

5. Individual Series of Fatigue Curves

One individual, aged 47, three curves daily for thirty one days, ninety three curves. This series, in retrospect, in addition to the research angle proved a conditioning course. The writer was taken by all stairways prior to these workouts. Afterwards the writer took all stairways. It is no myth that a good conditioning course will cause good effects continuously for six months after the course is discontinued—for many people anyway.

Some of the personal feelings of increased physical reserves included the legs insisting on running when the opportunity offered itself. This desire to run may be readily imagined when one recalls how the legs have been trained and conditioned in spot running. It is one of those things where the muscles want to carry on as a result of habit.

The following arrangement of numbers in this series illustrates improved production and conditioning. Figure 11 illustrates the improved Production and Figure 12 illustrates the lowered Costs in the seventy-fifth test as compared with the twenty-first test.

First Curve—First of each week					
	5/14/42	5/21	5/28	6/4	6/18
Production	262	382	380	361	379 — up 44.65%
Application	30%	50%	90%	60%	60%
Pulse Rates	576	558	468	400	352 — down 37.15%
Three Curves daily—Twenty-one per week					
	5/14 to 5/20	5/21 to 5/27	5/28 to 6/3	6/4 to 6/10	
Production	6679	7435	7848	7543 —	up 12.94%
Heartbeats	15432	14056	12452	11570 —	down 25.02%

The improvements in Production and in Costs are recorded and apparent as shown in Figures 11 and 12.

The improved conditioning as indicated by less heart beats with greater production stands out. Less heartbeats are accounted for by a slower heart rate in the better conditioned, and quicker return to the original pulse rate. The slower rate and the aggregate of the five pulse rates are noted above.

A schedule of recoveries in sequence as listed below illustrates improving condition. In the first week recovery of the original heart rate within twenty-eight minutes came only four times in the production of the twenty-one curves. In the second week recovery within twenty-eight minutes came nine times in twenty-one attempts. In the third week recovery within twenty-eight minutes