

ENGINEERING *and* HEALTH

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OUR FRIENDS the doctors belong to an appealing profession. They deal with human suffering and work miracles of relief. The practicing physician touches the lives of his patients and their families in times of minor or major illness, brings calm competence for them to lean on, initiates useful activity when the urge to do something is especially strong, and renews and strengthens the courage of all concerned. The hospital provides, sometimes a little too impersonally, but nevertheless effectively, a kind of care that the household can but seldom afford. The research worker in medicine wins dramatic victories over one disease after another by methods that the educated layman can comprehend even if he cannot fully understand the detail of the scientific technique. To the general public it all seems like a personification of science at its best, working untiringly for the benefit of mankind. Perhaps it is for this reason that, at least in reasonably prosperous times, generous-hearted men and women are so easily persuaded to make liberal contributions to hospitals, medical schools, and institutes for medical research.

Our own profession commonly makes no such emotional appeal to the lay public. Our achievements are too often thought of as having an industrial rather than a human significance. The man in the street admires and trusts the engineer in a blind and sometimes extravagant fashion, but this admiration tends to be cold and impersonal as that which he accords to one of his machines. Does not the engineer deserve a warmer and more affectionate appreciation? If only we could make clear to ourselves and to the public some of the things we are doing or trying to do, that touch intimately the personal lives of men, we might hope that the respect now commonly accorded us might be tinged with more of the emotion-stirring loyalty that we can inspire active cooperation?

With this thought in mind that I have chosen to inquire to what extent the engineer can be thought of as rivaling the physician in the promotion of health. In appraising this rivalry in competition, let us not forget that, while the engineer's achievements are never as dramatic, spectacular, or individualistic as the saving of a life or the restoration of a sufferer to vigorous effectiveness, the engineer deals, not with individuals, as do most physicians, but with the great masses of men, women, and children that constitute modern communities. If, then, the intensity factor of his health work is, perhaps, less than that of the physician, its quantity factor is, in the total, immeasurably greater. But any appraisal of the effectiveness of any sort of work, in physics or in life, depends on the magnitude of a product containing both an intensity and a quantity factor. If, then, the intensity factors of the various engineering activities that promote health are found to be far greater than that zero which alone could nullify the significant product, it is, perhaps, not unreasonable to suggest that the engineers of today are contributing quite as much to the promotion of health as are the physicians.

The most obvious, because the most direct, contributions of engineers to the promotion of health lie, of course, in the field

of sanitation. By bringing abundant supplies of pure water into towns and cities, a boon that only those who have lived or traveled in arid regions can fully appreciate, by building sewers and sewage-disposal plants, by modern methods of refuse collection and disposal, by the invention and fabrication of modern plumbing fixtures which make cleanliness easy, and by a patient persevering fight against atmospheric and stream pollution, engineers have undoubtedly saved many lives and relieved the world of much suffering. While the medical men have had to lead the way in attacking such diseases as hookworm, malaria, and yellow fever, it has been the sanitary work of engineers that has put this hard-won knowledge into practical effect on a large scale over considerable areas. Indeed in the whole field of public-health work and of preventive medicine in which so many forward-looking physicians are actively engaged, engineers are their indispensable allies. The tremendous influence which these various sanitary and other advances have had on the general health level of the population as compared with that which prevailed in the middle ages is too striking to require further comment.

In the important matter of diet also, the work of the engineer has been of importance. By the development of tin plate and of intricate machines for fashioning it, he has made possible the canning of food on a tremendous scale, thus broadening and enriching the diet of the nation, and making available at all seasons, and in the most out-of-the-way places, foods rich in vitamins and hormones. The development by engineers of refrigeration on ships, on trains, in cold-storage warehouses, and in the home, including the newest methods of quick freezing, has contributed to the same end. Irrigation, often involving engineering projects of enormous magnitude, has helped the farmer to produce food in greater abundance and often of finer quality. Still more fundamentally, the ships, trains, and motor trucks, by means of which most of the food of the nation is brought to those who consume it, were invented and developed, and are fabricated and maintained by engineers. Without them no modern urban population could exist. By these means engineers have profoundly affected the dietary habits of whole nations and have made possible the elimination of deficiency diseases and of the lowered resistance to infection that malnutrition causes.

In the matter of housing, also, engineers have played their part. They have improved the materials and methods of construction, and therefore both the availability and the usefulness of buildings of every sort. They have flooded houses, offices, and workshops with eye-saving light. They have provided the central heating plant that insures a uniform controllable temperature throughout a house. Air conditioning is just around the corner. By developing transportation they have enabled an urban population to find over a far-flung area more healthful living conditions than were available even to the well-to-do of, let us say, two centuries ago.

In all these obvious ways engineers have contributed to the maintenance and improvement of the health of vast numbers of people. This is, however, by no means the whole story. There are certain other activities of engineers that have an even more significant effect on the health level of a nation.

