

**Name Barrett County Insurance Agent**

Insurance Company of Galveston, Texas, according to Carl Nolte of Detroit, state manager for that company.

Horace B. Barrett, 644 Edmunds street, has recently been appointed Oakland County district manager of the American National

Barrett has been a resident of Birmingham for 24 years and has been active in the life insurance business for the last several years.

## How a Proper Diet, Summer Sports Help to Condition Football Varsity Candidates

(Editor's Note: This is the second of a series of three articles on summer conditioning for high school football players, prepared by Charles E. Baer, University of Detroit football coach. Baldwin High School's new football mentor, Vincent Scenotte, recommends these articles to those football boys who will be reporting for the Birmingham varsity eleven on Saturday, August 30.)

By Charles E. Baer

One of the most important items in a football player's conditioning program is his diet. There have been a lot of high-technical theories elaborated about diet by the scientists and doctrinaires, but, as far as the football player is concerned, they are of very little use.

Mankind's experience for a couple of thousand years has proven that regularity of sleep, work, play and diet has proven to be the best of all conditions. Moderation is the best road to health—and health is the first prerequisite of athletic conditioning. Overly over-indulgence is the poorest conditioner. Do not eat, sleep, play, or work too much, or too little.

In the matter of eating, a healthy helping of common sense is the best item.

**A Few Rules on Diet**

I've asked Dr. Raymond D. Forsyth, our team physician at the University of Detroit, to outline

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start off by saying that no sport is harmful, so, of course, are better than others.

There is good exercise for linemen. It helps them improve their footwork. It also provides excellent practice for men who are concerned with pass defense. The coordination and agility, even the manner in which the steps are taken to meet a tennis ball are the same needed to the forward pass on the football field.

**Constant Practice**

Baseball is excellent for judging the flight and distance of the ball, as well as for muscular coordination. Handball is an excellent exercise for the same reason.

As we said before, no summer sport is harmful, but of course, the only way to become perfect by constant practice of your task. You can't become a good football player by playing some other sport.

The excellent thing about the summer sports is for the same reason to improve your general bodily agility and coordination and afford you a good time, too.

(Next week Coach Baer will discuss a few special drills and exercises for linemen and quarterbacks.)

**CITY OF BIRMINGHAM, MICHIGAN NOTICE TO PROPERTY OWNERS**

BY IRVING K. HANLEY, City Clerk.

The City Commission of the City of Birmingham will meet Tuesday, September 2nd, 1947, at 4:00 P.M. in the Commission Room in the Municipal Building to consider any objections to the construction of certain improvements on the following streets for the purpose of widening said streets to the following: Adams and Terry and on Terry between Holland and Cole.

The Commission proposes to create a special assessment district to defray the cost of this construction, and said assessment district shall consist of the following:

**BIRMINGHAM GARDENS**  
Lots 421 to 447 Inc.  
Lots 448 to 454 Inc.

**MINOR SUBDIVISION**  
Lots 224 to 242 Inc.  
Lots 243 to 252 Inc.  
Lots 431 to 438 Inc.

Plans and estimate of cost of this project are filed with the City Clerk of the City of Birmingham for examination by the public.

IRVING K. HANLEY, City Clerk August 21, 1947. 22-23

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He is so bigoted, the sap is just a narrow minded chap! I argue with him but in vain, He says that I am wrong again. I holler till my throat is hoarse, But he will never change his course.

A bigot he will always be— Because he says the same of By wisdom which is won, But riches purchased wisdom for none.

—Bayard Taylor

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