

Annual report : 1881 / National Health Society.

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National Health Society (Great Britain)

Publication/Creation

London : The Society, 1881

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1880-81.

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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.

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CONSTITUTION.

1. This Society is formed to unite and organize 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 to assist at public meetings.

5. The payment of one guinea, annually, 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.

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The Committee of the National Health Society have pleasure in laying before their friends and subscribers the Eighth Annual Report of the Society's work.

The following is a list of Lectures which have been delivered during 1880 under the auspices of the Society.

DATE.	LECTURERS.	PLACE.
Jan'y. 16	...Miss E. Barnett..... "Cookery."	Dorking Mothers Meeting.
" 23	...Miss Barnett	Dorking.
" 23	...Dr. Pope..... "What to eat and what to drink."	South London Working Men's Club.
" 30	...Dr. Pope..... "What to wear."	South London W. Men's Club.
Feb'y. 3	...Miss Barnett	Braintree.
" 4	...Miss Barnett	Maldon.
" 6	...Dr. Pope..... "The House to live in."	Kensington.
" 13	...Miss Barnett	Dorking.
" 20	...Dr. Pope..... "Alcohol."	Kensington.
" 21	...Dr. Alfred Harris	Gosport.
" 26	...Miss Barnett	Camden Town.

Febry. 27	...Dr. Pope.....	Kennington.
	"Dust and Dirt."	
March 4	...Miss Barnett	Walmer Castle
	"Cheap Cookery."	Coffee Tavern.
" 5	...Dr. Pope.....	Kennington.
	"Preventible Diseases." ...	
" 10	...Miss Barnett	Walmer Castle.
	"Cheap Cookery."	
" 18	...Miss Barnett	Walmer Castle.
	"Cheap Cookery."	
" 25	...Miss Barnett	Walmer Castle.
	"Cheap Cookery."	
April 5	...Miss Barnett	Camden Town
	"Babies."	Mothers' Meeting
" 23	...Miss Barnett	
	"Cookery." Two lectures, morning and evening.	Braintree.
" 26	...Miss Barnett	Camden Town.
	"Clothing."	
" 27	...Mrs. Johnstone	
	"How to prevent the spread of Fevers."	Cavendish Rooms
" 29	...Mrs. Johnstone ..	
	"How to prevent the spread of Fevers."	Brixton Hill.
" 29	...Dr. Pope.....	Hammersmith
	"Good Cheer."	Temperance Club
May 6	...Dr. W. B. Carpenter F.R.S.	Hertford Street,
	"Predisposing causes of disease."	Mayfair.
" 7	...Miss Barnett	Braintree.
	"Cookery."	
" 13	...Dr. Samuel Wilks, F.R.S.	Hertford Street
	"Overwork and Underwork"	
" 14	...Miss Barnett	Braintree.
	"Cookery."	
" 20	...Prof. E. Ray Lankester F.R.S.	Hertford Street,
	"Germ our unseen enemies"	
" 21	...Miss Barnett	Braintree.
	"Cookery."	
" 24	...Dr. Pope.....	Hammersmith.
	"The House to choose."	
" 27	...Ernest Hart Esq.	Mayfair.
	"The Doctor in the Kitchen."	
June 27	...Ernest Hart Esq.	Society of Arts,
	"Vaccination."	

June	28	...Mrs. Shiel	Hoxton.
		"First Principles of Health."	
"	29	...Dr. Pope	Hammersmith.
		"Alcohol."	
"	30	...Mrs. Shiel	Hoxton.
		"The Prevention of Disease"	
July	28	...Miss Barnett	Commercial Rd.
		"Laws of Health."	
"	28	...Mrs. Shiel	Hoxton.
		"How to prevent the spread of Fever."	
"	21	...Ernest Hart, Esq. "The Doctor in the Kitchen."	Mrs. S. Ralli's, Clapham.
Oct.	4	...Dr. Pope	Preston.
		"Healthy Houses."	
"	11	...Ernest Hart Esq.	Bethnal Green.
		"Feeding and Fasting."	
"	12	...Dr. Pope	Preston.
		"Food and its Uses."	
"	16	...Dr. Alfred Harris..... "The Patient's duties towards the doctor and his duties towards them."	Gosport.
"	19	...Mrs. Ernest Hart	Whitechapel.
"	26	...Mrs. Ernest Hart	Whitechapel.
Nov.	2	...Miss Barnett	Whitechapel.
		"The Children. How to keep them healthy and happy."	
"	12	...Mrs. Ernest Hart	Whitechapel.
"	19	...Mrs. Ernest Hart.....	Whitechapel.
"	23	...Miss Barnett	Maldon.
		"Food and drinks, their use and abuse."	
"	23	...Mrs. Ernest Hart	Whitechapel.
"	27	...Miss Barnett.....	Rose & Crown.
		"Cookery."	Whitechapel.
"	30	...Mrs Ernest Hart.	Whitechapel.
Dec.	2	...Miss Barnett	Brompton.
		"Possible Health and Pre- ventible disease."	New Kent Rd.
"	3	...Miss Barnett	Gosport.
"	3	...Dr. Harris	Whitechapel.
		"Sanitation at Home."	Whitechapel.
"	7	...Mrs. Ernest Hart	Whitechapel.
"	14	...Mrs. Ernest Hart	Whitechapel.

