

Don't Overwork

How To Fight Fatigue

Are you too tired to make money? You'd be amazed at how many people are—and don't even know it. Industrial experts report that chronic fatigue is one of the biggest threats to employee productivity—and advancement. So heed these tips, and start fighting back against one of success's worst enemies.

Frequently, the man who spends the most time with his work gets the least done. Busy all day, working so hard he skips lunch, he rushes home, gobbles his dinner, and (you guessed it) does some more work. Without a break, he's exhausted—mentally and physically. And with nothing to look forward to but work when he wakes in the morning, he's tired before his day begins—without even suspecting it.

Signs, Maps Help Michigan Driving

LANSING — Hardly anyone gets lost traveling in Michigan anymore.

Nearly 400,000 signs on state highways make it possible to drive almost anywhere in the state without a wrong turn.

And in the glove compartment of nearly every car is that little helper, the sign poster. Together, the maps and highway signs make it easy to find your way in Michigan pretty simple.

But it wasn't always this easy. In the early 1900s, the roads were narrow and bumpy and a new car was a luxury. The automobile was sharing Michigan's roads, and highway signs were a novelty.

Motorists traveled at their own risk of becoming lost. Early map makers guided travelers by means of church spires, clumps of trees and an occasional homing mite post.

Some enterprising map makers put up their own route markers, but motorists had to buy one of the company's maps to figure out what the signs meant.

It got to the point where there were as many as 15 different signs running up one telephone pole.

A confused motorist would have to stop, get out his map and see if any of the signs on the map looked like the ones on his map.

Back seat drivers must have been a real nuisance then. Motorists got a break in 1916 when one map company announced a contest with a \$100 prize for the employee who came up with the best idea for a new map.

A bright young map draftsman suggested road maps for motorists. He also suggested that the best work be done by a distinguishing symbol.

The road maps caught on fast, but it wasn't until 1925 that the U.S. Department of Commerce adopted by the American Association of State Highway Officials.

Today, about 200 million new highway maps are printed each year by oil companies and millions more are given away by state highway departments and other agencies. It's an \$11 million annual business.

The Michigan State Highway Department annually prints nearly one million highway maps and the supply is always exhausted within a few months.

The 1965 maps will be ready for distribution early next year. Michigan's highways are numbered in orderly fashion for the convenience of motorists.

Even-numbered Interstate and U.S. highways run generally east and west, odd-numbered highways run generally north and south, a system in effect throughout the country.

This U.S. map and key across the Upper Peninsula; Interstate 94 runs east and west across the southern part of the Lower Peninsula.

US-23 runs north and south along the east coast of the Lower Peninsula; US-31 follows the Lake Michigan shoreline.

Michigan's official map and highway signs are time tested, but they are constantly being improved by new methods of road travel.

The 1965 Official Highway Map, now on the State Highway Department drawing boards, will have several new features that will make it easier to find directions, especially at freeway interchanges that look complicated, but really aren't.

And someday soon, someone will come up with an even better winning suggestion—like the one in 1916 that put a road map in the glove compartment of nearly every car on the road.

Simple but absorbing hobbies, soda baths to soothe worn nerves, a basic knowledge of your own pattern of energy and rest requirements... these are what it takes for you to help make your own breaks.

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EAGERLY AWAITING the start of classes Monday at Schoolcraft College were these students from the Farmington-Clareville area. The group includes (from left) Lynn Bonds, 20075 Seminole, Redford Township; Nancy Cook, 2748 Pickford, Livonia; Dennis Cave, 22840 Farmington Road, Farmington; Great Derry, 10884 Resistor, Livonia; Mrs. Elizabeth Decker, 22549 Ashley, Farmington; and Donna Betham, 20399 Beatrice, Livonia.

Labor Safety Week Proclaimed

Governor Romney Friday urged all citizens to cooperate in a nationwide safety program sponsored by the leaders and workers of organized labor. "Labor has long recognized the necessity for reducing accidents, not only on the job but on the highways to and from the job," Romney said. "It is fitting, therefore, that as the nation pauses to pay tribute to working men and women, Michigan citizens take the utmost caution and exercise good common sense to preserve every life which is a part of the great and vital force that is labor."

In a proclamation designating August 30 through September 7 as "Labor Safety Week" in the state, the governor urged citizens "to reaffirm their deep and genuine concern for the preservation of human lives and to demonstrate this belief not only with their lips but in their daily actions."

