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Bulletin No. 68

Welfare Series No. 1

University of Arizona Bulletin

What To Do With the Other Eight Hours

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Entered as second class matter November 23, 1915, at the postoffice at Tucson, Arizona, under the Act of August 24, 1912. Issued weekly, September to May.

PUBLISHED BY THE

University of Arizona
Bureau of Mines

CHARLES F. WILLIS, *Director*

TUCSON, ARIZONA

1917-18



University of Arizona Bulletin

WELFARE SERIES No. 1

NOVEMBER 10, 1917

WHAT TO DO WITH "THE OTHER EIGHT HOURS"

PREFACE

One of the things probably less utilized to advantage among the men working in industrial communities is *the other eight hours*. Eight hours for work, eight hours for sleep, and eight hours for recreation, and by recreation is meant amusement, diversion, sport or pastime, or the refreshment of the strength and spirits after toil. A man's life, in so far as his work, recreation and sleep are concerned, should be as equally balanced as his food, for the real efficiency of a man only comes through the best of care and through the proper balancing of his day.

No attempt is made in this bulletin to classify or recommend any particular recreation, other than when they may have an especial application. A recreational hobby is an excellent thing and it is hoped that the many readers of this bulletin will be able to select something and ride it as a hobby.

Amusement is not necessarily recreation, and it will be attempted to state in a general way in this bulletin what to do with a view to better social and educational conditions in and around mining camps and other communities.

A few general rules regarding health will be included.

Health is the secret of life and to keep good health do the following:

MORNING

Arise.
Exercise (deep breathing and arm and leg exercises).
Bath and toilet.
Dress, drink a glass of water.
Eat breakfast.
Attention to bowels. Brush the teeth.
Walk a mile.
Work.

NOON

Wash hands and eat dinner.
Change of scene (if possible).

Get out in the open air.

Work.

EVENING

Walk a mile.

Wash hands and eat supper.

Rest and recreation.

Brush teeth. Drink a glass of water.

Sleep with windows open.

Good health is within the grasp of most of us. Many people know and understand the principals upon which good health depends, but they are not willing to take the time or the trouble to put them into practice; sickness sooner or later is the result.

On the ability of man to work steadily depends his earning capacity; and on his income or his wages depend largely the comforts, welfare and happiness of his home. To be in perfect health that he can work regularly, is not only a matter of deep concern to himself, but also one of vital importance to his wife and family.

But a man is not always favored with continuous employment and when there is work to be done he should be physically fit to do it when called upon. Hazardous occupations in the mining industry are so numerous that a man cannot possibly afford to go to his work in a tired out, weakened condition. His mind and body must be sound and healthy so that he may be vigilant and alive to the dangers that are constantly crossing his path in the performance of his daily task.

To live well one should breathe deeply; drink *wa:er* copiously; clean the teeth carefully; bathe frequently; eliminate freely; laugh heartily; work planfully; serve willingly; play some; sleep regularly; exercise daily; speak kindly; read much and think more.

Habits of regularity pertaining to health, such as the proper food, clothing and rest, are familiar to all and will not be discussed in detail.

The day is usually divided into three periods of eight hours each, eight for sleep, eight for work and eight for recreation. Of course, part of the last eight is used in the preparation for the previous two eight-hour periods.

Sleep is the state in which the activity of the senses and cerebrum or brain proper appears to be naturally or temporarily suspended. All parts of the body which are the seat of active change require periods of rest. In the case of the brain it would be impossible that there should be short periods of activity and repose, that is, of consciousness and unconsciousness, hence the necessity of sleep, a condition which is an unusually perfect example of what occurs at varying intervals in every actively working portion of the body. Sleep, therefore, affords

the interval during which nervous energy expended during the waking hours is renewed. The respective influences of age, habit, temperament and occupation have much to do with the induction and maintenance of sleep in different individuals.

Work is one of the best educators of practical character. It evokes and disciplines obedience, self-control, attention, application and perseverance; giving a man deftness and skill in his special calling and aptitude and dexterity in dealing with the affairs of ordinary life.

