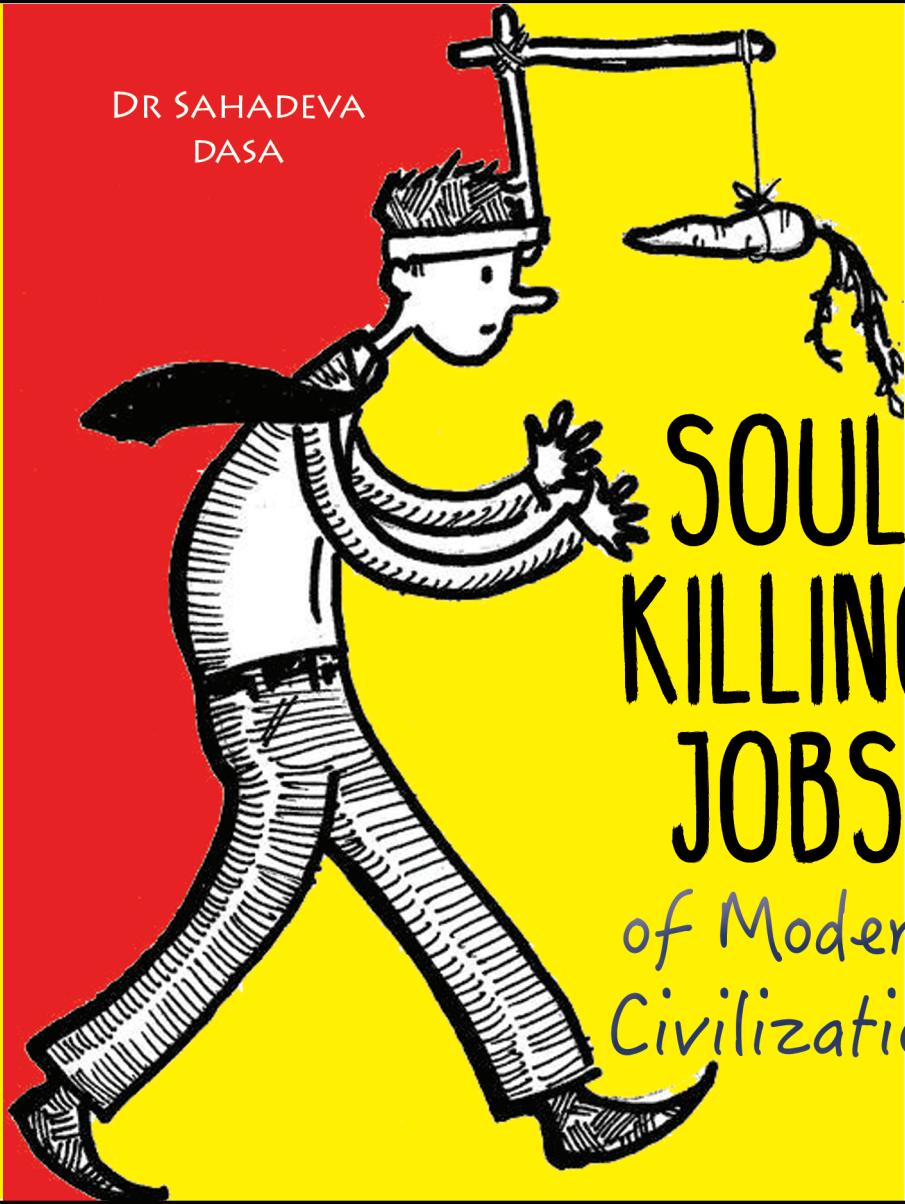


DR SAHADEVA
DASA



**SOUL
KILLING
JOBS**
*of Modern
Civilization*

And
Hard Struggle For Two
square Meals

SOUL-KILLING JOBS

of Modern Civilization

And
Hard Struggle For Two square Meals

By
Dr. Sahadeva dasa

B.com., FCA., AICWA., PhD
Chartered Accountant



Soul Science University Press

www.ReturnofSlavery.com

Readers interested in the subject matter of this
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or visit DrDasa.com

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His Divine Grace A.C.Bhaktivedanta Swami Prabhupada.

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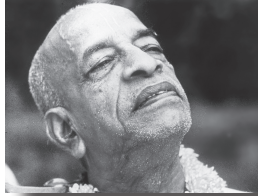
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Dedicated to....

His Divine Grace A.C.Bhaktivedanta Swami Prabhupada



Just like the economic question: annad bhavanti bhutani. Krsna says grow food. It is practical. But when I was travelling, I saw millions of clerks coming to get education. And who is growing the food? Then these clerks have to be provided in these pigeonholes and they depend on ration. Is that civilization? Throngs of people are coming. They are coming like ants. And when you go to the village, it is all vacant. No one is interested to produce food. Everyone is interested to live in the city in these pigeonholes and go to the cinema, the brothel, go to the club, learn how to drink, how to become ‘gentlemen.’ Is that civilization? The human aim of life is lost. You do not know why you are going to the office, why you are eating. They are keeping humanity in an animal mentality, a doggish mentality. University education is a doggish mentality. The dog wags his tail as soon as you give him some food.”

–Srila Prabhupada (SPL 51: Chant Hare Krsna and Fight)

By The Same Author

Oil-Final Countdown To A Global Crisis And Its Solutions
End of Modern Civilization And Alternative Future
To Kill Cow Means To End Human Civilization
Cow And Humanity - Made For Each Other
Cows Are Cool - Love 'Em!
Let's Be Friends - A Curious, Calm Cow
Wondrous Glories of Vraja
We Feel Just Like You Do
Tsunami Of Diseases Headed Our Way - Know Your Food Before Time
Runs Out
Cow Killing And Beef Export - The Master Plan To Turn India Into A
Desert
Capitalism Communism And Cowism - A New Economics For The 21st`
Century
Noble Cow - Munching Grass, Looking Curious And Just Hanging Around
World - Through The Eyes Of Scriptures
To Save Time Is To Lengthen Life
Life Is Nothing But Time - Time Is Life, Life Is Time
Lost Time Is Never Found Again
Spare Us Some Carcasses - An Appeal From The Vultures
An Inch of Time Can Not Be Bought With A Mile of Gold
Cow Dung For Food Security And Survival of Human Race
Cow Dung - A Down To Earth Solution To Global Warming And
Climate Change
Career Women - The Violence of Modern Jobs And The Lost Art of Home
Making
Working Moms And Rise of A Lost Generation
Glories of Thy Wondrous Name
India A World Leader in Cow Killing And Beef Export - An Italian Did
It In 10 Years
As Long As There Are Slaughterhouses, There Will Be Wars
Peak Soil - Industrial Civilization, On The Verge of Eating Itself
Corporatocracy : The New Gods - Greedy, Ruthless And Reckless
(More information on availability on DrDasa.com)

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 - The Author*

Preface

Keynes, the father of modern economics predicted in 1930, “In the future, working hours would be short and vacations long. Our grandchildren would work around three hours a day—and probably only by choice.” Economic progress and technological advances had already shrunk working hours considerably by his day, and there was no reason to believe this trend would not continue. Faster cars and planes were taking us places and modern appliances were reducing drudgery in the home and the office. Concern was being raised in social circles: what are we going to do with all the free time in the future?

And here we are, in the 21st century, afflicted with a ‘perennial time-scarcity problem’. And the matter is growing more acute with every passing day. We have never worked so hard, for so long and for so little. Technology hasn’t made life any easier at all. Workers are finding themselves under more pressure than ever before. People are living to work and not working to live.

Masanobu Fukuoka has raised this concern in his book ‘The One-Straw Revolution’, “I do not particularly like the word ‘work.’ Human beings are the only animals who have to work, and I think

that is the most ridiculous thing in the world. Other animals make their livings by living, but people work like crazy, thinking that they have to in order to stay alive. The bigger the job, the greater the challenge, the more wonderful they think it is. It would be good to give up that way of thinking and live an easy, comfortable life with plenty of free time. I think that the way animals live in the tropics, stepping outside in the morning and evening to see if there is something to eat, and taking a long nap in the afternoon, must be a wonderful life. For human beings, a life of such simplicity would be possible if one worked to produce directly his daily necessities. In such a life, work is not work as people generally think of it, but simply doing what needs to be done.”

A handwritten signature in cursive script that reads "Sahadeva dasa". The signature is written in dark ink and is positioned above the typed name.

Dr. Sahadeva dasa
1st February 2016
Secunderabad, India

1.

A Brief History of Work

Historically speaking, the cultural norm placing a positive moral value on doing a good job is a relatively recent development in our society. Working hard was not the norm for Hebrew, classical, or medieval cultures. It was not until the Protestant Reformation that physical labor became culturally acceptable for all persons, even the wealthy.

Traditional Judeo-Christian beliefs state that sometime after the dawn of creation, man was placed in the Garden of Eden “to work it and take care of it.” (Genesis 2:15) The Greeks, like the Hebrews, regarded work as a curse. The Greek word for work was *ponos*, taken from the Latin *poena*, which meant sorrow.

Philosophers such as Plato and Aristotle made it clear that the purpose for which the majority of men labored was “in order that the minority, the elite, might engage in pure exercises of the mind—art, philosophy, and politics.”



The Greeks believed that a person's prudence, morality, and wisdom was directly proportional to the amount of leisure time

that person had. For the Romans, work was to be done by slaves, and only two occupations were suitable for a free man—agriculture and big business .

With the Reformation, a period of religious and political upheaval in Western Europe during the sixteenth century, came a new perspective on work. Max Weber, the German economic sociologist, coined the term the “Protestant ethic.” The key elements were diligence, punctuality, deferment of gratification, and primacy of the work domain.



From a Marxist view, what actually occurred was the development of a religious base of support for a new industrial system which required workers who would accept long hours and poor working conditions. As time passed, attitudes and beliefs which supported hard work became secularized, and were woven into the norms of Western culture, as emphasized in the popular writings of Benjamin Franklin.

The early adventurers who first found America were searching, not for a place to work and build a new land, but for a new Eden where abundance and riches would allow them to follow Aristotle's instruction that leisure was the only life fitting for a free man.

Visitors to the northern states were perplexed by the lack of dedication to a life of leisure.

This was the case even though the work in pre-industrial America was not incessant. The work of agriculture was seasonal: hectic during planting and harvesting but more relaxed during the winter. One of the central themes of the work ethic was that an individual could be the master of his own fate through hard work.

As late as 1850 most American manufacturing was still being done in homes and workshops. In the early 1820's, Lowell,

Massachusetts witnessed the real beginning of the industrial age in America. By the end of the decade, nineteen textile mills were in operation in the city, and 5,000 workers were employed in the mills.

In the factories, skill and craftsmanship were replaced by discipline and anonymity. The sense of control over one's destiny was missing in the new workplace, and the emptiness and lack of intellectual stimulation in work threatened the work ethic.

By the end of World War II behaviorists argued that workers were adaptive. If the environment failed to provide a challenge, workers became lazy, but if appropriate opportunities were provided, workers would become creative and motivated. Efforts were made to make people feel important at work. Employee awards were used by management to enhance the job environment.



In the late 1950's, factors such as salary, company policies, supervisory style, working conditions, and relations with fellow workers tended to impair worker performance if inadequately provided for, but did not particularly improve worker motivation when present.

Just as the people of the mid-nineteenth century encountered tremendous cultural and social change with the dawn of the industrial age, the people of the late twentieth century experienced tremendous cultural and social shifts with the advent of the information age.

Soul Killing Jobs of Modern Civilization

Source

Steven Stark, June 18, 2009

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2.

March of Civilization

Into The Industrial Age

In our modern world of huge farms, factories, and computer companies it can be rather hard to imagine a time when life held no gadgets at all, no grocery stores full of food, or men and women bustling around factory floors. However, despite our inability to fathom how people lived without microwaves, manufactured cars, and the Internet, the generations before us got by quite well. In this chapter, we'll take a look at these generations and our generation, as we discuss economic activity in the pre-industrial and industrial age.

Going in order from oldest to most recent, we'll kick it off with the pre-industrial age. Stated very simply, the term 'pre-industrial' is defined as the time before industrialization. In other words, it was life before machine manufacturing and mechanization.

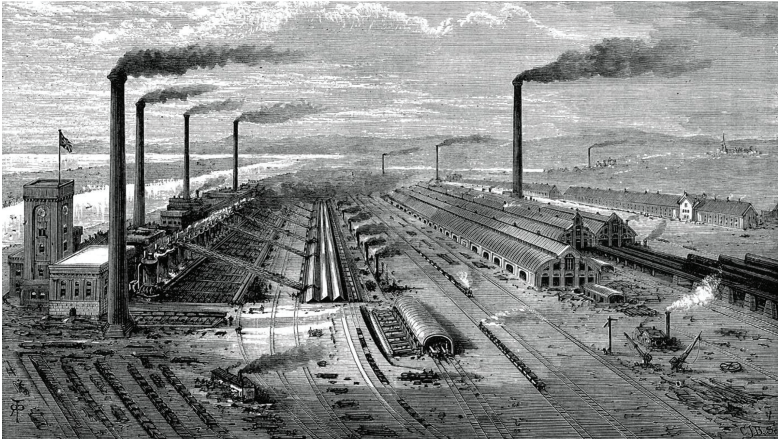
When speaking of economies, most activity during the pre-industrial age existed at the subsistence level, in which goods are produced for the consumption and survival of one's family group. In this



subsistence lifestyle, most goods were produced by the family for

the family. For instance, a farmer grew food for his family, not to sell at a market. And moms made clothes for their kids to actually wear, instead of trying to sell on a website dedicated to homemade products. Adding to this, most people lived in rural farming societies rather than cities.

Along with subsistence level living, some people did offer services and products for sale within their rural communities. However,



unlike our modern world, they were not made by big machines or huge owner-operated factories. Instead, they were produced in what have been coined cottage industries, or businesses or manufacturing systems operating in a person's home or private property. A great example of this is a woman offering seamstress services to her community or a man using his barn to start making and selling horseshoes to his neighbors.

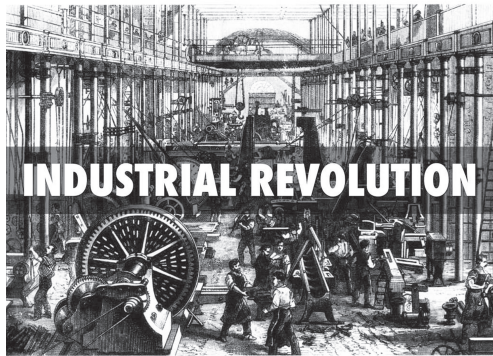
Industrialization

However as the industrial revolution, an era spanning from the 18th to 19th century in which the worlds of Europe and America moved from predominately rural farming areas to industrialized cities, life and economic activity really began to change. With this change, we come to the era of industrialization. Very much like the actual definition of the Industrial Revolution, industrialization

simply denotes a society transforming itself from a primarily agricultural society into one based on the manufacturing of goods and services.

With the onset of industrialism, economic activity shifted from the rural countryside to the more industrialized cities. This occurred as many farmers realized there were better paying jobs in new factories of the modernizing world. This movement to city life is known as urbanization, the migrating of people from rural areas to urban ones. Of course, as the people came to the cities, their money came with them.

Although this may sound like it crippled the economic activity of the rural areas, this was really not the case. Many of the farmers who stayed behind saw their own economic boons as all those new city dwellers needed someone to supply them with food. So, while city economies were thriving through industrialization, rural economies were growing through commercialization, producing for a market, making one dependent on the buying and selling of goods.



We all are very familiar with the era of industrialization. We see it played out every time we drive past a large factory or buy a mass-produced piece of particle-board furniture. We witness it as we see documentaries on dairy cows being milked by machines or jelly beans being produced by the millions.

The March of Civilization

The five key eras that have made up the march of civilization are the Agricultural Age, the Industrial Age, the Service Industry Age, the Information Age and our era - the Biotechnology Age. In his book, *The Future Manager: A value Builder for Tomorrow's*

Organisation, Satish Khanna elaborates on the five 'Waves of Development' that have marked the march of human civilization:

a) The Agricultural Age - The first wave of civilizational growth, and the main source of livelihood until around 500 years ago.

b) The Industrial Age - the second wave, characterised by the emergence of steel, textile, cement and other core industries in the last few centuries.

c) The Service Industry Age - the third wave, signifying the emergence of services like banking, insurance, travel and communications, around a century ago.

d) The Information Age - the fourth wave, structured around computerisation, automation, telecommunications etc. which started in the 1950s.

e) The Next wave, the project fifth wave, will be based on advanced biotechnology, bio-informatics and Internet applications.

(Khanna, 2000, P.10)

The five Ages of Human Civilization, outlined above have led to the emergence of the 21st century Corporate, as we know it today. This corporate era marks the end of leisure in human society and the rise of a new type of struggle for survival.

"Only since the Industrial Revolution have most people worked in places away from their homes or been left to raise small children without the help of multiple adults, making for an unsupported life." - Martha Beck

Soul Killing Jobs of Modern Civilization

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Chapter 13 / Lesson 3

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3.

People Have Never Worked So Hard For So Long And For So Little

One of capitalism's most durable myths is that it has reduced human toil. This myth is typically defended by a comparison of the modern forty-hour week with its seventy- or eighty-hour counterpart in the nineteenth century. The implicit -- but rarely articulated -- assumption is that the eighty-hour standard has prevailed for centuries. The comparison conjures up the dreary life of medieval peasants, toiling steadily from dawn to dusk. We are



asked to imagine the journeyman artisan in a cold, damp garret, rising even before the sun, laboring by candlelight late into the night.

These images are backward projections of modern work patterns. And they are false. Before capitalism, most people did not work very long hours at all. The tempo of life was slow, even leisurely; the pace of work relaxed. Our ancestors may not have been rich, but they had an abundance of leisure. When capitalism raised their incomes, it also took away their time. Indeed, there is good reason to believe that working hours in the mid-nineteenth century constitute the most prodigious work effort in the entire history of humankind.



Therefore, we must take a longer view and look back not just one hundred years, but three or four, even six or seven hundred. Consider a typical working day in the medieval period. It stretched from dawn to dusk (sixteen hours in summer and eight in winter), but, as the Bishop Pilkington has noted, work was intermittent - called to a halt for breakfast, lunch, the customary afternoon nap, and dinner. Depending on time and place, there were also midmorning

The labouring man will take his rest long in the morning; a good piece of the day is spent afore he come at his work; then he must have his breakfast, though he have not earned it at his accustomed hour, or else there is grudging and murmuring; when the clock smiteth, he will cast down his burden in the midway, and whatsoever he is in hand with, he will leave it as it is, though many times it is marred afore he come again; he may not lose his meat, what danger soever the work is in. At noon he must have his sleeping time, then his bever in the afternoon, which spendeth a great part of the day; and when his hour cometh at night, at the first stroke of the clock he casteth down his tools, leaveth his work, in what need or case soever the work standeth.

~ James Pilkington, Bishop of Durham, ca. 1570

and midafternoon refreshment breaks. These rest periods were the traditional rights of laborers, which they enjoyed even during peak harvest times. During slack periods, which accounted for a large part of the year, adherence to regular working hours was not usual. According to Oxford Professor James E. Thorold Rogers^[1], the medieval workday was not more than eight hours. The worker participating in the eight-hour movements of the late nineteenth century was "simply striving to recover what his ancestor worked by four or five centuries ago."

An important piece of evidence on the working day is that it was very unusual for servile laborers to be required to work a whole day for a lord. One day's work was considered half a day, and if a serf worked an entire day, this was counted as two "days-works."^[2]

Detailed accounts of artisans' workdays are available. Knopp and Jones' figures for the fourteenth century work out to a yearly average of 9 hours (exclusive of meals and



"I'm sending you to a seminar to help you work harder and be more productive."

breaktimes)^[3]. Brown, Colwin and Taylor's figures for masons suggest an average workday of 8.6 hours^[4].

Herman Melville wrote in a letter to his cousin Catherine Lansing that "whoever is not in possession of leisure can hardly be said to possess independence. They talk of the dignity of work. Rubbish. True work is the necessity of poor humanity's earthly condition. The dignity is in leisure. Besides, 99 hundredths of all the work done in the world is either foolish and unnecessary, or harmful and wicked."

