

Consult our "Classified Column" for "Wants." No matter what you require it is in or near Birmingham. We will get it for you. The cost is exceedingly small—try it.

### Forty-Fourth Year—No. 11

#### Four Five-Dollar Prizes Given in Health Contest

Local Children Show Interest in Contest Sponsored by Civic Association

Prizes have been awarded the winners of the Health Essay and Poster contests which were carried on in the local schools just before the closing of the summer. The prize, five dollar gold pieces, were given to the following students: Thelma McQuarters, for the best poster; Alice Clement, for the best essay; and Hilda G. Trumbull, for the best poster.

Among the many stories submitted were those of a very interesting nature. One of the most interesting was that of a young girl who had been suffering from a chronic cough for several months. Her mother had taken her to many doctors and had spent a great deal of money, but the cough would not go away. Finally, she was taken to a health resort where she was given a course of treatment. The result was that the cough was cured and she was able to return to school.

HEALTH  
Who does not desire a racy, cheerful, healthy looking person? Good health adds to beauty and makes a person's appearance more attractive.

Many things are necessary to obtain and maintain good health. Among these, perhaps the most important is to eat good wholesome food. It is not enough to eat candy, ice cream, or rich pastries. The amount of food which is eaten, the more salubrious the food, the more healthful the diet.

Another necessary factor for good health is exercise. It is not enough to walk to school or to work. One must take time to walk for pleasure when duties are ended. Swimming, rowing, or any sport which is done in a proper time and in proper amounts. Never do any of these things immediately after eating. It is impossible to take part in athletic games, open your windows in the morning and take setting up exercises.

Another essential to health is cleanliness. Do not think it necessary to abide by the old-fashioned rule of a bath on Saturday night only, but do so at least three times a week. The change in the morning is very invigorating.

Keeping the teeth clean is also very necessary as many a child has been unclean for teeth. Be sure to clean them daily, and if not after every meal, never neglect them after retiring. One should go to the dentist at least once every six months. The teeth should be cleaned and all troubles of the teeth cared for and cured.

HEALTHFUL SPORTS  
Sports in the winter are very necessary because people are indoors most of the time. In the winter, one should engage in skating, skiing, tobogganing, and sleigh-riding whenever you have a good opportunity. These sports are good for the body and keep the body invigorated. The sports in the spring are not as good as those in the winter. One should engage in walking in the woods if you are able to do so. It makes you have an appetite which is good for the body. Living worked hard need more food than you need.

ANNUAL SCHOOL BOARD MEETING MONDAY NIGHT  
To Fill Vacancy Caused by Expiration of Term of R. J. Correll.  
Held at Baldwin High School

### OUR CORRESPONDENT'S LETTER LOCAL SCHOOL NURSE MAKES REPORT FOR YEAR 1920-21

Albany, Oregon, May 29, 1921.

The Birmingham Eccentric:—Mirror Lake in the Yamhill valley is one of the beauty spots of this region of lovely scenery. It reflects vividly and is not about it, including Mt. Watkins, which is above the surface. Near the shore there is a large lake in the water, in which groups of tourists are seen to have their pictures taken. A peculiar thing about these pictures is, that they are very difficult to take, which is due to the fact that the water is so shallow, and the bottom of the lake is so uneven, that the camera is often tilted, and the picture is distorted.

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### "For a Bigger and Better Birmingham" BIRMINGHAM, OAKLAND COUNTY, MICHIGAN, FRIDAY, JULY 8, 1921

#### CHURCHES

##### Christian Science Society

Services at Church Building, Woodward Avenue, South of the U. S. R. C. Building, at 11 o'clock, Sunday school same hour. Wednesday evening services, 7:30 o'clock. All are invited.

##### First Baptist Church

Rev. W. M. Mackey, pastor. 10:30 morning worship with sermon by the pastor. 11:45, Sunday school; 6:30, Wednesday evening services. The International B. Y. P. U. convention will be held at 7:30, on Wednesday evening, July 14th. All are invited.

##### St. James' Episcopal

Worship at 10:30, 11:45, and 7:30. The church will be held at 7:30, on Wednesday evening, July 14th. All are invited.

##### United Presbyterian

Worship at 10:30, 11:45, and 7:30. The church will be held at 7:30, on Wednesday evening, July 14th. All are invited.

##### Local Boys Leaving For Camp at Elizabeth Lake

The local branch of the Y. M. C. A. is holding a camp at Elizabeth Lake, Michigan, from July 10th to 20th. The camp is for boys of the local branch and is a very profitable one. The boys will be engaged in various sports and will be under the supervision of the local branch.

##### Healthful Sports

Sports in the winter are very necessary because people are indoors most of the time. In the winter, one should engage in skating, skiing, tobogganing, and sleigh-riding whenever you have a good opportunity. These sports are good for the body and keep the body invigorated.

##### Annual School Board Meeting

To Fill Vacancy Caused by Expiration of Term of R. J. Correll. Held at Baldwin High School.

#### Council Proceedings

The regular meeting of the Village Council was held Tuesday evening, July 5, 1921, at 8 o'clock, in the City Hall. Present: Mayor, Councilmen, and the City Clerk. The Mayor presided.

#### Medical Examination Urged for School Pupils

Dr. Newitt recommends that a medical examination be made of all school children. The examination should be made by a physician who is qualified to make such examinations. The examination should be made at the school or at a place where the children can be easily reached.

#### Commission to Go Ahead with 300,000 Gallon Tank

The commission on the 300,000 gallon tank is going ahead with the project. The tank is to be built at the site of the old tank and will be used for the storage of water. The cost of the tank is estimated to be \$100,000.

#### There Shall Be No Sprinkling of Lawns, Gardens or Parks

The city council has passed an ordinance prohibiting the sprinkling of lawns, gardens, or parks. The ordinance is intended to save water and to prevent the waste of water. The ordinance will be enforced by the city police.

#### Local Realtors to Attend Convention at Chicago

A number of local realtors are attending a convention in Chicago. The convention is being held at the Hotel Sherman and will last for several days. The realtors will discuss the current state of the real estate market and will exchange ideas on how to improve the industry.

#### Injured Hand in Wringer

Betty Perkins, small daughter of Mr. and Mrs. H. R. Perkins of Pleasant street, narrowly escaped serious injuries to her right hand when she accidentally caught her hand in a wringer. The incident occurred while she was washing clothes. The injury was not serious and she is expected to recover fully.

#### Eastern Star Lawn Fete Proves Success July 4th

The Eastern Star lawn fete, held on July 4th, was a great success. The event was held at the home of Mrs. Dudley Jardine and was attended by a large number of people. The fete included a picnic, a game, and a variety of other activities. The proceeds from the fete will be used for the benefit of the Eastern Star.

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