

**THE EFFECTS OF ARTS, TRADES, AND
PROFESSIONS, AND OF CIVIC STATES AND
HABITS OF LIVING, ON HEALTH AND
LONGEVITY: WITH SUGGESTIONS FOR THE
REMOVAL OF MANY OF THE AGENTS WHICH
PRODUCE DISEASE, AND SHORTEN THE
DURATION OF LIFE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649569175

The Effects of Arts, Trades, and Professions, and of Civic States and Habits of Living, on Health and Longevity: With Suggestions for the Removal of Many of the Agents Which Produce Disease, and Shorten the Duration of Life by Charles Turner Thackrah

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

CHARLES TURNER THACKRAH

**THE EFFECTS OF ARTS, TRADES, AND
PROFESSIONS, AND OF CIVIC STATES AND
HABITS OF LIVING, ON HEALTH AND
LONGEVITY: WITH SUGGESTIONS FOR THE
REMOVAL OF MANY OF THE AGENTS WHICH
PRODUCE DISEASE, AND SHORTEN THE
DURATION OF LIFE**

CRITICAL NOTICES

OF THE FIRST EDITION OF THIS WORK.

"This is an exceedingly instructive essay, containing much valuable information on Hygiene, a branch of medicine totally neglected in this country. It is the production of a man intimately acquainted with the medical sciences, and is the only work in our language upon the subject."—*Lon. Med. and Surg. Journal*, April 1831.

"This very important and instructive work."—*Lon. Med. and Surg. Journal*, May, 1831.

Mr. THACKRAH's observations are deeply interesting to medical men. In fact, there is not a medical practitioner or a manufacturer in this empire who should not possess this work. It is replete with information equally valuable to the one as the other. It reflects great credit on its author, as a scientific, laborious, zealous, and philanthropic individual."—*Lon. Med. and Surg. Journal* for June.

"Useful, in an eminent degree, do we consider Mr. Thackrah's inquiries and publication calculated to be. Practical research has led him to an accumulation of facts, at once curious in themselves, and vitally interesting to every living being." "Mr. T. then goes into his striking details," &c.—*Literary Gazette*, March, 1831.

"A volume replete with useful observations, and sensible remarks, interesting to all medical practitioners, but especially to those who reside in manufacturing towns."—*Johnson's Med. Chir. Review*, for April, 1831.

"Mr. Thackrah in the course of his inquiries has collected much interesting information. He has thrown out various suggestions, which, if adopted, would add much to the happiness as well as the health of those engaged in certain trades; and it is not unreasonable to presume that if the investigation be continued with equal zeal and intelligence by others, great improvements may be obtained.

"We feel assured that whoever peruses Mr. THACKRAH's work, will feel grateful to him for the valuable information he has collected upon the very important subjects to which he has directed his attention."—*London Med. and Physical Journal*, for June, 1831.

"—A work just published in this country, which bears ample marks of the industry, ability, and philanthropy of its author."—*Lancet*, June 11, 1831.

"We hail the appearance of this interesting little volume with feelings of much satisfaction, as well for the intrinsic value it possesses, as because it seems to be the precursor of some public excitement on the important subject to which it relates.

In conclusion, we confidently recommend Mr. THACKRAH's work to the attention of the profession, among which we trust he will find some successful followers in the benevolent course he thus invites others to pursue."—*Lancet*, July 9.

"Mr. THACKRAH has given an excellent popular outline of the inquiry, and determined many important data as to the healthiness or unhealthiness of particular trades; and the general conclusions are, without exception, either obviously correct, or as far as we can see, very near the truth.

"Every other treatise of the kind falls infinitely behind the present in comprehensiveness and accuracy; which is indeed not to be wondered at, as he is the only modern author who obviously writes from careful personal observation."—*Edin. Med. and Surg. Jour.* for July, 1831.

