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1882-83.

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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.

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, etc., and the Annual Report.

ATTENDANCE AT 44, BERNERS STREET, EVERY DAY
DURING THE SEASON EXCEPT SATURDAYS,
2 TILL 5 O'CLOCK.

REPORT.

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

The following is a list of lectures which have been delivered during 1882 under the auspices of the Society :

DATE.	LECTURES.	PLACE.
Jan. 4	...Dr. Pope "Foods and Drinks."	Bethnal Green, Memorial Hall.
,, 5	...Dr. Pope "Ventilation."	Notting Hill, Mission Room.
,, 9	...Miss Bradley "The Air we Breathe."	Bunhill Row, Mothers' Meeting.
,, 9	...Dr. Pope "Dust and Dirt."	Whitechapel.
,, 11	...Dr. Pope "The Human Lamp."	Bethnal Green.
,, 17	...Dr. Pope "Clothing."	Battersea.
,, 18	...Dr. Pope "Dust and Dirt."	Bethnal Green
,, 18	...Miss Barnett "Necessity for Good Health."	St. Matthew's, Westminster.

DATE.	LECTURES.	PLACE.
Jan. 19	...Miss Barnett "Cookery."	All Hallow's Mis- sion House, Boro.
" 20	...Miss Barnett Cookery Examination.	St. Mark's, N.W.
" 22	...Miss Barnett	St. Mark's.
" 23	...Miss Barnett	St. Mark's.
" 23	...Miss Bradley "The Food to Eat."	Bunhill Row, Mothers' Meeting.
" 24	...Miss Barnett "Cookery."	All Hallow's Mis- sion House, Women & Girls.
" 26	...Miss Barnett..... "Breathing."	Westminster.
" 30	...Miss Bradley "Food and Digestion."	St. Peter's, Hoxton, Mothers' Meeting.
Feb. 6	...Miss Bradley "The Skin."	Mission Room, Camden Town.
" 9	...Miss Barnett "Common-sense Clothing."	Westminster.
" 9	...Miss Barnett "Air."	(Drawing-room course) Clap- ham.
" 10	...Mrs. Shiel..... "Prevention of Disease."	Stepney.
" 13	...Miss Bradley "How to Live."	Mothers' Meeting, Bunhill Row.
" 13	...Dr. Dawson Williams "Facts Worth Knowing about our Bodies."	South London Free Library.
" 16	...Miss Barnett..... "Ventilation."	Clapham.
" 16	...Miss Barnett..... "The Blood."	Westminster.
" 17	...Miss Stock..... "Management of Infants."	Mary Place Pot- teries, Mothers' Meeting.

DATE.	LECTURES.	PLACE.
Feb. 20	...Dr. Dawson Williams..... "Facts Worth Knowing about Air and Food."	South London Free Library.
" 20	...Miss Bradley..... "Babies and Children."	Hoxton.
" 21	...Dr. Pope..... "Health Maxims."	Drury Lane.
" 23	...Miss Barnett..... "Food and Digestion."	Westminster.
" 23	...Miss Barnett..... "Water."	Clapham.
" 27	...Miss Barnett..... "First Principles of Health."	St. Mary's Mis- sion Hall.
" 27	...Dr. Dawson Williams..... "Unseen Enemies—Germs."	Kennington Free Library.
" 27	...Miss Barnett..... "Disinfection."	Mission Hall, Islington.
Mar. 2	...Miss Barnett..... "Soils and Drainage."	Clapham.
" 2	...Mrs. Shiel..... "The Skin."	Stepney Redcoat Schools. Free.
" 4	...Frederick Treves, Esq., F.R.C.S..... "Dress of the Period."	Town Hall, Kens- ington.
" 6	...Miss Bradley..... "The Children."	Hoxton.
" 8	...Miss Barnett..... "A Children's Lecture."	Hoxton.
" 9	...Miss Barnett..... "Foods and Drinks."	Academy Chapel, Hoxton.
" 9	...Mrs. Shiel..... "The Framework and Cloth- ing."	Stepney Green. Free.
" 9	...Miss Barnett..... "Clothing."	Clapham.
" 13	...Miss Bradley..... "What to Eat and Drink."	Bunhill Row.

DATE.	LECTURES.	PLACE.
Mar. 16	...Miss Barnett "Foods and Drinks."	Clapham.
" 16	...Mrs. Shiel "Ventilation."	Stepney. Free.
" 18	...Frederick Treves, Esq., F.R.C.S. "Dress of the Period."	Town Hall, Kens- ington.
" 20	...Dr. Pope "Good Cheer."	Workmen's Club. Lavender Hill.
" 20	...Miss Bradley "Prevention of Infection."	Bunhill Row.
" 20	...Miss Barnett "Drinks—their Use and Abuse."	Mission Hall, Is- lington.
" 23	...Dr. Pope "Good Food."	Club, Watford.
" 24	...Miss Stock "Laws of Health."	Westbourne Park.
" 27	...Miss Bradley "Prevention of Infection."	Mission Room.
" 27	...Miss Barnett "Foods and Drinks."	Mission Hall, Highgate.
" 28	...Miss Bradley "Air and Ventilation."	Cumberland Mar- ket, Mothers' Meeting.
" 28	...Miss Stock "Health, and How to Pre- serve it."	Stepney, Mothers' Meeting.
April 3	...Miss Bradley "Disinfection."	St. Peter's.
" 3	...Miss Barnett "Disinfection."	Mission Hall, Highgate. Free.
" 4	...Miss Stock "How to Cook."	Stepney, Mothers' Meeting.
" 17	...Miss Bradley "Health and Disease."	Camden Road.

