

# **FiVE** Signs

## You May Suffer from Hurry Sickness

1. You walk fast and drive fast even when you have plenty of time to get where you're going.
2. When you are not doing at least two things at once, you feel idle and unproductive.
3. Riding the elevator, you are one of those people who repeatedly presses the "door close" button.
4. In traffic, you count the cars in front of you to calculate which lane is moving fastest.
5. You sleep in your clothes to save time in the morning.

—Jennie Bricker

### Sources

Denise Cristabal, "10 Signs That You May Suffer from Hurry Sickness," *allwomenstalk* (undated) (<http://allwomenstalk.com/10-signs-that-you-may-suffer-from-hurry-sickness>).

James Gleick, *Faster: The Acceleration of Just About Everything* (1999, 2000).

Rosemary K.M. Sword and Philip Zimbardo, "Hurry Sickness: Is Our Quest to Do All and Be All Costing Us Our Health?" *Psychology Today* (Feb. 9, 2013) ([www.psychologytoday.com/blog/the-time-cure/201302/hurry-sickness](http://www.psychologytoday.com/blog/the-time-cure/201302/hurry-sickness)).

# Exact **TIME** & the Earth's Rotation

The “Directorate of Time,” located at the Naval Observatory in Washington, D.C., is an agency of the U.S. Department of Defense and the official keeper of the exact time. The directorate monitors dozens of atomic clocks and a master clock that coordinates the whole ensemble.

The hyperprecision of the directorate’s system is foiled, however, by Earth’s rotation, which slows down ever so slightly, by nanoseconds, each year. The solution? The official keepers of time insert a “leap second” into the world’s calendar, most often on Dec. 31, in the last moments of the year. “As the Earth continues to slow,” reports James Gleick, “leap seconds will grow more common. Eventually we will need one every year, and then even more.”

Source: “Directorate of Time,” <http://tycho.usno.navy.mil/gif/timex.html>; Gleick, *Faster* 3-5.