

SLEEP IS GIFT, DON'T ABUSE IT, WARNS DOCTOR

Liquor Aids Rest but May Cause 'Jitters' Later, He Adds.

By United Press
CHICAGO, April 18.—Members of the American College of Physicians learned today that sleep is what you make it—an art, a pleasure, a gift of the gods to a world which abuses the gift.

Dr. Nathaniel Kleitman of Chicago university was not at all plussed by the fact that a considerable number of gray-bearded doctors slept through the lecture. Dr. Kleitman advocates sleep in large quantities and he commented audibly that when older sets out to cover a convention thoroughly they probably are somewhat better for snatching forty winks now and then.

As the doctor lectured he blasted many a superstition of the man who has learned about sleep only by doing it. For example:

You do not sleep better just before dawn. You sleep soundest some ten minutes after hitting the sheets. Alcohol does not disturb sleep, quite the opposite.

Hit Peak at Noon

You are not at your best early in the morning. Most people gain in activity until noon; some reach the peak of efficiency as late as 6 p. m.

Other secrets of scores of men and women, as well as a few dogs and cats, whom the doctor watched closely during many nights, came to light in the lecture.

If one sleeps with his mouth open, Dr. Kleitman said, one is not at one's best. The doctor spoke not of appearance, but of rest.

Too much warmth is not conducive to restful sleep.

It seems that the average individual spends thirty seconds of every hour doing gymnastics to rest himself from the exertion of sleeping. The body has to get up and go places every fifteen minutes during the night if it is to get full benefit of lying still the rest of the time.

Liquor Aids Sleep

Dr. Kleitman confirmed the theories of those sufferers from insomnia who look askance at coffee, but set himself at odds with castigators of rum.

Liquor, the lecturer said, aids sleep at the beginning of the night, although it may permit a case of jitters later. Any drawback attendant upon the latter reaction was minimized, however, by the doctor's statement that the chronic drinker usually sleeps longer than the temperate man.

Finally, Dr. Kleitman admitted that the standard eight hours is more sleep than the average person needs.

"But," he urged, "every one should take at least that much sleep, because sleep is a pleasure. A little more of it than is needed makes the world a brighter place to live in, and certainly a safe one."

N. A. C. A. TO CONVENE

Economy in Distribution to Be Meeting Topic Tonight.

Methods of effecting economies in merchandise distribution will be the topic for the monthly meeting of the Indianapolis chapter of the National Association of Cost Accountants at 6:30 tonight in the Washington.

W. R. Spurlock, Eli Lilly & Co., market research department head, will discuss sales quotas, deployment of salesmen and sales planning. Mr. Spurlock is a former president of the Indianapolis Marketing Research Club.

STATESMANSHIP and RELIGION

By ... Henry A. Wallace
The twenty-first of a series about the creed of a new and greater America.

CHAPTER TWENTY-ONE

Millennium in Our Hands

WE have been attempting in Washington to invent and operate in modern, social machinery. Considering the shortness of time and the pressure, I think we have done a fairly good job. But looking at the problem from a longer time point of view, I have no doubt that the 1933 models of social machinery are as imperfect as the automobile models of 1900. Thousands of men racked their brains for thousands of hours, perfecting the carburetor, the electrical distributing system, the water circulation system, the self-starter, and the brakes. It has been a matter of slow growth and hard thinking. The early automobiles were crude, clumsy affairs, but by infinite patience we perfected them. In like manner, I am confident once the genius of our people is turned in that direction, we can perfect our social machinery.

Everywhere you hear about the concept of balance between productive power and consumptive power. In the agricultural adjustment administration there is continual talk about readjusting the supply of farm products to the changed market to such an extent that the farmer will be able to buy as many of the good things of life as was the case before the war.

Steadily the effort is being made to produce a statistical measure of social equities. The assumption is continually being made that once we know the social equities in a precise, definite way, the right-thinking people of all classes will be willing to promote the operation of social machinery to bring about such equities.

Thoughtful business men now know in a real, and not in a pious, superficial way, that these things must be done if we are to have the balanced, continuously prosperous civilization which our scientific understanding and our mechanical inventive powers so clearly entitle us to have.

