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Contributors

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REPORT
OF THE
NATIONAL HEALTH SOCIETY.
1892.

REPORT

NATIONAL MEDICAL SOCIETY

1892

1893.

NATIONAL HEALTH SOCIETY

Twentieth Annual Report,

READ AT THE

GENERAL MEETING OF THE SOCIETY,

MARCH, 1893.



London :

OFFICE OF THE NATIONAL HEALTH SOCIETY,

53, BERNERS STREET, W.

1893.

1898

NATIONAL HEALTH SOCIETY

Biennial Report

1897-1898

GENERAL MEETING OF THE SOCIETY

MARCH 1898



OFFICE OF THE NATIONAL HEALTH SOCIETY

25, BROADWAY, NEW YORK

1898

NATIONAL HEALTH SOCIETY.

1891-1892.

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Mrs. Fleming BAXTER.

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Ernest TURNER, Esq., F.R.I.B.A.

Hon. Treasurer :

CHARLES CHESTON, Esq., 1, Great Winchester Street, E.C.

Auditor :

H. C. SARGENT, Esq., Suffolk House, Lawrence Pountney Hill, E.C.

Hon. Solicitor :

CHARLES CHESTON, Esq., 1, Great Winchester Street, E.C.

Secretary—MISS LANKESTER.

Assistant Secretaries :

MISS E. BROWN.

MISS F. STEPHENSON.

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Algiers.—Miss Leigh SMITH, Mustapha.

Birmingham.—Mrs. BRACEY.

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Staffordshire Potteries.—W. WOODALL, Esq., M.P.

Tottenham.—Rev. Hugh McSORLEY.

Workington.—Rev. J. J. THORNLEY.

Worthing.—Dr. PARSONS.

Affiliated Societies :—HULL—SANITARY ASSOCIATION.

KEIGHLEY—SANITARY ASSOCIATION.

DUBLIN—SANITARY ASSOCIATION.

Honorary Members :—SOCIÉTÉ FRANÇAISE D'HYGIÈNE.

Subscriptions and Donations may be paid to the Secretary at the Office, 53, Berners Street, Oxford Street, London, or to the account of the Treasurer, at the London and Westminster Bank (Oxford Street), London. Post Office Orders to be made payable in the name of Fay Lankester, at the Post Office, Mortimer Street, Middlesex Hospital, W.

THE OFFICES OF THE SOCIETY AT 53, BERNERS STREET, W., ARE
OPEN EVERY DAY, EXCEPT SATURDAY, FROM 11 TO 5.

Lecturers and Examiners.

A. T. SCHOFIELD, Esq., M.D.	SISTER KATHERINE (late of St. Bartholomew's Hospital).
H. WILLINGHAM GELL, Esq., M.A., M.B. OXON., M.R.C.S.	MISS FLORENCE STACPOOLE (Diplomée of the London Obstetrical Society).
JOHN GAY, Esq., M.R.C.S., L.R.C.P.	MISS EDITH BARNETT.
OWEN LANKESTER, Esq., M.R.C.S.	MISS MARY BELCHER.
CH. PERCIVAL CROUCH, Esq., M.B. LOND., F.R.C.S. ENG.	MRS. DICKSON.
M. PARRY JONES, Esq., M.D. LOND.	MISS E. STURGESS.
D'ARCY POWER, Esq., M.B. OXON., F.R.C.S. ENG.	THE DEACONESS STAPLEY.
W. J. GOW, Esq., M.D.	MISS G. ROBERTSON.
EDWARD SQUIRE, Esq., M.D.	MRS. HENRY SWANN.
BERNARD O'CONNOR, Esq., M.R.C.P.	MRS. SHIEL.
EDWARD CROSSMAN, Esq., M.D.	MISS WOOD.
RICHARD BANGAY, Esq., M.D.	MISS DUNBAR.
J. JOHNSTONE MACGREGOR, M.D., F.R.C.S.	MISS NORTON.
MISS ANNESLEY KENEALY (late of St. Bartholomew's Hospital, and Great Ormond Street Hospital for Children).	MISS MORGAN.
MISS HENRIETTA KENEALY (late of St. Bartholomew's Hospital).	MISS WHALLEY.
MISS DE PLEDGE, Matron of the Chelsea Infirmary.	MRS. PHIPPS.
MISS MARY HARRISON (H.M. Government Inspector of Cookery).	SISTER RITA.
	MISS SMITH.
	MISS SYKES.
	MRS. TRUMAN.
	MISS WHITE.
	MRS. PEARCE.
	MISS BRANCKER.
	MISS WALLAS.
	MISS JONES.
	MISS BOURNE.
	MISS EARLE.
	SISTER HELENA.
	SISTER RACHEL.
	MISS SILLS.

Honorary Examiners:

LANGDON DOWN, Esq., M.D., F.R.C.P.
 FREDERICK TREVES, Esq., F.R.C.S.

REPORT.

IN laying this their twentieth Annual Report before their friends and supporters, the Committee of the National Health Society have pleasure in announcing that their work still continues on the same satisfactory footing as heretofore, while in some of its branches it is widely extending.

