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Contributors

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NATIONAL HEALTH SOCIETY,

Third Annual Report

READ AT THE

GENERAL MEETING OF THE SOCIETY,

JANUARY 17, 1876.



London:

OFFICE OF THE NATIONAL HEALTH SOCIETY,

63, BERNERS STREET, W.

1876.

NATIONAL HEALTH SOCIETY.

1875-6.

General Committee.

RIGHT HON. LORD NORTHWICK.
BARONESS MEYER DE ROTHSCHILD.

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WILLIAM SHAEN, Esq.
WHATELEY COOKE TAYLOR, Esq.
THOMAS TWINING, Esq.
JOHN WESTLAKE, Esq.

Executive Committee.

JAMES BEAL, Esq.
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Mrs. CHARLES CROMPTON
H. FORDE, Esq.
Miss GUEST
ERNEST HART, Esq.
Miss MCLAUGHLIN

Miss PEARSON
HUMPHREY SANDWICH, Esq., C.B.
Miss T. SMITH
Miss THOMAS
Mrs. T. TOLMÉ
Miss WEBB
Miss WILLIAMS

Hon. Secretary Miss BOSTOCK.

Secretary Miss LANKESTER.

Treasurer .. THOS. TOLMÉ, Esq.

Corresponding Members.

Miss LEIGH SMITH, Algiers
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EDWARD POPE, Esq., Tring
WM. SATCHELL, Esq., Tunbridge Wells
T. FALCONER, Esq., Usk, Monmouth
W. H. WILLS, Esq., Welwyn, Herts

Subscriptions and Donations may be paid to the Secretary at the Office, 63, Berners Street, Oxford Street, London, or to the account of the Treasurer at the London and Westminster Bank (Bloomsbury Branch), 214, High Holborn, London. Post Office Orders to be made payable in the name of Fay Lankester, at the Post Office, Charles Street, Middlesex Hospital, W.

CONSTITUTION AND LAWS.

—:0:—

CONSTITUTION.

1. This Society is formed to unite and organise voluntary efforts for the collection and diffusion of well-established sanitary knowledge, which bears on the physical and moral welfare of all classes of society.

2. It will also be in accordance with the aims of this Society to give support to practical efforts for carrying out the laws of health in daily life.

3. It invites the co-operation of both men and women in its work.

4. In forming voluntary Branch Societies it will endeavour to work according to the divisions of the country into health districts; hoping to enter into friendly relations with the existing Sanitary Authorities.

5. It will be the special aim of the Society to promote sanitary knowledge in Families and Households, whose influence will thus afford the best support and guidance to sanitary legislation.

LAWS.

1. The work of the Society will be carried on by an Executive Committee, assisted by a General Committee, and by Corresponding Members.

2. A General Meeting of Members shall be called in the beginning of each year, to receive the Annual Report, the resignation of the Executive Committee, to elect the

Executive Committee for the ensuing year, and new Members of the General Committee if necessary. Members of the Executive Committee are re-eligible.

3. It shall be the duty of the Executive Committee to meet at least twice a month, to direct the business of the Society, except during the vacation as shall from time to time be determined. It must consist of as many as seven Members, of whom three shall constitute a quorum. It shall have power to add to its number, and to appoint Sub-committees.

4. The Members of the General Committee may be consulted at any time by the Executive Committee. They may be invited to preside over or otherwise assist at public meetings.

5. The payment of one guinea, annually, due on the 1st January in each year, constitutes Membership, or, ten guineas at once, Life-Membership. Members will be notified of all Meetings, Lectures, and Discussions. They will be assisted by the Secretary to obtain any sanitary information they may desire, and will be entitled to one copy of all Reports and transactions issued by the Society.

6. These and all future Laws may be altered or added to at a General Meeting of the Members, special notice of the alteration being given a fortnight beforehand.

7. Annual Subscribers of sums under one guinea are entitled to notices of Meetings, &c., and the Annual Report.

Office days, Mondays and Fridays, Hours from 2 till 5 o'clock, p.m.

REPORT.

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THE Committee of the National Health Society, in presenting the Third Annual Report to their friends and Subscribers, feel that they are much to be congratulated on their work during the past year, and their prospects for the future.

An epitome of the past year's work must commence with the appointment of a new Secretary, the addition of many influential names to the list of friends and subscribers, and a revision of the list of committee-workers, which is now considerably strengthened.