The contrast between capitalist and precapitalist work patterns is most striking in respect to the working year. The medieval calendar was filled with holidays. Official -- that is, church -- holidays included not only long "vacations" at Christmas, Easter, and



midsummer but also numerous saints' and rest days. These were spent both in sober churchgoing and in feasting, drinking and merrymaking. In addition to official celebrations, there were often weeks' worth of ales -- to mark important life events (bride ales or wake ales) as well as less momentous occasions (scot ale, lamb ale, and hock ale). All told, holiday leisure time in medieval England took up probably about one-third of the year. And the English were apparently working harder than their neighbors. The ancien régime

As for the modern American worker? After a year on the job, he gets an average of eight vacation days annually.

It wasn't supposed to turn out this way: John Maynard Keynes, one of the founders of modern economics, made a famous prediction that by 2030, advanced societies would be wealthy enough that leisure time, rather than work, would characterize national lifestyles. So far, that forecast is not looking good.

~ Lynn Stuart Parramore, Reuters, August 29, 2013

in France is reported to have guaranteed fifty-two Sundays, ninety rest days, and thirty-eight holidays. In Spain, travelers noted that holidays totaled five months per year.^[5]

The peasant's free time extended beyond officially sanctioned holidays. There is considerable evidence of what economists call the backward-bending supply curve of labor -- the idea that when wages rise, workers supply less labor. During one period of unusually high wages (the late fourteenth century), many laborers refused to work "by the year or the half year or by any of the usual terms but only by the day." And they worked only as many days as were necessary to earn their customary income -- which in this case amounted to about 120 days a year, for a probable total of only 1,440 hours annually (this estimate assumes a 12-hour day because the days worked were probably during spring, summer and fall). A thirteenth-century estimate finds that whole peasant families did not put in more than 150 days per year on their land. Manorial records from fourteenth-century England indicate an extremely short working year -- 175 days -- for servile laborers. Later evidence for farmer-miners, a group with control over their worktime, indicates they worked only 180 days a year.

We went from "don't work hard, work smart" to an era where smart people are also working very hard. Which means you work hard AND smart and you STILL can't get ahead. When my clients want to increase their productivity I tell them their amygdala is already working over time. If they load on anything else, including new high intensity concepts, they will not work smarter, they will work dumber. Because there is a cap to how much we can work until we have burnt too many brain cycles. Reducing stress seems counter intuitive but it is the only way to get to the next level in your business. Promise.

~ Johanna Sawalha, Sep 2, 2015

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4.

Technology Doesn't Make Life Easier

Workers Find Themselves Under More Pressure Than Ever Before

Typewriter Vs Word Processor – A Case Study

Every time a new technology is introduced, those workers whose jobs are not destroyed are told: this will make your work easier, more skilled and more enjoyable.

Often this talk is coupled with increased payments for 'special responsibility'. So, for example, decades ago, typists in local government usually got an extra £50 a year if they agreed to use word processors.

However, the experience of nearly all new technology is not that it makes work less boring and more skilled. Instead, workers find themselves under more pressure than ever before to carry out very boring, repetitive, mentally exhausting jobs.



As one Fleet Street worker who uses a word processor describes it:

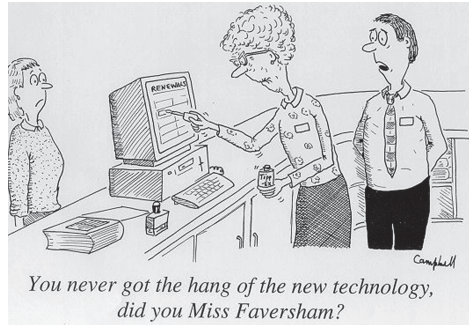
'All the natural breaks you get using a typewriter – when you change paper, shift the margin, move from one job to another – disappear, since

the word processor does all these things for you at a very high speed. You still have to pay the same mental effort to each part of the task that remains to you, putting words together to make a grammatically sound sentence, and sentences together to make a complete piece of work.

‘But you have to do more such tasks because of the speed of the word processor, with fewer gaps between tasks. The mental effort is more repetitive and more continuous. You get the feeling you are being forced to exert yourself ever more by the pace of the machine.’

This fits in exactly with the claim made by the advertising brochures of the manufacturers of the word processors. Their stress all the time is on the productivity of their machines – the way in which they get operators to hit keys at great speed, without being distracted by anything else.

As handouts for the Contessa word processor insist: ‘A microprocessor automatically controls the machine’s functions, allowing the operator to concentrate on maximum productivity.’ What is more, the word processor, ‘will not become sick, take time off to get another job, or leave to have a family’.



In effect, what happens is that the typist is under greater stress than ever before to hit keys as fast as possible, to do the most routine, tedious tasks at the greatest possible speed.

And that is not all. The computer systems that operate the word processors are also able to keep a detailed check upon the work speed of the typists.

‘Two word management systems designed to help supervisors measure performance and improve productivity of word processing centres have come from Dictaphone Corporation’, reported the Financial Times on 1 November 1978.

One of the systems, Master Mind (an appropriate name – CH) has a display terminal which

‘provides complete information on the status of up to 200 active dictation and transcription jobs in the centre. A disc memory offers a permanent, unlimited archive of the completed work. A companion report printer provides detailed daily, weekly or monthly summaries of input and output activity.’

When The Electronic Time-And-Motion Man Entered The Office With The Microprocessor!

Not only is the new technology designed to destroy jobs; it is also designed to increase managerial control over the workforce.

The American socialist Harry Braverman has shown in a marvellous book, *Labour and Monopoly Capital*, that every time new technology has been introduced during the last 100 years, one of the prime aims has been to wrest control of the work process from



the workers.

Management are intuitively aware that their desire to speed up the work process so as to increase profits clashes with the desire of the worker for what he or she thinks of as decent working conditions. If the successful completion of a piece of work depends upon the

exercise of skill and initiative by the worker in a way which is too complex for the management to keep a detailed track of, then there is nothing that enables management to tell when workers are ‘slacking’. And so management strive with all their might to reduce the element of skill and initiative involved in work.

‘Taylorism’, ‘scientific management’, and ‘workstudy’ have all been names for this attempt by management to gain control of the work-process in the factory.

Management oversee the introduction of new forms of technology, and attempt to use them for the same purpose. The use

of technology based upon the microprocessor is no different in this respect to previous uses of technology.

As a working paper for the Royal Commission on the Press reported in relation to the American newspaper industry:

‘There is a more or less explicit justification for investment in new technology in the minds of many US newspaper managers, even if it does not produce an overall staff cost saving. That is, that it weakens and may in time destroy the printing craft unions ... by lessening their numbers and substituting less skilled non-unionised labour or at least members of more compliant unions ... Put another way, it has enabled management to reassert managerial control over the plant ...’
(R. Winsbury, *New Technology and the Press*, p.21).

Workers in manufacturing industry are used to attempts by management to gain control over their expenditure of effort during their working lives. The time-and-motion man and the productivity deal have existed for years.

But office workers have a different attitude. They have usually

been accustomed to doing work in their own way, without detailed managerial supervision. Only in a few areas, like the work of punch-card operators, have detailed measurements been applied.

As a government pamphlet on clerical work measurement complained some years ago, traditional work measurement techniques were not believed possible in ‘the “non-productive” areas of maintenance, storekeeping, the office ...’ because of ‘the greater variability of work in these areas’. But, ‘the disproportionate growth of indirect workers arising from the increased automation in production areas and the growing complexity of modern business has directed attention towards the development of work measurement



“This software will help you manage stress
as long as you don’t try to install it.”

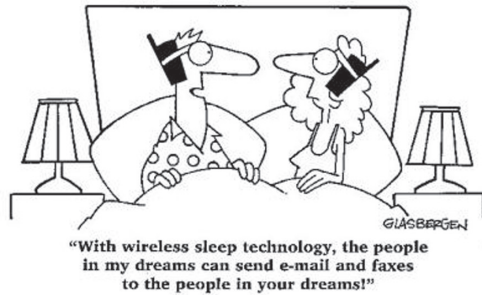
techniques appropriate to indirect work, including various kinds of clerical work'. The difficulty in doing this, it is claimed, 'is not thinking time, but the ability to make appropriate allowances for variables' (Clerical Work Measurement, L.G. Harmer, pp.3-4).

As the number of office workers has grown, so senior management have become more and more obsessed with gaining control over the working lives of those who move paper, interpret forms, prepare and file letters, enter up accounts. Hence the trend to replace the individual typist working for an individual manager with the typing pool, dealing with a continual flow of repetitious work, that can easily be overseen.

Built-in limits to managerial control remain, however, while each worker has to cover a vast range of different tasks – while the individual typist, for example, has to type one sort of letter now, a different in an hour's time, a third sort later on, each one requiring different adjustments to the typewriter. The typists can use their possession of a range of different skills to tell the management that any attempt to make them work more quickly than they are doing will damage the quality of their work.

The new technology provides management with a way out of this dilemma.

It can be so designed as to reduce complex tasks to quite simple tasks, to take away from the operators their old skills, and to enable management to put pressure on for much work. For instance, with a word processor, management can not only measure the speed of the work flow, they can also insist that there is no need to take more time than is needed to press a single key to move from one complex operation (centring or tabulating) to another.



As one trade union militant in the civil service union, the CPSA, tells:

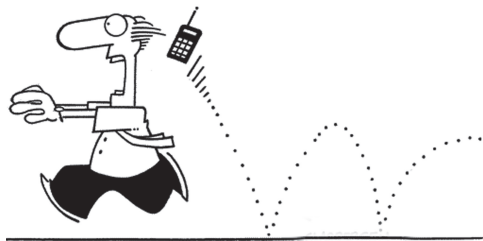
‘There is a connection between things which don’t seem to mean too much if you look at them in a disconnected way. For example, with word processing equipment they will need to get a better flow of material into the typing pool. But for that they need a centralised dictation system, and a way of prioritising copy. In the Department of the Environment they have already been trying out word processing with centralised dictation.

‘But this even has its effect on junior management. They have to produce work in standardised ways, so that it can be fed into machines. This will change the way everyone works.

‘One of the dangers with the new equipment is that they introduce one bit of it that seems innocuous. But it changes the work process all along the line, forcing other people to work differently. It could even break up union organisation’.

To sum up: The word processing machine enables the techniques of the assembly line to be introduced into the office.

It is easy to see how the same process of deskilling and increasing managerial control takes place in the store with the introduction of the computerised check-out system. The cash register operator no longer has the excuse when he or she feels tired of taking a ‘natural break’ while they delay to check up on a price; the skilled warehouseman is no longer needed once computer is keeping a check on stocks and makes out new orders; all the accounts clerk has to do is to read off figures from a computer terminal or print-out. All of them will be left with tasks which are boring and repetitious – and which, will get harder as management increases the speed of the computerised parts of the work process.



**“I just want a few minutes of peace
and quiet— LEAVE ME ALONE!!!!”**

Source

By Chris Harman, Is a Machine After Your Job?

Further Reading

Never Send a Human to Do a Machine's Job, Yong Zhao, Gaoming Zhang, Jing Lei, Wei Qiu, Corwin Press, 21-Jul-2015

Erik Brynjolfsson, Andrew McAfee, Race Against the Machine: How the Digital Revolution is Accelerating Innovation, Driving Productivity, and Irreversibly Transforming Employment and the Economy, 2012

Immigrant Workers and the Great American Job Machine, Andrew Sum, Neeta P. Fogg, Paul Harrington, Diane Publishing Company, 2002

The Second Machine Age: Work, Progress, and Prosperity in a Time of Brilliant Technologies, Erik Brynjolfsson, Andrew McAfee, W. W. Norton, 2014

Talking about Machines: An Ethnography of a Modern Job, Julian Edgerton Orr, Cornell University Press, 1996

Production And Operations Management: An Applied Modern Approach, Joseph S. Martinich, John Wiley & Sons, 2008

5.

Workers Are More Stressed And Worried About Keeping Their Jobs Than Ever Before

Thanks To New Technology Workers Feel As Though They Never Properly Leave The Office

Workers are more stressed, more under pressure and more worried about keeping their job than at any time since records began, a damning study has revealed.

The report, from the Government-backed UK Commission for Employment and Skills, lifts the lid on the 'intensification' of work hitting millions of people.

Starting in 1986, the poll has taken place every six years - and the latest findings for 2012, published in May 2013, show workers have never had such a tough time.

It found a record 40 per cent of workers say they are required to work 'at very high speeds' for at least three-quarters 'or more' of their working life.

Nearly 60 per cent - another record high - said they 'work under the pressure of tight deadlines' for the vast majority of their working day.



And the fear of losing their job has never been higher. One in four workers are 'afraid of losing their job and becoming unemployed', which is higher than in any previous downturn.

The report, which represents one of the most significant investigations into Britain's working culture, says technology is largely to blame.

For example, a worker with a BlackBerry can be contacted by email or called at any time, whether or not they have just left the office, are on holiday, enjoying the weekend or asleep.

It warned 'increased competitiveness brought on by the severity of the recession and rising levels of unemployment' have also had an impact.

It said: 'These may have changed the balance of power between employers and employees.'

The commission insisted 'downsizing', which is a fall in the staff numbers as a result of redundancies, is not a culprit, although it does fuel a 'greater fear' at work.



Professor Francis Green, from the Institute of Education, the author of the report, said: 'New technologies enable employees to work more constantly, closing up the gaps in the working day, extending it to the journey home.'

He said workers can either 'self-drive' themselves or bosses can take advantage of the 'new possibilities', or a combination of the two.

Professor Cary Cooper, from the Lancaster University Management School, said technology has changed workers' lives.

He said: 'People demand an immediate response. In the old days, you could divide up your work into piles.

'A pile that need to be dealt with today, another pile that you could leave for a few days and another pile that you could leave for a few weeks. Now we are bombarded by emails.'

Frances O'Grady, general secretary of the Trades Union Congress, said: 'The climate of fear that exists in far too many workplaces is stressful for staff and bad for the economy too.'

'Job insecurity and workload pressures often make people less productive and can push them out of work altogether through stress and ill-health.'

Source

Becky Barrow, *The Daily Mail*, 21 May 2013

Stress At Work, Jeanne Segal, Melinda Smith, Lawrence Robinson, and Robert Segal, 2015.

Rebecca Maxon, *Stress in the Workplace: A Costly Epidemic*, Fairleigh Dickinson University, 1999

Hilary Osborne, *The Guardian*, Pressure and job insecurity felt by UK workers at 20-year high, 20 May 2013

Jordan News, Workers 'are more stressed and worried about keeping their jobs than ever before,' 21st May, 2013

Ed Fraenheim, Rita Pyrellis, *Today's Workforce—Pressed and Stressed*, December 16, 2011

6.

Nearly Half Of All Households

In Spite of Working So Hard, Lack Basic Economic Security: Study

There are certain basic costs that every household runs up -- food costs, medical expenses, utility bills. And almost half of all Americans are in danger of not being able to afford these things.

A recent study from the nonprofit Wider Opportunities for Women (WOW) finds that 45 percent of all Americans -- men, women and children -- live in households that lack economic security, defined as the ability to pay for basic needs like food, transportation and medical care, while setting aside a modest amount of money for emergency and retirement savings.

The WOW report is only the latest indication that for a vast number of people in the U.S., the poor health of the economy is not a distant or abstract concern, but a problem that affects day-to-day decisions about how money can be spent.

Thirty-nine percent of all adults in the country, and 55 percent of all children, live in households that lack economic security, the report finds.

The problem is worse for women than for men -- 74 percent of single mothers are economically insecure, compared with just 49 percent of single fathers -- and worse for people of color than for whites, with just 20 percent of white two-worker households

below the economic security line, versus 29 percent for blacks and 43 percent for Hispanics.

These discrepancies across racial and gender lines are likely related to various wage gaps that put white people, especially white men, at an earnings advantage. In 2010, black men earned only 74.5 percent of a typical white man's wage, and women earned 78 cents for every dollar earned by men.

The unemployment crisis is also hitting men and women differently, with the vast majority of jobs created in the past two years going to male workers. In terms of race, the unemployment rate for blacks nationwide is twice that of whites, and the Hispanic rate is almost half again as high as that of whites.



Workers nationwide are also suffering from stagnant wages that, for fully half of the country's workforce, clock in at less than \$27,000. People's ability to afford food was recently found to be near a three-year low, and their ability to cover the basic costs of living is currently worse than at any time since the start of 2008.

All of this is taking place against a backdrop of rising economic inequality, as the country's highest earners continue to draw bigger and bigger paychecks and wealth becomes ever more concentrated among the wealthy.

Millions Of Senior Citizens Can't Afford Basic Living Expenses: Study

More than 9 million older Americans can't pay their bills.

The costs of living -- basic expenses like food, housing, health care and transportation -- are too much for millions of people aged 65 and older to bear, according to a study released Thursday examining the gaps between income and expenses for many older Americans.

The report, from the nonprofit group Wider Opportunities for Women, is the first of a planned series that will examine the financial pressures affecting senior citizens.

Amid the weak economy of the past several years, older Americans have been suffering alongside everybody else. The housing crash erased millions of dollars in home equity nationwide and dealt a serious blow to the wealth of many seniors, sending hundreds of thousands of retired Americans back into the workforce to make ends meet.

Meanwhile, health care costs are rising, and more than one in five people over age 50 say they have skipped doctor visits, switched



to cheaper medications, or simply avoided certain medications altogether because the expense was too high. The increasing costs of medical care are also likely to offset the modest boost in Social Security that went into

effect this January.

For many older Americans, the situation is desperate. Some 3.5 million seniors live in poverty, according to Census figures, but that number rises to about 6.2 million when health care costs are factored in. In 2010, the National Alliance to End Homelessness predicted that homeless rates among the elderly would climb by 33 percent within a decade's time.

Given the sluggish job market and the lack of real wage growth for most workers, the elderly are hardly alone in facing pressing financial concerns. A growing number of Americans of all ages have reported not being able to afford food in the past year.

Source

The Huffington Post, Alexander Eichler, 11/22/11

Reuters, Many above US poverty line struggle to make ends meet, Nov 22, 2011

Living Below the Line: Economic Security and America's Families, George Warren
Brown School of Social Work, 2011.

Marion Crain, Michael Sherraden, Working and Living in the Shadow of Economic
Fragility, Oxford University Press, 2014

Miles Rapoport, Jennifer Wheary, Running In Place: Where The Middle Class And
The Poor Meet, October 14, 2013

7.

Too Scared To Take Sick Leave

Workers Go To The Office When Genuinely Ill For Fear Of Losing Job

Workers with a flu or fever say they are too afraid to take sick days off work because they worry about losing their jobs, according to research.

Employees said in a survey about taking sick leave, that they worry about their colleagues judging them if they don't come into the office.

Heavy workloads were a significant reason for a fall in sick days according to the survey carried out by Canada Life Group.

Sick employees said knowing work would build up in their absence put them off staying at home.

A third of workers surveyed said they would go to work if they had the flu, and 93% said a cold wasn't a good enough reason to stay at home, according to the Daily Telegraph.

I have worked in the public sector for four years and have missed one day due to sickness. On that occasion I was sent home by my manager. Fear of redundancy is meaning that some staff are coming to work when they are ill and should be at home. One colleague with an upset stomach only went home after she had vomited. People are simply afraid that if they miss work due to illness they'll be next to go.

- Diane, Lincolnshire, 16/5/2012

It was revealed that men take fewer days off work than women when they are genuinely unwell.

Women take an average of 4.4 days off, whereas men take 3.5 sick days.

Paul Avis, from Canada Life Group, said: 'It is worrying to see that so many employees feel they cannot take a day off'.

The top reason given by employees for not taking sick leave was the workload that would build up while they were off.

Fear of judgement by colleagues and the risk of losing their job were also selected as major reasons for going to work when sick.

The survey revealed that workers said they have caught illnesses from sick colleagues who went to work.

Mr Avis said: 'Employers need to ensure that they communicate the message that their staff will not be penalised for taking a day off when they have a genuine illness.'

Results about taking sick leave mirror surveys into the number of people who are stressed about their jobs.

Since the recession, the average number of sick days has fallen dramatically. In 2007 there were 5.6 days taken on average, according to the Office for National Statistics. Last year 4.1 days were taken, the Telegraph reports.



The Hospital trust I work for have linked sickness and disciplinary together, too much time off sick and it goes to a verbal and written warning. Nurses who are genuinely ill are compromising the welfare of their patients to avoid this. Do people want a poorly nurse looking after them? Apparently nursing is the caring profession, but no one looks after the carers!

~ Nancy Clark, Stockport, UK

Sickness Presenteeism - Recession Fuelling A Widespread Paranoia, A British Case Study

The recession has fuelled a widespread paranoia among workers who are ‘too scared’ about losing their jobs to take time off work when they are sick, official figures have revealed.

The Office for National Statistics said the average number of sick days taken by workers has dropped to the lowest number since records began in 1993.