DATE.	LECTURES.	PLACE.
April 18	...Miss Bradley "Healthy Houses."	Whitehorse Court.
" 19	...Miss Bradley "Preventible Disease."	Barbican.
" 20	...Miss Stock "The Children."	Stepney, Mothers' Meeting.
" 22	...Noble Smith, Esq..... "Modern Dress and Fashion- able Deformities."	Vestry Hall, Hampstead.
" 24	...Miss Bradley..... "Health in the House."	Hoxton, Mothers' Meeting.
" 24	...Miss Barnett..... "Common-sense Clothing."	Shepherd's Bush.
May 1	...Miss Bradley..... "Disinfection."	Cumberland Mar- ket.
" 4	...Miss Barnett "Health and Disease."	Hoxton, Academy Chapel.
" 8	...Mrs. Shiel..... "The Framework."	Westminster.
" 9	...Miss Bradley..... "Why and How we Breathe."	St. Paul's, Harrow Road.
" 15	...Mrs. Shiel..... "Circulation."	Westminster.
" 15	...Miss Bradley..... "Babies."	Cumberland Mar- ket, Mothers' Meeting.
" 16	...Dr. Pope..... "What to Eat and What to Drink."	St. Paul's, Harrow Road.
" 22	...Mrs. Shiel "Respiration."	Westminster.
" 23	...Miss Stock "Preventible Disease."	Barbican, Mothers Meeting.
" 23	...Mrs. Ernest Hart..... "The Bodily Machine."	St. Paul's, Harrow Road.
" 24	...Miss Bradley..... "The Food to Eat."	Camden Town.

DATE.	LECTURES.	PLACE.
May 25	...Miss Stock..... "The Water to Drink."	Bethnal Green.
June 2	...Miss Barnett..... "Preventible Disease."	Rusthall.
„ 7	...Miss Barnett..... "Common-sense Clothing."	Ladies' School. Kensington.
„ 9	...Miss Barnett..... "Fresh Air."	Tunbridge Wells.
„ 16	...Miss Barnett..... "Foods and Drinks."	Tunbridge Wells.
„ 30	...Miss Barnett..... "Management of the Sick."	Tunbridge Wells.
Sept. 19	...Dr. Pope..... "Dust and Dirt."	Battersea (Club).
Oct. 10	...Dr. Pope..... "Work and Play."	Battersea (Club).
„ 10	...Miss Barnett..... "Health Maxims."	Tea Meeting, Burslem.
„ 12	...Miss Barnett..... "Cookery."	Town Hall, Burslem.
„ 26	...Miss Bradley.....	Cheshire.
Nov. 6	...Dr. Pope..... "Good Food."	Bermondsey Club.
„ 8	...Dr. Pope..... "No. 1, and How to Take Care of Him."	Lavender Hill (Club).
„ 13	...Miss Bradley..... "First Principles of Health."	St. Luke's, Chelsea.
„ 14	...Miss Barnett..... "Cookery."	Barrett Street (Working Girls' Club).
„ 16	...Dr. Pope..... "Fresh Air."	Jewish Middle Class School.
„ 20	...Miss Bradley..... "Prevention of Disease."	St. Paul's, Harrow Road.

DATE.	LECTURES.	PLACE.
Nov. 27	...Miss Bradley	Chelsea.
„ 30	...Dr. Pope	St. Paul's, Harrow
	“Clothing.”	Road.
Dec. 4	...Miss Barnett	Darlington.
	“How to Make the Best of Life.”	
„ 4	...Miss Bradley	St. Luke's, Chel- sea.
„ 4	...Miss Barnett	Darlington.
	“Thrift.”	
„ 5	...Miss Barnett	Mechanics' Hall.
	“Clothing Beautiful and Useful.”	
„ 5	...Miss Barnett	Training Schools.
	“Prevention of Disease.”	
„ 6	...Miss Barnett	Mission Hall.
	“Foods and Drinks.”	
„ 6	...Miss Barnett	Middlesborough.
	“Cookery,” etc.	
„ 6	...Dr. Pope	Saltash.
	“Food.”	
„ 7	...Miss Barnett	Bank Top Schools.
	“Fresh Air and Fresh Water.”	
„ 7	...Miss Barnett	Wesleyan Schools.
	“Househunting.”	
„ 8	...Miss Barnett	Cockerton, Mothers' Meeting.
	“How to Make the Best of Life.”	
„ 9	...Miss Barnett	Blue Ribbon Meeting.
	“Fresh Air and Fresh Water.”	
„ 11	...Miss Barnett	Friends' Schools.
	“Foods and Drinks.”	
„ 11	...Miss Barnett	Mission Hall.
	“Clothing.”	

DATE.	LECTURES.	PLACE.
Dec. 13	...Miss Barnett..... "Some Remedies for Poverty."	The Institute, Lambeth.
,, 13	...Dr. Pope..... "Alcohol."	Saltash.
,, 14	...Dr. Pope.....	
,, 19	...Dr. Pope..... "Domestic Dangers."	Battersea.

The lectures in poor neighbourhoods have been *given* by the Society free of expense.

Applications for lectures should be made to the Secretary, with whom arrangements can be made for gratuitous and paid lectures.

LECTURES ON "DRESS OF THE PERIOD."—At the invitation of the Committee of the National Health Society, Mr. Frederick Treves, F.R.C.S., was kind enough to deliver a lecture on defects in female dress at the Town Hall, Kensington. Dr. Andrew Clark promised to preside, but, unfortunately, at the last moment, was called away to the country, and W. S. Flower, Esq., F.R.S., of the College of Surgeons, was good enough to supply his place. So many persons were anxious to attend this lecture that, though the Committee had secured the Town Hall at Kensington, which holds eight hundred persons, so many were turned away at the doors, and so great was the disappointment felt, that the Chairman of the National Health Society begged Mr. Treves most earnestly to repeat his lecture on a future occasion. Accordingly, the Hall was secured for March 18th, and an audience quite as large as the former one again assembled, nearly all the tickets this time having been sold before the day of the lecture, so anxious was the

public to hear what was to be said on the subject of "Dress Reform." Mr. W. Scovell Savory, F.R.S., occupied the chair on this occasion, and gave a most eloquent address. The lecture was published for the Society by Messrs. Allman and Son, 67, New Oxford Street. Both lectures were fully illustrated by diagrams and life-sized models. Some of the diagrams were drawn by M. W. Ridley, Esq. The lay figures lent by Sir Frederick Leighton, Pres. R.A., and the screens by the kindness of Sir Philip Cunliffe Owen, K.G.M., G.C.B. The diagrams Mr. Treves presented to the Society.

