

# Health Chats



A Series Of Informative Articles On Important Health Subjects BY Dr. GERALD JAMES

## How Much Sleep Do You Require?

Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.—Isaac Walton.

A question frequently asked doctors is "How much sleep should a person have?" Dr. L. J. Steinbach, of Pittsburgh, Pa., nationally known scientist, has written an excellent paper on this subject, from which we quote herewith:

"The popular understanding that eight hours of sleep out of each twenty-four period is the requirement for adult persons offers an excellent working basis to settle the question for you, provided you are an average person.

"The average normal person is, in fact, subject to wide variations in structural make-up. Intemperance, in the amount of physical and nervous energy expended per day and in the general efficiency of the organs of the body—in addition to these factors, we must also consider the influence of age.

"The main purpose of the following information is rather to guide you in deciding whether more sleep is required than the so-called average amount.

"(1) Sleep Requirements According to Physical Make-Up: When considerable weight has been acquired during the middle age (35 to 50) the body will sustain greater efficiency with additional sleep or rest. Unusually tall persons require more than the average amount.

"(2) Requirements According to

Temperature: Persons of nervous temperament, particularly those who are easily fatigued (nervous weak types), should not fail to take nine hours or more per day. A mid-afternoon rest period or relaxation period before the evening meal is a decided advantage. Non-nervous or phlegmatic persons enjoy sleep and usually take more than the average amount.

"(3) Requirements According to Activity: When a great amount of nervous energy is expended per day in occupations involving chiefly mental effort, an eight and one-half to nine hour sleep period is the ideal safeguard against nervous exhaustion or nervous breakdown. Occupations involving muscular effort, particularly outdoor work, also athletic activity, call for more than average rest. In general, hard physical work causes the body to age faster than average activity. Additional daily rest is the most natural precaution against senility.

"(4) Requirements According to Organ Efficiency: Both the composition of blood and the pressure exerted by the blood within the vessels have a definite relation to the amount of sleep needed in order to maintain physical and mental efficiency. Some otherwise normal persons are habitually anemic (too few red blood corpuscles or not enough hemoglobin); they require more than the average amount of sleep. Nine hours out of twenty-four is better for this type. It has been estimated that 20 per cent of the adult population of the United States are low blood pressure subjects.

"(5) Requirements According to Age: The 'eight out of twenty-four' rule for sleep applies best to adults between the ages of 21 and 50. While it is popularly accepted that older persons sleep less, this does not mean that they need less rest. After 50, the physical body should have 10 hours or more divided between sleep and rest. After 60, not less than 12 hours out of 24. Mental activity is not so exhausting in later years of life as physical activity. In childhood and adolescence the sleeping period should be from 10 to 12 hours.

"The growing tendency to shorten the length of rest in order to meet many new demands upon our time, is regarded by nearly all research workers as an insidious danger to health."

**IN HAVANA, CUBA**  
Norwood Carroll, manager of Purdie's Inc., left Monday for Havana, Cuba. The trip was awarded him in a contest sponsored by Walker-Martin General Electric Co. of Raleigh. He will return to Dunn Friday afternoon.

**PANCAKE SUPPER**  
Mrs. Pat Lynch Jr. announced today that Twyford Printing Co. was erroneously omitted from the list of donors for the pancake supper sponsored last week by the Dunn P.T.A. The printing company donated tickets for the affair. Mrs. Lynch also wants to thank the newspapers and radio station for their participation.

**RECUPERATING**  
Mrs. Lloyd Wade has returned to her home where she is recuperating following surgery in a Goldsboro Hospital.

**RECENTLY MOVED**  
Mrs. Eunice Tart and sons have recently moved into the W. E. Baldwin home on West Harnett Street.

**HOME FOR FEW DAYS**  
Cecil Johnson is spending several days here with his parents, Mr. and Mrs. Part Johnson, following exams at UNC, where he is a student.

**CONDITION IMPROVING**  
Mrs. J. Shep Bryan, who is a patient at Duke Hospital is reported to be improving. She will be there for several weeks, however.

**COMPLETES STUDIES**  
Miss Shirley Jane Johnson has returned to her home here after completing her studies at Duke University. At present she is assisting teachers at the Dunn Grammar School while Mrs. J. S. Bryan is confined to the hospital in Durham.

**HAS CHICKEN POX**  
Little Ella Neal Raynor, daughter of Mr. and Mrs. Marvin Raynor, is confined to her home with chicken pox.

**RETURN HOME**  
Mr. and Mrs. E. R. Colbreth have returned from Atlanta after attending the funeral of Mrs. Colbreth's brother, R. H. Dominick.

**GUESTS FROM DURHAM**  
Mr. and Mrs. Jule T. Mann have as their guests this week, Mrs. Henry Hutaff and small son, Hank.

