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Contributors

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1878.

NATIONAL HEALTH SOCIETY.

Fifth Annual Report

READ AT THE

GENERAL MEETING OF THE SOCIETY,

JANUARY 21st, 1878.



London:

OFFICE OF THE NATIONAL HEALTH SOCIETY,

44, BERNERS STREET, W.

1878.

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1877-78.

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Subscriptions and Donations may be paid to the Secretary at the Office, 44, 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.

—:o:—

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 Notice of Meetings, &c., and the Annual Report.

OFFICE DAYS—MONDAYS AND FRIDAYS.
HOURS, 2 TILL 5 O'CLOCK, P.M.

REPORT.

THE Committee of the National Health Society have pleasure in presenting to their friends and Subscribers their Fifth Annual Report of the year's proceedings and work. The recognised principle of action which has guided all their movements is that embodied in their adopted motto, that "Prevention is better than Cure," and therefore all work that seems likely to strike at the root of preventable disease, is considered to be the special work of this Society. Ignorance of the laws that govern health and prevent disease is the most fruitful source of all the miseries that come from weakly and feeble life, therefore one great object of the Society is to diffuse a knowledge of the nature and requirements of the human body, to preserve it in a healthy state, and to point out the many and divers causes of disease which may be avoided. Popular and simple lectures or discourses appear to be one of the best means of doing this in a certain class of the community, and it is very encouraging to notice that in very many cases where lectures have been given by the Society's agents in former years, they have been again urgently applied for, and many practical results traced to their influence and teachings.

A popular feature of the Society's operations is the opportunities it gives to Mothers to learn the wisest and

most intelligent way of feeding and rearing their children. Special attention is given to the management of babies, and the lectures, specially addressed to poor women at Mother's meetings, in different parishes, are eagerly attended and much appreciated by them. Careful instruction as to washing and dressing the little ones—the food best adapted for their tender age—and precautions as to clothing, sleeping, and the like, are received as valuable knowledge, to be applied as far as possible—and we learn that in many instances the influence of such hints has been seen in the improved condition of the babies brought to the meetings.

The following lectures have been delivered since January, 1877 :—

| DATE. | LECTURERS. | PLACE. |
|----------|-----------------------|---|
| Jany. 3 | ..Miss Beal..... | Barrett's Court. |
| „ 8 | ..Miss Waterston | St. Mark's, Southwark. |
| „ 9 | ..Miss Waterston | St. Peter's, Hoxton. |
| „ 15 | ..Miss Waterston | St. Mark's, Southwark. |
| „ 16 | ..Miss Waterston | St. Peter's, Hoxton. |
| „ 17 | ..Dr. J. Pope | { North Eastern Hospital for Children; Waiting Room. |
| „ 19 | ..Dr. Pope | { Stockwell Institute, Brix- ton. |
| Jany. 22 | ..Miss Waterston | Southwark. |
| „ 23 | ..Miss Waterston | Hoxton. |
| „ 24 | ..Dr. Pope | Hospital, Hackney. |
| „ 26 | ..Dr. Pope | Brixton. |
| „ 29 | ..Miss Waterston | Islington. |
| „ 30 | ..Miss Waterston | Hoxton. |
| „ 31 | ..Dr. Pope | Hackney. |
| Feby. 2 | ..Dr. Pope | Brixton. |
| „ 7 | ..Dr. Pope | Hackney. |
| „ 12 | ..Dr. Pope | { New Kent Road, Work- ing Men's Institute. |

| DATE. | LECTURERS. | PLACE. |
|----------|--|---|
| Feby. 16 | ..Dr. Pope | Brixton. |
| „ 19 | ..Dr. Pope | New Kent Road. |
| „ 19 | ..Miss Waterston | Islington. |
| „ 21 | ..Dr. Pope | Hackney. |
| „ 23 | ..Dr. Pope | Brixton. |
| „ 26 | ..Dr. Pope | New Kent Road. |
| „ 28 | ..Dr. Pope | Hospital, Hackney. |
| March 2 | ..Dr. Pope | Brixton. |
| „ 6 | ..Mrs. Shiel..... | Christ Church, Stepney. |
| „ 7 | ..Dr. Pope | Hackney. |
| „ 9 | ..Dr. Pope | Brixton. |
| „ 13 | { Ernest Hart, Esq. . "The Sanitary Teaching of the Laws of Moses " } | Bishopsgate Schoolroom. |
| „ 13 | ..Mrs. Shiel..... | Stepney. |
| „ 14 | ..Dr. Pope | Hackney. |
| „ 16 | ..Dr. Pope | Brixton. |
| „ 20 | ..Mrs. Shiel..... | Stepney. |
| „ 23 | ..Dr. Pope | Brixton. |
| „ 26 | ..Mrs. Lankester | Westminster. |
| April 6 | ..Dr. Pope | Brixton. |
| „ 9 | ..Mrs. Lankester | Westminster. |
| „ 9 | ..Dr. Frances Hoggan . | Clapton. |
| „ 13 | ..Dr. Pope | Brixton. |
| „ 16 | ..Dr. Frances Hoggan . | Clapton. |
| „ 16 | { Miss Firth "Babies " | Westminster |
| „ 20 | ..Dr. Pope | Brixton. |
| „ 27 | ..Dr. Pope | Brixton. |
| May 9 | { Miss Downing Two Lectures; af- ternoon & evening } | Maldon. |
| Nov. 22 | ..Dr. Pope | India - Rubber Bruce Grove. Factory, |

| DATE. | LECTURES. | PLACE. |
|---------|---------------------|---------------------------|
| Nov. 23 | ..Miss Downing..... | East Moulsey. |
| „ 26 | ..Dr. Pope | Gt. Ormond Yard Institute |
| „ 27 | ..Miss Downing..... | Stepney. |
| „ 29 | ..Dr. Pope | Bruce Grove. |
| Dec. 3 | ..Dr. Pope | Great Ormond Yard. |
| „ 4 | ..Miss Downing..... | Stepney. |
| „ 11 | ..Miss Downing..... | Stepney. |
| „ 13 | ..Dr. Pope | Bruce Grove. |
| „ 20 | ..Dr. Pope | Bruce Grove. |

Dr. Pope's course of twelve Lectures at Stockwell Green, on "Health and Prevention of Disease," was well and regularly attended, principally by young shop-assistants, mechanics, gardeners, and several governesses. Very many of them took copious notes, and wrote the Lectures out. At Hackney, the North Eastern Hospital for Children, the course was as follows:—

Wednesday, January 17th, at 7.30.—"Air": Our First Breath—Why and How we Breathe—Pure Air—Sea Air—Overcrowding—Ventilation.

