

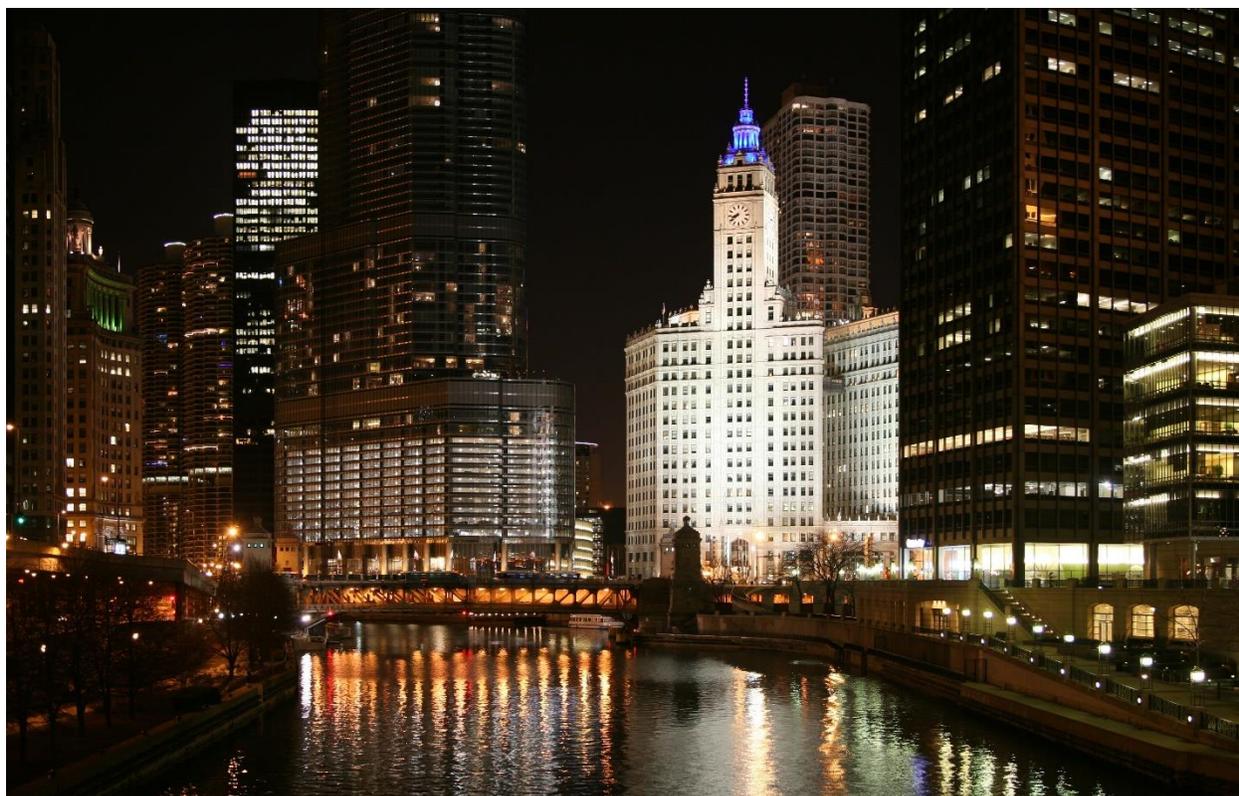


ASSE ILLINOIS CHAPTER MONTHLY SANITATION NEWS LETTER

The Wrigley Building

Volume 46 Issue 12 for December 2020

Published by: Gary W. Howard



*A LICENSED PLUMBER WILL ALWAYS OUT PERFORM
AN UNLICENSED HANDYMAN BUT WILL NEVER TRY TO UNDERBID THEM*

THIS NEWSLETTER IS VOTED THE BEST NEWSLETTER BY IAPMO/ASSE INTERNATIONAL 2020

Presidents Message



Well we have gone through another Presidential Election. A few weeks ago America voted for the nations next President with over 161 Million votes counted. Good luck to Joseph Biden and Kamala Harris as they transition into a daily public servants life. The stable tandem of Joe and Kamala will no doubt have a number of challenges. This is the Dream team that the Republican Party hoped for. "That's Right the Republican Party" Some of the republicans prayed for this to happen.

With all that said it is looming, be it on the horizon it's becoming closer that we wish to ponder but we need to be thinking about who we wish to put up as the next President of the Illinois Chicago Chapter of the American Society of Sanitary Engineering?

Be it as it may, a few months away please consider running for this esteem position I would like to see Members and Board Members take the challenge on. The historical number of past Presidents have a caveat, although given many different segments of the membership. It is without a doubt that only the paid dues membership can participate in our process of electing and running for the next President. Overall when the membership votes we have a happier Society, because with voting during the nucleus of change we become stronger.

In closing I hope that my Board has followed protocol in remembering that if they have received any allegations of unscrupulous behavior by me or any other board member that they would address each and every-last one of them and remember that an allegation is just that, an allegation until it is proven otherwise. With this said I hope each and every one of you has a vote of confidence in my actions as your President. I have tried my best to act morally during my time as your President.