Work is the law of our being—the living principle that carries men and nations onward. The greater number of men have to work with their hands, as a matter of necessity, in order to live, but all must work in one way or another, if they would enjoy life the way it should be enjoyed.

Labor may be a burden and a chastisement, but it is also an honor and a glory. Without it, nothing can be accomplished. All that is great in man comes through work, and civilization is its product.

It is idleness that is the curse of man—not labor. Idleness eats the heart out of men as of nations and consumes them as rust does iron.

Let every man be occupied and occupied in the highest employment of which his nature is capable and die with the consciousness that he has done his best.

What is better as a diversion than a little agricultural development, particularly for the man who either toils hard or who toils not at all? Agricultural work will provide for the man, whose work is not of a manual nature, the necessary amount of exercise besides financial and recreational advantages. For the man who toils hard the comparatively easy manual work of the home garden would add little to his fatigue, and the velvety grass, the tiny green sprouts and the beautiful flowers provide such an abrupt change of surroundings as to be well worth the effort. For the man who toils in a more or less moderate manner and under pleasant surroundings, the home garden does not offer as much of a change as some of the other recreations to be mentioned.

SOIL AND CULTURE

Where possible, land selected for the garden should have a southern exposure and be of fine sandy loam, as soil of this type is warmer in the fall, winter and spring months. Sandy soils are not alone earlier but they are more easily cultivated than clay or adobe. For best results the garden should be located near one's house. Earliness is essential to the success of the garden. It is laudable now as heretofore,

to excell in growing early potatoes and green peas, to produce the largest watermelons and sweet potatoes, and to have the best garden. The garden area should be rectangular or square in form, and for the needs of an ordinary family, may comprise an acre or less in extent. Intensive cultivation is the rule in gardens, and under our conditions from two to several crops may be produced during the long growing season. In many parts of our State, garden vegetables are grown twelve months of the year, and we have in reality a winter garden and a summer garden. The vegetables of the two seasons differ entirely, yet are equally valuable. At higher altitudes with rather severe frosts, there is but one gardening season—the summer, though even here hardy vegetables such as onion sets, lettuce and spinach can be planted in the late fall for spring growing.

The successful garden requires thorough cultivation, irrigation and fertilization, and if planned properly requires but a small outlay of time. More than one well cultivated garden plot has pointed to the farmer the way to successful crop growing. If possible the land for a garden should be given a heavy application of well-rotted barnyard manure and then plowed deeply and dragged. Thereafter, it should receive lighter applications of manure each year, at one's convenience. Sour or bur clover also can be grown on unused areas in winter and turned under in the spring for green manuring. Planting should be done in rows—never broadcast—as this facilitates clean and rapid cultivation. For cultivating smaller garden crops that grow in rows 12 to 15 inches apart a Planet Jr. cultivator should be used in preference to a backbreaking hoe, as it is more convenient and economical. A one-horse cultivator is most satisfactory for larger garden crops such as cabbage, potatoes, corn, tomatoes, and melons, or those plants that require greater distance between rows. Weeds and grass should be eradicated, although some of these such as Lamb's Quarter and Bleda or Careless weed are valuable as greens for poultry.

VEGETABLE GARDENING

A garden is a piece of ground appropriated to the cultivation of herbs, fruit, flowers and vegetables.

You will find health, pleasure and profit in planting a garden. From the very first shovel of turned brown earth, and the first tiny green sprouts peeping from the ground, you will feel more than repaid for the labor expended and the insignificant cost for seed.

Even a little plot—a dozen feet square—will materially reduce the grocery bill and furnish fresh, tender vegetables far superior to anything supplied by the corner store.

You will learn to love the orderly green rows and the developing vegetables will teach you many a lesson of care and thoughtfulness. A florist once said "there has never been a member of my calling confined in a penal institution in the United States." He gave as a reason: "You cannot work among flowers or vegetables and have evil thoughts. In spite of one's self, perhaps, a gardener or florist becomes a kindly and considerate man. It is always so."

