

PSYCHOLOGY

Rest Periods Vital in War To Aid Work Efficiency

Adequate Lunch Periods, One Day Rest in Seven And Spaced Furloughs Urged By Government Experts

REST periods are vital to war production. This is stressed by the War Department, the Navy Department, the War Manpower Commission, the War Production Board and four other Government agencies in recommendations to war contractors.

America is at war and the ordinary leisurely summertime vacations are naturally out for the duration just as touring and sightseeing are out.

There can be no slacking of production, no relaxing of speed, no shutdown of any department that is needed in war production.

But rest periods are important for each war worker. They should be carefully distributed over the whole year, or the longest possible period, government officials point out. In this way fresh, rested reinforcements are constantly being brought into service on the production front.

Each day should have its rest periods. A 30-minute period for lunch is recommended by the Government Departments. In occupations that involve contact with poisonous substances, workers must also be allowed time to wash up before lunch.

Industrial psychologists have found that the amount of rest and the frequency of the periods required for peak efficiency depends a great deal on the type of work being done. It should be carefully planned for each sort of job in a plant. In some work a compulsory ten-minute rest interval every two hours is best. In other types of work, it may be best to allow each individual to select his own time to take such a short rest period when he feels fatigued.

"One scheduled day of rest for the individual, approximately every seven, should be a universal and invariable rule," declares the statement of the Government officials.

This does not mean any shut-down on Sunday. Plants and tools should be kept busy all around the clock and all around the calendar.

But for the individual, a 7-day work week is injurious to health, to produc-

tion, and to morale, the statement emphasizes. Only in extreme emergencies should either workers or supervisors go without the weekly day of rest. Then it must be only for a limited time.

Psychologists would point out that this is even more important for the executive who does not need to punch a time clock than it is for the routine worker.

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PSYCHIATRY

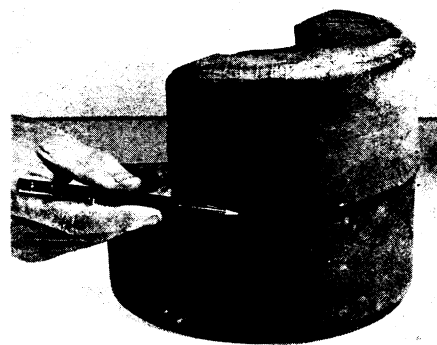
Nervous and Mental Fitness Most Important at Fifty

HEALTH and fitness at 50 years of age involves mental, nervous and emotional fitness for the job. This type of health, particularly at 50 years, is "superior to mere physical fitness" and the 50-year-old has a right to expect his doctor help him achieve it, Dr. Roger I. Lee, of Boston, declared in a lecture at the Mayo Foundation.

Despite the publicity and ballyhoo about preventive medicine and periodic health examinations, Dr. Lee said the average patient never consults his physician until he has to, or is nagged into it by a friend or a wife.

Contrasting this with the great strides made in preventive dentistry and child care, Dr. Lee described the typical medical examination of the man in his fifties. If heart, blood pressure and kidneys are satisfactory, both patient and doctor are too apt to feel that the job is done for another year. The patient tells his wife he is sound as a nut; perhaps he smokes too much and needs a little exercise and a vacation—later, maybe. Diet suggestions are filed away in a bureau drawer, to be looked at next year. The patient does not get as much incentive to "do something about it" as he probably does with his dentist, Dr. Lee said.

Furthermore, the patient in his fifties should want to know, and should be



OLDEST

This railroad shock absorber is probably the oldest article received to date in the scrap rubber drive. Technicians say the 70-year-old product can be reclaimed.

told, what his health probabilities are for the next ten or twenty years; how he can avert trends of disease or deterioration which should be predicted by the doctor.

He seldom talks over his worries and fears, which may be more important than diet or exercise. How about his relationships with his family? Is there a slowly declining efficiency in his job? What is preventing him from getting the most out of life? How can he prepare himself for the sixties?

Dr. Lee would like to see more of the all-round, healthy cooperation between patient and physician, which a mother usually has with her children's doctor. Health and fitness cannot be achieved by mere freedom from actual disease.

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Metal "innards" from thousands of uncompleted vending and amusement machines have added an estimated 1,000 tons to the nation's scrap pile.

Footrot, prevalent disease in sheep, could be eradicated if all infected sheep were isolated, because the bacteria reach the hooves of healthy animals from the soil, where they were dropped from feet of infected sheep.