W. J. JONES Completes 30-Year Service W. J. Jones started learning the molding trade in 1899 in Detroit, Michigan. He came to Columbia Steel Company, Pittsburg, Calif. in 1910 and left in 1911 to join the Willamette Iron and Steel Company in Portland, Oregon. He returned to the Pittsburg, works on Jan. 1, 1916 and has been in the employ of the Columbia Steel Company ever

On Aug. 8, 1923 Jones was transferred to the Torrance Works as the molding fore-man. In 1927 he was appointed assistant superintendent and molding foreman which posi-tion he holds today. Jones was presented with Columbia's 30-year award last week.

The cuckoo lays her eggs in other birds' nests, allowing her young to be reared by foster parents. She makes a rasping, cough-like sound which does not remotely resemble the "cuckoo, cuckoo" from which her name is supposed to be derived.

GO GREYHOUND!



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GREYHOUND

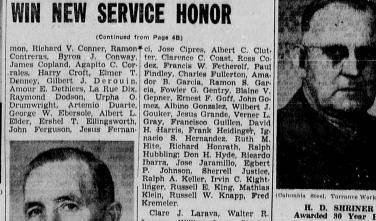
604 COLUMBIA EMPLOYEES WIN NEW SERVICE HONOR



R. F. DETRICK 30-Year Service Pin

30-Year Service Pin
On June 6, 1917, R. F. Detrick was employed as an electrical helper by the Torrance Plant, Llewellyn Iron Works which on April 1, 1923 became the Columbia Steel Company. In 1918 Detrick started operating the tilting tables in the rolling mill department and is presently employed as a guide setter. Detrick received the Columbia Steel 30 year award last week.

ANGEL FOOD



Lawson, William Leetz, Stanley A. Lewand, Arthur C. Lewis,

Edward S. Licht, Jacinto Lopez, Carl J. McBride, John F. Mc

Connell, Charles McConville, James R. McKerlie, Lawrence

Awarded 30 Year Pin
H. D. Shriner's steel career
began in 1900 with the Cam
bri Steel Company in Johnstowne, Fa., where he worked
in the rolling mill, the laboratory and as a shipper and
inspector until 1911, His U. S.
Steel career began locally at
the Llewellyn Iron Works, now
Columbia Steel Company, on
May 16, 1917, when he began
work in the rolling mill department.

Shriner now is a handyman
and strander on the 12-inch
mill in the rolling mill department. He received Columbias
new 30-year service award last
week. James R. McKerlie, Lawrence W. McLaughlin, George L. McLeod, Ramon Magana, Kenneth H. Malstrom, Pascal Marechal, Pedro Martinez, Alfred B. Mathew, Ernest W. Maulk, Crisoforo Mendoza, Fred W. Miller, Carl E. Millet, Claude W. Mitchell Sr., John T. Moore, Florencio Mora, Edwin S. Morang Jr., Antonio A. Moreno, Jesus Moreno, William S. Moigan, Newell Mortensen, Robert B. Myers, Jose Negrete, James H, Neill.

B. F. DEFILICK
36-Year Service Pin
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which on April 1, 1923 became
the Columbia Steel Company
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Right Guide

This column is designated to give official VA answers to yeterans readjustment probblems. Send questions to MIGHT GUIDE, 1380 Sepulveda bitd., Los Angeles 25, California.

Physical Therapy . . . A V.A. edical Out-Patient Service. — Many world War II veterans in the Los Angeles Regional area came back from the South Pacific with skin disorders, or from the European theatre with arthritis, or suffered muscular and nerve disabilities as the result of gunshot wounds. For these veterans, and others who are studying on-the-job or in schools under Public Law 16. who suffer fractures, sprains or strains, the Medical Out-patient Service of the Veterans Admin istration's Los Angeles Regional office at 1031 South Broadway has a complete physical therapy unit which is well equipped to treat and care for such dis-abilities.

abilities.

