

SUMMARY

because time means money, seems the one factor threatening progress of this study.

G. SCOTT WILLIAMSON, M.D., CH.B. EDIN.

INNES H. PEARSE, M.D., B.S. LOND.

ANNI NOLL, DR. MED. HEIDELBERG.

R. BOLTON, B.M., B.CH.

H. A. H. HOWARD, B.SC. LOND.

LUCY CROCKER, B.SC. WALES.

(Sec.) MARY LANGMAN.

APPENDIXES

APPENDIX I

LABORATORY SCHEDULE

Name..... Age..... No.....

Date					
*Vision:—					
Without glasses L.....					
R.....					
With glasses L.....					
R.....					
Ishihara test					
Blood:—					
Hb.					
Reds					
Index					
A.D.....					
Whites.....					
Polys.....					
S. Lymphs					
L. Monos.....					
Eosin					
Basoph					
Myelo					
Sugar					
Urea					
Uric ac.					
Calcium					
Chloride					
†Kahn.....					
†Van der Bergh.....					
Coagulation Rate					
Bleeding time.....					
Urine:—					
Albumin					
Sugar					
Acetone					
Indican					
Urobilin					
Blood					
Urea					
Uric ac.					
Purins.....					
Urea: uric ac.....					
Purins: uric ac.....					
Microscopical					
Ph.					
Height.....					
Weight					
Spirometer					
Temperature					

* See page 97.

† Not used as routine.

