

# That Tired Feeling Means It's Spring

By HELEN BRUNSON  
Special Writer for The Birmingham Eccentric

Got spring fever? Then you'd better just lie down until the feeling passes away. But will the average woman do that? No! When those soft warm breezes come and that loamy feeling comes over her, it reminds her of just one thing: the spring housecleaning isn't done.

So she grabs the mops, brooms and pails, fighting inertia every step of the way, and goes to it. She drags out the draperies onto the line, gets the man in to wash the carpets, and if she can't find anyone to help with washing, may start in doing it herself. And all the while she's telling herself that spring fever is only a state of mind.

But Jacqueline Berke and Vivian Wilson, experts on the new science of Meteorology (how weather manipulates human beings), say that spring fever is no such thing. It's an actual bodily response to weather.

"It's a universal set of symptoms that crops out every year some time around the middle of April, characterized by an early-morning feeling that you haven't slept at all," say these students of the subject.

AS THE DAY WEARS ON, you find that effort—physical or mental—is pure poison as far as you're concerned. And if you try to force yourself, you find that mind has little power over matter. It won't do you any good either, to see a psychiatrist and "peer into the inner depths of your frustrations and insecurities."

For spring fever is strictly physiological. It's the adjustment the body makes to the new weather conditions of spring. The experts explain your tired let-down feeling this way:

"When the temperature of the air rises, your body has to get rid of heat. The blood vessels dilate so that you can carry blood to the surface and thus throw heat off."

They go on to say that as the vessels expand, your body keeps up with them by manufacturing more blood. Within a couple of days you will probably have an increase in the quantity of blood you are circulating.

PLASMA, THE WATERY substance in the blood, is increased before the other substances are released into the blood stream. This means that for a short time after the process starts, your blood is more dilute than usual.

This explains what grandma meant when she said that the blood thins out in the spring, although she probably didn't know just why.

It seems that the above process is a lot of work for the body, and accounts for the enervated feeling we all get when the first really warm day hits.

And so Mrs. Homemaker doesn't need to worry about a few days' loss from her work during the spring. The house-cleaning can wait. She needn't fret if she puts away the mops and brooms and looks for the nearest sofa—to take a long nap.

Many years ago I came to this conclusion: never make a financial loan to others, if someone asks for a \$100 loan, you can make him a gift all or part of it, make the gift. Then you keep your friend and often get your money back.

# The Birmingham Eccentric

## Rest Leave In Manila Is No Rest

(Ed. Note. Every now and then a serviceman is given time off to enjoy the civilian amenities that are so badly wanted. In some cases, like that of George H. L. Burdick, Jr., the relaxation period proves to even surpass the wildest dreams of a Korean veteran who has seen the black hills of the embattled nation's countryside for months. When given a seven-day recuperation leave, Burdick went to Manila where he stayed in the home of Mrs. Irene Murphy, a friend of his, and his wife, Mrs. Burdick is the wife of Mr. and Mrs. George L. Burdick, 611 Briarcrest.)

By GEORGE H. L. BURDICK, JR.

We were working 12 to 16 hours a day in our Korean station and thoughts of gaining a little rest from the grime grew dimmer with each passing day. Our station crew had been cut to two men and replacements seemed out of the question.

On the morning of February 21 came a surprise. A helicopter dropped in on us and a replacement was aboard. I didn't waste any time gathering my clothes and boarding the whippy bird for headquarters. By noon I was explaining our situation to officers at Seoul.

Late that night I boarded a plane for Tokyo, arriving there at about 4 a.m. The next morning later that morning the second leg of my journey took me to Naha, Okinawa. The next stop was Clark Field, Manila, where I was looking forward to seven days of rest, good food, clean clothes and a little fun.

IT WAS TOO late to go into Manila that night so I went to the quarters. My housing is the best I have ever seen. It is a push apartment building.

Two men were quartered in each section that included all the conveniences. But the showers were the most beautiful things to me and I'll have used their entire hot water supply.

I arose early the next morning and packed my gear for three days leave in Manila. After a two-hour bus ride I arrived in Manila at 8 a.m. and Sharon Murphy met me at the bus station.

Shortly after my arrival I received a formal invitation to the Malacanang Palace for a dinner dance given by the President in honor of His Excellency the Minister of Foreign Affairs of Spain and Madam Martin Artajo.