Wednesday, January 24th, at 7.30.—"Water": Its Sources, Qualities, and Storage—Diseases Caused by Impure Water—Filters—Cleanliness—Baths.

Wednesday, January 31st, at 7.30.—"Food": Necessary Food—Composition—Milk—Sugar—Salt—Animal and Vegetable Food—Quantity—Variety—Infants' Food—The Feeding of Children.

Wednesday, February 7th, at 7.30.—"Food" (*continued*): Luxuries of Life—Accessory Food—Beef Tea—Food for the Sick—Tea—Coffee, etc.—Spices—Intoxicating Drinks—Tobacco.

Wednesday, February 21st, at 7.30.—"Dress": Use—Materials, and value of each in Health and Sickness—Hats—Bonnets—Stay Laces—High Heels—Low Dresses.

Wednesday, February 28th, at 7.30.—"Work and Play": Exercise—Rest—Sleep—Swimming—Play Grounds—School-rooms.

Wednesday, March 7th, at 7.30.—"Prevention of Disease": Infection—Disinfection—Vaccination—Sanitary Arrangements in Houses.

Admission by blue card or payment of one penny.

The Audience consisted chiefly of the parents of the children in the Hospital.

The course at the Mechanic's Institute, Walworth Road, was well attended, as also were the Lectures, "Good Cheer, and What to Eat, and How to Get it" and "Drink and the Action of Alcohol," at the Working Men's Club, Mission Hall, Great Ormond Yard.

Lectures, were again asked for at Jamaica Street, Whitechapel, where Mrs. Shiel, gave a course in March; and Miss Downing's short and practical course, on "Air and Ventilation," "Food," "The management of Children" and the "Prevention of Epidemic Disease" was received with great appreciation by the women, who evinced their interest, by the questions they put to the Lecturer, both during and after the lesson.

Miss Waterston's lectures have been extremely well received by the women, and on one occasion, when she had finished her short course, the women presented her with a sealskin purse they had put their pence together to purchase for her as a token of their appreciation of her kind manner of instructing them.

Mrs. Lankester kindly undertook to give two Lectures at Westminster, on account of the sudden illness of the regular Lecturer: on Fresh Air and The Skin: and one result was a donation of £5 to the Society, from a lady who heard them.

In every case letters have been received from the ladies interested in the organization of the Lectures, or by those hearing them, expressing their sincere gratitude to the Society for the useful and practical information and advice, thus brought home to the women, the

mothers of the children, and the mistresses of the household. (See Appendix.)

As it is upon women's knowledge of sanitary matters, that the future well-being of the Community in a very large measure depends, the Society is particularly earnest in their instructions, and anxious that these simple teachings should spread in all directions.

SOCIETY OF ARTS.—A course of Lectures on the following subjects was given in the Large Lecture Hall of the Society of Arts:—

May 9th.—Miss Octavia Hill, "Open Spaces," His Grace the Duke of Westminster in the chair.

May 16th.—W. H. Corfield, Esq., M.D., "Knowledge the Enemy of Disease," Lieutenant-General Sir Richard Wilbraham, K.C.B., in the chair.

May 23rd.—Arthur Ransome, Esq., M.D., of Manchester, "How to Prevent the Spread of Epidemics," Right Hon. Lyon Playfair, M.P., in the chair.

June 6th.—Rev. Harry Jones, M.A., Rector of St. George's-in-the-East, "Homes of the London Poor," Thomas Hughes, Esq., Q.C., in the chair.

June 13th.—Ernest Hart, Esq., M.R.C.S., "Coffee Taverns for the People," His Eminence Cardinal Manning in the chair.

June 20th.—Dr. Bridges, F.R.C.P., "The Influence of Civilisation upon Health," Lord Houghton in the Chair.

Members of the Society (Subscribers of one guinea) were entitled to a ticket for the Course.

Special arrangements were made for schools, nurses, bible women, etc.

The Committee take this opportunity of expressing their sense of the kindness of the Council of the Society of Arts in lending their rooms for these occasions.

Her Royal Highness Princess Louise, Lady Ducie, Sir Charles Trevelyan, Countess Barrington, Mr. Shaw Lefevre, and many other distinguished persons were present at some of these lectures, also many medical

men, clergymen, nurses, deaconesses, and others interested in Sanitary reform.

At Miss O. Hill's lecture, the Duke of Westminster took the opportunity of saying how highly he approved of the aims of the Society, and would assist and forward their plans to the utmost of his power.

Mr. Hart's lecture on "Coffee Taverns" was attended by a very large audience. The prospectuses of the Coffee Taverns' Company were distributed, and there is every reason to believe that much interest was roused in the movement.

Dr. Bridge's lecture on the "Influence of Civilization upon Health" was subsequently published in the *Fortnightly Review*. Copies of it, and of Miss O. Hill's lecture on open spaces can be obtained at the office.

The Committee take this opportunity of again thanking the ladies and gentlemen who were kind enough to give these lectures for the Society:—Miss Octavia Hill, Prof. W. H. Corfield, M.D., Dr. Arthur Ransome, Rev. Henry Jones, M.A., Ernest Hart, Esq., and Dr. Bridges, F.R.C.P., and the distinguished gentlemen who so efficiently presided on these occasions:—His Grace the Duke of Westminster, Lieut.-Gen. Sir Richard Wilbraham, K.C.B., Right Hon. Lyon Playfair, M.P., Thomas Hughes, Esq., Q.C., his Eminence Cardinal Manning, and Lord Houghton.

Legislators often forget that in framing laws which do not appeal to the intelligence of a community they are adding burdens to the duties of those who have to enforce these laws, whilst if the minds of the multitude were prepared to receive them by previous education, they would be willingly obeyed and welcomed, not only

as a "terror to the evil doers," who would be few, but as a "praise to those who do well." Hence the importance and necessity for sowing the good seed of sanitary knowledge in the fruitful soil of a child's unprejudiced mind, and so to fit him for his future part in the great struggle of life.