THE EFFECTS
OF
ARTS, TRADES, AND PROFESSIONS,
AND OF CIVIC STATES
AND
HABITS OF LIVING,
ON HEALTH AND LONGEVITY:
WITH
SUGGESTIONS
FOR THE
REMOVAL OF MANY OF THE AGENTS WHICH PRODUCE DISEASE,
AND SHORTEN THE DURATION OF LIFE.

By C. TURNER THACKRAH, Esq.

SECOND EDITION, GREATLY ENLARGED.

LONDON:
LONGMAN, REES, ORME, BROWN, GREEN, & LONGMAN;
SIMPKIN & MARSHALL
LEEDS: BAINES AND NEWSOME.

1832.



CONTENTS.

	Page.
Introductory remarks	1
Comparative mortality of Towns and Country, and of Manufacturing and Agricultural Districts	3
CLASSES OF PERSONS	
I. OPERATIVES.	
1. Men of active habits, whose employments are chiefly in the open air	9
2. Operatives, whose employments are carried on in an atmosphere confined and impure	23
3. Operatives subjected to dust, odour, or gaseous exhalations	51
(1.) To dust, odour, or exhalations, not de- cidedly hurtful	51
(2.) To substances or odours apparently beneficial	58
(3.) To dust or vapour decidedly injurious	63
4. Operatives, whose skin is exposed to injurious agents	120
5. Operatives, who are exposed to wet and vapour	125
6. Operatives exposed to high temperature, or to changes of temperature	133
II. DEALERS	158
+ Commercial Travellers	161
III. MERCHANTS AND MASTER MANUFACTURERS	162
IV. MEN INDEPENDENT OF BUSINESS AND LABOUR ...	169
+ <i>Bons Vivants</i>	170

	Page.
V. PROFESSIONAL MEN	173
1. Who have mental application <i>conjoined or alternating</i> <i>with considerable exercise in the open air</i>	173
2. Persons, who have much mental application <i>without</i> adequate exercise of the body.....	176
† Schools	177
3. Persons who live in a bad atmosphere, maintain one position most of the day, take little exercise, and are frequently under the excitement of ambition	183

GENERAL REMARKS.

Atmospheric impurity of large towns.....	23
Bathing	124
Effects of oil applied to the skin (?).....	125
“ Taking Cold”	129
Effects of High Temperature	154
High Temperature, and great transitions of temperature as productive of disease (?).....	156
Subjects connected with physical education	177
Abstract of the effects of different agents on Health	192
Diseases of the respiratory organs	200
Exhaustion of life	203
Accidents from Machinery.....	206
Deformity.....	207
Excess of Labour.....	208
Intemperance	211
Remedies suggested for the physical evils of our civil state	215
Portal Congestion	224
Inhalation of Chlorine.....	227
Hints on the choice of an employment	223

PREFACE

TO THE SECOND EDITION.

FROM the rapid sale of the first impression, and the interest which the subject has excited, I have been induced greatly to enlarge my observations and inquiries. The present edition contains, besides much additional matter to the sections, about 120 employments, which were not examined before. Many others were found so closely allied to the subjects of former statement, as to require no separate notice.

Still much, very much remains to be done: and I would earnestly solicit the profession to aid, extend, and correct, these important investigations. If any object, that the *cure*, not the causes or prevention of disease, is the business of the medical practitioner, I would reply that the scientific treatment of a malady requires a knowledge of its nature, and the nature is but imperfectly understood without a knowledge of the cause. Here the modern systems of physic are singularly deficient. From Bursarius to Good, we find volumes on the symptoms, character, and treatment of diseases, but rarely a line on the causes as produced by employments and habits, and this line as frequently erroneous as correct. Strange this omission or ignorance in centuries of advancing knowledge!

A study of medicine, moreover, which disregards the prevention of diseases, limits its utility and its honours. It would strip the profession of its noblest attribute, that of benevolence; and exhibit our practice as influenced more by personal and pecuniary motives, than by an anxiety to relieve human suffering, and promote human happiness.

C. T. T.

Leeds, June 25, 1832.