THE second requirement which is the one in which religious people are most interested symmetrically, is the question of ethics. The non-religious functions so very satisfactorily. Trained in science and economics as I am, it ill behooves me to speak with any authority in this field. And yet I can see as we peel back our understanding of economics, layer after layer, we finally come to those fundamental underlying forces which have to do with the human heart and the way in which it is motivated.

I am confident that the newly created social machinery of the new deal will soon be discarded unless the hearts of our people are willing to operate this machinery for the general good. The adversity of the last three years has made the great majority willing to enter into a vast co-operative effort on a scale never before dreamed.

It seems to me rather obvious, however, that while the American people have learned something as a result of their adversity and are willing to pull together to get out of it, they have not yet fully learned their lesson.

All too many of them still hope to make money by speculation. All too many still are grabbing exploiters at heart. The millennium is not yet here, although the making of it is clearly in our hands.

The one essential thing, even above the perfecting of new social machinery, is the remaking of the human heart. Some people say this can not be done, that human nature is essentially unchanging from generation to generation. I have heard many church-going business men profess this point of view.

Most scientists hold to this point of view because they think it flows inevitably from their knowledge of the nature of the germ plasm. I am sure you will agree with me, however, that no truly religious man can hold this point of view.

1 SLAIN, 5 SHOT IN RENEWAL OF MINE WARFARE

Violence Flares in Illinois as Union Celebrates Poll Victory.

By United Press

KINCAID, Ill., April 18.—Bloodshed marked the renewal today of old hatreds in the Midland coal mining battle fields as warring factions of miners turned to fists and firearms. One man was shot fatally and five others wounded, two seriously.

Sheriff Charles Weneke and 300 deputies patrolled Kincaid streets to prevent new outbreaks of violence. While the county authorities were in control of the town, William Core, Peabody mine No. 7, employee, was shot to death from ambush between Kincaid and Bulpitt.

The outbreak occurred after the United Mine Workers' members celebrated a victory in yesterday's aldermanic election with a parade. After the celebrants parked their automobiles in the business district, William Bough was beaten by a group of miners. Within a few minutes pistol shots were fired. The firing continued for ten minutes and more than 100 shots were discharged.

Alderman-Elect Wounded

The wounded included Frank Angenendt, alderman-elect, who was shot in the jaw, leg and chest; Sam Ronchetti, city policeman, wounded in the abdomen; Henry Jones and Harry Webb.

Sheriff Weneke drove to Kincaid from Taylorville and hostilities ended here. A few minutes before midnight a group of men ambushed Mr. Core on a country road. Hiding with Mr. Core, Douglas McWhinnie was wounded. Mr. Core's automobile crashed into a gasoline filling station. One man giving the name of Fred Ramozini was held in connection with the shootings.

Kincaid is in the heart of the Illinois "midland" area, which has been the scene of numerous bloody riots between miners. National guard troops have been stationed in the area on several occasions to maintain peace.

Arrest of Pair Sought

Sheriff Weneke was apprehensive lest last night's fighting result in a major outbreak of warfare. He said all of the victims but Mr. Ronchetti were United Mine Workers members. Mr. Weneke swore out warrants for Paul Pruett and Lester Saffin, members of the Kincaid election board, who he said were involved in the fighting.

Kincaid was considered a stronghold of the progressives until today's election. The aldermen elected in addition to Mr. Angenendt were Joe Orlandi and John Kimberly, who were backed by the united miners.

COUNTY FOOD STORES ADOPT 75-HOUR WEEK

Tentative Working Time Awaits Approval of NRA.

Retail food stores in Marion county may operate a seventy-five hours a week, if the tentative working time is approved by NRA authorities at Washington.

The weekly time limit was fixed last night at a meeting at the Claypool. Vote on the hours fixed will be conducted within the next few days.

The county food store code authority is composed of A. H. Giesler, representing the independent wholesalers; E. C. Wilderman, for the corporate chain stores and J. W. Preston, independent retail grocers.

