

# Not To Sleep, Aye, There's The Rub

By ROY O. GILBERT, M. D.

L.A. County Health Officer

There are few things more exhausting or irritating than the inability to sleep. So Americans, never noted as a patient people, spend three to four billion dollars annually on sleeping pills in order to get the customary eight hours of sleep every day, a practice that is, according to many authorities, both unhealthful and unwise.

Few persons seem to realize that insomnia, unless it is simply a chronic habit is a symptom of some underlying disturbance, either nervous tension or some physical ailment including respiratory or urinary disturbances, heart trouble, hypertension, diabetes, or other disorders. Even eye trouble may, in some cases, cause wakefulness night after weary night.

**Normal Sleep Span**  
Each person has what is sometimes called his "normal sleep span." Some people do very well

## Club Sees Gem, Mineral Slides

Howard Bobbet of R & B Artcraft, Los Angeles, visited the February meeting of the Palos Verdes Gem and Mineral Society and showed slides of different gems to the group, according to Gordon Hayes, president.

The slides shown were paper-thin slices of the actual gems and minerals, projected on a screen.

The Society meets at 8 p. m. on the third Tuesday of each month in the patio of Mr. and Mrs. Matthew McClintock, 2428 W. 254th St. Anyone interested in rock and mineral collecting is invited to attend, Hayes said.

## Three GP Men Promoted to Higher Ranks

Three supervisory changes have been announced for General Petroleum Corporation's manufacturing department.

Mark H. Milan, 702 W. 128th St., Gardena, has been appointed manager of Industrial Relations for the company's new refinery at Ferndale, Wash.

Murray T. Hamilton, 4117 Via Picaposte, Palos Verdes Estates, advances to Milan's former post of safety superintendent of the manufacturing department.

Thomas L. Spellman, 15903 Wilton Pl., Gardena, will take over the duties of fire and safety supervisor of the Torrance refinery, the post previously held by Hamilton.

Milan is a veteran of 24 years service with General Petroleum, until 1947, when he became safety superintendent, he was in gasoline plant and refinery operations.

Hamilton joined General Petroleum in 1935 in construction work and has been fire and safety supervisor of the Torrance refinery since 1950 and in fire protection work since 1946. He will continue to be located at the Torrance refinery.

Spellman also has been with the company since 1938 and in fire protection work since 1946. His previous work was in engineering construction and refinery operations.

## Lisman Passes Exam for CPA

Philip Lisman of 1503 Post Ave. was one of 110 persons in California to pass the written examination for certified public accountant, the California State Board of Accountancy announced recently.

The two-day exam for CPA is uniform in all 48 states and territories and includes standard examinations in theory of accounting, accounting practice, auditing, and commercial law as it affects accounting.

## Pfc. William Clothier Slated for Discharge

Pfc. William L. Clothier, son of Mr. and Mrs. Charles R. Clothier and husband of Mrs. Margie A. Clothier, 41 of 1830 W. 361st St., is one of 250 Marine veterans of service in the Far East who were scheduled to be released from active duty last week.

Pfc. Clothier served five months in Japan as Transportation man with the Third Marine Division. The discharges recently returned to the United States for separation upon expiration of their enlistments.

## MOUNTAIN RANGE

The Alps mountain range extends through parts of the five countries in Central Europe, mostly in Switzerland.

older he needs less sleep: In men also wear out quicker, their life expectancy being several years less than that of women.

Women apparently have a longer sleep span than men, for studies show that, on the average, they require one hour more in order to get the refreshing feeling of rejuvenation that comes with good sleep in sufficient quantity.

"Experiments also show that men are about 30 per cent more restless in their sleep than women." Whether or not this has anything to do with the length of life, it is interesting to note at this point that

Noise is perhaps one of the largest enemies of restful sleep. Studies reveal that a passing truck may not obviously disturb a sleeper but nonetheless the blood pressure elevates and sleep becomes lighter and less beneficial. A single loud noise, it is shown, may produce bodily changes for at least half an hour although the individual never awakens.

Sleeping pills, say the experts, should be the last resort of insomniacs. A few years ago Dr. Harris Isbell of the U. S. Public Health Service stated that sleeping pills taken repeatedly in large doses become habit-forming and the habit can be more difficult to break than the addiction to morphine.

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### Food Specials

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### PIPING HOT FOOD VALUES

Golden Creme <b>MILK</b>	Tall Can	<b>11</b>	¢
Dainty Pak	No. 2 Can	<b>3</b>	FOR
<b>Tomato Juice</b>		<b>25</b>	¢
<b>Sani Clor</b>	1/2-gal. Jug	<b>19</b>	¢
World Over	No. 300 Can	<b>3</b>	FOR
<b>Pork &amp; Beans</b>		<b>25</b>	¢
Bee Made		<b>19</b>	¢
<b>Pure Honey</b>	16-oz. Jar	<b>19</b>	¢

### DELICATESSEN FOODS

<b>Oscar Mayer Sliced</b>	7oz. Pkg.	<b>29</b>	¢
<b>BOLOGNA</b>		<b>29</b>	¢
Golden Creme	1-lb. Ctn.	<b>23</b>	¢
<b>COTTAGE CHEESE</b>		<b>23</b>	¢

### FROZEN FOODS

Pic N' Time	12-oz.	<b>3</b>	FOR
<b>Leaf Spinach</b>		<b>29</b>	¢
Winter Queen	10-oz.	<b>3</b>	FOR
<b>BROCCOLI</b>		<b>29</b>	¢

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### ROTHS FINE MEATS

CUT-UP		<b>Stewing</b>	
<b>HENS</b>		<b>39</b>	¢

### ROTHS FINE PRODUCE

EASTERN		<b>SALT</b>	
<b>PORK</b>		<b>35</b>	¢

### ROTHS FINE PRODUCE

<b>Red Radishes &amp; Green Onions</b>	Bunch	<b>2</b>	¢
<b>Bell Peppers</b>	Stuffing Size	<b>12</b>	¢

### BAKERY GOODS

GOLDEN CREME		<b>BREAD</b>	
<b>BREAD</b>	Large Loaf	<b>23</b>	¢
<b>WHITE OR WHEAT</b>		<b>23</b>	¢

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