

3. Effects of rest upon structure and function of cells. (nerves etc.)
4. Effects of emotions upon onset of fatigue; recovery from fatigue.
The adrenal secretion and its effects.
5. Symptoms of fatigue: Feelings, lowered working power, disinclination to work, sleepiness.

D. TYPES OF REST

Cessation from activity; change in activity; sleep.

E. HOW REST MAY BE SECURED

1. Control of voluntary motor functions; mental functions; sensory functions.
2. Sleep. Physiology of sleep; causes; conditions which favor or discourage; control of these conditions; amount of sleep needed.

F. REST A PRODUCT OF:

Interesting work; pleasing exercise; happy play; peaceful sleep; balanced nutrition; effective excretion; satisfied mental states.

G. SYMPTOMS OF DEFICIENT REST

Lowered working capacity on physical side; lessened accuracy in motor movements and in mental processes, etc. Deficient mental rest often gives rise to: constant movements of fingers or other parts of body, exaggeration of unimportant details of life, groundless fears and anxieties, worry or excitement.

H. SUMMARY OF CONSTRUCTIVE HYGIENIC VALUES OF REST BY STOREY:

Promotes growth; promotes repair and replacement; restores mental, nervous and physical energy; promotes restoration of normal function; makes mental health possible; safeguards life.

I. PROGRAM OF REST

1. Balanced rest as important to health as balanced food rations.
2. Rhythmical character of various functions, or activities of life. Dangers in disturbing these normal rhythms of activity and rest, eating and fasting, sleeping and waking, and all others.
3. The essentials of a rest program are well summarized by Storey as follows: Rest-as-you-work adjustment, and avoidance of exhausting expenditures of energy; wholesome objective; sleep, adequate and in amount and quality; play and recreation in due proportion; exercise adapted to individual needs; vacations for complete change.

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