GROUP TO HEAR HOKE

State N. E. C. Director Will Talk to Personnel Men.

Fred Hoke, Indiana director of the National Emergency Council, will speak at the luncheon meeting of the Indianapolis Personnel Association, Wednesday, April 25, at the Indianapolis Athletic Club.

After the luncheon, the Indiana State Employment Service, 310 North Meridian street, will hold open house.

Indianapolis Tomorrow

Advertising Club, luncheon, Columbia Club.
Real Estate Board, luncheon, Washington.
Engineering Society, luncheon, Board of Trade.
American Business Club, luncheon, Columbia Club.
Illini Club, luncheon, Columbia Club.
Acacia, luncheon, Harrison.
Sigma Chi, luncheon, Board of Trade.
Sigma Nu, luncheon, Washington.
Shrine Caravan Club, luncheon, Scottish Rite cathedral.
Exchange Club, luncheon, Scottish Rite cathedral.
Exchange Club, luncheon, Washington.
Optimist Club, luncheon, Columbia Club.
Sahara Grotto, luncheon, Grotto Club.
Phi Delta Theta, luncheon, Columbia Club.
Delta Tau Delta, luncheon, Columbia Club.
Harvard Club, luncheon, Lincoln.
Reserve Officers Association, luncheon, Board of Trade.
Altrusa Club, dinner, Columbia Club.
Penmanship convention, Claypool.
Stamp Club, 8 p. m., Lockport.
Alliance Francaise, 8 p. m., Washington.
Marion County Bank Auditors, dinner, Washington.

