

- Bianchi, Leonardo--Foundations of Mental Health, Translated by
Barricelli 1930, Chap. II, pp 57-134
Williams--Your Mind and You (National Health Series)
U.S. Public Health Service--Mental Hygiene Bulletin #148
Gulick, Luther H.--A philosophy of Play
American Playground and Recreation Association, Publication #89, Play
an Antidote to Civilization
Williams, F.E.--Mental Hygiene and the College Student (1927) National
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*Kirkpatrick and Huettnner--Fundamentals of Health (1931), pp 354-385

*Required

VIII. REST, The sixth determining factor in Constructive Hygiene

A. INTRODUCTION

Two forms of activity have been discussed above: work and play. There are two important forms of inactivity; rest and sleep. Rest is nature's provision to satisfy a biological requisite to the production and maintenance of physical and mental health. Evidences of fatigue, of rest, balance, or equilibrium, between the "tearing down" and building-up processes, a phenomenon in living organisms; rest necessary to health; chronic fatigue the bane of civilized man.

B. THE PHYSIOLOGY OF REST

1. Absorption by osmosis and diffusion: changes during rest.
2. Anabolism, or building up by chemical synthesis: construction during rest.
3. Katabolism, or breaking down by chemical disassociation: reduction during rest.
4. Excretion, or removal of wastes by osmosis and diffusion: effects of rest.
5. Effects of accumulating metabolites (wastes) on the "irritability" of tissue cells during activity; restoration of "irritability" during rest.
6. Need for lowering cell activity through rest; the elimination of wastes; restoring irritability of cells through "building-up" process during rest.

C. FATIGUE: CAUSES = Activity; CURE = Rest.

1. Fatigue, The result of cell activity. This condition caused by:
 - a. Exhausting materials faster than supplied to tissue cell; when expenditure exceeds income result is bankruptcy.
 - b. Breaking down process through activity produces excretions faster than they can be removed; accumulated wastes lower working power.
 - c. Excretions from the cell have toxic, or depressing, effect upon cells.
2. Effects of fatigue upon tissue cells.
 - a. Upon structure - nerve; muscle, gland cells
 - b. Upon functions of these cells - nerve; muscle, gland.