Consider first, all that is involved in what is called a national

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standard of living. Technical achievements in sanitation, in the production, transportation, and preservation of food, and in housing may determine what is available to those who can afford to have what they want; but it is the national standard of living that determines what the average man actually gets. If the national standard of living is low, there will be bad housing, bad sanitation, malnutrition, a prevalence of deficiency diseases, and a general lowering of resistance to infection that will be responsible for much sickness and many deaths. By far the most effective way of raising the general health level of any population is to raise its standard of living. This problem is, fundamentally, not medical but economic.

The standard of living of a community is nothing else than its production of goods and services per capita per year. Unfortunately this is not always the same as a community's capacity to produce per capita per year. At the moment, for instance, we apparently do not know how to make our economic system function in such a way as to permit men to produce and consume all they could easily produce and would like to consume.

In the long run the actual production of a community per capita per year will be determined by its capacity to produce, and its capacity to produce will be conditioned largely by the possible production per man-hour of expended labor. In other words, in the long run, the only way to raise the standard of living of any community, and with it the general level of the health of that community, is to increase what a man can do in an hour by giving him more inanimate slaves in the form of horsepower and kilowatts, by giving him more and better tools and machines with which to work, by mechanizing and automatizing more of the routine operations in his productive processes, by working out technological advances and inventions that displace some useful thing that is hard to make by something else equally useful and easier to make, by showing him how to handle things more deftly, and how to postpone or avoid fatigue, and by more effectively organizing the teamwork of the industrial unit in which he works. Only by such means as these can the standard of living of any community be permanently raised, and only engineers can provide these elements in the increased hourly productivity of the workman of today and tomorrow. By raising our scale of living in the future, as they have marvelously raised it in the past, engineers can markedly affect the future health level of the whole population.

Over shorter periods, a high standard of living is characteristic of what we call prosperity. Anyone who ventures to talk about the business cycle is treading on dangerous ground. But it is, I think, generally admitted that a characteristic of most waves of prosperity is the rise of an important new industry. The automobile and the radio are striking examples. What the next new industry will be, no one knows, but it is surely safe to assert that, when it comes, engineers will have been responsible for its genesis and growth. Only industrial activity, energized by the genius of the engineer, can generate good times. If then, it is to engineers that we must look both for the long-term trend, and for the cyclic bulges, in the upward progress of our standard of living, their part in the maintenance and improvement of the health of the nation is great indeed.

All that I have said thus far pertains to the physical health and well-being of mankind. But our friends the physicians know even better than the rest of us the importance of that other aspect of men's lives that may be called mental health. Always important in itself, it often influences, if it does not completely dominate, physical condition. Here too, engineers

have important contributions to make in at least two different ways.

The first depends on the fact that a considerable proportion of men and women spend more than a third of their waking hours on an industrial job of some sort. Someone has said that the chief difference between a professional man and a job holder is that the former lives through his work, the latter by means of it. I see no reason why this cynical characterization of industrial work should be accepted as inescapably true, or why such work cannot be made to afford to the worker an acceptable and satisfying way of living. In fact I believe that many workers do thoroughly enjoy their work. We are all too prone to ignore the nonfinancial incentives and rewards of business and industry.

Enjoying one's work is greatly enhanced by, if it is not actually dependent on, having a job that one can do well. This is where the engineers come in. They are beginning to feel their way into new fields of management which involve both adjusting jobs to their holders and assigning men to the right jobs.

Adjusting a job to its holder may be done by a machine designer or by a motion-study specialist. Many modern machines are already designed with special reference to the convenience and comfort to those who are to operate them; though how much remains to be done is indicated by the saying of one of my friends that there is only one machine in the world that is perfectly adapted to the operator, and it took three thousand years to make it so—the machine in question being the ax handle. And to the extent that motion study is used to make jobs easier and less fatiguing, rather than merely to speed up production, it can confer great benefits on the worker.

Assigning men and women to the right jobs holds even greater promise of materially raising the general level of mental health of the working population. Industrial managers are beginning to make notable progress in studying human beings objectively, in measuring individual differences, in appraising both the strengths and the weaknesses of prospective employees, in cataloging the pattern of strengths and weaknesses most appropriate to each particular job, and in assigning men and women to the right jobs. I could tell you, if time permitted, of men who came into an industrial testing laboratory restless and inefficient, sometimes even morose and uncooperative, because they had strong aptitudes of certain kinds on which their jobs made no demands whatever, and how, in many cases, reassignment of these men to jobs that called into play all their aptitudes resulted within a year in almost miraculous alterations in personality and outlook on life. I could tell you of women, trained at their own request as comptometer operators, who become nervous wrecks within a year because of the lack of a certain necessary aptitude which could easily have been detected in advance. Nor should we forget the intangible but often important stimulation to personality that comes from the mere fact that one has been studied and measured, that one's abilities have been sought out and recognized, that one's life has been paid attention to and discussed as an individual adventure. Not that the millennium is immediately at hand by any means; the engineer-managers of today have only just begun to scratch the surface of this highly promising field, and he who tries to go too fast in it will come a cropper, and perhaps temporarily discredit the whole field. Nevertheless I am convinced that this kind of activity will produce, in the next twenty-five years, a greater harvest of human satisfaction and mental health than any of us can yet conceive.

Turning now to the second way in which engineers can hope to help bring more abundant mental health to the world, we find ourselves facing a much more difficult problem. Perhaps I