During the up-coming election in October 2021 I hope you will consider anyone of our members to run for office. I will be asking a Board member to form a Nomination Committee.

President,

Gary W. Howard

The American Society of Sanitary Engineering Illinois Chicago Chapter Board Members wishes everyone a **Very Merry Christmas**



Noel: Christmas Eve 1913

Robert Bridges - 1844-1930

*A frosty Christmas Eve
when the stars were shining
Fared I forth alone
where westward falls the hill,
And from many a village
in the water'd valley
Distant music reach'd me
peals of bells aringing:
The constellated sounds*

*ran sprinkling on earth's floor
As the dark vault above
with stars was spangled o'er.
Then sped my thoughts to keep
that first Christmas of all
When the shepherds watching
by their folds ere the dawn
Heard music in the fields
and marveling could not tell*

*Whether it were angels
or the bright stars singing.
Now blessed be the tow'rs
that crown England so fair
That stand up strong in prayer
unto God for our souls
Blessed be their founders
(said I) an' our country folk
Who are ringing for Christ*

*in the belfries to-night
With arms lifted to clutch
the rattling ropes that race
Into the dark above
and the mad romping din.
But to me heard afar
it was starry music
Angels' song, comforting
as the comfort of Christ*

*When he spake tenderly
to his sorrowful flock:
The old words came to me
by the riches of time
Mellow'd and transfigured
as I stood on the hill
Heark'ning in the aspect
of th' eternal silence.*

***MERRY CHRISTMAS TO ALL OF THE FAMILIES OF
ASSE ILLINOIS CHICAGO CHAPTER,
AND THE PEOPLE OF THE WORLD***

I am reaching out to all Members and the Board of Directors to submit letters on how you think the tradition of ASSE began and how they have evolved. Or you may submit other topics about sanitation.

RE: ilchapterasse@gmail.com

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UNDERSTANDING OUR PAST WILL HELP US IN THE FUTURE
OUR PAST MEDICAL ADVISORER TRIED PREVENTION RATHER
THAN CURE, SOMETIMES IT WORKED, SOMETIMES IT DIDN'T.
“KNOWLEDGE IS A POWERFULL WEAPON”

Health Remedies, Preventatives, and Cures in the 1700 and 1800s

By Geri Walton | February 20, 2014 | 0

Before the germ theory was even a thought, physicians relied on the Humoral theory. This theory believed in balancing the four humors — blood (sanguine), black bile (also known as melancholic), yellow bile (choleric), and phlegm (phlegmatic). Physicians also used many unusual health remedies and cures to help people. Some were benign, others outlandish, and some downright lethal. A mixture of these remedies and cures in the 1700s and 1800s are listed below.

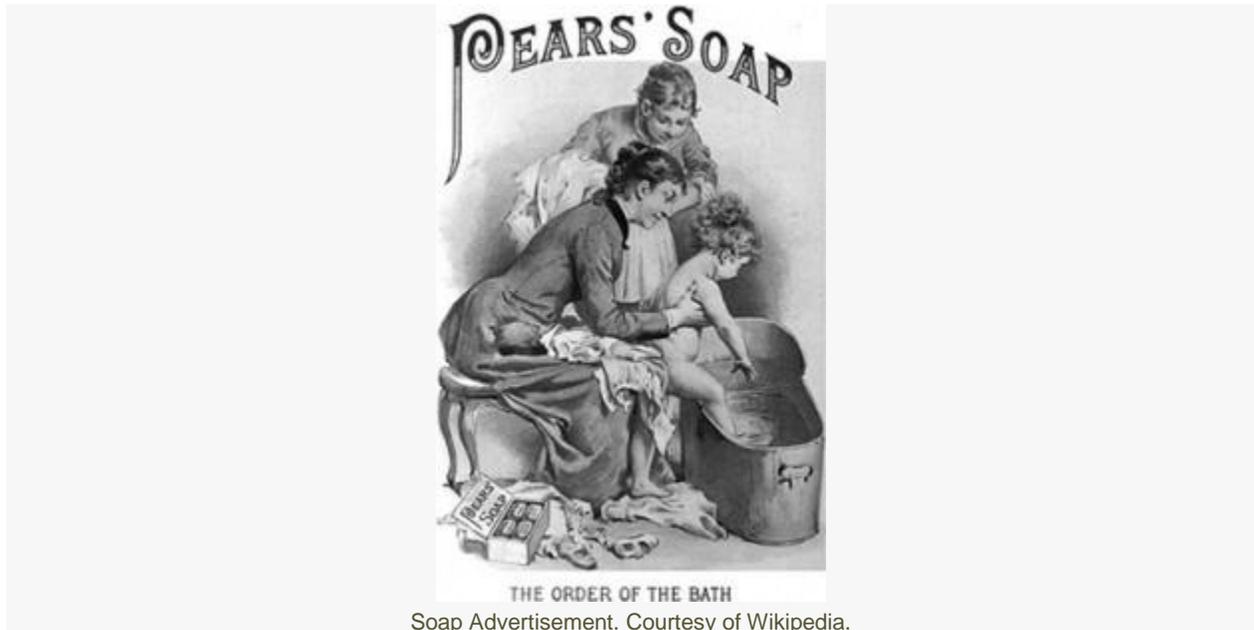


Four Humors. Courtesy of Wikipedia.

