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### Contributors

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# NATIONAL HEALTH SOCIETY.

# Founth Annual Report

READ AT THE

# GENERAL MEETING OF THE SOCIETY, JANUARY 29, 1877.



London : OFFICE OF THE NATIONAL HEALTH SOCIETY, 44, Berners Street, W.

1877.

## NATIONAL HEALTH SOCIETY.

### 1876-7.

General Committee. COUNTESS DUCIE COUNTESS RUSSELL BARONESS MEYER DE ROTHSCHILD DOWAGER LADY STANLEY OF ALDERLEY LADY HENRY SCOTT LADY DE CLIFFORD LADY SELBOURNE HON. MRS. HARDCASTLE Hon. Mrs. Stewart Wortley Hon. Miss Rushout HON. MISS AUGUSTA BARRINGTON RIGHT HON, LORD NORTHWICK RIGHT HON SIR STAFFORD NORTHCOTE, BART., M.P. H. W. ACKLAND, ESQ., M.D., F.R.S. Dr. ELIZABETH BLACKWELL Madame BELLOC Rev. WILLIAM BENHAM Colonel BERESFORD, M.P. Madame BODICHON Miss BOSTOCK Miss BOUCHERETT Miss A. L. BOYLE GEORGE BUCHANAN, Esq., M.D. Monsignor CAPEL Mrs. E. CHADWICK ANDREW CLARKE, Esq., M.D. W. H. DOMVILLE, Esq. Dr. and Mrs. LANGDON DOWN ARTHUR EDIS, Esq., M.D. W. EDWARDS, Esq. RICHARD ENFIELD, Esq. Miss ERSKINE WILLIAM FARR, Esq., M.D., F.R.S. Miss FIRTH GEORGE GODWIN, Esq., F.R.S. Miss C. GOLDSMID Mrs. MACDOUGALL GREGORY Mrs. WILLIAM GREY

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> Hon. Secretary Secretary ... ... Hon. Treasurer

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### Grecutive Committee.

Mrs. HERTZ Miss MCLAUGHLIN Miss PEARSON HUMPHREY SANDWITH, Esq., C.B. Mrs. THOMAS Mrs'. T. TOLMÉ ERNEST TURNER, Esq. Miss WEBB

### Miss WILLIAMS. Miss LANKESTER. THOS. TOLME, E.q.

Corresponding Members.

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JAMES HOLROYD, Esq., Leeds G. L. D. HARRIS, Esq., Leighton Buzzard Miss MERRYWEATHER, Liverpool Dr. RANSOME, Manchester Mrs. CRAWSHAY, Merthyr Tydfil Dr. MEAD, Newmarket Mrs. WARD, Newport, Monmouth Miss Smith, Oxford Dr. MAYBURY, Richmond, Surrey Mrs. JOHNSTONE, St. Leonard's 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.

### CONSTITUTION.

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1. This Society is formed to unite and organise voluntary efforts for the collection and diffusion of wellestablished 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 Notice of Meetings, &c., and the Annual Report.

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

## REPORT.

THE Fourth Annual Report of the Committee of the National Health Society and a resumé of the year's work is presented with pleasure and satisfaction to their friends and Subscribers.

It has been steadily kept before the minds of the Committee in all their deliberations and arrangements, that the one great object of their Society is to diffuse a sound knowledge of the Laws of Health, and of the measures likely to prevent the spread of disease throughout all classes of the community; and with this view their operations have been directed into channels likely to reach the most intelligent and cultivated, as well as the poorest and most ignorant. It is amongst the latter class that the need of information and instruction arpears most evident. In very many cases the persons to whom such knowledge is especially valuable are unable to read themselves, even had they access to the literature bearing on sanitary matters; and moreover, the application and time necessary to the acquirement of such lessons from books would be impossible in a very large number of cases. Hence the advantage and facility of oral instruction. A familiar address delivered by a competent and well instructed teacher, illustrated by good diagrams and simple experiments, to a company of ignorant men and women, is likely to be productive of the best results, and to take hold of their intelligence in a practical way. These familiar lectures are greatly encouraged by the National Health Society,

and are a leading feature of its operations. During the past year the following lectures have been delivered :----

DATE.	LECTURERS.	PLACE.
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,, 18	Miss Formick Millor	St. Peter's, Kensington.
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Feb. 1	)	Variation Restar
Jan. 25	*Dr. Humphry Sandwith	
	Miss F. Miller	
March 20	"Food"	friends and Subweithers
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April 6		1 - per St. Martin's Lane.
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\* All names marked with an asterisk have given their valuable services gratuitously.