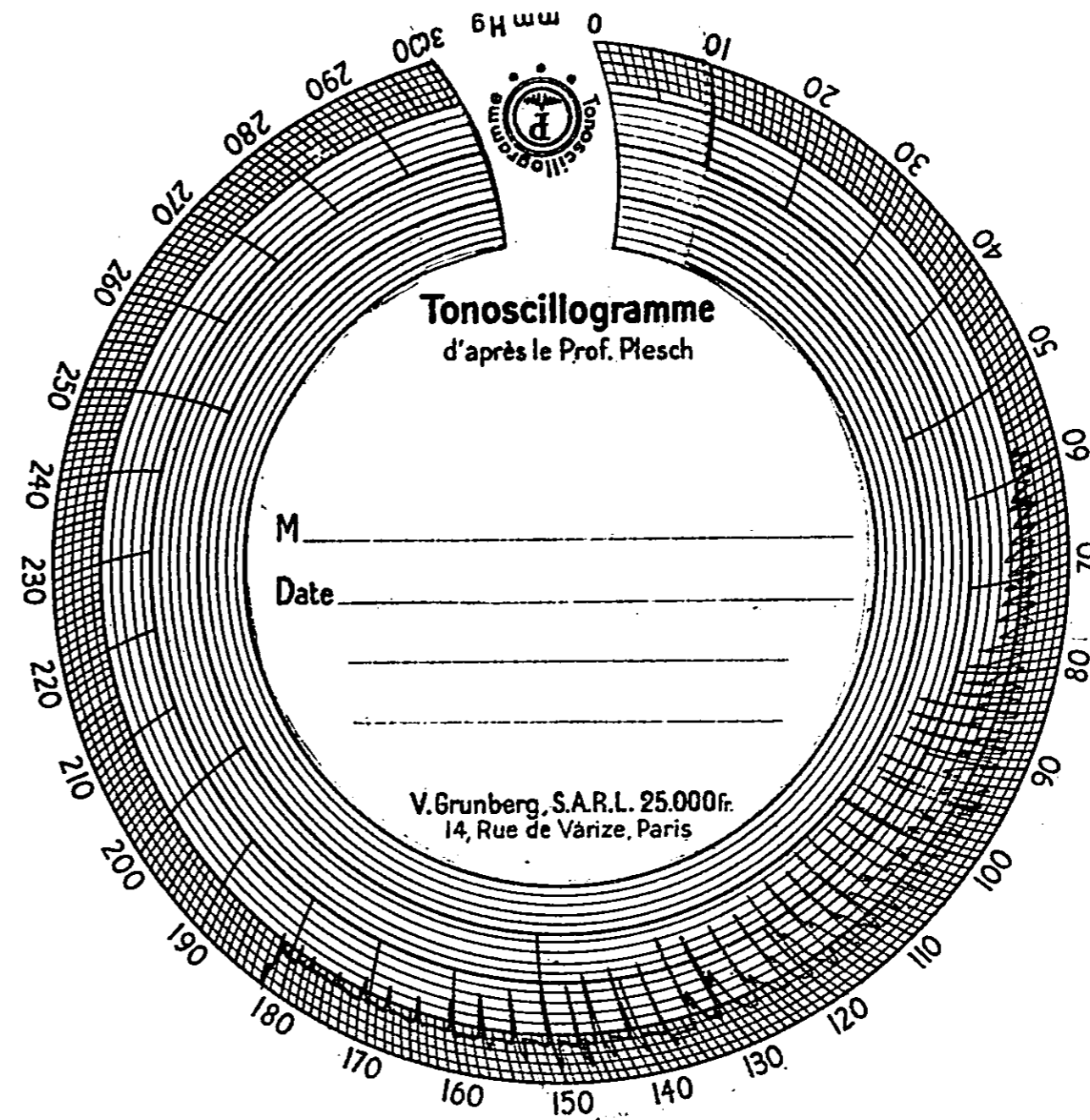


PLATE I

The above form is used on the Plesch Tonoscillograph to give a graphic record of the blood vascular condition. This test is made both with the subject at rest and after exercise in all cases, and is repeated wherever any change in the condition of the individual demands study.