Baths

In general by the mid-1800s, most people knew that bathing was healthy. John Bell, M.D., wrote a whole book about bathing titled, *Water, as a Preservative of Health, and a Remedy in Disease: A Treatise on Baths*. It was published in 1859 and in it Bell claimed, “the watery regimen ... [besides] cleansing, purifying, and invigorating the human frame ... [is] a soother and comforter to the mind, and next to fresh and pure air, the best dispeller of the vapours and spasms of fitful hysteria and of gloomy hypochondriasis — the best cosmetic for beauty, the best cordial for care.”[1] Thomas Harrison Yeoman, M.D., edited a compilation of health remedies and cures titled *The People's*

Medical Journal and Family Physician. It was published in 1850, contained a section on bathing, and noted bathing preserved the health and invigorated the body.



Soap Advertisement. Courtesy of Wikipedia.

Both Yeoman and Bell believed in several types of bath ranging from cold to hot, and they found many instances where bathing was beneficial. In fact, Bell claimed there was “ample historic precedent and contemporaneous usage in [bathing’s] favour.”[2] Bell also stated that cold baths helped “various febrile diseases,” inflammation of the joints, injuries from sprains and fractures, “fevers, inflammations, hemorrhages, convulsive affections ... and irritative disorders [and in some instances cured scarlet fever].”[3] Yeoman noted that cold baths invigorated and hardened a constitution.

Hot baths were also beneficial. Yeoman stated that they helped those who had a “retention of urine [as hot baths] ... afford great relief, and will frequently excite the bladder to expel its contents.”[4] Additionally, he commented that the effects of hot baths were “an acceleration of the pulse; a softening of the muscular structure; a sudden expansion of the liquids of the body; a loss of fluid by transpiration.”[5] Bell agreed but he also stated that hot baths were helpful with illness and among these illness mentioned were croup, cholera infantum, gout, or rheumatism. If you are interested in learning more about baths for medicinal purposes in the eighteenth and nineteenth centuries,

Bloodletting and Leeches

Although some doctors cautioned against bloodletting many physicians believed in it. Yeoman’s book claimed that “in blood-letting we possess a power of controlling pneumonic inflammation, the efficacy of which has been acknowledged in all ages, and is obvious, indeed, to the most superficial observer.” With such a view it is no wonder bloodletting was prescribed for numerous complaints.



Bloodletting. Public domain.

Leeches were also used everywhere on the human body, and sometimes many were used at the same time. That was the case for **Eliza de Feuillide** (Jane Austen's cousin) when she was being treated for swelling in the breast. Yeoman thought an "inflamed heart" required the application of 40 leeches, which was then repeated up to 4 times at intervals between 4 and 12 hours. Another supposed superb use for leeches was "when the glands in the neck are swollen and painful."^[6] Besides leeches he also recommended a lotion composed of "spirit of wine" and water be applied. Pleurisy required leeches to be applied on the affected side, because according to a Dr. Ellitson, "nothing can be more beautiful ... than the treatment of an acute ease of inflammation."^[7]

It was hard to know when a leech was full, but Thomas Shepherd from Bolton, England, claimed experiments had been conducted to determine when they were full. He maintained "a leech weighing three drachms, weighs six drachms and [a] half when filled to repletion, and that the blood which escapes afterwards from the puncture amounts to about three drachms and a half — so that the average loss of blood by the application of one leech may be estimated at something less than an ounce."^[8]

Bread

Many people got boils and a supposed effective remedy was to soak a heel of homemade bread in boiling water, squeeze out the excess water, mix in a pinch of baking soda with the soaked bread, wrap that in a freshly boiled cloth and apply it to the affected area. The idea of bread may have come from the early Egyptians, who used moldy bread on boils to cure them. However, bread was not the only cure recommended for boils. Sarsaparilla, blood fortifying treatments, and bee remedies were at one point or another also considered successful in curing boils.

Calomel and Opium

Yeoman's book offered calomel and opium as a remedy for acute rheumatism. Doctors claimed "local applications to the affected joints are of little service — or, rather, in most cases of no service at all. This remark applies equally to fomentations, cold lotions, rubefacient liniments, plasters, and blisters."^[9] However, one supposedly successful remedy, beside bloodletting, was a combination of calomel (which was also called mercurous chloride) and opium, as this combination was said to often "arrest the disease."

Chloroform

A Dr. Simpson of Edinburgh suggested that chloroform was the proper medication for childbirth. According to Simpson its effects "have been delightful. The mothers, instead of crying and suffering under the strong agonies and throes of labour, have lain in a state of quiet, placid slumber."^[10]



Old Bottles of Chloroform. Courtesy of Wikipedia.

