

## Notes on the contents

■ The theme of the 2/2007 issue of the *Historical Journal* is work, rest and fatigue, which the writers approach from various angles.

Cultural fatigue has often been associated with the states of mind of the modern world. Katariina Mustakallio's article "Kansakunnan väsymys ja siitä toipuminen – Livius ja roomalainen historiaterapia" (The fatigue and recovery of a nation – Livius and the Roman history therapy) expands the perspective on the final period of the Roman Republic and the start of the Roman Empire, and discusses the historian Titus Livius's relationship with history. Mustakallio focuses mainly on Livius's concept of history as a remedy to the fatigue and degradation of a nation.

Laura Hollsten examines in "Yöllä ei ole isäntää" (At night there is no master) the leisure time of slaves in the sugar plantations of the Caribbean in the early modern period. African slaves worked from dawn till dusk, and the only free time they had was on Sundays and at night. Instead of resting, the slaves used this time to manage their own lives, which involved cultivating kitchen gardens, Sunday markets, dance and religious ceremonies. Having free time provided slaves with the opportunity to engage in trade and develop their own culture.

Mikko Jauho's article entitled "Terveys on työmiehen ainut pääoma" (Health is a worker's only asset) discusses work, rest and physical exer-

cise in Finnish health education at the turn of the 20<sup>th</sup> century, which was a period when health education was a manifestation of the increasingly social dimension of health care. Health education of that time reveals the historical layers of various tenets of health care, ranging from the dietetics dating from the Antiquity through physiology, which was developed in the 19<sup>th</sup> century, to the most recent of discoveries, bacteriology, which focused focus on preventing infectious diseases.

The fatigue caused by working outside and at home was already a topic of hot debate more than 50 years ago. Antti Malinen's article "Työmiesten ja perheenemäntien väsymyksestä käytä keskustelu 1920–1940-luvuilla" (Debate on workmen's and housewives' fatigue in the 1920s–1940s) shows how the fatigue experienced by workmen and housewives was a social question that was approached from the perspectives of social class and gender. The way the social authorities of the time discussed the issue shows attempts towards creating hierarchies and norms. By referring to workmen's "mental fatigue" they were seeking support for solutions that would improve the terms of employment relationships. For women, fatigue provided an acceptable reason to highlight their experiences of the inequality in the division of labour in the home.

Simo Mikkonen's article "Votkaa ja fokstrottia – säveltäjät stalinistisen vapaa-ajan järjestäjinä ja kuluttajina" (Vodka and foxtrot – composers as organisers and consumers of Stalinist leisure pursuits) describes how composers of the

former Soviet Union became part of the elite. They were offered numerous privileges concerning leisure-time activities, to which ordinary people had no access. Composers influenced strongly in the emergence of their own elite class. They participated in organising people's leisure activities by composing ideologically charged music and providing musical activities in factories and kolkhozes.

Kirsi Laurén discusses in her article "Pakko ja vapaus. Metsäluonto työn ja vapaa-ajan kokemuksissa" (Necessity and freedom. Forest environment in the experiences of work and free time) Finns' experiences of the natural forest environment, particularly from the perspective of forest owners and that of recreational users of forests. Making a living in the natural environment creates a completely different set of experiences than spending one's leisure time there; this also affects people's relationship with nature. Physical labour and working in the forest are generally considered extremely strenuous, but operating in that environment can also be seen as having recreational benefits.

In her column "Työ – ikiaikainen taakka vai historiallinen keksintö" (Work – eternal toil or a historical construct), Marja Jalava discusses the historical concepts related to working. Kimmo Rentola's contribution "Historiallien kokemus" (A historical experience) deals with the identity of political history while Pertti Haapala reviews Yrjö Varpio's biography of writer Väinö Linna in "Väinö Linnan elämät" (The Lives of Väinö Linna).

(Translation: *Valtasana Oy*)