At Mr. Noble Smith's lecture on "Modern Dress, and Fashionable Deformity," at the Hampstead Town Hall on Saturday, April 22nd, T. Spencer Wells, Esq., Pres. R.C.S., presided, and the lecture was fully illustrated by models and diagrams.

EXHIBITION.—So many articles of wearing apparel sanitary boots, bodices, etc., had been sent to the offices of the Society for the purpose of illustrating Mr. Treves' lecture, so much interest excited, and so many persons anxious to see these hygienic garments, that the Secretary was obliged to hire the Cavendish Rooms, close to the offices of the Society, for the purpose of exhibiting them. Although so very hastily arranged, this small exhibition proved of the greatest interest, and only open for five days, hundreds of ladies visited the Cavendish Rooms. Dresses, divided skirts, boneless corsets, bodices, hygienic boots, and other articles of clothing were exhibited, and their different merits explained by ladies, who presided at the stalls. One lady was stationed at the boot stall and gave a continuous lecture on the natural shape of the human foot, and the importance of wearing properly-shaped boots, which did not deform and distort

the feet. The Committee, finding the interest excited by the first attempt of the kind, determined to arrange a more complete and extensive exhibition of hygienic clothing, as well as other sanitary improvements, in the present year. This exhibition is to be opened June 2nd it is hoped, at Humphrey's Hall, Knightsbridge, and will include sanitary household appliances as well as hygienic clothing.

DRESS COMMITTEE.—A Dress Committee was formed in April of last year, consisting of several members of the Committee of the National Health Society, with the additional names of Viscountess Harberton and Mrs. Charles McLaren.

Dress Committee.—Viscountess Harberton, Mrs. Mark Hammond, Miss Williams, Mrs. Charles McLaren, Miss Alldridge.

A pamphlet on Dress of Girls is now ready, price 2d.

DR. POPE'S LECTURES.—The very popular manner in which Dr. Pope treats his subjects always ensures for his lectures a full audience and earnest attention. His lectures are asked for again and again in the same localities, and most gratifying reports of practical adoption of Dr. Pope's hints for healthy improvements in both dwellings and persons have been received by the Secretary.

MISS BARNETT'S LECTURES are always appreciated, whether they are in a drawing-room, as those at Clapham, addressed to a large class of ladies, or to the gatherings of rough working-women and girls she is accustomed to interest in matters relating to personal health, cookery, etc. During the past year Miss Barnett has been a good deal into the Provinces for the Society.

MRS. SHIEL'S WESTMINSTER COURSE OF LECTURES was attended chiefly by ladies engaged in

district visiting, nursing, and teaching, and a very large and earnest class were anxious to benefit by her instruction. The second lecture was especially interesting, and was fully illustrated by diagrams, models, and hygienic underclothing, lent by Hamilton, of 27, Mortimer Street, W.

The Muscles.—Clothing: Nature and Uses of Muscles—Contraction, Voluntary and Involuntary—Value of Exercise in the Development of the Muscles—Clothing—Its Influence on Health—Evil Results arising from Common Mistakes in Clothing.

MISS BRADLEY'S LECTURES.—Miss Bradley seems to have inherited the family gift of teaching. Her success as a teacher at mothers' meetings has been great; from the first to the last the women enter into what they hear and are interested and amused, asking questions and begging for fuller information. One woman exclaimed, after one of these talks, "To think of all that being true, and we never knowed it before; and it all stands to common-sense, too!"

PLUMBERS' LECTURES.—These have been a great feature in the Society's work during the past year. The practical examinations of plumbers who had attended the course of lectures given for the Society by Mr. Stevens Hellyer at the Society of Arts, was conducted at South Kensington by the judges, Mr. George Shaw, Mr. Ernest Turner, Mr. Eassie, Mr. Hellyer, Mr. Hudson, and the written examination by Mr. George Shaw, late Master, of the Plumbers' Company at Berners Street. Prizes were gained by:

Mr. George Taylor, 7, Euston Grove, Euston	£	s.	d.
Square, N.W., Duke of Westminster's			
Prize of
	5	0	0
Mr. John Wise, Guildford Street, Chertsey,			
Surrey, National Health Society's			
Prize of
	5	0	0

£ s. d.

Mr. G. H. Hamblin, 29, Effra Parade,
Brixton, National Health Society's

Second Prize of ... 3 0 0

NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.—The National Health Society's Prizes for "Laws of Health" and Domestic Economy were gained this year by the Misses Alice B. Reid, Lilian A. Strachan, Mary Worley, and Rosamond C. Meyer.

BOARD SCHOOL.—LONDON.—370 girls came up for examination from 15 schools. The number of competitors shows an increase of 119 on the number examined last year. The competition was limited to girls in Standards V., VI., and Ex-VI. See Appendix.

LIVERPOOL.—Of 70 girls who were examined 33 passed the examination—19 prize-takers, and 14 honourably mentioned. See Appendix.

SEATS.—The Committee having gained the permission of the Vestry to plant trees in Baker Street and Portland Place, if the inhabitants did not object, had both these thoroughfares canvassed, but with no success; in neither case would the inhabitants hear of having trees planted or seats put up. The same disappointment occurred in the Brompton Road, where, with the consent of the Vestry, the Committee offered to plant trees and erect a certain number of seats. Seats *have been* placed by the Society in the gardens attached to St. John's, Horselydown, also in the Brewers' Garden, Whitechapel, and six have been presented to the Hornsey Vestry, at their own request.