Cold Water

Cold water was prescribed for fevers in several different ways in Yeoman's book. Another doctor claimed that if a person's temperature "be steadily above 98°... and should there be no pulmonic affection, or general profuse sweating, and the patient does not say he is chilly, you may take him from the bed, and pour a pail of cold water over him. After this cold effusion, the patient must be dried and placed in bed; and as soon as he grows hot again, the same plan may be resorted to. This makes him exceedingly comfortable, frequently induces perspiration and sends the patient to sleep, and occasionally it stops the fever." [11]

Condom

A doctor by the name of I.E. Shute tried everything to stop a nosebleed and "finally thought of inflating a condom in the cavity." [12] It was first greased and then a soft catheter pushed into it before that was pushed into the nostril and inflated. The condom was left there overnight and the next morning the bleeding stopped. Shute also said he used a condom twice to staunch the blood flow in gunshot wounds and on several occasions as a tampon.

Crowfoot Plant

There were numerous health remedies to destroy warts, but one that was said to be effective involved a crowfoot plant, such as a buttercup, as it was claimed to be a slow, but effective method. The procedure was "on breaking the stalk of the crowfoot plant in two, a drop of milky juice will be observed to hang on the upper part of the stem; if this be allowed to drop on a wart, so that it be well saturated with the juice, in about three or four dressings the warts will die." [13]

Epsom or Glauber's Salts

In 1896, Lyman Abbott compiled a two-volume book for household use titled *The House and Home*. In the book an article titled "Hygiene in the Home" was written by J. West Roosevelt, M.D, that discussed poisoning. One of the suggestions Roosevelt gave was that if someone was poisoned by lead, the best remedy was large doses of Epsom or Glauber's salts and stimulating drinks, such as coffee.

Flower of Sulphur

To protect against toothache and prevent bad breath, one suggestion was to brush after dinner with a hard toothbrush using flowers of sulphur as they had anti-fungal and antiseptic properties and therefore may have been beneficial to the teeth.

Flour

Burns and scalds were said to be helped with flour. According to Yeoman, “No cold application ought ever to be employed; it may allay the pain for a short time, but it will only be for a short time; for, as the cold application becomes warm, the pain returns and becomes intolerable.”[14] Instead, the suggestion was flour be “dusted on with a dredger, and ... thickly strewed over the injured part, and some little distance beyond it, as frequently the inflammation of the skin spreads farther than ... expected.”[15] The flour dusted part was then wrapped in a cambric or thin linen handkerchief.

Ginger Root

This could be used as syrup or tincture and was said to be a stimulant for gout, colic, or indigestion. It also served as an adjunct to “gripping purgatives.” Interestingly, ginger and ginger root are still used today for indigestion and for nausea relief, particularly in pregnant women.

Horseradish

Horseradish is better known as a pungent companion of roast beef than a medicinal cure, but doctors in Yeoman’s book claimed it possessed many valuable properties, especially for rheumatism and dropsy. It was also claimed to be effective for chronic hoarseness. The recipe for hoarseness was simple: one drachm of scraped horseradish combined with two ounces of boiling water. This created a syrup and the patient’s dose was “a teaspoonful taken often and slowly, so that it may glide gradually over the back part of the throat and top of the windpipe.”[16]



Horseradish. Courtesy of Wikipedia.

Iodine

Some practitioners in Yeoman’s book considered iodine to possess expectorant properties and ordered patients to inhale it.

Lemon Juice

G. O. Rees, M.D. suggested that to aid chronic rheumatism sufferers should use applications of lemon juice, from one to two ounces every four to six hours. Rees claimed:

“[He had] used lemon-juice with very great advantage. I allude to such as are connected with deposit of lithate of soda in and about the smaller joints ... the continued use of lemon-juice in combination with small doses of the tincture of the sesquichloride of iron, and in several instances have effected absorption of deposits which have resisted all other plans of treatment. A case of the above description was lately reported to me, in which like success attended the administration of the

lemon-juice alone. The patient, a lady, had been a cripple for several years, and was eventually restored by persevering in the use of the remedy for six or eight weeks.”[17]

Limit Star Gazing

Some doctors claimed that “without sufficient intervals of repose”[18] eyesight could be dimmed, damaged, or complete lost when reading in moonlight or when gazing at the moon, even with a telescope. So, the recommendation was to limit star gazing.

Mercury

Mercury was dispensed in little blue pills, known as “blue mass.” It was prescribed for apoplexy (stroke or hemorrhage), constipation, depression, melancholy, toothache, and venereal disease. Sufferers were supposed to take one pill twice or three times a day. Of course, such doses, today would amount to levels deemed unsafe and result in mercury poisoning.