These lectures were given gratuitously by Miss Pearson and Miss McLaughlin, and were attended by nearly 3,000 persons. They were only interrupted by the fact that these two ladics were called to the seat of war in Servia, to nurse the sick and wounded. Many of these lectures have been delivered at Mothers' Meetings, while others have been given to audiences of working men and women. In many cases practical results have ensued from the teaching given; windows have been opened, stuffing taken from the chimnies, and on one occasion Miss Pearson was pleased to find 50 women had made cheap filters according to her receipt. In all cases the women have been interested and pleased with the lectures, and have brought their friends and neighbours to listen to what they themselves found so useful.

A course of Lectures on the following subjects was given under the auspices of the Society in the rooms of the Social Science Association at Adam Street, Adelphi.

April 11th.—\*H. C. Bartlett, Esq., F.C.S., "The Chemistry of Every Day Food," Charles Tomlinson, Esq., F.R.S., in the chair.

May 10th.—\*Miss Florence Lees, "Nurses for the Sick," E. H. Sievking, Esq., M.D., in the chair.

May 24th.--\*Miss M. Hill, "The Influence of Beauty on the Life and Health of the Nation," Ernest Hart, Esq., in the chair.

June 7th.—\*Samuel Wilks, Esq., M.D., F.R.S., "Our Predisposition to Special Forms of Disease," Lieutenant-General Sir Richard Wilbraham, K.C.B., in the chair.

June 21st.--\*W. Eassie, Esq., C.E., "Healthy Houses," George Godwin, Esq., in the chair.

\* All names marked with an asterisk have given their valuable services gratuitously.

Some of these admirable lectures were printed, and can now be purchased at the offices of the Society.

A most thorough and complete course of Lectures is now in the course of delivery at the rooms of the Society of Arts, John Street, Adelphi, by W. H. Corfield, M.A., M.D., Professor of Hygiene and Public Health, in University College, London.

This course commenced November 11th, under the auspices of the Trades' Guild of Learning, in conjunction with the National Health Society, Professor Huxley taking the chair at the introductory lecture.

This course consists of 20 Lectures, and is a most complete education.

The ways in which Health may be preserved, and disease prevented, are discussed in the simplest manner, and no previous knowledge of Chemistry or Physiology is expected of the Audience.

After a few elementary Lectures on the structure of the Human Body, the following, among other important subjects, will be discussed :---

Pure Air and Foul Air. Overcrowding. Ventilation. Water—cleanliness. Soil—Drainage—Effects of Damp. Foods—Feeding of Infants ; Values of Different Foods, &c. Drinks—Water—Tea and Coffee—Wine and Malt and Liquors—Spirits. Refuse Matters—" Dust "—Disposal of Excretal Matters— Closets.

Dwelling Houses-Fires, Stoves, Chimneys, &c.; Lights, Sewers, Ventilation.

Injurious Employments—Precautions.

Prevention of Consumption, Rickets, Scrofula, &c.; of Cholera, of Small Pox; Scarlet, Typhus, Typhoid, and other Fevers, &c.; Disinfection after Fever; Importance of Vaccination.

Ticket for the course of twenty Lectures, One Shilling. Reserved Seats, £1 1s.

The notes taken by the Students attending these Lectures are corrected by some of the lady teachers of the National Health Society, and several ladies (formerly pupils of Dr. Corfield's) who have been kind enough to give their services in this work.

The large hall of the Society of Arts is nightly crowded by working men and women.

The first evening 7s. were taken in penny note books at the door of the Lecture Hall.

LECTURES.—Miss Beal will continue a course of instruction to the women and girls of the Institute, Barrett's Court, on Wednesday evenings, during the Winter.

A course of Lectures is being arranged, to be delivered in the Waiting Hall of the North Eastern Hospital for Children, Hackney Road, to commence on January 17th, and continue until Easter.

A course of twelve lectures is being arranged at the Stockwell Institute, Brixton, to commence on January 19.

Mr. Ernest Hart has promised to deliver an address in the Bishopsgate Schoolroom (by the kind permission of the Rev. U. Rogers) on March 13th. A course is being arranged at a Working Men's Institute in the New Kent Road. A course by Miss Waterston, at Hoxton and Islington, and a course by Dr. Louisa Atkins, in Kentish Town,

COOKERY LESSONS.—It is suggested by a Member of the Committee that encouragement should be given to the art of wholesome and simple Cookery by the inauguration of lectures, lessons, and experiments, for the benefit of the working classes. These classes may be made most beneficial by practical demonstrations, and by distributing to the women assembled the printed receipts of the broths, meats and puddings, prepared before their eyes.