Great importance must always be attached to the early training and instruction of children in principles which it is hoped will guide their future life—and it is scarcely possible that those who are well and carefully taught the great facts of physiology as applied to health, in their early years—can enter the active work of life so ignorant and unprepared to avoid and resist disease as were those to whom such instruction was never given, but who were allowed to assume the functions of heads of households, fathers, mothers, and the guides of youth, without having one single intelligent principle as to the necessary precautions for a healthy and vigorous life.

Since the establishment of a great national system of education—framed, it is supposed, to suit the wants of the class for which it is chiefly intended, those who are most deeply impressed with the conviction that health is the first need of every class, and that without it little else is of any value, have urged in every way on the School Boards the necessity of systematic instruction in physiology in the schools of the poor—Prizes have been given in former years as an encouragement to this study, and during the past year the Committee of the National Health Society has been entrusted by a lady with the sum of a hundred pounds, in addition to the £100 already given to be applied by

the London School Board for the purpose of instituting prizes in this subject. It was considered, however, that there were some objections to the questions formerly given in the examination, and it has been suggested to the School Board that the test examination should be of a more elementary and simple character. After an interview with the Committee of the School Board on this subject, it was agreed that £25 a year for four years should be sent to the Board with the view to the awarding of premiums to teachers, as well as prizes to children, and that the examination papers prepared by the Board Inspectors should be submitted to the Society before the Examination for their approval.

The Examiner's report of the Liverpool schools is highly satisfactory this year. Out of 48 girls who went up for examination 25 passed, and received prizes and honourable mentions. The following are some of the questions asked in the examination papers:—

“What is infection? Mention some diseases that are infectious. What steps would you take in the room of a patient suffering from such a disease to prevent infection? When a patient is recovering what would you do with the bedding, etc.

“Suppose a child was to receive a very deep cut in the fore arm, from which the blood was to flow very rapidly, what steps would you adopt to stop the bleeding till a surgeon could arrive?

“Describe the stomach, and the principal changes the food undergoes in it?

“State clearly why it is necessary to keep the skin clean. A person sitting in a room with doors, windows, etc., closed, after a time feels drowsy and dull, and has

a headache. State fully the cause of this, and how it may be avoided, etc., etc."

The lady who presented the above sum to the London schools has also given the same sum to be used by the Society for a similar purpose at Oxford.

Prizes to the amount of £2 10s. have again been awarded this year, through the kindness of a lady, to the girls of the Public Day School Company's Schools.

DEPUTATION TO THE SCHOOL BOARD.—On June 13th, a deputation from the National Health Society waited upon the School Board to beg that the playgrounds attached to the Board Schools, comprising 57 acres of open space, might be thrown open to the children attending the schools after school hours, during the summer evenings and the Saturday holidays, under certain restrictions.

Mr. Shaw Le Fevre, M.P., addressed the Board, supported by Mr. E. Hart, Thomas Hughes, Esq., M.P., Archdeacon Hessey, Rev. Samuel Barnett, Vicar of St. Jude's, Whitechapel, Lieut.-Gen. Sir Richard Wilbraham and others attending the deputation.

A petition praying for this privilege was also presented to the Board. Amongst the many hundreds of influential signatures attached to the petition, were those of His Grace the Duke of Westminster, His Grace the Archbishop of Canterbury, Earl of Shaftesbury, Canon Duckworth, John Holmes, Esq., M.P., Henry Fawcett, Esq., M.P., Justice Fry, Hon. Cowper Temple, Russell Gurney, Esq., M.P., Sir Harcourt Johnstone, M.P., Sir Charles Trevelyan, Rev. Septimus Hansard, and Rev. Harry Jones. The deputation was presented

by Mrs. Westlake and Mr. Picton, and the Memorial ran as follows:—

THE MEMORIAL OF THE UNDERSIGNED MEMBERS OF THE
NATIONAL HEALTH SOCIETY, AND OTHERS,

Sheweth,

That the undersigned Memorialists entertain a strong sense of the importance to the health of the people of taking advantage for the benefit of the children of the poorer classes, of all existing playgrounds and open spaces within the Metropolitan limits.

That they are informed that attached to the schools of the SCHOOL BOARD FOR LONDON are playgrounds occupying a total space of nearly fifty-seven acres.

That such playgrounds are in the greater number of cases little, and sometimes not at all, used after school hours in the evening, or during the Saturday holiday.

That the playgrounds are very rarely or very imperfectly fitted with gymnastic or other apparatus, and that the use of these open spaces for the purpose of recreation is not systematically encouraged by the guardians of the buildings and grounds.

Your Memorialists, therefore, earnestly request your Board to take steps for the opening of the playgrounds attached to the School Board Schools after school hours, both to the children of the schools, and under such regulations as may seem fit, to the other children of the neighbourhood ; and, further, to provide such playgrounds with suitable apparatus for healthy recreation ; and to arrange such supervision of the playgrounds during play hours as may encourage children to use and to profit by the means of recreation provided.

Shortly after the deputation had waited upon the School Board, a letter was received stating that the

Board of the School Board were prepared to fit up 18 playgrounds, as requested, with gymnastic apparatus, but that the extra expense incurred for superintendence would be expected to be defrayed by the National Health Society.

To this letter the Committee of the Society replied, saying that they considered it open to obvious objections that a private society should undertake to partially pay the salaries of caretakers—servants of the Board—for the charge of apparatus belonging to the Board.

A letter has just been received from the Board, running as follows:—

SCHOOL BOARD FOR LONDON.

WORKS DEPARTMENT.

VICTORIA EMBANKMENT, W.C.,

10th January, 1878.

DEAR MADAM,—The Board have had under consideration your letter of the 16th November, stating that your Committee “learn with great satisfaction that the Board propose to fit the playgrounds of 18 schools with suitable gymnastic and recreative apparatus, but they are of opinion that the proposal that the Society should bear the expense of partly paying the caretakers—servants of the Board—for the charge of apparatus belonging to the Board is open to many objections.”

In order that any action taken by them might be strictly legal, the Board have taken the advice of their solicitor, who is of opinion that if, by opening the playgrounds to children other than Board children, any additional expenditure would be incurred, such additional expenditure could not legally be defrayed out of the School Fund.

