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Far-Out Games for Outer Space



Suspended in a net, scientist gets idea what it would be like to move about in gravity-free outer space.

AMERICAN SPACE scientists are launching a special program hurriedly. Its aim: to tackle that new and deadly serious problem—how to keep interplanetary travelers from becoming bored.

Bored? Yes, bored. On space voyages that could last months and even years, boredom will be a problem.

Scientists believe that it lowers man's physical and mental abilities when he is subjected to the gravity-free conditions of outer space. "As a result, a man we send to Mars might arrive too weak to explore the planet!" says Dr. Laurence Morehouse, director of the Human Performance Laboratory at the University of California at Los Angeles.

In an attempt to solve the problem, Dr. Morehouse is now working with Douglas Aircraft's Dr. Douglas R. Collier, an expert in the field of biotechnology, to devise space games for tomorrow's interplanetary crews to play on their long and tedious voyages to other worlds.

The games fall into two categories: the passive or "quiet" games and the games requiring muscular exercise. Quiet space games under study include three-dimensional chess plus crossword puzzles and anagrams that require intense mental concentration. Active games include such unusual competitive sports as miniature baseball, zero-gravity juggling, and floating races.

The first genuine space game probably was played two years ago when astronaut Scott Carpenter became fascinated by the behavior of gravity-free liquids during his space flight. When he tried to pour liquids from one container to another, the fluid floated into a wet ball that soared about like a toy balloon!

In July, 1964, Carpenter sharpened his game skills in a series of

gravity studies in the Navy's under-seas dwelling, Sealab, 1,200 feet underwater near the Bahamas. There he played space games with scuba divers assigned to live in the mysterious water world for 25 days.

Currently Douglas Aircraft is running some space games behind closed doors at its Missile and Space Division laboratories. For instance, players are learning how to "swim" atop a stool forced off the ground by compressed air.

To convey what space games are like, scientists suggest you try playing catch with table-tennis balls in a high wind or keeping one in the air by blowing on it. Or gather a crew of five "astronauts" in a small circle and blow the ball from one to the other without touching it—if you can! To turn the game into miniature baseball, use a stick as a bat.

If you have access to a swimming pool, you can stage a floating race by wriggling through the water like a seal with your arms and legs firmly pressed together.

While active games played in a gravity-free environment may be difficult on earth, the passive games that space travelers will play to keep alert can be staged anywhere.

Space chess or checkers may be played on a wall by gluing the pieces to suction cups and moving them as you would on a flat table top.

The close link between physical and mental health has led space psychologists to develop all sorts of paraphernalia for use in exercising in limited space. They even have come up with miniature gyms where astronauts can do dynamic-tension

Scientists are tackling one of the toughest problems of interplanetary travel: how to keep astronauts from being bored!

By DON DWIGGINS

exercises and space calisthenics.

The problems of space health are becoming increasingly difficult. We now know that gravity, as we experience it on earth, speeds up the process of dying (we develop sagging skin and circulatory ailments from the heart pumping against gravity on earth). Conversely, man may be more adaptable to space with its gravity-free state and may indeed live longer there. But it presents the danger of physical atrophy.

Thus spacemen will have to follow strict diets and physio-psychological regimens to stay healthy. Doctors on earth will monitor them electronically, watching closely for any muscular or mental slowing down. To check on the latter, they may wire chess pieces so they can follow the reaction of players. The doctors will then have a daily record of how a space crew's powers of decision are holding up.

GAMES involving competition are high on the approved list for space travelers. Douglas scientists now are talking about space races between floating astronauts. The winner is the one who can wriggle to the finish line first.

Indian wrestling, tumbling, and juggling also are being considered—though the wrestler who loses may need a seat belt to keep from bouncing about the spaceship.

Then there's tv. Sports and news broadcasts and dramatic shows from earth will play their part in combating boredom in space.

Only one form of group recreation seems to be "out"—a spaceship quartet. Interplanetary craft will, in all probability, be pressurized to equal an altitude of 18,000 feet above the earth, a height at which vocal cords are not particularly muscular.

And besides, it might seem a little foolish to sign on an astronaut just because he could sing bass!