Mrs. Johnstone, Manager of the St. Leonards and Hastings Sanitary Aid Association, was kind enough to give two lectures in London for the National Health Society, on "How to prevent the spread of Fevers." One was delivered at the Cavendish rooms, the Rev. George How, Vicar of Bromley, in the Chair, to a very large audience, consisting principally of district visitors, mission women, nurses and others visiting amongst the poor. The other was given at a large meeting of women at Brixton Hill.

The lecture was printed in the *Sanitary Record* of June, 1880, and reprints are to be obtained at the Society's Office, or from Mr. Allman, 463, Oxford Street.

Mr. Ernest Hart's lecture on Vaccination was given in the large room of the Society of Arts to a very crowded audience and provoked much discussion; it has been republished by Smith, Elder and Co. "Truth about Vaccination."

Miss Barnett's lessons on Artizan cookery at the Walmer Castle Coffee Tavern, were attended by some of the ladies of the Committee, as well as by other ladies anxious to test the simplest, cheapest and most nutritious dishes that could be prepared by careful and intelligent cookery. Some evening classes were held especially for women, who could not get away during the day. Printed recipes of the dishes prepared and the Penny cookery book written by Miss Barnett, and published for the Society, were distributed at these lectures.

Dr. Pope's lectures at the South London Working Men's Club were so highly appreciated that a continuation of the course has been asked for this Winter.

Miss Barnett's course of cooking lessons at Braintree were delivered both afternoon and evening, the afternoon course being for ladies in the neighbourhood, and the evening one for artizans' wives and daughters, more especially women and girls working in the large crape manufactories at Braintree.

MRS. ERNEST HART'S COURSE OF LECTURES.—
Mrs. Ernest Hart gave a series of ten lectures to working

women at Mrs. Barnett's Mothers' Meetings, St.'Jude's Schools, Commercial Street, Whitechapel. The lectures were given in a familiar style and were as far as possible illustrated by practical demonstrations and experiments. They were attended by about 70 poor working women, the audience consisting generally of from about 40 to 50 women; a great many were very regular in their attendance and showed their interest by asking and answering questions. Nothing could exceed the attention with which they listened.

A prospectus of the lectures is subjoined.

Talks with Mothers on Bodies, Babies and Food.

- (1.) Introductory. The importance to Mothers of understanding the body, so that they may be able to bring up their children to be strong and healthy.
- (2.) What is digestion and what is indigestion. The Stomach, where it is, what its coats are like and what it does.
- (3.) The Liver, the Bile, the Gall Bladder and the Gall Duct. What they do. How are bilious attacks caused and how they can be prevented.
- (4.) How the Gastric Juice and the Bile act on the food—How much of the food is digested in the stomach, and how much elsewhere—What is Albumen.
- (5.) How the Starch is digested. The Intestines and their velvety lining. How the food finally gets into the blood : by the veins ; by the lacteals.—How the stomach and liver become inflamed by drink.
- (6.) The gas that gives life and the gas that kills. The little oxygen carriers in the blood (shown under the microscope) How the body gets warmth from food, and how the heat produces force. The foods that give heat and hence force, and on which hard work can be done.
- (7.) The foods that make flesh.—How much of them working people and how much idle people require—which are the cheap flesh-making foods.—A practical demonstration

- of a good meal, of both force-giving and flesh-making food, for a halfpenny.
- 8.) Which is the best, tea or beer?—Does beer give strength and does “the drop of gin keep the cold out?”—What do navvies, miners and glassworkers work best on.—What did our soldiers in the tropics and our explorers in the Arctic Region find it best to drink?
- (9.) Suckling, bottle-feeding, and weaning. How babies digest their food—quantity, quality and regularity in feeding infants. Teething;—the sign posts that guide us in weaning and feeding.
- (10.) How to prevent little children from having rickets, convulsions and diarrhoea.

It is with great satisfaction that the Committee feel each year the demand for these practical popular lectures increase, and that the good result of them is constantly brought before their notice in so many cases. Practical results have so often been reported after these lectures. Windows have been opened at the top, stuffings from chimneys have been taken out, the drinking water for family use has been filtered, the children have been put into high-necked, long-sleeved frocks and warm stockings, and the infants have not been allowed to eat pickled pork, periwinkles, bread-and-butter, and all kinds of made up foods, but have been fed upon milk alone, their proper nourishment.

DRAWING ROOM LECTURES.—The Society was again indebted to Mr. and Mrs. Mathews for permission to hold these meetings in their spacious and attractive drawing-rooms in Hertford Street, May Fair—the valuable collection of pictures by distinguished artists which adorn the walls was of itself a contribution to the interest of these occasions; and many who were there will associate a recollection of the works of the great masters here displayed with the valuable lessons given during these pleasant afternoons. Mrs. Mathews and her family by their kindly presence and hospitality

ensured the full appreciation of these essentially delightful "drawing-room lectures."

This course, more especially intended for members of the Society and their friends, was this year unusually well attended.