As you are aware, the scheme proposed contemplates the opening of the playgrounds of the selected schools on Saturday afternoons, when Board children have not, up to the present time, been admitted, as well as on other weekday evenings, when

the playgrounds of all schools are open to board children. For this reason, if for no other, the Board are of opinion that additional expenditure *would* be incurred, as the school-keepers, on Saturdays, are engaged in superintending the cleaning of the building.

I am accordingly instructed to state that, though the Board fully sympathise with the objects of the Society, they can only consent to proceed with the scheme on the understanding that the National Health Society will be responsible for the payment of the necessary additional salary to the school-keepers.

I am, dear Madam,

Your obedient servant,

S. H. CROAD, Clerk of the Board.

It will now be the work of the Society to take further action in this matter.

It is obviously one of great importance to public health in the metropolis, and will involve much labour in organisation and raising funds.

The Society will have to look for assistance, if it undertakes this task, not only to its influential patrons and friends, but to the public spirit and liberality of each locality which it is proposed to benefit.

The Committee, however, cannot but point out that the legal reasoning set forth in the last communication from the School Board appears to be somewhat strained, and that it is not clear what legal basis there exists for assuming that it absolves the School Board, under any consideration of extra expense, from the duty of keeping its playgrounds open at all reasonable times and seasons, or renders it illegal that that Board should incur an expenditure obviously proper in the interest of the children for whom it provides education. So long as the playgrounds purchased by the School Board—at

a great cost—are not properly fitted up with recreative apparatus, open to the fullest extent during the daylight hours of summer and winter, under suitable superintendence, to that extent it may be said that a wasteful deficiency exists in the utilisation of the capital expended by the Board in providing such playgrounds. Nor is it apparent that the Board are fulfilling all their legal and equitable responsibilities in relieving themselves of that necessary expenditure, which alone can utilise their existing resources, by putting the burden of providing such recreative and physical instruction of their children upon the shoulders of the benevolent public.

Another letter has been forwarded to the Home Secretary reminding him of his promise to consider the water supply of London.

NEW NAMES ON COMMITTEE.—Amongst those who have during the year become supporters and members of the Society, we have the honour of adding the names of Her Royal Highness Princess Louise, his Grace the Duke of Westminster, Countess Russell, Dr. Frankland, Dr. Bridges, Charles Matthews, Esq., Rev. Marcus Clifford, Mrs. Priestley, Mrs. White Cooper, Henry Burdett, Esq., General Frederick Cotton, Mrs. Byles, Sir Charles Trevelyan, and Lady Agatha Russell.

In acknowledgment of their valuable services as gratuitous lecturers to the Society, the Committee have this year made Miss Pearson and Miss McLaughlin, Honorary Life Members of the Society. These ladies gave nearly 50 Lectures for the Society in 1876, to above 3,000 persons.

PARK PARTIES.—Many parties of poor children

have been taken to the parks from Drury Lane and Whitechapel during the summer evenings, under safe escort. Miss Hannah de Rothschild gave a special donation for this purpose.

| | | | | | | | | | | |
|----------|-------|-------|----|---|--|---------|-------|-------|---|---|
| In hand | | £4 | 16 | 3 | | Spent | | £5 | 2 | 0 |
| Received | | 6 | 11 | 0 | | In hand | | 6 | 5 | 3 |
| | | <hr/> | | | | | | <hr/> | | |
| | | £11 | 7 | 3 | | | | £11 | 7 | 3 |
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It is much to be desired that ladies interested in this special branch of the Society's work, would volunteer to accompany these parties to the parks, and would communicate with the Secretary on the subject.

NEW PRIVILEGES TO MEMBERS.—ADVANTAGES FOR SUBSCRIBERS.—It is proposed to offer to persons becoming members of the Society (subscribers of one guinea or more) certain special advantages. In the first place it is suggested that parties should be arranged for the purpose of visiting different places interesting to those anxious for sanitary reform. These excursions would be accompanied by Prof. Corfield or some other gentleman competent to point out and explain the different objects worthy of interest. The Parkes' Museum of Sanitary Appliances, under the care of Prof. Corfield, will be visited; drainage works, water works, model sanitary houses, and examples especially *deficient* in sanitation.

It is proposed to establish an agency for analysis of water and food, where members can send specimens for examination.

The Society will endeavour to supply to those members who make application, information (derived from the Registrar-General) of the number of cases of various zymotic diseases in their own neighbourhood.

The Committee will also be happy to facilitate the action of members in arranging for the sanitation of their own dwelling-houses.

The Society's publications will be supplied to members at a reduced rate.

It is suggested to members that they should personally occupy themselves with the sanitary condition of a special and limited district around their own dwellings. Reports will be received by the Secretary, and advice given by members of the Committee.

It is proposed that a model of perfect drainage should be made under the most efficient superintendence, and exhibited by the Society.

OBITUARY.—It is with a deep sense of their own loss that the Committee have to record the lamented death of their late Treasurer, Mr. Thomas Tolmé, the Baroness Meyer de Rothschild, who was one of the first and strongest supporters of the Society, Sir Titus Salt, Mr. Peter Graham, and Dr. Rumsey.

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.

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 and Public Health, will be at once attended to.

It is much to be desired that clergymen and others feeling the importance of the work of the Society, would assist the cause, by mentioning its objects and advocating its claims in their public capacity.

PUBLICATIONS.—Pamphlets and Leaflets published by the Society :—

LEAFLETS.

| | |
|---|-------------------|
| Hints for Health, 1 <i>d.</i> each, 9 <i>d.</i> per doz., 5 <i>s.</i> per 100, 30 <i>s.</i> per 1000. | |
| Fresh Air: Why we Want it, and How to Get it | .. |
| Simple Remedies | .. |
| Cholera and Diarrhœa | .. |
| How to Prevent Scarlet Fever | .. |
| Rules for the Management of Infants | .. |
| Typhoid, or Drain Fever: How to Prevent it | .. |
| How to Keep Typhoid Fever out of Houses | .. |
| In a Sick Room | .. |
| Verses on the Skin. Sir A. Power | .. |
| The Preventions of Small Pox, | |
| Four for a 1 <i>d.</i> , 3 <i>d.</i> per doz., 2 <i>s.</i> per 100. | |
| Poor Man's Filter .. Four for a 1 <i>d.</i> , 3 <i>d.</i> per doz., 2 <i>s.</i> per 100. | |
| Cheap Disinfectants | .. |
| Health Almanack (Illustrated) | 1 <i>d.</i> each. |

