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Send your old and new mailing addresses directly to 592 New Brotherhood Bldg., Kansas City 1, Kansas. Members and secretaries should include local union number and register number, together with old and new addresses of the recipient.

CONTRIBUTIONS

Contributions and news concerning the craft and the labor movement are welcome from our readers. Letters and articles should be written on one side of the paper and accompanied by the name and lodge number of the writer. Photographs should be glossy prints 8 x 10 inches in size. The JOURNAL reserves the right to edit copy to conform with space limitations and organization policy.

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The price of this magazine is 25c per copy; \$3.00 per year.

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Advertising rates will be furnished upon application to the Editor-Manager. We will not knowingly accept advertising of products or services which are not as represented.

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WILLIAM A. CALVIN, Editor-Manager

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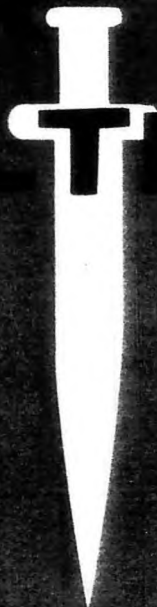
SONG THE CAROLERS SING

God bless your home and the people there.
May the skies that touch your roof be fair—
Your hearth burn bright, and your candle
shine,
And the snowflake sparkle on your pine.
May you have stars when the night is old,
And a muffler warm against the cold.
May health and joy attend the cook,
And laughter live in your breakfast nook—
Your roads be clear and your fortune wide,
The friends that you love be at your side—
A child to laugh, and a tree to cheer,
And a golden bell to sound your year.
All that best things our Christmas bring,
And may your heart have songs to sing!

—ESTHER WOOD



Extend your Years



THERE IS A great deal of propaganda about the value of having a periodic health examination. Nevertheless, unless a person is compelled to have a physical examination through his employment, most people do not have a physical check-up unless they are worried about some illness. How useful is the periodic physical examination? There is no question that such an examination is highly beneficial. Not only are conditions often uncovered about which the patient knew nothing, but, also, the experience is an educational one.

Experiences in industries where executives are required to have a periodic physical examination regularly disclose a sizeable number of conditions about which the individuals had previously not known. In many cases, these discoveries are early enough to be life saving and to offer the individual a healthier and more comfortable future.

Multiphasic Examinations

Many unions and other groups have tried out what is called the "multiphasic examination." This is a partial physical examination, in which the individual is put through a series of tests, such as electrocardiogram, proctoscopy, blood tests, urinalysis, chest x-ray, hearing test, vision test, height and weight, and, frequently, filling out a short questionnaire. Such a battery of tests can be done on large numbers of individuals over a

short period of time without requiring a physician. The results then are examined by physicians as clues to the presence of abnormal conditions. If an abnormal condition is found, the individual is then informed and invited to see his doctor for a more complete examination.

The big Kaiser Foundation Health Plan on the West Coast has been using this method for several years. Their statistics in Oakland and San Francisco show that out of 150,000 multiphasic examinations, abnormalities were discovered in forty per cent of the laboratory tests and fourteen per cent of the electrocardiograms. Sugar in the urine was found in six per cent and one per cent of these persons were discovered to have hitherto unsuspected diabetes; four per cent showed anemia. More than two per cent of the women and four and one half per cent of the men were found to have polyps in the rectum or colon of which over one per cent were proven to be cancer. The early diagnosis offered them a better chance for total recovery. In one out of each 1000 women, doctors found a possibility of cancer of the uterine cervix, permitting prompt treatment in a disease which takes the lives of 13,000 women each year in the United States.

Of 2000 patients taking the eye test, fourteen per cent were referred for further examination and one per cent of these were found to have glaucoma. Glaucoma is the country's most common cause of blindness, but prompt treatment can save the eyesight.

Cancer, diabetes, tuberculosis and glaucoma are examples of conditions which can be detected early through the physical examination. Thousands of lives can thereby be saved.

What's In a Physical Examination?

What should you expect when you come to see the doctor for a complete physical examination? Give the doctor at least one hour of your time. He will take a thorough history of your previous illness, your symptoms, your occupations and other matters that relate to your physical and mental health. Probably half of the time will be devoted to the history, which is more important than any other single part of the health examination. After the history, he will examine you from head to foot. In the woman patient, this will include a pelvic examination, including taking a smear of the secretion from the vagina and cervix of the uterus for testing for cancer cells. All patients will also have an examination of the rectum.