Since the recession began in 2008, the average number of sick days has fallen every single year to the current all-time low of just 4.5 days per year.

In 1993, the average was 7.2 days. By 2007 - the year before the recession began - it was 5.6 days, but has fallen each year from 5.3 to 5 to 4.7 and, most recently, to 4.5 last year.

Experts today said many workers are not taking off a single day all year, even if they get struck down by an illness which would usually leave them in bed for a week.

Professor Cary Cooper, from the Lancaster University Management School, said: ‘People are too scared to take time off.

‘Even if they are ill, they are coming into work. It is called “sickness presenteeism”.

My 22-year-old son, a carer for mentally and physically disabled people, is rarely off sick. In his present job, where he has worked for over a year, he had never taken a day off. That is until he caught a very bad cold and throat infection from one of the other workers at the home, which he works in for 50% of his job. He could barely speak, was running a high temperature and was very lethargic. He rang his manager to say he was too ill to work - and the manager was horrible to him. He told him that, if he did not turn up for his shift, he would not get any overtime for the week following his return to work. My son was off for two days, barely able to get out of bed and, when he did return, sure enough, he was given no overtime, which is money he desperately needed because the basic wage is so poor. His manager needs sacking.

~ Barbara Moore, Green Bay, Wisconsin

‘Do you think anybody wants to have a bad sickness absence record with the boss at the current time?’

It comes as a time when unemployment has ballooned to 2.65 million, with more than 170,000 extra people over the last year desperately searching for a job but failing to find one.

The problem would be even worse if many unemployed people were not accepting part-time jobs because they could not find full-time employment.

Brendan Barber, general secretary of the Trades Union Congress, said: ‘The biggest problem workplaces face is not absenteeism but “presenteeism” where workers come in when they are too ill.

‘Presenteeism can multiply problems by making someone ill for longer and spreading germs around the workplace.’

Professor Cooper added: ‘People are feeling so insecure about their job that, even when they are ill, they are going to come to work.

‘The last thing in the world that they need is redundancy.’

In a sign of the extreme presenteeism culture in Britain, the news that the chief executive of Lloyds was timing time off work due to exhaustion last year caused widespread shock.

Antonio Horta-Osorio, who returned to work in January, later described how he would ‘go to bed exhausted but could not get to sleep’, adding: ‘I could not switch off.’

The Portugese-born boss, who spent a week in a mental health clinic, said the gruelling experience meant he now understood why sleep deprivation is used to torture prisoners.

Source

By Sara Smyth, The Daily Mail, 4 May 2013

By Becky Barrow, The Daily Mail, 15 May 2012

Paul Karp, The Guardian, Workers afraid of losing insecure jobs if they take leave or complain about pay, 8 February 2016

Jillian Berman, The Huffington Post, Americans Are Too Afraid And Stressed To Take Days Off From Work, Aug 22, 2014

Michael Zennie, The Daily Mail, Scared to ask for a break: More than half of American workers leave two weeks vacation time unused each year, 16 November 2011

Jan Vykydal, New study finds we're all scared of taking time off, Roy Morgan Research, Shortpress

Suzanne Lucas, Employees Are Scared To Take Vacation, July 1, 2015

So our advancement of civilization means at the present moment we are lesser than the animals and birds. They have no problems, but we have problems. This is our civilization. Just study. Our modern civilization means we have created problems. That's all. They are not solved problems; they are created problems. If the civilization, if the technology, would have solved these problems, then there is no more problems for eating, sleeping, mating. No. That problem has elevated. It has increased. Just try to understand. So we should understand that these things for elevating ourselves on these problems, to increase the method of eating or increase the method of sleeping or increase the method of mating and increase the method of defending, that is not civilization. Because if such things are not problems to the animals, why they should be problems to the human beings? But because we have misused our consciousness, we have misused our intelligence, these things have become a problem.

~ Srila Prabhupada (Lecture, Srimad Bhagavatam 6.1.13)

8.

We're Now So Busy

We Don't Even Have Time To Taste The Food We Eat

People are losing touch with their taste buds because of the pace of modern life, researchers claim.

A survey found that 60 per cent of those polled admitted to never or rarely tasting what they eat.

In tests, 79 per cent were unable to tell the difference between basic flavours.

The figure rose to 88 per cent when people were distracted, and 93 per cent when they came under time pressure.

Just 13 per cent of people questioned said they had lunch away from their workplace, and almost half described the midday meal as 'a means to an end' to refuel the body.

Psychologist David Lewis, from the Mindlab consultancy, said: 'The abundance of great flavours and the range of food experiences have never been more plentiful in the



Experts have urged people to eat 'mindfully' without rushing, while avoiding distractions such as TV or reading

UK, nor more diverse, yet our findings suggest consumers are lazy when it comes to tasting and appreciating their food.

'I doubt there's ever been such a rich tapestry of food and flavour combinations at our disposal, yet we're not savouring what we eat, which is not just a shame but a genuine waste of taste.

'Our lunchtime habits in particular show that workers consume food as a means to refuelling the body and almost never, or rarely, taste what they're eating.'

A total of 1,000 people took part in the survey, with a small sub-group of 30 volunteering to take the taste tests.

In the tests, participants were given a range of eight sandwiches and asked to identify the ingredients. A number of the sandwiches were deliberately mislabelled.

Volunteers were able to identify 35 per cent of the ingredients correctly.

In addition, 93 per cent were unable to distinguish between beef and Chinese pork,

92 per cent could not tell ham from tuna, 82 per cent were confused by Quorn and chicken, and 78 per cent mistook pork for chicken and vice versa.

The survey and tests were commissioned by soup and sauce makers Glorious.

Dr Lewis urged people to eat 'mindfully' without rushing, while avoiding distractions such as TV.

People nowadays do not know what real food is meant to taste like. The blame lies fairly and squarely with supermarkets who have foisted upon us a bland, sanitised diet of ultra hygienic perfect shaped food. Try a farmer's market for a change.

~ Saint George, Farnborough, Middle England



'Mindless eating means that the food goes down so rapidly that by the time the stomach signals to the brain that it has 'had enough' we have, in fact, overeaten,' he said.

'The consequence is that we add unnecessary calories and so put on weight.'

Glorious has published an interactive 'flavour map' tracing outstanding flavours to different parts of the world.

Source

By Daily Mail Reporter, 21 May 2012

How busy lifestyles are eating into our love for food, ANI, May 22, 2012

Amanda L. Chan, Huffington Post, How Grocery Stores, Restaurants, Your Office And Even Your Kitchen Trick You Into Eating More, Sep 22, 2014

Susan Albers, Mindless Eating at Work, Psychology Today, Sep 15, 2009

ANI News, How busy lifestyles are eating into our love for food, May 22, 2012

9.

Depressed Factory Worker

Offers Himself Up As Food To A White Tiger In Zoo

Chinese zoo keepers managed to save the life of a mentally disturbed man after he announced he wanted to improve the lives of caged tigers at a local zoo by offering them his own body to eat.

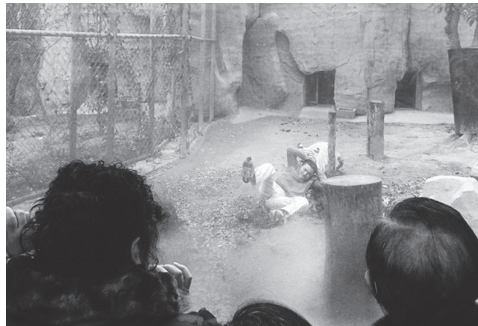
Yang Jinhai, 27, had posted several online messages about how optimistic he was about starting a new life after getting a job as a security guard in Chengdu in southwest China's Sichuan province.

But he quickly found the job boring and monotonous and moved instead to a job in a printing factory where he also then resigned, saying that he felt there was more to life.

After going to the local zoo he wrote how depressing it was to see the 'noble and magnificent tigers' living in such humble surroundings, where they were caged and unable to follow their natural instincts to hunt and kill.

He then announced that he had decided to sacrifice himself in order to provide the Bengal tigers with support.

Eyewitness Feng Lin said: 'He climbed up the



Horrified witnesses watch a man being dragged around by a Bengal tiger at Chengdu Zoo in China

outside of the cage and jumped inside expecting, I assume, that the tigers would pounce on him. Instead the two tigers, a male and a female, seemed more nervous than anything else and the female actually ran off.



‘He then tried to antagonise the tigers by pulling faces at them. Eventually he was attacked by the male where he was

Yang Jinhai, 20, apparently wanted to sacrifice himself to the tigers

cut after being scratched and bitten before he could be rescued by zoo keepers who fired a tranquilliser dart at the male tiger.’

They then pulled the man out of the cage.



Rescued: The tiger eventually let Mr Jinhai go and zoo keepers led him to safety

Yang’s family told local media Mr Jinhai had been depressed for a long time due to work related issues and said that he had been taken to a home where he was given psychiatric counselling to cope with his problems.

Source

By Ted Thornhill, The Daily Mail, 17 February 2014

Sarah Wolfe, Global Post, A depressed Chinese man tried to feed himself to zoo tigers, Feb 18, 2014

Frustrated man offers himself to tigers in suicide attempt, Oyemedia, December 18, 2015

Christopher Koulouris, Yang Jinhai, depressed factory worker offers himself to Chinese zoo white tigers, Scallywagvagabond, February 17, 2014

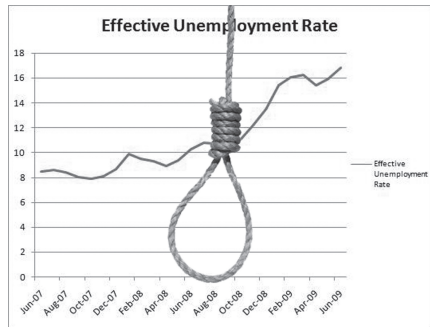
10.

More Than 10,000 Suicides Tied To Economic Crisis, Study Says

The Great Recession that began in 2007 appears to have taken more than a financial toll. New research suggests that the economic downturn could be linked with more than 10,000 suicides across North America and Europe.

The study found that between 2008 and 2010, rates of suicide surged in the European Union, Canada and the United States. The increase was four times higher among men than women, according to the report published in the current issue of the British Journal of Psychiatry.

“There has been a substantial rise in suicides during the recession, greater than we would have anticipated based on previous trends,” lead author Dr. Aaron Reeves, of Oxford University’s department of sociology, said in a university news release.



In conducting the study, researchers from the University of Oxford and the London School of Hygiene & Tropical Medicine examined information on suicides from the World Health Organization. The data included 24 countries in the European Union as well as Canada and the United States.

The investigators found a reversal in the decline in suicides in the European Union that coincided with the beginning of the economic crisis in 2007. By 2009, suicides had increased by 6.5 percent.

Meanwhile, suicides in Canada rose by 4.5 percent between 2007 and 2010. In the United States there was an increase of 4.8 percent during this time period, the study found.

According to the study authors, these figures are “conservative” estimates. They said that the actual number of suicides since the recession hit are likely much greater than expected.

During a recession, some key risk factors for suicide may include job loss, home repossession and debt. Most suicides involve people with clinical depression, the report noted.

The researchers pointed out that prescription rates for antidepressants increased significantly in some countries during the recent recession. For example, in the United Kingdom, there was an 11 percent increase in such prescriptions between 2003 and 2007. By 2010, prescription rates for antidepressants rose 19 percent.

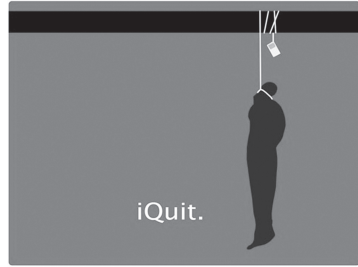
However, Reeves and colleagues explained that differences in suicide rates between countries affected by the same recession suggest that suicides during an economic slowdown are avoidable.



Countries that implement employment assistance programs may be able to reduce suicide risks, the researchers noted. They estimated

that for every \$100 per person spent on programs offering help to the unemployed, the risk of suicide falls by 0.4 percent.

“A critical question for policy and psychiatric practice is whether suicide rises are inevitable. This study shows that rising suicides have not been observed everywhere so while recessions will continue to hurt, they don’t always cause self-harm,” Reeves explained in the news release.



“A range of interventions, from return-to-work programs through antidepressant prescriptions, may reduce the risk of suicide during future economic downturns,” he concluded.

However, according to study co-author David Stuckler, “suicides are just the tip of the iceberg.”

Stuckler, a professor from the University of Oxford, explained in the news release that “these data reveal a looming mental health crisis in Europe and North America. In these hard economic times, this research suggests it is critical to look for ways of protecting those who are likely to be hardest hit.”

Father Throws Daughter And Son To Their Deaths And Then Leaps Himself In Despair After Losing His Job

This is one such story of suicide linked to loss of job.

An Italian father threw his two children to their deaths from his sixth-floor balcony and then leapt himself, while in despair about losing his advertising job.

Marco Turrini, 41, was killed instantly and his 14-month-old daughter and four-year-old son died in hospital.

Mr Turrini had been unemployed for 18 months after the advertising firm where he worked was hit by the economic crisis.

He had grown increasingly depressed as he struggled to find a new job, his neighbours in the northern Italian town of Brescia said.



His wife Elena More was in the flat at the time and had been heard arguing with Mr Turrini before he grabbed their children, Samuele and Benedetta. She was being treated for shock.

Later Mr Turrini's cousin Maurizio said: 'I can't believe it. I knew he wasn't working but I didn't think things were this bad.

'What did the children have to do with this?'

Mr Turrini, who had no history of violence nor a criminal record, is understood to have feared losing his wife and his home as the family's situation worsened.

A neighbour, Elisabetta, who witnessed the horror unfold, said she heard the screaming and then rushed down to the street to see what had happened.

When she saw the children, 'I felt I was still breathing. I tried to feel the



The body of Marco Turrini is taken away after he killed his two children and then himself in Brescia

heartbeat of the baby, but it was already very weak,' she told the *Giornale di Brescia* newspaper.

The tragedy is thought to be the latest in a string of suicides by people who have been hit by the downturn in the economy and the ongoing eurozone crisis which has increased unemployment.

The case is also a chilling echo of Briton John Hogan, 37, who shoved his daughter Mia, two, and son Liam, six, off a hotel balcony in Greece after losing his job.

Thousands of such suicides are being linked to recent economic downturn.

Source

Mary Elizabeth Dallas, CBS News, June 12, 2014

Marisa Taylor, Aljazeera America, February 27, 2015

By James Gallagher, BBC News

12 June 2014

Melanie Haiken, Forbes.com, Jun 12, 2014

Nick Pisa And Julian Gavaghan, The Daily Mail, 21 May 2012

Honor Whiteman, Medical News Today, Economic crisis 'may explain rise in suicide rates among middle-aged adults', 27 February 2015

11.

Work vs. Prison

Just in case you ever got the two mixed up, this should make things a bit more clear...

In Prison ... you spend the majority of your time in an 8X10 cell;
At Work ... you spend the majority of your time in a 6X8 cubicle

In Prison ... you get three meals a day;
At Work ... you only get a break for one meal and you have to pay for it.

In Prison ... you get time off for good behavior;
At Work... you get rewarded for good behavior with more work.



In Prison ... the guard locks and unlocks all the doors for you;
At Work ... you must carry around a security card and open all the doors for yourself.

In Prison ... you can watch TV and play games;
At Work ... you get fired for watching TV and playing games.

In Prison ... you get your own toilet;
At Work ... you have to share with some idiot who pees on the seat.

In Prison ... they allow your family and friends to visit;
At Work ... you can't even speak to your family.

In Prison ... all expenses are paid by the taxpayers with no work required.

At Work ... you get to pay all the expenses to go to work and then they deduct taxes from your salary to pay for prisoners.

In Prison ... you spend most of your life looking through bars from inside wanting to get out.

At Work ... you spend most of your time wanting to get out and go inside bars.

In Prison ... you must deal with sadistic wardens;
At Work ... they are called managers.

12.

Millions Of Workers Are Sleep-Deprived

Many workers get fewer than six hours of sleep each night, putting themselves and their co-workers at risk for serious and sometimes deadly consequences, according to federal health officials.

"There about 41 million workers in US who aren't getting the recommended amount of sleep," said Dr. Sara Luckhaupt, lead author of a new study from the division of surveillance, hazard evaluations and field studies at the National Institute for Occupational Safety and Health. The institute is part of the U.S. Centers for Disease Control and Prevention.

"Not surprisingly, workers who work the night shift are more likely to not get enough sleep," she said. Also, people who work more than one job or more than 40 hours a week are likely to get too little sleep, Luckhaupt said.



The National Sleep Foundation recommends that adults sleep seven to nine hours a night.

About 44 percent of night shift workers get too little sleep, compared to about 29 percent of people working the day shift. And certain industries take more of a toll on sleep than hours. Nearly 70 percent of those working night shifts in transportation and warehousing are sleep-deprived, the study said.

Working nights and sleeping during the day, in particular, disrupts the natural sleep cycle, called circadian rhythm.

Workers who don't get enough sleep are more likely to get injured on the job and make mistakes that could injure them and their co-workers, according to the report.

Over time, insufficient sleep can also affect overall health, resulting in cardiovascular problems, obesity, diabetes and depression.



But there are ways employers can help workers get enough sleep, Luckhaupt said, such as not starting shifts too early in the morning. If shifts rotate, it is better to go from an evening shift to a night shift than the other way around, she said.

Employers can also promote good sleep habits. These include going to sleep at the same time every day, having the bedroom quiet, dark and not too hot or too cold, and using the bed for sleep, not for reading or watching TV.

For the report, published in the April 27 issue of the CDC's Morbidity and Mortality Weekly Report, researchers used data from the 2010 National Health Interview Survey to assess sleep habits of American workers.

Shelby Freedman Harris, director of the Behavioral Sleep Medicine Program and the Sleep-Wake Disorders Center at Montefiore Medical Center in New York City, said that "our society is a very sleep-deprived one."

The results are worrisome, he said, and include increased risk of heart attack, stroke, falls, car accidents, poor attention, depression, work absenteeism, irritability and weight gain.

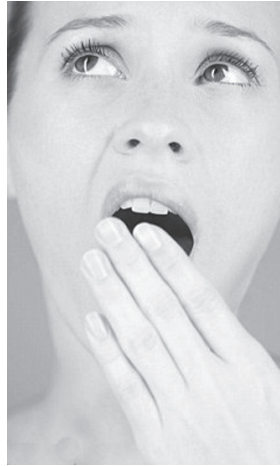
"Despite these consequences, many people still don't find the time for adequate sleep, with many having trouble with insomnia and not seeking proper help," he added.

There are effective treatments to help with sleep issues arising from rotating shift work issues, but many people are unaware of them and many companies are not implementing them, Harris said.

For those working overnight shifts, strategically using bright light before and during work hours is helpful, along with dimming the lights at the end of the work period and wearing sunglasses on the drive home, he said.

For some workers, planning out a nap schedule is key. Others may require restructuring their sleep times at home, he added.

"I strongly encourage anyone who is struggling with adjusting to their shift to consult with a specialist. What is also important is making sure you have enough time between shifts to obtain a full night's sleep -- something many companies don't necessarily allow for," Harris said.



The Less You Sleep, The Fatter You Become: Tiredness Makes Us Eat More, Say Scientists

As if being tired from lack of sleep wasn't punishment enough, now scientists say that not getting a good night's rest could lead to obesity.

Researchers from the Mayo Clinic in Rochester, Minnesota, found that sleep deprived volunteers ate more calories.

The researchers studied 17 normal, healthy young men and women for eight nights, with half of the participants sleeping normally and half sleeping only two-thirds their normal time.

Participants ate as much as they wanted during the study.

‘We tested whether lack of sleep altered the levels of the hormones leptin and ghrelin [which are associated with appetite], increased the amount of food people ate and affected energy burned through



activity,’ said Virend Somers, study author and professor of medicine and cardiovascular disease at the Mayo Clinic.

The sleep deprived group, who slept one hour and 20 minutes less than the control group each day consumed an average 549 additional calories each day.

Meanwhile, the amount of energy used for activity didn't significantly change between groups, suggesting that those who slept less didn't burn additional calories.

‘Sleep deprivation is a growing problem, with 28 per cent of adults now reporting that they get six or fewer hours of sleep per night,’ said Andrew D. Calvin, co-investigator, cardiology fellow and assistant professor of medicine at the Mayo Clinic.

Poor Sleep Harms Kidneys, Study Suggests

Lack of sleep may be a gateway to kidney disease, at least for women, a new study suggests.