PAMPHLETS.

| | |
|---|-------------|
| The Water Supply of London, by Humphrey Sandwith, Esq., C.B. | 6 <i>d.</i> |
| The Water Supplies of the Metropolis, by Edwin Chadwick, Esq., C.B. | 3 <i>d.</i> |
| Domestic Sanitary Works. R. Rawlinson, Esq., C.B. | 6 <i>d.</i> |
| Rational Gymnastics for the Young of Both Sexes. A. Georgii, Esq. | 6 <i>d.</i> |
| Sanitary Improvements, by Conyers Morrell, Esq. | 6 <i>d.</i> |
| A Contribution to School Hygiene. R. Liebreich, Esq. | 6 <i>d.</i> |
| Compulsory Vaccination, by Dr. John Fox | 3 <i>d.</i> |
| The Religion of Health. Dr. Elizabeth Blackwell | 6 <i>d.</i> |
| Healthy Habitations. W. Eassie, Esq., C.E. (illustrated) | 6 <i>d.</i> |
| The Importance of Studying Temperaments. Dr. S. Wilks, F.R.S. | 6 <i>d.</i> |
| Open Spaces (a Lecture). Miss Octavia Hill. | 4 <i>d.</i> |
| The Advantage of Health Lessons to the Poor. Miss Lankester. A Paper read at the Liverpool Social Science Association | 4 <i>d.</i> |
| Reports of the Society's Work | Free |

BOOKS AND TRACTS RECOMMENDED AND SOLD BY THE SOCIETY.

| | |
|--|-------------------------|
| Health in the House. Mrs. Buckton | 2 <i>s.</i> |
| Elementary Lessons in Physiology. Prof. Huxley, F.R.S. | 4 <i>s.</i> 6 <i>d.</i> |
| Physiology. Dr. Michael Foster | 1 <i>s.</i> |

| | |
|---|----------------|
| Manual of Health. Dr. Parkes | 1s. |
| First Lessons on Health. J. Berners | 1s. |
| Practical Physiology. Dr. Lankester | 2s. 6d. |
| Healthy Houses (illustrated). W. Eassie, Esq., C.E. .. | 1s. |
| First Help in Accidents. Dr. Schaible | 1s. |
| Talks About Health: a Book for Boys and Girls. Mrs. Lankester | 1s. |
| The Sickneses that Spread. Mrs. Fenwick Miller .. | 3d. |
| Simple Lessons for Home Use—Cookery, by J. C. Buckmaster | 3d. |
| Tracts. Published by the Ladies' Sanitary Association | 1d. & 2d. each |
| <i>Jarrold & Son's Household Tracts.</i> | |
| Wholesome Food.. .. | 2d. each |
| The Use of Pure Water | 2d. each |
| The Worth of Fresh Air | 2d. each |
| Warm Clothing, &c. | 2d. each |
| The Two Breaths. Rev. Charles Kingsley .. | 2d. each |

It is requested that stamps or P.O.O. and postage may be enclosed with the order for books or papers.

The new Health Almanack, illustrated, has been found most popular, and many thousands have been sold at 1d. each.

The great difficulty of obtaining adequate funds for the due prosecution of the work of this Society is painfully apparent to the Committee, who are held back from many useful and desirable schemes simply for want of means. Whilst philanthropic and charitable Societies on all sides, acknowledge donations and subscriptions of thousands of pounds, the Society which your Committee represents, has but a very small balance sheet to present. Here again the adopted motto of the Society should carry weight. Surely it must be better to prevent as far as possible the diseases and influences which fill our Hospitals and Asylums, than to neglect the precaution in order to cure the evil results. Whilst the evils which we deplore exist in humanity, and it is feared that

sanitary efforts be they ever so energetic and effective will scarcely extinguish them, there will remain large scope for the exercise of the benevolent instinct of those who love to relieve distress. But let it not be forgotten that to teach people to help themselves, to cut down the evil weed of ignorance, dirt, and disease at the root is even more effective than to trim its branches, and whilst earnestly begging for larger support, and more extensive and liberal subscriptions to the work of the National Health Society, your Committee would remind the most philanthropic of the land that

“PREVENTION IS BETTER THAN CURE.”

It is requested as a special favour, that Members after reading their Reports, if they do not desire to keep them, will GIVE THEM AWAY, as by this means fresh friends may be secured.

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CASH STATEMENT for the Year ending December 31st. 1877.

51.

[illegible]

The Society holds Investments in Consols and Canadian Bonds of £190 each, and of the Special Donation £175 have been placed on Deposit.

WILLIAM D. HERTZ, *Hon. Treasurer*,
National Health Society.

Examined and found correct,
FREDERICK POPE. 14th January, 1878.

LIST OF Members, Subscribers and Donors.

Life Members

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

Pipe, Miss.
Priestley, Mrs.
Reid, Peter, Esq.
Robinson, George, Esq.
Robinson, Mrs.
Rushout, Honble. Miss.
Smith, Miss Leigh.
Wackerbarth, Miss.
Webb, Miss.
Yates, Miss.

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|----------------------------|-----|-----|-----|-----|----|----|---|
| Aikman, Mrs. | ... | ... | ... | ... | £1 | 0 | 0 |
| Alford, Stephen, Esq. | ... | ... | ... | ... | 0 | 10 | 6 |
| Alldrige, Miss | ... | ... | ... | ... | 1 | 1 | 0 |
| Andrew, E. Esq. | ... | ... | ... | ... | 1 | 1 | 0 |
| Atherton, Henry, Esq. | ... | ... | ... | ... | 1 | 1 | 0 |
| Bacon, Mr. | ... | ... | ... | ... | 0 | 10 | 6 |
| Bale, H. G., Esq. | ... | ... | ... | ... | 1 | 1 | 0 |
| Ball, W., Esq. | ... | ... | ... | ... | 1 | 1 | 0 |
| Barnes, Dr. Fancourt | ... | ... | ... | ... | 1 | 1 | 0 |
| Barrington, Hon. Miss | ... | ... | ... | ... | 1 | 1 | 0 |
| Beal, James, Esq. | ... | ... | ... | ... | 1 | 1 | 0 |
| Beddard, Mrs. | ... | ... | ... | ... | 1 | 1 | 0 |
| Beresford, Colonel, Marcus | ... | ... | ... | ... | 1 | 1 | 0 |
| Bird, Miss | ... | ... | ... | ... | 5 | 0 | 0 |
| Blackburn, Mrs. Henry | ... | ... | ... | ... | 1 | 1 | 0 |
| Boucherett, Miss | ... | ... | ... | ... | 2 | 0 | 0 |
| Boyle, Miss | ... | ... | ... | ... | 0 | 10 | 0 |
| Bruce Mrs. | ... | ... | ... | ... | 1 | 1 | 0 |
| Buchanan, George, Esq. | ... | ... | ... | ... | 1 | 1 | 0 |
| Buckton, Mrs. | ... | ... | ... | ... | 0 | 10 | 0 |
| Burdett, Henry, Esq. | ... | ... | ... | ... | 1 | 1 | 0 |