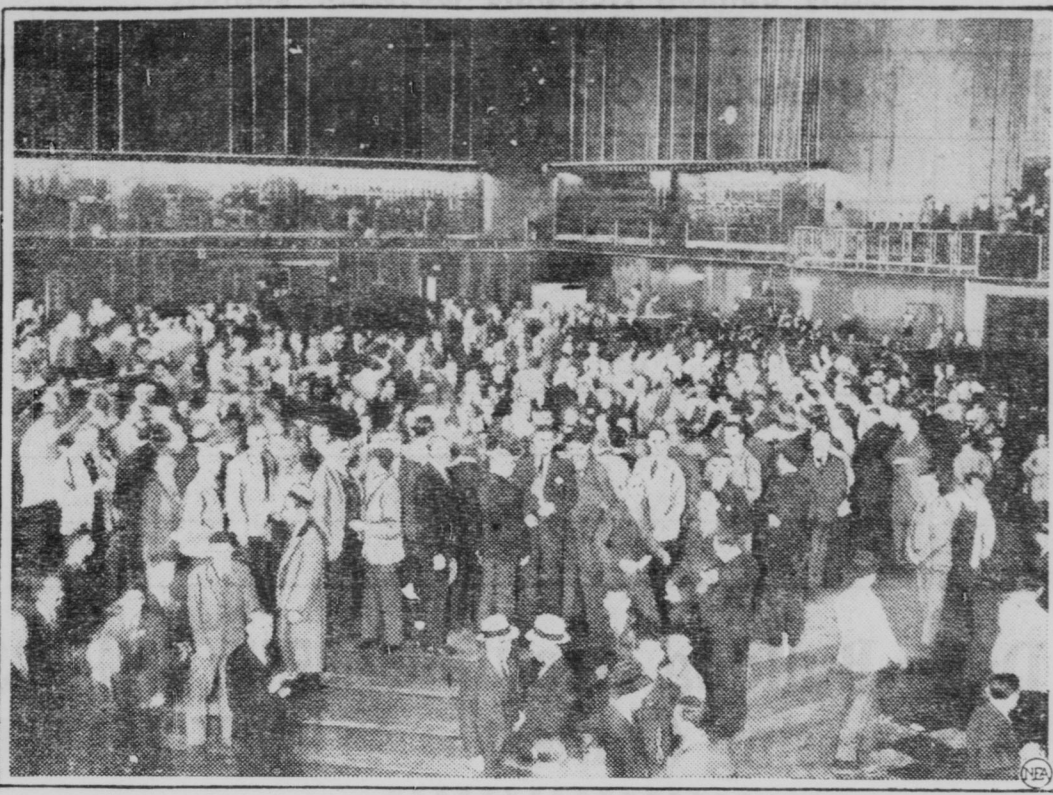
Gone, but Not Forgotten

Automobiles reported to police as stolen belong to:
William Thompson, Waverly, Ind. Chevrolet coupe, 636-547, from Greenwood.
Martin Glaz, R. R. 2, Box 421, Whippany, N. J. Buick sedan, 636-547, from Greenwood.
Chevrolet coupe, 38-569, from front, 35-569, on rear, no certificate of title, found at Senate avenue and Georgia street.
Ford coupe, 28-332, found in front of 18 West Ohio street, license plates issued to Fred V. Perree, 1445 West Thirty-fourth street, for an Essex.

BACK HOME AGAIN

Stolen automobiles recovered by police belong to:
Ford coupe, 597-969, no certificate of title, found at 1109 South Senate avenue.
Chevrolet coupe, 38-569, from front, 35-569, on rear, no certificate of title, found at Senate avenue and Georgia street.
Ford coupe, 28-332, found in front of 18 West Ohio street, license plates issued to Fred V. Perree, 1445 West Thirty-fourth street, for an Essex.

PRICE CRASH JOLTS STAGNANT CHICAGO WHEAT PIT



Wild turmoil reigned in the grain pits of the Chicago Board of Trade when the sharpest break of 1934 came, with most prices falling the limit allowed by board regulations. The picture above shows the wheat pit during a recent busy session, with a throng on the floor and brokers signaling their orders.

Derelicts in Rock Caves Dine on Slum Beneath Billion-Dollar Skyline

BY FRED MYERS

United Press Staff Correspondent

CHICAGO, April 18.—Cold rain swept a jumble of huge, shivering limestone blocks. The thundering surf pulsed on Lake Michigan beneath. Misty spray reflected from a few blocks away the evening lights of "the billion-dollar skyline."

A sodden figure looked across the glistening park drive at a row of marble-fronted apartment buildings, dropped—and crawled into a den of human derelicts.

A tiny driftwood fire lighted a gloomy cavern of crazy angles, formed when Chicago dropped thousands of gigantic boulders along the lake front as protection against winter storms. Three men slumped over the flame.

"Slum?" The newcomer accepted the invitation. From a blackened tin pail at the side of the fire he fished with his hand a gummy mass of boiled potato, bread and meat. He pushed the food into his mouth while his heating trouser-legs steamed.

"Luck?"

"Two dimes."

CITY FIREMAN RETIRED BECAUSE OF DISABILITY

Lieutenant Harmon's Place Taken by Vernon Hudson.

Retirement of Lieutenant George Harmon, of Pumper Company 25, because of physical disability, and promotion of Vernon Hudson, Truck Company 14, has been ordered by the safety board on recommendation of Chief Harry E. Voshell.

The board set trial of Marvin D. Owen, Pumper Company 18, for next week on charges of being absent without leave and conduct unbecoming a fireman.

MORGAN CLUB MEETS

Committee Chairman Named to Organize Campaign.

The Morgan-for-Prosecutor Club named Henry Krueger, of Haerle and Walter Skinner to head the speakers, finance and publicity committees at a meeting Monday night. The club is supporting Leland C. Morgan for the Republican candidacy for prosecutor.

PHYSICIAN FLIES ACROSS CITY TO AID SICK YOUTH

Doctor, Private Pilot, Grabs Plane for 12-Mile Emergency Hop.

Flying twelve miles across the city Dr. Charles W. Roller, physician and private pilot, yesterday came to the aid of Joe Sands, 6, South High School road, as pneumonia threatened the youth.

Sands, the son of R. R. Sands, aviation instructor at Technical high school and glider builder, was ill with the measles when the more serious complication threatened. Dr. Roller was called.

The physician, who happened to be at the Capitol airport, borrowed the Curtiss-Wright Junior plane, owned by Edward F. New, past president of the Indianapolis Aero Club, flew to Municipal airport and hurried to the bedside.

