

## SLEEP IS GIFT, DON'T ABUSE IT, WARN 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 nonplussed 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 oldsters set 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.

### Hill 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 later 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  
SECRETARY OF  
AGRICULTURE

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 modern, social machinery. Considering the shortness of time and the pressure, I think we have done a fairly good job. But looking 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 perfect our social machinery.

Everywhere you hear about the concept of balanced 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 sympathetic human hearts. In this field, neither science nor economics functions so very satisfactorily. Trained in science and economics as I am, it ill behoves 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 adversary 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.

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 flows inevitably from their knowledge of the nature of the germ of 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 Wieneke 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 Belpit.

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.

Luther and Calvin doubtless acted appropriately to the abuses of their days. They have furnished untold millions with the spiritual strength necessary to meet the adversities of the rapidly changing economic world. But today the problem has shifted.

We are no longer faced with the problems of material scarcity. It no longer suffices, therefore, to strengthen the simple doctrine of the Poor of the David. The time has come now for the striking of a more universal note. This is especially necessary from the world point of view because never before have the different nations been so moved to act as national entities.

It is time to hold aloft a compelling ideal which will appeal to all nations alike. I am sure that all of the noble religions of the world have in them a teaching of the economist and the scientist that we will yet be saved from the ruin.

When they have a fiery, yet clear understanding of this, they will, by working on the human heart, so balance the message of the economist and the scientist that we will yet be saved from the ruin.

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

### Arrest of Pair Sought

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

Kincaid was considered a strong

hold of the progressives until today's election. The aldermen elected in addition to Mr. Angenendt were Joe Orlando and John Kimberly, who were backed by the united miners.

### 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.

The county food store code author

ity is composed of A. H. Gisler, re

presenting the independent whole

salers; E. C. Wilderman, for the

corporate chain stores and J. W.

Preston, independent retail grocers.

Thirty-five active members and an

open enrollment of associate and

contributing members will consti

ute the roster of the association.

Officers are Mrs. Claude Summer,

president; Mrs. Carl Brandt, vice

president; Mrs. Paul Seehausen, sec

retary, and Mrs. Elmer Piel, trea

sure.

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.

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

flows inevitably from their

knowledge of the nature of the

germ of plasm. I am sure you will

agree with me, however, that no truly religious man can hold this point of view.

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 Indianap

olis Athletic Club.

After the luncheon, the Indiana

State Employment Service, 310

North Meridian street, will hold

open house.

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

flows inevitably from their

knowledge of the nature of the

germ of plasm. I am sure you will

agree with me, however, that no truly religious man can hold this point of view.

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 Indianap

olis Athletic Club.

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

flows inevitably from their

knowledge of the nature of the

germ of plasm. I am sure you will