Early in the year, 3,000 circulars were sent out, setting forth the nature of the work contemplated by the Society, and asking for assistance in the way of subscriptions to carry it on. Several new subscribers joined in consequence of these applications. The Committee determined to reduce the machinery and office expenses to the smallest possible compass, and to devote their limited funds to the expressed objects of the Society, viz., to the inauguration and delivery of popular sanitary lectures, and the propagation of all sanitary knowledge. With this view, the office has removed to a larger room in 63, Berners Street, at a very small rent; it is now shared with another Society, the Secretary carrying on the correspondence at her own residence, and attending at the office two days a week (Mondays and Fridays from two to five) at a reduced salary.

Where a competent and good lecturer offers a gratuitous lecture it is thankfully received, and the expenses are then simply confined to printing and advertising. In other cases the fee of the lecturer is paid by the Society. The following lectures have been delivered during the past year. Most of them having been well attended, and received with great satisfaction by the audiences:—

DATE.	LECTURER.	PLACE.
Jan. 6	Mrs. Shiel	Town Hall, Banbury.
„ 12		
„ 19		
„ 20	Mrs. Shiel	Kensington.
„ 26		
Feb. 2		
Jan. 5	{ First course of fifteen } lectures by Dr. Eliza } Walker-Dunbar }	Newport.
„ 18	*Mrs. Johnstone	Spitalfields.
„ 18	*Mrs. Johnstone	Barrett's Court.
„ 19	*Mrs. Johnstone	Kensington.
„ 20	*Mrs. Johnstone	Portland Town.
„ 20	*Mrs. Johnstone	Edgware Road.
„ 21	*Mrs. Johnstone	Westminster Chapel.
„ 22	*Mrs. Johnstone	Maldon, Essex.
Feb. 3	Mrs. Shiel	British Portland Schools.
„ 10		
„ 17		
„ 24		
March 18	Miss Macomish	{ St. George's in-the-East, Whitechapel.
„ 25		
April 1	Miss Macomish	St. Philip's, Stepney.
March 18		
„ 25	Miss Macomish	Spitalfields.
April 1		
March 24	Miss Macomish	Spitalfields.
April 19	Miss Macomish	Bedford College, York Pl.
„ 26		
May 3	Miss Macomish	{ North-Eastern Hospital for Children.
April 8		
„ 15		
„ 22		
„ 28	*Miss Weller	British Portland Schools.
Oct. 25		
Nov. 24	{ *Dr. J. J. Pope } “No. 1, and how to take	St. Mary's Schoolrooms, Whitechapel.
Dec. 1		
	care of him.”	

DATE.	LECTURER.	PLACE.
Nov. 26		
Dec. 3	Miss Fenwick Miller .. } "Physiology"	Working Women's Coll., Fitzroy Street, W.
" 10		
" 17		
Dec. 1	*Dr. Frances E. Hoggan } "The Anatomy, Physio- } logy, and Chemistry of } Alimentation"	Quebec Institute, Lower Seymour Street.
" 15		
" 6	*Dr. Frances E. Hoggan } "How to keep the doctor } out of the house"	Schoolrooms, Stafford St. Mother's Meeting.
" 7	*Miss Firth, "Babies"	St. George's-in-the-East, Mother's Meeting.
" 8	*Dr. Pope	Co-operative Institute, Castle Street, East.
" 15		
Dec. 10	*Miss McLaughlin } "The A B C of the Alpha- } bet of Health"	Hampstead.
Dec. 13	*Miss Pearson	Cow Cross Street, Smith- field, Mother's Meeting.
" 14	*Dr. J. J. Pope	St. Thomas's, Portman Square.
" 17		
" 28	*Miss Pearson	Allen Street, Clerkenwell, Meeting of Working People.

64 lectures.

[All those names marked with an asterisk have given their valuable services gratuitously].

Among the most successful lectures were those delivered at St. George's-in-the-East, where 300 women were nightly assembled, and some very good practical results ensued from the teaching given.

The Committee of the Working Women's College, were so pleased with Miss Fenwick Miller's lectures, and with the interest displayed by her pupils, that she has been requested to give twelve more lectures in the spring. Those delivered in the waiting-room of

the "North-Eastern Hospital for Children," were well attended by the mothers of the little patients.

Miss Firth, who on several occasions has given gratuitous lectures for the Society, has always had an appreciative and attentive audience, and has never failed to impress her hearers with the importance of her teaching in the management of their children.

Miss Pearson and Miss McLaughlin (two ladies well-known as having served with the ambulances in the Franco-Prussian war), have given their valuable services as gratuitous lecturers to the Society, and have become members of the executive committee. They endeavour in their discourses, especially to teach "How to prevent the spread of infectious diseases," and to inculcate the simplest principles of Hygiene. They have had great success with their lectures, and have been constantly solicited to repeat them. Dr. Pope's humorous and instructive courses were most popular, and the audiences in every instance have gone away pleased and impressed with a sense of the importance of his lessons—seasoned as they were with pleasant jokes and illustrations.

