

HEALTH SECTION

The Magic of Sleep

By Miss DOLORES TENSUAN *

DO you know that there is a certain magician who helps much in giving you strength, growth, and beauty and in making you more active, alert and cheerful? Well, that magician is sleep. No doubt, you wonder how sleep does all these.

Have you ever experienced sitting up late at night? Of course, you all have. When you come to class in the morning, you feel very weak, tired, cross and inattentive. No matter how hard you try to keep your eyes wide open and to understand your teacher's explanations, you can't help but sleep. It is because your tired muscles and your tired brain need rest. They are too weary to work, so you must rest them, and that can be done by sleeping.

Do you notice how little babies sleep and how fast they grow? Sleep, more than anything else, helps children grow. Some say that the only time you grow is while you sleep. Children need to grow fast, that is why you need more sleep than grown-ups.

A baby is like a machine, say, an automobile. It wears out with constant use, but it is better than the machine because it can repair itself and be as good as ever if it has a chance for sleep, fresh air, and nourishing food. The most important, however, is sleep. It makes no difference how much water you drink or how much nourishing food you eat, but you will not be able to work and grow unless you get plenty of sleep. Not only does sleep show in your health and the growth of your body but it also shows in your school work and in your habits of mind. A child who has sufficient amount of sleep is more active and attentive in both studies and play than one who lacks sleep.

* Teacher, Washington Elementary School.

Furthermore, sleep makes a child more cheerful and more beautiful. A child who lacks sleep is usually thin, pale and cross, whereas one who gets the proper amount of sleep is healthy, rosy, and cheerful. You see that sleep is indeed a magician.

To have the full benefit of sleep you must observe these rules:

1. Have a regular bed time. [1



order to get at least ten hours of sleep every night, you must go to bed at eight o'clock. Don't be late.

2. Wash your face, neck, hands, and feet or take a sponge bath or a quick shower.

3. Change the clothes you have worn during the day.

4. Brush your teeth and hair.

5. Open the windows.

6. Use enough covering to keep warm but do not sleep with your head under the covers.

7. Use a mosquito net.

8. Go to sleep promptly. It is not good to think about things after you go to bed. Think only of how sleepy you are as soon as you lie down.

Strange Facts

China's first railroad was built in 1876. It connected Shanghai and Wusung. But there were several riots because of age-old superstitions that the government put a stop to the operation. They tore up the rails and ran the engines into the river.

*

More than 160,000,000,000 cigarettes are smoked each year.

*

There is a law in Indiana which prohibits cigarette smoking.

*

A modern machine for making cigarettes can produce more than 1,200 a minute, while a handworker can make only five a minute.

The oldest newspaper in the world is the Peking News. It is 1400 years old already. It began publication 950 years before printing from movable type was invented in Europe.

*

Tibet has only one newspaper. It is a monthly.

*

It was found that Jews do not have the longest noses. Surgeons report that the Armenians and the tall English have longer noses.

*

In China, there is a very sacred custom of politeness between a host and a guest. If the host invites his guest to enter first, the guest is supposed to refuse the invitation. And if the guest enters first, the host will be insulted. Thus, after the little ceremony of invitation and refusal, the host and his guest enter together.

*

In Java, a person of a higher class pays the lower class a high compliment if he offers one of them his half-chewed betel.

*

In Turkey, all beauty prize winners are forbidden from teaching school.