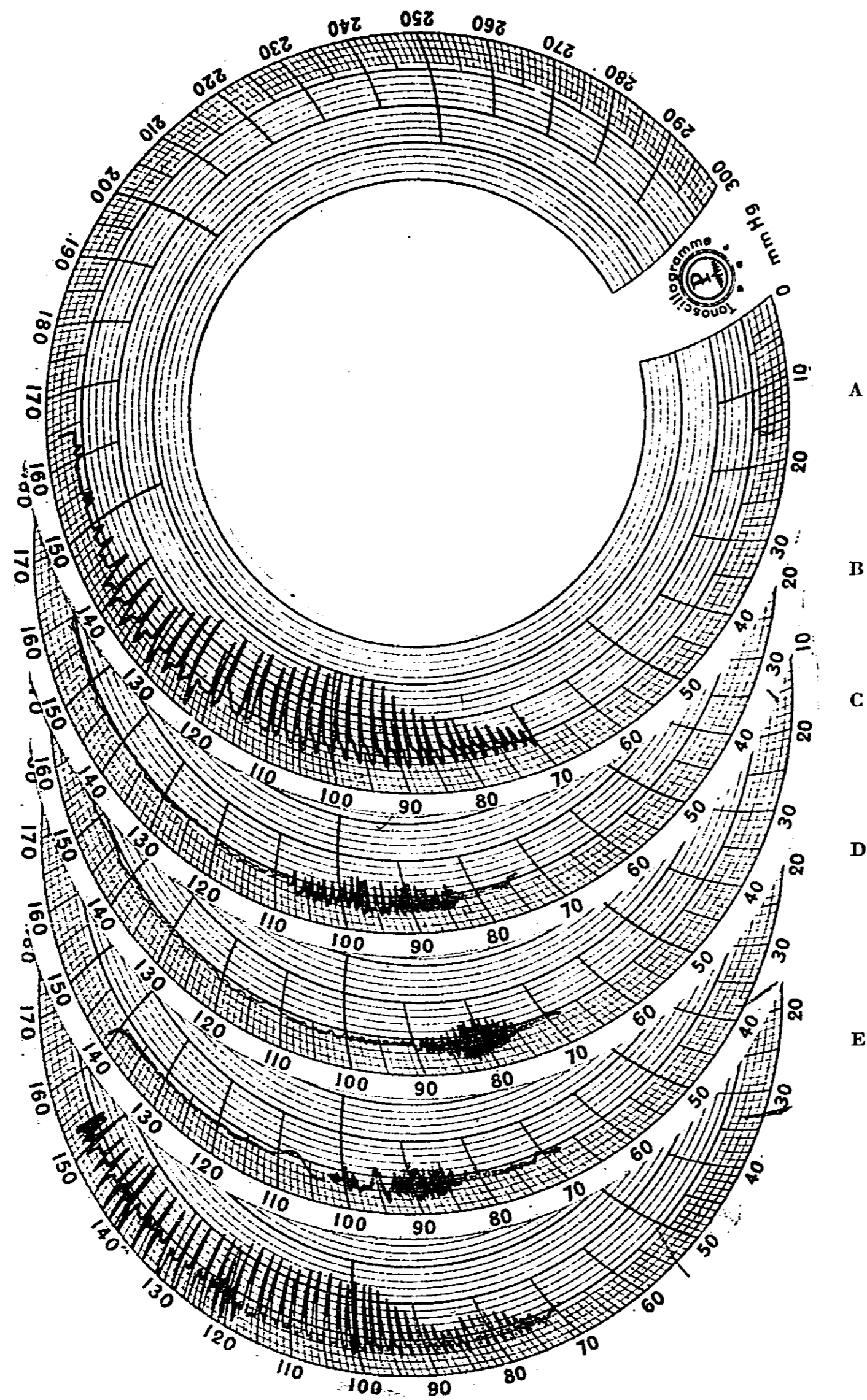


PLATE II

- A Plesch tonoscillogramme showing the progressive effects of night duty on the blood pressure, pulse rate and cardio-vascular tone.
- A. Tonoscillograph recording after day duty—night sleep.
 - B. Tonoscillograph recording after one week's night duty; taken after nine hours' sleep.
 - C. Tonoscillograph recording after two weeks' night duty; taken after nine hours' sleep.
 - D. Tonoscillograph recording after three weeks' night duty; taken after nine hours' sleep.
 - E. Tonoscillograph recording after week-end rest and return to day duty.

APPENDIX

During the first year a very thorough ophthalmological examination was made only when any defect was indicated by preliminary tests for vision in the laboratory. At the second overhaul full tests have been carried out on each individual. All children under sixteen are now undergoing full tests at the time of their first overhaul.

APPENDIX II

AN ILLUSTRATION OF THE EFFECTS OF NIGHT-DUTY

Day Duty

- Superlative effortless muscular tone.
- High respiratory capacity, deepened, not hurried by effort.
- Blood pressure normal.
- Full normal pulse impulse (short systolic, longer diastolic after effort).
- High social aptitude.
- Psychologically alert and aware.
- Normal blood sugar.
- Height-weight normal.
- Bowels bis die.

Night Duty, after nine hours' sleep

- Poor muscle tone.
- Low respiratory capacity, hurried by effort, not deepened.
- Blood pressure drops very low.
- Low pulse impulse (systolic and diastolic same interval, but hurried).
- Social inertia.
- Psychologically sleepy.
- Weight falls rapidly (? water loss).
- Bowels—acute constipation.
- Blood sugar—down to 50.

(Note:—The recovery is almost immediate with day duty and night sleep.)

APPENDIX III
CONDITIONS OF MEMBERSHIP
AND MEMBERSHIP FEES

There are three conditions of membership.

1. Only families may join, not individuals.
2. They must live within the arbitrarily defined area which the Centre serves. This is bounded on three sides by railway lines and on the fourth by a main road. It contains between 4,500 and 5,000 families.
3. Each individual in each family must come up for the regular health overhaul.

Fees

Each member-family pays 1s. a week, which covers father, mother, and any children under 16 years old. Children over 16 have the right to join with their family, if they are living at home, and they are charged a further 6d. a week each unless still at school. All the club activities, e.g. swimming, gymnasium, roller-skating, etc., are free for the children under 16, whereas small charges are made for all of them to adults and children over 16, not still at school.