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|---------------------------------|-----|-----|-----|-----|-----|---------|
| Busch, A. P., Esq. | ... | ... | ... | ... | ... | £0 15 0 |
| Byles, Mrs. | ... | ... | ... | ... | ... | 0 10 0 |
| Caine, Mrs. N. | ... | ... | ... | ... | ... | 1 0 0 |
| Caine, W., Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Canning, Hon. Miss | ... | ... | ... | ... | ... | 0 5 0 |
| Chadwick, Edwin, Esq. | ... | ... | ... | ... | ... | 2 2 0 |
| Chadwick, Mrs. | ... | ... | ... | ... | ... | 1 0 0 |
| Chadwick, Miss | ... | ... | ... | ... | ... | 1 1 0 |
| Chaplin, Mrs. | ... | ... | ... | ... | ... | 1 0 0 |
| Chappell, Arthur, Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Chappell, Thomas, Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Cheston, Mrs. Charles | ... | ... | ... | ... | ... | 1 1 0 |
| Clifford, Rev. Marcus, (Don.) | ... | ... | ... | ... | ... | 3 3 0 |
| Clifford, Rev. Marcus | ... | ... | ... | ... | ... | 0 10 0 |
| Clift, Miss | ... | ... | ... | ... | ... | 1 0 0 |
| Clover, Joseph, Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Conway, Moncure, Esq. | ... | ... | ... | ... | ... | 0 10 0 |
| Cooper, Mrs. White | ... | ... | ... | ... | ... | 1 1 0 |
| Cotton, General, Frederick | ... | ... | ... | ... | ... | 1 1 0 |
| Crompton, Mrs. | ... | ... | ... | ... | ... | 1 1 0 |
| Davidson, Mrs. | ... | ... | ... | ... | ... | 1 0 0 |
| Dawe, Fabian, Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| De Clifford, Lady, (Don.) | ... | ... | ... | ... | ... | 1 0 0 |
| Domville, W. H., Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Donkin, Miss | ... | ... | ... | ... | ... | 0 10 0 |
| Down, Dr. Langdon | ... | ... | ... | ... | ... | 1 1 0 |
| Dunville, Mrs. | ... | ... | ... | ... | ... | 1 1 0 |
| Edis, Dr. Arthur | ... | ... | ... | ... | ... | 1 1 0 |
| Edgell, Rev. Wyatt | ... | ... | ... | ... | ... | 0 10 0 |
| Edwards, Alderman, J.P. | ... | ... | ... | ... | ... | 2 2 0 |
| Elwes, Miss Edith | ... | ... | ... | ... | ... | 5 5 0 |
| Enfield, Richard, Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Erskine, Miss | ... | ... | ... | ... | ... | 1 0 0 |
| Eve, Richard, Esq. | ... | ... | ... | ... | ... | 2 2 0 |
| Ewart, Miss (Life) | ... | ... | ... | ... | ... | 10 10 0 |
| Firth, Miss | ... | ... | ... | ... | ... | 1 1 0 |
| Filter Silicated Carbon Company | ... | ... | ... | ... | ... | 1 1 0 |
| Foster, Anthony, Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Foster, Miss | ... | ... | ... | ... | ... | 0 5 0 |
| Fox, Dr. John | ... | ... | ... | ... | ... | 1 1 0 |
| Frankland, Dr. | ... | ... | ... | ... | ... | 1 1 0 |
| Gardner, Rear Admiral | ... | ... | ... | ... | ... | 15 0 |
| Girdleston, E. D. Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Godwin, George, Esq. | ... | ... | ... | ... | ... | 1 1 0 |
| Goldsmid, Miss | ... | ... | ... | ... | ... | 1 1 0 |
| Graham, Miss | ... | ... | ... | ... | ... | 1 1 0 |
| Gregson, Mrs. | ... | ... | ... | ... | ... | 0 5 0 |
| Guest, Miss | ... | ... | ... | ... | ... | 1 1 0 |

