


RAILROADS
AND
RELAXATION

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AND
RELAXATION

A steam locomotive is shown crossing a bridge over a dark, hilly landscape. The locomotive is white with black accents and is emitting a plume of white smoke. The bridge is a simple wooden structure. The background is a light green gradient that transitions into a dark purple gradient at the bottom.

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A Presentation of
THE
ASSOCIATION
OF
AMERICAN RAILROADS



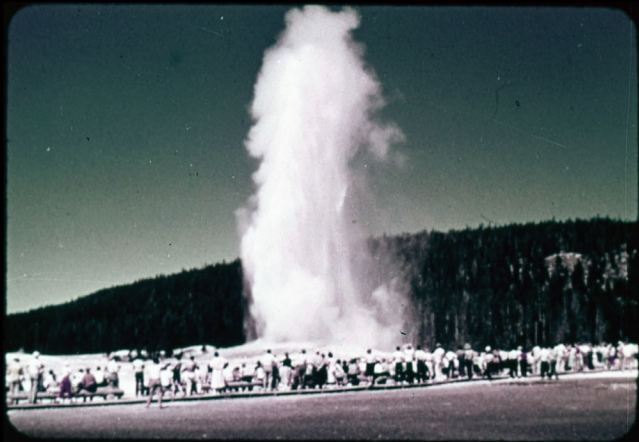
TRANSPORTATION BLDG. WASHINGTON, D.C.



Relaxation is important to health
and general well being.



That is why we take vacations . . .



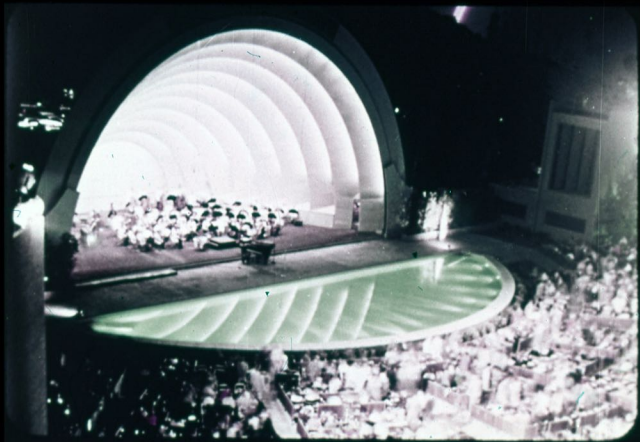
. . . at distant scenic spots. . .



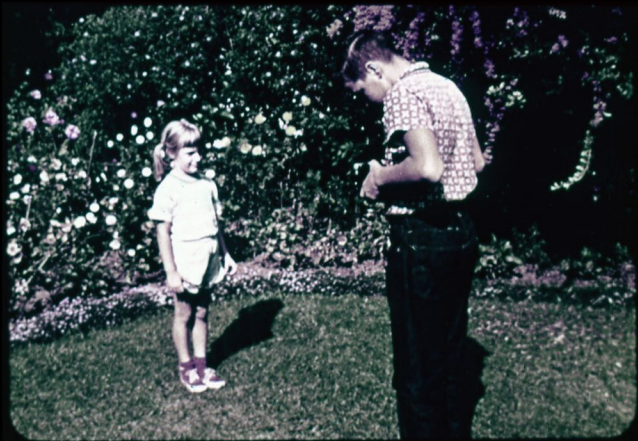
... or at places nearer home.



Many people find relaxation in
drawing or painting . . .



. . . in music . . .



... in photography. . .



... or in other hobbies of many
different kinds.



Many persons find relaxation in
travel . . .



... especially on a train ...



... where they may eat. . .



... and sleep. . .



. . . and view the scenery. . .



... in comfort and safety.



Railroads have special excursions. . .



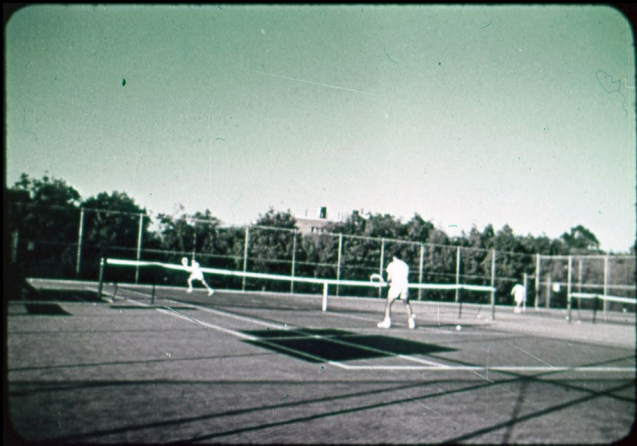
... and family-plan rates.



You can travel to winter resorts...



... or to summer playgrounds. . .



... for your favorite recreation.



Railroads serve relaxation in other
ways, too.



For instance, they haul raw
materials. . .



... which are used in making sports equipment ...



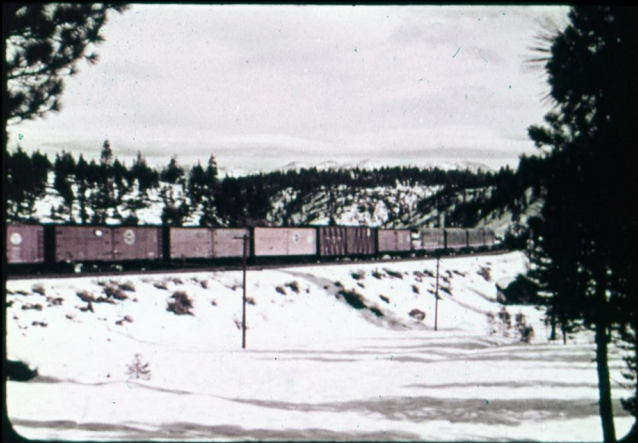
... musical instruments. . .



... radios and television sets ...



... and other articles for recreation.



Fast freight trains transport finished articles . . .



... from factories to stores all over
the country.



Whether you relax by fishing. . .



... or hunting ...



... or golfing ...



... through music ...



... or watching television ...



... or reading ...



... or whatever the method. . .



... railroad service in one way or
another contributes to your relaxation.