BREWERS' GARDEN.—This is a piece of ground belonging to the Brewers' Company which, at the urgent request of the clergy and others, the Company agreed to hand over

to a Committee with a grant of £50 a year for the purpose of laying it out and keeping it as a garden for the people. Lord and Lady Brabazon, Mrs. Stephen Ralli, Mr. John Noble, and others contributed most generously to the expenses of this garden, and no trouble has been spared by the Rev. Sidney Vatcher, the Hon. Secretary of the appointed Committee, to arrange everything in this small piece of ground so as to insure the greatest amount of pleasure and comfort for those for whom it was intended. A duck-pond has been formed, and is now full of fine water fowl, which are the delight of the old people who frequent the spot. An aviary, a fish-pond, a shelter in case of rain, and numbers of seats under shady trees, and even a filter with a supply of mugs, for free and refreshing draughts of pure water, all go to make up this little paradise in the east of London.

Many of our members contributed to this garden, and so great is the interest all feel in such work, that we can only hope it may be the example for many others to follow. It is not used as a playground, and only children in arms are admitted. It is found to be a great source of comfort and refreshment to old people and invalids to creep out into the sun, and sit quiet and peaceful amongst the trees, away from the noise and confusion of their crowded rooms. This garden is quite worth a visit, it is situated at the back of the London Hospital, opposite St. Philip's Church.

GUILDS OF HEALTH.—At the request of the late Sir Henry Cole, K.C.B., the Committee agreed to co-operate with him in establishing Guilds of Health, or Sanitary Aid Depôts, in different parts of London, and papers were drawn up for the purpose. A meeting was to be called at the Society of Arts, but the

lamented death of Sir Henry Cole prevented the matter being carried further at that time.

The Committee of the National Health Society, however, hope in the coming year to establish Sanitary Aid Depôts (such as are already in existence in Westminster) all over London.

A special meeting to discuss the development of this scheme was held on January 22nd, at Berners Street, present:—Sir Rutherford and Lady Alcock, Lady Paget, Professor Corfield, Professor Lister, W. H. Michael, Esq., Q.C., Dr. Geo. Burney, Dr. and Mrs. Priestley, and many others. A fever-proof dress was exhibited by Mrs. Priestley, to be worn when visiting fever cases; also a medicated wool respirator for the same purpose. These are to be seen at the office.

SPECIAL GRANT FOR SANITARY REPAIRS.—A special grant was made to Sister Isabel Mary, of All Hallow's Mission House, Borough, for sanitary repairs in this district, after a visit from a member of the committee.

AMALGAMATION WITH LORD BRABAZON'S ASSOCIATION.—Lord Brabazon feeling that a *branch* of a society was not sufficiently strong to carry on work of which he saw the great importance, asked the National Health Society and kindred societies to unite forces with him in a larger and, he hoped, more comprehensive working body. Accordingly, after a meeting of the National Health Society, it was agreed to amalgamate with Lord Brabazon under the title of "The Metropolitan Public Garden and Playground Association."

SMOKE ABATEMENT.—The Committee of the Smoke Abatement Committee still hold their meetings at 44, Berners Street. The Committee room has been white-

washed, painted, and a new smokeless stove for burning coke and slack, invented by Mr. James Smith, has been fixed.

The Exhibition at South Kensington of Improved Heating and Smoke Preventing Appliances, inaugurated by the Committee, and opened in Nov. 1881, was closed in February of the present year, having been visited by H.R.H. the Prince of Wales and other members of the Royal Family; the Dukes of Sutherland and Westminster, and other large landowners; numerous members of the Government, Deputies from the principal Foreign Governments, the Corporations of the chief Provincial towns, and members of the Institutions of British Architects, Civil and Mechanical Engineers, as well as large bodies of Builders, Engineers, Domestic Servants, and other workpeople, in addition to upwards of 100,000 of the general public. As a result of the exhibition, a similar one was adopted at Manchester, under the auspices of an influential Committee, H.R.H. Prince Leopold and the Duke of Westminster being joint Presidents, and the Earl of Derby, the Bishops of Manchester and Salford, the Mayors of Manchester, Salford, Oldham, and surrounding towns, and members of the local nobility, Members of Parliament, and officials of the Corporation of Manchester and surrounding towns, representing in round numbers about 2,000,000 of inhabitants, being members of the Local Committee. The Exhibition at Manchester was a worthy offspring of that at South Kensington. These exhibitions and the meetings held in various parts of the country, have exercised an important influence in directing public opinion as to the necessity of abating smoke in London and the fast-growing provincial towns. Very great improvements have been made in apparatus;

new fuels and new processes have been brought into public notice. The law bearing on the prevention of smoke has also been stimulated, and application to Parliament for amended legislation is under consideration. Reports of the tests of apparatus and fuels made by the Committee in connection with the Exhibitions in London and Manchester are now in the press, and will be published shortly. These reports include tests of Kitcheners, Open Grates, Gas Cooking and Heating Stoves of all kinds, as well as Fuels and Furnaces for Steam Boilers, Pottery Kilns, and other industrial purposes. In order to carry on the work, the Smoke Abatement Committee has now resolved itself into the National Smoke Abatement Institution, which has been duly authorised by the Board of Trade. It will be the object of the Institution to encourage further improvements in heating apparatus, extend public interest in the subject, and knowledge of the means of smoke prevention, and take such other measures as may best serve to promote the object. The terms of membership of the Smoke Abatement Institution are one guinea per annum, entitling the members to such publications as the Committee may from time to time issue free of postage.

COMMITTEE FOR INVESTIGATING ARSENICAL AND OTHER POISON IN DOMESTIC FABRICS.—

At the suggestion of General Frederick Cotton, a Special Committee consisting of Mr. Ernest Hart, Dr. Lauder Brunton, General Cotton, Mr. Henry Carr, Dr. Cameron, M.P., Mr. Jabez Hogg, Dr. Robert Farquharson, M.P., Mr. Wigner, Dr. H. C. Bartlett, M.P., Mr. Heisch, Mr. Lowry Whittle, Mr. Morris was appointed to investigate into the constant use of arsenic and other poisons in the manufacture of wall papers, cretonnes, and other domestic

fabrics. This Committee is continuing its work, and is glad of any evidence bearing on the subject.

