

Slowness of Body to Temperature Change Makes Us Miserable

By HELEN BRUNSON

Special Writer for The Birmingham Eccentric

"I'm no thermometer," says a friend of ours. We must say that it's a good thing she isn't—or her mercury would have been out the top these last few days. The fact that she was brought up in the south probably has something to do with it. If we'd meet her on a cold day in January she'd probably say that she is a thermometer, the kind that can't stand cold weather.

Marston Bates, Rockefeller Foundation biologist, who spent many years in the tropics, says that persons brought up in hot climates are likely to have more sweat-glands in their skin than northerners.

The sweat-glands we do have don't get into production immediately when hot weather starts—which explains why the first hot spell in June seems to hit us harder than subsequent ones in July and August. By that time, the sweat glands are producing more perspiration, which is the most important mechanism for getting rid of heat that the body has.

THAT IT TAKES time for the body to insure itself to great temperature changes was proved during World War II, when troops moved by air from Newfoundland to a Texas base were found unfit for work for at least a week. Later in the war, both sides acclimatized their men against sharp temperature changes.

The Germans trained their Africa corps in Sicily. Our men based in warm Pacific islands were prepared for a move into colder Japan by keeping them underdressed for several weeks before the attack.

Age and weight seem to have something to do with ability to stand heat. A newborn baby or a woman of 70—because of lower body temperature can stand more heat than the rest of us. Fat people seem to suffer more from heat than thin, because the thins' body has more surface in proportion to the mass, and thus a greater area for losing heat.

AFTER PROLONGED exposure to heat, the heat-loss mechanism of the body sometimes breaks down completely and we have either heat exhaustion or heat stroke. Each of these requires a doctor's care.

In heat exhaustion the body is getting rid of heat too quickly. Blood pressure and body temperature are low, pulse weak and skin pale and cold, with profuse sweating.

In heat stroke, perspiration stops and body temperature rises sharply. There must be immediate attempts to reduce temperature by wet packs, cold sponges and continuous fanning.

The housewife who can't escape to either lake or air-conditioning had best do her cooking for dinner in the morning, keep the children and herself in out of the sun in the afternoon, close the house up, and rest.

If she has a New England conscience about not working, she can save it by using hot days to clean out shelves or cupboards in the basement.

But above all she should cultivate the idea that summer is the time to relax.

Three Midshipmen On Training Cruise

On the second of three summer midshipmen training cruises aboard the light cruiser USS Worcester are: Midshipman third class Alfred W. Krause, son of Mr. and Mrs. William F. Krause of 2540 Yorkshire, and Midshipman first class Robert C. Littleton, son of Mr. and Mrs. Ray B. Littleton of 728 Emmons. Aboard the battleship USS Iowa is Midshipman third class William H. Nicholas, son of Mr. and Mrs. Reginald J. Nicholas of 913 Madison. Krause is a student at the Tufts College; Littleton is a student at the University of Michigan; and Nicholas is a student at the University of Idaho.

Building Permits Issued LAST WEEK

Permits	1952	1953
Jan.	40	106,400
Feb.	49	106,400
Mar.	55	106,400
Apr.	54	106,400
May	37	106,400
June	101	1,004,600
TOTAL	296	\$7,750

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Southfield Kiwanis Plans Picnic, Golf Tournament

Southfield's Kiwanis club has scheduled their annual picnic and golf tournament for Sunday, Aug. 16. The affair will be held at the Grimes estate, 21300 11 Mile. Richard Klingler will be in charge of the golfing activities with the club's children's committee planning a program for the younger generation. A picnic dinner, directed by the Kiwanis Queens will be served during the afternoon.

Are you thinking of buying a new home? Then read the "For Sale-Houses" columns on the Classified Ad page of this week's Eccentric.

Being constantly considerate of others is but one of the best ways to prove yourself a good citizen. It is also a plus being a living example of how to make and retain a host of friends. This is one of the aims of the Good Life.

BHS Football Picture Grim, Coach Relates

When the Birmingham High school football squad takes to the field Monday, Aug. 31, for the first practice of the season, Coach Vince Secontine will have only 12 veterans returning, one third of last year's varsity squad.

Many of these, according to Secontine, can hardly be called veterans for they only played two or three minutes a quarter last season.

Six are letter winners. They are Jerry Wedge, Tom Beck, Chris Christie, Jerry Wedge, Bill Watkins and Bill Hohmeyer.

Secontine states that the big question in his mind is how many of these boys can make the transition from "little-used subs to full time players."

No hope is looked for from last year's reserve team according to Secontine. Vince admits that he's ready to be surprised but to him it looks like only three players could make the varsity grade this year.

"ONLY RAY OF hope in the whole setup is a number of good prospects in last year's freshman lineup. "We're going to encourage all the good froth to make a bid for this year's varsity," Secontine said.

The team captain, usually selected by the team at the last of the previous season, will not be named this year until the Monday preceding the team's first scheduled game.

Candidates for the captaincy will be watched by teammates throughout pre-season practice and will have to show their stuff to get the nomination.

There will be new faces on the coaching staff this season with the addition of new freshman and reserve coaches.

THOMAS CARSON will coach the reserves with Joseph Borovick training the freshmen.

John Petrakis will begin his third year as assistant varsity coach to Secontine. Lou Parry will be the line coach.

Harry Keller, instructor at Baldwin, will be in charge of scouting for the varsity assisted by Carson and Borovick.

The first meeting of the varsity candidates will be at the high school gymnasium Saturday, Aug. 29, at 10 a.m. Players are asked to bring their physical cards and notebooks to the meeting.

