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Number 1

SURVEYING PULPWOOD

As raw materials arrive at the sulphite mill and are unloaded the wheels of bookkeeping begin to revolve. An inventory is kept and as the materials are used they are charged to the finished product so that the mill records may show the amount of each material used in making a ton of pulp. These records call attention to any abnormal consumption that may occur and steps may be taken to remedy faculty conditions in manufacturing.

Of the records of raw materials used in a sulphite mill perhaps the most interesting is that of pulpwood. While coal, lime, and sulphur are bought by weight, pulpwood is, as is well known, bought by the cord. It would simplify matters very much, if pulpwood could be bought by weight. The fact that spruce pulpwood when green weighs forty-five hundred pounds per cord but only three thousand to thirty five hundred pounds when dry shows that the only way to buy pulpwood by weight would be by dry weight. No practical way has been devised to ascertain the dry weight of green wood in carload lots. Even the measuring of wood by the cord has its

difficulties. Into the problem enter several factors difficult to determine exactly, that is to say, the surveyor of pulpwood has to exercise a great deal of judgment to go along with his measurements.

While the rules governing are pretty flexible, the surveyor must have a system whereby he may survey wood consistently and with frankness to all concerned. This system is furnished to the surveyor when he enters the company's employ. This system has been evolved after a great many years of experience and it takes into consideration the respective demands of the mill and the lumberman or of the buyer and seller.

The basis of the system may be said to be the standard purchasing contract, that is to say, all wood is purchased by contracts containing standard specifications as to the quality of the wood. The surveyor must be acquainted with these specifications so that he may judge intelligently the degree to which the wood meets the requirements of the contract. He is not only a measurer but a judge of the quality of the wood. Now the respective interests of the millman and

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WHAT ARE YOUR EYES WORTH?

If a blind beggar on the street holds out his cup for your penny or offers you an undersirable pencil, for the price of your pity—what is the first thought that comes to you? Isn't it—"Thank God I have my eyes?" What are your eyes worth—would you sell them for a thousand dollars?

Did you ever stop to think what sight was? Nobody absolutely knows as a matter of fact except that the mind and the sense organs are intimately related. If you had no mind your optic nerve could not register pictures neither could you see if you had no eyes or optic nerve. Eyes are delicate instruments of vision. Do you give these organs the care they deserve or do you abuse them?

To abuse your eyes is to strain them and there are many ways of doing it:

1. Insufficient illumination.
2. Excessive illumination.
3. Faulty position while writing or working.
4. Prolonged use of the eyes.
5. Neglecting to wear proper glasses.

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The Brown Bulletin

Contributions of news items are requested from every employee. It is not absolutely necessary that you write an article. If you have any news to offer or an article to suggest, drop a note in the suggestion boxes placed in the different mills for that purpose.

Vol. II. JULY, 1920. No. 1

Editorial Staff:

Editor-in-Chief W. E. Taft
Associate Editors..... { Oscar P. Cole
 G. E. Richter
Business Manager..... J. H. Briggs

Owing to a combination of circumstances our last issue was unavoidably delayed. Photographic cuts were not furnished on time and this very much delayed the press work.



BURGESS LEAGUE

The Burgess Baseball league opened in full swing Tuesday, June 22nd. The League is composed of three teams, Maintenance, Electrical and Office. Two five inning games a week are played, Monday and Thursday at five o'clock. Monday the Electricians defeated the Maintenance team by a score of 6 to 5, and Thursday the Office defeated the Maintenance crew 9 to 1. Everybody in the mill is enthusiastic and a great deal of amusement is furnished at the games.

Each team plays three games and the losers have to give the winners a "blow-out." The loyal rooters have plenty of chance to root and while it is not "big league baseball" there are a great many interesting situations, also some mighty funny ones. The

games don't cost anything so come on over and root for your favorites and have some fun.