GIFTS OF BOOKS.—At the request of a member of the Society, a handsome gift of books bearing on sanitary matters was presented to a rising Workmen's Club at Hammersmith. Amongst the books were Huxley's Elementary Physiology, Dr. Parkes' Manual of Health, etc., etc.

DIAGRAMS.—A very good collection of diagrams is now at the offices for the use of the Society's Lecturers.

NEW PUBLICATIONS.—“A Desirable Residence,” “Words to Women,” “How to Prevent the Spread of Infectious Disease,” “How to be Strong and Beautiful,” and Mrs. Johnstone's publications on Prevention of Fever are now to be obtained at Messrs. Allman and Son's.

MEMBERSHIP.—It would be esteemed a great favour if members would kindly pay their subscriptions in the *early part of the year*, either through their own bankers to the account of the National Health Society, at the London and Westminster Bank, 214, High Holborn, London, or by sending them to the Secretary, 44, Berners Street.

Any member deciding to pay his subscription through his banker is requested to inform the Secretary of the National Health Society of the fact, that no further application for payment of subscriptions may be made.

NEW LIFE MEMBERS.—J. Challinor, Esq., Miss Flora Goldsmid, Frederick Treves, Esq., F.R.C.S.

The varied objects which have engaged the attention of the National Health Society during the past year may, possibly, seem to embrace so wide an area as to be almost impossible to be compassed by the efforts of one Committee. It is, therefore, perhaps, necessary to remark that the National Health Society desires to be regarded as the

spring and source of movements which have the conditions of health as their object, and it intentionally refrains from restricting its efforts to one particular channel. As in the crusade against fog and smoke, the preservation of open spaces, the erection of seats, and the encouragement of hygienic attire, the Committee endeavours in every way to assist those who are earnestly promoting such objects. The organization of a society already existing, and having the confidence of the public, is an essential aid to the success of movements which have special objects as their basis, and the Committee of the National Health Society earnestly desires to co-operate with, and to assist, all who have at heart the promotion of public health, and the repression of disease in this and other countries, in whatever form such efforts may be made.

PUBLICATIONS.

LEAFLETS.

1d. each, 9d. per doz., 5s. per 100, 30s. per 1000.

- 1 Hints for Health.
- 2 The Prevention of Small Pox, and How to Prevent Small Pox from Spreading.
- 3 Fresh Air: Why we Want it, and How to Get it.
- 4 Cholera and Diarrhœa.
- 5 Simple Remedies.
- 6 How to Prevent Scarlet Fever.
- 7 Rules for the Management of Infants.
- 8 Typhoid, or Drain Fever: How to Prevent it.
- 9 How to Keep Typhoid Fever Out of Houses.
- 10 Measles.
- 11 In a Sick Room.
- 12 Verses on the Skin. Sir A. Power
- 13 Sanitary Maxims, by T. P. Teale.
- 14 Cheap Disinfectants.

PAMPHLETS.

Facts Concerning Vaccination, for Heads of Families. Re- vised by the Local Government Board, and issued with their sanction.	1d. each, £1 1s. per 1000.
The Moral and Social Aspects of Health. Dr. Bridges...	1s.
National Health Society's Cookery Book. Edith Barnett.	1d.
Domestic Sanitary Works. R. Rawlinson, Esq., C.B. ...	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, by Mrs. Johnstone	1s.
Prevention of Disease. Mrs. Shiel 3d.
Words to Women	... 2d.
A Desirable Residence	... 2d.
How to Keep Scarlet Fever from Spreading	... 2d.
How to be Strong and Beautiful ; a book for Girls on Dress	... 2d.
Health Almanack (Illustrated).	... 1d.
Reports of the Society's Work	... Free

All these papers and pamphlets may be obtained by applica-
tion to the Publishers, Messrs. Allman and Son, 67, New
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.*

NATIONAL HEALTH SOCIETY.

CASH STATEMENT for the year ending December 31st, 1882. Dr.

	£	s.	d.		£	s.	d.
To Balance from last account	114	6	5	By Rent and Office Expenses	92	15	9½
" Subscriptions and Donations	232	7	0	" Secretary's Salary	75	0	0
" " for Seats & Gardens	30	10	0	" Commission	23	4	8
" " for Special Lectures	5	0	0	" Amount paid for Seats and Grants to Gardens	71	9	3
" Proceeds of :—				" Special Grant for Sanitary Improvements	5	0	0
Dress Exhibition	118	16	3	" Expenses of Examinations and Prizes to Plumbers...	20	15	7
Mr. Treves' Lectures	101	12	0	" Prize for Swimming	10	0	0
Drawing-room Lectures	10	0	0	" Printing	67	9	2
Special Lectures	18	19	0	" Stationery	6	3	1½
Sale of Papers, Almanacks, etc.	31	3	1	" Postage and Telegrams	27	6	9
Amount received for use of Office	24	19	0	" Expenses of Lectures	121	2	9
" Dividends :—				" Expenses of Dress Exhibition	25	0	0
Portuguese Stock, one year	11	15	0	" Books and Diagrams	6	1	6
Canadian Bonds	4	9	10	" Advertising	35	12	7
Consols	3	0	0	" Travelling Expenses and Carriage	5	0	6
	<u>£706</u>	<u>17</u>	<u>7</u>	" Balance :—			
				In hands of Secretary	5	16	4
				" Treasurer	118	9	7
					<u>124</u>	<u>5</u>	<u>11</u>
					<u>£706</u>	<u>17</u>	<u>7</u>

CAPITAL ACCOUNT.

