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In Which We Make Our Little Bow

The Social Service Division of the Spruce Wood Department of the Great Northern Paper Company is the development of an idea which had its inception in the active brain of Manager F. A. Gilbert in his desire to bring to the people of the Spruce Wood Department more of the pleasures of life and to afford them opportunities for diversion which they could not otherwise get.

That is the reason for its existence and its excuse for functioning.

Mr. M. S. Hill was appointed Superintendent about a year ago, since which time his plans have developed to their present stage, of bringing to the wilderness those pleasures of city life which we all enjoy having, in entertaining and instructive reading, in music and in moving pictures.

Reading is provided through traveling libraries which are rented from the State through the office of the State librarian, these libraries being placed at the company's headquarters at Pittston, Seboomook Grant Farm, Rice Farm, Dyer Brook and Monticello. A librarian is in charge and books can be had at any time. From these headquarters places, the books, under certain necessary restrictions, can be used by the men in the outlying camps and operations of their several natures.

Besides the libraries, current event and fiction reading is offered through weekly and monthly magazines, forty of which go each issue to these headquarters places and during the woods operation season to the principal depot camps as well and from those places, after being read, they are forwarded to the smaller camps located farther back in the woods.

Victrolas have been placed at the same places and sets of records arranged in programs of about twenty-five selections each and the aim has been to make them sufficiently varied to cater to all tastes so that there is included a variety from the latest fox trot to the big Red Seal records of grand opera by the greatest singers. These concert programs are sent in rotation to these several places to give them a new set of records at stated intervals.

"Carrying the Movies to the Lumberjack" might be the title to what is perhaps the most important of the recreation activities thus far attempted. There was naturally considerable skepticism as to how this would work out and if worth while pictures could and would begin. Everyone, broadly speaking, goes to or is interested in the movies nowadays—it is the most democratic, the most popular and best patronized form of recreation in which the American people now engage. The movies reach and interests old and young and those in all walks of life. Naturally they interest those whose work takes them into the woods, where heretofore about all they could be interested in was those things which make up their daily toil.

The moving picture business is the fourth largest in the United States. The receipts from all phases of the business are $750,000,000 annually. Approximately 16,000,000 people view the moving pictures every day. Something like 1000 moving picture features are produced annually with earnings from rentals approximating $75,000,000 a year.

Success doesn't necessarily mean 100 per cent. in the school of experience
The theatres paid Uncle Sam in taxes $21,000,000 in July, August and September, 1920. A recently constructed studio cost $2,000,000 and a theater in New York City including the land value cost $5,000,000.

That we have convinced and satisfied, with our moving picture shows, is the best argument as to their success and that success is largely due to the high grade productions which have been given—films which have equalled those shown in any of the theatres "down river" and in some instances have even excelled their meritorious offerings.

We have shown on the "Silver Screen" the greatest stars in moving pictures—Wallace Reid, Wanda Hawley, Douglass Fairbanks, Viola Dana, Charles Ray, Billy Burke, Enid Bennett, Dorothy Dalton, Frank Mayo, William Hart, Gloria Swanson, Charlie Chaplin, Fatty Arbuckle and others whose names are household words as much so as Ty Cobb, Stuffy McInnis, Home Run Baker, Babe Ruth and other baseball stars and even better known than those who direct the destinies of our State and Nation.


It is of interest that some of the films we have shown have been advertised for showing in the theaters of Bangor and other cities after they have been shown by us.

The films which we use are obtained through the Boston office of Community Motion Picture Bureau, a New York organization which furnished the films used by the United States Army during and since the war and which maintains a very extensive and efficient censor bureau to see that only the most desirable films are furnished. They have worked in close cooperation with us in securing the films which we suggest and which could not, many times, be otherwise secured for our showings.

Bookings which have already been made for several weeks to come assure a continuance of the high grade quality of the past season.

We cannot, of necessity, show the very latest releases on account of the prohibitive cost, as the films first go to the theaters in the larger cities who can afford to pay the weekly charges of $500 to $2500 because of the immense revenue they receive from their patronage. Ours are given free of charge. We do, however, by a most fortunate arrangement, get the first of the so-called second releases which is after they have been shown in the larger theaters of the principal cities.

In athletics, all that has so far been done, has been to furnish gloves, balls, masks and bats for baseball and also footballs, but our plans in hand contemplate the laying out of baseball diamonds and tennis courts and extension to such lines of athletic activities as the demands may develop. Later on special recreation buildings may be built.

Health work along constructive lines will be inaugurated and arrangements have already been made with Dr. Coombs of the State Board of Health for talks on health illustrated by moving picture films.

The question of better facilities for bathing and personal laundry work at the farms and camps is having careful consideration to see how it can be best handled.