The accompanying plus car started on a formal soiree and I began looking for a summer tax from Kohle to dance. This is really one for the boys.

THE FOLLOWING afternoon Sharon and I had cocktails and lunch at the Espanol Club, a plush private club for Spanish representatives and their guests.

The dinner party was a fabulous affair. I felt rather spiffy in my tax but also a little unnatural. The attire was a little different from combat dress. When we arrived at the palace, I could hardly believe my eyes.

As we passed the guards at the gate and drove up the long circular driveway to the front, the building I felt a little leary over the brilliantly lit scene.

We made our way through the corridors on marble floors. I saw that the place was packed with people wearing white. Strains of Xavier Cugat's music drifted to my ears from the background. The ballroom was open to the evening breezes with only a ceiling supported by pillars shielding us from the night.

TWO PATIOS winged off from the ballroom and were filled with small dining tables. Long tables were lined up.

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was called the "Robin Hood of the Philippines." At the Manila Playhouse that evening we saw "Pygmalion."

The weekend was spent swimming and sailing in the China Sea and all too soon the eighth day arrived and I took the bus back to Clark Field and began the flight journey back to Korea.

(Burdick recently was promoted to A2/E.)

Second Letter Awarded Patten

Michael Patten of Bloomfield Hills, has been awarded his varsity letter in Wrestling at Amherst College. "Mike," a junior, has now won two varsity letters in wrestling. This year at the 177 class he won three meets while losing four. Coach Ben McCabe has commented on Mike's steady improvement and his fine team spirit.

Delinquent Accounts Go To B'ham Credit Bureau

The Birmingham Credit Bureau has received from the City of Birmingham for collection seven delinquent ambulance accounts totaling \$32.

The Dietrich Ambulance service, unable to collect these accounts, dating back to June, 1952, has received payment from the city for services performed at the time of accidents within the city limits.

In presenting the report to city commissioners for their recommendation, City Treasurer Russell T. Berger said only one of the parties is a Birmingham resident. One he pointed out involved a resident of Brazil and one is deceased.

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## Tryouts Are Set For Intermediate League Players

Applications for Birmingham boys interested in Intermediate League baseball for the coming season will be available at local schools at the end of Easter vacation.

All boys who will be between 13 and 15 years old during the regular season and who reside in the Birmingham school district are eligible. Applications can be obtained from Coach Kermit Ambrose at Birmingham High school, Coach Joe Basford at Holy Name school

and Coach Gibson at Barram Junior High. Tryouts for potential members of the four-team league, sponsored by Great Lakes (Tractor, Wilson Pontiac-Cadillac Inc., North Chevrolet Co. and Suburban Motors Co.) will be held Saturday, April 25, at 8:30 a.m. at the Birmingham High field.

In case of rain, the tryouts will be held Sunday, April 26, at the same time and place.

The Birmingham Intermediate League is the only Michigan branch of the national Little Bigger League with headquarters at Trenton, N.J.

This will be Birmingham's second season. Its all-star team went to the national playoffs at Trenton last year.

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Southfield Takes Y Church League Basketball Title

Southfield United Presbyterian church has won the Birmingham Y.M.C.A. church league basketball title with a 61 to 57 win over St. James Episcopal church.

Southfield jumped into an 8-point lead in the first quarter before St. James scored and then forged ahead to hold a 16 to 13 first quarter lead.

St. James came up with a good second quarter and an shot by Bruce Renfrow and Howard Fithian were in front at half-time, 30 to 25. They maintained their point advantage in the third quarter and racked up 13 points against Southfield's 12.

In the closing five minutes of play, Southfield's Pete Pflieger made four shots to put his team in front to stay.

BRUCE RENFROW with 20 points for the game and Pete Pflieger with 21 for the victors led the scoring. Floor play by Fithian and Dick Heggie was outstanding.

In the consolation series, Kirk in the Hills took third place when First Presbyterian did not have enough players at game time.

The semi-final games saw Southfield win over the Kirk 47 to 24 and St. James took First Presbyterian 62 to 46.

Trophies will go to First Methodist church winners of the regular season's schedule and to Southfield Presbyterian for the playoff championship.

Awarded Scholarship

Peter H. Abbrecht, son of Mr. and Mrs. H. R. Abbrecht, 822 Southfield, has been awarded a university scholarship at the University of Michigan for his high scholastic standing in the University's School of Engineering. He is a graduate of Birmingham High school and Purdue University.

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