The boy was improving today, his mother said, although the pneumonia threat was not wholly conquered.

Fire Reports

(Yesterday)
8:50 a. m. 19 North Alabama, seed store, broken water pipe.
9:32 a. m. 3066 College, residence, \$150.
2:44 p. m. Tibbs and Thirtieth, garage, \$300.
3:29 p. m. 623 North Capitol, auto, small loss.
5:11 p. m. Fifty-sixth and High School road, residence, \$25.
6:28 p. m. 2932 Central, residence, no loss.
10:07 p. m. 1102 Shannon, rubbish.
(Today)
1:45 a. m. Forty-second and Millersville road, residence, \$2,500.
4:41 a. m. 730 P. Wayne avenue, business building, small loss.

Birthday Sale of SHOES

—Thursday Is the Day—

- Beige
- Grey
- Ruffles
- Blue
- White
- Patents
- Browns

40 Styles Bought Way Below Present Cost to Offer During Our Big Birthday Sale

See Our Big Window Display of These Values

All Sizes AAA to C

MILLER-WOHL
45 EAST WASHINGTON STREET

THE GIRL WHO HAD NEVER BEEN KISSED

BETTY ADMITTED SHE HAD NEVER BEEN KISSED. DO YOU BELIEVE IT?

YES! THOSE UGLY, YELLOW TEETH OF HER SCARE MEN AWAY. YOU REALLY OUGHT TO TELL HER ABOUT KOLYNOS.

HEAVENS! THEY'RE TALKING ABOUT ME!

NEXT DAY...

KOLYNOS PLEASE.

MONDAY

TUESDAY

WEDNESDAY

WHITER. MUCH WHITER. SPARKLING WHITE!

HOW IT WORKS

IF YOU THINK yellow, unsightly-looking teeth are natural—do this: Start using just a 1/2 inch of Kolynos on a dry brush twice daily. In 3 days you'll be amazed. Teeth will look shades whiter!

For Kolynos contains two important ingredients that literally work wonders with stained, off-color teeth. One erases stain and dingy film from every fissure and washes away decay-causing debris. The other ingredient kills millions of germs that cause so many tooth and gum troubles—helps make teeth sparkling, flashing WHITE!

See for yourself how amazingly Kolynos restores and preserves the gleaming whiteness of teeth. Get a tube at your druggist today.

KOLYNOS DENTAL CREAM

"She had so many headaches ... was always tired"

reports DR. TAILLANDIER, of the Salpêtrière Hospital, in Paris

Gastro-enterologist—specialist in digestive troubles—noted medical authority... Dr. Olivier Taillandier!

Below, Dr. Taillandier describes a typical case from his practice. He then adds:—"When intestines grow 'tired,' poisons seep into the blood. The effects are often noticed in headaches, loss of energy... A remarkable food—yeast—has an astonishing effect on constipation—helps purify the system. Improved general health results."

Dr. Taillandier is a noted consultant on intestinal disorders, and contributor to the "Bulletin de la Société de Biologie."

CLOGGED INTESTINES ARE A "POISON FACTORY" ... THEY CAUSE HEADACHES AND TIREDNESS. YEAST KEEPS THEM CLEAN.

Did you know that headaches—like coated tongue, bad skin, that constant "tired feeling"—usually mean nothing more or less than **unclean intestines**? It's true!

If your head aches often, go to a doctor, by all means. BUT—if you're at all constipated—don't wait to start eating Fleischmann's Yeast. Probably it's just what you need!

Added to the diet—3 cakes daily—Fleischmann's Yeast actually stimulates your intestines. It also softens the body's poison-forming wastes.

Then, as your bowels start to function normally, you feel so much better. Your digestion improves. You have more "pep." You look worlds better, too, the minute the clean condition of your intestines starts to be reflected in your skin.

Start to enjoy living again!

Isn't it worth the effort? Then do try Fleischmann's Yeast. You can get it (each cake is rich in vitamins B, G and D) at grocers, restaurants and soda fountains. Directions are on the label. Start eating it now!

Copyright, 1934, Standard Brands Incorporated