Be orderly in your gardening. Plant your rows straight and give your plants room to grow. Keep down the weeds. Sprinkle when necessary, and keep the earth loose and free about the growing plants. A few simple rules may be of advantage to Arizonans:

Beans (Bush or Dwarf)—Plant early in April; rows three feet apart, three inches between plants.

Beans (Pole)—Middle of April; poles three feet part; six or eight beans to hill.

Beets—Sow early, January to March 15; rows twelve inches apart; thin to four inches apart.

Carrots—Sow early, January and February; rows twelve inches apart; thin to five inches apart.

Cabbage—Seeds planted August 15 to November, plants set January and February; set plants about five inches apart.

Celery—Seeds planted January to March, plants set August 15 to October 15; plant roots in rich soil six to eight inches apart.

Corn (sweet)—Plant in April; hills about three feet apart.

Cucumbers—Plant in March and April, and June and July in rich soil; give room to spread.

Lettuce—Plant in January, February, September and October. Several crops can be grown; thin to give plants room to develop.

Onions—Seeds planted September 15 to October 15. Sets planted November to February. Plants set almost any time in rich soil.

Parsnips—Same as carrots.

Peas—Plant in January to February; August 20 to November 20. Require rich soil; may be planted early; dwarf varieties best for close planting.

Potatoes—Early potatoes may be raised in good soil eight to ten weeks; late potatoes give larger yield. Secure seed potatoes from any reliable dealer and follow his directions in planting and cultivating. Plant January 15 to February 15; August 20 to September 10.

Pumpkins—Plant in March and June; require little care.

Radishes—Sow any time from January to March, and August to October; soil should be dry and sandy, mixed with well-rotted manure; thin rows enough to give plants room to grow.

Rhubarb—Plant roots two to three feet apart; cultivate occasionally.

Spinach—Sow any time in January, September and October; several crops can be raised.

Tomatoes—Plant in March to May; set plants four to six inches apart.

Turnips—Plant in January, February, August, September and October; rows twelve inches apart; thin to give plants room to grow.

Careful rotation of crops is essential to profitable gardening. Tomatoes, cabbage, cauliflower, melons and similar crops should not be grown on the same plot year after year. Purchase the best seeds from reliable houses, but not necessarily novelties. Cheap seeds are most expensive in the long run; they are an abomination to the planter, and are forerunners of certain failure. It is better economy to pay 25 cents a package for good cauliflower or Brussels sprout seed, than 5 cents for common seed. This also applies to cabbage, turnip, tomato, onion, celery, melon and radish seed. Where one has a thoroughly satisfactory variety, it is well to save seeds, the best plants or fruits being selected for this purpose.

WINTER VEGETABLES

Following is a list of the commoner hardy vegetables that can be grown in the winter garden. At altitudes of 3,500 feet and above, where the winter season is too cold to permit of successful growth, these vegetables may be planted in the early spring, even before all danger of frost is past:

Lettuce	Beets	Cabbage
Spinach	Carrots	Cauliflower
Endive	Onions (Sets)	Brussels Sprouts
Radish	Onions (Seed)	Kohl-Rabi
Turnip	Peas (smooth)	

*Your Garden will prove a big Dividend
Payer. Try it.*

FLOWER GARDENING AND LAWNS

Flower gardens and beautiful lawns help make a home. A home means more than a mere shelter from the elements. The beauty of the gardens and lawns exerts a refining influence on the family, which shows inside of the house and in the behavior of the members of the family toward each other.

The man who has learned to take pride in his garden hurries home from his work, spending little time in loitering and none in the saloon. Therefore, the garden tends to reduce alcoholism. The man's standing in the community is raised; and what is even better, his own self-respect is promoted.

Select flower and grass seeds adapted to conditions in your particular vicinity, plant and cultivate them as required and it will be surprising what an attractive place you will have. Other than being beautiful a flower garden will prove a source of education.

Plant a garden as soon as possible—others will follow you—and in a few years you will have a City Beautiful.