Courses of lectures for the ensuing year are in preparation to be delivered by Miss Fenwick Miller at Kensington and Whitechapel; by Dr. Humphry Sandwith, at the Quebec Institute; by Miss Pearson, Miss McLaughlin, and other ladies and gentlemen in different parts of London. A lecture on the "Warming of Houses," has been promised by a gentleman, which it is hoped will be delivered in the beginning of the year.

Miss Bostock having been much pleased with the

lectures Miss Macomish delivered at Bedford College in the spring, has most kindly offered to defray the expenses of another course to be delivered by her in some poor district. Classes are being formed in ladies' own drawing-rooms, to whom the Society will send highly-qualified teachers.

Mr. W. H. Domville has presented the sum of £20 to be spent on lectures.

By the generosity of a lady interested in Sanitary Reform, £100 has been sent through the Society to the Liverpool School Board, to form a National Health Society fund for prizes in Physiology and Domestic Economy.

The same lady awarded the same sum last year to the London School Board, but none of the candidates were considered qualified to take prizes this year by the examiners.

PRIZES.—Prizes have also been offered by two ladies, members of the Committee, to a class of women and girls at the institute, Barrett's Court, Wigmore Street, for acquaintance with Elementary Physiology and Domestic Economy. This class is under the superintendence of Mrs. Ernest Hart. Prizes have been awarded this year by the Society to the girls in the Notting Hill Square schools.

DIAGRAMS.—Another member of the Committee, Miss Webb, has lent to the Society a whole set of Marshall's Physiological Diagrams for the use of lecturers. They have already been of the greatest service.

CLASS.—By the kindness of a friend the Committee

is enabled to engage a lady teacher to give to Bible-women and other persons engaged in work amongst the poor, a regular course of such Sanitary instruction as will enable them to diffuse the knowledge which tends to the preservation of health and the prevention of the spread of infectious diseases. Any subscriber of one guinea has the privilege of sending one pupil to this class, which will be held when a sufficient number of candidates apply at the offices of the Society, 63, Berners street, W.

PUBLISHERS.—The Committee takes this opportunity of thanking the publishers who have so generously contributed works on sanitary subjects to the Library of the Society.

SALE OF LEAFLETS.—The sale of tracts, leaflets and papers has been considerable on several occasions, when an outbreak of fever has occurred in a neighbourhood. Ladies have come to the office and taken large numbers of leaflets and papers appertaining to fever and infectious disease. Some new leaflets on “The management of a sick room” and “Clothing,” have been drawn up by a member of the Committee, and have been widely distributed. In many cases, practical results have followed the delivery of the lectures, inaugurated by this Society, and the encouragement thus gained stimulates to further efforts. The Committee would take this opportunity of earnestly entreating all who believe that the physical welfare of our population is of the utmost importance, to assist their efforts by pecuniary contributions and personal service. Without funds the Society cannot go on with

any of its projects, and without aid in the shape of gratuitous lectures, gifts of books, and such assistance as many intelligent people are able to render, without any large demand on their time, the responsibility and burden of work which suggests itself to be done in many districts, is greater than can be borne by a few workers only. If those who are really in earnest in this matter, and who think that the dissemination of sanitary truths amongst the people is likely to lessen disease, poverty, and crime, would make efforts to secure audiences and suitable places for the delivery of lectures, the National Health Society would at all times be glad to assist by the introduction of a competent teacher.

The Committee would wish, if possible, to devolve upon every locality the task of securing hearers for the free popular lectures. It therefore suggests the formation of *local* Committees in every neighbourhood, who could best collect fitting audiences, from their knowledge of the various district organizations for social improvement.

The Committee desire the Society, the offices of which are at 63, Berners street, W., to be the centre of sanitary work. No efficient operations can be carried on without organization; they therefore earnestly beg the sympathy and personal assistance of all interested in the work of Sanitary improvement.

January 17th, 1876.

Dr. BALANCE SHEET for the Year ending December 31st, 1875. Cr.