Researchers from Boston's Brigham and Women's Hospital evaluated the sleep habits of thousands of women and found too little shuteye was tied to a more rapid decline in kidney function.

Women who slept five hours or less a night had a 65 percent greater risk of rapid decline in kidney function, compared with women sleeping seven to eight hours a night, the investigators discovered.

“This is concerning because as a general population the amount of sleep we are getting has decreased over the last 20 years,” said lead researcher Dr. Ciaran McMullan, an instructor in medicine.

Americans used to sleep an average of eight hours a night, but now it’s about 6.5 hours and decreasing, he said.

It’s not known whether sleeping longer improves kidney function or reverses damage caused by shortened sleep, he said.

McMullan cautioned that this study can only show that decreased kidney function is associated with less sleep, not that less sleep causes the decline in kidney function. For that, more research is needed, he said.

A connection between disrupted sleep and heart disease has been studied before.

A link between reduced sleep and diminished kidney function might be the result of medical conditions that affect kidney function, such as diabetes and high blood pressure, McMullan said.

“Diabetes occurs more often in people who sleep less, as does high blood pressure,” he said. “We know that two of the greatest factors that decrease kidney function are diabetes and high blood pressure.”

The body’s natural rhythms, or so-called circadian clock, might also play a role, McMullan said. The kidney is timed to work differently during the night than during the day because the demands on the body are different, he explained.

“Maybe short sleep changes the physiology of the kidney over the daily cycle, and these changes might damage the kidney,” McMullan suggested.

As the population ages and as more people suffer from diabetes and high blood pressure, the number of people with kidney disease will increase, and too little sleep may play a significant part, he added.

“We are a sleep-deprived society,” McMullan said. “The concern is that sleep deprivation will lead to a decline in kidney function.”

He said it’s likely the findings would also apply to men, but noted that would need to be studied.

The results of the study were presented at a meeting of the American Society of Nephrology in San Diego.

For the study, McMullan’s team collected data on more than 4,200 women who took part in the Nurses’ Health Study. Over 11 years, the women’s kidney function was measured at least twice.

Dr. Kenar Jhaveri, a nephrologist at North Shore-LIJ Health System in Great Neck, N.Y., said the connection between sleep and kidney disease is new to him.

“At this point I would be very cautious about giving advice to patients based on this study,” he said. “I certainly wouldn’t change any sleep habits.”

Jhaveri said seven hours of sleep is good for health. “People who sleep too little or too much are at risk for certain disorders,” he added. “In terms of kidney disease, this is something that is going to be interesting in how it pans out.”

Source

Apr 27, 2012, Steven Reinberg

HealthDay News

Ted Thornhill, The Daily Mail, 15 March 2012

Steven Reinberg, HealthDay News, Nov. 5, 2015

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I finally know what distinguishes man from other beasts: financial worries. — Jules Renard

13.

Social Jetlag

Health Issues Because Of Discrepancy Between 'What The Body Tells And What Boss Tells Us'

Snoozing At Your Desk? Piling On The Pounds?

Our hectic lifestyles and demanding jobs have left many of us battling 'social jetlag', researchers say.

The condition has been blamed for everything from sleeping problems to obesity.

It is caused by a mismatch between the body's internal clock – which says we should get up when it becomes light and go to sleep when it gets dark – and the realities of our daily work and social schedules.



Doctor Till Roenneberg, of the University of Munich in Germany, said: 'We have identified a syndrome in modern society that has not been recognised until recently.

'It concerns an increasing discrepancy between the daily timing of the physiological clock and the social clock.

'As a result of this social jetlag, people are chronically sleep-deprived. They are also more likely to smoke and drink more alcohol and caffeine.

'Now, we show that social jetlag also contributes to obesity; the plot that social jetlag is really bad for our health is thickening.'

He explained that every human has a biological clock, but we can't set the clock according to our whims like watches.

They are rather regulated by daylight and darkness to provide the optimal window for sleep and waking.

Dr Roenneberg said: 'In modern society, we

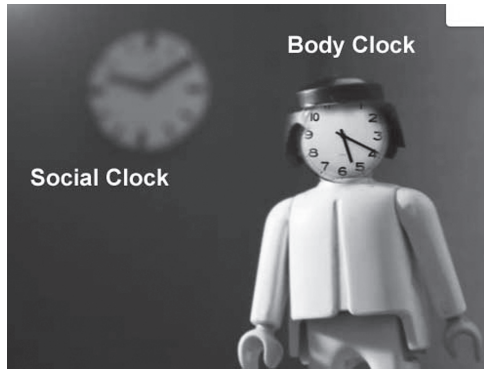
listen to those clocks less and less due to the increasing discrepancy between what the body clock tells us and what the boss tells us.'

To find out the scale of the problem, Dr Roenneberg's team is compiling a vast database on human sleeping and waking behaviour, which they'll eventually use to produce a world sleep map.

Now, 10 years into the effort, they already have lots of information - including participants' height, weight, and sleep patterns.

Their analysis shows that people with more severe social jetlag are also more likely to be overweight.

Dr Roenneberg said, in other words, it appears that living 'against the clock' may be a factor contributing to the epidemic of obesity.



Clocking off: Pressure of work means we are ignoring our natural rhythms and causing our health damage, say experts

He said it would help if people began spending more time outdoors in open daylight or at least sitting by a window.

As people fail to do so for one reason or another, their body clocks get set later and later, leaving them awake into the night and tired by day.

Dr Roenneberg added: 'Waking up with an alarm clock is a relatively new facet of our lives.

'It simply means that we haven't slept enough and this is the reason why we are chronically tired.

'Good sleep and enough sleep is not a waste of time but a guarantee for better work performance and more fun with friends and family during off-work times.'

The findings were published online in the journal *Current Biology*.

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Lisa Ryan, *The Daily Mail*, Could your weekend lie in KILL you? Social jet lag 'increases the risk of diabetes and heart disease', 10 December 2015

Margaux McGrath, *The Huffington Post*, Unlocking the Science of Social Jet Lag and Sleep: An Interview With Till Roenneberg, 07.22.2015

The Huffington Post, Alena Hall, Why We Should Match Our Work Schedules To Our Biological Clocks, 03.12.2015

The Guardian, Are you suffering from social jetlag?, 5 January 2015

Have you heard of social jetlag syndrome?, *TNN* | Dec 17, 2014

Claudia Kalb, *Smithsonian Magazine*, Your Alarm Clock May Be Hazardous to Your Health, January 2013

Amanda Gardner, *CNN*, Is 'social jet lag' harming your health?, May 11, 2012

"Human society needs only sufficient grain and sufficient cows to solve its economic problems. All other things but these two are artificial necessities created by man to kill his valuable life at the human level and waste his time in things which are not needed."

~Sri-la Prabhupada (Srimad Bhagavatam 3.2.29)

14.

That's One Way To Sell Yourself! You Are Just A Product

A job seeker has become an internet sensation after designing a resume that mimics an Amazon webpage - with himself as the product on sale.

Philippe Dubost, a web product manager based in Paris, has received as many as 100 job offers after creating the site, which warns buyers: 'Only one left in stock - Order soon.'

The screenshot shows a webpage titled 'phildub' with a navigation bar and a main product listing. The product listing is for 'Philippe Dubost, Web Product Manager' and includes a profile picture, a list of skills, and a 'Frequently Bought Together' section. The product listing also features a 'Quantity' selector, an 'Add to Cart' button, and social media sharing options. The 'Frequently Bought Together' section shows three items: Philippe Dubost, Web Product Manager; Asics Gel Cumulus 14 Running Shoes by Asics; and Airline Tickets by Airline. The product details section includes information about dimensions, shipping, languages, and customer reviews.

phildub Philippe's Amazing resume Contact

Shop by Department Search Job Candidates Go Hello, Company Your Account Hire Him Cart Wish List

Web Products Product Management Online Advertising Web Marketing Client Support Internet Culture Web Development SEO Information Security

Instant update for you: Hi everyone, thank you so much for the overwhelming (and unexpected!) nice feedback! I'll share what happens on twitter.

Philippe Dubost, Web Product Manager
By Philippe Dubost
\$1,999.000 (5 previous positions) Like 1K

List Price: ~~\$200,000~~
Add to cart for pricing information & this item ships for **FREE with Super Saver Shipping**.

Only 1 left in stock — Order soon.
Ship from Paris, France. Gift-wrap available (illustration-free breathable packaging).

- Dual competence: technical-management
- 5+ years working on web products
- Entrepreneurial mindset
- "Strong Generalist"
- Triquetra ENFRRES

Take a Trip with Philippe
Visit the [Avocado Travel blog](#) (FR) for our full selection of Japan, Thailand, Airlines articles and much more. [Travel now](#).

Quantity: 1
Add to Cart
or
Sign in to buy an 1-Click ordering.
Add to Wish List
Add to Wedding Registry
Linked Profile

Share Email Facebook
Twitter LinkedIn
Google+

Frequently Bought Together

Philippe Dubost, Web Product Manager + Asics Gel Cumulus 14 Running Shoes by Asics + Airline Tickets by Airline
Add all three to Cart Add all three to Wish List

Product Details
Product Dimensions: Height: 186 cm
Shipping: This item is available for shipping anywhere in the world
Languages: English, French, Spanish
Best marathon time: 3hr22min
Average Customer Review: (5 previous positions)
Education: MBA at University of Dayton, Dayton, OH, USA

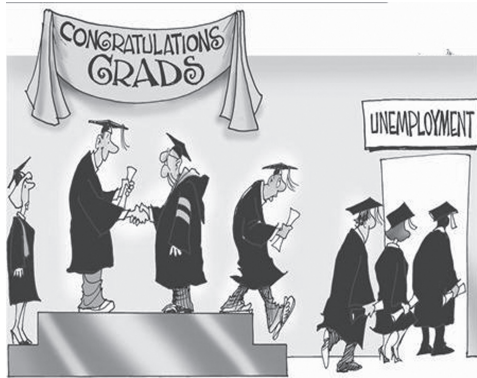
He details his dimensions (186 centimeters), offers would-be employers to select a language (as he speaks English, Spanish and French fluently), and notes he can be shipped anywhere in the world.

There are also customer reviews, with most awarding him five stars and a few giving him just one star, which he revealed on Twitter is down to 'lots of ex-girlfriends'.

If the details take the fancy of any employers, he invites them to 'Add to Cart' - which brings up a contact form.

And further mimicking an Amazon page, he asks users beneath each section of his work history: 'Was this review useful to you?'

He puts no price on his services; at the top of the page, he has crossed out \$999,999, inviting employers to name their own price for his skills.



Mr Dubost, who has been job hunting since few months and spent two days building the site, also includes some more typical resume information under 'Product Details' and 'Product Description'.

Among the information, he details that he received his MBA from Dayton University in Ohio, has more than six years experience, and created his own web company two years ago which allows residents to review neighbourhoods and apartments throughout France.

Since setting the page live, Mr Dubost has received a flurry of supportive emails and tweets - as well as job offers.

'I wanted to do something fun,' he said. 'Resumes are not fun. They're not fun to write, not fun to read... I thought it would be fun to build a small web product that would feel a little bit like a game

Soul Killing Jobs of Modern Civilization

Main skills used:

- Product Management > 3-year startup experience, bootstrapped from scratch to a working product with 1000+ users. Also, dashboards, branding, UX/UI, ...
- Online Advertising > 2+ years of experience. Google Adwords & Direct advertisements, multi-channel campaign optimization (retargeting, engagement, ...)
- Web Marketing > Web Analytics (conversion funnel, metrics), Adwords, E-mailing, A/B testing
- SEO > 2+ years of experience. On-page SEO, keyword research, off-page SEO and link building, and optimization plans
- Web Development > HTML5, CSS3, JavaScript, PHP, Python, Django, SQL, ... and more open-creativity, like jQuery, ...

Did we miss any relevant features for this product? Check on LinkedIn what we missed.

Product Description

For the past 6 years I've put my energy towards growing and enhancing meaningful web products and services. I then went one step further when I created my own web company 2 years ago. What motivated me was the perspective of applying the different sets of professional & technical skills I had learnt so far to build a meaningful web product. APPARTINFO.com is the first local reviews guide on apartments and neighborhoods in France, and it has been a very rewarding adventure so far. I enjoy learning and working in multicultural environments, so I travel in the past in the US, Mexico and France.

Professional Experience

Star Rating	Count	Feedback
5 star	103	"Philippe has always brought great ideas and new perspectives. He was always helpful and participating. He has always integrity, passion and tenacity..." A. Sarrac, CEO of Advertise.com
4 star	20	"His combination of industry knowledge, product management skills and sheer tenacity quickly made his startup, Appartinfo, one of the most promising of our class..." M. Parnes, Product Manager at France
3 star	10	
2 star	10	
1 star	27	"Insufficient knowledge and passion..." D. Gormes, Chief Executive at The Review Group

Most Relevant Professional Experience

18 of 18 people found the following review helpful


Appartinfo.com: CEO & Founder since 2011

At APPARTINFO.COM, Paris, France

APPARTINFO is the first local reviews guide on apartments and neighborhoods in France. Search for a housing and meet great people who are staying about the neighborhood, or the very building you plan on moving to. Think "TripAdvisor for apartments".

- Translating these web products: webtracking, conversion, specs, prototyping
- Project Management: coordinated web development, graphic design, integration, Agile development, QA
- User experience: UI design, conversion funnel optimization, dashboards, KPI, Analytics
- Traffic acquisition strategy: natural page focus on SEO and paid (Adwords)
- Self-taught CSS3/Query and learned Python/Gango to help with backend & backend development
- Signed advertisement deals with key French real estate companies
- 1000+ member-strong community, reviews at around the country — and growing.

<http://philippedubost.com> [View Site](#)



Selling himself: Dubost lists his dimensions, languages and skills under the 'product details' section

you could interact with, like those baby toys where every button you push makes a different noise.'

Source

Daily Mail Reporter, 28 January 2013

Jeremy Taylor, Man's Hilarious Amazon Resume Goes Viral, Thefw.com, January 28, 2013

Chris Taylor, Fake Amazon Page Is Best Online Resume Ever, Mashable India, Jan 25, 2013

Aimee Hosler, Web Designer Creates a Resume that Mimics Amazon Product Page, citytowninfo.com, January 29, 2013

Victoria Pombeiro, The Examiner, Crazy job-seeking techniques that might just work, January 28, 2013

15.

Jobless Man

Who Auctioned Himself On Ebay

And Wrestled In Gravy In Desperate Hunt For Work

A man who was so desperate to find work he auctioned himself on eBay and wrestled in gravy has finally found a job.

Dan Conway tried everything he could think of to find employment, posting his efforts on a website to grab potential employers' attention.

Now, the 28-year-old from Newcastle, UK, has landed his 'dream job' as a marketing executive in America.

Mr Conway was contacted by Vitamins Direct and offered the post which involves working from home as well as travelling to the company's headquarters in Florida.

He said: 'This will mean a new world for me and my family. For the last year or so, we have been scrimping and saving to make ends meet.



‘Hopefully, this is going to transform our lives.’

Mr Conway lost his job a week before his second child was born. Despite applying for hundreds of posts, the university graduate was repeatedly turned down.

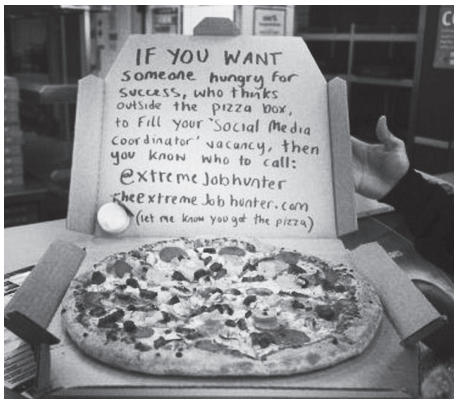
As a last resort the father-of-two set up The Extreme Job Hunter website in the hope of finding work.

His bizarre appeals for employment included walking around Newcastle wearing a billboard, and posting himself as for sale on eBay.

He even posted a pleading video from his three-year-old daughter Lucy begging: ‘please get my daddy a job’ on the website, but to no avail.

After graduating from university with a degree in advertising, Mr Conway had dreams of a career in advertising or social media, but could only find work as a part-time youth worker at school for children with additional needs.

He was made redundant last June, a ‘soul destroying’ blow which led him to create the website.



The 28-year-old sent pizza and doughnuts to companies in the hope they would give him work in return

Among his pleas for work included a free iPad for anyone that could find him a job as well as sending companies doughnuts and pizzas as ‘bribes’.

At one point he even offered to work for free after extravagant efforts such as sending his CV in

pinatas and recording a song for BBC director Tony Hall failed to find him a job.

Mr Conway admits that he was ready to give up about a month ago after hundreds of unanswered pleas.

His family, wife Natalie and children Lucy and Jack, were quickly running out of money and were even unable to fix their car after it broke down.

‘I was having to jump on the Metro or a bus to go around finding work but I didn’t have any luck’, he said.

Thankfully his prayers were answered when Vitamins Direct made contact with a formal job offer.

‘They said they wanted me to do what I was doing but do it for them, promoting their social media and website’.



Source

Jennifer Smith, The Daily Mail, 20 October 2013

Sunday Express UK, Dec 9, 2013

Emma Sisk, The Mirror, 5 Dec 2013

Richard Evans, The Telegraph, 16 Jul 2013

Frances Taylor, Digital Spy, 17 July 2013

Toronto Sun, July 16, 2013, Qmi Agency

16.

'Insane' Flying Hours For Pilots

Exhausted Pilots 'Putting Millions Of Passengers At Risk'

Three airline pilots were asleep at the same time in the cockpit of a packed Heathrow-bound transatlantic passenger plane, shocking new testimony from flight crews revealed in October 2013.

A dossier of shocking cases of pilot fatigue was released by the British Airline Pilots' Association (BALPA) in a bid to urge the Government to block changes to working hours imposed by Brussels.

The alarming dossier of fatigue cases was published as the pilots' accused EU Commissioners of trying to force through 'insane' new



flying hours rules which would have put passengers' lives at risk by leaving more fatigued pilots asleep in their cockpits.

In the dossier, one pilot also told how, on another occasion, he had woken up alone in the cockpit of a delayed night-flight after his colleague fell asleep in the toilet.

Another spoke of how he and a colleague messed up a landing at Heathrow 'with possible fatal consequences' because they were 'punch-drunk with tiredness.'

And a pilot flying from Miami to Heathrow filed an anonymous 'whistle-blower' report after he awoke from his own 'tuned out' sleep to find his colleague slumped in his seat after 'nodding off.'

But pilots also said they didn't always report cases 'for fear of reprisals.'

Pilots' leaders claim that Brussels' proposed 'unsafe and discredited' changes to flying



hours and rostered rest-periods will increase the chances of tired flight crew nodding off – sometimes simultaneously – at the controls of their aircraft .

The new EU rules would allow pilots to land a plane after going 22 hours – and sometimes 24 hours – without sleep.

Up to one in six pilots have already experienced flights where both pilots have nodded off simultaneously, their own research shows.

But they say the European Parliament is being asked to rush through automatically the 'unsafe and unscientific' changes in a vote.

The testimony also follows publication by the Civil Aviation Authority (CAA) of an incident report from a Virgin Atlantic pilot flying an Airbus saying he and his colleague were suffering extreme fatigue in the cockpit after having only five hours sleep over two days. But the pair were not asleep 'simultaneously'.

A BALPA poll revealed more than half (56 per cent) of British pilots admitted they had fallen asleep in the cockpit with 1 in 3 of them also saying they had woken to find the other pilot also asleep.

Fatigue is now a factor in 10 to 15 per cent of all air accidents and pressure on pilots is growing. Millions of air passengers are at risk from pilots who are 'too tired to fly'. Commercial airlines put pressure on pilots to fly when they are unfit to do so - and aviation regulators let them.



Source

Ray Massey, The Daily Mail, 7 October 2013

BBC News, 9 October 2013, MEPs back flying hours bill in defiance of committee

Euan McLelland, The Washington Post, 10 October 2013

Lisa Ryan, Aviation Today, November 2013

17.

Suppression And Slavery

The Dark Side of Dubai

Hidden In Plain View

There are three different Dubais, all swirling around each other. There are the expats, there are the Emiratis, headed by Sheikh Mohammed; and then there is the foreign underclass who built the city, and are trapped here. They are hidden in plain view. You see them everywhere, in dirt-caked blue uniforms, being shouted at by their superiors, like a chain gang – but you are trained not to look. It is like a mantra: the Sheikh built the city. The Sheikh built the city. Workers? What workers?