Dr. H. B. CARPENTER, F.R.S., in speaking of the Predisposing causes of Disease, explained the meaning of the word "zymotic," as being derived from fermentation, and meaning the introduction of a special poison into the human body, which fastening on conditions favourable to its development produced fever, smallpox, cholera, or other diseases, which it is the object of the National Health Society to avert. A knowledge of the causes which produce a predisposition to attacks of disease, is most important to obtain, and Dr. Carpenter showed very clearly how attention to ventilation, good drainage, exercise and proper food, tended to keep the system in vigorous action, and to carry off the waste tissue on which the germs of disease fix and increase.

The Lecture delivered by Dr. SAMUEL WILKS, M.D., F.R.S., "on Overwork and Underwork," was eminently practical. Whilst dwelling on the necessity of not overtasking the human machine he showed that variety of employment was better than its absence—and that "change of work was as good as play." He cited instances of notable statesmen and others who accomplished much by varying the nature of their pursuits and so profitably occupying all their working hours. He especially referred to the lamentable effects of want of congenial occupation on the health and constitution of many young women and said that rest and work alternately were as essential to health, as night and day. He insisted upon the necessity of proper and congenial work for all of either sex, for both mind and body, and advised everyone, especially young men, to have at least two occupations, even if the second should be only a "hobby."

The MSS. of this Lecture Dr. Wilks most kindly presented

to the Society, and it has been purchased by Messrs. Chambers and published in their Journal—copies of which can be obtained at the Society or of Messrs. Chambers, Edinburgh.

PROFESSOR E. RAY LANKESTER, F.R.S., gave a Lecture on "Germs—Unseen Enemies" most carefully illustrated by diagrams and a number of Microscopes, through which were seen many of the germs of which he spoke. He referred to the most recent investigations and discoveries of men of science both at home and abroad on the subject, and explained most carefully and lucidly to his audience the nature and meaning of the word "germs," which exist everywhere, and cause changes in the economy of nature, most interesting to the student of science, the sanitarian, and the doctor. He divided germs into those which may be called smell-producing, colour-producing and disease-producing, and touched on the nature and properties of each, saying that those of the latter kind had a habit of getting into the juices of living animals and there multiplying to the destruction of the living organism. Our knowledge of the nature of these germs is increasing daily, as yet it is in its infancy, but the discoveries of science constantly reveal facts on which fresh theories are based; and the learned lecturer strongly advocated the desirability of a Government grant for the furtherance of these valuable researches with a view to their practical results.

Mr. ERNEST HART gave a very interesting and attractive discourse on the want of a knowledge of cookery in English households—entitling it the "Doctor in the Kitchen." He spoke of wastefulness in fuel, and unpalatable and innutritious cookery, giving some practical recipes for dainty and wholesome dishes and carefully describing the process of producing them. A long list of appetising and economical *menus* were prepared, printed and circulated in the room, and can now be had on application to the Society's Secretary. The Lecturer clearly explained the relation between good food and sound

health, and showed how essential is an intelligent knowledge of the action of heat, water, and the like on articles of food, to produce sufficient nourishing and economical diet in the houses of both rich and poor.

This Lecture was so much appreciated that many requests were made for its repetition and Mr. Hart consented to repeat it during the summer to a large audience of ladies at the house of Mrs. Stephen Ralli at Clapham. The Committee take this opportunity of again expressing their sincere thanks to the gentlemen who so generously gave their services for this course of lectures.

SCHOOL BOARD PRIZES, FOR LAWS OF HEALTH AND DOMESTIC ECONOMY, given by the National Health Society.

LONDON. The examiner's report this year was satisfactory on the whole, 215 girls went up for examination and the answers to the questions given were in some cases extraordinarily good, on the other hand the answers of the younger children clearly showed that they had not understood the subject and it was thought desirable to ask the Board not to allow very young children in future to go up for examination.

LIVERPOOL. 72 girls went up for examination, 36 of whom passed, the examiners reporting that the character of the work was much improved. An account at the Post Office Savings Bank is opened with the money gained as prizes by the successful candidates and the bank book presented to the children. This is considered a very excellent way of giving prizes and encouraging thrift.

LEEDS. A friend of the Society has offered the sum of £20 toward; forming a £100 fund for the purpose of awarding prizes for the Laws of Health in the Leeds School Board. Contributions to this fund are earnestly requested, Mr. Edwin Chadwick and Miss Williams have desired their names to be put down for £1 1s. od. each

HIGH SCHOOL PRIZES, for Laws of Health and Ele-

mentary Physiology. At the North London Collegiate School for Girls, prizes were awarded this year by the National Health Society to Miss Margaret Goldschild, Cassell's Household Guide, 2 vols., 24s.

2. Miss Jacobina Griffiths, Cassell's Domestic Dictionary, 15s. Huxley's Physiology, 4s. 6d.

3. and 4. The Misses Margaret Baylem and Laura Bailey, two Cassell's Domestic Dictionary, 15s.

5. Miss Florence Richardson, Mrs. Beeton's Household Management, 7s. 6d.

SWIMMING PRIZES.—Prizes have been awarded by a member of the National Health Society this year in the Forest Gate Workhouse Schools. Twenty girls have learnt to swim during the Summer.

MRS. PRIESTLEY'S VENTILATOR.—An exceedingly elegant drawing-room Ventilator has been devised by a lady member of the Committee, on improved scientific principles, though perfectly simple, by means of a double casement. A charming arrangement of growing plants can be kept, and a constant current of fresh air supplied to the room. This Ventilator will be on view in the Spring, at Messrs. Howell and James' new Art Galleries, Waterloo Place.