Investments :—

Three per cent. Consols	100	0	0
Canadian Bonds	100	0	0
Portuguese Stock	200	0	0
	<u>£400</u>	<u>0</u>	<u>0</u>

HENRY WALDEMAR LAWRENCE, *Hon. Treasurer.*

Examined and found correct,
FREDERICK POPE, Auditor, 31st January, 1883.

LIST OF Members, Subscribers, and Donors.

Life Members.

Blackwell, Dr. Elizabeth
Brabazon, Lord
Challinor, J., Esq.
Coutts & Co., Messrs.
Derby, Earl of
Domville, Miss Louisa E.
Dowson, P. S., Esq.
Dunville, Mrs. W.
Ewart, Miss
Forde, Henry, Esq.
Goldsmid, Miss Flora
Goldsmid, Miss Isabel
Henderson, Mrs. Mercer
Heywood, James, Esq.
Lady, A
Masson, Miss Dunbar
Nation, W. H. C., Esq.
Noailles, Countess de

Northwick, Right Hon. Lord
Pilkington, Miss
Pipe, Miss
Power, Henry, Esq.
Priestley, Mrs.
Ralli, Mrs. Stephen
Reid, Peter, Esq.
Robinson, George, Esq.
Robinson, Mrs. George
Rushout, Hon. Miss
Smith, Miss Leigh
Thomasson, Mrs. John
Treves, Fredk., Esq., F.R.C.S.
Wackerbath, Miss
Webb, Miss
Wilks, Dr. Samuel, F.R.S.
Winifred, Lady Robinson
Yates, Miss

				£	s.	d.
Alexander, Mrs. W. C.	1	1	0
Alldrige, Miss	1	1	0
Anstie, A., Esq.	2	2	0
Baker, Miss	1	1	0
Bale, H. J., Esq.	1	1	0
Baxter, Mrs.	1	1	0
Barnes, Dr. Fancourt	1	1	0
Barnet, Mrs. George	1	1	0
Bell, Rev. W.	1	1	0
Berendt, J., Esq.	1	1	0
Bertie, Lady Lavinia	1	0	0
Bird, Miss Lucy	0	5	0
Blackburn, Mrs. Henry	1	1	0
Borthwick, Lady	1	1	0
Bowles, Dr.	0	5	0
Boyle, Miss A. L.	1	0	0
Bradley, Miss (Don.)	0	10	0
Brindle, Thomas, Esq.	1	1	0

				£	s.	d.
Brown, H. S., Esq.	1	1 0
Buchanan, George, Esq.	1	1 0
Buckton, Mrs....	1	0 0
Burdett, Henry C., Esq.	1	1 0
Burton, W. K., Esq.	1	1 0
Busch, A. P., Esq.	1	1 0
Buss, Miss	1	1 0
Byles, Mrs. W. P.	0	10 0
Caine, W. S., Esq., M.P.	1	1 0
Carlisle, Mrs. S.	1	1 0
Carr, Henry, Esq.	1	1 0
Cave, Lawrence, Esq.	1	1 0
Cave, Mrs. Lawrence	1	1 0
Chadwick, Mr. and Mrs. Edwin	2	2 0
Challinor, L., Esq.	2	2 0
Challinor, J., Esq.	10	10 0
Chappell, Arthur, Esq.	1	1 0
Chappell, Thomas, Esq.	1	1 0
Cheston, Mrs. Charles	1	1 0
Childe, Mrs. Baldwin	1	1 0
Churchill, Lord Alfred	1	1 0
Cole, Sir Henry (late)	1	1 0
Cortauld, Mrs. S.	0	10 6
Cotton, General Frederick...	1	1 0
Courtney, Mr. Richard	1	1 0
Craik, Mrs. George Lillie	1	1 0
Cunliffe, Miss	1	1 0
Debenham, F., Esq.	1	1 0
De la Rue, Warren, Esq.	2	0 0
Domville, W. H., Esq.	1	1 0
Domville, Mrs. W. H.	1	1 0
Down, Dr. Langdon	1	1 0
Dunville, Mrs....	1	1 0
Eassie, W., Esq.	1	1 0
Edis, Dr. Arthur	1	1 0
Edge, Mrs. J. W.	1	1 0
Edgell, W., Esq. (Don.)	0	5 0
Enfield, Richard, Esq.	1	1 0
Erichsen, John E., Esq.	1	1 0
Erskine, Miss	1	0 0
Farquharson, Dr., M.P.	1	1 0
Field, Rogers, Esq.	1	1 0
Forster, A., Esq.	1	1 0
Fraser, A., Esq.	1	1 0
Fuller, Stephen, Esq.	1	1 0
Gell, P. L., Esq.	1	1 0
George, Mrs. Edward	1	1 0
Gladstone, Miss S. M.	1	1 0
Godwin, George, Esq.	1	1 0
Goldsmid, Miss F.	1	1 0

			£	s.	d.
Goldsmid, Miss Flora (Don.)	1	1 0
Goldsmid, Miss Flora	10	10 0
Greaves, Mrs.	1	1 0
Guest, Miss	1	1 0
Hale, W. H., Esq.	1	1 0
Hallowes, Miss	1	0 0
Hallowes, Miss K.	1	0 0
Hammond, Mrs. Mark	1	1 0
Harberton, Viscountess	1	1 0
Hardcastle, Hon. Mrs.	1	0 0
Harding, Percy, Esq.	0	10 0
Hare, Thomas, Esq.	1	0 0
Harrison, Dr. C.	1	1 0
Hart, Ernest, Esq.	5	5 0
Haslam, Miss Rosa	1	1 0
Healey, A., Esq.	1	1 0
Henriques, Alfred G., Esq.	1	1 0
Heywood, James, Esq.	2	2 0
Hills, T. Hyde, Esq.	1	1 0
Holland, Mrs. Charles	1	1 0
Hollond, Mrs. John	1	1 0
Jennings, Richard, Esq.	1	0 0
Johnstone, Miss	1	1 0
Jones, Lieut.-Col.	1	1 0
Jones, Rev. Harry (Don.)	1	0 0
Joshua, Mrs.	1	0 0
Keen, Albert, Esq.	1	1 0
Kendal, R., Esq.	1	1 0
Kemp, Mrs.	1	1 0
Lawrence, Mrs. H. W.	1	1 0
Leon, Mrs.	1	1 0
Leonard, Hugh, Esq.	1	1 0
Levy, Miss Florence	1	1 0
Levy, Miss Emily	1	1 0
Levy, Miss Matilda	1	1 0
Lewis, Mrs. George	1	1 0
Liddell, Mrs.	1	1 0
Lister, Miss (Don.)	0	10 0
Louise, H.R.H. Princess	2	2 0
Löwy, Rev. A.	1	1 0
MacDougall, James, Esq.	1	1 0
MacLaren, Mrs. Charles	1	1 0
MacNaught, Rev. J.	1	1 0
Maidlow, John, Esq.	2	2 0
Markby, A., Esq.	1	1 0
Marshall, Miss	1	1 0
Martineau, Miss Gertrude	0	10 6
Martineau, Miss M.	1	1 0
Martineau, Misses	1	1 0
Masson, Mrs.	1	1 0

