

**CRAMPTON`S HYGIENE
SERIES. HYGIENE
FOR THE WORKER**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649609758

Crampton`s Hygiene Series. Hygiene for the Worker by William H. Tolman & Adelaide Wood Guthrie & C. Ward Crampton

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**WILLIAM H. TOLMAN & ADELAIDE
WOOD GUTHRIE & C. WARD CRAMPTON**

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FOR THE WORKER**

CRAMPTON'S HYGIENE SERIES

HYGIENE FOR THE
WORKER

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NEW YORK CITY

NEW YORK ·· CINCINNATI ·· CHICAGO

AMERICAN BOOK COMPANY

TO THE
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*Gift of Agric. Education
to Vocational Education*

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HYGIENE FOR THE WORKER.

W. P. I

PREFACE TO THE SERIES

THE teaching of hygiene fails when it is founded upon the assumption that a knowledge of anatomy is necessary; it succeeds when it uses the ever-recurring affairs of daily life as the subject matter, and endeavors to regulate those affairs correctly. It should deal with the establishing of good habits, not with the learning of abstruse facts, and should seek to insure the carrying into practice, instructions given in the classroom. In following out these principles, the teacher will make a daily inspection of hands rather than require that a composition be written upon the structure of the skin and the anatomical effects of dirt.

To support this kind of teaching this series of books on Hygiene has been prepared. A book is provided for each elementary school year from the Fourth to the Eighth inclusive; in addition there is, for older girls, a hygiene dealing particularly with the care of little children and the health factors of home life, and, for the older elementary children and for vocational and industrial high schools, a Hygiene for the Worker.

Each of these books is based upon daily hygienic routine and the hygienic inspection which should begin the day's work in every school every day. In addition, the general topics, such as clothing, food, and exercise, assigned to the year's work, are treated in relation to alcohol and tobacco, anti-tuberculosis measures, home hygiene, and the particular necessities of cold and hot weather.

The editor has spared no effort to obtain the services of those who really know the facts, and some of the writers have international reputation in the subjects with which they deal. Nevertheless, each manuscript has been subjected to repeated revision by prominent physicians and school men and women. For hygienic reasons, no half-tone illustrations have been used, and the specially prepared drawings aim to tell the story concisely. Emphasis is placed upon the positive constructive aspect of the illustration, and pictures of the distressing and disagreeable are not to be found. The books are short and emphatic in essentials, recurring frequently to important points, and no effort is made to exhaust the subject.

It has been the editor's endeavor, one which the authors and publishers have strongly seconded, to provide a series of books adapted directly to the getting of results.

C. W. C.

PREFACE TO HYGIENE FOR THE WORKER

IN preparing this volume the author has had access to the large collection of working models, special reports, and photographs of the American Museum of Safety, and to the collections and exhibits of the International Exposition of Hygiene at Dresden in 1911.

Acknowledgment is made to Directors Hartmann, Karsch, and Mamy, of the Museums of Safety in Berlin, Munich, and Paris respectively, for their many helpful suggestions. Special acknowledgment is due to Mr. John H. Patterson of Dayton, Ohio, for his kindness in placing his unique collection of several thousands of photographs at our disposal for the purpose of selecting the most striking examples of what is being done for safety and industrial hygiene in the best American shop practice.

The book is based upon actual shop conditions and endeavors to set forth in a practical way matters of most importance to good health, happiness, and efficiency.

W. H. T.

EDITOR'S NOTE

This book, the second volume of a two-book elementary school series, is designed for boys and girls from thirteen to eighteen years of age, for special classes preparing to pass examinations for labor certificates, and for vocational, industrial, and manual training high schools. It will be particularly useful in continuation and night schools, for it is adapted to the needs of all workers, old and young.

vi PREFACE TO HYGIENE FOR THE WORKER

Prepared upon the plan formulated by the editor, this book is written by an expert of international reputation in industrial hygiene. Its facts have been verified by sound medical authority, and its method approved by teachers of experience.

To equip the worker to care for himself under actual working conditions as they exist to-day and to add to his happiness and efficiency are the two purposes of the book.

C. W. C.

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