



ARMY AND NAVY
YOUNG MEN'S CHRISTIAN ASSOCIATION
"WITH THE COLORS"



(2.)

anything to interfere with
a good, complete,
refreshing rest every night.
It is during these periods
of sleep, or at least relaxation,
that we grow and are
rebuilt. So don't fail to
realize the importance of
early to bed, and, if you
can, get up when you
feel like it. Of course
it is hard to sleep
during the early hours
of a hot night. A
short time ago you spoke
of often feeling very tired
and worn out before the
end of the day. Now
it is hard for one to be
cheerful and happy and
also to stand above our