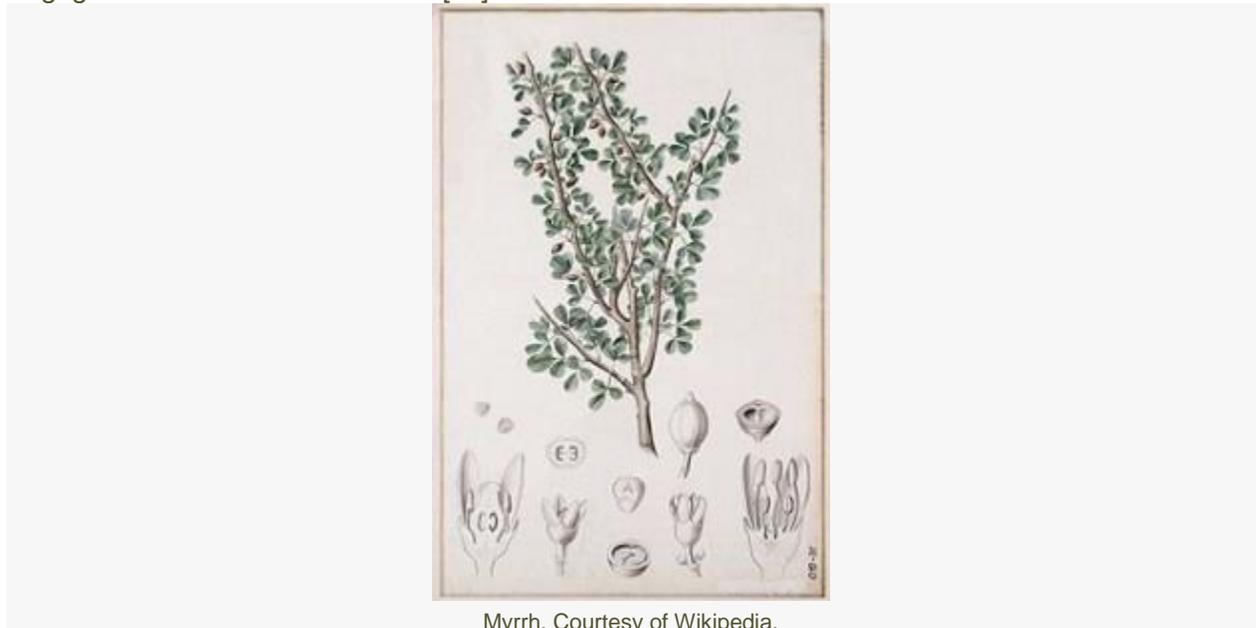
Muriatic Acid

One preparation for the removal of freckles included muriatic acid. The mixture was one drachm of muriatic acid, one pint of distilled water, and two drachms of eau de cologne (a perfume from Cologne, Germany). This was then applied with a sponge to a cleansed face and neck two or three times a day.

Myrrh

In the 1800s, many people objected to brushing their teeth both morning and night. However, one dentist suggested that if you had to choose, brush at night. The dentist suggested using a “tolerably hard brush,” brushing more at the back of the mouth than the front, and using “a tea-spoonful of tincture of myrrh to a tumbler of [warm] water.”[19] The dentist had a reason for brushing at night versus the morning:

“[T]eeth have the accumulations of the day on and around them; during the night the doors and windows of the room are closed, and probably we are snugly ensconced in bed, with the curtains drawn closely around us — a very bad practice, by the way — and thus we are inhaling a heated and unwholesome atmosphere ... and all the deposit which should have been removed is diligently engaged in its work of destruction.”[20]



Myrrh. Courtesy of Wikipedia.

Oatmeal Paste

This was prescribed for chapped hands and consisted of 4 ounces of lard, 6 ounces honey, 8 ounces oatmeal, 3 egg yolks, and 1 ounce powdered gum arable. The honey and gum were mixed

first, followed by the eggs and the lard. The well mixed combination was added to the oatmeal to form a paste. Supposedly, when used it left “the skin exceedingly soft and supple.”[21]

Mustard Poultice

A poultice is a warm, moist mass, made from herbs, and spread on a cloth or over the skin to relieve aching, inflamed, or painful spots on the body. In this case, a mustard poultice, made from powdered mustard was recommended for an inflamed sore throat.

Reading Aloud with the Teeth Closed

If you stammered, the suggestion was to read aloud with your teeth closed for two hours a day, for three or four months.

Recital

If you lisped, doctors had a cure. It was the RAPID and emphatic recital of the following as it was claimed it prove to be “an infallible cure for lisping.”[22]

“Hobbs meets Snobbs and Kobbs;
Hobbs bobs to Snobbs and Nobbs;
Hobbs nobbs with Snobbs and robs Nobbs’ fobs.
‘This is,’ says Nobbs, ‘the worst of Hobbs’ jobs,’ and Snobbs sobs.”[23]

Rice Tea

Diarrhea was a common complaint in the 1800s. Gabriel Furman was an American lawyer, historian, and politician from New York. He documented many health remedies and cures for several illnesses, of which diarrhea was one. He suggested a coffee-like beverage be made with “a tea cup full of rice well burned.”[24] A full glass was to be taken every 20 to 30 minutes with a break of an hour or two. This was to be repeated four times and repeated as necessary.

Rum and Boiled Milk

Another cure by Furman that supposedly cured consumption consisted of equal proportions of Jamaican rum and boiled milk, sweetened with loaf sugar, and simmered together for fifteen minutes. Everyday a wine glass of this concoction was to be taken with warm milk.