Every evening, the hundreds of thousands of young men who build Dubai are bussed from their sites to a vast concrete wasteland an hour out of town, where they are quarantined away. Until a few years ago they were shuttled back and forth on cattle trucks, but the expats complained this was unsightly, so now they are shunted on small metal buses that function like greenhouses in the desert heat. They sweat like sponges being slowly wrung out.

Sonapur is a rubble-strewn patchwork of miles and miles of identical concrete buildings. Some 300,000 men live piled up here, in a place whose name in Hindi means "City of Gold". Place is riven with the smell of sewage and sweat – the men huddle around, eager to tell someone, anyone, what is happening to them.

Sahinal Monir, a slim 24-year-old from the deltas of Bangladesh. "To get you here, they tell you Dubai is heaven. Then you get here and realise it is hell," he says. Four years ago, an employment agent arrived in Sahinal's village in Southern Bangladesh. He told the men of the village that there was a place where they could earn 40,000 takka a month (£400) just for working nine-to-five on construction projects. It was a place where they would be given great accommodation, great food, and treated well. All they had to do was pay an up-front fee of 220,000 takka (£2,300) for the work visa – a fee they'd pay off in the first six months, easy. So Sahinal sold his family land, and took out a loan from the local lender, to head to this paradise.

As soon as he arrived at Dubai airport, his passport was taken from him by his construction company. He has not seen it since. He was told brusquely that from now on he would be working 14-hour days in the desert heat – where western tourists are advised not to stay outside for even five minutes in summer, when it hits 55 degrees – for 500 dirhams a month (£90), less than a quarter of the wage he was promised. If you don't like it, the company told him, go home. "But how can I go home? You have my passport, and I have no money for the ticket," he said. "Well, then you'd better get to work," they replied.



Sahinal was in a panic. His family back home – his son, daughter, wife and parents – were waiting for money, excited that their boy had finally made it. But he was going to have to work for more than two years just to pay for the cost of getting here – and all to earn less than he did in Bangladesh.

He shows me his room. It is a tiny, poky, concrete cell with triple-decker bunk-beds, where he lives with 11 other men. All his belongings are piled onto his bunk: three shirts, a spare pair of trousers, and a cellphone. The room stinks, because the lavatories in



the corner of the camp – holes in the ground – are backed up with excrement and clouds of black flies. There is no air conditioning or fans, so the heat is "unbearable. You cannot sleep. All you do is sweat and scratch all night." At the height of summer, people sleep on the floor, on the roof, anywhere where they can pray for a moment of breeze.

The water delivered to the camp in huge white containers isn't properly desalinated: it tastes of salt. "It makes us sick, but we have nothing else to drink," he says.

The work is "the worst in the world," he says. "You have to carry 50kg bricks and blocks of cement in the worst heat imaginable ... This heat – it is like nothing else. You sweat so much you can't pee, not for days or weeks. It's like all the liquid comes out through your skin and you stink. You become dizzy and sick but you aren't allowed to stop, except for an hour in the afternoon. You know if you drop anything or slip, you could die. If you take time off sick, your wages are docked, and you are trapped here even longer."

He is currently working on the 67th floor of a shiny new tower, where he builds upwards, into the sky, into the heat. He doesn't



know its name. In his four years here, he has never seen the Dubai of tourist-fame, except as he constructs it floor-by-floor.

Is he angry? He is quiet for a long time. "Here, nobody shows their anger. You can't. You get put in jail for a long time, then deported." Last year, some workers went on strike after they were not given their wages for four months. The Dubai police surrounded their camps with razor-wire and water-cannons and blasted them out and back to work.

The "ringleaders" were imprisoned. I try a different question: does Sohinal regret coming? All the men look down, awkwardly. "How can we think about that? We are trapped. If we start to think about regrets..." He lets the sentence trail off. Eventually, another worker breaks the silence by adding: "I miss my country, my family and my land. We can grow food in Bangladesh. Here, nothing grows. Just oil and buildings."

Since the recession hit, they say, the electricity has been cut off in dozens of the camps, and the men have not been paid for months. Their companies have disappeared with their passports and their

pay. "We have been robbed of everything. Even if somehow we get back to Bangladesh, the loan sharks will demand we repay our loans immediately, and when we can't, we'll be sent to prison."

This is all supposed to be illegal. Employers are meant to pay on time, never take your passport, give you breaks in the heat – but I met nobody who said it happens. Not one. These men are conned into coming and trapped into staying, with the complicity of the Dubai authorities.

Sahinal could well die out here. A British man who used to work on construction projects told me: "There's a huge number of suicides in the camps and on the construction sites, but they're not reported. They're described as 'accidents'." Even then,



their families aren't free: they simply inherit the debts. A Human Rights Watch study found there is a "cover-up of the true extent" of deaths from heat exhaustion, overwork and suicide, but the Indian consulate registered 971 deaths of their nationals in 2005 alone. After this figure was leaked, the consulates were told to stop counting.

At night, in the dusk, I sit in the camp with Sohinal and his friends as they scrape together what they have left to buy a cheap bottle of spirits. They down it in one ferocious gulp. "It helps you to feel numb", Sohinal says through a stinging throat. In the distance, the glistening Dubai skyline he built stands, oblivious.

Soul Killing Jobs of Modern Civilization

Source and Reference

Johann Hari, Independent, 7 April 2009

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18.

Football World Cup Infrastructure

Killing Fields of Qatar

Football world cup workers treated like slaves in Qatar: Amnesty report

Amnesty International has urged Qatar to end abuse of migrants working on football World Cup infrastructure, as it issued a report Monday citing cases in which they were referred to as “animals”.

After embarking on a multi-billion-dollar plan to host the 2022 World Cup, Qatar has come under the spotlight as migrant workers pour into the tiny gas-rich nation.

The 169-page report called on world football governing body FIFA to press the Gulf state to improve labour conditions, alleging “alarming” levels of exploitation against the workers, mostly from South or Southeast Asia.

Doha, which rejects claims of slavery-style conditions on its construction sites in the world’s wealthiest nation per capita, said it would investigate the report’s findings.

Amnesty said its researchers had heard one construction firm manager use the term “animals” to describe migrant workers.

And a worker told the watchdog that “Nepalis are treated like cattle”.

Amnesty secretary general Salil Shetty said the findings indicated “an alarming level of exploitation” in Qatar, and called the abuses “widespread” and “not isolated”.

German trade union chief Michael Sommer, meanwhile, called for FIFA to pull the World Cup from Qatar unless the country improves conditions of migrant workers.

The plight of migrant workers remains an issue across the oil-rich Gulf.

Amnesty’s report documented several abuses, including “non-payment of wages, harsh and dangerous working conditions, and shocking standards of accommodation”.

It said thousands of workers have been trapped inside Qatar, which demands foreigners obtain an exit permit to leave.

Abuses were systematic under a sponsorship system that “affords unscrupulous employers powers to exploit their employees, not least of which is the ability to prevent workers leaving the country”.

Shetty said his team in Doha met “a group of 70 workers” from Nepal, Sri Lanka and other nationalities who said they “have not been paid for nine to 10 months”.

“It is simply inexcusable in one of the richest countries in the world that so many migrant workers are being ruthlessly exploited, deprived of their pay and left struggling to survive.”

Many workers have also reported poor health and safety standards.

Amnesty cited a Doha hospital representative as saying that “more than 1,000 people were admitted to the trauma unit in 2012 (after) having fallen from height at work”.

Some 10 percent became disabled and “the mortality rate was ‘very high’.”

A September report in Britain’s Guardian newspaper said 44 Nepalis have died working in Qatar this year.

“Unless critical, far-reaching steps are taken immediately, hundreds of thousands of migrant workers who will be recruited in

the coming years to deliver Qatar's vision face a high risk of being abused," Shetty warned.

Qatar Is An Open Jail - Investigation By The Guardian

Nepalese workers are dying at a rate of almost one a day in Qatar, many of them young men who had sudden heart attacks. The investigation by the newspaper Guardian found evidence to suggest that thousands of Nepalese, who make up the single largest group of labourers in Qatar, face exploitation and abuses that amount to modern-day slavery, as defined by the International Labour Organisation, during a building binge paving the way for 2022.

Record of the Deceased in July 2013

S.N	Name of the Deceased	Escorting Person	Amount Qatari Riyal	Date of Death	Cause of Death	Date of NOC
01		Amar Bahadur Ghale	12471.00	28.06.2013	Acute Cardiac Failure	01.07.2013
02		Arjun Biswokarma	5546.00	27.06.2013	Sudden Cardiac Arrest	01.07.2013
03		Buddhi Bahadur Magar	14155.00	14.06.2013	Electrocution	02.07.2013
04		Lok Bahadur Thapa Magar	4570.00	26.06.2013	Sudden Cardiac Arrest	07.07.2013
05		Shalendra Kumar Sah	5462.00	13.06.2013	Cranial Trauma due to RTA	07.07.2013
06		Bir Bahadur Dimbung	3000.00	29.06.2013	Acute Cardiac Arrest	07.07.2013
07		Prem Kumar Dhimal	2730.00	18.06.2013	Head injuries skull fracture cervical vertebrae due to RTA	08.07.2013
08		Chanchal Rajbanshi	2750.00	18.06.2013	Head injuries fracture skull due to RTA	08.07.2013
09		Satya Narayan Rajbanshi	2760.00	18.06.2013	Head injuries fracture skull due to RTA	08.07.2013
10		Lok Nath Regmi	5879.00	07.07.2013	Sudden Cardiac Arrest	09.07.2013
11		Chandra Bahadur Yari	3479.00	24.06.2013	Multiple blunt injuries due to fall from height during work.	11.07.2013
12		Bij Bahadur Lama	14380.00	02.07.2013	Severe bleeding due to traumatic crush injury	14.07.2013
13		Braham Dev Mandal	3976.00	05.07.2013	Sudden Cardiac Arrest	14.07.2013
14		Mao Bahadur Sapkota	2523.00	04.07.2013	Crushing of the head due to RTA	15.07.2013
15		Jagati Bahadur Moktan	10185.00	14.07.2013	Sudden Cardiac Arrest	16.07.2013
16		Yadav Bahadur Khadka	6766.00	07.07.2013		

Record of deaths in July 2013, from all causes, held by the Nepalese embassy in Doha. Photograph: /guardian.co.uk

According to documents obtained from the Nepalese embassy in Doha, at least 44 workers died between 4 June and 8 August 2013. More than half died of heart attacks, heart failure or workplace accidents.

The investigation also reveals:

- Evidence of forced labour on a huge World Cup infrastructure project.

- Some Nepalese men have alleged that they have not been paid for months and have had their salaries retained to stop them running away.

- Some workers on other sites say employers routinely confiscate passports and refuse to issue ID cards, in effect reducing them to the status of illegal aliens.

- Some labourers say they have been denied access to free drinking water in the desert heat.

- About 30 Nepalese sought refuge at their embassy in Doha to escape the brutal conditions of their employment.

Other workers said they were forced to work long hours in temperatures of up to 50C (122F) without access to drinking water.



Dalli Kahtri and her husband, Lil Man, hold photos of their sons, both of whom died while working as migrants in Malaysia and Qatar. Their younger son (foreground photo) died in Qatar from a heart attack, aged 20. Photograph: Peter Pattison/guardian.co.uk

The allegations suggest a chain of exploitation leading from poor Nepalese villages to Qatari leaders. The overall picture is of one of the richest nations exploiting one of the poorest to get ready for the world's most popular sporting tournament.

“We’d like to leave, but the company won’t let us,” said one Nepalese migrant employed at Lusail City development, a \$45bn

(£28bn) city being built from scratch which will include the 90,000-seater stadium that will host the World Cup final. “I’m angry about how this company is treating us, but we’re helpless. I regret coming here, but what to do? We were compelled to come just to make a living, but we’ve had no luck.”

The Guardian’s investigation also found men throughout the wider Qatari construction industry sleeping 12 to a room in places and getting sick through repulsive conditions in filthy hostels. Some say they have been forced to work without pay and left begging for food.

“We were working on an empty stomach for 24 hours; 12 hours’ work and then no food all night,” said Ram Kumar Mahara, 27. “When I complained, my manager assaulted me, kicked me out of the labour camp I lived in and refused to pay me anything. I had to beg for food from other workers.”

Almost all migrant workers have huge debts from Nepal, accrued in order to pay recruitment agents for their jobs. The obligation to repay these debts, combined with the non-payment of wages, confiscation of documents and inability of workers to leave their place of work, constitute forced labour, a form of modern-day slavery estimated to affect up to 21 million people across the globe. So entrenched is this exploitation that the Nepalese ambassador to Qatar, Maya Kumari Sharma, recently described the emirate as an “open jail”.

“The evidence uncovered by the Guardian is clear proof of the use of systematic forced labour in Qatar,” said Aidan McQuade, director of Anti-Slavery International, which was founded in 1839. “In fact, these working conditions and the astonishing number of deaths of vulnerable workers go beyond forced labour to the slavery of old where human beings were treated as objects. There is no longer a risk that the World Cup might be built on forced labour. It is already happening.”

This report estimates the World Cup construction ‘will leave at least 4,000 migrant workers dead’

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Greg Wilesmith and Eric Campbell, ABC News, Qatar 2022: World Cup project workers living in slum conditions behind glitz of oil-rich country, 15 Jul 2015

Paul Vale, The Huffington Post UK, 27/05/2015

Paramahansa: But we have seen in the Eastern countries where....they are very primitive. Very uncivilized, like savages.

Amogha: They don't have enough food.

Paramahansa: No technology, no education.

Prabhupada: Because you have plundered them for the last so many centuries. You rascals, you have plundered. You have taken all their money, all their jewels, all their gold, and made British Museum. (laughter)

—Morning Walk, May 10, 1975, Perth

19.

Say 'No'

To Extreme Work Culture

The tragic death of Moritz Erhardt, a 21-year-old intern at Bank of America Merrill Lynch, has cast a spotlight on the extreme work culture in the financial industry.

The hours that Erhardt had been working are not unusual. Many finance professionals often work into the wee hours of the morning. Their weekends are spent recovering from grueling workweeks. Their holidays are spent constantly checking in with the office. The result is that work begins to take up nearly every waking hour. There is little time left for life.

The extreme work culture used to be the preserve of a few elite professions, such as banking or law. Now it seems to be spreading. Employees in many jobs are being asked to make themselves constantly available. Partly, it's because new technologies allow people to be connected and reachable at all times.

But it comes at a huge cost. There is a significant body of research that shows long working hours have negative physical and psychological effects on people.

A recent study by professor Alexandra Michel tracked investment bankers over a nine-year period. These bankers would routinely work

from early morning to well past midnight. To cope with these hours, many became gym junkies, taking to the treadmill after midnight for an hourlong run. However, after about seven years of this relentless grind, the bankers began to suffer serious psychological and physical breakdowns.

Death Sparks Debate Over Work Hours

In addition to damaging the body and mind, long hours at work cut people off from their family and friends. People who spend most of their waking hours at work or dealing with work-related activities have little time to build and nurture relationships outside of work.

Their intimate relationships with family can become strained. Their friendships can become weak. If something goes wrong, they may feel isolated and helpless because they lack a healthy ecosystem for emotional support. The result is that their social network withers and, over time, can die.

Extreme hours have been proven to be unhealthy for workers. They are also bad for communities.

If days are spent only working, then there is little time to put into local clubs, faith groups and associations. Harvard professor Robert Putnam has pointed out that the long working hour culture has led to a stunning decline in the numbers of people who are members of clubs and associations. It has effectively weakened the fabric of our communities. People are increasingly cut off, to the extent that it's common not to know your neighbors or anyone in your neighborhood.

What is perhaps most surprising is that long hours are not even good for companies.

The most productive countries among the developed economies often have the shortest work hours. Employees in Germany and France work less hours but get more done. Their British counterparts spend much longer at work but produce far less. Not only that, when people are tired from long hours, they tend to make more irrational and risky decisions.

A recent study by the Swedish sociologist Roland Paulsen has shown that long hours at work also lead to the prevalence of unproductive "empty work" such as checking Facebook, watching YouTube videos or even undertaking personal projects at the office. It's possible that these are ways for employees to show resistance.

There are so many good reasons to end the extreme work culture. But how can it be done?

A first step is for companies to introduce policies and practices that stop employees from working through the night. These might include having work-life balance programs, or closing the doors to the office at a reasonable hour or banning e-mail traffic after a particular time at night.

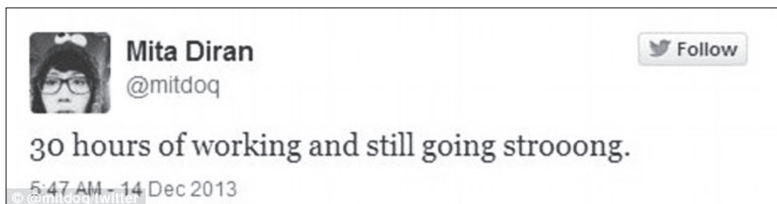
As important as these top-down changes are, employees need to instigate bottom-up changes. These require us to avoid modeling and encouraging the practice of working long hours among new recruits. We have to make it acceptable to say "no" to an extreme work culture.

Remember, we work to live, not live to work.

Young Woman dies after tweeting about working 30 hours

A young woman literally worked herself to death shortly after bragging online about how long she had been in her office.

Mita Diran, 24, of Jakarta, Indonesia, died after tweeting '30 hours of work and still going strooong,' in December 2013. Coworkers of her's blamed lack of rest and energy drinks for her death.



It was one of many tweets Mr Diran sent out describing the long hours she worked as a copywriter for Young & Rubicam, an ad agency in the country's capital.

Ms Diran was a hard-working, dedicated copywriter, so much so that she wrote on Tumblr about her exhausting workload.

‘Tonight, I carry the keys to the office for the eighth day running,’ she lamented. ‘I’m still here. I have no life. Someone please take me out for drinks, kicks and giggles.’

The determined 24-year-old also made frequent posts to Twitter about her long hours.

‘Home before midnight after three long, exhausting weeks. MISSION ACCOMPLISHED,’ the overworked woman tweeted November 18.

A few days earlier she showed signs she was having trouble



keeping up with the demands of her bosses.

‘Sweetest sleep I’ve had in a long time. It’s a shame I’m supposed to wake up uh, ONE HOUR earlier. Slept through 3 phone calls and 3 alarms!’

She tweeted November 14.

That might have been a result of the long hours she worked the prior week.

‘Alright, one full week of going home past 2am from the office. Ladies and gentlemen, I believe we just broke a record,’ Ms Diran tweeted November 8.

She also pondered sleeping in the office.

‘The more you spend time at the office, the more you consider moving your bed here. Preferably next to the fan. #AgencyLife,’ Ms Diran tweeted October 29.

The copywriter’s mother took to Path before her death to tell of her heartache - a posting noted by BuzzFeed.

‘Hi everyone, since last night and until now my daughter who is a copyrightr in Y&R lay in coma in RSPP,’ Yani Syahial wrote.

‘Chances not very good. She collapsed after continuous working



overtime for 3 days last night,’ she continued. ‘Working over the limit. I have not slept since then.’

Ms Diran died within the hour.

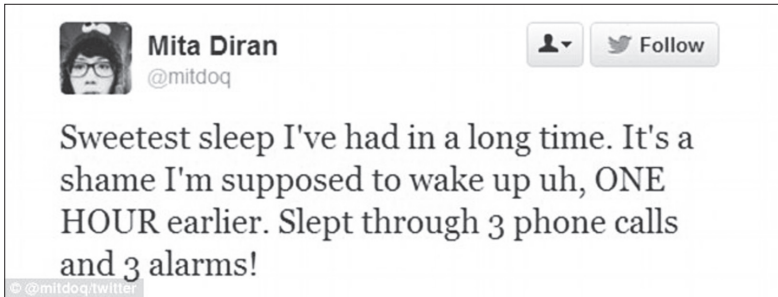
‘She died because too much of overtime working, and too much kratingdaeng attacked her heart.’

‘May she rest in peace.’

Kratingdaeng is Thai for Red Bull, where the original version of the energy drink comes from.

Worked for a Telecoms manufacturer and it was the same. On top of the constant insane hours and weekend work I used to spend hours on the M25 driving to and from the customer we were pitching to trying to participate in technically complex conference calls whilst exhausted. I was terrified I'd have a major accident. I was so relieved when the law of talking on your mobile came in.

~ Elizabeth B, United Kingdom



Ms Diran tweeted at least once about staying up all night working with help from the energy drink.

‘Spent half the night writing copy and finishing up a 23-page deck with a glass of vodka/red bull mix and now I can’t sleep. SO BEAR WITH ME.

