

# The Staff

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## EDITORIAL

In matters concerning good health food is an important topic--a balanced diet, milk, the perfect food, the necessary vitamins, fruit, begetables, and so on, water six or eight glasses daily.

Then there's exercise, the Physical Ed. course we take, the hikes and all those exhilarating games we play. There are those good rules we must obey about the top coat, a rain coat, and rubbers.

But there's another topic little discussed, which consumes a good portion of our time, a third of it at any rate, or should. We wake and know that we have been asleep and we often remember our dreams, but no one knows when we go to sleep, not even ourselves.

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Sleeping is such a natural state of our partial existence that at first thought it appears insignificant to speak about. Yet we frequently hear some girl say "I did not get enough sleep last night" or "How I did hate to get up this morning" and "I was so sleepy on class this afternoon I cannot even remember what the assignment was."

There are rules conducive to good sleep as well as about other things. Some of these are: regularity in retiring, an inviting bed, clean sheets, shaken-up pillow, covers smooth and sufficient, a bed that has not been lolled in during the day; then having a roommate with whom we have long been accustomed, one with whom we have harmonized our ideas, told all our experiences, so there's nothing left to talk about at bedtime; no spending the night out. You sleep best in your own familiar room and bed.

Exciting and vigorous exercise just before lights are out often keeps one wide awake after going to bed. Then some good refreshing sleep is lost. Better get quiet and leisurely prepare for slumber. Then--"Now I lay me down to sleep, I pray thee Lord my soul to keep" You'll be glad when you awake in the morning with a fresh and rested mind as well as body.

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Not what we give, but what we share,  
 For the gift without the giver is bare.  
 Who gives himself with his alms feeds  
 three,  
 Himself, his hungry neighbor, and Me.  
 --Lowell

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If I can stop one heart from breaking,  
 I shall not live in vain.  
 If I can ease one life the aching,  
 Or cool one pain,  
 Or help one fainting robin  
 Unto his nest again,  
 I shall not live in vain.  
 --Emily Dickinson