STREET SMELLS.—MEMORIALS TO VESTRIES. During the hot weather of the past Summer the attention of the Committee was directed to the exceedingly offensive condition of the London Streets, and a letter was drawn up and sent round to the Vestries, urging upon them the importance of more thoroughly flushing the streets and cleansing them from the surface filth. Letters have been received from the Vestries assuring the Committee that the subject will receive most serious attention. Little progress appears however to have been made and the Committee will continue to give attention to this subject and to the removal of dust.

SEATS.—Several letters having been received urging the Committee to use their influence in securing seats in various

parts of London ; the Committee made an attempt to get a seat erected at Kennington Gate, where passengers are in the habit of waiting for omnibuses, but the Vestry declined to allow the seat to be erected. A letter from an English lady resident in Paris has been received, urging that seats should be placed on the outside of the London Squares, in Portland Place and other broad thoroughfares, for the benefit of footsore pedestrians, as in that metropolis. The Committee will take up the subject in the New Year.

SMOKE AND FOG ABATEMENT.—The subject of the abatement of smoke, with the view of purifying the atmosphere of London and lessening the deleterious character of London fogs, has been vigorously taken up by the Society during the past year. In the Spring of 1880 the subject was brought under the notice of the Committee by Mr. Ernest Hart, the Chairman of Council, as one which he was desirous of taking up actively with the co-operation of the Committee, and he was requested to take steps to bring the question into a practical form for further proceeding. With this view Mr. Hart obtained the consent of Professor Chandler Roberts, F.R.S., Professor of Metallurgy at the School of Mines, and Chemist to the Mint, who has a special knowledge of matters relating to combustion, to undertake an investigation of the existing methods of combustion of coal in household grates, and in furnaces, and to communicate the result of the inquiry at a lecture to be delivered to a special audience to be gathered by the Society for the purpose. This promise was communicated to the Committee and approved ; further steps were taken to obtain details of the existing apparatus in use in different parts of the kingdom of all the various fuels, and a considerable collection of documents was made which have been placed at the disposal of the Committee subsequently formed. In July, Mr. Hart learned from Miss Octavia Hill, the Treasurer of the Kyrle Society, that that Society was contemplating some action in the like direction, and it was

arranged between Miss Hill and Mr. Hart, that with the approval of the respective Societies, a Joint Committee should be formed, with the object of continuing the movement ; such a Committee was accordingly nominated and met at the Society's rooms ; a definite course of proceeding was resolved on, and a programme was sketched out. Various eminent persons, known to be specially informed on the subject, (not all connected with either Society), were asked to join the Committee. Immediately after the close of the Autumn vacation, this Committee re-assembled and has proceeded actively to pursue the subject by communications with Colliery owners, manufacturers of smokeless fuel, with the view of obtaining information and supplies of the various kinds of fuel which can be consumed with the least amount of smoke in open grates ; invention of smokeless furnaces, grates, fire-bars, mechanical stokers &c., and also with various scientific men and inventors who have turned their attention to this subject. The Committee formed includes, F. A. Abel, C.B., F.R.S., Royal Arsenal, Woolwich, A. T. Atchison, Esq., M.A., Wynter Blyth, Esq., F.C.S., M.O.H., Marylebone, Dr. A. Carpenter, E. Chadwick, C. B., W. R. E. Coles, Esq., W. Eassie, Esq., C.E., B. Flannery, Esq. C.E., Prof. Edward Frankland, LL.D., F.R.S., School of Mines, South Kensington, Colonel E. R. Festing, R.E., Science and Art Department, South Kensington, Captain Douglas Galton, C.B., F.R.S., R.E., Lady Harborton, R. Harris, Esq. (Gas Light and Coke Co.), Bow, Miss Octavia Hill, Elijah Hoole, Esq., Prof. Huntington, Metallurgical Laboratory, King's College, Miss Emily Shaw Lefevre, D. H. Macfarlane, Esq., M.P., M.A., Mrs. Mallet, Charles T. Mitchell, Esq., B. L. Moseley, Esq., J. F. Moulton, Esq., F.R.S., C. Kegan Paul, Esq., Sir Frederick Pollock, Bart., Miss Potter, Prof. W. Chandler Roberts, F.R.S., The Royal Mint, Saxon Snell, Esq., C.E., E. Statham, Esq., Dr. Tripe, F.R.C.P., M.O.H., Hackney, Ernest Turner, Esq., J. Lowry Whittle, Esq., Temple, Dr. Wyld, Miss H.

York. Mr. Ernest Hart, Chairman of Council of the National Health Society, has been appointed Chairman of the joint Committee.

The meetings have been held weekly at the office of the Society, 44, Berners Street, and your Committee voted £10 10s. to the preliminary expenses of the movement, which has now assumed considerable proportions.

The meetings which have been very largely reported in the daily papers have been attended by deputations from the Anthracite and smokeless coal owners of South Wales, and by numerous other persons interested in bringing various inventions under the notice of the Committee. An executive and expert Committee has been formed consisting of A. F. Abel, C.B., F.R.S., A. T. Atchison, Esq., M.A., W. R. E. Coles, Esq. Col. E. R. Festing, R.E., Prof. Edward Frankland, LL.D., F.R.S. Capt. Douglas Galton, C.B. F.R.S., Prof. W. Chandler Roberts, F.R.S., J. Lowry Whittle, Esq., Temple.

