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he he he toes at the chest and —keeping chest and the then then same legs bend thrust time straight. forward the 20 arms times. touching 20 times /erhea**d,**

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Combine numbers 2 and 3, using a squat down to the floor instead of keeping the legs straight. 20 times.

Place arms overhead and clasp hands, then bend trunk sideward left and right so as to feel a marked pull upon muscles about the hips. 20 times.

Place arms to side horizontal, then side body bend first left and then right, touching the floor with each hand. Emphasize a rocking movement so as to feel the work upon the abdominal and thigh muscles. 20 times.

Place arms overhead, then begin a trunk circumduction by first bending forward, then left, then backward, then right,

om the na breathing running through for 100 the counts en knees times. high dУ ital, L... Av bends ei 1 le **Q** times backqu chest 111-111

Squatting exercises, bending thighs and legs as far as possible on the squat, touching the floor with the hands to correct the balance. 20 times.

ll. Partially dress leaving chest and arms bare, deep breath

ing throughout dressing.

2. Bathe the arms and chest and the face with cold water, or if it is possible, take a cool tub or sponge bath before dressing, finishing the morning hygienic treatment of the teeth and mouth followed by the cold face and chest tonic.

The above program may be cut in half for beginning, but work consistently and with snap and vigor. Health is dollars and cents and happiness to you. The above exercises can be done with a wooden wand or dumb bells and will give a pleasant variety. Consult the Y. M. C. A. Physical Director frequently.

and atisfacti 011 100% Π O join knowing shi ounds, that lat you a relieve Red you Cross will. suffering is little are Mem-Cost help-

enough for us to do.
You'll do it, won't you? Say yes right now and back up that "yes" with your dollar and an application. Your factory will take both

SAFETY FIRST

The person who will not listen to safety rules may have to listen to the sound of the ambulance gong.

No matter how slight, ALL INJURIES MUST BE RE PORTED AS SOON AS RECEIVED.

Let us all be safety inspectors; report unsafe places or machines to your foreman or the safety department.

Never try to remove anything from a fellow workma eye. Send him to the dispensary at once.

THINK! IF SAFE, GO AHEAD

Employees are not permitted to remove guards or operate machine without them.

YOU NEW YORK FACTORY FELLOWS HAD BETTER LOOK OUT. DON'T YOU GET CAUGHT.

Thirteen Fined for Walking on Railroad Track

road n practice the Lomplaint Hunter's ü Laurel going o<u>f</u> walking Ó was oint trom the propert heir at work. police from Long authorities of the factories their old-time or Island Railtheir

Owing to severe fines that were assessed against offenders some time ago the practice was abandoned and since that time there have been no losses of life.

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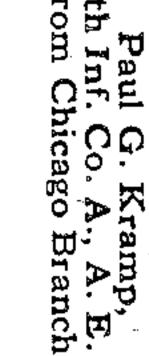
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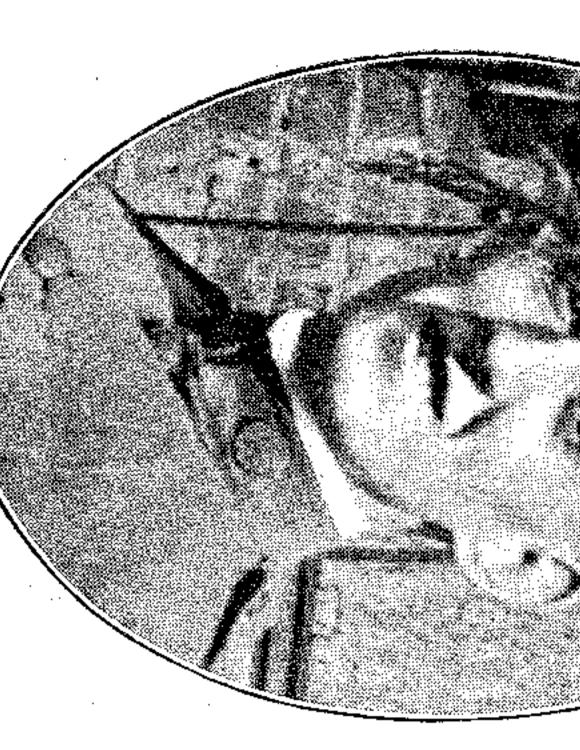
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from

you soon, I re Your Brother, t, I remain other, HOWARD BROWN

nes to let you know that I am safe and sound ready to do my bit. Training hard every day n tip top condition when we get the order to over the top. Everything over here is pretty this country has suffered. All the boys in my rious to get there to make the Hun run a bit at present, and he sure is going some. the shops are just as busy as we boys are getour equipment to help us along in this war. things I would like to tell you, but on account holding it back, but oh, what a story I can reback home which I expect to be in a very









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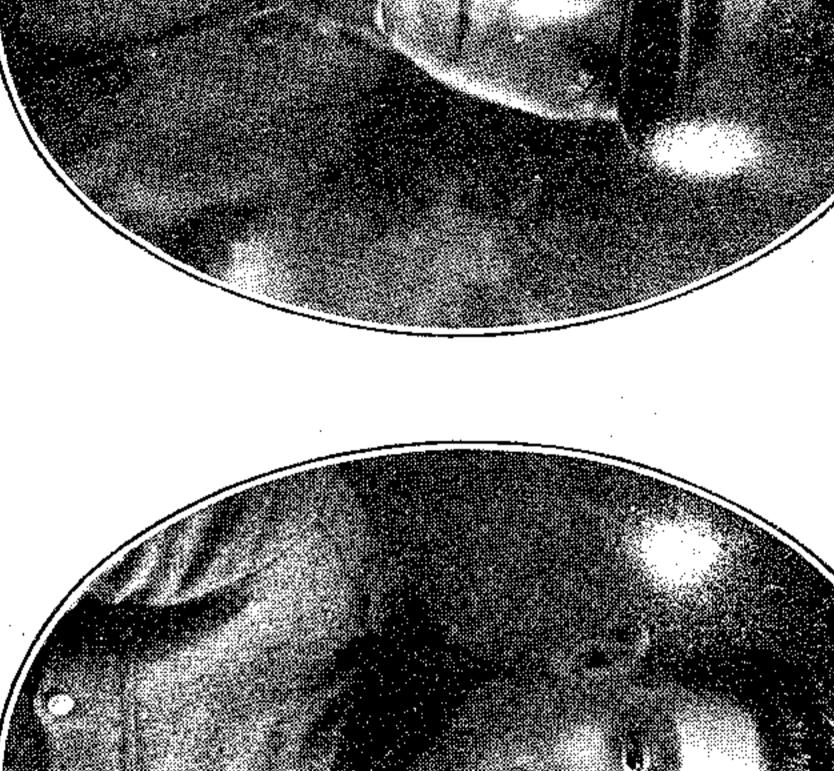
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Wake up	I wake up from sleep. I open my eyes. I look at the clock. I see the time. It is time to get up. I put on my clothes.
Wash	[wash my hands and face.
BrushI	[brush my teeth.
Comb	comb my hair.
Tat	l eat breakfast.