Y&R posted on its Facebook page about the death. After expressing condolences and wishing their dead employee’s family well, they announced the office would close this week in order to give employees time to grieve - for one day.

Her mother had one final plea.

‘Please people. Know your own body limitation, don’t push yourself too hard.’

Advertising Man, 24, Dies Of Heart Attack Brought On By ‘Overwork’ After Staying At The Office Until 11Pm Each Night In China

An overworked Chinese advertising employee died of a heart attack in his office aged just 24.

Li Yuan had been working overtime until 11pm every night at the Ogilvy & Mather China offices in Beijing in the month before he died.

My dad's job as a bus driver is surprisingly stressful (what with weird hours and awful passengers), so stressful in fact that a defect in his heart has been attributed to it. Now the DVLA have taken his PCV license as a result. Don't underestimate the effects of stress!

~ Cheryl, Worcestershire, UK

At around 5pm on Monday he stood up, cried out in pain before collapsing onto the ground, according to a report in the Yangzi Evening News.

He was rushed to the Peking Union Medical College, where he was confirmed dead. Doctors said he had suffered a heart attack.

The company confirmed that one of its employees had died through its Twitter account.

The tweet read:

‘Unfortunately the sad news is true, Beijing has lost 1 of our own. ‘He was loved by all of us. Thank u for your kind msgs.’

China has now overtaken Japan as having the highest number of deaths related to overworking.

Nearly 600,000 Chinese workers die from ‘exhaustion’ each year, according to a report from last year in the official newspaper of the Communist Youth League, The China Youth Daily.



Overworked: Stressed out Chinese advertising worker Li Yuan died of a heart attack in his office aged just 24

My hubby works in the middle-east in the natural gas industry and works horrible hours and he's in management! the pay is fantastic (30k a month tax free), but I constantly worry I am going to get a call that he has had a heart attack or been involved in a car wreck. Actually the car wreck is my worst fear. (The middle eastern drivers there are horrible, most don't even use seat belts and pay absolutely no attention to the speed limit, the wealthier they are they more they think they own the highway). you can red flag me all you want for this last statement, but I lived there and I know what I am talking about.

~ Jaydee, Hot Springs, USA

Most of the deaths are caused by stress-related heart attacks and strokes.

Symptoms associated with such deaths include insomnia, anorexia and abdominal pains.

Can Stress Bring On A Stroke Or Heart Attack?

Although conventional medical wisdom maintains there is no evidence of a link between mental pressure and heart conditions, recent research has found stress does increase the risk of heart attacks and strokes.

A 2012 study by University College, London, found that those who become stressed are more likely to suffer from hardened arteries than those who remain calm under pressure.

Doctors recruited 514 men and women with an average age of 62. None of them had signs of heart disease at the time of the test.

In a laboratory, each of the volunteers was put into a stressful situation by being asked to carry out tricky mental tests.

Levels of the stress hormone cortisol in their saliva were then measured. Cortisol is produced by the body when it comes under mental or physical strain. When released, it can causes the arteries to narrow

The volunteers' arteries were also scanned for signs of furring - the accumulation of fatty material on the inside walls.

Those whose cortisol levels shot up during the tests were twice as likely to have furred arteries as those who remained calm, the researchers found.

So the present situation of the human civilization is very, very dark, tamasa. They want to live in the city without working for producing their food. And there are butchers, they kill innocent animals. And in the city they eat the meat, and to digest they drink and work like hogs and dogs whole day and night. This is civilization. This is not civilization. This is darkness, darkness of life.

—Sriila Prabhupada (Lecture, SB 6.1.50, Detroit, August 3, 1975)

In a 2010 study, researchers analysed data from more than 68,000 people over the age of 35 years who took part in the Health Survey for England from 1994 to 2004 and measured the role of anxiety and stress in deaths from all causes, heart disease, cancer and external causes occurring over eight years.

They found symptoms of anxiety or depression, known as psychological distress, increases mortality rates from several major causes.

Alarming, the risk rose among those at the lower end of the scale who would not usually come to the attention of mental health services - about a quarter of people.

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Ryan Gorman, The Daily Mail, 18 December 2013

Daniel Miller, The Daily Mail, 16 May 2013

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Rana Foroohar, TIME, Can't Have It All? Blame Our Extreme Work Culture, June 25, 2012

20.

Prolonged Sitting

Shortens Our Lives, Say Experts

Sitting Is The New Smoking. It Increases The Risk Of Cardiovascular Disease And Diabetes, And Slows Metabolism

Emerging studies have found that prolonged sitting increases the risk of cardiovascular disease and diabetes, slows metabolism and even shortens our lives.

A University of Sydney study has found that adults who sat 11 or more hours a day had a 40 percent increased risk of dying in the next three years compared with those who sat for fewer than four hours a day, the New York Daily News reported.

All those rights fought for us so hard by our forefathers are being whittled away – tea breaks, lunch breaks, holiday pay, redundancy pay. Now it seems to be the norm to work through a lunch break and to come to work when ill because of fear of redundancy. With so few jobs, increased working lives and increased stress at work because of the above it seems to me that the government have no need to fear an 'ageing population' – we will all have died by the age of 60 through stress, so even less to pay in pensions. Dave and his chums have it all worked out. In the meantime the average politician will retire at age 55!

~ Sally, London, United Kingdom

“That morning walk or trip to the gym is still necessary, but it’s also important to avoid prolonged sitting,” the paper quoted study author Dr. Hidde van der Ploeg, of the University of Sydney’s School of Public Health, as saying in a statement.

According to him, their results suggest the time people spend sitting at home, work and in traffic should be reduced by standing or walking more.

For adults, van der Ploeg suggests a moderate intensity activity, such as walking, for at least 30 minutes in the morning.

A similar report was published by The British Journal of Sports Medicine last fall, which highlighted a link between prolonged sitting and health.



“It’s also a printer, scanner, phone and fax machine.”

The report looked at Australian adults in 2008, and concluded that those who watch TV an average of six hours a day will live 4.8 years fewer than those who don’t.

While taking into consideration age, diet and exercise habits, the study found that those with the “highest sedentary behaviour had the greatest risk for cardiovascular disease, diabetes and dying

There is no doubt offices are some of the very worst most stressful places to spend your working life, not only because the lack of exercise is unhealthy, but because you are trapped in a fixed position with no escape from your fellow workers, or even a change of scenery. This doesn't apply of course to "management" who come and go as they please, off here and there to "meetings", doing a bit of shopping en route while claiming for "mileage" and generally enjoying a far more varied day at far better pay than the sedentary staff who hardly dare leave their desk. I worked in NHS admin for years.

~ Sue, Oxfordshire, UK

prematurely. It means adults older than 25 who watch a single hour of TV will see their life expectancy shorten by 21.8 minutes

But a single cigarette reduces life expectancy by about 11 minutes, the study said

“Sitting is the new smoking,” said Dr. Anup Kanodia of Ohio State University’s Wexner Medical Center



Experts say sitting down could be worse because you’re not burning nearly as many calories as if you were standing, plus a typical day of sitting suppresses the production of a molecule called lipoprotein lipase, which would otherwise metabolize fats and sugars.

Source and Reference

Business Standard, May 28, 2013, ANI

Chris Crawford, AAFP, Prolonged Sitting Linked to Serious Health Risks, Death, January 27, 2015

Bonnie Berkowitz and Patterson Clark, The Washington Post, The health hazards of sitting, Jan. 20, 2014

Stephanie Watson, Too much sitting linked to an early death, Harvard Health Publications, January 29, 2014

In the beginning if there is a plot of land and a cow, your whole economic question is solved. Why should you work so hard day and night? So we have created a civilization simply working hard day and night, and the purpose is sense gratification. That’s all. That is prohibited. Make your life simplified. Save your time for Kṛṣṇa consciousness. That is the program. Don’t be implicated with sinful activities. Simple life.

~Sṛīla Prabhupāda (Sṛīmad-Bhagavatam 5:5:1, Los Angeles, January 20, 1969)

21.

DVT Deaths Soar

As Nearly 75% Of Office Staff Double Their Chances Of Dying Of Blood Clots By Not Getting Up To Take A Break

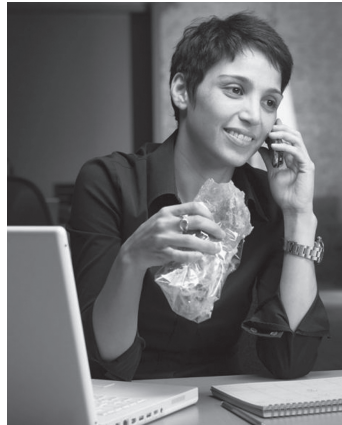
The number of office workers dying of DVT (Deep Vein Thrombosis) is soaring as more and more workers eat at their desk and fail to get up for a break.

Figures highlighted by DVT charity Lifeblood have revealed ten people a day are now dying of the condition in UK.

Research has shown nearly 75 per cent of office staff aged 21 to 30 and working 10-hour days, do not get up to take a break.

This doubles the chances of them getting deep vein thrombosis, according to the charity.

Lifeblood's Annya Stephens-Boal says: 'We all do it, work long hours and grab a sandwich at our desk.'



Ten people a day are dying of blood clots in UK as more and more workers eat at their desk

The number of DVT victims under 40 is rising rapidly. Figure rose by 40 per cent between 2007 and 2010.

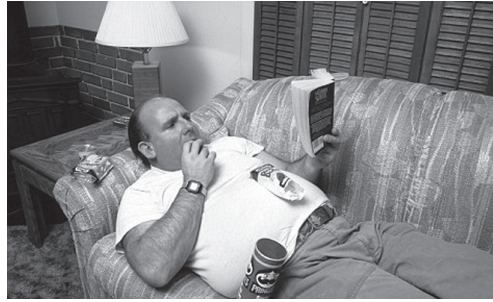
A total of 3,798 people died of DVT in 2010, according to the Office for National Statistics, UK.

It kills when blood clots in veins move to the lungs. Ms Stephens-Boal fears many cases are never detected.

‘We believe there are 60,000 DVT cases a year throughout the UK,’ she said.

‘The scariest part is that 80 per cent have no signs at all, no swelling, redness or pain. We call it the silent killer.’

Experts say the best way to avoid DVT is to keep mobile, lose excess weight, give up smoking and eat a low salt and low fat diet.



Source and Reference

Leon Watson, The Daily Mail, 10 October 2012

Sitting will kill you, even if you exercise, Jen Christensen, CNN, April 30, 2015

Beth Hale, Is sitting the new smoking?, The Telegraph, October 11, 2012

I was treated for a DVT in my calf April this year, the hospital asked if id been on a long haul flight I laughed and said no I've been working long hours. I had two injections in my stomach every day for 10 days, and had a month off work, all because my work place has a rubbish attitude to regular breaks, my advice is if you need to have a break take it, don't wait like I did, its not worth the risk.

~ Sarnie, Essex

22.

Boredom In The Workplace Is Growing

And It Affects Everyone From Office Workers To Surgeons On The Battlefield

It saps our motivation, stops us from performing at our best and can even leave us wishing we had more work to do - you may even be experiencing it at this very moment.

And, according to new studies, boredom in the workplace is growing, affecting everyone from the high-fliers to the drones.

This is according to Sandi Mann, a senior psychology lecturer at the University of Central Lancashire who says boredom - after anger - is the second-most commonly suppressed emotion in the workplace.

She told CNN: 'We seem to be in a culture of having meetings, which a lot of people find boring. There are a lot of automated systems now, so a lot of the things we do are quite remote. We have more people working night shifts, which are more boring because you've got fewer people to talk to.'

What's more, Dr Mann believes fewer of us are willing to put up with boredom as we expect every aspect of our lives to be fulfilling - an attitude that would have been far less common among older generations with a more practical outlook.

Dr Mann adds: 'Now, we get people quite commonly quitting higher paid jobs for jobs that are lower paid but more satisfying.'

She claims a lack of awareness has seen boredom pale next to the commonly recognised problem of stress - meaning that, while stress management courses are easy to come by, employers are in denial over the possibility that their workers might be yawning their way through the working day.

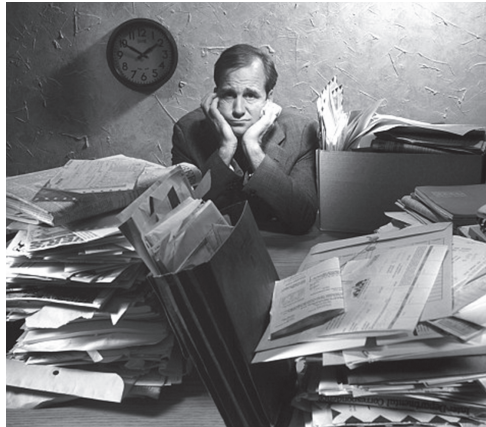
The psychologist's findings may sound familiar to those who have experienced the drudgery of the average office or shop, but boredom even affects people working in seemingly adrenaline-filled environments.

Last year, Mark de Rond, from the University of Cambridge's Judge Business School, spent six weeks at Camp Bastion in Afghanistan, where he studied the work of military surgeons.

He found that, even in this demanding job, workers were not safe from the damaging effects of boredom.

Within a week he had seen 174 casualties, 23 amputations and 134 hours of surgery, including treatment of local children.

The surgeons were in their element when faced with a crisis - but during lulls in the action the on-call medics found it impossible to relax.



De Rond says because the surgeons are on call at all hours, they can never really relax even when there are no patients and guilt caused by a lack of work starts to creep in.

As they await the arrival of helicopters bringing in new casualties the medics become competitive and critical of each other's efforts, and become reflective about the futility of it all.

'As they become unhappy, they become like big bears -- you just don't want to be around them,' de Rond says.

A study on the link between counterproductive work behavior and boredom by Montclair State University and University of South Florida identified six ways bored employees might harm their organizations: by abusing others, by "production deviance" (purposely failing at tasks), sabotage, withdrawal, theft and horseplay. The most common of which is withdrawal.

Other studies have concluded that people who are more prone to boredom are more likely to get angry, engage in risky driving, display aggression and hostility, and lack honesty and humility.

Paul Spector, from the University of South Florida, says such behavioural traits can to some extent just be the result of someone wanting to get back at their employer born from resentment.

Interestingly he says there is little correlation between workload and boredom.

De Rond also says there is a type of boredom where professionals get bored not because they don't have enough work, but because they feel they have nothing worthwhile to do.



He suggests the solution is to simply give people something to do that they care more about than themselves, with constant reminders from bosses about why an employee's role is important.

Another of De Rond's conclusions is that bosses should create a culture where it is okay to ask questions and where employees feel comfortable to air concerns when they feel bored.

The Ten Most Boring Jobs In The World

One study that psychologist Dr Sandy Mann witnessed found the most boring jobs to be in the following sectors.

1. Admin/secretarial
2. Manufacturing
3. Sales

4. Marketing
5. IT
6. Research
7. Media
8. Law
9. Engineering
10. Banking

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23.

Is Your Boss Watching You?

Surveillance Device Tracks Employees' Movements In The Office, Sends Details Of Conversations And Even Times Their Toilet Breaks

The days of skiving behind your boss's back may be numbered, following the announcement of a new product that tracks your every movement in the workplace.

Electronics manufacturer Hitachi has unveiled a high-tech ID badge that not only tracks an employee's exact location within the office, it also keeps a record of all the other staff members they have spoken to, for how long and how energetically.

Dubbed the Business Microscope, the device also sends an employer information on how much time each member of staff spends out of their seat - and even how long they have spent in the toilet.



Business Microscope: Hitachi's high-tech ID badge tracks an employee's exact location within the office, sending their employer information on how long they spent out of their seat and where in the building they went

How Does The Business Microscope Work?

The business microscope is fitted with sensors that let it sync and interact with other Business Microscopes within the company.

These multiple sensor devices are placed inside a nameplate-type product that is attached to employees.

When the name tag sensors come within a specific distance of each other, they recognise each other and record the face time, body and behaviour rhythm data to a server.

It tracks an employee's exact location within the office and also keeps a record of all the other staff members they have spoken to.

The device sends an employer information on how much time each member of staff spends out of their seat - and even how long they have spent in the toilet.

The information is used to create an 'organisation network diagram' based on the number of recordings.

As well as being used to find out which employees spend their days aimlessly wandering around the office gossiping to friends, the Business Microscope will also record how energetically they have contributed to group meetings, where a high level of enthusiasm and animation can be a good thing.

Although the product looks more like an ID badge or business card than a high-tech surveillance device,

it actually contains complicated sensors that allow it to sync and interact with other Business Microscopes belonging to the company.



The end of the water cooler moment? Hitachi's Business Microscope will allow employers to keep a record of how long and how energetically members of staff chat among themselves

A message posted on the Hitachi website said: 'Business Microscope uses sensor technology to measure and analyse inner company communication and activities.

Hitachi said the technology was designed to help boost efficiency levels in the workplace and to help employers realise and react to problems that may otherwise have gone unnoticed.

Perhaps recognising the product is unlikely to be popular among employees, including their own, Hitachi adds that they hope it will help boost employee cooperation, leading to a better atmosphere.

The Business Microscope is by no means the first surveillance device to be marketed towards employers for use in the workplace.

Many companies already employ 'internet monitoring' software that scans sent and received emails, as well as monitoring the websites they visit over the course of the working day.

These systems often automatically send alerts directly to the employer when company rules are believed to have been broken.

And in 2008 Microsoft filed a patent for software that allowed workers to be tracked remotely, monitored their competence and productivity, and even measured personal information such as body temperature, blood pressure and facial expressions.

It is believed Microsoft abandoned the product shortly after the patent was filed.

Source and References

John Hall, 6 February 2014

“Several times my typewriter and tape recorders were stolen and the police could not take any action. There are many persons in the Bowery Street; they have no shelter to live. So if a certain fraction of the people are supposed to be very materially happy at the cost of others, that is not material advancement. Had it been so, then why there are so many persons confused and frustrated? So actually there is no material advancement here. So the Western type of civilization, industrialism and capitalism, is no material advancement. It is material exploitation.”

— Srimla Prabhupada (Letter, 14 March 1969)

Soul Killing Jobs of Modern Civilization

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Business Microscope' to track employees' every move at workplace, The Hindu Business Line, PTI, Feb 9, 2014

24.

Is Your Office Computer Watching You?

New Monitor Developed That Can Tell If You're Not Paying Attention At Work

A new kind of computer monitor has been developed that will be able to tell your boss if you're not paying attention at work.

Researchers from the University of St Andrews say that their new system could reduce workplace distractions and increase workers' productivity.

It works by having a camera mounted above the workstation display which can identify the user's eyes to see if they are looking at the computer or not.

The technology is an unsettling echo of technologies being introduced in television set-top boxes to peer back at viewers and automatically serve appropriate adverts.

However, the team behind the new system say their technology is not meant to keep an eye on workers, but merely to ensure they don't miss anything new which appears on their screens.

They say it could be of crucial use in high-pressure environments such as air-traffic control rooms, where workers have several screens to keep tabs on.

The system called 'Diff Displays', detects when its user is not looking at a display and replaces the regular screen image with a calm and non-distractive visualisation of the screen's activity instead.

The system reduces distractions by fading out the parts of the screen that remain static and by subtly visualising changes in the display over time.

When the user looks back at a display, the system quickly changes back from the visualisation to the actual screen content via different forms of animation.

The system works via a camera mounted on top of each computer screen which uses computer vision algorithms to identify the user's eyes.

Once the eyes have been identified, the system can determine which screen they are looking at.

A study of the system in action during a single work week indicated it reduced the number of times someone switched their attention between the displays.

The researchers think this technology can eventually become a standard part of our operating systems.

PhD student Jakub Dostal who works under the guidance of Dr Per Ola Kristensson and Professor Aaron Quigley in the School of Computer Science, said: 'In a world where displays are starting to surround us and crave for our attention, technologies that focus on inattention become ever so important.'



A lot to keep track of: A new system has been developed which tracks the eyes of computer workers to see if they are paying attention, which could be of use to those who have several screens to monitor

‘Diff Displays is an example of intelligent display technologies that can be rapidly deployed and increase the productivity of potentially billions of users.’

The St Andrews team have made Diff Displays available as a free download for Microsoft Windows.