Mr. Lloyd Utter, Health and Safety director for UAW-CIO, chairman of the nationwide actively co-sponsored by the National Safety Council, assured Governor Romney of the cooperation of union rank and file in the Governor's "right your way to safety" campaign intended to reduce accidents on the highway over the Labor Day week end. The governor urged all motorists to drive with their headlights on over the weekend to bring attention to the constant need for safe motoring.

Additional emphasis is being focused on children returning to school after the holiday. Utter told Romney, and all union locals in the state have been notified of the program and urged to cooperate.

Every man has a show in life, but few find it a circus.

Oakland U. Schedules Courses At Northland

Northland Center will be the classroom site for four courses in retailing offered by the Oakland University Division of Continuing Education starting the week of September 28. The adult courses are part of an Oakland/Certificate Program in Retailing.

Oakland will also bring its Seminar in Small Business Management off-campus to the Detroit area with a choice of Seminars at a Redford location on Monday evenings or Eastland Center on Tuesdays. Special brochures on all courses are available from the Division of Continuing Education, Oakland University, Rochester, 359-1211, Ext. 2147.

The Northland-based retail courses will be (1) Modern Approach to Retailing, Thursdays starting October 1, taught by William M. Browne, Jr., former J. L. Hudson Co. (2) Effective Retail Supervision, Tuesdays starting September 29, taught by James Artzberger, Divisional Manager, J. L. Hudson Co., Northland; (3) Retail Research and Promotion Solving Approaches, Mondays starting September 28, taught by Arthur W. Cornwell, Research Analyst, J. L. Hudson Co., and (4) Effective Advertising, Wednesdays starting September 30, taught by C. Ronald Johnson, Assistant Advertising Manager, Budget Stores, J. L. Hudson Co. Classes meet for 10 weeks, 7-9 p.m. in Community Concourse Room C.

The Seminar in Small Business Management is a series of 10 lecture-discussions for management personnel of small manufacturing firms on a variety of business topics. Each lecture is given by a specialist in the topic area. Milton B. Pollock, management consultant, Pullock and Richards, will coordinate the Monday night seminar to be held at Pearson Junior High School, Room 18, 10980 F. Farsch, a market analyst, Chrysler Corporation will lead the Tuesday evening seminar at Eastland Center, Community Concourse Room B. Both seminars meet from 7:30-9:30 p.m.

The first statewide Apprenticeship and Training Conference in Michigan will be held October 8 and 9 in the Pauline Hotel, Grand Rapids. William A. Price, U.S. Labor Department officials announced today.

Price, Michigan State Supervisor of the Bureau of Apprenticeship and Training (BAT), pointed out that apprenticeship conferences had been held in the Upper Peninsula in 1962 and 1963.

"These regional conferences were so successful," Price said, "that our Bureau decided to hold our third annual conference in a central location so that all interested Michigan citizens could attend."

"Property comes to a family and they think they must live up to it and a little beyond."

Detroit Port Business Up 63.7 Percent

A July, overseas commerce gain of 10,769 net tons over the same month last year, swelled the Port's season total of 372,025 net tons — up 14.822 net tons or 63.7 per cent, over 1963.

Economic benefits through July 31 shot up to \$5,202,823. This represented an increase of \$1,925,517 over the same period in 1963 and is attributable to the fact that high value general cargo was 104,568 net tons above the 172,938 tons handled at the same time last year.

Imports continue to exceed exports — 229,239 tons to 148,788 tons. The only category of overseas commerce that showed a decline over last year was Department of Defense cargo. This was off 77.4 per cent for a lesser total of 1,115 tons.

There were 55 more overseas vessel calls for a total of 402, as compared to 347 vessel calls for the same period in 1963. An average of 925 net tons of cargo per vessel was discharged or loaded, as compared to 855 net tons per vessel during the corresponding period last year.

Every man has a show in life, but few find it a circus.

HERE'S PROOF PRICE CUTTING IS OUR BUSINESS

WAIT NO MORE! Get in on the Gigantic Savings, the Free Gifts—the Most Sensational Credit Terms in Our 57-Year Family History

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BUY FACTORY-DIRECT AND SAVE!

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1c Down Installs It Now!

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Latest Perma-Seal model plus installation. To cover all shows up to 48' x 48' finished. Includes 40' x 40' roof.

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1c Down—No Payments 'til Spring

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