

### CHILD NEEDS MUCH SLEEP

Lack of Rest May Prove Serious Handicap in School Work

By MARY G. McCORMICK, Supervisor of Health Teaching, New York State Department of Education.

A great many children fail to get enough sleep and rest to aid them in overcoming the additional strain that study and long hours of confinement, in the schoolroom impose.

Lack of sufficient sleep very quickly tells in the school work. If a child's sleep is insufficient he may prove to be dull and sleepy during the day, conditions which reflect upon his grades and also tend to destroy his health.

Insist that your child go to bed at a reasonable hour, each night. Up to 10 years old, the child should be in bed at 7 o'clock in the winter and 8 o'clock in the summer. Make sure the bedroom of each child is well ventilated, the air fresh and cool. Open windows both top and bottom for good circulation of air. Protect him from direct noise, light, conversation, and must when he goes to bed.

Make sure your child will be comfortable—not disturbed by heat, overly heavy clothing, over-loaded stomach, or the need to go to the toilet. With older children, guard against their carrying their school worries to bed with them; insist on the completion of the home study early enough so their minds will be free by bedtime.

A warm bath before bedtime is a great aid to sleep. Warm milk served just before bedtime helps a child to relax and fall asleep promptly.

The full amount of sleep needed by a child varies according to his age. Most parents do not appear to realize that children need more sleep than adults. At 7 to 8 years of age a child should have 12 hours of sleep. From 9 to 10 years he should have 11 hours; at 12 to 13 years, 10 hours; from 14 to 15 years, nine hours of sleep each night.

This is the seventh of a series of articles on the health of school children prepared for The Eccentric. Miss McCORMICK will write about home work and health in her next article.

### FOOTBALL RECEIPTS TOTAL \$439.35 TO DATE

A total of \$439.35 has been realized by the Baldwin High School Athletic Fund in football receipts so far this year. It is expected that the total amount has been used in buying new equipment, hiring of referees and other expenses. The amount has been used in buying new equipment, hiring of referees and other expenses. The amount has been used in buying new equipment, hiring of referees and other expenses.

According to Mr. Randall, the manager of the football team, the receipts from the games will represent a much larger percentage of profit than previous years. It will not be necessary to buy any more equipment, and little more will have to be spent on materials for the field.

It is expected this week's game with Scott High of Toledo will bring in a goodly sum to the fund's coffers. The Maroons will receive \$150 for playing Royal Oak on Thanksgiving day on the Acorn field. Toledo Scott will receive \$50 for its trip here, and St. Clair, the Baldwin eleven, plays next week, will be paid \$25.

### DeMolays Prepare For "Parents' Day"

Members, Friends Of 15 Chapters To Attend Services At Cranbrook Nov. 19

Members of the 15 DeMolay chapters of the Detroit metropolitan district, together with their parents and friends, will attend the second annual "Parents Day" services to be held at Christ Church Cranbrook Sunday, Nov. 19.

The program will open with an

### WE HEARD IT SAID BY—

Rev. W. H. Aulenbach, assistant rector, Christ Church Cranbrook: "One of the greatest weaknesses of human beings is to promise to do something and then fail to do it. Too often we promise without thinking what the promise implies."

Yes

A bee can rise with three times its own weight, says an insectologist. Yes, and sit down with about 300 times its own weight.—Thomaston Times.

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"AN EXTENSION TELEPHONE IS SUCH A TIME-SAVER" says Miss Aileen Spafford

MISS SPAFFORD, well-known Detroit Free Press writer, is an enthusiastic exponent of convenience in the home. Recently, in an article in the Women's Page of the Free Press, she wrote: "Only people who possess a telephone extension in the kitchen know what a time-saver such an arrangement is."

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### STUDENT CHATTER

THE CHATTERBOX

Chatterbox heartily agrees with the method by which Baldwin High School officials are trying to rid the school of fraternities and sororities. Instead of holding the axe over the students' heads and trying to force them to give up their membership in these organizations by threatening them with the punishment that might be meted out under the state law, officials are trying to point out to the students the evils these organizations promote.

Instead of being told they will be expelled from school if they don't drop their membership in such organizations, students are being shown that the fraternity promotes the clique, and that this is as harmful to the student as it is to the school.

An editorial appearing in the Baldwin Courier, student paper, last week is trying to point out to their own good to drop their memberships in the secret clubs, and in detail pointed out the evils that would develop if they did not.

If students flatly refuse to give up their membership, more drastic measures will be taken to destroy these organizations. But first the students are being given a chance to get out of their own accord.

The students should appreciate this "talk" and show it by disbanding.

According to Principal Melvin C. Hart, rumors that are floating around the school to the effect that he has given certain clubs permission to organize are entirely untrue. Mr. Hart stated that he has given absolutely no club that has the right to do so, and that any club that is taking in new members is telling them that he has approved their organization is telling a falsehood.

The football season passed its halfway mark last week. Four wins and one defeat—and that defeat at the hands of a college team—is a fine record. . . . We believe this year's team is equally as good as the '32 eleven which went through the season with only two setbacks. . . . At least this year's schedule is a little tougher than last year's. . . . Too bad if McBride and Donaldson will be unable to play Saturday. Coach Robinson has depended upon McBride as a starting player all season, and Donaldson has proved a valuable substitute. . . . If there's any one game that Baldwin would like to win more than the others it's the Toledo Scott fracas. Everyone's been talking about the Toledo team all season and this game promises to be, with the exception of the Royal Oak game, the high point of the local season.

Dear Chatterbox: We would like to use your column to make an appeal to the students of Baldwin High School.

We, the students, when we attempt to lead the school in yells for the team, there are a certain number of students who disrupt the cheering by starting a yell of their own at the same time. Not only is this discouraging to us, but it also leaves a bad impression with visitors.

We would greatly appreciate the co-operation of the students in this matter.

Years for support.

The Baldwin Cheer Leaders.

We're sure the students will support you in this matter. Probably many of them didn't realize the disturbance they were causing by interrupting your yell. We hope this will bring the matter to their attention.

LIBRARIAN RESIGNS AT BALDWIN HIGH

Mrs. Charlotte Wood Thorne has resigned as librarian and clerk of Baldwin High School. Superintendent Charles W. Crandell informed the Board of Education last Thursday night. Mr. Crandell was asked to recommend a successor for the Board's approval. Mrs. Thorne is a Birmingham resident. Mrs. Thorne's resignation becomes effective Nov. 15.

When you have a NEWS ITEM that you think will interest others, just call for a reporter at The Eccentric—telephone: 11, 12, or 13. This service is free.



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