Source and Reference

Damien Gayle, The Daily Mail, 18 March 2013

Miriam Schulman, LittleBrother is watching you, Markkula Center For Applied Ethics, Issues in Ethics - V. 9, N. 2 Spring 1998

Kashmir Hill, Forbes, How To Tell If Your Boss Is Spying On You, Aug 16, 2012

The rise of workplace spying, The Week

So we civilized human beings -- never mind American or Indian or German or Englishman, it doesn't matter -- we are very few. So we have got economic problems. We are trying for developing our economic condition. What is that economic condition? Eating, sleeping, mating, and defending. We are busy always, but the animals are also busy for eating, sleeping, mating, and defending, but they have no problem. We have got problems. So just try to understand, if the major portion of the living entities have no problem... Their necessities of life are being supplied by the supreme eternal, God. Just like an elephant. There are millions of elephants in African jungle. They eat at a time fifty kilos. But they're getting their food. Similarly, a small ant, he requires a grain of sugar. So he's also getting his food. So the supreme eternal has arranged food, or the economic problems are solved by nature. They do not do any business, they do not go to school or colleges to learn technology, to earn livelihood, but they are being supplied. They are healthy. There is no disease.

*So our advancement of civilization means we have created problems.
~ Srila Prabhupada (Bhagavad-gita 2.13 -- September 8, 1972, Pittsburgh)*

25.

Work Until You're Dead

Blind In One Eye, Partially Deaf And Facing Major Spinal Surgery, A Thalidomide Victim Is Still Found Fit To Work

A Thalidomide victim who is blind in one eye, partially deaf and can barely walk is being stripped of welfare payments in UK - because officials say she is not 'disabled' enough to be out of work.

Martine White, 50, was left severely disabled after her mother took the anti-sickness drug Thalidomide while pregnant with her during the 1960s.



She can barely dress herself or even brush her hair, uses a wheelchair and will undergo spinal surgery later this year.

But despite her disabilities the Department of Work and Pensions (DWP) has written to Mrs White saying she will lose her her £110 a week Employment and Support Allowance as she cannot prove she is unfit to work.

The former care assistant from Burnley, Lancashire, has now been served with court papers and must attend a tribunal where she will have to prove her disabilities to a judge.

In a report a DWP inspector said: 'She is not entitled to the support component on the grounds that she does not have limited capability for work related activity.'

Today Mrs White, a widow who pays the mortgage on her adapted house herself plus council tax, said: 'Visually you only need to take one look at me to know there is no chance I can possibly go to work.

'If I was to get a job I would need my carer to go with me full time. I need to be aided even to go to the toilet and I don't think a prospective employer would even employ me knowing that I had to have a carer with me.

'I have been having a lot of accidents lately and I keep falling over because I am unstable on my feet and go dizzy quickly,' she said. 'I wouldn't be fit or safe to work. I have to have someone to get me up in the morning and help get me dressed.'

Mrs White, who needs a wheelchair to get around, has to use a stair lift, while her carer helps her make tea and brushes her hair.

'Because of my Thalidomide, like so many others, I have arthritis,' she said. 'It is because of the way I have had to manipulate my body over the years in order to try and live a normal life.'

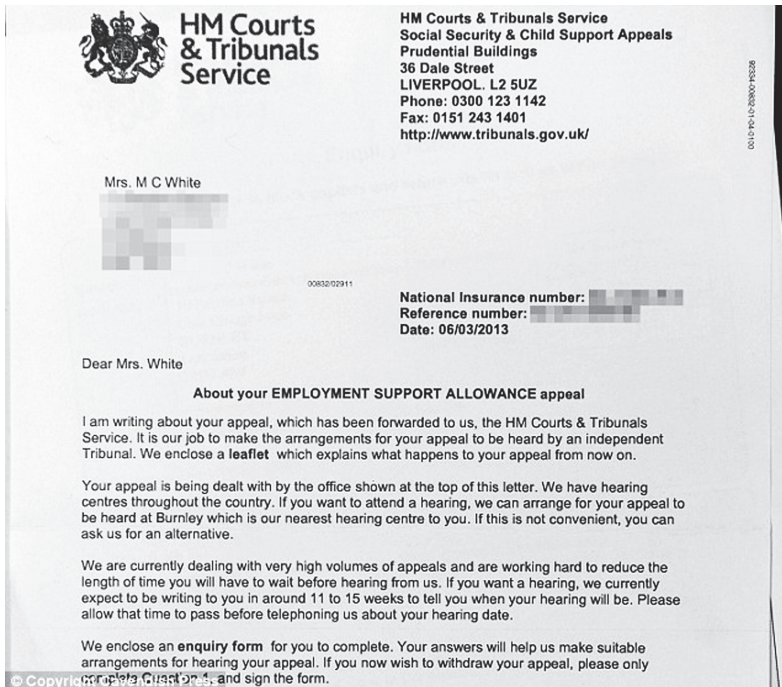
'What anyone else finds a normal chore has killed us because we have had to use our bodies in a different way. I'm sure the judge will take one look at me and say 'why are you here?''

Mrs White was one of 10,000 children born with disfigurements after the thalidomide anti-sickness drug was given to pregnant women in the 1950s and 1960s.

She married her late husband Michael who was also a Thalidomide victim in 1981 - the first Thalidomide couple to be married in Britain. In 2004 she underwent surgery to remove a brain tumour and retired from her job as a result.

She now requires a carer seven days a week, needs a lift to help her up the stairs and is permanently on medication to help relieve constant pain. Trouble with her benefits began last year after Mrs White received a letter notifying her of a changeover from incapacity benefits to Employment and Support Allowance.

Just a few weeks later, in July, she received another letter saying she was no longer entitled to benefits and she must go on



Mrs White has appealed against the DWP's decision (above is her letter from HM Courts & Tribunals Service)

a work training course. The family appealed and the decision was overturned.

But last October she was re-contacted by the DWP and told once again she should not be claiming benefits. A further appeal was rejected, although she can still continue claiming £154 a week in Disability Living Allowance.

Mrs White, who has four children and five grandchildren, added: 'I can't sit for a long time because it is uncomfortable. I am blind in one eye, I have an artificial hip and I am waiting for spinal surgery. I am unsteady with my balance and I am deaf in both ears and need hearing aids.



'It is like no one has looked at these medical reports from my past - I even have a full adapted automatic car which you can only get on mobility. I have

no teeth either because I have had to open things with my teeth.

'I have also got arthritis and rheumatoid arthritis - you name it. As a Thalidomide [victim] we have to use our bodies in a different way and this has set in.'

Mrs White said she cannot sit for a long period of time so would be no good in the office and cannot hear properly so a job in telecommunications would be 'out of the question.'

Mrs White said was 'disgusted' by the DWP's decision and labelled its officers 'jobsworths.'

'If the support is taken away from my full-time carers I would have to rely on family,' she said. 'I have three boys and a girl. I can't ask the boys to help me shower - it is undignified,' she said.

Her son Carl White, 32, said: 'This country has too much red tape and not enough common sense. The DWP are just idiots - I just can't understand what they are doing. It's an insult.'

A DWP spokesman said: 'The old incapacity benefits system condemned too many people to a life on benefits with little hope of moving back to work. Now people who can work will be given help to find a job while those who need unconditional support will get it.'

'A decision on whether someone is well enough to work is taken after consideration of all the supporting medical evidence provided by the claimant, but everybody has the right to appeal a decision if they disagree with it.'

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26.

Work Until You Die?

More Middle Class Workers Say They Can Never Retire

Forget pushing retirement off a few years. A growing number of Americans believe they'll be working until death.

An alarming 37% of middle class Americans believe they'll work until they're too sick or until they die.

Another 34% believes retirement will come at the ripe age of 80. Just two years ago only 25% of respondents felt the same way.



It's a grim look at the state of retirement which seems to be getting worse for middle class Americans.

Wells Fargo interviewed 1,000 Americans between age 25 and 75 and with household income ranging between \$25,000 and \$99,000.

More than half (59%) said their top day-to-day financial concern is paying the monthly bills; that's up from 52% who said the same last year.

"We do this survey every year and for the past three years, the struggle to pay bills is a growing concern and the prospect of saving for retirement looks dim, particularly for those in their prime saving years," Laurie Nordquist, head of Wells Fargo Institutional Retirement and Trust, says in the report.

And here's something for leaders in Washington DC to consider: One third of those surveyed said their primary source of retirement income will come from social security.

That figure gets even bigger for those who make less than \$50,000—48% of those earners say social security is going to be their primary retirement income.

Many Americans are likely to have to work until they are dead, not as a result of Social Security shortfalls but because they have no retirement plan at all. This disaster has not dawned on the mutual fund companies that manage retirement assets, much less been debated on Capitol Hill.

Here's the raw deal in a nutshell: Unless you've got Chief and Executive in your job title -- including "Ousted Disgraced CEO" -- you are probably pension-poor, even if you earn a six-figure salary. That's because only 11% of the private sector population is covered by a regular pension. Unlike during the post-war Fabulous Fifties and the Soaring Sixties when America was a "fortress economy" and almost half of the private sector was covered, currently even most employees of big companies can't count on one. Only 17 of the Fortune 100 companies offer a traditional pension to new hires.

It's a disgrace that the most advanced country in the civilized world not only has the worst retirement system in the civilized world but leadership that can't be bothered to fix it.

~ Jane White, Huffington Post, 03 Sept, 2010

One of the reasons for that? Almost half of those surveyed said they don't have a written retirement plan.

Source and Reference

Halah Touryalai, Forbes, Oct 25, 2013

Shattering the American Dream, Gene Nelson, "Whatever happened to the American Dream?", Volume 24, Number 2 (Winter 2014)

The house broken American: Many Americans believe they will work until they die and the only asset many have is their home, Dr. Housing Bubble, 27 Oct, 2013

Sarah Beth Hensley, 21 percent of Americans say they'll be in debt until they die, wtop.com, December 9, 2015

"Darkness of the present age is not due to a lack of material advancement, but that we have lost the clue to our spiritual advancement, which is the prime necessity of human life, the criterion of the highest type of human civilization.

— Srila Prabhupada (Lecture, February 1936, Bombay)

27.

Two Options

Work Hard or Die Trying

To Pay The Rent, Disabled Mother Auctions Off Her Non Vital Organs - Including Kidneys, Corneas And Chunk Of Liver

A cash-strapped disabled Spanish woman is auctioning off her non-vital organs in a bid to keep financially afloat.

The 44-year-old mother-of-one, who has not been named, said she was selling off one of her kidneys, corneas, a lung and a piece of her liver because she cannot afford her monthly rent and is facing eviction.

She told El Mundo newspaper in an interview: 'All I want is a home, a job I can do, and enough money to support my daughter through her studies.

'I just need to do what I can for my daughter - her life is what's most important. I don't care about my own any more.



An unnamed disabled Spanish woman is auctioning off her non-vital organs in a bid to keep financially afloat. She was interviewed on camera but kept her identity hidden

'I started off trying to sell a kidney, but now I'm not just selling that, I'm also selling my corneas, one of my lungs and a piece of my liver. I will sell whatever piece of my body that someone wants to buy and I am selling it out of desperation.'

The Valencia resident, who faces 12 years in jail for 'illegal organ trafficking' if caught.

And because she is certified 66 per cent disabled due to a severe back problem, it means she is severely restricted in the type of jobs she can do.

So, despite being offered a low rent by Valencia City Hall which would come to just 400 Euros per month, she can only really afford a fraction of that amount.

She told the newspaper she had spoken to a woman doctor in Melilla, one of the two Spanish-owned cities on the north Moroccan coast, about selling her non-vital organs.

It resulted in posting an advert online. It has not been revealed on exactly which site the announcement has been placed. But the woman said her body parts are 'all she has' and 'the only thing she can raise money from'.

The newspaper reported that her 22-year-old student daughter receives a small orphan's pension after her natural father died some years ago.



Source and Reference

Lee Moran, The Daily Mail, 12 November 2012

Christine Hsu, Medical Daily, Disabled Mother Auctioning Off Her Non-Vital Organs to Pay for Rent, Nov 12, 2012

Disabled mother auctions off her non vital organs, Scoop.it, Nov 13, 2012

28.

Being Jobless

Is Better Than Bad Job--Study

Caught Up Between The Devil And The Deep Blue Sea

Out Of The Frying Pan And Into The Fire

Feeling low about being unemployed? Take consolation in the fact that you are not stuck in a bad job.

Any job is not necessarily better than no job at all, finds a new study.

According to experts, being made redundant can make a person happier than clinging to a job profile fraught with insecurities which can have an adverse effect on mental health.

Lead author of the study, Peter Butterworth, of Australian National University in Canberra, stated, "This study has shown that work of poor psychosocial quality, characterised by low job control, high job demands and complexity, job insecurity and the perception of unfair pay, does not bestow the same mental health benefits as employment in jobs with high psychosocial quality.

"In fact, we found that moving from unemployment to a job with poor psychosocial quality was associated with a significant decline in mental health relative to remaining unemployed."

Link Between Poor Job Quality And Depression Assessed

In a bid to determine the impact of poor quality jobs on mental health, the researchers conducted study.

They analyzed data from a national household survey of 7,155 people called HILDA (Household, Income and Labour Dynamics in Australia).

The participants were questioned about their employment status, conditions at work as well as their mental well-being for a period of 7 years.

The psychosocial quality of job was assessed on the basis of job security, salary, strain, excessive workload, work environment, level of control and future prospects.

Revelations Of The Study

The initial results of the study revealed that unemployed people had poor mental health scores than those working.

However, after factoring age, gender, marital status and level of education, a rather complex pattern emerged in terms of employee's job quality.

The study found poor quality jobs to be harmful and associated with worse health when compared to jobs with lesser stress.

The surprise element was that the mental health of people in stress laden jobs is no better or rather worse than those unemployed.

It was noted that acquiring a good job after being unemployed improved mental health by an average of 3 points, but shifting to poor-quality job led to a loss of 5.6 points compared with a 1.1 point decline for those who remained unemployed.

Implications Of The Study

Experts theorize that though paid work confers health benefits, poor quality jobs which combine several psychosocial strains could be bad for health.



According to them workplace policies that diminish worker autonomy and security may be able to generate short-term economic gains but they place longer-term burdens on the health of employees and the health-care system.

Butterworth stated, “Work first policies are based on the notion that any job is better than none, as work promotes economic as well as personal wellbeing.

“Psychosocial job quality is a pivotal factor that needs to be considered in the design and delivery of employment and welfare policy.”

The study findings are published in the journal ‘Occupational and Environmental Medicine.’

Source and Reference

Neka Sehgal, The Money Times, 15/03/2011

Business Line, Melbourne, Fri Nov 23 2012,

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John Haltiwanger, Elite Daily, How Working A Job You Hate Is Worse Than Being Unemployed

Kate Southam, careerone.com, Bad job worse for your health than no job

29.

Chronic Stress

Predisposes Brain To Mental Disorders

Chronic stress causes long-term changes in the brain that can make people prone to mental problems such as anxiety and mood disorders later in life, scientists, including one of Indian-origin, have found.

It is known that people with stress-related illnesses, such as post-traumatic stress disorder (PTSD), have abnormalities in the brain, including differences in the amount of gray matter versus white matter.

Gray matter consists mostly of cells - neurons, which store and process information, and support cells called glia - while white matter is composed of axons, which create a network of fibres that interconnect neurons.

White matter gets its name from the white, fatty myelin sheath that surrounds the axons and speeds the flow of electrical signals from cell to cell.

Daniela Kaufer, from the University of California Berkeley, and her colleagues, including graduate students Sundari Chetty and



Aaron Freidman, discovered that chronic stress generates more myelin-producing cells and fewer neurons than normal.

This results in an excess of myelin - and thus, white matter - in some areas of the brain, which disrupts the delicate balance and timing of communication within the brain.

"We studied only one part of the brain, the hippocampus, but our findings could provide insight into how white matter is changing in conditions such as schizophrenia, autism, depression, suicide, ADHD and PTSD," she said.

Kaufer's lab, which conducts research on the molecular and cellular effects of acute and chronic stress, focused in this study on neural stem cells in the hippocampus of the brains of adult rats.

These stem cells were previously thought to mature only into neurons or a type of glial cell called an astrocyte. The researchers found, however, that chronic stress also made stem cells in the hippocampus mature into another type of glial cell called an oligodendrocyte, which produces the myelin that sheaths nerve cells.

The finding, which they demonstrated in rats and cultured rat brain cells, suggests a key role for oligodendrocytes in long-term and perhaps permanent changes in the brain that could set the stage for later mental problems.

Oligodendrocytes also help form synapses - sites where one cell talks to another - and help control the growth pathway of axons, which make those synapse connections.

The fact that chronic stress also decreases the number of stem cells that mature into neurons could provide an explanation for how chronic stress also affects learning and memory, Kaufer said. The study was published in the journal *Molecular Psychiatry*.



Source

The Financial Express, Reuters, Washington, Feb 13 2014

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Primitive means very, very old. So whether in the days gone by, people were actually happy or now they are happy?

Even if you say "primitive," the primitive life is very nice. Primitive life means simple life. Keeping pace with the nature's law. It is very nice. Primitive life ... It gives you anxiety-free life, and therefore, even if you take it as primitive, the saintly persons, sages, they used to live long, long years, and their brain was so sharp, because they were taking natural food, fruits, grains, and milk that helps to develop human brain for understanding subtle subject matter. So even Vyasadeva... You have seen the picture of Vyasadeva. He's writing books just near a cottage only. But he's writing. Nobody can create such literature. But he was leading very simple life, in a cottage. Even, say, 2,000 years ago or little more, there was Canakya Pandita. Canakya Pandita, he was a brahmana, but great politician. His politics are studied even now in M.A. class. And because he was a great politician, diplomat, under his name in our India, in New Delhi, the capital, there is a neighborhood which is called Canakya Puri, and all the foreign embassies are there. Your American embassy is also there. Even he was living in a cottage with basic necessities.

— Srila Prabhupada

(Lecture, Srimad-Bhagavatam 2.3.24, Los Angeles, June 22, 1972)

30.

You Are Not Your Job...

By Urban Monk

“You are not all that stuff you think and say you are. You are not your job. You’re not how much money you have in the bank. You’re not the car you drive. You’re not the contents of your wallet.” – Tyler Durden, Fight Club.

Some time back I was looking for the Tate Modern, and I was horribly lost. So doing what any intelligent monk would, I approached an Italian guy who was selling sausage, because he seemed like the open and friendly type. Our exchange went something like this:

“Hey man...uh can you point me in the direction of the Tate Modern?”

“Yesa itsa ... righta over there... you go down next to the market, see the signs and take a right. Innit.”

So basically he started off in Italian and finished with the broadest accent I’ve heard since I was staying in east



London. So I asked him which is it, Italian or Islington. He laughed and explained he was an actor, but some days, when he was working on a role it was hard to tell, hard to differentiate between who you are and the role you are playing.

As I shared a joke, did my Californian routine and said bye, I walked off thinking this is a lot like life is these days. Like an actor we have learned method-acting to such a degree that we are literally living our character and have lost sight of who we really are.

Recently I was at a university speaking about how we act differently online on facebook or twitter than we do in real life, but some people confided in me that they found that sometimes it blurred a lot.

When we talk with people the first thing we usually explain is what our profession is. This implies how much money we earn, We then usually move on to qualifications, hobbies and then partners or marital statuses and then all that comes along with it. But we often forget this isn't actually who we are – these are merely activities and possessions which define who we are. We are thinking, feeling and willing beings, not a collection of labels.



But the status-quo seems to relate to us in this way.

Even though the world may continue to work like this we don't have to. Here are some simple tips to be more authentic:

1. *"The real man smiles in trouble, gathers strength from distress, and grows brave by reflection."* – Thomas Paine

Taking some time out each day to reflect on how we acted, how true we were to ourselves, what we want in life, and to listen to the oft-ignored inner-murmurings will bring us so much more in tune with ourselves. People often feed-back to me that this feels really stupid at first. That may be, but like anything, if you keep doing it

you will definitely get results. One point to consider is that if you are so used to living by temporary things, when you go a little deeper it's always going to cause a little friction because you're not used to it.

2. *“Good things happen when you get your priorities straight.” – Scott Caan*

Prioritise your values. This may seem like an odd suggestion, but who we really are usually informs our values. What it is that we value can also often be the first thing to go out the window when we start to identify more with the things we are, rather than who we are. For example: I



I know a guy who works in investment banking. He admits that he lost sight of who he was. Continuing his life in investment banking during his period of disconnection from who he was, he went on to make some decisions which he later regretted.

3. *“Form follows function – that has been misunderstood. Form and function should be one, joined in a spiritual union.” – Frank Lloyd Wright*

There is a statement by a media commentator named Marhsall Macluhan that the medium is the message. When it comes to people this is only true because this is how we have generally been living. See these external things as a medium or form of expressing who you are, but they don't define you. So ponder seriously the implications of this. It means you use your job, not your job is you... even if you do something you absolutely love.