STANDING OF LEAGUE

Team	Played	Won	Lost	Percent
Maintenance	2	0	2	.0000
Electrical	1	1	0	.1000
Office	1	1	0	.1000

NIBROC BASE-

BALL CLUB

The Nibroc Baseball Club has got well under way and so far has won every game played. The season was opened May 31st, by defeating the Thompson's Point team of Portland by a score of 3 to 2, Jones doing the twirling. The next team to be met was the Groveton team. Groveton had as a battery Frazer and Kenyon of the Amoskeag team of Manchester, but Lafayette with some timely hitting by the locals defeated that team by a score of 8 to 3. The next team to be met was the strong St. Johnsbury team at St. Johnsbury and this game resulted in a victory for the Nibroc by a score of 9 to 5, J. Veazie on the firing line. Conway was the next victim going down to defeat by a score of 10 to 1, Dusty Landrigan doing the honors on the slab. The much talked of Fort Williams were the next victims and they were mowed down by a score of 7 to 0, Lafayette and Jones sending over the barrage.

The next ones to invade the camp of the Nibroc were the Mechanic Falls team and they were sent home with a 1 to 0 defeat, Al. Laughrey, St. Anslem's and Manufacturer's League pitcher of Manchester, doing the honors on the firing line.

The Nibroc have five good pitchers none of them have been defeated yet, in Jones, Laughrey, Lafayette and Landrigan they have four good right handed pitchers and in J. Veazie they have a good south paw.

The rest of the team composed of Preo, Powers, Jacobs, Wagner, Morrison, Larocque, Wilds and Morris with C. Veazie, Haney and Davis as substitutes, they have one of the fastest teams representing Berlin in years.

The management are doing their best to bring the best of teams to Berlin and feel sure that from now on none but the best of teams will be brought here and from now on all teams have got to show the goods before the game, or the game will not be called.

Batting averages Nibroc Baseball team:

	ab	hits
Morris.....	15	7
Preo.....	17	8
Jacobs.....	21	8
Wagner.....	21	7
Powers.....	21	5
Morrison...	22	5
Larocque..	19	3
Wilds.....	21	3
Lafayette.....	4	2
Haney.....	4	3
C. Veazie.....	5	2
J. Veazie.....	5	2
Landrigan.....	5	1
Laughrey..	2	0
Jones.....	5	0

PLANT ACCIDENTS FOR MONTH OF MAY, 1920

CASCADE MILL

Accidents without loss of time..	8
Minor accidents.....	8
Total.....	16

SULPHITE MILL

Accidents without loss of time..	37
Minor accidents	24
Total.....	61

BROWN COMPANY

Accidents without loss of time..	21
Minor accidents.....	15
Total.....	36

SULPHITE MILL GAS

Superintendent Rahmanop recently returned from the Republican Convention at Chicago. He had a fine opportunity to study into the manipulators of the political leaders and to note how little the rest were expected to do, except shout.

A large eight wheel coal crane, with 60 foot boom, has been received, and is now at work in the storage yard. This will enable us to pile much more coal in a small place than can be done with the smaller cranes.

A conveyor is being built to unload ashes in the large hollow beyond bleach plant. When this is filled, we will have much more room for coal storage.

The small blowpits have been torn out in readiness for building concrete pits. These pits were built of thick hard pine, with many iron tie rods, and the work of cutting them up has been very tedious. Much time has been saved by the use of the electric arc.

After many months' delay waiting for material, we have been able to start up another boiler. All five should have been in service last winter, but the boiler makers fell down on their contract. We are now waiting for tubes for the last unit with no immediate prospect of getting any.

Messrs. Joe McKinnon and Jim Moody have been in camp at Concord with the State Guard.

The little lunch room is doing a fine business, but did you ever consider the service. You have two men on the day shift and one on the other two shifts. When a man goes in there on any of these shifts the lone waiter is washing dishes and when he does wait on you he is so rushed that he throws it at you in a way that would disgust anyone. You know men, or some men, will go in there no matter what the conditions, but please remember that good service and clean conditions are to be considered. To overcome this another man on each shift would improve conditions.

The refrigerating crew has started operations on flower beds in front of the building. If wind and gas prove favorable, we look for a very attractive display later on.

Fenson and his boy artists are doing a very creditable job in renewing the paint on the mill fences. It is noticeable that while most of the paint gets on the fence there is plenty left to ornament the crew.

Our business manager, Mr. Briggs, is enjoying a vacation at the hospital recovering from an operation for appendicitis. We are pleased to learn that he is making good progress towards complete recovery.