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| Hale, W. H., Esq. ... | ... | ... | ... | ... | £0 10 6 |
| Hallowes, Miss ... | ... | ... | ... | ... | 1 0 0 |
| Hallowes, Miss Kate ... | ... | ... | ... | ... | 1 0 0 |
| Hammond, Mrs. Mark ... | ... | ... | ... | ... | 1 1 0 |
| Hardcastle, Hon. Mrs. ... | ... | ... | ... | ... | 0 10 0 |
| Hare, Thomas, Esq. ... | ... | ... | ... | ... | 1 0 0 |
| Harris, Theodore, Esq. ... | ... | ... | ... | ... | 1 1 0 |
| Hart, Ernest, Esq. ... | ... | ... | ... | ... | 5 0 0 |
| Henderson, Mrs. Mercer ... | ... | ... | ... | ... | 1 1 0 |
| Henté L., Esq. (Don.) ... | ... | ... | ... | ... | 0 10 0 |
| Hertz, W. D., Esq. ... | ... | ... | ... | ... | 1 1 0 |
| Heywood, James, Esq. ... | ... | ... | ... | ... | 1 1 0 |
| Heywood, James, Esq. ... | ... | ... | ... | ... | 5 0 0 |
| Hill, Mrs. Edwin ... | ... | ... | ... | ... | 1 1 0 |
| Hoare, Miss ... | ... | ... | ... | ... | 0 10 6 |
| Hodgson, Dr. ... | ... | ... | ... | ... | 2 2 0 |
| Hoggan, Dr. Frances ... | ... | ... | ... | ... | 1 1 0 |
| Holland, Mrs. ... | ... | ... | ... | ... | 1 1 0 |
| Holland, Miss ... | ... | ... | ... | ... | 1 0 0 |
| Holland, Miss ... | ... | ... | ... | ... | 1 1 0 |
| Hunt, Miss (Don.) ... | ... | ... | ... | ... | 0 10 0 |
| Illingworth, Mrs. ... | ... | ... | ... | ... | 0 10 6 |
| James, W. H., Esq. (Don.) ... | ... | ... | ... | ... | 1 1 0 |
| Joshua, Mrs. ... | ... | ... | ... | ... | 1 1 0 |
| Kemp, Mrs. ... | ... | ... | ... | ... | 1 1 0 |
| Kettle, W. C., Esq. ... | ... | ... | ... | ... | 0 2 6 |
| Lamport, C., Esq. ... | ... | ... | ... | ... | 1 0 0 |
| Latham, Baldwin, Esq. ... | ... | ... | ... | ... | 1 1 0 |
| Lees, Miss Florence (Don.) ... | ... | ... | ... | ... | 1 1 0 |
| Lewis, Mrs. George ... | ... | ... | ... | ... | 1 1 0 |
| Lloyd, Francis, Esq. ... | ... | ... | ... | ... | 1 1 0 |
| MacIntyre, Angus, Esq. ... | ... | ... | ... | ... | 0 5 0 |
| MacNaught, Rev. John ... | ... | ... | ... | ... | 1 1 0 |
| Manning, Miss E. A. ... | ... | ... | ... | ... | 1 0 0 |
| Martineau, The Misses ... | ... | ... | ... | ... | 1 1 0 |
| Martineau, Miss Gertrude ... | ... | ... | ... | ... | 0 10 6 |
| Martineau, Miss J. ... | ... | ... | ... | ... | 1 1 0 |
| Martineau, Miss Mary ... | ... | ... | ... | ... | 1 1 0 |
| Matthews, Charles, Esq. ... | ... | ... | ... | ... | 2 2 0 |
| Matthews, Mrs. ... | ... | ... | ... | ... | 0 10 0 |
| Mawbey, Mrs. ... | ... | ... | ... | ... | 0 5 0 |
| McClelland, James Esq. ... | ... | ... | ... | ... | 0 10 0 |
| Mocatta, F. D. Esq. (Don.) ... | ... | ... | ... | ... | 3 3 0 |
| Mousley, East Guild, and Girl's Friendly Institute ... | ... | ... | ... | ... | 1 0 0 |
| Neate, Mrs. ... | ... | ... | ... | ... | 1 1 0 |
| Newcombe, Prout, Esq. ... | ... | ... | ... | ... | 1 1 0 |
| Odgers, W. B., Esq. (Don.) ... | ... | ... | ... | ... | 1 1 0 |

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|--|-----|-----|-----|-----|----|----|---|
| Parker, Francis, Esq. ... | ... | ... | ... | ... | £1 | 1 | 0 |
| Pagliardini, Monsieur ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Pease, Mrs. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Pennick, Mrs. ... | ... | ... | ... | ... | 0 | 2 | 6 |
| Pennington, F., Esq. ... | ... | ... | ... | ... | 2 | 0 | 0 |
| Phillips, Miss ... | ... | ... | ... | ... | 1 | 0 | 0 |
| Power, Sir Alfred ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Power, Lady ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Priestley, Mrs. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Reid, Peter Esq. (Life) ... | ... | ... | ... | ... | 10 | 10 | 0 |
| Ridley, Miss ... | ... | ... | ... | ... | 0 | 10 | 6 |
| Robinson, George, Esq. (Life) ... | ... | ... | ... | ... | 10 | 10 | 0 |
| Robinson, Mrs. (Life) ... | ... | ... | ... | ... | 10 | 10 | 0 |
| Roget, Miss ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Ross, Rev. A. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Russell, Countess ... | ... | ... | ... | ... | 5 | 0 | 0 |
| Russell, Lady Agatha ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Russell, Miss ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Samuelson, Bernard, Esq. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Samuelson, James, Esq. ... | ... | ... | ... | ... | 0 | 10 | 6 |
| Sandwith, Dr. Humphrey ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Sargent, Mrs. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Scott, Lady Henry ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Selborne, Lady (Don.) ... | ... | ... | ... | ... | 1 | 0 | 0 |
| Shaen, W., Esq. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Sharpe, Miss M. C. ... | ... | ... | ... | ... | 0 | 10 | 0 |
| Shaw, Mrs. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Shrimpton, Dr. ... | ... | ... | ... | ... | 1 | 0 | 0 |
| Stanley, Lady of Alderley ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Swanwick, Miss ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Swanwick, Miss A. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Swanwick, E., Esq. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Taylor, W. C., Esq. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Taylor, Mrs. T. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Tennant, Mrs. ... | ... | ... | ... | ... | 0 | 10 | 6 |
| Thomas, Mrs. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Thomas, Miss (Don.) ... | ... | ... | ... | ... | 0 | 10 | 0 |
| Tolmé, Mrs. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Trevelyan, Sir Charles (Don.) ... | ... | ... | ... | ... | 1 | 0 | 0 |
| Turner, Ernest, Esq. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Twining, Thomas, Esq. (Don.) ... | ... | ... | ... | ... | 1 | 0 | 0 |
| Vaughan, H., Esq. ... | ... | ... | ... | ... | 2 | 2 | 0 |
| Westlake, John, Esq. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Westminster, His Grace the Duke of ... | ... | ... | ... | ... | 3 | 0 | 0 |
| Whitwell, Mark, Esq. ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Wilks, Dr. Samuel ... | ... | ... | ... | ... | 1 | 1 | 0 |
| Williams, Miss ... | ... | ... | ... | ... | 2 | 2 | 0 |

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|------------------------|-----|-----|-----|-----|-----|-----------|
| Wills, Mrs. ... | ... | ... | ... | ... | ... | £1 1 0 |
| Winkworth, Mrs. ... | ... | ... | ... | ... | ... | 1 0 0 |
| Wood, Mrs. ... | ... | ... | ... | ... | ... | 0 5 0 |
| Wynn, Miss Frances ... | ... | ... | ... | ... | ... | 0 10 0 |
| Yates, Rev. Thompson | ... | ... | ... | ... | ... | 1 1 0 |
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FOR PARK PARTIES.