Rum and Spirits of Turpentine

This cure also comes from Furman but could be flammable if you got too close to a fire. It was a combination of rum and spirits of turpentine that was rubbed on the sufferer night and morning “down the neck and chin.”[25]

Sheep Sorrel

Cancer could supposedly be cured with common sheep sorrel that grew in fields. After gathering sheep sorrel, it was pounded, placed on a pewter plate, and put in the sun. The heat from the sun turned the sorrel it into a salve, which was then applied to cancerous areas



Sheep Sorrel. Courtesy of Wikipedia.

Stimulating Drinks and Whipping

Another cure suggested by Abbott was for poisoning by opium, laudanum, morphine, paregoric, and sleeping mixtures. The cure was stimulating drinks, such as coffee, and, additionally, Abbott said the person should be kept warm, breathing, and “awake by whipping if necessary.”[26]

Sugar, Salt, and Water

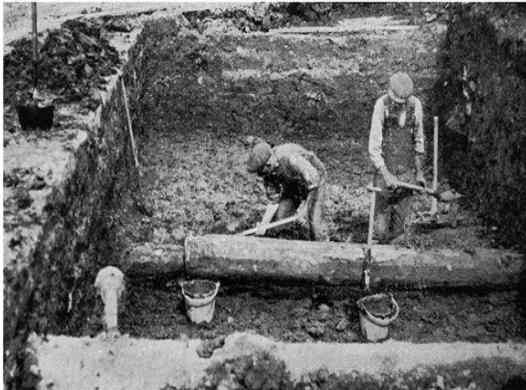
This cure also comes from Furman and was supposedly effective for cholera sufferers, like Madame Récamier who died from it. It was a mixture of sugar, salt, and water, which was drank in large amounts.

Tobacco

Tobacco was thought to have curative properties, and its leaves were used to heal cuts, cure leprosy, and help gunshot wounds. However, sometime around the late 1820s, mistrust about tobacco began and people began to be more careful and measure dosages. There were tinctures, salves, infusions and sometimes doses were applied through the rectum if you suffered from tetanus, worms, hydrophobia, constipation, or hernia. It was also smoked to prevent inflammation of the throat and nose. You could also apply tobacco juice to poisonous bites, and, according to Yeoman, it worked better than garlic on bee stings because tobacco relieved pain and reduced swelling. The recommendation was to “find it in the mouth-end of a smoked cigar, or in the reservoir of a German pipe. ... The substance recommended is not, it must be remarked, the juice, but the empyreumatic oil; which ... is a much more energetic poison than the juice.”[27]

Toads

Numerous health remedies involved toads as they were a common cure throughout the 1700s for a variety of diseases and supposedly cure everything from dropsy to bed wetting, scrofula, cancer, colic, inflammation, headaches, nose bleeds, smallpox, and quinsy. The toad was used in various forms: sometimes parts of the frog were cut off, sometimes it was cooked or boiled and eaten, and sometimes it was dried and converted into a powder that was used both internally and externally.



WOODEN WATER PIPES,
21st June, 1935.

Then



Now



Then



Now



Then



Now



Then



Now



Then



Now



Then



Now



Michigan Ave 1887



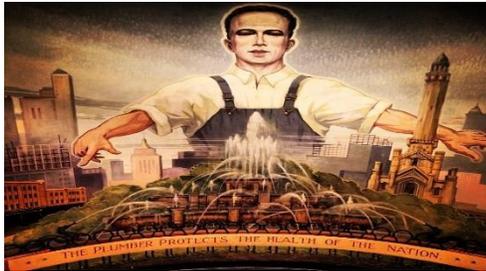
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The 2020 ASSE International Business Meeting will be held online October 26-29.

For our ASSE Certified Personnel, we want to reassure you that you will be able to recertify, even after the expiration date of the certification. We recognize that some adjustments will need to be made to accommodate certified individuals who are at, or nearing, the expiration dates on their certifications. Many are currently unable to attend classes and take exams. During this difficult time, we are extending the expiration date for all certifications expiring between 1/1/2020 and 8/31/2020. The new expiration date is 9/30/2020. ASSE is also giving a 6-month grace period for you to complete a recertification class and exam. Learn more about the steps we're taking for our Certified Personnel [HERE](#).

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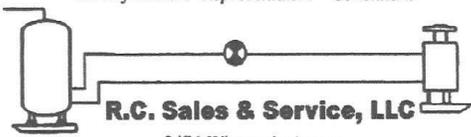
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RK 34-975XLC
Repair Kit for ¾"-1" 975XL

Kit Includes: (2) Check Poppet, 1st Check Spring, 2nd Check Spring, Relief Valve Spring, (2) Check Seat, (2) Check Seat O-Ring, Relieve Valve Seat, Relief Valve Seat O-Ring, Lube

Ames 7010046 – 2 ½"-10" Total Relief Valve Kit for a C/M 400/C500

Kit Includes: Complete RV with 36" Hose, RV O-Ring and Lube



Ames 7010097 – First Check Assembly 2 ½"-4" for Ames 2000/3000SS

Kit Includes: 1st Check Assembly, O-Ring and Lube

Ames 7010114 –Relief Valve Kit 2 ½" -10" for 4000SS RP and 5000SS RPDA

Kit Includes: Complete Relief Valve Assembly, Relief Valve O-Ring, Lube

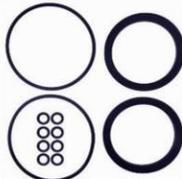


Watts: 0794090 – Complete Total Rubber Kit 4" for 909 RP; *Lead Free* (Previously 0887751)