Mr. William McCarroll is back with us after undergoing a severe operation. "Mac" says he feels fine and fooled the doctors. He doesn't understand, however,

why Mr. Rahmanop should have sent eleven men to the hospital to carry him home.

MORE RECORDS BROKEN

Dominic Toro and crew of four men cut out old brick lining on No. 9 digester in thirty-seven hours, which beats all former records by several hours. This makes the digester house crew happy, because it will help get No. 9 back to work just so much quicker and thus get production up to four hundred tons a day again.

Estabrook, Coreau & Co. (which means Nic. Jrollouzzo, Mike Beni, Francis Mat-tachione and Arthur Lamontague) have done their best to try to hold up production. They began Saturday, June 19th, about 10 a. m. to reline No. 9 digester and finished Saturday morning, June 26th. This breaks all previous records by about two days. These are the things that keep the Burgess about two leaps ahead in the race all the time.

A PROBLEM

If a batted ball by Morrisette goes to Mich and Mich throws the ball over Connelley's head two miles, Connelley throws the ball over Lapoint's head one and a half miles, Lapoint throws the ball over Johnny Griffin's head one mile, making a total of four and one-half miles, what will be the total number of runs scored by the electricians—Ask Michaud.

CASCADE JUICE

Having some special work for the yard men to do before a rain fall an assistant superintendent took his yard foreman into the office and showed him a barometer and said, "When the needle goes up it will be clear and when it goes down it will rain before twenty-four hours." The foreman looked at him and put his hand on his head and said, "Something is loose, John, better see a doctor before it is too late."

John McCrystle has returned from his studies at the University of Maine and is working on plant problems.

The Nibroc-Berlin baseball team is proving as tough a proposition as the Kraft wrapper, from which it derives its name. One fan suggested that if you took any player and stood him on his head that you would see "Corbin," but that is hardly necessary since Corbin is very much in evidence at every game.

The Berlin-Nibroc aggregation gave a practical demonstration of a baseball game at St. Johnsbury on Saturday, June 12th, which resulted in another Nibroc victory. A clean slate so far.

The appearance of the yard at the rear of the mill shows a real improvement from the usual junk heap. Everything has been cleaned and raked up and receives a daily "toilet" to keep it presentable. This is a model for other departments to copy from.

Two of the blowpits are practically completed and the others are nearing that stage. These blowpits will be a great improvement for the accommodation of the cooks from the digesters.

Alf Webber has been transferred from the Cascade to the Bureau of Tests. Sorry to see you go, Alf.

With the removal of the size plant from the wood room, the work of raising the roof has made a noticeable improvement in the appearance, besides enlarging the department extensively. The new dryer will be installed in the space occupied by the size and milk tanks, so it is understood. This dryer will produce the sulphite in a very dry state, ruled for shipment, and the production can be more advantageously handled than it is at the present time. Many sulphite mills are shipping their bleached sulphite in this form, and some buyers will not buy it otherwise. This will put our sulphite department in a position to compete with the best sulphite mills in the country. If you haven't seen the Cascade bleach you have missed something good.

On June 24th one of our popular office men came near meeting with a serious accident. He was escorting the young ladies of the office on a sight seeing tour around the mill when going up one of the circular staircases he slipped and—ask the girls about the rest of it.

Summer has arrived at last, Levi has on his panama and his ice cream suit.

We have been presented with the Metropolitan Cook Books and the girls in the office were very much pleased with same with the exception of one young lady who was heard to remark, "I don't need one, I'm going to marry a Cook."

CO-OPERATION

It ain't the guns nor armament,
Nor funds that they can pay,
But the close Co-operation,
That makes them win the day.

It ain't the individual,
Nor the army as a whole,
But the everlasting team-work
Of every bloomin' soul.

—Kipling.

Measure your work with a speedometer, not a clock. Nobody cares how long you took. They want to know how far you went.—From "The Mirror," The Jelleff Shop, Washington, D. C.

RAINBOWS AND HOBOES

(From "The Spice Box," Jacob E. Decker & Sons, Mason City, Ia.)

