, was given you to breathe through.
9. Clean skin, clean socks, clean underwear every day.
10. Don't sit still with wet feet. Walk until you have a chance to change.
11. See how high you can hold your head and how deeply you can breathe whenever you are out of doors.
12. Never let a day pass without covering four miles on foot.
13. Getting mad makes black marks on the health.
14. When you rob the trolley company of a nickel you add a dime to your deposit of health.
15. Sleep wooes the physically tired man; she flounts the mentally exhausted.—*Through the Meshes.*

It Costs Less to Keep Well than to Get Well

MENTAL, MORAL AND PHYSICAL SAFETY

By William Lloyd

Safety first is continually being brought before us in one form or another, either by the demonstration of some practical mechanical device or by the pointed remarks from some one who has made a study of the safety-first subject.

The conception of safety first is usually based upon some mechanical device that has been invented to protect life and limb. Although this is in a measure correct yet there are other thoughts to be taken into consideration to complete the value of this great movement. Among these, and by no means the least, is the principle of living a clean and well-ordered life.

To reap the full benefits of the safety-first movement you must live so that you can protect not only yourself but all around you. If you do rash and foolish things at your work, do not expect the other fellow who works with you, day in and day out, to do otherwise.

If you report for work in the morning under the depressing influence of a carousal of the night before, you are decreasing the mental and physical efficiency of your own body and diminishing the protective power of all mechanical safety-first devices in and about the place of your employment. You are a hindrance and a danger to yourself, and to your fellow workman, because you are not able to respond quickly to the notice of a danger warning.

No one of us lives for himself alone. Each and every one exerts an influence upon someone lese, either for better or for worse, and whether that influence is for better or for worse depends largely upon how we live, how we treat our fellow men, and the example we set for others to follow. Temperance in all habits is as good a safety-first principle as any person can practice. This is especially true when an individual is so linked with the companionship and interests of others as one is when employed in a plant of any magnitude. What you do and say today may be likened to a guide, simply an advisory, precautionary measure to help fathom the depths of what lies beyond in the realms of enterprise. And on the success of this enterprise, in time, depends either the success or failure for the individual concerned.

No failure is altogether a failure; it is simply the stepping stone of determination resolved into a unit to force you into fields of further and loftier ambitions.

Practice safety-first in morals, words and deeds. Live up to the high calling for which you were created. Be a *something*. Show the other fellow you intend to make the most of the life that has been given you, whether the portion be great or small. You will then be furthering in a measure at least the really great principle of safety-first. Although it may seem of little value for the time being, your actions are being sent forth into the realm of human intelligence to find fertile soil in the inactive brain of some poor human being who has lived to live alone, and who now has through your efforts become enlivened to the fact that he cannot live to himself alone, and, who now has awakened from his dilemma and realizes his debt to humanity by deciding to be a *man*.

Don't measure safety first by some mechanical invention and disregard the safety first of human intelligence developed to its highest degree.

If you are not capable of accepting in the best sense of the world the full meaning of the phrase "safety-first," mentally, morally and physically, then the security of any mechanical device is lost. If you

do not keep a clear mind and a sound healthy body, all the mechanical safety-first inventions in the universe cannot prevent you from becoming the prey of the deadly jaws of some inoffensive looking piece of machinery. It is true, all who are not physically or morally fit do not have accidents befall them, but it is just at this point that mental safety first fits in best. If you are prepared you need not worry.

Don't let it be said of you that when you have passed the age in life when you cease to be able to take part in energetic active work, that you never appreciated the advice of others and that your warped and dwarfted mind relegated you to the scrap heap of indifferent humanity.

Practice safety first whether it be mechanical, mental, moral or physical and you will have performed your duty to yourself and to humanity.

WELCOME THE NEW EMPLOYEE

When you go into a country or a strange place you are grateful to the man who extends to you the hand of fellowship, to the one who makes you feel at home.

Remember the new employees on the job. They are strangers within our gates. Especially at this time when we are increasing our force are we afforded an opportunity of showing new employees that we are interested in them and that we are anxious for them to be satisfied. A little effort on your part can make the newcomers feel at home and will show them the feeling of co-operation you have helped to build up. You can do more in five minutes to establish the right spirit while their impressions are forming than you can in many days after they have formed their opinions of you and our company.

BE CAREFUL

Have you ever noticed a one-armed man applying for a job? Have you noticed the apologetic air about him; the cringing, supplicating look in his eyes? Have you noticed how earnest he is? How satisfied he is, or would be with anything that might be handed out to him? But how often have you seen this man land a job? Very seldom, you say. Did you ever stop to consider who is to blame for such a state of affairs? Ask the man with the empty sleeve. Let him tell you his story. When you analyze the poor man's answer you will get, in most cases, just this: He was not careful.