Surplus flowers could be sent to women who are ill and away from work. This would be greatly appreciated by those who receive them.

SCHOOL GARDENS

Besides flower, lawn and vegetable gardens in the homes of miners and others, gardens should be planted on vacant lots near school. Mine operators would be willing to offer prizes for the best garden.

A committee representing the children of miners could visit the Board of Education with a view of having the children instructed in gardening. Parents could then spend part of their recreation period in educating their children by helping them plant and cultivate their gardens.

Where it is impossible to have a home garden of some description, a community garden or a garden planted on rented property would prove a source of health, pleasure and profit.

Possibly you have had success with your home garden and you might be able to add something of an instructional nature to the community or school gardens. Proper recreation requires a change and a complete change of the use of the mental faculties not in use during the eight hours of work, and this change is offered to some in the form of assistance with the school garden or community garden.

A CLEAN YARD HELPS

Ordinarily the conditions under which miners work are not clean, and while nowadays the best of mining conditions are being provided, what could be more pleasant to the miner than to come home to a clean, attractive yard. He would soon object to a dirty, unattractive house, and expect to find that clean, but the province of the housewife is within the house, and the province of the man the yard. Clean-

liness of the yard adds much, but neat walks, grass plots, well kept vines, add more and make a greater change of surroundings.

The yard could be kept neat and clean; in case you have a well, ditches could be dug that would drain the surface water away from the well, and a platform could be built and a lawn border planted around the well. This will protect the water, insure good health and improve appearances and will cost nothing but a few hours' labor.

AGRICULTURAL CLUBS

The work of agricultural clubs disposes boys favorably toward manual labor; they offer a certain kind of work which is supplementary to a good deal of the training they obtain in school; they give the boys something definite to do in their leisure time and keep them off the streets; and most important of all, they give youth an insight into agricultural knowledge, leading them to consider farming and the cultivation of the soil more seriously.

The following are some suggestions for organizing such work:

1. Secure a lot of vacant ground sufficiently large. The use of a lot may be obtained from an owner who wishes to see the value of his property increased.
2. Decide upon a definite day, appropriate with the climate and conditions, for cleaning up, fertilizing and plowing time.
3. Divide the space into small plots large enough to meet conditions, each boy taking one lot and putting it in shape.
4. Lay out paths and provide for fencing.
5. Planting-day should be observed in a businesslike way under the supervision of a capable man.
6. Keep a record of observations and work.
7. Raise one or possibly two crops in a season, changing the same.
8. The small garden truck may be marketed by the boys.
9. Introduce competition for good prizes preferably offered by some civic organization or for the appearance of the "farms" and the quality and quantity of the products.

ORGANIZATIONS

Athletics offers probably the greatest diversion and the greatest opportunities for recreation, as it provides games suited to all. It provides work for the unused muscles aside from the fact that it provides amusement in the Great Out-of-Doors. The man who has rested over a desk all day could do the most strenuous of athletic sports, and select the kind that uses all muscles, such as tennis, handball, etc. The

man that does but little walking in his work could select golf.

Athletic sports provide for a selection of any one of a great number of interesting things, totally different from the day's work, for that is what there must be to be true recreation.

I. Outdoor games, as

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| a. Baseball | f. Volleyball |
| b. Football | g. Pushball |
| c. Tennis | h. Basketball |
| d. Track and Field Meets | i. Golf |
| e. Handball | j. Ice Hockey |

Everyone is familiar with the rules and regulations governing the above games, and no doubt know how to play them.

The purpose of these organizations would be to

1. Promote good fellowship.
2. Enlist public and individual interest in the social betterment of the community.
3. Create rivalry among organizations.
4. Insure recreation for those concerned, and amusement for the community.

