

M E M O R A N D U M

January 14, 1941

DR. LANZA



We have shifted our schedule for the HEALTH BULLETIN FOR TEACHERS in order to have the quadruple Bulletin on Sleep ready for distribution at the meetings of the American Association of School Administrators and the Progressive Education Association.

You will recall that in April, 1934 we experimented in the publication of material on the same subject from the viewpoints of the different groups concerned, high school boys and girls, their parents, and their teachers. More than one million copies of the monthly HEALTH BULLETINS FOR TEACHERS, for Boys and Girls and their Parents were distributed at the request of educators from practically every state in the union. From the comments received on the use of this material, it seemed worthwhile to repeat the experiment, which met with enthusiastic response each year. This is our first demonstration of a quadruple Bulletin, including one for administrators.

Through conferences, school officials have indicated that material on Sleep is much needed now for revision of courses of study and for meeting the more complicated problems of today.

We shall appreciate having your criticisms of these manuscripts.



School Health Bureau

January, 1941 HEALTH BULLETIN

✓ Dr. Armstrong
✓ Dr. Cooper
✓ Dr. Kelly
✓ Miss Abbot
✓ Dr. Dublin, Dr. Locke
✓ Dr. Lanza
✓ Dr. Shepard
✓ Dr. Burnette
✓ Dr. McConnell
✓ Miss Fair
✓ School Health Bureau
✓ Dr. Nathaniel Kleitman
✓ Dr. George M. Wheatley

*called and
sent
for
Dr. Lanza
for
Dr. Shepard*

NOTICE

You will remember that in the month of April, last year, we experimented with the publication of material on the same subject from the viewpoint of different groups concerned—teachers, parents and pupils. More than a million copies of the monthly *Health Bulletin for Teachers*, for parents, and for boys and girls, were distributed to schools at the request of educators in practically every state in the Union.

From comments received on the use of this material, it seemed worth while to repeat the experiment this year. With this number of the *Health Bulletin for Teachers*, you will find a bulletin for high-school boys and girls, and one for their parents.

We have had only a limited number of these bulletins printed, but in so far as the edition permits we shall be glad to send you enough copies to supply your high-school pupils and their parents.

If you wish to receive these bulletins, please fill in and return the slip below.

SCHOOL HEALTH BUREAU—WELFARE DIVISION
METROPOLITAN LIFE INSURANCE COMPANY
1 Madison Avenue
New York, New York

Name.....

Address.....

Position.....

Number of *Health Bulletin for Boys and Girls* desired.....

Number of *Health Bulletin for Parents* desired.....

N O T I C E

Now more than ever before it is important to think of sleep and wakefulness as mutually completing each other. To what extent does sleep influence thinking, behavior, and efficiency during the day? To what extent do the activities of the day influence the quality of sleep? These questions require individual answers, but many individuals never think of asking them. To encourage real thinking about sleep and its place in a 24-hour day we are presenting the subject to four different groups - school administrators, teachers, parents, and high school boys and girls.

We have printed only a limited edition of the Bulletins for parents and for boys and girls, but as long as the supply lasts we shall be glad to send high school teachers a sufficient number to distribute to students and parents. It is suggested that, if possible, the distribution of the Bulletin for parents be accomplished in some way other than by giving it to the students themselves to take home.

If you wish to receive these Bulletins,
please fill in and return the slip below.

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School Health Bureau - Welfare Division
METROPOLITAN LIFE INSURANCE COMPANY
1 Madison Avenue
New York, N.Y.

Name.....

Address.....
(Street) (City) (State)

Position.....

Number of Health Bulletin for Boys and Girls (January 1941) desired.....

Number of Health Bulletin for Parents (January 1941) desired.....

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We have prepared a limited edition of the Bulletin for teachers in high schools and girls, but as long as the supply lasts we will be glad to send this school teachers a subscription number to its future to you and your parents. It is suggested that, if possible, the distribution of the Bulletin for parents be accomplished in some way other than by giving it to the students themselves to take home.

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School Health Bureau - Welfare Division
METROPOLITAN LIFE INSURANCE COMPANY
600 Stockton Street
San Francisco, California

Name.....

Address.....
(Street) (City) (State)

Position.....

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Number of Health Bulletin for Parents (January 1941) desired.....

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Welfare Division
METROPOLITAN LIFE INSURANCE COMPANY
180 Wellington Street
Ottawa, Ontario, Canada

Name.....

Address.....
(Street) (City) (Province)

Position.....

Number of Health Bulletin for Boys and Girls (January 1941) desired.....

Number of Health Bulletin for Parents (January 1941) desired.....