Thus briefly is outlined what the Social Service Department has done and is to do and in this work we want and need the cooperation of every one connected with the company. We invite suggestions which will have our most careful consideration. We do not agree to carry out all the suggestions that may be made, but we do agree to forward such activities that come before us, as may be possible and which will bring the greatest good to the greatest number.

This little magazine, which will be issued monthly, is the magazine of the management and the men. It is your magazine. Let's all get behind it and give it a boost.

People who parade their virtues seldom lead the procession
We feel very much like the small boy at graduation who is to make his maiden speech or orate on "The Village Blacksmith," and finds he has six to ten pairs of hands with no place to put them and a pair of feet that insist in getting tangled up in the stage drapery. However, here we are, with a mission in our heart if it doesn't show on our face and a most cordial desire to shake hands with you and ask you to join our ranks and be a newspaper man or woman with us. This initial number starts with only one lone editor who feels like whistling in the big forest to keep up his courage and the thing that will make him happy the quickest is good company. So he invites you all to be a part of the "stuff" and help him make this little paper grow to a big man-size affair and full of the good things we can all enjoy.

We want this to be your paper. We want you to be so interested in it that you will watch for its appearance every month because you know it will have something in it which will interest you. There is a splendid spirit of good fellowship among the personnel of the spruce wood department. It is that spirit which makes us all glad that we are a part of this great organization and it is that we may all get even better acquainted with each other that this paper is published.

We want to help us by sending items of personal interest such as notices of any social affairs which take place among the employees and their families. We would like to publish from time to time photographs of some of the wonderful children who are so important a factor in making the lives of the Northern employees happy. Every mother and father with a kid is interested in the youngsters of other fathers and mothers. We all want to see how they look and we ask you to send us pictures of them, not specially the ones made by some city photographer, when the kids are all dressed up in their best Sunday-go-to-meeting clothes and are about as uncomfortable and unhappy as they can be, but snap-shots of them in their every day life—those are the pictures which have real human interest—and don't forget to send one of mother and dad as well.

Every little while we hear someone ask about someone who formerly worked for the company—what they are doing and where they live. Send in items of that nature like the following:

Jim McIntire, who for the past three years has taken such good care of our drivers when we have stopped at 10 Mile for some of Mrs. Gallagher's good cooking, has bought a farm at South Orrington and went there last month to get ready for his spring plowing. We shall miss Jim as we go over the line and we wish him every success on his own farm.

Mr. and Mrs. Gallagher also left 10 Mile, April 1st. Mrs. Gallagher is to take a few months' rest and Bill will take up other duties with the company.

Jack Hazelton, who has presided over the kitchen at the Pittston Farm this winter has gone home to get ready for the spring fishing trip of President Schenck and Manager Gilbert. Mrs. Jewett is doing the cooking at Pittston. Those who have eaten her products in the culinary line know what that means.

Other items which we would like are those which relate to the special performance of a tractor or jitney—for example: Last November at Thanksgiving time after several of us had been snowed in at Grant Farm for four days, the Lombard and plow and a sports automobile were hitched up and started from Grant Farm for Lily Bay. The jitney with Braggzy at the wheel followed. After making Cyrus Hill, the Lombard held up with its load for dinner. As those on the jitney wanted very much to make the boat at Lily Bay, Braggzy drove his jitney almost into the ditch and by skillful handling passed the Lombard train without getting stuck and "stepped on her" for Lily Bay where we caught the steamer, saving us a day's time. Oh, boy, didn't she fly from Cyrus Hill to Lily Bay.

Here's another: After a heavy fall of snow in January a Halt and plow left Pittston for Kineo. John Lamb in his old bus left Kineo for his camp and "yours truly" and Game Warden Mowan followed in the social service driving team. We met the Holt below 30 Mile. How John Lamb was to get by, because he could not go out into the deep snow, was the question, but the Holt soon settled it by unhooking from the plow, and going across the shoulder and ditch and over the right of way to break out a road around the plow, turned in its own tracks on the turnpike and pulled John Lamb and his car around the plow. They then coupled onto the plow again and moved it along so that the writer could work his team by and everyone was again set for their destination. It was a pretty slick piece of work and we had the laugh on John Lamb, for in trying to make the curve at the Pittston lower road gate, he skidded on the snow and went into the ditch. He was digging out when we drove by and won the bet we had made that we would be into Pittston first.

The last G. N. P. assembly for the 1920-21 season was held at Society Hall, Bangor, the evening of April 15. These social affairs have been most enjoyable and have made all better acquainted through the pleasures of dancing and socializing. We feel more like one big family and all look forward to their renewal another winter.
WERE YOU ONE OF THEM?

Maine working men and women cost $7,000,000 last ear through sickness. This sum represents cash deducted from their pay while they were out sick from various causes.

