

# THE DAY BOOK

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## VICE COMMISSION'S REPORT UPON THE EVIL EFFECTS OF OVERWORK UPON MORALS

*Overwork Cripples the Body, Ruins Health, Shortens Life, Stunts the Mind, Leaves the System Jaded and Worn, and Leads to Dissipation—A Powerful Argument in Favor of the Shorter Work-day.*

For many years organized labor has been fighting for an eight-hour work day. Many obstacles have been encountered; many have been overcome—and there are many, still, in the way.

Probably if everybody had understood how much was at stake to the entire human race, the shorter work day would have been won with less trouble.

But because many did not understand, and do not yet understand, labor's fight for this one principle makes headway slowly—inch by inch.

It is not strange, perhaps, that workers outside the union ranks did not understand. Especially the great army of workers, who make up the so-called middle class, and many of whom think their particular work is too far above that of the mechanic or day laborer for them to organize into unions.

No, it is not strange that those **outside** the union ranks do not understand, when there are so many **inside** the union ranks that don't understand.

For there are many union workmen who thought they had done all that was necessary when they had secured the eight-hour day for themselves—for **their** trade.

For all union men, either of the kind just mentioned or of the kind that keeps on working for the shorter work day for **ALL** workmen, there is food for reflection in the report of the Chicago vice commission.

And for all fathers and mothers, whether inside or outside the union ranks—for all good citizens in fact—there is something worth mighty serious thought in that vice report—something concerning the bad effect of long hours of labor on morals, as well as on physical health.

Of course we all know that a poor, weak, tired and well-nigh