APPENDIX IV

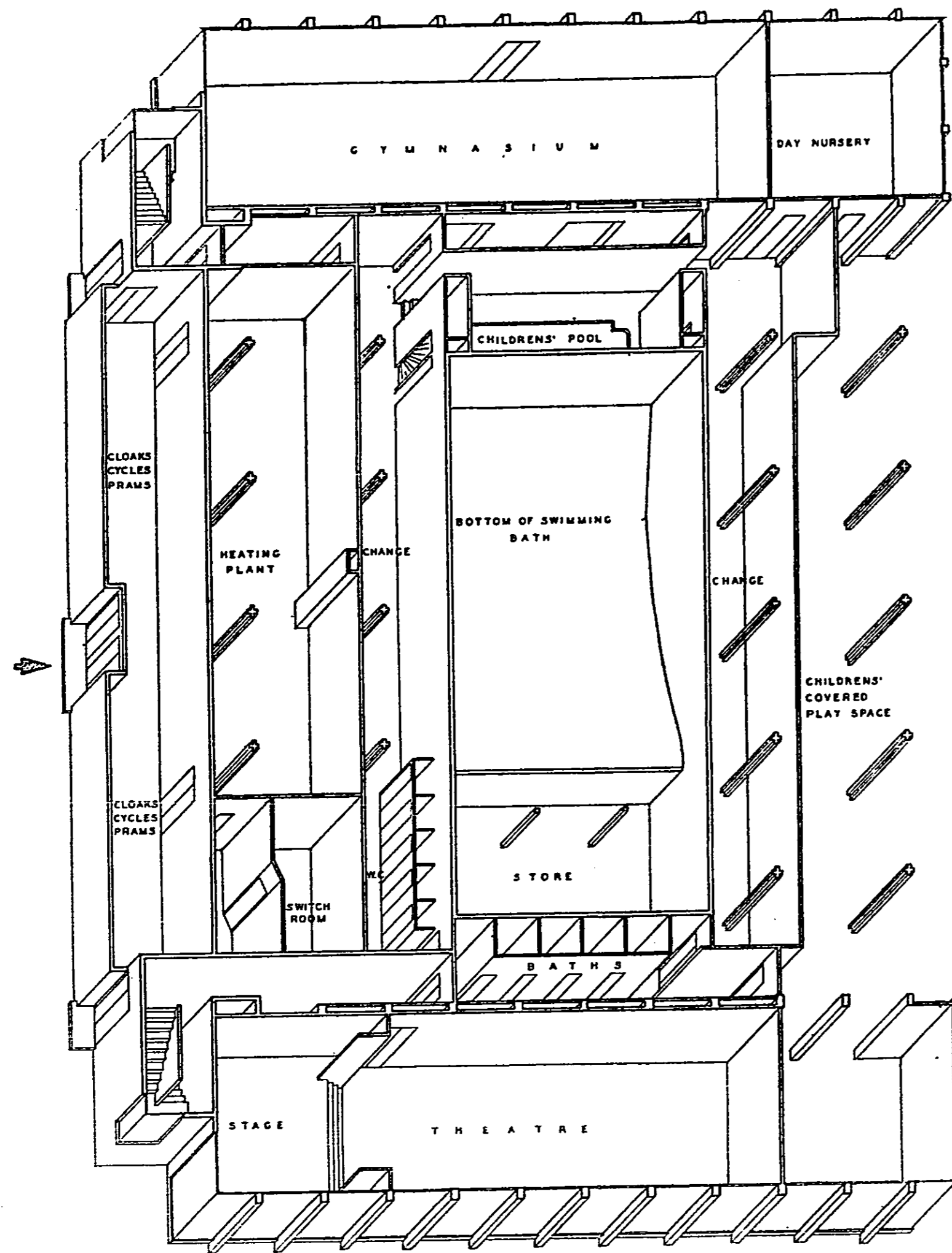
THE BUILDING

The three sketches on the following pages illustrate respectively the ground, first and second floors of the building. Above the second floor is a flat roof surrounding the pitched glass roof of the swimming-bath.

The building is of reinforced concrete and glass, and stands in approximately two acres of grounds.