Two public meetings have been held, one at Cannon Street, in which manufacturers and colliery owners, took part, and in which a considerable amount of information was publicly elicited, showing how largely smoke may be abated by the co-operation of manufacturers or by the better enforcement of the law. Reports have been prepared by Mr. Whittle and Mr. Moseley showing the existing state of the law, and its defects and probable lines of amendment, especially in the direction of improvement of areas, and of the greater stringency of principle as well as of practice, rendered possible by a more active public sentiment, and the improvements in scientific and industrial knowledge on the subject of the consumption of coal without the production of smoke.

A large and influential Meeting was held on January 7th at the Mansion House under the presidency of the Lord Mayor, at which the Chairman of Council of the National Health Society explained the proceedings up to that date, and at

which resolutions were moved by the Rt. Hon. J. G. Shaw Lefevre, M.P., Mr. W. Spottiswoode, President of the Royal Society, Sir Frederick Pollock, Bart., Sir U. K. Shuttleworth, Bart., The Dean of Westminster, W. Fraser, Esq., Mr. W. R. E. Coles, C. E. Dr. Alfred Carpenter, Dr. Farquharson, M.P., and others approving of the proceedings of the Society thus far, encouraging its further efforts, declaring the public sympathy of the citizens of London in the movement and appealing for funds for its further prosecution. In the meantime arrangements have been made by the kindness of the authorities at South Kensington, for holding an Exhibition at South Kensington, the programme of which is to obtain a complete exhibition of all smokeless fuel, anthracite and other coals, smoke-consuming grates, boilers and apparatus; and by scientifically conducted testings in testing houses, properly constructed, to ascertain as exactly as may be the value of such materials and inventions. For this purpose it is estimated that a sum of £1,500 will be required. A fund is in course of subscription to meet these expenses and subscriptions may be paid to the Smoke Abatement Fund, Barclay, Bevan & Co., Lombard Street, or to one of the Treasurers of the Fund, C. Kegan Paul, Esq., 1, Paternoster Square, E.C.

The Society has to congratulate itself on securing the assistance and co-operation in this movement of the eminent scientific men who have consented to act on the Committee of Experts, of Major General Scott, Col. Festing representing the authorities at South Kensington, and Dr. Hogg, representing the Royal Horticultural Society. The Committee of the National Health Society have also to express their sense of the value of the co-operation of the Kyrle Society in this movement.

Lists of Depôts where anthracite coal can be obtained, and printed directions for its use, can be had on application to the Secretary of the National Health Society, 44, Berners Street.

HOUSE SANITATION.—The Committee refer with

satisfaction to the progress which has been made on the subject of sanitary assurance or protection of houses by conjoint co-operation of householders. In their report of 1879 they published a scheme which laid down the general basis for such a project, and which was carefully prepared with the assent of Mr. Eassie, Mr. Rogers Field, C.E., Dr. Corfield, Mr. Ernest Turner. It soon appeared however that it was probable that private enterprise would provide separate organizations for this purpose on the bases thus established : and as a commercial element almost necessarily entered into the work, the Committee were not unwilling that this task should be undertaken by separate hands. Recently an organization for the purpose has been founded and registered, of which Dr. Corfield is the chief official ; since then a similar organization has been brought into action under the auspices of Prof. Huxley, Society of Arts, of which Mr. Fleming Jenkin and Mr. Cosmos Innes are the officers. Dr. Peter Hinckes Bird has also established a private agency of a similar kind. It is earnestly to be hoped that these separate efforts and organizations, will achieve the commercial success which can alone give them stability, and if any opportunity occurs for the useful iutervention or assistance of the National Health Society, the Committee will be glad to avail themselves of it.

NEW MEMBERS.—Several new names have been added during the year to the Committee and 50 new members have joined the Society. Countess Brownlow, Countess of Pembroke, Sir Charles Trevelyan, Sir Frederick Pollock, the Rev. George How and Dr. Robert Farquharson, M.P., are now members of Committee.

NEW LIFE MEMBERS.—Dr. Samuel Wilks, F.R.S., has been elected Hon. Life Member of the Society, in recognition of his great services to the Society. Winifred Lady Robinson, Mrs. Mercer Henderson and Henry Power, Esq. have become Life Members during the year.

SPRING LECTURES.—The drawing-room course of lectures for the ensuing spring is being arranged; Dr. Farquharson, M.P., Prof. Fleeming Jenkins, and Mr. Henry Power, are amongst those gentlemen who have kindly promised to give lectures this year for the Society.

COUNTRY HOMES FOR LONDON CHILDREN.—The Committee most strongly advocate the plan first suggested by the Rev. S. Barnett of St. Jude's, and adopted by several east-end clergymen, of boarding out little London children in need of fresh air, for a fortnight or three weeks in country cottages. Many old couples or even persons with two or three children of their own, are glad to receive a little visitor on payment of 5/- per week. The Committee are anxious to interest both country clergymen who would influence their parishoners to take in children, and those who would be willing to pay for a weeks' country air for the little children of our overcrowded London courts.