"Old Alphabet Cobb," that's what the neighbors called him because when he graduated from college back in '96 he came out with a string of degrees as long as your arm.

Near as I could find out this graduating was about the last thing Alphabet ever did. He was poverty poor, an unsociable cuss with no worldly possessions except his limp old mules and a line of capital letters hitched onto his name.

I overtook him trudging along the road to town one day, so I offered him a lift. Then just to make conversation I asked him if he'd thought of anything that wasn't being taught in schools that should be.

He said there was one thing. By way of explanation he told in short his own

story. It seemed he'd had a position offered him when he graduated. He took it and soon discovered that there were certain things about it he didn't like. Another fellow's job looked good to him, so he switched only to find it had its disadvantages too. And so he went from job to job, forever discontented because he couldn't find one without a drawback.

He'd been chasing rainbows for twenty-two years.

And as we pulled into town he answered my question and said, "Yes, they ought to teach one more truth. There is some out to every job, no matter how rosy it looks from the outside. I might have made good from the first if I'd known that."

As Old Alphabet climbed out at the postoffice, I thought there sure is a pretty close relation between rainbows and hoboies.

Don't chase rainbows—make good in your present job.

IT'S NOT THE JOB—IT'S YOU

If you want to have the kind of a job,

Like the kind of a job you like,

You needn't slip your clothes in a grip

And start on a long, long hike.

You'll only find what you left behind,

For there's nothing that's really new.

It's a knock at yourself when you knock
your job,

It isn't your job—it's you.

BROWN CORPORATION

LA TUQUE

La Tuque is now assuming its best appearance. The hills and valleys in their dress of fresh young verdure with the beautiful St. Maurice glittering in the bright sunshine, make a picture which cannot fail to impress itself on the least sentimental of those who see it.

The very considerable period of dry weather has been fraught with much danger from bush fires, and although a number of small patches were burned, our very efficient Fire Protection Service worked to such advantage that the St. Maurice Valley came through much better than many other parts of the country.

In view of the ever increasing fear of a timber famine some time in the next generation, it is a matter of vital importance that everyone should co-operate in keeping down the loss by burning to the utmost.

We are glad to note that our Corporation is looking well ahead by the acquisition of additional territory at Bersimis, Que., thus ensuring supplies of pulpwood for many years to come.

The logs came down river into the safe care of Fred Gilman, who with his efficient crew got the sticks traveling up the chain in good style early in June.

This year all is bustle around the saw mill and the lumber is beginning to show up in goodly piles which are being spread out in a location further from the mill, chiefly to minimize the danger of fire.

We have also just received a new fire pump, so that our mill brigade will be well equipped to fight any combustion occurring where it is not wanted.

The new Precipitation Building is making good progress, likewise other constructional jobs which were put in hand this year.

The addition to the office building so much needed has been started, and when completed will relieve the overcrowded condition in this part of the plant.

The material for the new wash tank is now in sight and, as the foundation of concrete is ready, work will be pushed to have this completed in the near future.

We regret that Mr. Walter Arnott, the head foreman of our machine room, has been seriously run down in health and obliged to take an extended rest. It is hoped this will result in his complete recovery.

Many of the boys are very busy fishing during week ends and some fine catches have been secured. Henry Murch has reformed as he never sees any bears on his fishing trips these days.

La Tuque boys have a go at most things and the latest is a Rifle Club. As usual in starting it looks like a fine success. All that is now needed is "Stick-to-itiveness."

Tennis is generally lively when "Pat" Bradley is at the helm and in the matches arranged with the teams down river our fellows are sure to show up creditably.

Reggie Fairbairn is training pretty hard for top dog in tennis, and can be seen every day giving lessons to the poor novices—outside the court.

The new recreation and club building is being eagerly looked forward to, and hopes are high that it may be ready for use next winter.

Quite an extensive planting of shade trees has been carried out on the line of the new road by the Corporation Boarding House and the site of the new Club, also the Day school grounds have been leveled and laid out in nice style. Even the kiddies are well cared for by the Corporation.

Breathes there a man with soul so dead,
Who can't get SAFETY through his head—

Who will not BOOST the work along
Because he thinks the CAUSE is wrong?

