

Toil on Graveyard Shift Leaves Unsolved Major Problem of Rest

By HAL BOYLE

NEW YORK—(AP)—The city is a vast artificial heart that throbs in tempo to the pattern of normal daily life.

But many who live within it have to break that pattern to keep the city going. They are the night workers who must clean that gigantic heart, guard it, and refuel it for the strains of the next day.

The job turns a man into an owl, but no one can know some of the strange corners of life unless he has served his time at night work.

In newspaper work this assignment is known as "the graveyard shift," and it is aptly named. There is a mystic affinity between night and death.

For three years before the

War I worked with one of those "skeleton crews" of newsmen, who feel and record the pulse of the sleeping city between midnight and 8:00 o'clock in the morning.

One of the joys of newspaper life is supposed to be that you meet "such interesting people."

And it is. But at those hours the people abroad are largely fellow workers, wandering drunks and bums, or police and ambulance cases. You come to wonder why so many people prefer to get robbed, slashed in saloons, "beat up" their wives, dive out windows, crack their skulls on sidewalks, start fires and have babies—all between midnight and dawn.

Three Breakfasts Daily
Working overnight is a three-breakfast life. You eat one in the morning, another when you wake up at night. And if you go out for a snack at 4 a. m., the restaurants have already put out their breakfast menus.

It has other drawbacks for the family man. Husband and wife lead a separate existence. She goes to bed when he goes to work; she gets up to start her household chores when he re-

turns home to bed. This puzzles the children.

"Isn't daddy funny?" said the small son of a "graveyard shifter" to the mother. "When he comes home in the morning, he says 'goodnight' to me. And when he gets up at night he says, 'good morning.'"

Rest Problem Never Solved

Sleep is the big problem to the overnight worker. Some men simply can't stand to turn their lives topsy-turvy. I knew one who lost 25 pounds in six months and had to quit. But no matter how long you stay at it, you never solve the problem of rest.

This intermittent struggle for sleep gives the night worker his typical philosophy of tired melancholy or—in some cases—of chronic irritation. Lack of sun, too little sleep leave him under the constant threat of anemia.

Many men prefer night work despite their fight to get enough sleep. It has a lonely freedom, because there aren't so many bosses around. They never get caught in crowds, they can find a place to park their cars free. They can go to the ball games or the racetracks in the afternoons—a real luxury. They can get to the movie houses and theaters at matinee prices.

But wives never care for this routine. The old man is a nuisance, cluttering up the house when she wants to clean it, and too tired to go anywhere in the evening.

Result of Radioactive Iodine on Cancer Eyed

KNOXVILLE, Tenn., July 31.—(AP)—The 49-year-old housewife who recently took radioactive iodine for treatment of cancer of the thyroid was released yesterday from a Knoxville hospital.

A hospital spokesman said it would be two or three months before the patient's physician might ascertain whether the radioactive iodine, from the atomic oven of Oak Ridge, was effective in treatment of the cancer.

Her physician, the spokesman added, was satisfied with the patient's present condition.

WIFE DEAD FLOPS
SHANGHAI, Aug. 2.—(AP)—Chow Nan-Fu, a refugee from Northern Kiangsu, was broke so he sold his wife to Ma Feng-Wen for \$5,000,000 Chinese dollars (630 U. S.).
Mrs. Chow didn't like it and complained to police.
Ma was arrested but Chow is still at large.

NOTICE

Effective August 1, the price of milk will be increased 1/2 cent per quart. Previous increases in the price of milk have been due to cost of production, and have been passed on to the producer. The last time it was necessary to raise the price of milk was October 1st, 1947, ten months ago.

The present raise of 1/2 cent has become necessary because of continually rising costs of processing and distribution.

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Playground Hurts Reduced by Use Of Proper Colors

Beauty can take the beast out of potentially dangerous play equipment for children. That's the opinion of safety specialists of the Accident Prevention Department, Association of Casualty and Surety Companies, who have been looking into home and playground hazards which need-

lessly kill or maim small children.

The safety experts point to a recent study made by a paint manufacturing concern which shows that beautifying playground equipment can also serve to make it safer. Not only that, the attractive colors help entice youngsters to the playground and away from more dangerous areas like the street. Here are some of the recommendations the paint experts make of which the safety experts approve:

Safest Colors
For slides—Paint them green. It counteracts excessive sunlight and is restful to children's eyes.

Steps leading to the top of the slide, however, should be yellow to draw child's attention and make him more careful when climbing up.

For see-saws—Green again, with edges painted yellow to give greater visibility and reduce chances of children running into them.

For swings and swing rings—Youngsters are less likely to be struck by seats or rings painted yellow. Green is best for uprights and overhead bars.

For sand boxes—Green.

For jungle gyms—Blue, a cool

restful color, associated psychologically with need for precaution.

For trash cans—Grey with a white star. The latter emphasizes neatness and encourages youngsters to help keep playground tidy.

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