DEPUTATION ON THE WATER SUPPLY OF LONDON.-Early in the year, attention was drawn by Dr. Humphrey Sandwith to the very impure condition of the London drinking water supply, and the Society, feeling that so important a source of disease called forth their earnest attention, gladly inaugurated a deputation to the Home Secretary on the subject, and drew up a petition to the House of Commons praying for attention to this most urgent question, to which nearly a thousand signatures were attached. The deputation was introduced to the Home Secretary, by Right Hon. Lyon Playfair, M.P., and among those present were Lord A. Churchill, Sir Harry Verney, Sir Drummond Wolf, M.P., Dr. H. Sandwith, C.B., Sir E. Lacon, M.P., Thomas Hughes, M.P., Q.C., Sir J. Campbell, M.P., Colonel Beresford, M.P., Cardinal Manning, Sir Trevor Lawrence, M.P., Mr. O'Reilly, M.P., Major Moncrieff, Dr. Owen Rees, Mr. Ernest Hart, Professor Bartlett, the Rev. A. J. Ross, Mr. E. R. Southby, Mr. Thomas Blake, M.P., Mr. James Beal, Captain Douglas Dalton, Mr. J. P. Liddon, Monsignor Capel, Dr. Ward, M.P., Rev. Henry Solly, etc.

The Home Secretary acknowledged the deep importance of the matter brought before his notice, and said that it had occupied his mind ever since, and even long before he took office; and although at the moment he was unprepared to lay before the government a definite scheme for the remedy of the present unsatisfactory state of the London water supply, it should not be forgotten, and he hoped and believed that before long it would receive practical attention from the Government. With a view to further aiding the speedy solution of this question, the Committee have drawn up a document setting forth further facts and municipal precedents, in favour of the course formerly urged upon the Government, and have transmitted it to the Home Secretary at his office. Reports of this paper have been sent to the public press and may be obtained at the office of the National Health Society.

NEW NAMES ON COMMITTEE. – Many very influential names have been added to the Committee list, and the Subscription list has very considerably increased.

PARK PARTIES .- During the past summer a special fund was subscribed and devoted to an object which it is believed is within the province of the Society's operations. Parties of children were taken by trustworthy persons into the parks and open places several times in the week, and there allowed to enjoy the fresh air and a health giving romp on the grass. In many instances ladies and friends interested in the Society joined the little parties, and by their presence and kind words greatly added to the benefit conferred. Those valuing such opportunities for their own children, who perhaps have them daily, will readily understand the advantage thus afforded to the denizens of the courts and alleys of some of the worst parts of the Metropolis. The open spaces most frequently visited were Victoria Park, the Bencher's Garden, Lincoln's Inn, Regent's Park, St. James's Park, Kensington Gardens and Hampstead Heath. Access to the open space known as Lincoln's Inn Square Garden, is at present under difficult restrictions, though from its situation is so valuable to the neighbourhood, that it is hoped before long the authorities will see the desirability of throwing it open. One important feature in the attempt thus to introduce the children of the poorer class to the fields and fresh air, is the fact that by so doing, a desire for such advantages is engendered and cultivated in their minds, and it is thought that the efforts made to secure open spaces and playgrounds in our most crowded districts will be greatly advanced by the intelligent co-operation of the working classes themselves. The Committee of the National Health Society are encouraged to hope that a generation of boys and girls, knowing and feeling the value and benefit of fresh air, will be less indifferent to such advantages in their future lives, than are those by whom they are now surrounded.

SCHOOL BOARD PLAYGROUNDS.—It has been suggested by a clergyman at the East End of London, that efforts should be made to induce the School Board of London to allow the playgrounds attached to the Board Schools to be available for the use of the children, at hours when, as they are usually closed, the children are obliged to run about the streets, or to remain in their confined and often unwholesome homes. These playgrounds are, in many cases, the only little breathing spot in a very crowded district, and would be of great sanitary value if utilised as much as possible.

SOCIAL SCIENCE ASSOCIATION.—The Secretary, at the request of the Committee, attended the meeting of the Social Science Congress, at Liverpool, in October last, and presented a paper to the Health Department of that Association, on the "Advantages of Health Lessons to the Poor." This paper was read before a very large audience, and resulted in the addition of many fresh Subscribers to the Society and much interest being expressed in its operations. The paper was subsequently published in the Sanitary Record.

