

HOUSEWIFE FATIGUE

HUSBANDS rarely realise that wives get more tired doing housework than they do earning the daily bread. There's a right kind of tiredness, relieved by a rest, a meal or cup of tea, and that sends you to sleep soon after touching the pillow, to awake next morning fit for the new day. There's a wrong kind of fatigue that's there every morning. This chronic tiredness requires examination. Its source may be mental or physical. Tiredness that is always there can be purely psychological. You don't like housework. You are tied to the home. You are bored with it and sorry for yourself. This frame of mind only makes it harder, wears you down into a cross, nervous person, actually makes the tasks take longer, and makes you tired next day. Emotional stress in the home has the same effect. Resolve the mental strain and pleasure will return to housework. If you are sorry for yourself and bored, reverse the thinking. Take pride in household tasks, mix rests with activity, and you will lose your chronic fatigue.

More commonly, the cause of fatigue is physical in housewives, from plain overwork. The same pattern is gone through daily, steady work till tired out. It's a long day, from before breakfast till the children are asleep, with the big meal of the day as the climax, just when fatigue is catching up on you. In industrial life they've found out that these kind of days are bad for production. A rhythm of work and rest is required to keep output high. In one try-out in the steel industry, workers made to take regular rests raised production by a third and found themselves not so tired as when they worked without breaks. After Dunkirk the production drive kept people working 12 hours a day the whole week through. Output soon fell off in spite of the desperate urge to do more. The work week was cut to 60 hours on advice, then to 56, and in some processes to 44. Now the output increased, and more war materials flowed from less time at work. In a study on riveters, resting a few minutes after every dozen rivets raised the number of rivets driven 100 per cent. Every job has to be studied to determine the best alternation of work and rest. For, if it can be found, there's a rhythm of labour and spelling that gives the best output with the least fatigue.

Somebody should do an on-the-job study of housework. Housewives flog themselves along till tired out. Fatigue products pile up in the muscles. The blood doesn't get a chance to eliminate them in one night's rest, because they're piled up so continuously during the day. So you wake up tired, lose your appetite, can't sleep next night, and this goes on till tired lines mark the face, you get cross, and constantly feel worn out. You are in a vicious circle of chronic fatigue. There's only one way to break this. Find out the rhythm of rest that must alternate with your work periods.

Instead of driving yourself through the day till exhausted, stop before the tiredness catches up on you. The secret is little rests every now and then. Getting your feet off the ground for five minutes in every hour may do the trick—restore energy before fatigue piles up too much. Mind you, it has to be min-



utes of real relaxation. Deliberately shut out worry about time and tasks, slump easily in a chair, have a cup of tea or a cigarette, or look at a picture magazine—five minutes really off duty! Don't overdo the cigarettes; chain smoking is a sure way to chronic tired-

This is the text of a talk on health broadcast recently from ZB, YA and YZ stations of the NZBS by DR. H. B. TURBOTT, Deputy-Director-General of Health

ness. If you are going to that rare dance or play or late night out, plan a short nap for that afternoon.

The next attack on chronic tiredness is to study your houseworking methods. I never understand why you have to stand throughout that tedious job of preparing vegetables or ironing. Is there something about a high stool that repels womenfolk? Look for the easiest way of doing each task, and so lessen fatigue. If you wake up tired each morning, have a medical check for hidden disease. If reassured there's nothing physically wrong, change your routine. Try more rest periods for keeping your good looks and getting more life out of living.

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LIFE BEGINS AT THIRTY

Don't let it end there...

Nearly one-third of all victims of drowning accidents are adults over thirty. In practically every case, the tragedy could have been avoided by a little care, a little knowledge of the risks involved . . . in fact, by "water wisdom." If you're in this danger zone . . . thirty or over . . . have all the water fun you want, but never forget these simple precautions.

SWIMMING

You're not as young as you used to be, so don't try to show the younger generation up by taking unnecessary risks. Don't swim alone. You're safe in a crowd.

BOATING

In small boats don't take chances with the weather. When it's blowing a howler there's only one safe place . . . ashore. If your boat capsizes, "stick to the ship". The boat will support you till you're picked up. Where there's the slightest danger, wear a lifejacket. Yachtsmen and surfers wear them. So should you!

TROUT FISHING

Don't let that big one get you! Watch out for slippery stones, deep holes, river-bed changes since you last fished. Before fishing a river for the first time, pick up all the local knowledge you can.

You may be over thirty but you can be as safe in or on the water as anywhere else . . . if you exercise "water wisdom" always.

ROCK FISHING

Keep away from dangerous ledges and perches. When there's a sea on watch out for the incoming tide. A big wave could sweep you off before you know it.

DUCK SHOOTING

Don't worry about the one that's hard to recover. It's better to be one short in the bag and be alive for next season. When shooting near deep water, wear a light-weight lifejacket. It's good insurance.

TRAMPING

Watch out while fording streams and rivers, especially if they're in flood. Learn the safe ways of crossing streams and take the advice of your local tramping clubs. They know the danger spots.

CRAYFISH & NETTING

Wear a lifejacket always. Watch out for tidal rips and heavy surf breaking on sandbanks. Take extra care when netting near river mouths, where "bottom" conditions can change rapidly.



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