Kit Includes: Check Disc, Cover O-Ring, Sleeve O-Ring, Piston O-Ring, RV Disc Assembly, Diaphragm, Piston

RK 4-350
4" 350AST, 4" 375AST

Kit Includes: (2) Check Disc Rubber, (2) Cover O-Ring, (8) Bolt O-Ring, Lube



Apollo-Conbraco: 40-004-A1 – ¾"-1" Major Repair Kit for 40-200 RP

Kit Includes: RV Bushing, RV Stem, Diaphragm Plate, (2) Poppet, RV Diaphragm, RV Seat Disc, (2) Check Seat Disc, Stem O-Ring, Bushing O-Ring, (2) Check Cap O-Ring, RV Spring, (2) Screw, (2) Retaining washer, (2) Check Seat, (2) O-Rings, RV Seat, RV O-Ring



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City: _____ State: _____ Zip: _____

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Expiration Date: _____ / _____ CCV: _____

Please CHECK which class you would like to attend:

All classes will be from 5pm – 9pm with Dinner included

BACKFLOW REPAIR COURSE \$85

This course is focused on refreshing the Cross Connection Tester on testing procedures as well as hands on repairs for approved assemblies for the state of Illinois. During this class we will be going over our NEW mechanical wall, show you how water pressure fluctuations affect backflow assemblies, how to remedy the situation and be able to see it in a live setting. Also new this year is the Flood Control Integrated System by Wilkins; this system can be designed to shut off a specific water line when a backflow goes into a full dump situation.

- | | | |
|--|--|---|
| <input type="checkbox"/> Thursday, January 16 th | <input type="checkbox"/> Thursday, February 27 th | <input type="checkbox"/> Thursday, April 2 nd |
| <input type="checkbox"/> Thursday, January 30 th | <input type="checkbox"/> Tuesday, March 3 rd | <input type="checkbox"/> Thursday, April 16 th |
| <input type="checkbox"/> Thursday, February 13 th | <input type="checkbox"/> Tuesday, March 17 th | <input type="checkbox"/> Thursday, April 30 th |

NEW!! LARGE BACKFLOW REPAIR (SMALL GROUP) - Max 12 attendees per class \$125 per person

Small group backflow repair class. Classes will consist of 3 individual groups working with an individual instructor to do hands on testing, diagnosis, and repair of large backflow assemblies only. The repair class will involve repairing of the following backflow assemblies:

- | | | |
|------------------|---------------------|---------------------|
| • 4" Febco 825YD | • 3" Watts 009 | • 4" Wilkins 375AST |
| • 4" Ames 4000SS | • 8" Ames Maxim 400 | • 3" Watts 909 |

- | | | |
|--|---|---|
| <input type="checkbox"/> Tuesday, January 21 st | <input type="checkbox"/> Tuesday, February 18 th | <input type="checkbox"/> Thursday, March 26 th |
| <input type="checkbox"/> Tuesday, February 4 th | <input type="checkbox"/> Thursday, March 12 th | <input type="checkbox"/> Tuesday, April 7 th |
| | | <input type="checkbox"/> Tuesday, April 21 st |

Location: Test Gauge, Inc. | 1051 E Main St, Unit 107 | East Dundee, IL 60118

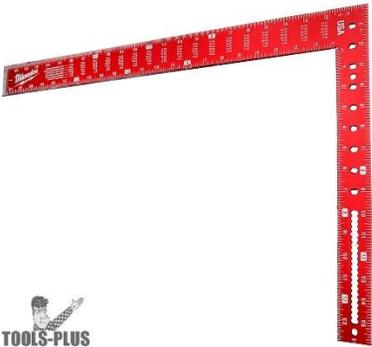
Toll Free: (866) 836-8692 | **Local:** (847) 836-8690 | **Email:** salesgroup@testgauge.net

ASSE ILLINOIS CHICAGO CHAPTER HAS BEEN INVOLVED FROM THE BEGINNING TO THE END OF EVERY PROJECT IN CHICAGO AND POSSIBLY ILLINOIS SINCE AT LEAST FROM 1918. TAKE PRIDE IN BEING A MEMBER