Clubs of this character should organize in the usual way with officers and committees. Arrangements for games, collection of contributions, etc., should be in their charge and the proceeds utilized in any one of the following ways:

1. In purchasing new material such as uniforms, bats and gloves, and preparation of grounds.
2. In purchasing material for other games or organizations.
3. In renting or furnishing club rooms.
4. For recreation halls.
5. For swimming pools.
6. For playgrounds for the children.
7. For celebrations.
8. For picnics.
9. For donations to the Red Cross.
10. For donations to miners, miners' families, or any others who are in need. This could be in the form of a cash donation, rent, groceries, fuel or clothes.

II. Musical organizations:

Shakespeare said, "Although music oft hath such a charm to make bad good, and good provoke to harm."

Good music provides one of the most delightful forms of recreation in that it puts the mind in a proper attitude for restful sleep and relieves the tension of the mind that the day's work has made.

Participation in musical organizations is of double value, in that it provides recreation for the participants, as well as adding to the pleasure of others.

- a. Band.
 - b. Orchestra.
 - c. Choral.
1. Proceeds from concerts or engagements could be utilized as stated above.
 2. An open air concert once a week would be appreciated by the town people.
 3. A band adds to the spirit of a celebration or picnic.

Of course, the same procedure should be followed in this as in the previous organizations; and other than this they will prove to be of an educational value.

Education means all that course of instruction and discipline which is intended to enlighten the understanding, correct the temper, cultivate the taste, and form the habits and manners of youth, and fit them for usefulness in their future stations.

III. First Aid and Mine Rescue work:

The purpose of a First Aid and Mine Rescue organization should be to instruct and train men to assist those who may be sick or injured, to assist in recovery operations after mine explosions or fires, to promote good fellowship among its members and to enlist public and individual interest in the social betterment and public health of the community, and to promote Safety First.

Organize the organization in the usual manner and have active and associate members. Active members take part in all First Aid and Mine Rescue work, and the associate members in public health and social welfare.

Executive, membership and social committees should be appointed to take care of arrangement for contests, membership and entertainments.

Each member should pay a monthly due, the social committee should arrange for entertainments, as shows, dances, etc., and the money obtained appropriated for use as explained under games.

IV. Red Cross.

The American Red Cross is an association organized for the purpose of giving volunteer aid to the sick and wounded of our army and navy in time of war.

It gives aid to the dependents of soldiers and sailors called to the colors; it gives relief to the sufferers from famine, disease or other disaster, and makes no distinction of class, race or creed; it is a semi-governmental agency for the collection and distribution of money and supplies for relief purposes, and its accounts are audited by the War Department; it is the only volunteer society authorized by the government to aid our land and naval forces in the time of war.

Join this association and form a chapter in your home town if one is not already organized.

V. Dance, debating and dramatic societies should be formed in the same way, as previously stated, and they would prove to be a source of recreation, education and benefit.

VI. Membership in Fraternal and Mining societies, Chamber of Commerce and Country Clubs, etc., would form a source of:

1. Social Welfare.
2. Education.
3. Friendship.
4. **Brotherly Love.**
5. Uprightness.

VII. Mutual Aid Associations.

Example: Any person over 18 years of age and under 45 may become a member. Persons over 15 and under 18 may become half-rate members. The initiation fees are \$1.00 and 50 cents, respectively. The dues are 50 cents and 25 cents a month until the funds are reduced to \$3,000, whereup the dues are increased to 60 cents and 30 cents. Should the sum in the treasury fall below \$1,000, the members may be assessed, but not more than \$1.00. Sick benefits are \$6.00 or \$3.00 per week, according to the class of membership. No member is entitled to benefits for more than 13 weeks in 12 consecutive months. In case of death \$100.00 or \$50.00 is paid the deceased's family. The affairs of the association are administered by a president and board of directors chosen by the members.

VIII. Educational.

a. Through proper channels night schools could be organized and those who were not fortunate enough to be able to attend school when children, could attend and by study could advance themselves to a point where they could command better positions, social standing, etc.

b. Proceeds of entertainments, etc., in other organizations could be utilized to great advantage by starting a club or public library. In the beginning the library would be small, but after the spirit of the movement had entered into the community, donations in the form of books, magazines, etc., would be forthcoming, and in a very short time a library of importance could be established.