If such a man be in OUR plant,
What is the reason why we can't
Treat him as junk—no more worth while,
And put him on the old SCRAP pile?

PORTLAND OFFICE

W. B. Moore, Western representative, with headquarters in Chicago, visited Portland office on business.

W. B. Brockway and party of Government officials visited Berlin on a tour of inspection.

L. G. Gurnett, finance department, has returned from a western trip. Mr. Gurnett travelled through California and spent part of the time in Arizona, including a trip across the desert in an automobile.

Mr. Brown is a member of the committee in charge of the State of Maine Centennial celebration to be held the end of June.

J. E. Marriner, pulp sales department, on June 5th left for Camp West Outlet in the Kineo region, where he will spend his vacation.

Barney Quinn of Berlin plumbing department was a visitor to Portland office on business.

Johnnie Vanier, financial department, has of late been wearing a proud expression; the cause we learn is the arrival of a baby girl to grace the Vanier home. Congratulations, John.

Arthur Spring, credit department, was in Berlin for a short stay, on business.

The strike of carpenters in Portland has set back the completion of the new office, more so in the installation of inter-department partitions. Until the new partitions are in place no one can really get settled, and everyone is anxious to see the permanent arrangement.

L. P. Worcester, accounting department, was in New York a few days on business.

Another item retarding the completion of the downstairs retail estimate room, new store room and fan room, is the shortage of chloride, one of the ingredients of the composition flooring used in this office. The cause is laid to the transportation companies who are unable to make deliveries.

Maurice Dee, who was recently injured by having his foot crushed in a lumber pile on the retail wharf, is much improved and is able to be about again with the aid of a cane.

Phil. Twitchell has been transferred to Chas. Means' job on the accounts payable.

Chas. Means is to have a new job which is of importance, as no visitors are admitted to the various departments until their business has been stated to him, and guided to their destination in the office.

An addition of seven volumes was made to the Portland Office Library during the past month, all current works, some of which are Fire Insurance, Office Management, Advertising, Credit Collections and Salesmanship. The first and third mentioned are entirely new, as there was nothing in the library before bearing on these subjects.

If one is to judge from the conversation in the office, there are a great number of amateur farmers in our midst, and if reports materialize we will have bumper crops next fall. What better testimonial than this appreciation of the extra hour available through the daylight-saving plan?

Now that the Casco Bay boat is on schedule time, Mr. Chas. Safford will move to his summer home on Great Diamond Island.

W. B. Brockway and family will occupy the "Towers" at Great Diamond, as has been the custom for several years. Motoring will be the pastime this season, and quite a few extended trips are to be taken through the New England States. Mrs. Brockway enjoys driving the car, in which she is quite proficient.

John Kelsey's hobby is a hare and rabbit farm at his home on Peak's Island. The specimens number about seventy-five and include some pedigreed Belgian and Flemish stock. The black "Flemish Giants" in particular are a very large specimen.

Nothing more has been seen in the Bulletin regarding the proposed inter-office outing. We hope it has not been abandoned, as there is yet time to formulate plans for a successful meeting.

Harry Currier, retail wharf department, has returned from his Canadian trip to Fredrickton, N. B., in relation to the pine and clapboard project. There is a shortage of clapboards, as practically none have been manufactured in the past two years.

F. W. Thompson, cost department, has been in Berlin a few days on the container and chloride claims.

In order that everyone in Portland office may have an opportunity to contribute news and information for the Bulletin, a suggestion box will be found on Mr. Means' desk for the reception of such data, and it is desired that all will contribute. There are many interesting items that would be welcome, but escape the attention when only one person is gathering news.

SURVEYING PULPWOOD

(Continued from page one)

the lumberman are opposite in some respects. As the surveyor's scale shows how many cords of wood are used per ton of pulp, the millman naturally desires a measure that will take into account to a great degree the qualities of wood that make for a large yield of pulp per cord of wood. On the other hand, the lumberman desires a measure that saves labor and timber on his part. Formerly the surveyors were appointed by the millman, but for a long time now the surveyors have been independent of the mill.