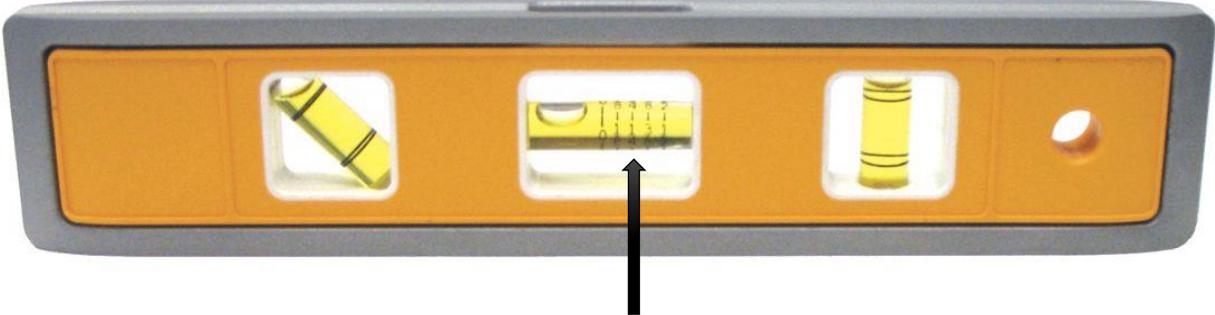
KNOW YOUR TOOLS

Plumb, Level and Square are good for most trades but plumbers need more



TOOLS-PLUS

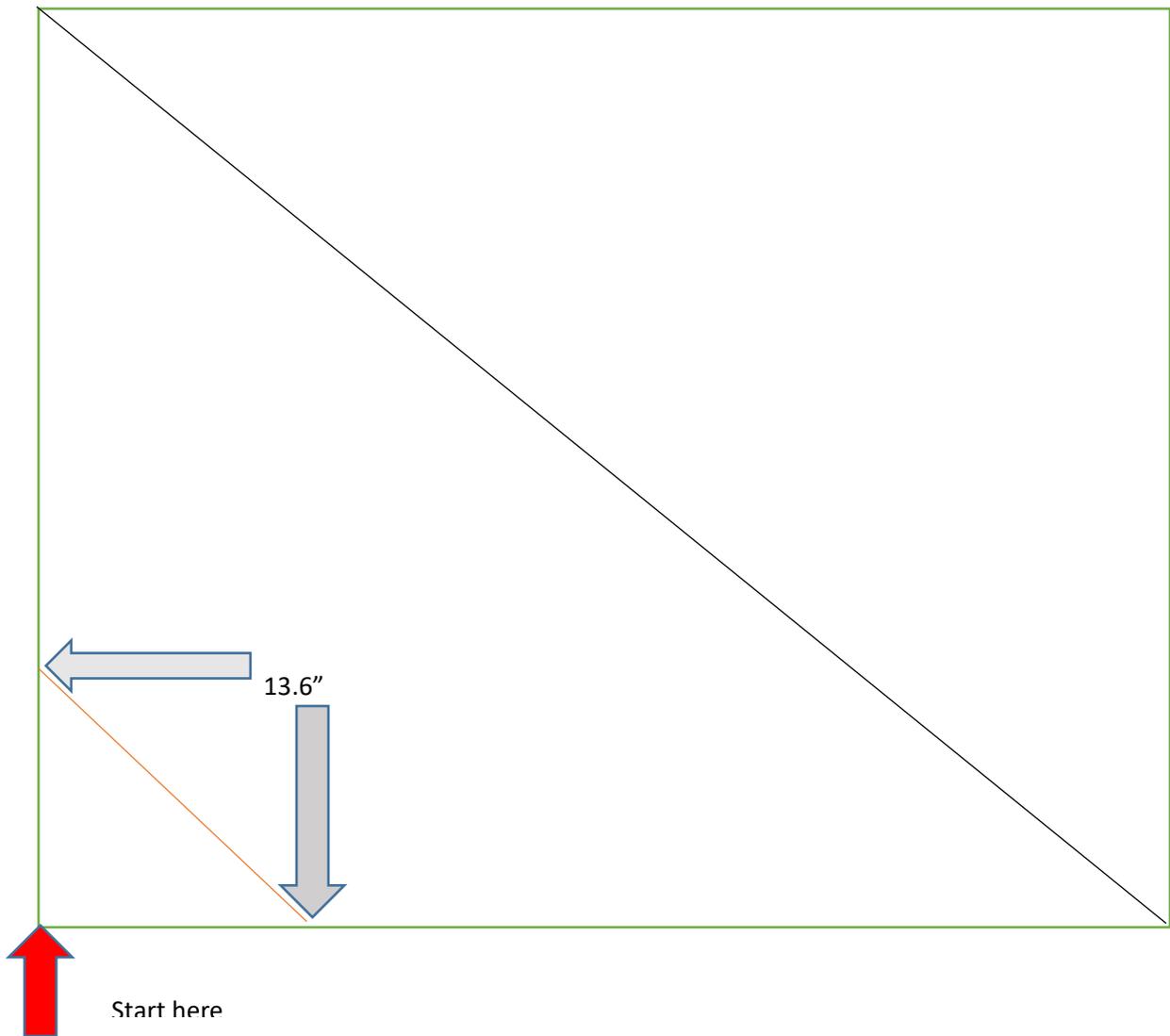
Plumbers need pitch/grade and by using a multiple pitch level it becomes easy



Notice the different levels of pitch

Using your work bench for simple 45° sets

**Draw a 3 ft. or 4 ft. square on your work bench and use the corner to start.
One half of the square is a 45° angle. So mark all your measurements of 36 " or 48" going up
the left side of the square and along the bottom. If you need a 13.6" 45° angle
Simply hold your rule/tape on each 13.6" and you have your measurement
Minus the take-off of each direction of the fittings.**



I have used a metal yard stick and screwed it to the table