

Prevention of fatigue may be attained by:

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| (a) Health examination and advice | (c) Proper rest   |
| (b) Regular exercise              | (d) Balanced diet |

#### Deficiencies of Play

With the increased complexities and tensions of life, a properly balanced program of play has become a health necessity, not a luxury.

#### Deficiency of Play

The deficiency of play in childhood interferes definitely with the normal development of the minds and personality. In adult life, a lack of time and ability to play may lead to serious nervous and sometimes mental disorders. Habits of play are of equal importance with habits of eating and sleeping.

#### Deficiencies and Excesses of Rest

The normal human being can stand considerable of the stresses and strains of modern life if he has learned the art of resting. This rest may take the form of change or actual sleep.

The results of deficient rest express themselves in every organ and system in the body. Inadequate rest may disturb the digestion, cause loss of weight, mental irritability, and lay the foundation for actual organic disease.

No defensive hygiene program could possibly protect the health which did not include sufficient rest both in quantity and quality.

References: Storey----Defensive Hygiene, chaps. 7-13  
Williams--Personal Hygiene Applied, chaps. 6-11  
Meredith--Hygiene, chaps. 27-31, 33, 35, 42.

#### DISCUSSION QUESTIONS:

1. Outline a personal hygiene program which would automatically take care of the excesses and deficiencies of modern life.
2. Describe how you would determine for yourself whether your program of excretion was deficient or excessive.
3. What guides would you use in judging whether your program of rest was adequate?
4. How would you safeguard yourself against excessive exercise in competition?