A reading of the more important specifications will show to those who are acquainted with both wood and mill work that the mill requirements are kept in sight in specifying the quality of wood to be delivered. The wood must be sound, freshly cut and clean, and must not include burnt or dead wood and must be either spruce or fir, the latter not to exceed a stated percentage. The branches must be trimmed close to the surface of the sticks, and no sticks under a specified minimum diameter and peeled wood must be free from particles of bark. Before the barking drums came into use more rigid rules were enforced against small size wood than at present. The old fashioned disc barker removed so much of the small sticks that very little wood remained. The reduction of the minimum size for small wood has made for conservation of timber for a large number of small tops that were formerly left in the woods are now shipped to the mill. Of course, the minimum size tends to become smaller as timber becomes scarcer. This in one way is a drawback to the mills as the

yield from the small knotty tops is small, but on the other hand it makes available a supply that would otherwise be lost.

Taking up more specifically the measurement of pulpwood, we may define a cord of pulpwood as being a stack of wood eight feet long and four feet high, the sticks themselves being four feet long. The height is usually taken somewhat below the line of the top of the sticks. A stacked cord will occupy one hundred and twenty-eight cubic feet of space. The actual cubic contents of solid wood varies with several factors. These factors are the care in piling, the degree of straightness of the sticks, the size and assortment of the sizes. No hard and fast rules may be laid down for these factors, this is where the judgment of the scalers come in.

In general large sticks pack more closely than smaller ones. The same wood will occupy more space if the small sticks are piled in one pile and the larger sticks in another. Smooth round pulpwood of the best quality, eight inches and over in diameter, will yield one hundred and two cubic feet of solid wood per cord. Small pulpwood from three to eight inches in diameter, will yield about ninety feet per cord.

Poor piling may account for a shrinkage of contents of, from a small percentage, to twenty or twenty-five per cent in extreme cases. With experience in re-piling and remeasuring badly piled wood, the scaler can closely approximate the necessary discount to be made. In all cases the surveyor first measures the pile of wood as if it had no defects and then makes the deductions for bad piling, untrimmed knots, crooked wood and the like in percentage. The unsound sticks he counts and averages their diameter and calculates the

contents and makes the proper discount in cords. Undersized wood, or foreign wood such as pine, he treats in the same way. In measuring peeled wood, the barked wood may be sorted out and measured and amount noted. The amount of barked wood is, however, not deducted, but a charge for cleaning may be made.

The scaler's stick is a six foot rule divided into feet and tenths of a foot which is much better for calculations than the feet and inches rule.

GRUMBLEKNOTTS

On June 12th, at just twelve o'clock, the "Spinsters' Special" left the Girls' Club for a weekend excursion to Martin Meadow Pond near Lancaster. Who went? Why, the Burgess Girls. Did you wonder if there were any men in the crowd? Ask the boys at the office. They helped make things lively by decorating the truck with signs similar to these, "No Men Wanted," "Spinsters' Special," "Not Married But—" etc. These signs greatly added to the fun, especially when we went through such a town as Lancaster.

There were just twelve of us, counting our chauffeur, and we arrived at camp about three o'clock. We had a real Saturday night supper, beans of course. After supper part of the bunch thought it necessary to explore around and the rest of us, in their absence, prepared a shower of silver and cut glass for Winnie, who is changing her name this week. When the bunch returned we gave Winnie her shower and had a wonderful time around the big fireplace toasting marshmallows, eating chocolates and peanuts and singing all the old Minstrel Show songs. There were plenty of mosquitoes that night

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WHAT ARE YOUR EYES WORTH?

(Continued from page one)

It costs nothing but a little thought to avoid such strain and there is a way of prevention to balance each of the sins of commission just mentioned.

SOME IMPORTANT DON'TS

1. Never read in a dim or flickering light, but secure sufficient illumination to make the act of reading comfortable and free from strain. Do not be tempted even by the most thrilling tale to read in the twilight.

2. Avoid a close, brilliant, direct light on the page, when reading or writing; an indirect, soft, uniform diffused light is preferable. Ground glass shades over electric lights or lamps are advisable, and if it is possible to have the light reflected from the ceiling this is better than a brilliant, close direct light.