				£	s.	d.
Matthews, Charles, Esq.	2	2	0
Meyerstein, Mrs.	1	1	0
Michael, W. H., Esq., Q.C.	1	1	0
Miles, Miss	1	1	0
Minard, G. E., Esq.	1	1	0
Mitchell, Charles, Esq.	1	1	0
Mocatta, F. D. Esq., (Don.)	3	3	0
Morrish, Mrs. Buxton	1	1	0
Neate, Mrs.	1	1	0
Nettlefold, Mrs.	1	1	0
Nixon, Brinsley, 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
Pears, Messrs. A. & F.	1	1	0
Pembroke, Countess of	3	0	0
Pepys, Lady Emily	0	5	0
Peto, Sir Morton	1	0	0
Phillips, Miss	1	0	0
Powell, Francis, Esq.	1	1	0
Power, Sir Alfred	1	1	0
Raphael, Alfred, Esq.	1	1	0
Raphael, Mrs.	1	1	0
Ridley, Miss	0	10	6
Roget, Miss	1	1	0
Romanes, Mrs. George	1	1	0
Ross, Rev. Dr.	1	1	0
Rowe, G. N., Esq.	1	1	0
Russell, Lady Agatha	1	1	0
Russell, Miss	1	1	0
Salmon, S., Esq.	1	1	0
Salmon, S., Esq., (Don.)	1	1	0
Sanderson, Mrs. Burdon	1	0	0
Samuelson, Bernhard, Esq., M.P.	1	1	0
Sargent, Mrs.	1	1	0
Schwann, A., Esq.	1	1	0
Scott, Lady Henry	1	0	0
Selbourne, Lady	1	1	0
Shaen, W., Esq.	1	1	0
Sharpe, Miss M. C.	0	10	6
Smith, Noble, Esq.	1	1	0
Smith, Jas., Esq.	2	2	0
Smith, Mrs. Eustace	2	2	0
Smith, Moore, Esq.	1	1	0
Snell, Saxon, Esq.	1	1	0
Stewart, Mrs. Shaw	1	1	0
Streatfield, Mrs.	1	1	0
Storr, Mrs.	1	1	0

			£	s.	d.
Swanwick, Eustace, Esq.	1	1	0
Swanwick, Misses	2	2	0
Tabor, Rev. R. S.	1	1	0
Talbot, Miss	1	1	0
Taylor, Whateley Cooke, Esq.	1	1	0
Taylor, Mrs. Thomas	1	1	0
Tebb, W., Esq.	1	1	0
Tennant, Mrs.	0	10	6
Thornycroft, Lieut.-Col.	0	10	6
Tolmé, Mrs.	2	2	0
Trevelyan, Sir Chas.	1	1	0
Tubbs, Mrs. (Don.)	0	10	0
Turner, Ernest, Esq.	1	1	0
Turner, Mrs.	1	1	0
Twining, Miss Louisa	1	0	0
Vacher, A., Esq.	1	1	0
Welch, Mrs. Stanley Kemp	1	1	0
Wells, Mrs. Spenser	1	1	0
Westlake, J., Esq., Q.C.	1	1	0
Westminster, Duke of	3	0	0
Williams, Miss...	2	2	0
Williams, Dr. Dawson	1	1	0
Wills, Mrs.	1	1	0
Winkworth, Mrs. Stephen...	1	1	0
White, Mrs. E. A.	1	1	0
Whitwell, Mark, Esq.	1	1	0
Woodall, W. Esq., M.P.	1	1	0
Wyld, Dr.	1	1	0
Wynne, Miss F. E.	1	0	0
Yates, Rev. Thompson	1	1	0

APPENDIX.

REPORT ON THE EXAMINATION OF GIRLS IN
PHYSIOLOGY.

To the Chairman of the School Management Committee.

SIR,—I beg to submit to you my Report on the Examination of Girls for the Prizes offered by the National Health Society.

The Examination was held on Friday, July 14, and was attended by 370 Girls from 15 Schools. The number of competitors shows an increase of 119, or 47 per cent., on the number examined last year. The competition was limited to the Girls in Standards V., VI., and Ex-VI.

I beg to recommend that the first fourteen girls be awarded book prizes to the amounts marked against their names.

The following is a copy of the Examination Paper:—

1. What are the advantages of a mixed diet? Show, from your knowledge of Physiology, the reasons for these. What evils would ensue from the excessive use of saccharine, fatty, or nitrogenous foods?
2. Many London houses have a basement story, partially or quite below the level of the street. Balance the advantages and disadvantages of this arrangement.
3. After living in a house for a few days, I notice a bad smell (i.) in the kitchen; (ii.) in the bath-room. What may these proceed from? What steps should I take? Why?
4. Give a few rules for the regulation of exercise. Show their reasonableness.
5. Show the advantage, physiologically, of cultivating an erect gait, a cheerful disposition, and regular habits.
6. What is meant by invisible perspiration? What is the cause of it? What does it necessitate?
7. What is the cause of fatigue? What are the results of persistent exercise after the organs are wearied? How does it happen that we can go through a series of exercises lasting through a certain time, though we could not have kept to one of them for the whole of that time?