PRIZES IN LONDON AND LIVERPOOL BOARD SCHOOLS.—The report as to the result of the prizes offered by the Society for "Physiology and Domestic Economy" in the Board School of London, is not as satisfactory as could be wished. In Liverpool, candidates from five schools have entered, and the Board Inspector's Report received by the Society, states that twenty-six girls under 14 years of age were examined in the elements of Animal Physiology, and the practical application of such knowledge. The result is highly satisfactory, and, for a first effort, almost surprising. The practical nature of the test applied will be evident from some of the questions given, viz.:—

"If at night a child in bed is heard to make a loud, wheezing, ringing noise in breathing, what would you suppose was the matter, and how would you act?

Short essays were also written on such subjects as-"The things to be observed by a girl of 14, who

wishes to keep her body in a really healthy condition."

"The kinds of food and clothing desirable for a child of two years old."

"The arrangements to be made and observed in a room in which a child is put to bed with fever." The cheap edition of Mrs. Buckton's book, "Health in the House," is recommended to be placed on the list of books for use by the scholars in the Board Schools.

In London but seven candidates presented themselves, and the report of the Examiner is very suggestive, and at the same time very disappointing. It clearly proves, however, that the mass of ignorance existing on subjects connected with life and health is so great, that it will take time to arouse either teachers or pupils to a sense of their importance. Moreover, the Committee feel that the nature of the questions given to the candidates were beyond the intelligence of children, whose training in such subjects as were included, must have been extremely limited, from the necessity of the case; and they hope, by representing this to the Committee of School Management, to procure in future a more available standard of proficiency. The examiner says in his report that "many of the simplest facts of Physiology have yet to be thoroughly understood by the girls." He further says, "the book work seems to have been faithfully committed to memory by nearly all the candidates, and the errors they have fallen into, are, generally speaking, the result rather of a failure to grasp the full import of facts and principles, than by a want of readiness to reproduce the exact words and phrases of textbooks." The instances he gives of the answers to questions relating to clothing, diet, and the purposes of a thermometer, would be simply amusing and ludicrous, were they not disappointing, and suggestive of the great necessity that exists even amongst otherwise fairly

educated persons, for correct and intelligent knowledge of these fundamental laws of our existence.

It is essential that in order to secure well instructed pupils, the teachers themselves should be impressed with a sense of the importance of the subject, and should be in some measure practically acquainted with it; not alone depending on text books for their guidance in directing their pupils

The Committee of your Society are greatly confirmed by these results in their intention, to do all that is in their power, to encourage such teaching in schools of all grades, and to lend every assistance that is possible to promote the study of the laws of health in their origin and bearing wherever it is practicable. Prizes have been awarded this year to the girls of the Public Day School Company.

SERMON BY REV. R. H. HAWEIS.—The Committee desire to record their appreciative sense of the kindness of the Rev. R. H. Haweis, of St. James's Church, Westmoreland Street, who, upon the occasion of preaching a sermon on the "Moral and social aspects of Health," allowed the reports and papers of the National Health Society to be placed in his Church, and took the opportunity to commend very impressively the objects of the Society. It would be a matter for congratulation if other clergymen who feel the importance of the subject would do likewise.

REMOVAL OF OFFICE. — Circumstances arose during the latter part of the year which compelled the Committee to remove their offices from No. 63, Berners Street, to No. 44 in the same street. The rent of the present office is in excess of that formerly occupied, but no available room at less cost could be procured, and it seemed important to remain in the same locality.

PUBLICATIONS.-Charts and papers of a simple kind are published by the Society, containing popular rules for the Preservation of Health and the Prevention of Disease. Leaflets concerning the precautions necessary in infectious diseases have been largely disseminated. It is intended to increase the operations of the Society in this direction, and suggestions and offers of manuscripts for publication are requested for consideration by the Committee, and printed lists of publications and books recommended by the Society, can be forwarded on application to the Secretary. In order to concentrate the interest felt in the operations of the Society, and to obtain the benefit of co-operation, it is proposed to call together early in the season an evening meeting of the friends interested in Sanitary work, and it is hoped that all who have suggestions to make or plans to propose will take this opportunity of doing so.

LECTURERS.—The Secretary will at all times be glad to hear of those who, being competent, are willing to give gratuitous or paid lectures on subjects embraced by the Society to audiences of various kinds. The field is large and the labourers are few.

APPLICATION FOR LECTURES.—Applications for lectures from the clergy of any parishes having convenience for such gatherings, or from any one interested in the teaching of Physiology, will be at once attended to.

In concluding this statement of the year's work, the Committee of the Society desire to thank sincerely the . many friends who, by subscription to their funds, gratuitous lectures, or by suggestions and advice, have strengthened their hands, and advanced the cause which they have at heart, and to beg them not to relax the efforts which have this year been rewarded with so much success.

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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 samitary subjects.

Examined and found correct. FREDERICK POPE.

## LIST OF

# Members, Subscribers, and Donous.

Life Members.

