

HOURS FOR SLEEP

Bed Should Surely Claim One-Third of Person's Life.

Not Much Difference as to What Particular Portion of the Night is Devoted to Slumber, but Grab Off Enough.

For a long time and in the majority of places in this country it has been the habit to stay up late at night, and in some places the early morning hours have not been given much attention. Of course this refers principally to the larger towns and cities, and while there would of necessity be some people getting to work at seven o'clock the average man or woman coming along at eight or even later would find things still in the cleaning-up and opening-up stage. Sunrise, on the mountains or at sea or in the rural districts, is an event worthy of attention and well rewards the early riser with its beauty and significance, but the early riser in the town or city has usually found everything untidy and must step over ash cans and dodge the sweepers and be satisfied with the sleepy grunts of workmen who are getting things into shape for the business of the day. It is anything but picturesque and is most unattractive.

Whoever it was who discovered sleep decided that at least one-third of a person's life was properly spent in bed, and therefore, when the crowd stops up until midnight, it is healthy and wise to remain under cover, or away on the pillows, until eight o'clock. The dancer or card-player (certainly, we mean bridge and other perfectly proper games), lingering for the last one-step or the final hand, until one o'clock, should not be disturbed until nine. And so on, according to the accepted plan of health and happiness. But taking the other side of the argument—or rather, reversing the program—let the average person retire at ten o'clock and rise at six.

Probably a whole lot of people will grumble at the schedule suggested, and we don't pretend to say that it must be done. We haven't been appointed sleep director yet, nor yet given the right to wake people up at a certain hour. A great deal has been done, however, in the last year that tends to a more reasonable sleeping and waking scheme. Through the winter and early spring two nights each week were allowed limited lighting only. This was calculated to send the people home earlier than usual, and served to keep some folks at home after dinner or supper, according to the designation of the evening meal. A great amount of fuel was saved, according to report, and up to date no damage has been reported to business, society or individuals.

The stores are closing early and the tendency seems to be for an early retirement generally. In Miami they are trying out a curfew—but it isn't a real curfew. It only refers to young folks under a certain age, and it won't amount to a great deal. The English understand that sauce should be provided of suitable strength for both the gander and the goose, and in England the curfew law closes all places of amusement and all business enterprises at a certain reasonable time. Parents are expected to take care of their young daughters and sons and themselves. The theaters and concert halls, restaurants and dance halls and recreation enterprises generally plan their programs to begin early and end in time for their patrons to get home considerably before midnight. There is no penalty for rising early in London or elsewhere, and the population, now very generally retiring about ten o'clock, is likely 90 per cent up at 6 a. m. A very large per cent is certainly up at five o'clock and many at four, and some earlier.

The eight hours mentioned is not a rigid rule of health or really beneficial to everybody. That it is enough for 90 per cent of the population of this country is certain, and thousands and thousands can live happily, beautifully and profitably with a smaller average of sleep. A few really need more than eight hours. Thomas A. Edison has been quoted as saying that four hours' sleep was sufficient—for him. Perhaps he said it, and possibly that is enough for some men at some period of their lives. The great big majority need more than four hours, and also can do very well with eight. It is then evident that by going to bed as early as ten o'clock and rising at six the worker will have a whole lot of morning time—the best always for work or pleasure or both.

Slippers Made From Hats.

Now it happened, over there, that though army hats were plentiful enough, hospital bedroom slippers were very, very scarce. It took a long leap of salvage ingenuity to take apparel from the head of a man and put it on his feet. But that is what the army did. With dies it cut the brims of the old army hat, which was then usually on the road to ruin, into shape of the human foot, stitched two layers together, stitched them back and forth, as is done with Japanese slippers, turned the fragments into heels, turned the crown into tips, used bits of uniform for the uppers and sent off to the Red Cross a prodigious supply of bedroom slippers.—Donald Wilhelm in Harper's Magazine.

Rolling a Plane.

To "roll" an airplane is to turn it over sideways while flying. The pilot continues rolling until the machine is flying level again. The stunt is practically a sidewise loop.

Sublimity Shots

Mr. and Mrs. Theodore Highberger, who live east of town, were pleasantly surprised Thursday evening by their friends, neighbors and relatives, the occasion being their 25th wedding anniversary. As evening drew near the visitors commenced coming and before long a full sized celebration was under way. The evening was spent in playing games, cards and dancing. Excellent refreshments were served to which ample justice was done. The guests departed at a late hour, wishing Mr. and Mrs. Highberger many more years of happy married life. Among those present were: Mr. and Mrs. Nick Heuberger, Joseph Heuberger, Mr. and Mrs. Joseph Etzel and child, Mr. and Mrs. Albert Weidner and children, Mr. and Mrs. Ed Highberger, Mr. and Mrs. Peter Barkmeyer and daughter, Mr. and Mrs. August Albus, Mr. and Mrs. Ed Tate and family, Mr. and Mrs. Joseph Zuber and family, Wm. Van Handel and family, Mr. and Mrs. Bert Branch and family, Mr. and Mrs. Roy Orren and family, Mr. and Mrs. Ben Gescher and family, Mr. and Mrs. Joseph Hildesheim and family, Misses Theresa Heuberger, Dora and Katie Albus, Edna Tate, Lucy Staiger, Agnes Bock, Anna Levermann, Margaret Griss, Edith Hurt, Nettie Van Handel, Messrs. Gust Hendricks, Nick Heuberger, Jr., John Albus, Peter Gries, Joseph and William Odenthal, Lawrence Smith, Lawrence Van Handel, and the jubilarians, Mr and Mrs. Highberger, and family.