PUBLICATIONS.

LEAFLETS.

1d. each, 9d. per doz., 5s. per 100, 30s. per 1,000.

Dust. Miss Louisa Twining
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
Measles
How to Keep Typhoid Fever out of Houses
In a Sick Room
Hints for Health,
Verses on the Skin. Sir A. Power
The Prevention of Small Pox, <i>Four for a 1d., 3d. per doz.</i>			
			<i>2s. per 100.</i>
Sanitary Maxims, by T. P. Teale.	"	"	"
The Oft Told Tale, by a lady Member of the Committee.	1d.		
Ladies and Sanitary Science, by a lady member of the Committee.	1d.
Poor Man's Filter	1d.

Cheap Disinfectants	1d.
Health Almanack (Illustrated)	1d.

PAMPHLETS.

The Moral and Social Aspects of Health.	Dr. Bridges	6d.
The Water Supply of London, by Humphrey Sandwith, Esq., C.B.	6d.
Short Rules for Disinfection with general precautions against the spread of Epidemic diseases.	C. S. Clouston, Esq., M.B.	2d.
National Health Society's Cookery book.	Edith Barnett	1d.
The Water Supplies of the Metropolis, by Edwin Chadwick, Esq., C.B.	3d.
Domestic Sanitary Works.	R. Rawlinson, Esq., C.B.	6d.
Rational Gymnastics for the Young of Both Sexes.	A. Georgii, Esq.	6d.
Sanitary Improvements, by Conyers Morrell, Esq.	6d.
A Contribution to School Hygiene.	R. Leibreich, Esq.	6d.
Compulsory Vaccination, by Dr. John Fox	3d.
The Religion of Health.	Dr. Elizabeth Blackwell	6d.
Healthy Habitations.	W. Eassie, Esq., C.E. (illustrated)	6d.
The Importance of Studying Temperaments.	Dr. S. Wilks, F.R.S.	6d.
How to Prevent the spread of Fever.	Mrs. Johnstone.	2d.
Prevention of disease.	Mrs. Shiel.	3d.
Mosaic code of Sanitation.	Ernest Hart	2d.
Reports of the Society's Work	Free
Drawing-room lectures given by the Society, 1879.	1d.

BOOKS AND TRACTS RECOMMENDED BY THE SOCIETY.

Health in the House.	Mrs. Buckton.	Publishers, Longman, Green and Co. Paternoster Row	2s.
Food and Home Cookery.	Mrs. Buckton.	Publishers, Longman, Green and Co.	1s.
Elementary Lessons in Physiology.	Prof. Huxley, F.R.S.	4s.	6d.
Physiology.	Dr. Michael Foster	1s.
Manual of Health.	Dr. Parkes.	Christian Knowledge Society	1s.
First Lessons on Health.	J. Berners	1s.
Healthy Houses (illustrated).	W. Eassie, Esq., C.E.	1s.
First Help in Accidents.	Dr. Schaible.	Hardwicke and Bogue, St. Martin's Lane	1s.
Talks about Health: A Book for Boys and Girls.	Mrs. Lankester.	Hardwicke and Bogue, St. Martin's Lane	1s.
Clothing by J. J. Pope, M.R.C.S., Stanford, Charing Cross	3d.
The Sickneses that Spread.	Mrs. Fenwick Miller	3d.

Household Science, Faunthorpe, Stanford ...	3s. 6d.
Simple Lessons for Home Use—Cookery, by J. C. Buck- master 3d.
Tracts. Published by the Ladies' Sanitary Association	1d. & 2d. each.
Jarrold & Son's Household Tracts, 3, Paternoster Buildings.	
Wholesome Food ...	2d.
The Use of Pure Water ...	2d.
The Worth of Fresh Air ...	2d.
Warm Clothing, &c. ...	2d.
The Two Breaths. Rev. Charles Kingsley ...	2d.

All papers and pamphlets *published* by the Society may be obtained by application to the Publisher, Mr. T. J. Allman, 463, Oxford Street, or from the Secretary, 44, Berners Street.

It is requested that Stamps or P.O.O. and Postage may be enclosed with the Order for Books or Papers.

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.

NATIONAL HEALTH SOCIETY.

CASH STATEMENT for the Year ending December 31st, 1880.

Dr.

Cr.

	£	s.	d.
To Balance from last account...	29	14	11
" Subscriptions and Donations	264	1	6
" Proceeds of:—			
Drawing-room Lectures	15	6	0
Special Lectures	20	10	2
Sale of Papers and Almanacks	9	2	5
Advertisements	5	14	0
Sale of M.S. of Dr. Wilkes' Lecture	10	10	0
Amount received for use of Office	6	12	6
" Dividends:—			
Portuguese Stock half-year	5	17	0
Canadian Bonds half-year	2	4	8
Consols half-year	1	10	0
Interest on Deposit L. and W. Bank	0	6	2
" Amount withdrawn from Deposit	200	0	0
	£571	9	4

CAPITAL ACCOUNT.