3. When working or writing, the light should be directed over the left shoulder, that is, in right-handed people thus avoiding shadows. When reading, the light may be directed from above or behind. Reading in bed is not harmful, if one sits erect and avoids straining the neck and eye muscles. Huddle yourself up to read in bed on a cold night and you'll be doing a cruel thing to your eyes. When reading, the book should be about fourteen inches distant from the eyes. Lazy people and those with bad posture are more apt to strain the eyes than those who sit straight.

4. Prolonged continuous use of the eyes should be avoided, especially in needlework or in reading fine print; an occasional slight rest or change of occupation even for a few minutes will often prevent eye strain. Get up and look out the window, take a

drink of water, or else just lie back in your chair with closed eyes and relaxed neck muscles.

Of course you may have something organic the matter with your eyes. They may have:

1. Faulty action of the eye muscles.
2. Faulty shape of the eye ball.
3. Faulty shape or impaired condition of the lens.

Few eyes are perfect. The Life Extension Institute finds in its examinations of average men and women that between 30 and 38% need some correction of faulty vision. You ought to find out whether your eyes are suffering from strain. If they are you might be experiencing some or all of such symptoms as:

1. Pain around the eyes, or headaches, increased by the use of the eyes, especially for close work.

2. Fatigue and discomfort upon use of the eyes for close work often accompanied by blurred vision, drowsiness, headaches, watering of the eyes and irritable condition of the lids.

3. Vertigo, double vision, nausea and tremors.

4. When any such symptoms are present, the eyes should be thoroughly examined by a physician, in order to determine whether eye strain exists.

5. The relief afforded by the prescription of proper glasses is often quite remarkable.

It is astonishingly easy to get used to discomfort and to form the habit of neglecting warning symptoms until great damage has been done the eye muscles. Go to a reliable oculist and have your eyes tested. Reading glasses have prevented many a bad case of eye strain.

If a mild wash is desired, a solution of 10 grains of boric acid to the ounce of distilled water is useful.

Do not experiment with quack

remedies, eye waters, cataract cures, etc. There is no medicine that will cure cataract, but operation is usually successful. The expert physician is your only source of real good. Go to him in time. What would your job be worth, or your life be like without good eyes? Remember the blind beggar—surely your eyes are worth a little trouble.

GRUMBLEKNOTTS

(Continued from page six)

so we weren't a bit lonesome.

The next day we enjoyed bathing, shampoos, etc. Some of the bunch explored the pond in a motor boat and then decided to take a hike up Mount Prospect to Senator Weeks' summer home. We have many snaps of this beautiful place. The problem of how to get to and from camp without missing trains was solved by the kindness of Mrs. O. B. Brown and Dan O'Connell who made it possible for us to go and come by automobile. We all returned to Berlin late Sunday night agreeing that it was surely a wonderful time.

SAFETY WORK

The Company incurs a large expense in trying to make conditions in the mills safer for all. Besides the work of Safety Committees, the service of a nurse is provided to render first-aid when needed.

At present her time is divided between the upper plants and the Sulphite Mill.

There seems to be a lack of cooperation in some departments in this matter. The Sulphite mill men are very much pleased with results, but would like a nurse on hand all day instead of half days. The Cascade does not show enough interest to have a nurse at all, while at the upper plants it has been stated that many men do not know a nurse has been provided and that there is a lack of advertising on the part of the management.

On the face of returns the Sulphite mill shows many more accidents monthly. As a matter of fact the men there have formed the habit of consulting the nurse for very slight injuries while at the other plants they are still doing up cuts, etc., in a dirty rag.

Why not have a head for safety and nursing work and get all departments in step.

This equipment could withstand a DELUGE *The timber used is -* Kyanized Spruce

AMONG railroad engineers, one of the chief objections to wood as a building material is its tendency to decay. Timber, as commonly treated, on the other hand, generally has a disagreeable odor, high inflammability, and "bleeds."

Kyanized Spruce overcomes such objections entirely, for the patented *kyanizing* process not only renders the wood decay-proof, but also much less inflammable than untreated wood; and has no effect whatever on the odor, color or appearance.

Kyanized Spruce certainly merits the investigation of any engineer interested in economy and permanence.

BROWN COMPANY

Founded 1852
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