		<u>£</u>	<u>s.</u>	<u>d.</u>
1875				
Jan. 1st.	Cash in Bank ...	39	16	0
	Deposit in Bank ...	115	15	1
	Interest on Deposit for 1875 ...	2	1	2
	Subscriptions from Members, 1875 ...	70	10	6
	Life Members' Donation ...	10	10	0
	Donations ...	7	0	0
	Donation towards Lectures ...	20	0	0
July	For Physiological Prizes, Liverpool ...	100	0	0
	Sale of Books and Leaflets ...	1	19	1
	Collections at Lectures ...	1	0	0
June	Miss Webb for Advertisements ...	5	0	0
		£373	11	10
		£373	11	10
1876.				
Jan. 1.	Balance ...	£139	14	8

	Dec. 31st.			
	Cash in Bank ...	18	17	7
	Cash in hand ...	3	0	10
	Deposit in Bank ...	115	15	1
	Interest for 1875 in Bank ...	2	1	2
		£373	11	10
		£373	11	10

In July, 1874, £100 (Life Members' Donations) was withdrawn from the deposit account then in the Bank, and invested in the names of Trustees appointed by the Committee, in Canadian bonds, the interest of which sum is to be applied to the payment of lectures on sanitary subjects.

Examined and found correct,
M. S. CLIFT.

LIST OF Members, Subscribers, and Donors.

Life Members.

Blackwell, Dr. Elizabeth. Domville, Miss Louisa E. Dunville, W., Esq. Forde, Henry, Esq. Heywood, James, Esq.		A Lady. Pilkington, Miss. Smith, Miss Leigh. Webb, Miss. Yates, Miss.
<i>£ s. d.</i>		
Atherton, H., Esq. Bale, W. J., Esq. Beal, James, Esq. Beddard, Mrs. Biggs, Miss Bird, Miss Blackburn, Mrs. Henry Bostock, Miss Bostock, Miss (Don) Boucheret, Miss Boyle, Miss A. L. Brown, Snead, Esq. Bruce, Mrs. Buckton, Mrs. Caine, W., Esq. Chadwick, Mrs. Chaplin, Mrs. M. A. Clark, Mrs. Clover, Joseph, Esq. Crompton, Mrs. Charles Davidson, Mrs. Domville, W. H., Esq. Domville, W. H., Esq. (Don.) Donkin, Miss Eve, Richard, Esq. Ewart, Miss Firth, Miss Foster, Miss Girdlestone, E. D., Esq. Godwin, George, Esq. Guest, John, Esq.	1 1 0 1 1 0 1 1 0 1 1 0 0 10 6 0 5 0 1 1 0 1 1 0 5 0 0 1 0 0 0 10 0 1 1 0 1 1 0 0 10 0 1 0 0 2 0 0 1 0 0 1 1 0 1 1 0 1 1 0 1 0 0 1 1 0 20 0 0 0 10 0 1 1 0 2 2 0 1 1 0 0 5 0 1 1 0 1 1 0 1 1 0	

					£	s.	d.
Hale, W. H., Esq.	1	1	0
Hargrave, Mrs.	1	1	0
Harris, Theodore, Esq.	0	10	0
Heywood, James, Esq.	2	2	0
Hill, Edwin, Esq.	1	1	0
Hoggan, Dr. Frances	1	1	0
Holland, Mrs.	1	1	0
Holland, Miss	1	1	0
Latham, Baldwin, Esq....	1	1	0
Lewis, Mrs. George	1	1	0
Manning, Miss...	1	0	0
Martineau, Miss	0	10	6
Martineau, Miss C.	0	10	6
Martineau, Miss G.	0	10	6
Martineau, Miss J.	1	1	0
Martineau, Miss Mary	1	1	0
Matthews, Mrs. C. E.	0	10	0
Morgan, Mrs.	1	1	0
Neate, Mrs.	1	1	0
Newcombe, Mrs. (Don.)...	1	1	0
Pagliardini, Monsieur	1	1	0
Parker, W., Esq.	1	1	0
Pease, Mrs.	1	1	0
Pennington, Mrs. F.	2	0	0
Pilkington, Miss (Life)	10	10	0
Roget, Miss	1	1	0
Salt, Sir Titus, Bart.	2	2	0
Samuelson, Bernard, Esq.	1	1	0
Sandwith, Dr. Humphry	1	1	0
Sargent, Henry, Esq.	1	1	0
Scott, Miss (Don.)	1	1	0
Scott, Miss E.	1	1	0
Smith, James, Esq. (Don.)	2	0	0
Swanwick, E., Esq.	1	1	0
Swanwick, Miss	2	2	0
Taylor, W. C., Esq.	1	1	0
Taylor, Mrs.	1	1	0
Tennant, Mrs.	0	10	6
Tolmé, Mrs.	1	1	0
Williams, Miss...	1	1	0
Winkworth, Mrs.	1	1	0
Wood, Mrs.	0	5	0

THE HEALTH SOCIETY

MEETING OF THE SOCIETY

