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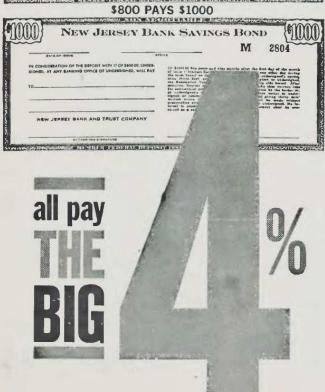
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IS THERE LIFE IN OTHER WORLDS?

It seems only yesterday that speculation about outer space and other worlds was entirely in the realm of science fiction.

But nowadays a man has actually flown around the world in a space ship, and an object made on Earth has been dropped onto the moon. A scientist has even heard radio waves from other planets!

Testimony to the intense interest about space was an extraordinary conference conducted recently in New York. Its subject: Life in Other Worlds. The speakers included an historian and a psychologist, as well as several distinguished scientists.

Dr. Kistiakowsky asserted that astronomers maintain that there are millions of planets similar to the planet Earth. "I believe it would be totally unscientific to deny them the possibility of life," he said. Further, he said that if we visited these millions of planets, we would most probably find "beings endowed with intelligence processes at least as good as ours."

Dr. Michael doubted that communication with life on other anets would have a very profound effect on our basic beliefs. He held that "after the first flurry of excited speculation and recapitulation of ritual profundities about the universe and man's place in it, I suspect that life will settle down with few if no immediate significant changes in values or perspectives for most people."

The final speaker was Dr. Toynbee. He pointed out that man has uncovered new worlds in the past — North America and South America, for instance — and brought with him slavery and war.

His conclusion was that "we have made sensational progress in mastering non-human nature; but we have been unsuccessful... in mastering our own human nature... Therefore I would say that the new worlds in whose life it is now most urgent for us to make contact areth e spiritual worlds within ourselves, rather than the physical worlds in outer space."



MAN'S KNOWLEDGE OF VITAMINS HAS GROWN CONSIDERABLY.
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LABOR DAY RECOGNITION

Credit for starting Labor Day belongs to a man named Peter J. McGuire, a co-founder of the American Federation of Labor. It was McGuire who, on May 8, 1882, while attending a meeting of the Central Labor Union in New York, proposed a celebration to honor "those who from rude nature have delved and carved all the grandeur we behold."

McGuire argued that although there were patriotic and military holidays, there was none "representative of the industrial spirit, the greatest vital force of the nation." He proposed the first Monday in September for Labor Day, "as midway between the Fourth of July and Thanksgiving, and would fill a gap in the chronology of legal holidays."

The labor union approved the general idea; the first Labor Day was celebrated on Tuesday, September 5, 1882. Ten thousand workmen marched down the streets of New York.

In 1883 another celebration was held, and by 1884 the union had agreed on the first Monday in September as the unchanging date.

Cities and towns gave Labor Day its first official recognition, and then the idea spread to State Legislatures. The first State to introduce such legislation was New York, but Oregon was the first to approve a bill — February 21, 1887 Soon other states followed suit.

It was in 1894 that Congress, without debate, got around to making Labor Day a legal holiday in the District of Coit would come at the most pleasant season of the year, nearly lumbia and the Territories. As a matter of fact, Congress can do no more than that — it's up to the individual states to establish holidays. There is no such thing as a national holiday.

As it is, some states don't observe Lincoln's birthday, Columbus Day, Election Day, or Memorial Day — but all the continental United States observe Labor Day. Last to approve was Wyoming, in 1923.

Over in Europe, May 1 is the traditional day to honor labor. And, unlike the United States, in Europe only laborers celebrate; here, everyone participates.

Religion and Labor Day have been associated since 1905, when some churches began observing Labor Sunday.

It was in 1910 that the American Federation of Labor adopted a resolution establishing Labor Sunday as the day before Labor Day, and requesting that all churches "devote some part of the day to a presentation of the labor question."

The Bible has a great deal of up-to-date advice for both the laborer and the employer, according to Dr. Oswald Hoffmann, whose radio messages on The Lutheran Hour are heard in 100 different lands by an estimated 30 million people.

As evidence, Dr. Hoffmann cites the famous parable in the Gospel according to Matthew.

"In this Gospel," Dr. Hoffmann says, "Jesus tells of a landowner who hires laborers for his vineyard one morning. He agrees to pay them the usual wage, and then sets them to work

"Later, at three intervals, the landowner hires more laborers — three hours later, at noon, and an hour before sunset.

EIGHT SAFETY TIPS FOR PREVENTION OF ACCIDENTS

Recent tragedies involving plastic bags have pointed up a surprising and little known fact:

Over 50,000 Americans die each year as a result of suffocation!

These are, each year, 50,000 "other fellows," for everyone knows that he won't ever face a suffocation problem. Still, according to Dr. John Henderson, medical director of Johnson & Johnson and one of the world's ranking authorities on first aid, "It's like that thousands of lives would be saved each year if only people knew more about how to avoid suffocation, what actually causes it, and how to help someone who has stopped breathing."

