

HYGIENE FOR THE WORKER

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Hygiene for the Worker by William H. Tolman & Adelaide Wood Guthrie

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WILLIAM H. TOLMAN & ADELAIDE WOOD GUTHRIE

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BY

WILLIAM H. TOLMAN, PH.D.

DIRECTOR, AMERICAN MUSEUM OF SAFETY, NEW YORK

AND

ADELAIDE WOOD GUTHRIE

DEPARTMENT OF RESEARCH, AMERICAN MUSEUM OF SAFETY

EDITED BY

C. WARD CRAMPTON, M.D.

FORMERLY DIRECTOR OF PHYSICAL TRAINING

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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 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.

iv 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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HYGIENE FOR THE WORKER

CHAPTER I

APPLYING FOR A POSITION



About to go to work. — The boy or girl about to go to work has reached one of the most important turning points in life.

If he has finished the elementary school course, he will be able to meet most of the demands of ordinary business life. If he is fortunate enough to have completed a high school

training, he will find that he possesses an equipment that will overcome many an obstacle in the way of success.

Some of you have been looking forward to this event, eager to know and to enjoy the independence that comes only



through the honest earning of your "bread and butter." Others, perhaps through necessity rather than choice, are about to enter the business world, with little realization of the trials and responsibilities to be met. But the overcoming of these new trials and the acceptance of these responsibilities will afford one of the most enduring satisfactions of life.

Now that you are about to leave your school days and the more or less irresponsible period of life, you must take stock of yourself — as it were — to see what you have to offer in fair exchange for your first position.

An opening is learned of, perhaps through a friend who knows of a vacancy, or through an advertisement. You decide to apply for that position. Now, how do you think you should go about it? When you present yourself for a position, bear in mind that you will be closely scrutinized by the man who may become your employer.

The employer's inspection. — Remember that the man, or firm, employing one or two, a dozen, a hundred, perhaps thousands of employees, has had a great deal of experience in judging the character and possibilities of those who apply for work. The employer, naturally, must have his own interests at heart in engaging a boy or girl to work for him. He does not know, of course, what you *can* do, but he is able, from his business experience, to "size you up" and to form a pretty true estimate of what you *may* do or may be trained to do.

Manner and appearance. — An employer is always ready to consider the application of a boy or girl who comes to him with self-confident bearing. This, however, must not be taken to mean boldness or forwardness.