Investments:—			
3 per cent Consols	100	0	0
Canadian Bonds	100	0	0
Portuguese Stock	200	0	0
	£400	0	0

By Rent and Office Expenses	42	1	10
" Secretary's Salary	75	0	0
" Percentage	26	8	2
" Printing (Health pamphlets, Almanacks, fly sheets, etc.)	41	8	5
" Stationery	6	13	9
" Postage and Telegrams	14	11	3
" Law copying	0	12	8
" Books, Pamphlets, etc.	4	15	1
" Expenses of Lectures	70	7	4
" Advertising	11	18	2
" Travelling Expenses and Carriage	3	11	4
" Transfer of Consols	0	14	0
" Grant to Fog and Smoke Committee	10	0	0
" Investment in Portuguese Stock	209	10	0
" Balance in hand	55	17	4
	£571	9	4

HENRY WALDEMAR LAWRENCE, *Hon. Treasurer.*

Examined and found correct,

FREDERICK POPE, Auditor, 26th January, 1881.

LIST OF Members, Subscribers and Donors.

Life Members.

Blackwell, Dr. Elizabeth Domville, Miss Louisa E. Dowson, P. S., Esq. Dunville, W., Esq. Ewart, Miss Forde, Henry, Esq. Goldsmid, Miss Isabel Henderson, Mrs. Mercer Heywood, James, Esq. A Lady. Masson, Miss Dunbar Nation, W. H. C. Esq. Noailles, Countess de Right Hon. Lord Northwick. Pilkington, Miss	Pipe, Miss Power, Henry Esq. Priestley, Mrs. Ralli, Mrs. Stephen Reid, Peter, Esq. Robinson, George, Esq. Robinson, Mrs. Rushout, Hon. Miss Smith, Miss Leigh Thomasson, Mrs. John Wackerbarth, Miss Wilks, Dr. Samuel, F.R.S. Winifred, Lady Robinson Webb, Miss Yates, Miss
---	---

					£	s.	d.
Aldridge, Miss	1	1	0
Andrew, Edwin Esq.	1	1	0
Anstie, A., Esq.	1	1	0
Atherton, H., Esq.	1	1	0
Balfour, Miss (Don.)	2	0	0
Bale, H. S., Esq.	1	1	0
Barnes, Dr. Fancourt	1	1	0
Barnett, Mrs. George	1	1	0
Bathyanny, Countess	1	1	0
Baxter, Mrs.	1	1	0
Beddard, Mrs.	1	1	0
Bell, Rev. W.	1	1	0
Beresford, Colonel Marcus	1	1	0
Bird, Dr. P. Hinckes	1	1	0
Bird, Miss	0	5	0
Blackburn, Mrs. Henry	1	1	0
Bowles, Dr.	1	1	0
Boyle, Miss A. L.	0	10	0
Borthwick, Lady	1	1	0
Brindle, Thomas, Esq.	1	1	0
Brown, W. S. Esq.	1	1	0
Brownlow, Countess	3	3	0
Bruce, Mrs.	1	1	0
Buchanan, George Esq.	1	1	0
Buckton, Mrs.	1	1	0
Burdett, Henry Esq.	1	1	0
Burton, H. R., Esq.	1	1	0
Burwick, J. M., Esq.	1	1	0
Busch, A. P., Esq.	0	10	0
Byles, Mrs.	0	10	0
Caine, W. S., Esq., M. P.	1	1	0
Cave, Lawrence, Esq.	1	1	0

Cave, Mrs. Lawrence	1	0	0
Cave, Mrs., Lawrence (Don.)	3	3	0
Chadwick, Edwin, Esq.	1	1	0
Chadwick, Mrs.	1	1	0
Challinor, T., Esq.	2	2	0
Chappell, Arthur, Esq.	1	1	0
Chappell, Thomas, Esq.	1	1	0
Cheston, Mrs. Charles	2	2	0
Clayton, Miss E. Brown	1	1	0
Clifford, Rev. Marcus	1	1	0
Clothworkers, The Worshipful Company of	21	0	0
Clover, Joseph, Esq.	1	1	0
Coles, F. T., Esq.	1	1	0
Coles, W. R. E., Esq.	1	1	0
Cortauld, Mrs.	0	10	0
Cotton, General Frederick	1	1	0
Cotton, F. N., Esq.	1	1	0
Crewdson, Mrs.	1	1	0
Crompton, Mrs. Charles	1	1	0
Debenham, Frank, Esq.	1	1	0
Domville, Mrs. W. H.	1	1	0
Domville, W. H., Esq.	1	1	0
Down, Dr. Langdon	1	1	0
Dunville, Mrs.	1	1	0
Eassie, W., Esq.	1	1	0
Edgell, W., Esq.	0	5	0
Edis, Dr. Arthur	1	1	0
Enfield, Richard, Esq.	1	1	0
Erskine, Miss	1	1	0
Eve, Richard, Esq.	1	1	0
Farquharson, Dr., M.P.	1	1	0
Field, Rogers, Esq.	1	1	0
Firth, Miss	1	1	0
Flower, Mrs. W.H.	1	1	0
Forster, A., Esq.	1	1	0
Gladstone, Miss Bella	1	1	0
Godwin, George, Esq.	1	1	0
Goldsmid, Miss Carolin	1	1	0
Goldsmid, Miss Flora	1	1	0
Guest, Miss	1	1	0
Gwann Gae Gurwen Colliery Company	1	1	0
Hale, W. H., Esq.	1	1	0
Hallowes, Miss E.	1	0	0
Hallowes, Miss K.	1	0	0
Hammond, Mrs. Mark	1	0	0
Harris, Alfred, Esq., M.D.	1	1	0
Hart, Ernest, Esq.	5	5	0
Headley, Alfred, Esq.	1	1	0
Henderson, Mrs. Mercer, (Life)	10	10	0
Henniker, Honorable Miss	1	1	0
Heywood, James, Esq.	1	1	0
Hill, Mrs. Edwin	1	1	0
Hills, T. Hyde, Esq.	1	1	0
Hodgson, Mrs.	1	1	0