And that is exactly the most common cause of accident. Lack of care. Lack of appreciation of what care means. For no sooner does one realize what one's carelessness may mean to himself, to his wife,

to his children, to his mother, if he is at all worthy of the name "man," he will mend his ways.

Take yourself for instance:

Consider yourself first. The exercise of care means, as a rule, a body without a blemish; it means continuous employment; it means health and happiness; it means that prosperity when it comes around will not pass you by and leave you and yours out in the cold.

To your wife your being careful means a future not marred by worries; grief; heartache. It means the babies will be taken care of, the rent will be paid, the grocer's and milkman's and butcher's bills will be met; it means above all that that most sacred institution, The Home, will be kept together.

To your children it means that their childhood days will be recalled by them, when they are men and women, as the brightest, happiest period of their lives. It means to them education and preparedness for grasping Opportunity when she comes knocking at their door.

Is it not worth while to be careful, when you know that so much to so many, depends upon it? A sound body gives the average man an asset that you cannot reduce to a matter of dollars. Don't throw this asset away in a moment of thoughtlessness or carelessness. Don't join the crowds of cripples, derelicts and men with a past. Yours is the future, if you will but make proper use of your faculties.—*The Anode.* —By P.

Things don't turn up until someone turns them up. Accidents don't happen until someone blunders.

A PLEDGE

That my after years be unmortgaged to regrets and sorrows and "what might have been."

That I may fully share in the bounties of life.

That I and mine may lead a cleaner life, a more fruitful life, a happier life.

I Pledge Myself

To think always of my own safety and of the safety of my fellow men.

To keep my eyes open for unsafe conditions and to take proper measures for their remedy.

To keep the machinery I work with and the tools I work with in good order.

To wear goggles whenever there is a chance of an eye injury.
To attend at once to the most trivial injuries that I may sustain, whether in the plant or in the home.
To be helpful to my fellow man, especially to the new man; to show him how his work can be done properly and safely.
To be orderly in my habits.
To lead a clean life, physically and morally.
To keep my temper.
To make allowances for the "other man's" weaknesses.
To consider the day lost in which I failed to either improve myself, or my home, or my work.
To be cheerful, hopeful, useful, careful.
To be a loyal employee.
To be a loyal citizen of the United States of America.—The Anode.

ONE YOUNG MAN'S CREED

Not long ago a young Cornell graduate found a job at engineering up in Canada. He buckled down to his work earnestly and was demonstrating the good stuff that was in him, when by accident he was killed. He had been receiving only moderate wages and in order to be frugal and save something out of these moderate wages he had hired a barely furnished room in which to live. After his death, when the few contents of his room were looked over, his friends found a manuscript containing the principles which this young man had formulated for his guidance through life. They are worth reprinting, for they show that this struggling engineer was also a human philosopher and the creed which he formulated should be a wholesale guidance for every man.

My Guide

(a) To respect my country, my profession and myself. To be honest and fair with my fellow men, as I expect them to be honest and square with me. To be a loyal citizen of the United States of America.

(b) To speak of it with praise and act always as a trustworthy custodian of its good name. To be a man whose name carries weight with it wherever it goes.

(c) To base my expectations of reward on a solid foundation of service rendered; to be willing to pay the price of success in honest effort. To look upon my work as an opportunity, to be seized with joy and made the most of and not as a painful drudgery to be reluctantly endured.

OVER THE TOP

To the Men in the Mines of America—

Do you think you have to travel to the battle front in France to go "Over the Top?" Well, you don't.

Wherever you are, and whatever your job, "No Man's Land" is in front of you; and you can go "Over the Top" whenever you make up your mind to do it.

DON'T FORGET

You are not really in the game—no matter what your place—until you start with every nerve a-tingle for the goal across "No Man's Land." As long as you stay in the trenches of individuality and disregard for your country, or for any other reason fail to give your best you have not caught the meaning and the mastery of "Over the Top."

Mining Men of America, let's go "Over the Top" for the sake of the boys in France. Miner! Dig an extra ton tomorrow—the company can start a stockpile if it can't get cars. Mine clerk and day-man! Resolve to work an extra hour at your job for your country's sake. Manager! Give more of your night hours to thinking and planning.

Let's all go "Over the Top" together for AMERICA.

REWARD

The man who makes the greatest effort is usually the man who earns the greatest reward. Effort is always rewarded but some people expect an advance payment on the work they still hope to accomplish. Hope is a virtue but it is always playing second fiddle to effort intelligently applied.