The results of the examination are, on the whole, very fairly satisfactory, and the best papers show considerable merit. But a number of the answers, although good to a certain point, are vitiated by strange blunders and misconceptions, which seem attributable to faults of instruction. In the zeal for rendering things easy, there is a temptation to make statements that are loosely illustrative rather than scientifically accurate. Illustration by way of analogy may certainly be used with good effect by a skilful Teacher who possesses exhaustive knowledge, but is peculiarly apt to mislead when abused by the unskilful and partially informed. Thus the girl who, in answer to the fifth question and with reference to regular meals, says, "If I make a potato pie, I do not open it when half cooked to put in more potatoes; and so I must not take fresh food when my first meal is half digested," has appreciated her Teacher's illustration; but another who thinks that "If we eat too much fat, we shall be all burnt up," has evidently been led by a loosely stated analogy to draw an invalid induction. Illustrations of the analogical type are often of great service, and occasionally none other are available. But a girl, who is supposed

capable of undertaking with profit the study of the physiological bases of sanitary rules, should be credited with sufficient mental power to approach it scientifically.

In answer to Question 1, I have such loose and inaccurate statements as the following:

"If we take one kind of food, it will only be making one kind of substance."

And again, "If we took fatty matters, we should be all fat, and if we took nitrogen, we should be all flesh."

This question, though producing the longest answers, is, on the whole, attempted with least success. The uses of the various classes of food in the animal economy are fairly well mastered, but the derangement of the digestive and excretory organs consequent on a badly regulated diet is not understood.

Questions 2 and 3 are answered well by many girls. It is curious to see, however, that after a declamation against the use of basement stories, no doubt in the manner of the Teacher, enumerating the evils of damp, darkness, mice, rats, and cockroaches, the assertion will creep in at the end that underground kitchens are cosy. *Naturam expellas furca tamen usque recurret.*

Question 4 is well answered, and to the point.

Question 5 produces long answers, but, except in the best Schools, not to the point. The word "physiologically" has been overlooked.

Insensible or "invisible" perspiration (Question 6) has not been heard of by many girls. One remarks, "When people catch cold they generally go to bed wrapped up into a blanket and get into what is called a perspiration, which is not seen because of the blanket being wrapped tightly around." This is ingenious, and by no means the worst answer.

Question 7 is attempted by but a minority with moderate success. That fatigue is really dependent upon a change in the brain, that over-exertion is a false economy of time and power, and that "change is rest," are simple truths which I have looked for in vain for the most part in a great cloud of words.

I am very pleased with the writing, spelling, and composition of the papers. Their neatness and systematic arrangement, too, have aided me materially in the examination. From one or two Schools, however, there are papers by girls whom it was absurd to allow to compete. Some of these write nothing but nonsense. One girl sends in, as the sum of her physiological knowledge, this one sentence:—"The abdomen is a mixed diet."—I have the honour to be, Sir, your most obedient Servant,

JOHN NICKAL.

July, 1882.

LIVERPOOL SCHOOL BOARD.

Copy of Joint Report of the Board's Inspectors, and of the Board's Science Instructor, on the Animal Physiology Examination, held on the 9th December, 1882.

(Presented to the School Management Committee on the 9th February, 1883.)

* * * * *

Of the 70 girls examined there were 33 who passed the examination—

19 prize-takers and 14 honourably mentioned. The list of the successful candidates in order of merit is given in Table A.

In Table B attached to this report the 13 competing schools are arranged in order of merit according to the gross number of marks obtained. The Butler Street School heads the list, as it did on the previous occasion, and the head mistress, Miss Knight, therefore, takes the Teachers' Prize.

In Table C is shown a comparison of some results of this examination and of that of 1881. It will be seen that in the recent examination the general level reached is very slightly below that of the previous year, that the gross results of the better schools are decidedly lower, that the medium schools have rather improved, and that greater individual merit has made itself apparent. These conclusions are based on the assumption that the two examinations were of equal difficulty and that the standard of the examiner was unchanged; and, as far as possible, such was the case. The general impression left on our minds is that the standard reached by the girls this time is somewhat below that of previous years. The papers suggest the idea that the girls are younger (though such is not the fact), and that their store of general information is smaller than in the case of their predecessors. The work of the first eight schools in Table B we regard as being generally careful, sound, and intelligent, and such as cannot fail to be of much practical utility to the scholars. The work of the next two schools . . . has much merit. The papers of the girls from the three lowest schools give the impression that Animal Physiology has not been taught steadily throughout the year, but that what has been done has been done hurriedly and therefore imperfectly, and only with a view to this examination. The natural result has been to fill the children's minds with the crude notions that they cannot talk about reasonably and that can have no practical beneficial effect on their daily lives. The following 5 girls have shown such utter incapacity to deal intelligently with the work of examination that it is surprising their head teachers should have presented them, viz.: C. Maguire, E. Ellershaw, M. Sergeant, C. Urquhart, and E. Hardman.

As a rule the papers are neatly written, with correct spelling and clear composition; and show intelligence in the arrangement of matter.

(Signed)

EDWIN FOSTER } Board's Inspectors.
S. J. YELF }
W. HEWITT, Board's Science Inspector.

SCHOOL BOARD OFFICES,
Liverpool, 12th February, 1883.

TABLE (C).

	1881.	1882.
1. Number of schools represented ...	13	13
2. Number of girls ...	72	70
3. Average per cent. of marks obtained ...	50	49.1
4. Percentage of marks of highest girl ...	76.2	78.7
5. Average per cent. of highest school ...	64.7	55.6
6. Number of schools with average of 50 per cent. or over of marks ...	7	8