"It is well to do some reading that is of more consequence in useful knowledge than that we read last summer and which carried us along by mere entertainment. This does not mean that what we read should not be interesting.

"By this we do not condemn fiction reading—good fiction—but we suggest reading where there is a little between the lines to make us think, provide interest and entertainment with our own thoughts rather than the thoughts and expressions of others.

"For instance, go down to the public library and get the autobiography of Benjamin Franklin and see if it is not just as interesting as any novel. For interest and economy of time and effort it is well to read biography; for when we read biography we at the same time read history.

"The reading of the lives of men of deeds—supermen—fires our ambition, and stimulates the will of the young, middle-aged and old.

"There is more real service, more real profit in the public libraries of our towns than in any other institutions; there are more real bargains on the shelves of our public libraries than any store in town—the material is there merely for the asking and with proper selections, the profit is all on the side of the buyer.

"A young man locating in a new town should locate the library soon after he locates a room. He should take out a library card about as soon if not sooner than he opens a bank account.

"All of us, young and old, should establish the habit of visiting the public library frequently, and the best school in citizenship for the young foreigner is the public library."

c. Lecturers. Noted lecturers may visit your community from time to time, and this is a great help to a better education.

IX. Young Men's Christian Association.

This is an organization for social and religious work among young men and its object is to provide in towns a rendezvous for men who are compelled to live in lodgings and apartments.

Organize a chapter in your town and it will prove a source of recreation, education and social welfare.

X. Committees on Safety, Sanitation and Welfare.

A safe, beautiful and social community can be had through the aid of committees. The following are a few suggestions for committee work:

1. Arrangements for picnics.
2. Arrangements for a safe and sane Fourth.
3. Arrangements for holidays, etc.
4. Investigate and help get land for those who desire a garden. Some people would be very glad to take care of a garden if a suitable plot could be obtained.

Investigation of sanitary conditions of:

- | | |
|---------------------------------------|-----------------|
| 1. Meat markets and slaughter houses. | 5. Restaurants. |
| 2. Bakeries. | 6. Hotels. |
| 3. Dairies. | 7. Alleys. |
| 4. Stores | 8. Yards. |
| | 9. Schools. |

Safety investigations of

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| 1. Street traffic. | 3. Industrial concerns. |
| 2. Railroad crossings. | 4. Mining operations. |

XI. Boy Scouts.

This organization can be divided into squads and each squad perform some certain work, as

1. First Aid to the injured.
2. Investigations as in committee work.
3. Planting of gardens for
 - a. Own use, or as in agricultural clubs.
 - b. For people who cannot do the work or afford to have it done, but would take care of it after planting.

Suggestions for

1. Playgrounds:
 - a. Swings.
 - b. Slides or chute-the-chutes.
 - c. Horizontal bars.
 - d. Basketball.
 - e. Wading pools.
 - f. See-saws.
 - g. May poles.
 - h. Merry-go-rounds.
2. Recreation Halls and Club Houses:
 - a. Gymnasium.
 - b. Reading rooms.
 - c. Libraries.
 - d. Billiard and pool tables.
 1. Educational.
 2. Amusement.
 - e. Bowling alleys.
 - f. Swimming pools.
 - g. Motion pictures.

To make any of the previous organizations, etc., a success it is necessary to have the interest, cooperation and unqualified support of the individual, the public, mine owners and operators, business men, etc., and through their cooperation, Social Betterment, Public Health, Safety and Efficiency will be the prevailing sentiment in the community.

Eight hours for work, eight hours for sleep, and the other eight hours devoted to clean and wholesome recreation and amusement entirely different in character from the eight hours of work, and yet of a nature whereby the time is utilized for something of lasting benefit, will provide a much happier and more contented life.

"What to do with the other eight hours" is just as important as what to do during the eight hours of work, for what can be done with the eight hours of work is largely dependent upon what is done with the other eight hours, and promotion and success are as largely dependent upon the other eight hours as upon the eight hours of work.