The Sublimity schools reopened classes Monday, November 18th, after being closed three weeks on account of the influenza epidemic.

John Gray is on the sick list but is reported improved at this writing.

Peter Welter, Jr., who is with the merchant marine, is visiting relatives and friends in this vicinity. He has a twenty day furlough.

Library Chief Says Books Keep Yank Soldiers Out of Trouble Overseas.

New York.—Declaring that the "leisure hour of the American overseas is the hour of greatest moral peril," and that good reading does much to keep lonely soldiers straight, Dr. M. L. Rainey, field manager of the American Library association, has reported to the New York state branch how soldiers, sailors and social workers have been provided with good reading matter. Doctor Rainey said that in ten months the association has established 42 libraries for the army and stocked them with 600,000 books and 2,000,000 magazines, all of which had been contributed. The working force consisted of 318 persons, one-third of whom served without pay.

James Ripp has purchased the Sestak & Thomas phone and installed it in the Ripp home.

Wm. Hermens and Isadore Bell returned Monday from an over Sunday visit at O. A. C.

William Hildesheim, who is with the army at Camp Lewis, was home Saturday and Sunday for a visit.

Geo. Bell left Sunday on a business trip to Portland in the interest of the firm. He returned Tuesday.

Sim Etzel, who is attending the Studegts Army Training Corps at Corvallis, visited at home Saturday and Sunday.

Andrew Larsen, William Odenthal, Lawrence Smith and Edward Bell attended the Victory dance at Turner Saturday evening.

Joseph and James Ripp, Joseph Odenthal, George Welter, Miss Margaret Gries and Miss Agnes Boedigheimer motored to Salem Sunday evening.

The dance given on Wednesday, Nov. 20th, for the benefit of the Patriotic Home League, was attended by a large crowd. The hall was prettily decorated with the national colors. The orchestra from Silverton furnished first class music and gave general satisfaction.

Sestak & Thomas are moving their meat market building north several feet, as it occupied part of the street. Their intention is to build a cement sidewalk on that side of it. Joseph Breitenstein and Joseph Koenig have already built cement walks on that side of the street.

Mr. and Mrs. George Glover returned Monday from their ranch near the coast, where they have been for some time.

Miss Teckla Roeser and Miss Marie Schulte were Stayton visitors Friday.

The orchestra from Silverton, which played for the dance here on Wednesday of last week, was in hard luck coming down. Their lights went out and they had to drive eight miles without them. To make the misery complete a tire also went flat.

However, as it was moonlight they got through all right, even if they got here a little late.

Joseph Susbauer was a caller in our neighboring town of Stayton Tuesday

A merry crowd of young folks attended the party held at the Alva Smith home west of town Sunday night. The evening was spent in playing games and dancing. A good time is reported by all present.

Mr. and Mrs. Zimmerman of Portland are visiting at the home of Mrs. Zimmerman's parents, Mr. and Mrs. Joseph Susbauer.

Sublimity has been in darkness since Sunday, Nov. 10th, on which date the electric light plant at Stayton went out of commission. The people got out their coal oil lamps and John D. has again come into his own. However, here's hoping that things will "brighten up" soon.

Word has been received that Mrs. Henry Miller's nephew, Ernest E. Eckerlin, had died in France on October 5th. However, as his parents had received a letter from him under date of Oct. 16, in which he stated that he was in good health, they are trying to ascertain the correctness of the report and are hoping that there may be some mistake.

When She Goes After an Offender, He Had Better Surrender Peacefully.

Coleman, Tex.—Mrs. John R. Bannister is the new sheriff of Coleman county. All who know her say that when she buckles on her six-shooter and goes out to make an arrest the offender had better make peaceful surrender if he knows what is good for him. It is not meant by this that Mrs. Bannister is a woman of the roughman type—on the contrary she is unassuming, quiet and prepossessing in looks. The sum and substance of it is that she belongs to a stock of westerners that does not know what fear is when it comes to fulfilling what she believes to be her official duty.

Mrs. Bannister's husband, Captain Bannister, who died recently, was sheriff of Coleman county for many years. His wife assisted him in his work in many ways and is said to be thoroughly familiar with the details of the office. It was but natural that she should be elevated to the vacant position, her friends say.

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