**VISITING HERE**  
Mrs. Charles Gammon of Durham is spending the week here with her sister, Mrs. A. R. Johnson and her husband's parents, Mr. and Mrs. E. L. Overman.

**IMPROVING**  
Mr. Vergie Williams is reported to be much improved following an illness at his home.

## 'Miss Finland'



**HOLDING** her trophy, Yvonne de Bruyn, daughter of an army officer, is shown after she was chosen "Miss Finland" in the finals of a beauty contest in Helsinki to pick the country's fairest. She is 19, blonde, blue-eyed. (International)

**ARRIVE FROM UNC**  
Red Sandlin, Bozie Tart, T. Brown Williams, Howard White and Doug Overman are expected to arrive today to spend a mid-term holiday with their respective families.

**HOME FROM DUKE**  
Miss Betty Cathey is home from Duke for a few days. Miss Margaret Cathey is expected to arrive Friday for several days visit.

**HOME FROM WAKE FOREST**  
Clarence Corbett arrived Wednesday from Wake Forest where he has been a student this year. Clarence will remain here and enter Campbell College for the second semester.

**HOME FROM E.C.C.**  
Sherrill Goodman, son of Mr. and Mrs. Cyrus Goodman has returned to his home after being a student at E.C.C. this year. At the beginning of the second semester, Sherrill will study at Campbell College.

## Man Blames

(Continued From Page One) sentence, suspended on payment of a fine—but when court closed, Judge H. Paul Strickland had not decided what. He had asked that Evans' record be checked before the sentence was completed.

When asked why he was back in court, Evans told the Judge, "The devil fooled me once more." The Judge added that the devil got blamed for a good many things—but this time, the devil was not the defendant.

## Chorus

(Continued From Page One) Gammon, Lewis West, Mrs. Susan Black, Guy Hardee, George Exum, Fred Parker, Frank Belote and Fannie Sue Turnage.

Another feature will be songs by a quartet composed of Lewis West, Guy Hardee, Gerald Mann and Belote.

Names of the minstrel men haven't been announced yet.

The big show will be presented at 8 o'clock in the Dunn High School auditorium. Indications point to standing room only.

**BERLIN UP**—The Big Four foreign ministers' conference entered the stalemate stage today with the Soviet Union blocking further progress until the Red China issue is settled.

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- ### STEAKS
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  - PLATE OR BRISKET STEW BEEF Bone In Lb. 19c
  - DRY PACK VIRGINIA OYSTERS Med. Pint 85c
  - FRESH RIB OR LOIN PORK ROAST Lb. lb. 59c
  - SWIFT'S BROOKFIELD CHEESE Mild American lb. 47c

- LUZIANNE COFFEE MORE CUPS PER POUND 90c
- PHILLIPS TOMATO SOUP 3 cans 27c Regular Or Quick Oats
- QUAKER SMALL PACKAGE 17c
- HALO SHAMPOO LARGE BOTTLE 57c
- MUSSELMAN TOMATO JUICE 46 oz. can 25c
- WESSON OIL PINT BOTTLE 32c
- PUDDING JELLO INSTANT Pkg. 10c

- ## Bananas
- Fancy Golden Ripe 2 Lbs. 25c
- JUICY FLORIDA GRAPEFRUIT 4 for 25c
  - ADD YOUR FAVORITE DRESSING 10 Oz. Pkg. 23c
  - MIXED SALAD 23c
  - FLORIDA — FULL O' JUICE ORANGES doz. 23c
  - EXTRA FANCY Tomatoes CARTON OF 3 19c

- Donald Duck Salad DRESSING Pint Jar 30c
- MARCAL PAPER NAPKINS 80 CT. PACKAGE 10c
- The Original Bleach CLOROX QUART BOTTLE 17c
- SNOWDRIFT 3 Lb. Can 89c

- HAIR TONIC VITALIS Med. Size 53c
- ANTISEPTIC LISTERINE 7 oz. Bottle 49c
- BAYER'S ASPIRIN 100's 62c
- HAND CREAM PACQUINS Medium Jar 49c
- TOOTH PASTE AMMIDENT Large Tube 53c
- ARMOUR'S CORNED BEEF HASH 16 oz. Can 31c
- STRAINED BABY FOODS GERBER'S 3 Jars 29c
- CATE'S SWEET MIXED PICKLES 12 oz. Glass 31c
- POWDERED COFFEE CREAM PREAM 4 oz. Can 29c
- BABY ORANGE JUICE GERBER'S 3 Cans 29c
- OCTAGON LAUNDRY SOAP Large Bar 8c

- Grand Dutchess Frozen STEAKS 11 OZ. PACKAGE 67c
  - Dulany's Fancy Frozen BUTTERBEANS Or TURNIP GREENS YOUR CHOICE Pkg. 19c
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