Though drownings and leaking gas make most of the headlines, many people are unaware that suffocation can be caused by poisoning . . . electric shock . . . even a bad fall!

Uncounted numbers of children have lost their lives in refrigerators whose owners, when discarding them, failed to remove the doors and punch holes in the sides. Dark closets, fearsome places to most little tykes, fully deserve the dread with which they are regarded; often airtight, they have claimed hundreds of lives.

Were you aware that most people who lose their lives in fires die as a result of suffocation rather than burns? It's a fact! The overwhelming majority of those who die in fires are first overcome by smoke.

Each of these eight safety tips represents an ounce of prevention that will help you to avoid situations in which suffocation could occur.

- 1. Remove the lethal threat of carbon monoxide by replacing burned-out car mufflers promptly and by making sure gas heaters in the home are vented to the outdoors. The car window and the window of any room in which a gas or oil heater is in use should be slightly open even on the coldest day.
- 2. If there's a baby in the family, protect him against the threat of suffocation by using blanket rings to secure the corners of the crib blanket.

THROW AWAY PLASTIC BAGS

- 3. Few homemakers realize that dust is not only a nuisance but a potential hazard. Because dust and flour are explosive, they should not be thrown into a stove fire or a burning incinerator. Always wrap dust or flour before disposing of it.
- 4. Always unplug electrical appliances before cleaning them, never clean any electrical appliance in the sink. It's also wise to disconnect your electric iron when interrupted by a ringing phone or doorbell.
- 5. Make sure that stoves, heaters, furnaces and chimneys are clean and in good repair, storage areas uncluttered by old newspapers, broken furniture and other inflammable debris, appliance cords not worn, frayed or grouped around danger-our "octopus outlets."
- 6. Remove flammable liquids such as gasoline and other explosive dry cleaning fluids from your home. A tiny flame or spark, even from static electricity, can ignite gasoline vapor.

- If you don't know already, learn how to recognize the symptoms of shock and treat wounds. Suffocation can result from shock due to loss of blood.
- 8. If you or any member of your family must use barbiturates, sleeping pills or any other sedative or stimulant, be sure you don't exceed the dosage specified in the prescription.

Mouth-to-mouth rescue breathing, a lifesaving technique officially adopted by the American Red Cross and approved by Civil Defense authorities, is now preferred by most doctors to manual methods of artificial respiration. It's easier for the first-aider and delivers a much larger and faster supply of air.

An ingenious new device is available which makes the mouth-to-mouth technique easier to administer and at the same time is an esthetic refinement of this technique, since it eliminates the necessity for direct oral contact with the victim. Called the RESUSITUBE Airway, it is a pocket-size, S-shaped breathing tube invented by an anesthesiologist, which provides a mouthpiece for the rescuer and an airway through which the victim can receive breaths of 1,000-2,000 cubic centimeters of air.

Five to ten of these breaths, administered immediately, could revive a victim within ten to twenty seconds. Manufactured by Johnson & Johnson in both adult and infant sizes, the RESUSITUBE tucks into pocket, purse or glove compartment, ready to save lives in emergencies. It does the same job as heavy oxygenating units, according to professional rescue teams. Its use is extremely easy:

- 1. Place the victim on his back, face up. If foreign matter is visible at his mouth, turn his head to one side and rapidly wipe mouth and throat clean with your fingers or a piece of cloth. Don't waste precious time trying to empty the lungs or stomach of a drowning victim, but proceed with resuscitation at once.
- 2. Taking a position at the head of the victim, tilt his head back and insert the Resusitube over his tongue till the flange rests on his lips. Hold tongue with fingers during insertion to make sure tongue is not pushed back into throat.
- 3. Close victim's nostrils with your thumbs and press the flange over his lips with your index finger to prevent air leakage. Hold chin upward and toward yourself with remaining fingers, being careful never to let chin droop.
- 4. Blow into tube, forcefully for an adult, gently for a child, only puffs from your cheeks for infants. When the victim's chest moves take your mouth off the tube and let him exhale. When he has finished, blow in the next deep breath. Blow rapidly the first few times; thereafter about one breath every three to four seconds is enough. Keep up until he starts breathing naturally or is pronounced dead by a physician. If he is taken to a hospital you must ride along to resume resuscitation if he stops breathing again.

If you've read this article carefully, you now know more than nine out of ten of your fellow citizens about the causes, prevention and treatment of asphyxiation. Should an emergency arise, let's hope you — and not one of those nine other fellows — are on the scene. If you are, everyone will breathe easier.



March 1864



MARCH 1964

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In many ways, 1st National is actually an expression of our customers' faith in the future. Through sound banking practices, by providing complete banking service to both individuals and businesses, we shall continue to do our part in making this future a bright one.

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