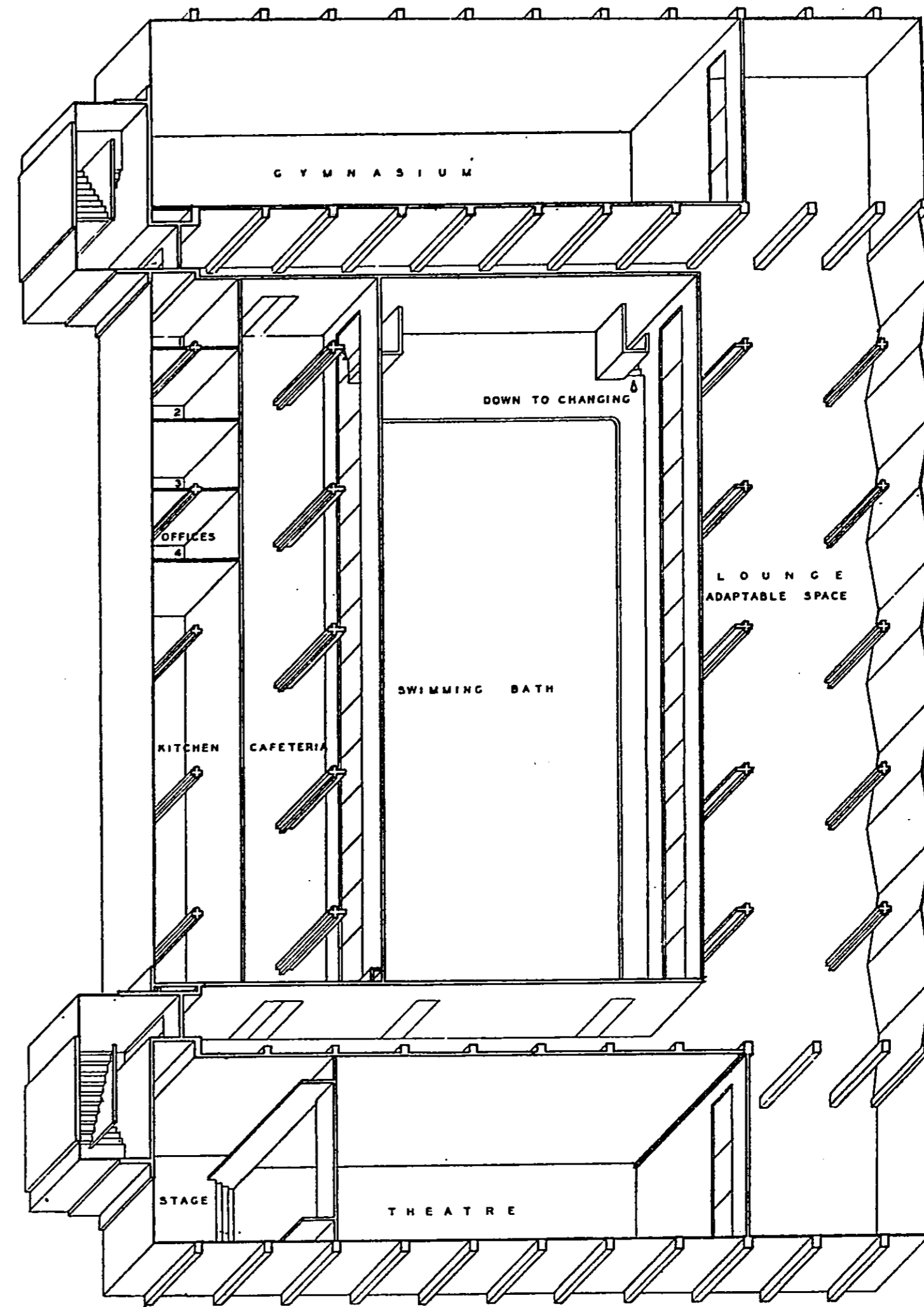
Architect:—SIR E. OWEN WILLIAMS, K.B.E.

N.B.—These axiometric drawings are best looked at with the page tilted anti-clockwise through 45°.



