

Our Children

By Mrs. W. B. Davis



tive, cross, mistake-making pupil may be primarily a child without enough sleep.

Other health habits need only be mentioned. Habits of elimination are learned in the pre-school years. But occasionally enuresis (bed-wetting) may persist; a teacher may discover that a nervous youngster who was greatly disturbed at a plan for an overnight class trip was fearful lest he shame himself. Routines of elimination may be disturbed by the earlier start and changed hours of high school. Elementary habits of cleanliness may be lacking.

The teacher seeking to understand the problem child must, then, consider whether faulty habits as regards diet, sleep, or elimination may be the factor. They will be, in a minority of these cases. She should see the establishment of such basic habits for physical well-being as an important educational responsibility for both healthy development and comfortable living together.

To be sure that pupils are informed is the obvious first step. Pre-requisites for the desired habit are sometimes strangely lacking. Thus a school recently visited had no soap in the washroom. To save the trouble the cafeteria tables had been piled in a corner and the students ate hurriedly and disgustedly from trays in their laps. Habits of cleanliness and of unhurried eating could hardly be fostered under these circumstances. Recognition of desirable habits, as by a health score card, will foster them.

Reasonable habits of diet, sleep, elimination, and recreation are important for health, both physical and mental.

Sleep habits are dealt with wisely with the nursery school; although largely out of the school's control in later years, they are often a factor in its problems. In every one of the number of groups of children (aged 10 through 17) investigated as to their sleep habits, some youngsters reported having been up until one o'clock or later during the preceding week. Only about a third had a room to themselves and about half shared a bed with some other member of the family.

All too often the radio or adult activities keep children up. Multifarious goings-on may affect the sleep of high school students. That this may occur is suggested by the findings that 20 percent of a large group of high school boys were away from home at least part of every evening in the week. Money-earning may intrude upon sleep habits; thus a high school boy may rise at five in the morning to take care of a morning paper, route and be out 'till after eleven in the evening with a late edition. Lack of sleep causes difficulty in maintaining attention on a task, and drowsiness or irritability. An inatten-

The Sports Front With Smoky



By Howard "Smoky" Molden

The Independent Ball Team under the management of Raymond (Shorty) Botts and Henry (Hank) McWilliams has won all seven of the games played this season.

Friday night they will play Waverly at Muny Field. June 24 they will go to Pawnee City for an exhibition game, proceeds to be used for uniforms.

Manager Green of the Have-lock Team is planning a feature attraction between the Independents of Lincoln and the Colored Metz Team of Omaha.

The Independent Team is privileged to have a former Ethiopian, (Huff) Duncan, 3rd baseman; Calvin Rogers, formerly with the Monroe Club of Benton Harbor, Michigan; Johnny Napue, formerly with the Kansas City Monarchs playing on their string.

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Editor:

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SILVER CUP TO BE AWARDED

Miss Belva S. Spicer, Evangelist and Pastor of Solomon A.M.E. Church of Grand Island, announced at the District Conference held here June 12, that she would give a Silver Cup as an award to the church having the largest percentage of increase and re activated members during the year. Miss Spicer is doing commendable work at Grand Island.

She organized the church there four years ago and has a sizable membership.

The conference graciously accepted the gift as a means of stimulating enthusiasm in the evangelistic field.

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