4. *“Meditation is the tongue of the soul and the language of our spirit.” – Jeremy Taylor*

Meditation helps us to reconnect with our inner-self. It recharges our batteries and helps us to work on a much more authentic platform. Through meditation, especially mantra meditation, and connecting with transcendental sound-vibration, we realized that we

are not bound by these temporary designations. Through connecting with our higher-self through the process of meditation we can live a lot closer to who we are and who we want to be. It's the medium, and it's also the message to an extent. Life is a meditation so give it a try.

Here's to you being 'more you'!

Source

By Urban Monk, 31 January 2014

31.

Progressive Regression

By Krishna Dharma Das

There are almost 2.5 million people unemployed in the UK. Those at least are the official figures. Over 7% of the workforce. It's become a job in itself just looking for a job. Even the most qualified find it hard with one in ten graduates still failing to find a job a full year after graduating.

Economists and politicians will point to a host of possible causes, but Srila Prabhupada suggested that one main reason for labour not working might be our 'labour saving' technologies. "You have created a machine that can do the work of fifty men and now those fifty men are unemployed. Is this progress?"



Well, that's how most of us see it. I guess it depends upon your paradigm. If you believe life to be about bodily enjoyment then you will likely view work as a bit of a problem. You want to free up time to relax and do things you enjoy, which is not usually work. Then there is the all important profit motive. If a machine is cheaper than manpower then that manpower will find itself added to the jobless stats. And so it is that a great welter of machinery has come into being, along with an equally huge mass of idle persons.

But has it made us happier? This is surely the critical question. For those in the dole queues the answer is not likely to be yes. 'Unemployment depression' is a recognised condition. And where work is scarce many of us are forced to do jobs we detest; again hardly a formula



for a happy life or indeed a better society. Mark Twain observed that “the fellows who groan and sweat under the weary load of toil they bear never can hope to do anything great. How can they when their souls are in a ferment of revolt against the employment of their hands and brains? The product of slavery, intellectual or physical, can never be great.”

It is not only the direct misery of having no work or work you hate that is problematic; there is also the question of how to support those millions of out of work people. It certainly doesn't make for easy economics. Still more social issues arise from the old idiom that an 'idle mind is the devil's playground'. With increasing numbers of unengaged and bored young persons hanging around on our streets, trouble is sure to follow. Especially when they become desperate for the cash they cannot earn.

The Vedic paradigm works on the assumption that human life has a higher spiritual purpose; that we are meant for self realisation. Actual happiness is derived from this direction, from inner contact with the spiritual, rather than from external sense pleasure. With such a paradigm and its attendant culture there is far less need to

advance technology in order to increase material comfort. Those who are happy within themselves are less concerned with their worldly situation. Srila Prabhupada called this 'simple living and high thinking.'

The simple life of Vedic society means one closer to the land; an agrarian lifestyle where most people grow their own food within local economies. We can easily produce everything we need in this way. The basic requirements of the body are analysed as eating, sleeping, mating and security, and these can be obtained without excessive hard work. Prabhupada would often point out that the animals have no industry and technology but still they obtain all the same necessities as us simply by nature's arrangement. Life used to be like that everywhere, with everything produced more or less locally by local farms and traders. In many parts of rural India still one will find such a lifestyle where people hardly travel beyond the few villages in their immediate locality. And they certainly seem happy enough.

But human society is fast moving away from this kind of life. Local economies are being swallowed by the engulfing tide of globalisation. Great corporations and conglomerates are producing all our necessities, as well as a whole heap of not so necessities, and all we can do is try to get a job with them so we can get the money to buy all that stuff. We find ourselves completely at their mercy in so many ways, dependent on fragile infrastructures and supply chains, along with volatile market forces controlled by cash hungry investors.

All this so called progress over the centuries has been driven by the belief that we can somehow improve our material sense pleasure. Atheism and a failure of religion to give people a real spiritual taste lies at its heart. It has been the march of 'civilisation' which Prabhupada simply dismissed as "sophisticated animal life". Virtually all human endeavour now is about advancing material facilities. The idea that life is meant for self and God realisation is all but gone, along with the wonderful experience of pure spiritual

happiness, far superior to any worldly joy. But only when we rediscover this spiritual pleasure can we reverse the materialistic trend that appears headed for disaster.

And it surely does seem that disaster looms. Unemployment with its attendant difficulties is just one of many social problems we have created. A host of environmental issues coming out of our new technologies now threaten our happy lifestyle, which is anyway not that happy with those pesky depression figures heading ever upward. In the UK, child and mental health service caseloads have risen over 40% over the last three years. One in ten 1 – 15 year olds has a mental health disorder and the UK has one of the highest levels of self-harm in Europe. This has contributed to more and more alcohol and substance abuse and dependence. In Britain this alone costs around £39 billion per year. Then there is global poverty and starvation due to one side of the world exploiting the other for its resources. Meanwhile, in the bloated and spoiled developed world another burgeoning problem is family breakdown. In its report ‘Every Family Matters’, the Centre for Social Justice (CSJ) stated that one in three children born in the UK today will experience parental divorce. Which of course leads to so many other issues. And so it goes.

There is a crisis on our streets. In a recent speech to the Charities Parliament, the chairman of the CSJ, Iain Duncan-Smith said, “You are working in communities without hope. It is not that they have even known hope and had it taken away. Rather, the people in the communities you work with are quite literally without hope: they are hopeless.”

Just like here you see in Europe, America. They have got the high standard of life, they have got skyscraper buildings, very big, big roads, motorcars. But what is that? Simply struggling. Are they happy?

—Srila Prabhupada (Lecture, Srimad-Bhagavatam, Vrndavana, December 7, 1975)

Prabhupada once said that in modern society we first of all put ourselves into anxiety and then we struggle to get out of it. “That is your heroism”, he said.

In a properly functioning Vedic society, examples of which are now very hard to locate, everyone is engaged according to their particular qualities, doing what they enjoy and can do well. There is no jostling for promotion and ever increasing salaries. People are satisfied due to their spiritual practise and they understand life’s goal, which is not ephemeral material pleasure and security, but eternal spiritual happiness. A house built upon rock rather than sand, as one Jesus Christ advised a long time ago.

It is a simple formula. Krishna says in the Bhagavad-gita, “Grow food, worship me and work for my pleasure. Thus you will be happy in this life and the next.” It is time we put it to the test.

Source

Krishna Dharma Das, 19 Jan 2012

32.

Voluntary Simplicity - A True Story

Fast Track Fast Food To Slow Track Slow Food Life

How We Went From \$42,000 To \$6,500 And Lived To Tell About It!

By L. Kevin & Donna Philippe-Johnson

As a middle class American, it's been difficult for me to understand how we are supposed to make a living when there are so many things working against us. How can we go on day after day with the rising cost of food, fuel, utilities, car insurance, taxes and health care, while dealing with the insecurity of unemployment? In the past, whenever I considered these things, I felt a hopeless sense of impending doom in the pit of my stomach. There is so much talk about how to solve these issues, but nothing ever seems to stop the downward spiral of struggle and stress that millions of folks are experiencing.

Like many working people, my life went along fine during the 1980s. I had a good paying job (\$42,000 a year) and though I didn't enjoy the kind of work I was doing as an industrial draftsman, receiving a steady paycheck every week kept me going without much complaint. But then came the



Gulf War in the 1990s and after that point I faced nine layoffs over the span of 10 years. By the time September 11 happened, I hadn't been able to maintain steady employment in the petrochemical industry for over a decade. I would work about three or four months, then back again to the unemployment line.

It was at this point that I realized that something was wrong. The life strategy I had grown up to believe in was no longer working and there didn't seem to be any answers. Obviously no one was going to get me out of this, so I decided I needed to take matters into my own hands and figure out a way to redefine my basic approach to living.

Lucky for me, I have an adventurous wife. She was on the same page with me and was willing to make some drastic changes in our lifestyle. As a committed team, we decided to figure out another way to survive despite these uncertain, hard economic times. Since we didn't have a lot of money and because it was getting harder to find steady employment, we decided to rethink our basic values in order to create a life for ourselves where we could be independent and free of needing a career or a full-time job.

And for us, that meant first and foremost, moving to the country. If we were going to be poor, we thought, at least it would be better to be poor in the country. That way we could grow our own food



and reduce our expenses. Eventually we discovered that there were others who felt the same way we did. Today there is a small, but growing movement in this country towards a lifestyle we call “Voluntary Creative Simplicity.”

We decided to start over, to shake loose from all the things holding us down. We got rid of all the stuff we didn't need and worked on paying off debt. Then canceling our credit cards and using cash, we followed an efficient financial plan that taught how to track every penny. By doing this we were able eventually to save a little bit of money.

Also, we wanted to be strong and healthy to do the work required for this basic lifestyle so we changed our eating habits. We broke away from the standard American fast food, pre-packaged supermarket diet in favor of organically grown whole grains, raw fruits and vegetables, fermented dairy, nuts, seeds and sprouts and eliminated all junk foods and prescription drugs. We started exercising regularly by walking, practicing yoga, and gardening. Since we no longer wanted to pay health insurance premiums, we decided to start a special savings account (\$1,000) just for emergency first-aid treatment. And of course we got rid of the cell phone, cable television and Internet bills and greatly minimized our use of air conditioning. The beginning of the path to the simple life was a process of elimination in every aspect of our lives.

Eventually we found 2-1/2 acres of land, 35 miles out of the city. Inspired by our new vision, one summer we said goodbye to the city, permanently moved out to our new place and set up a dome tent to live in. We happily lived in our tent that summer while clearing the land and constructing a rustic 10' by 12' room with a sleeping loft. We did this on a “pay-as-you-go” plan, hauling all the materials in the back of our old pickup truck. Never having built anything before, we worked hard and gained the skill of building our own shelter.

As the tiny outbuilding took shape, next came the installation of an underground cistern for collecting rainwater, and finally, the construction of our three-room (500 square foot) cabin. Since we

had to borrow \$9,000 to purchase the property, I continued to take whatever jobs I could find (drafting, clerk work, courier, dishwasher, bakery assistant, etc.) while Donna (my wife!) stayed busy working on our organic garden, planting fruit trees and composting. She enjoys learning about native plants and healing herbs that she can grow.

Over the next few years, while working toward our goals of self-reliance and independence, we became stronger, healthier and more confident in our ability to rely on our own skills. It was quite an empowering experience. We learned how to build things, grow our own food, take responsibility for our own health, and best of all, we learned how to laugh and have fun again. The simple joys and true pleasures of fresh, home-grown food, watching everything grow and prosper in harmony, working with our own hands and spending quality time together replaced all of the costly false values that had occupied our time before.



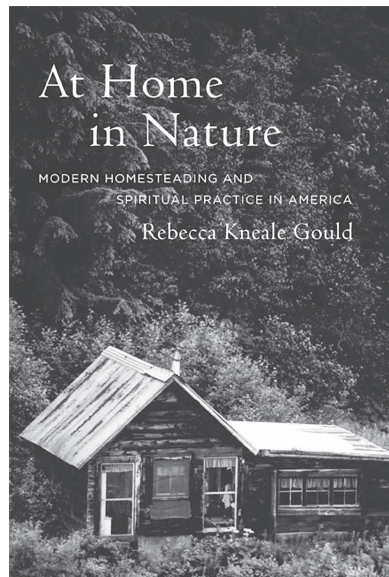
Gradually we paid off the land, finished the cabin and succeeded in minimizing our basic utility costs. We began to notice that our expenses were decreasing as the quality of our life was increasing. As long as we stayed home and didn't travel to a steady job we really didn't need very much money. The lifestyle of voluntary creative simplicity was resulting in compounding efficiency and improvement in every area of our lives.

Soon, we saw the proof of the inefficiency of working a full-time job. After figuring in the work-related expenses of one job, I realized

that my take home pay was only \$3 an hour! At that point I was convinced that it was far more cost effective to stay home, grow our own food, split our own firewood and bake our own bread than it was to travel to a job day after day. Yet we still needed some form of income.

Though we had reduced the amount we needed to around \$540 a month (way below the poverty level in America), we still had to find a way to generate that income without relying on full-time employment. Once we had succeeded in drastically reducing the amount of money we needed, I knew it would be easy to earn this income by working odd jobs such as building rustic furniture, playing guitar for tips, simple carpentry, part-time drafting, office work, plumbing, etc. However, there was one thing I really loved to do...bake handmade whole-grain sourdough bread in an outdoor wood-fired clay oven! I had always shared my bread with friends and family, but it never really occurred to me to do it as a way to earn extra money.

We soon discovered that there was no authentic, handmade sourdough bread being produced in our area, and little by little, people began asking if they could trade or buy from us. Within a year we had enough bread customers to generate the supplemental income needed to meet our modest expenses. And now there is even more demand and a waiting list of neighbors and friends who want our bread regularly. They know our bread is special because the organic wheat is freshly hand milled, the loaves are lovingly made entirely by hand and baked in our outdoor clay oven.



While the key to the lifestyle of voluntary simplicity, is “thinking small,” many people still believe the opposite is true-”bigger is better.” For example, people often tell us we should invest in a commercial bakery and produce more sourdough bread. But in order to expand and make a career out of baking and selling bread, we would have to go into debt to purchase commercial mixers, freezers and large ovens, work longer hours and face the mountain of bureaucratic permits, codes, fees and restrictions. As a result, the simple, authentic handmade artisan bread that our customers love would have to be sacrificed in favor of expanding volume and making more money. Everybody loses but the bankers and the bureaucrats. We would fall right back in the same old trap, getting into debt and sacrificing our freedom and quality of life for a job. This is an example of compounding inefficiency.

The downfall of many people who would like to break the



bonds of stress and financial enslavement to the system is their tendency to think too big. But we must realize that this has been programmed into us by the industrial society and loan institutions, all attempting to excite and feed our insatiable desires. Friends, it takes a lot of mindful awareness to break free of all these traps. It also requires an ability to improvise and adapt towards an alternative model. The lifestyle of voluntary simplicity is one option and the resulting benefits are transformational.

The point I'm making is this: many of us can no longer think in terms of having a lifetime career anymore. For whatever reason, things are changing in this country. Outsourcing and cheaper labor

costs in other countries will continue to eliminate jobs in the United States. And though the opportunity still exists to work, we must understand that it may be only temporary. While continuing to work at a job or career one should be wise and set up a plan to survive without steady employment for certain periods of time if necessary.

This could mean storing some supplies, purchasing a piece of property where a small shelter, tent or tipi can be erected if necessary, or getting out of the city and into the country where one can provide food for themselves. My old Grandpa used to say, "all the troubles in this country began when people stopped growing their own food." And he was right. The younglings of this modern age don't even know what real food is, much less how to grow or prepare it! This has to change. (That's another reason we promote sourdough bread baking. It is time to start a "slow-food" movement).

Thinking small is one of the most intelligent and powerful things one can do. Consciously reducing one's life down to the simple basics is the secret to happiness. And it is so easy. What is the solution? This is our advice, especially to young people:

"Don't get in debt, don't think in terms of a career (work at a job for one reason only, to get paid so you can buy a place to live and grow some food), live in a small shelter, unload unnecessary stuff, reduce monthly expenses, extract yourself from the enslavement of modern technological materialism, stay healthy by exercising, eat a

The money is to be kept in cattle and grains. That is Indian economy, cattle and grains. If you have got many cows, you get milk. Milk preparation. And if you have got grain, then where is your problem? You prepare your foodstuff at home and eat and chant Hare Krsna. Where is your problem? You want to eat and live peacefully. So if you have got grains and milk, you have got enough food and there is no problem. You haven't got to go fifty miles for your work, and then you require a tin car. So many problems. But if you get your food at home, then eat them and chant Hare Krsna and go back to home, back to Godhead. Simple thing.

(Morning Walk, December 31, 1973, Los Angeles)

simple, wholesome diet, develop some practical skills, practice your art or trade and serve your local community. Teach your children to value true pleasures. Real wealth is perishable: food, health, trees, flowers, herbs, healthy soil, clean water, fresh air, friends and art. Learn to value and appreciate these above all else.”

Of course we realize that everyone has to creatively work out their own unique plan according to their particular circumstances, especially if there are children to raise. (We have six grown children.) But with “small thinking,” so many opportunities open up and the more one can release, the more freedom there is to experience with each passing year.

If someone would have suggested to us ten years ago that there was a way for the two of us to live on much less, build our own little hut, buy our freedom, give up steady employment, work fewer hours, become happy, healthy, debt free, self-reliant, and live fearlessly without health insurance, I would have told them they were crazy. This has been an incredible, radical journey for us, but now we know from first hand experience that with vision, patience, self-discipline and courage, it is possible to create such a reality.

Creative voluntary simplicity expands faster than inflation for those who can do it, rather than waste time and energy thinking too big and chasing after more money to find happiness and security.

Source

The Sun, January 2, 2008.

THE AUTHOR

Dr. Sahadeva dasa (Sanjay Shah) is a monk in vaisnava tradition. His areas of work include research in Vedic and contemporary thought, Corporate and educational training, social work and counselling, travelling, writing books and of course, practicing spiritual life and spreading awareness about the same.

He is also an accomplished musician, composer, singer, instruments player and sound engineer. He has more than a dozen albums to his credit so far. (SoulMelodies.com)

His varied interests include alternative holistic living, Vedic studies, social criticism, environment, linguistics, history, art & crafts, nature studies, web technologies etc.

Many of his books have been acclaimed internationally and translated in other languages.



By The Same Author

Oil-Final Countdown To A Global Crisis And Its Solutions
End of Modern Civilization And Alternative Future
To Kill Cow Means To End Human Civilization
Cow And Humanity - Made For Each Other
Cows Are Cool - Love 'Em!
Let's Be Friends - A Curious, Calm Cow
Wondrous Glories of Vraja
We Feel Just Like You Do
Tsunami Of Diseases Headed Our Way - Know Your Food Before Time
Runs Out
Cow Killing And Beef Export - The Master Plan To Turn India Into A
Desert
Capitalism Communism And Cowism - A New Economics For The 21st
Century
Noble Cow - Munching Grass, Looking Curious And Just Hanging Around
World - Through The Eyes Of Scriptures
To Save Time Is To Lengthen Life
Life Is Nothing But Time - Time Is Life, Life Is Time
Lost Time Is Never Found Again
Spare Us Some Carcasses - An Appeal From The Vultures
An Inch of Time Can Not Be Bought With A Mile of Gold
Cow Dung For Food Security And Survival of Human Race
Cow Dung - A Down To Earth Solution To Global Warming And
Climate Change
Career Women - The Violence of Modern Jobs And The Lost Art of Home
Making
Working Moms And Rise of A Lost Generation
Glories of Thy Wondrous Name
India A World Leader in Cow Killing And Beef Export - An Italian Did
It In 10 Years
As Long As There Are Slaughterhouses, There Will Be Wars
Peak Soil - Industrial Civilization, On The Verge of Eating Itself
Corporatocracy : The New Gods - Greedy, Ruthless And Reckless
(More information on availability on DrDasa.com)

Keynes, the father of modern economics predicted in 1930, "In the future, working hours would be short and vacations long. Our grandchildren would work around three hours a day—and probably only by choice." Economic progress and technological advances had already shrunk working hours considerably by his day, and there was no reason to believe this trend would not continue. Faster cars and planes were taking us places and modern appliances were reducing drudgery in the home and the office. Concern was being raised in social circles: what are we going to do with all the free time in the future?

And here we are, in the 21st century, afflicted with a 'perennial time-scarcity problem'. And the matter is growing more acute with every passing day. We have never worked so hard, for so long and for so little. Technology hasn't made life any easier at all. Workers are finding themselves under more pressure than ever before. People are living to work and not working to live.

Masanobu Fukuoka has raised this concern in his book 'The One-Straw Revolution', "I do not particularly like the word 'work.' Human beings are the only animals who have to work, and I think that is the most ridiculous thing in the world. Other animals make their livings by living, but people work like crazy, thinking that they have to in order to stay alive. The bigger the job, the greater the challenge, the more wonderful they think it is. It would be good to give up that way of thinking and live an easy, comfortable life with plenty of free time. I think that the way animals live in the tropics, stepping outside in the morning and evening to see if there is something to eat, and taking a long nap in the afternoon, must be a wonderful life. For human beings, a life of such simplicity would be possible if one worked to produce directly his daily necessities. In such a life, work is not work as people generally think of it, but simply doing what needs to be done."

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www.ReturnofSlavery.com

Soul Science University Press

