

# PHYSICAL ADVISER OF PRESIDENT TAFT TO LECTURE AT OUR CHAUTAUQUA ON "HOW TO LIVE 100 YEARS"

### Thousands of Dollars Saved Annually by Introduction of New and Improved Devices in Postoffice.

The interest of people in public affairs is considerably heightened when they learn that the revenues of the Government are wisely and judiciously managed. A statement of economical expenditure which is susceptible of proof will always attract attention and please the thoughtful reader.

Among the various industrial enterprises of the Postoffice Department in Washington is an establishment devoted entirely to the manufacture of mail locks and the bag attachments used in mail transportation. When this administration came into power, the Department sorely needed an improved type of mail lock. The shop was immediately reorganized, placed on a business basis, and its activities enlarged so as to meet this imperative demand.

The lock in use weighed five and a half ounces; the new one weighs two and four fifths ounces. As 430,000 of this new product have been put into service, the difference in weight (the Government paying as much for the weight of equipment as it does for the mail itself) can be easily calculated. The locks replaced by this new and better cost 21 cents to make, those now being manufactured cost eight and a half cents, direct and indirect charges considered, the saving thus shown on an original cost of production, a total amounting to \$53,750. Of the old style, 35,000 were annually returned for repair at a cost of about 9 cents each.

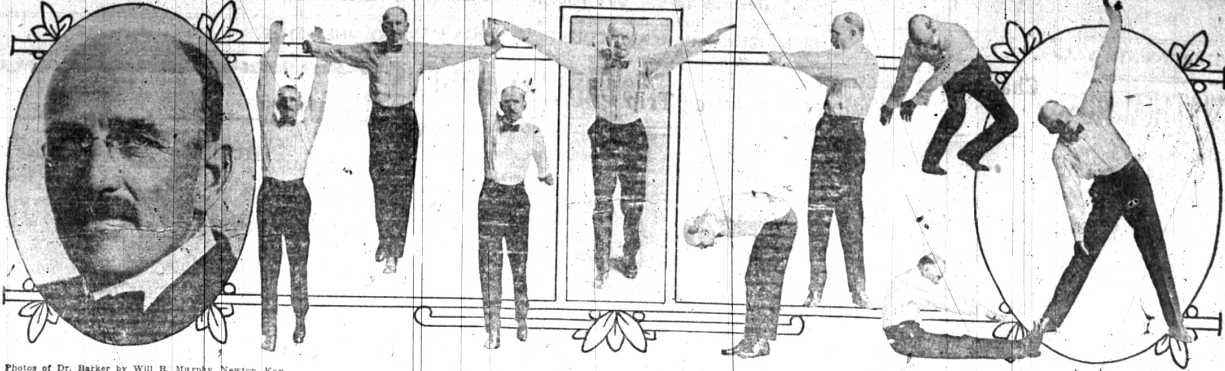
Of the new style, out of the great number sent into the service, but 95 have been returned, and at these new style locks can be repaired at a cost of 3 cents each, the annual saving on this amount will amount to over \$4,100. The Department has in this administration encouraged its employees to give their best service to the Government and many instances have recently come to notice wherein the Department was greatly profited by this wise public policy. In the lock shop a recent achievement in this direction is an improved cork fastener, the work of three of its employes, for use on the bags; also one designed for locking large quantities of parcel post matter which has heretofore been without this protection. It can be made at a very low price, requiring less material and a few number of operations. The significant part of this lies in the number required in the service, between three and four millions, the output being 500,000 annually. As the cost has been reduced by the new method from four and one half to three cents each, it will be seen that this saving, showing this makes for administrative economy.

Another valuable improvement has been the perfected locking cork fastener designed for use on the tie sacks, something which the department has needed for years and vainly endeavored to accomplish. This device will be of great value to the postal service at large by increasing the capacity and efficiency of mail bags to a degree difficult to estimate. The modern system of business methods and the proper encouragement of employes to take an active and earnest interest in their work, both of which desirable features this administration of the department has favored and put into practice, is responsible for the many improvements made and the advantages gained.

Active experiments are constantly being made for the betterment of the service. For many years a tremendous expense has been the labeling of the immense quantity of mail bags in use. The form of label used in the past and still used by clerks all over the country is the doubling and refolding of what is known as a "facing slip." The preparation of these with by the thousands has been and is an expensive proposition, yet their appearance to have no effort on the part of previous administrations to progress from the old method. Under the present direction a perforated facing sheet and runs has been designed which is practically ready for use when furnished to employes. Every postal clerk in the country and thousands of postoffice employes will find this new method of great advantage and it will result in a large economy in the service.

There have also been some other notable improvements made, viz., the substitution of steel where brass was formerly used, at a very considerable lessening of expense; a device for fastening foreign mail pouches, doing away with the old-fashioned method of string and seal; a scheme for saving time by means of a simple holder which permits free and easy use without waste and a flexible stamp design, for which the contract price was 34 cents, but which now will be made at a cost of but 8 cents. A mechanical pickup or facing table for use in facing and attaching letters in flat class postoffices, has also been developed and soon will be perfected. This device is considered superior to those now in use and costs less than one-third as much to manufacture. Those at present in use cost approximately \$1500.

It will be thus seen that the activities of the Postoffice Department have been centered along lines which will not only produce large economies to the people of the country, but will also prove a great convenience to those in the service. During the past three years two objects have been kept consistently in view, viz., saving the public



Photos of Dr. Barker by Will R. Murphy, Newton, Kan.

### Important Health Exercises Will Be Demonstrated by Dr. Barker During His Afternoon Lecture—Exercises Which Any One Can Practice at Home

EVERY one is, of course, interested in learning how to live 100 years. The fact that a lecture on this subject by so prominent an authority as Dr. Charles E. Barker, who was physical adviser to President Taft during his administration, is to be given at Chautauqua week is at once of great importance.

At the morning session on the third day Dr. Barker will give his lecture entitled "Health and Happiness," and in the afternoon his subject will be as stated above, "How to Live 100 Years."

At this afternoon lecture Dr. Barker will give demonstrations of physical exercises which every one can practice at home. He will also outline a

plan of diet which should be followed by business men in office and others who are not performing hard manual labor.

It was Dr. Barker who, by his system of physical exercises and plan of diet, restored President Taft's weight from eighty-five pounds. The exercises which Dr. Barker will demonstrate,

however, are not necessarily to reduce flesh, but are just as essential to the man or woman of average weight.

Aside from President Taft, many other prominent men in national life have followed Dr. Barker's plan for health. He stands in the forefront of teachers, orators and exemplars of the gospel of health and happiness. He has lectured widely under the auspices of the physical training department of the national committee of the Y. M. C. A., and his work has been widely commented upon both in the editorial and newspaper columns of our largest city newspapers. One of the Springfield (Mass.) papers during his recent week's lecture engagements in that city published daily articles on health from Dr. Barker's pen.

Dr. Barker will be glad to answer all questions along the lines in which he is specializing. It is safe to prophesy that "health day" at the Chautauqua will leave excellent results in every one of the 120 cities in which Dr. Barker is to appear.

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The Redpath Chautauqua in Birmingham Opens August 22 and Closes August 26