

PUBLIC HEALTH

# Enemies in capsules

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# Business Executives Warned Against High-Speed Work

## Average Executive Is Frequently Nervously and Physically Fatigued and Tense; May Die Early

**B**USINESS executives are inclined to eat too much, smoke too much, work and play too hard, and rest too little—as a result they may die early of heart, circulatory or kidney disease.

This was the essence of an address by Dr. Harold C. Habein before the meeting of the American Association of Industrial Physicians and Surgeons and the American Industrial Hygiene Association. Dr. Habein practices at the Mayo Clinic, where he examines American businessmen who come for annual check-ups.

Dr. Habein declared the executives of this country have been working at top speed for years. "But now, because of the national emergency, speed must be increased even more. That this is going to have a deleterious effect on health in high places can hardly be doubted."

"The average executive," Dr. Habein said, "is likely to have bad working, recreational, eating, smoking and drinking habits. He is frequently nervously and physically fatigued and emotionally tense. His working hours are not governed by union rules, but by an inward drive which we call 'ambition', and intense competition."

Dr. Habein traced this trend to the beginning of the first World War.

"In the years since that time a marked increase in industrial activity has occurred with a natural concentration of a greater proportion of our population in large cities. Life has been greatly accelerated by the development of the automobile and airplane. Smoking, and particularly the smoking of cigarettes, has increased tremendously, and the same is true of the use of alcohol. The home as the social center has largely disappeared. Crime and insanity have increased. And what have we gained? Material things? Yes! More automobiles, ice-boxes, radios, bathtubs; but we have gotten into serious trouble, too. The 'good life,' the '*gemuetlich* life' has disappeared."

Dr. Habein stated that in his con-

sidered opinion, as a result of this top-speed work and play, diseases of the heart and circulatory system "are definitely on the increase in the population in general and among executives—those who earn their living with their minds rather than their bodies—high blood pressure, hardening of the arteries and coronary thrombosis, are not only a more frequent cause of death than formerly, but they are causing disabilities in a younger age group than ever before."

Science News Letter, April 18, 1942

MEDICINE—AERONAUTICS

## Improved Design of Planes From Museum Work

**G**REATER safety of combat planes and better treatment of war wounds and burns among civilian and military personnel are expected from a new activity of the Army Medical Museum.

This institution, it is announced, will act: 1. as a collecting center for specimens and models of injuries peculiar to the present war; 2. as a recruiting center for specially trained personnel, particularly clinical photographers and medical artists, who can serve with expeditionary forces and in larger army hospitals, to collect specimens and pictorial records of diseases and injuries and their treatment, weapons and protective devices.

Study of this material will give surgeons a better idea of the type of wounds they will have to treat in the present war, and of the results of various methods of treatments. It will also give aircraft designers a clearer picture of the injuries peculiar to particular types of aircraft and how best to protect the flying personnel against such hazards.

Doctors in civilian practice are urged to send material arising from airplane crashes, civilian bombings, fires, gunshot wounds and specific epidemics. In the case of airplane crashes, for example, the temporal bones from the skull and a record of the number of flying hours