Without a doubt, a big percentage of this sickness could have been prevented by careful observation of the few fundamental laws of good health. The laws are simple—but until all men, or the majority of men observe them, we have no cause to complain of existing epidemics and their consequences, for until all men and women are interested in the health laws and their enforcement, the bad results of disease will continue to hemper the world and exact that big toll of money lost through sickness.

Every man who wishes to save his share of that $7,000,000 loss will observe the simple health rules.

Of course, the first law is personal cleanliness. The generous use of soap and water will preserve this. Incidentally, it is well known in medical circles that there is no better antiseptic or germ killer than good, old fashioned soap and water.

Men and women who have to keep in top-notch physical trim take a bath and shower every day. This is not always possible, but twice a week is within the reach of almost everyone. One bath a week is the least we can do to keep clean.

Of course, personal cleanliness, we must care of our teeth. Do you know that in one State Insane Asylum insane patients have been discharged, cured by work done on their teeth? Bad teeth are probably responsible for more ills than we generally give them credit for. A good brushing with a well known dentifrice mouth wash every night will keep them clean. An inspection by a dentist every three months will catch decay before it can do great damage. Thus the law is to eat good, pure food and drink plenty.

It is no exaggeration to say that the working man usually takes better care of his stomach than the man—he has to. He can't afford to put aside expensive, fancy foods or expensive entertainment. And because he must, he builds his body food, he naturally chooses wholesome foods.

Another fundamental rule for good health is plenty of sleep. Seven or eight hours is the accepted amount for an adult—a child should have more. Hundreds of lives of our future citizens are today being wrecked by indulgent mothers who let their children stay up late nights for the "movies" or to play.

Plenty of good air and exercise are very important health laws. It is a peculiar thing, but you will note that the way of good health is the cheapest way. Soap and water are cheaper than any antiseptic solution, yet are more antiseptic than any other. The brushing of teeth costs less than repairing them. The plainest, most wholesome food is always the cheapest. Sleep costs nothing. Exercise and fresh air are free to all.

Any man can observe these rules for himself—yet rich men wreck themselves physically through indulgence and then—go pay some "physical culture school" hundreds of dollars to force them for a few weeks to comply with these rules and "rebuild their health!"

Those who are fortunate enough to have a baby, have a wonderful opportunity to build the foundation for a splendid, vigorous manhood or womanhood in that child. Take that new born baby, give it mother's milk for nine months, then the milk from healthy cows and pure food and drink of other kinds. Let that little body be kept clean, properly exercised with a daily tonic of fresh air and sunlight. Let that little body have 10 hours sleep a day—and we have laid the foundation stone for the building of a perfect thing—a vigorous healthy American.

When Maine's manhood responded to the call to arms for fighting in the World War our citizens discovered some things about our general ill health and our disregard for it—that startled the whole state.

For instance, it was discovered that Maine had some mighty unhealthy sons. Out of every 1000 men examined for the army 568 had physical defects and 346 of them were rejected on this account.

Only two States in the Union had more rejections!

The Maine State Department of Health has discovered other unhealthy conditions, too. Tuberculosis caused 789 deaths in Maine last year and 357 of these deaths were men and women under 30 years of age, the flower of our man and womanhood.

Death claimed 1137 babies under one year of age. Over one thousand innocent little victims who never had a chance! Over 10 per cent. of all babies born alive in the whole State!

School inspection by health officers show that from 70% to 90% of our school children have dental defects which need immediate correction.

The Health Department statistics show us that 888 deaths resulted from cancer last year.

But $7,000,000 was lost by the working men and women—the men and women who need every cent they can earn—because they allowed themselves to be sick!

Will it pay us to observe the health laws of God?
All right—let's do it—let's start TODAY!

We want every employe to have a copy of The Northern each month. We have sent a quantity supply to each division and operation besides individual mailings this month. Send us your name and address and we will put you on the mailing list. If you want one sent to your home address please so indicate. Address the Editor, Room 607, 6 State Street, Bangor, Maine.

After he had kissed her and pressed her rosy cheek against his, and patted her soft, round chin, she drew back and asked:

"George, do you shave yourself?"

"Yes," he replied.

"I thought so," she said. "Your face is the roughest I ever—"

Then she stopped; but it was too late, and he went away with a cold, heavy lump in his breast.

Mother—"You were a long time in the conservatory with Mr. Wilting last night, my child. What was going on?"

Daughter—"Did you ever sit in the conservatory with father before you married him?"

Mother—"I suppose I did."

Daughter—"Well, mother, it's the same old world—Exchange.

"Sambo, I don't understand how you can do all your work so quickly and so well."

"I'll tell you how, boss. You have to match our enthusiasm to do first rate energy—and I'm naturally explosive, I do—"—Nashville Tennessean.

"Fwhy was the last curd of dell, ye, Mike?"

"A saphire."

"Oi knew it. Oi saw ye spit on your hands before ye picked it up."—Ex.