Holland, Mrs. Charles	1	1	0
Holland, Miss	1	0	0
Holland, Miss Lucy	1	1	0
Hollond, Mrs. John	1	1	0
Hunt, Miss M.	0	10	6
Illingworth, Mrs.	0	10	0
Isaacs, Dr.	1	1	0
Jennings,—Esq.	1	1	0
Joshua, Mrs.	1	1	0
Kemp, Mrs.	1	1	0
Lance, G. E. Esq.	1	1	0
Latham, Baldwin, Esq.	1	1	0
Lawrence, Mrs. Henry	1	0	0
Louise, H. R. H. Princess	2	2	0
Levy, Miss Matilda	1	1	0
Levy, Miss Emily	1	1	3
Lewis, Mrs.	1	1	0
Lowy, Rev. A.	1	1	0
MacClelland, James, Esq.	0	10	0
MacDougall, James, Esq.	1	1	0
Markby, Alfred, Esq. (Don.)	2	2	0
Marshall, Miss	1	1	0
Martineau, Miss M.	1	1	0
Martineau, Miss Jane	1	1	6
Martineau, Miss Gertrude	0	10	0
Martineau, Misses	1	1	0
Matthews, Charles, Esq.	2	2	0
Miles, Miss	1	1	0
Mitchell, Charles, Esq.	1	1	0
Mocatta, F. D., Esq. (Don.)	3	3	0
Morris, Mrs. Buxton	1	1	0
Mosley, B., Esq.	1	1	0
Neate, Mrs.	1	1	0
Nettlefold, Mrs. F.	1	1	0
Noble, I, Esq.	1	1	0
Odgers, W. B. Esq.	1	1	0
Odgers, Rev. W. J....	1	1	0
Oldham, Rev. A. L.	1	1	0
Ord, Mrs.	1	1	0
Pagliardini, Mons.	1	1	0
Palmer, Henry, Esq.	1	1	0
Parker, Francis, Esq.	1	1	0
Pearse, Dr. F.	1	1	0
Pears, Messrs.	1	1	0
Pease, E. Esq., Executors of	4	4	0
Pembroke, Countess of	3	3	0
Phillips, Miss	1	1	0
Pollock, Sir Frederick, Bart.	1	1	0
Pope, Mrs. H. R. W.	1	1	0
Powell, Francis, Esq.	1	1	0
Power, Henry, Esq. (Life)	10	10	0

Ralli, Mrs. Stephen (Life)	10	10	0
Raphael, Alfred, Esq.	1	1	0
Ridley, Miss	0	10	0
Robinson, J., Esq.	1	1	0
Robinson, Lady Winifred (Life)	10	10	0
Roget, Miss	1	1	0
Russell, Lady Agatha	1	1	0
Russell, Miss	1	1	0
Samuelson, James, Esq.	0	10	0
Sanderson, Mrs. Burdon	1	0	0
Sargent, Mrs.	1	1	0
Scott, Lady Henry	1	1	0
Selborne, Lady	1	1	0
Sharpe, Miss	0	10	0
Shaw, Mrs.	1	1	0
Shaen, W., Esq.	1	1	0
Smith, James, Esq. (Don.)	2	2	0
Smith, Mrs. Eustace	2	2	0
Snell, Saxon, Esq.	1	1	0
Stanley of Alderley, Dow. Lady	1	1	0
Storr, Mrs.	1	1	0
Swanwick, Eustace, Esq.	1	1	0
Swanwick, Miss	1	1	0
Swanwick, Miss Anna	1	1	0
Talbot, Miss	1	1	0
Taylor, Miss Helen	1	1	0
Taylor, W. C., Esq.	1	1	0
Taylor, Mrs. Thomas	1	1	0
Tebb, William, Esq.	1	1	0
Tennant, Mrs.	0	10	6
Thomas, Owen, Esq.	1	1	0
Tolmé, Mrs.	2	0	0
Toulmin, Frederick, Esq.	1	1	0
Trevelyan, Sir Charles	1	1	0
Tubbs, Mrs. (Don.)	0	5	0
Turner, Mrs.	1	1	0
Turner, Ernest, Esq.	1	1	0
Twining, Miss Louisa	1	0	0
Vacher, A., Esq.	1	1	0
Westminster, His Grace the Duke of	3	0	0
Wheeler, Mrs.	1	1	0
Wills, Mrs. W. H.	1	1	0
Williams, Miss	1	1	0
Winkworth, Mrs.	1	0	0
Wyld, Dr.	1	1	0
Wynn, Miss F. E. (Don.)	1	0	0
Yates, Rev. Thompson	1	1	0

