

SAFETY CONTEST STANDINGS TO TUESDAY, MAY 10th
(Contest Period - March 1st, 1949, to June 1st, 1949)
(Prize Money for Winning Unit \$150.00)

<u>Unit</u>	<u>Lost Time Accidents During Contest Period</u>	<u>Safe Days Since Last Lost Time Accident</u>	<u>Lost Time Accidents Since Jan. 1/49</u>
Services, Technical and Personnel Office	0	170	0
Steam, Structural and Hospital	0	140	0
Pulp Department and Hotel	1	67	4
Wood Handling and General Office	1	35	1
Maintenance and Miscellaneous Office	2	45	4

Congratulations to John Garvin, Head Electrician, who last week won \$10 for correctly reciting the Safety Slogan when asked. This prize was made up of the usual weekly \$5, plus \$5 carried forward from the previous week when Monty Paget, Maintenance Engineer, could not remember that week's slogan.

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MESSAGE FROM OUR PLANT NURSE:

YOU ARE WHAT YOU EAT Man cannot feel better or work harder than his food permits and the main reason for eating is to derive enough food energy to do a job. This food energy is measured in calories. In Europe, coal miners receive an extra allowance of food so they can work a little longer at the much needed coal production. But unfortunately they are not able to give enough extra food to keep the men at work very long.

Similarly, here in Canada, often the need for calories is not met. If you skimp on one meal, you find it difficult to make it up at the next. Thus, if you have a breakfast of a cup of coffee and no food in the middle of the morning, your work output after 11 a.m. may be very small, and your errors and accidents are likely to increase.

Contrary to popular belief, it is not always the family with the higher income who will be well-fed. Surveys show that undernourishment has been found at all income levels despite the fact that large sums of money were being spent on food. Many people think that the greatest food value may be obtained from expensive cuts of meat, from the most expensive fruits and vegetables. This is not so. Liver, for example, is next to milk in food value and should be served at least once a week. Beef liver is just as nutritious as the more expensive calf's liver. Canned vegetables are processed in such a way as not to lose their food value and are just as nutritious as the frozen vegetables.

The following are Canada's Food Rules approved by the Department of National Health and Welfare, Ottawa: (1) Adults should drink $\frac{1}{2}$ to 1 pint milk daily - children $1\frac{1}{2}$ pints to 1 quart. (2) One serving of citrus fruits daily (oranges, grapefruit) or their juices, and one serving of other fruit. (3) At least one serving of potatoes daily and two servings of other vegetables, preferably leafy, green or yellow, frequently raw (cabbage, lettuce, turnips, carrots, etc). (4) One serving of whole grain cereal (porridge, cream of wheat, etc.). At least four slices of whole wheat or brown bread with butter. (5) One serving of meat, fish, poultry, or meat alternates such as eggs or cheese. Use eggs and cheese at least 3 times a week. Use liver at least once a week.

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JACKLADDER START-UP PLANNED A welcome is extended to our new summer crew hired during the past few days for Jackladder operations which will get under way within the next few days. In line with the Company practice of providing safety equipment for all employees working where hazards exist, those persons who are working on the Jackladder crew who will be near the water, will be wearing Safety Belts. These provide protection against the danger of being pulled under the water - the simple act of flipping open the valve inflates the "balloon" which will hold the person upright and prevent sinking if difficulty is being encountered in scrambling back out of the water.

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FOR SALE Household furnishings; ladies Electric Seal Coat, Size 12. Reasonable. Apply 10 Pine Crescent.

FOR SALE 1938 Ford Sedan. Apply Barber Shop in South Camp, or 46 Hudson Drive.