Give Culver Medal To Dick Armstrong

Mid. Richard M. Armstrong, son of Harold M. Armstrong, 6195 Gilbert lake, Bloomfield township, has been awarded the bronze Taxis Medal by the Culver Military Academy Summer schools where he is spending this summer in the Naval School with boys from 38 states, the District of Columbia, two territories, and ten foreign countries.

The bronze medal is awarded to midshipmen after they have demonstrated proficiency in five different phases of the Culver program. These accomplishments must be individual and competitive in athletics, military proficiency, seamanship, academics, and social activities.

PEOPLE'S COLUMN

Former Resident Recalls Home Town

To the Editor
My wife has been at me for two months to decide what parts of your 75th Anniversary to keep. One thing that came to my mind during the reading of it was that after 20 years away from a town, how little one knows about it; how few people remain there and even they sometimes change so much that one hardly recognizes them. The main thing coming to my mind, though, was that we are but needles in haystacks. We may do things in our daily lives to alter the lives of a few other people, but not the community as a whole.

I am a son of one of your former Birmingham school teachers, Aris Horwath, who taught there from 1928 or '24 to 1937.

JACK HORWATH
Waldron, Mich.

The Birmingham Eccentric

Birmingham Background

Local History in Story and Picture



ONE OF BIRMINGHAM'S OLDEST HOMES IS 412 WILLETS. Elijah Willets built this frame house in 1821. (Eccentric Staff Photo)

\$750 Paid for This House On Willets 65 Years Ago

This home at 412 Willets, now owned by Mrs. Laurence Clark, was built on land which was purchased from the government in 1821 by Elijah Willets and is one of the very old homes in Birmingham.

After the death of Elijah Willets in 1868, Mrs. Ann Stickney purchased the property from the heirs of the original landowner. She lived in this house until her death in 1888.

Ann Stickney, leaving no heirs, specified in her will that her house when her estate was restored and the purchase of a grave lot and head stone, the money be divided and given to two missionary societies.

The home then came into the possession of Mrs. Betsey Shain, widow of Travis Shain, mother of Jim Shain, the village plumber and grandmother of the late Charles J. Shain, prominent local druggist. She paid \$700 for it.

Betsy lived a quiet busy life, working in the interests of the Methodist church and doing "plain sewing" for the ladies of the village.

AT 91, she underwent an eye operation for cataracts, and the

whole family rejoiced with her when her sight was restored and she once more could see the faces of her loved ones.

After the death of Betsey Shain, Mr. and Mrs. John O'Connell purchased the house in 1922. Mr. O'Connell was a cabinetmaker by trade but by 1914 was operating a little grocery store in a building at the back of the house which had once served as the barn.

In the files of The Birmingham Eccentric, dated March 1913, is found an item relative to O'Connell's store and his workmanship:

"JOHN O'CONNELL has a fine little west side grocery business but he has also a little time on his hands and if you will see him about it and give him a short no-

vice, he will repair, fix and paint up those screen doors and windows to suit you, be you ever so fastidious and finicky. John can do the job that is absolutely perfect and at reasonable price. He has a phone."

O'Connell's store did a thriving business in candy and school supplies with the students who attended the High school and who made his store their headquarters.

The Clark family purchased the property in 1924.

"This old home is very much the same as it was when Ann Stickney owned it," said Mrs. Clark. "Modern improvements of plumbing and heating have been installed during the years, but the house still retains its old-fashioned charm."

THE ORIGINAL wide-pegged flooring is in the house and the old fashioned plank kitchen door with its interesting cross pieces is still in service.

The old barn with its heavy solid oak, hand-hewn beams has been removed to a site on Pierce street where it was remodeled into a present day home.

Bloomfield Team Leads District In Second Half

The Charles Edwards Post American Legion team suffered its first loss of the season's second half Sunday, Aug. 9, at Pierce field when Milford doubled Birmingham's hits and scored a 6-5 victory.

Dick Sheldon, who followed two Birmingham pitchers to the mound, Jerry Wedge and Danny Cornia, suffered the loss as Milford pushed three runs across in the eighth inning. Wagner gained the win.

Birmingham scored four runs in the second inning and one in the third but couldn't stave off the consistent hitting of Milford batters who chalked up 12 safeties off the offerings of Birmingham hurlers.

Earlier in the week Birmingham and Waterford battled to an extraordinary game that was called on account of darkness. Both teams scored five runs off four hits.

DICK SHELDON worked on the mound for Birmingham with Fell doing the pitching for Waterford.

Birmingham scored four runs in the first inning and one in the fifth. Waterford gained one in the first, three in the fifth and tied the score in the sixth.

Birmingham's loss Sunday leaves Bloomfield Hills on top of the district standings. Shoold Bloomfield win over Clawson Wednesday night, Aug. 12, the season's second half honors will go to the Cranbrook team in its first year of league play.

The Birmingham team will play an exhibition game with Floyd Fryer's Class E nine at Memorial Field, Sunday, Aug. 16 at 2 p.m.

Wednesday, Aug. 19, at 6:45 p.m., the Charles Edwards Post will hold a baseball banquet for members and fathers of both the Birmingham and Bloomfield Hills teams at Kingsley Inn. Detroit Tiger owner Walter O. (Spike) Briggs has promised that two members of the Detroit team will be at the banquet.

Legion members wishing to attend the dinner are asked to make their reservations through Al Voss by Saturday of this week.

NEED SOMETHING FOR YOUR HOUSE? Then locate it by reading or using the Classified Ads in The Eccentric each week.

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