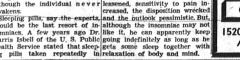
TORRANCE HERALD Not To Sleep, Aye,

There's The Rub

ing and the habit can be mo difficult to break than the a diction to morphine. Chronic undersleeping will n

FEBRUARY 21, 1954 older he meeds less sleep: In-men also wear out quicker, their Noise is perhaps one deed this is true from infanv life expectancy being severa greatest enemics of resting onward. Women apparently have a longer sleep gan than men for advice to insomniaes includies areveal that a longer sleep gan than men for advice to insomniaes including a sleeper but nonetheles in order to get the refreshing self comfortable, establish reg-claid. A single loud noise freeling of rejuvenation that ular sleep habits and have the shown may produce comes with good sleep in suf-surroundings both dark and changes for at least half i quict. Provided digestion is nor allowuch the individual in the very statement in a suf-surroundings both dark and changes for at least half i quict. Provided digestion is nor allowuch the individual in the very statement is not suf-surrounding sufficient on antity. ess the Chronic undersleeping ind sleep id ill anyone, and rarely, i benefi- ry to what many peopl se, it is will it lead to a phy bodily mental breakdown. How an hour a bility to concentrate ne ver lessened, sensitivity to changes alth

M. D. on six hours of sleep or less ficien more more least hight as did Shelly, Napo- Exy more like Woodrow Wilson, who more than needed nine or ten, Most peo than Amer ple, however, seen to find eight this p atlen, hours sufficient. And, generally the k speaking, as a person becomes ing t County Health Officer e are few things mor to bed d the outle p may ininability to sleep. So Amer



INCOME TAX SERVICE Both Federal and State Forms Reliably Com-puted to give you Maximum Tax Deductions! OPEN EVENINGS UNTIL 10:00 P.M. 1520 CRAVENS, TORRANCE

5

0

I

6. 20

CRAVENS, TORRANCE FA 8-6339 ACROSS FROM THE FIRE STATION

in lability to sleep. So Amer-ns, never noted as a patient, pile, spend three to four bil-n dollars, annually on sleep-pills in order to get the itomary eight hours of sleep in ry day, a practice that is, ording to many authorities, h unhealthful and unwise. Tew persons seem to realize t insomnia, unless it is sim-a chronic habit is a symp-i of some underlying disturb-es, heart enrous tension m re physical aliment including piratory or urinary disturb-es, heart trouble, hyperten a, diabetes, or other disorders. In eye trouble may, in some est, cause wakefulness night r weary night.

The water miles in the second second

Club Sees Gem, **Mineral Slides**

thi ny co roi I ag ha ga ev

V

th El roi wi Co

Howard Boblet of R & B Art-frant, Los Angeles, visited the February meeting of the Palos Verdes Gern and Mineral Soci-ety and showed sildes of differ-ent gems to the group, according to Gordon Hayes, president. The sildes shown were paper-thin silees of the actual gems and minerals, projected on a screen.

The Boclety meets at 8 p.m., in the third Turesday of each onith. in the patio of Mr. and firs. Matthew McClintock, 2428 7. 264th St. Anyone interested wited to attend, Hayes said.

Three GP Men **Promoted** to **Higher Ranks**

Three supervisory changes have been amounced for Gen-hal Petroleum Corporation's manufacturing defartment. Mark H. Milam, 762 W. 138th St., Gardena, has been appoint-ed manager of Industrial Rela-tions for the company's new re-tinery at Ferndale, Wash. Murray T. Hamilton, 4117 Via Picaposte, Palos Verdes Estates, advances to Milam's former post of asfety superintendent of the manufacturing department. Thomas L. Spellman, 18503 Wil-ton FL, Gardena, will take over the dutles of fire and-safety supervisor of the Torrance re-finery, the post previously held by Hamilton. Milam is a veteran of 24 years

Hamilton. Ilam is a veteran of 24 years vice with General Petroleum. Il 1947, when he became safe-superintendent, he was in gas-ne plant and refinery oper-ons.

product and refinery oper-mas. amilton joined General Pet-joint of the Argentization is and has been fire and safe-supervisor of the Torrance nery since 1850 and in fire-continue to be located at Torrance refinery. yellman also has been with company since 1038 and in protection work since 1946. previous work was in en-ering construction and re-

Lisman Passes Exam for CPA

llip Lisman of 1503 Post was one of 110 persons in ornia to pass the written unation for certified public mtant, the California State d of Accountancy announc-scentiv

A Accountancy announc-rity. wo-day exam for CPA is in all 48 states and ter-and includes, standard titions in theory of ac-accounting practice, and commercial law tects accounting.

Pfc. William Clothier Slated for Discharge

TOF Discharge Villiam L. Clothier, son and Mrs. Charles R., and husband of Mrs. A. Clothier, al of 1526 t St., is one of 250 Mar-mans of service in the service scheduled

thier served five

TAIN RANGE mountain i th parts of Central