The latest in therapeutic appliances have been installed, and a trained staff is on hand to give veterans with service-con nected disorders, or men on hospital furlough, the firest of physical therapeutic care, the object of which is to reduce the time necessary to recondition affected muscles and nerves and to alleviate pain. To accomplish this the Physical Therapy unit works with ultra violet ray machines which retard or control the spread of some skin disorders such as psoriasis or acne. Diathermy short wave machines give deep heat treatments relieving pain caused by arthritis, sprains sinusitis, etc.

Other specialized physical therapy appliances provide both non-luminous infra-red lamp and luminous infra-red lamp and luminous infra-red lamp treatments, individual ovens or bakers are used to apply heat to arms or legs, paraffin baths for finger, wrist or hand treatments and scientifically constructed whirlpools for the immersion of arms, legs or the entire body into baths of automatically controlled hot water. Electrical appliances are available for the treatment of circulatory disturbances and low frequency currents are used to stimulate nerves and muscles and as a sedative in such cases as neuritis and sciatica. Therapeutic massages are given when needed.

Gymnastic equipment is also a vallable to exercise weak muscles and includes the rowing machine, stationary bicycle, weights, dumbbells, parallel bars, for the training of amputes to walk correctly with their prosthetic appliances and specially constructed exercise machines for increasing joint motion and strengthening for increasing joint motion and strengthening suspales.

muscles,

The Physical Terapy unit of the VA Medical Out-patient Service was set up in accordance with the VA policy of offering veterans "medical service second to none," and eligible veterans should take advantage of its equipment and staff to hasten their recovery. The address again is the Los Angeles Regional office of the Veterans Administration, 9th floor, 1031 South Broadway in downtown Los Angeles

Public Health Education Is Stressed Here

By ROY O. GILBERT, M.D. Los Angeles County Health Officer

Education has long been one of the most important tools used by all public health agencles in their programs to pro-tect and better the health of

the general public

Public health physicians, Public health physicians, nurses, sanitarians, communicable disease inspectors and medical social workers have always spent a great part of their time in teaching individuals and community groups the "whys and wherefores" of immunization, infant and pre-natal care, nutrition, sanitation, quarantine and isolation, family adjustments to illness and many other practices and procedures common to daily health department activity. The medical and engineering aspects of the modern health program are based on the public's knowledge of basic facts concerning the control of disease and a growing desire for more healthful and hygienic living.

In recent years most of the agree public health agreentile need to the process.

sire for more neathrul and hygienic living.

In recent years most of the larger public health agencies, of ficial and voluntary, have established educational offices to specialize in mass education and to conduct community-wide educational techniques to health teaching. Visual aids such as motion pictures, silde films, posters, pamphlets and exhibits are used by all large departments. Through public relations, lectures, meetings and newspaper publicity modern health organizations seek to induce the practice of health habits based on sound medical and engineering knowledge.

Health education is by no means a new health activity; it is perhaps the oldest one with the latest face lift.

VETERAN HOSPITALIZATION

VETERAN HOSPITALIZATION
Veterans with "non-service connected" diseases or disabilities,
if they do not need emergency
care, can be admitted to a VA
hospital only if a bed is available and if they cannot afford
treatment elsewhere,
Of the total number of patients treated by the Veterans
Administration each day approximately 29 percent are service connected.



Fly your kites the way the experts dothe safe way! It's easy to do. Just remember these four simple rules:

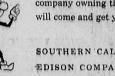
> Fly your kite in an open field, away from pole lines and overhead obstructions.

Never use wire, tinsel or metallic string.

Be sure the cord is perfectly dry.

If your kite catches in a power line, let go immediately. Don't pull! Phone the company owning the line, and a lineman will come and get your kite for you.

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Excess fat can make you more susceptible to heart disease. A million fellow Americans die of heart disease each year. Vital statistics show that overweight people are one and a half times more subject to this dreaded disease than those of normal weight. The bulging waistline means that every pound of excess fat adds more than half a mile of extra heart pumping. Your doctor will tell you that excess far should be removed with CAU-TION. Follow his advice. Eat sensibly and keep your diet balanced with WINS.

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