Blackwell, Dr. Elizabeth.
Domville, Miss Louisa E.
Dunville, W., Esq.
Forde, Henry, Esq.
Heywood, James, Esq.
A Lady.
Noailles, Countess de

Pilkington, Miss. Pipe, Miss. Rushout, Honble. Miss. Smith, Miss Leigh. Wackerbarth, Miss. Webb, Miss. Yates, Miss.

A. B., per Rev. H. R. I	Hawie	(Don.)			 £5	0	0
Aikman, Mrs					 1	1	õ
Alford, Stephen, Esq.					 1.000	10	Ő
Anderson, Dr. Garret					 	1	õ
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Bacon, G. W., Esq.					 1	1	0
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Blackburn, Miss H.					 i	i	-
Blunt, R. G., Esq.					 200		0
Bostock, Miss					 1	1	0
Boucherett, Miss					 1	0	0
Bowring, Councillor					 1	1	0
Boyle, Miss, A. L.					 0	10	0
Bruce, Mrs					 1	1	0
Buchanan, G., Esq.					 2	2	0
Buckton, Mrs			***		 0	10	0
Busch, A. P., Esq.					 1	1	0
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Caine, Mrs. N.					 1	1	0
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Chaplin, Mrs			 	1 1 0
Chappell, Arthur, Esq			 	1 1 0
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Clift, Miss			 	1 1 0
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Clover, Joseph, Esq			 	
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Donkin, Miss			 	0 10 0
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Elder, A. L., Esq. (Don.)				5 0 0
Enfield, Richard, Esq			 	1 1 0
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Girdlestone, E. D., Esq			 	1 1 0
Godwin, George, Esq			 	1 1 0
Goldsmid, Miss C			 	1 1 0
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Gregson, Mrs			 	0 5 0
Gregson, S. L., Esq			 	1 1 0
Guest, Miss			 	1 1 0
Guest, J., Esq				1 1 0
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Hale, W. H., Esq				1 1 0
Hallowes, Miss E			 	1 0 0
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Hammond, Mrs. Mark			 	1 0 0
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Hill, Edwin, Esq			 	1 1 0

Hoare, Miss						£0 10	0
Hodgson, Dr. W. B.,							
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Kemp, G. T., Esq.						1 1	0
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Latham, Baldwin, Esq						1 1	0
Lees, Miss Florence						1 1	0
Lewis, Mrs. George						1 1	0
Lloyd, Francis, Esq.						1 1	0
Manning, Miss E. A.						1 0	0
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Martineau, Misses						1 1	0
Martineau, Miss Gertr	ude					0 10	6
Martineau, Miss Jane	*					1 1	0
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Matthews, Mrs. C. E.							
McClelland, James, E.	sq. (Dor	1.)				0 10	0
McLaughlin, Miss						1 1	0
Mocatta, F. D., Esq. (1	Don.)					3 3	0
Müller, Miss						0 10	0
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Neate, Mrs						1 1	0
Pagliardini, Monsieur						1 1	0
Parker, Francis, Esq.						1 1	0
Pearson, Miss						1 1	ŏ
Pease, Mrs. E						1 1	0
Pennington, F. Esq.						2 0	0
Pipe, Miss (Life Don.)	)					10 10	0
Pope, Edward, Esq.						2 2	0
Power, Sir Alfred				10	199	1 1	0
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Rawlinson, Robert, Es	sq.					4 0	0
Ridley, Miss						0 10	6
Robbins, Rev. D.						1 1	0
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Roget, Madame						1 1	
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Sargent, Mrs. H.	***						

Scott, Lady Henry						£1 0	0
Shaen, William, Esq.						1 0	0
Sharpe, Miss M. C.						0 10	6
Shaw, Mrs			·			1 1	0
Shrimpton, Dr.						1 1	0
Stanley, Dowager Lad	v of Ale	lerley -				1 1	0
Swanwick, Miss						1 1	0
Swanwick, Miss Anna						1 1	0
Swanwick, E. M. Esq.		1		·····		1 10	0
Taylor, W. C., Esq.				· · · · ·		1 1	0
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Westlake, J. Esq.						1 1	0
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Bosanquet, Mrs.		 	 	1	1	0
Bosanquet, Miss		 	 	0	5	0
Chamberlain, Mrs.		 	 	0	10	0
Friend, A		 	 	1	1	0
Guest, Miss		 	 	2	4	6
Hoare, Mrs. Joseph		 	 	1	0	0
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Thomas, Mrs		 	 	0	5	0
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Tolme, Mrs		 	 	1	0	0
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Webber, Miss		 	 	0	5	0
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