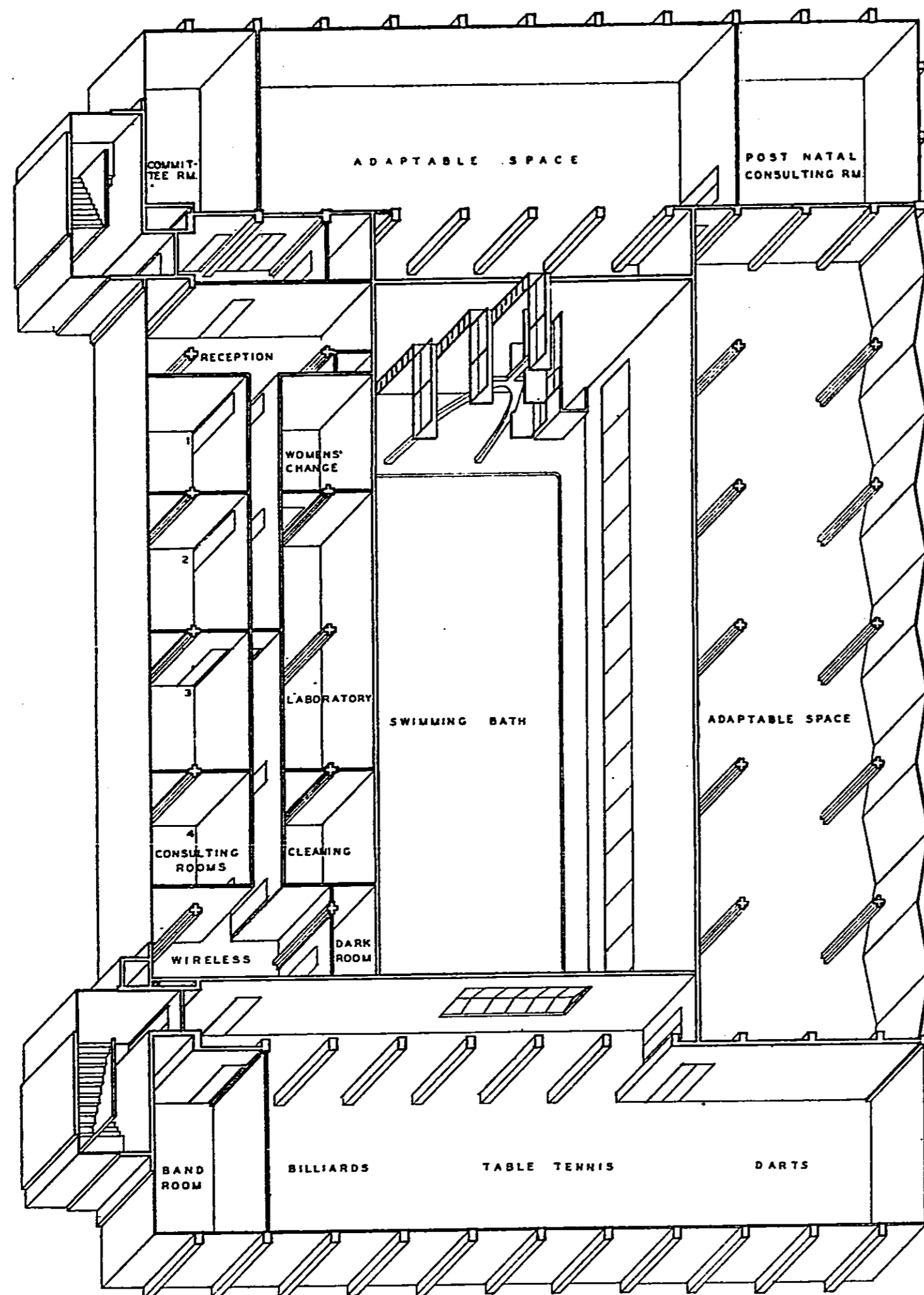
GROUND FLOOR

100



FIRST FLOOR

101



SECOND FLOOR

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