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|--|-----|-----|-----|-----|-----|---------|
| Miss Hannah de Rothschild ... | ... | ... | ... | ... | ... | £2 2 0 |
| Miss Ridley ... | ... | ... | ... | ... | ... | 0 10 0 |
| Mrs. Thomas ... | ... | ... | ... | ... | ... | 0 3 0 |
| Mrs. Priestley ... | ... | ... | ... | ... | ... | 0 8 0 |
| Miss Guest ... | ... | ... | ... | ... | ... | 0 7 6 |
| Holy Trinity Sunday School Children, Greenwich | ... | ... | ... | ... | ... | 0 6 0 |
| Per Miss Webb ... | ... | ... | ... | ... | ... | 1 0 0 |
| Miss Maberley ... | ... | ... | ... | ... | ... | 1 0 0 |
| Mrs. Blackburn ... | ... | ... | ... | ... | ... | 0 4 0 |
| J. Reeves, Esq. ... | ... | ... | ... | ... | ... | 0 10 6 |
| | | | | | | <hr/> |
| | | | | | | £6 11 0 |
| | | | | | | <hr/> |

APPENDIX

I feel sure this kind of teaching will work a large amount of good amongst our poor women. Allow me once again to thank you for this most valuable help.

Extract from letter of Mrs. Pook,
Jamaica Street, Commercial Road, E.

The lectures (Dr. Pope's) concluded yesterday. The average attendance was from 150 to 250 workers at the factory. I think the lectures were highly appreciated, both from the signs of approval at the lectures and the outside talk.

Letter from Miss PHILLIPS, High Road, Tottenham.

Thank your Committee please on my behalf for their kind help. It is just work that we cannot see much result from until another generation grows up, or at least for years, but sensible people know this, and will not appreciate it less.

Extract from letter from Miss PHILLIPS.

The lectures at the hall of the Working Men's Club were greatly appreciated and enjoyed. I only wished that the whole of the parish had been there.

Extract from letter of Miss LOUISA TWINING.

The very able and popular manner in which Dr. Pope treated his subjects made him a great favourite with his audiences. This was apparent by the fact that the attendance increased at every lecture.

Letter from Mr. G. BONE,
Walworth.

The success of the previous lectures seems to have become

known, if one may judge by the very large audiences last Friday.

Clapham Observer.

Most interesting and valuable lectures, which were received with enthusiasm, and which are likely to be productive of much good in the cause to which Dr. Pope has so ably devoted his time and energies.

*From report on course delivered at
Children's Hospital, Hackney.*

Several of the audience came very regularly. The school-master told me that several men—mechanics and gardeners—told him they were exceedingly interested in the lectures. Five or six governesses came. The lectures could not have been made more simple or interesting. I should immensely like to have another course.

Extract from letter from Miss PRICE, Stockwell.

During the past year, lectures on sanitary subjects have been given at the women's meetings in many districts by some of the lady lecturers of the National Health Society. These lectures were listened to with deep interest, and *distinct efforts at greater cleanliness* and the attainment of purer water for drinking have been traced to them. The lectures were given freely, and the managers desire to express their sincere thanks, both to the ladies who delivered them and to the secretary of the National Health Society, by whose kindness the plan was suggested and arrangements made.

*Extract from Annual Report of
Parochial Mission Women Association.*

I write again to ask you if we may be again favoured with a course this winter. We so thoroughly enjoyed those given by Mrs. Shiel, and I feel sure they were attended with such good results, that I should be grateful to have them again.

Letter from Mrs. Pook, Stepney.

We have all very much enjoyed Miss Downing's lecture, and

though her audience was small, necessarily, because confined to our Young Women's Friendly Society, all were very attentive and interested. We quite look forward to having another lecture. The matter of Miss Downing's lecture was so very good, and her manner very nice and suitable to the occasion.

Letter from Miss LONGLEY, East Moulsey.

That our women were interested I know, for they made comments and asked questions. We are very grateful to you for providing us with this instruction. It is so new, and must be useful to our poor women and children.

Letter from Mrs. Pook, Stepney.

I have been wondering whether it would be possible for you to originate a course of lectures on *nursing*, for ladies in this neighbourhood.

*Letter from Miss STOCK,
Tavistock Crescent.*

Would you oblige me by sending notices of the courses of lectures organised by the National Health Society. Many of our members are interested in the subject of disseminating information, on the questions on which I see the National Health Society are arranging series of lectures. I should be glad to give them such publicity as I am able.

*Extract from letter from C. S. LOCK., Esq.,
Secretary to the Charity Organisation Society, Central Office.*

I think the simple nursing details interested my women most.

Miss GREGORY, the Orphanage, Vauxhall.

My attention has been drawn to the National Health Society by notices in the London newspapers, and I thought what a good thing it would be for this colony if they had the same here. Will you send me a list of books, etc., published by the Society? I should be very grateful. In this part of the

world the people are so totally ignorant of the most elementary laws of health.

Miss COTTER, Stellenbosch, Cape Colony.

My father declares your little books and papers are quite invaluable.

Miss ALLDRIDGE.

I am delighted to hear that the National Health Society is growing into larger dimensions. It always seemed to me that such a society was needed, and I congratulate you.

Extract from letter from Dr. ELIZABETH BLACKWELL.

Will you send me at once your directions for the prevention of infection? We have just imported, from London, a case of small pox, and I want to distribute your handbills amongst the neighbours near.

Mrs. WOOD, Maldon.

My cousin finds your leaflets so excellent that she has asked me to procure a further supply for her.

Extract from letter from LADY DE CLIFFORD.

The large audiences at the lectures have been highly pleased. The lectures should be widely known.

FACTORY INSTITUTE.

Since Miss Downing's first visit, there has been an alteration in the ventilation of the rooms, which is a great improvement.

Extract from letter from

Miss HUNT, Rose and Crown Room.

I desire to thank you, in the name of my mothers' meeting, for the very clear and interesting lectures given to the women. They were both interested and instructed, and the simple way in which the lady explained great truths, by talking to them rather than reading a lecture, was most effective.

Extract from letter from Miss GREGORY, Vauxhall.

I am desired by an Institution which has been formed in Brazil, to beg of you the favor of sending me your Rules of Association, and any other papers which may assist the carrying out in that region of the good work which has entitled your Society to universal gratitude.

Extract from letter from

J. R. DUNLOP, Esq.

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Respectfully,
J. R. Dutton, Esq.