Proctoscopy

In addition, the doctor will give you an appointment to have a proctoscopic examination. This is an examination of the rectum and lower part of the colon (large bowel) with the aid of an instrument. It is perfectly harmless, even though a bit uncomfortable for a few minutes. I urge that you not refuse to have this examination because you may have heard that it is painful or uncomfortable. Proctoscopy can help the doctor find a growth in the rectum or colon which is still early enough to cure. This examination may be the difference between life and death.

The examination will include certain tests of the

blood and urine, an electrocardiogram and various other tests which the doctor may feel are necessary after he has completed the history and physical examination.

How often should you have a health examination? No one knows for sure. In general, it is a good idea to have such an examination about once every two years up to the age of forty and about once a year after the age of forty.

We have known for a long time of the value of periodic examinations of the healthy child. We are only beginning to appreciate the benefits of the periodic examination of the apparently healthy adult.

Preventive Medicine

The regular health examination is a basic part of "preventive medicine." It is the cornerstone of the group practice prepayment medical care plans, such as the union health centers like Union Health Service of Chicago, Health Insurance Plan of New York, Kaiser Foundation Health Plan, Group Health Cooperative of Seattle, Group Health of Washington, D. C., etc.

Occupational Disease:

Pneumoconiosis in Boiler Scalers

Dust disease of the lungs (known medically as pneumoconiosis) has only recently been recognized as an occupational disease among boiler scalers.

Investigations have found this disease among men engaged in scaling the boilers of ships. The men work in confined spaces, and in a very dusty atmosphere. The scale that forms in the interiors of the boilers is removed with hammer and chisel. Access to the interior of the boiler is through a narrow manhole.

In addition to scaling the inside of the boiler, the flues (pipes) which cross the boiler's interior are

cleaned by long wire brushes. The dustiest work is shovelling the flue dust from the back end of the boiler.

Thus, scalers are exposed to both the flue dust and boiler scale. These dusts contain free silica, silicates, iron and soot.

After a period of years of exposure, the boiler scaler may begin to have shortness of breath, a cough with expectoration (sometimes with blood in the sputum). The process will often then continue on until the lung develops fibrosis (scarring) and emphysema (loss of elasticity of the lung tissue) with gradual worsening of the symptoms.

Some cases may develop tuberculosis as a complication. In one British study, a number of the scalers were found to have cancer of the lung, along with pneumoconiosis.

X-ray pictures of the chest usually will show evidence of the disease. However, not infrequently, a worker may show severe symptoms with few x-ray findings, or even the reverse.

Most of the published reports of the disease have come from Great Britain. Whether the disease is occurring among American boiler scalers, and whether it occurs among those who scale boilers other than those on ships, are matters that should be investigated.

Dr. Abrams can not answer individual correspondence. Within the limits of space he will discuss in his column problems suggested by the readers. Write Dr. Herbert K. Abrams, Medical Consultant, 592 New Brotherhood Bldg., Kansas City 1, Kansas.

Two types of FLU predicted for this year

THE U. S. Public Health Service has emphasized the importance of using available supplies of influenza vaccine to immunize persons in the high risk groups before the onset of winter.

Groups to whom vaccination is most important are persons of any age who suffer from chronic diseases of the heart, lungs and circulatory system; pregnant women; and persons over 65 years of age. Between September 1957 and March 1960, persons in these three groups accounted for most of the 86,000 influenza-related deaths.

While the vaccine has been in short supply in many areas, the Service anticipates that there will be ample supplies to immunize the high risk groups before the end of the year. In times of short supply, this protection may be limited to only one injection since it is the first shot that gives most immunity. Until supplies become ample, vaccine should be limited to the high risk groups.

Vaccine manufacturers have produced more influenza vaccine during the past three months than in the preceding twelve-month period. They have been asked by the Service to employ all feasible means to expedite delivery of new vaccine shipments, exercising the usual precautions for the purity and safety of the product.

Some increase in local outbreaks of two types of influenza—A and B—has been forecast by influenza experts for this season. This forecast is based on observed influenza cycles. Type A influenza tends to occur in two or three year cycles and has been dominant in this country since March 1960. Type B influenza generally comes in four to six year cycles and has not been prevalent in this country for more than six years. Both types were prevalent in various countries last year, notably in England and Japan.