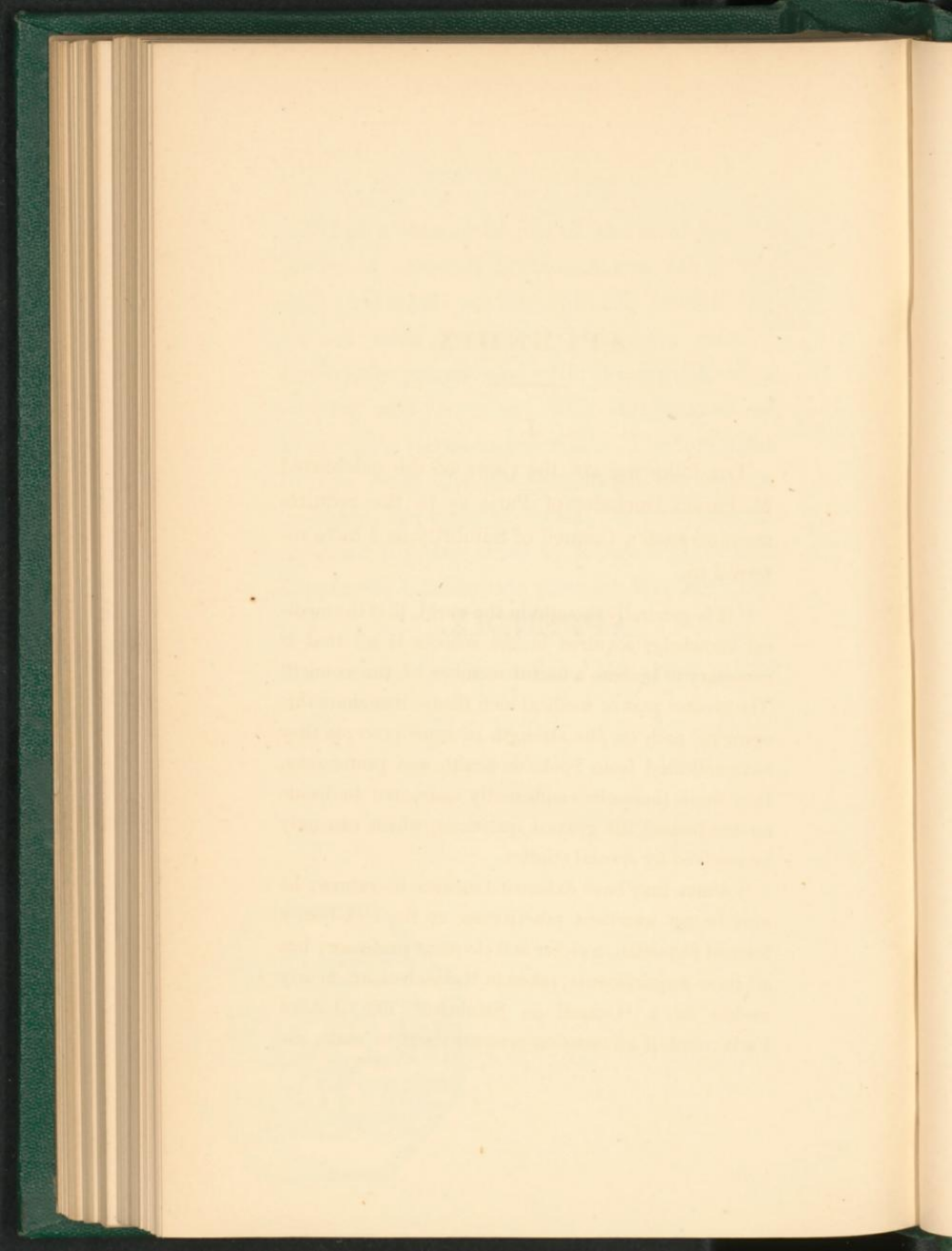


APPENDIX.



APPENDIX.

I.

THE following are the views of the celebrated M. Parent Duchalet of Paris as to the requirement of such a Council of Salubrity as I have referred to.

“ It is generally thought in the world, that the medical knowledge acquired in the schools is all that is necessary to become a useful member of the council. The greater part of medical men themselves share this opinion ; and, on the strength of some precepts they have collected from books on health and professions, they think themselves sufficiently instructed to decide on the instant the gravest questions, which can only be resolved by special studies.

“ A man may have exhausted medical literature ; he may be an excellent practitioner at the sick-bed, a learned physician, a clever and eloquent professor ; but all these acquirements, taken in themselves, are nearly useless in a ‘*Conseil de Salubrité*’ like that of Paris ; and, if an occasion presents itself to make use

of them, a very small number of persons suffice to apply them. To be really useful in the council, it is necessary to have an extended knowledge of natural philosophy, of the constitution of the soil on which the state or city stands, and of the geology of neighboring regions; it is necessary, above all, to know with exactness the action which trades may have on the health of those who exercise them, and the much more important action of manufactories of every species on plants, on men congregated in towns, and on animals. This knowledge, so important, of the action of trades and manufactories, is not to be acquired by ordinary study, or in the silence of the cabinet. It is not to be obtained without positive notions on the arts, and on the greater part of the processes peculiar to each trade. It requires habit, and the frequenting of the places of work. In this particular, more even than in medicine, books are not a substitute for practice; and, if there exist works on this subject, they are more likely to mislead than enlighten.

“From what has been said, the necessity will be evident, to introduce into the council those physicians who have made health, and particularly the public health, a special study; and to join with them chemists, and, above all, manufacturing chemists: because what would many of those persons, whose life has been passed in hospitals and the exclusive study of medicine, be before a steam-engine? It is clear that

they would often be deceived by those adroit and skilful manufacturers who would have an interest in concealing the truth.”

II.

Since putting these sheets to press I have received the following from a lady operator with whom I had held conversation as to the special effects of telegraphy:—

BOSTON, Feb. 28, 1875.

DEAR SIR, — Pardon my delay, but I was obliged to wait some time to hear from the friend I mentioned. I find her views are similar to my own, and have nothing new to offer.

I made inquiries of the ladies employed in my room, as you requested; and all, with one exception, declared the business had no damaging effect upon the menstrual function: in *that* respect they have experienced no change since they entered the business. Take it as a whole, I believe telegraphy exerts no unfavorable influence in that direction, although it would seem to be a natural result on account of the nervousness inseparable from the business. Those I have consulted say every other function will be affected *except* the menstrual.

It is certainly true, that the business impairs the health of operators who work steadily, and they

begin to run down in a year or so. Constipation is one great evil, and a general weariness. There is a constant strain upon the nerves and brain that is not required in other business; and yet our work has many advantages over other branches. Sitting so much is bad, but preferable to *standing* in a store from morning to night.

With a little rest now and then, or, at least, a *long* vacation once a year, I think the ladies would get along very well. Of course every one would *prefer* to rest at certain times; but, if women *must* work, I don't know but telegraphy is as healthy as any other business.

Respectfully Yours, _____

It is to be said, in comment on the above, that in the office in question there is no operator under twenty, and that a careful inquiry has established the fact, that though this is the case, besides the disturbances spoken of above, two at least are sufferers from dysmenorrhea, and two from occasional menorrhagia which always improves on taking a vacation.