Courses of Lectures on "Sick Nursing," "First Aid to the Injured," "Domestic and Personal Hygiene," and "Elementary Physiology," have been given during the past year by the regular staff of lecturers, at various centres, as follows :

CENTRE.	SUBJECT.	ORGANIZED BY	LECTURER.
Hamble Cliff, Netley..	"Sick Nursing"	Mrs. Elliot Yorke	.. Sister Katherine.
Committee Room Office	" "	Secretary	.. Miss J. L. de Pledge.
Oak Lodge, Clapham	" "	Miss Bradbury	.. Miss Kenealy.
Warrington Crescent	" "	Miss Smythe	.. Sister Katherine.
Park Crescent	"First Aid"	.. Lady Kekewich	.. Mr. Owen Lankester.
Hatfield	" "	" "	.. Mr. D'Arcy Power.
Aston Clinton, Tring	" "	.. Lady Battersea	.. Mr. D'Arcy Power.
St. Luke's Hall, Clapham	" "	.. Miss Bradbury	.. Mr. John Gay
St. Bartholomew's Schools	" "	.. Secretary	.. Mr. Owen Lankester.
Amhurst Park	" "	.. Mrs. Hooper	.. Mr. W. T. Gow.
Gloucester	" "	" "	.. Dr. Waddy.
Committee Room Office	" "	.. Secretary	.. Mr. Owen Lankester.
Blackheath	"Hygiene"	" "	.. Dr. Schofield.
Southgate	" "	.. Miss Burrows	.. Dr. Gow.
Onslow Square	" "	" "	.. Dr. Schofield.
Polytechnic, Regent St.	" "	.. Mr. Quintin Hogg	.. Dr. Schofield.

An Examination is held at the conclusion of each course of lectures by one of the Medical Examiners of the Society, when Certificates are granted to the successful Candidates.

Candidates for the Silver Medal of the Society must possess three of the Society's Certificates for different subjects.

In the country where courses of lectures have been given in different places in the same county it is desirable that a centre should be chosen and one examination arranged.

The Committee take this opportunity of thanking those ladies and gentlemen who have acted as the organizers of these lectures, thereby so materially forwarding the work of the Society.

MEDAL EXAMINATION.—The fourth examination for the Medal of the Society was held on November 24 and 25, at the Committee Room, 53, Berners Street, the examiners being Dr. H. Willingham Gill, M.A., M.B. Oxon., Mr. John Gay, M.R.C.S., L.R.C.P., and Mr. Owen Lankester, M.R.C.S. The successful competitors were Mrs. Lawrence Cave, Lady Ommamney, Miss Mabel Bradbury, Miss Lilian Bradbury, Miss Ethel Freese, Miss von Stieglitz, Miss Ellen Mary Lawrence, Miss Sarah Hill, Miss Agnes Ford, and Miss Margaret A. Waters. These ladies will be presented with their Silver Medals at the Annual Public Meeting, which takes place each year, by the kindness of his Grace the Duke of Westminster, in Grosvenor House.

A Conference on Technical Education was held on the 25th of June, by kind permission of the Rev. Sir Talbot and Lady Baker, at Ranston, Blandford. The chair was taken by Col. Williams, Chairman of the Technical Education Committee in Dorsetshire, and speeches were made on the importance of the scheme by Mr. Macan, Secretary of the Surrey County Council, and others. Miss Robins, the Assistant Secretary of the National Health Society, read a paper showing the great success which had attended the teaching carried on by the Society's technical lecturers in the various counties throughout England. The result of this Conference has been to arouse such keen interest in the subject, that lectures in connection with the Society to both rich and poor on subjects relating to "Nursing," "First Aid," and "Laws of Health," have been already organized in many villages and towns in Dorsetshire by the untiring energy of Lady Baker. These have been given by Miss

Brancker, who has met with the most unqualified success, and it is hoped may be continued next year in connection with the County Council.

COUNTY COUNCIL TECHNICAL EDUCATION.

—This branch of the Society's work continues to spread rapidly. It consists of a series of "Homely Talks" with the working classes on "Home Nursing," "Laws of Health," "First Aid in Accidents," and "Artisan Cookery." Since the first application made for Devonshire in April, 1891, by Mr. C. T. D. Acland, M.P., our lady lecturers have visited thirteen different counties, including Essex, Cambridge, Lincoln, Norfolk, Suffolk, Kent, Sussex, Surrey, Gloucester, Somerset, Buckinghamshire, Lancashire, and Dorset. In Surrey, Dr. Squire, Dr. Macgregor, and Mr. John Gay, M.R.C.S., L.R.C.P., have given most successful courses of lectures on Sanitation and Hygiene for the Society, in connection with the County Council scheme for Technical Education, while six of our lady lecturers have been employed during a period of six months at different centres in the same county.

Miss Kenealy's lectures in Cambridge have been highly appreciated, her audiences frequently numbering as many as six hundred and fifty, and we have constant testimony of the high estimation in which the work of Sister Rachel, Miss Whalley, Miss Robertson, Mrs. Phipps, and many other of our lady lecturers, is held from the different centres in which they have laboured.

In the Kent rural districts Deaconess Stapley reports that the audiences were largely intermingled with working men and boys, who evinced the greatest interest, and the "Talks" were always well attended by people belonging to all classes. The clergy and organizing secretaries worked well, and the greatest thanks are due to them for their aid and support.

Mr. John Gay, in his speech before the Grosvenor

House meeting in May last, said: "More than four thousand lectures have already been given in the counties by the staff of the Society. The audiences may be numbered by many hundreds, and so successful have they been that in some parts, notably at Cambridge, the doors of the lecture hall had to be closed to keep out the crowd that besieged the overflowing room."

All information, scale of charges, etc., respecting this section of the Society's work can be obtained by application to the Secretary. It is to be hoped that these means of instruction, which have already done so much to ameliorate the condition of the working classes, will ultimately be established in every county in the United Kingdom.

TRAINING TEACHERS.—The following rules show the qualifications considered necessary by the Society for ladies who wish to become lecturers, preference always being given to those who are trained nurses, while those who are not are sent for training, for a certain period, to the Chelsea Infirmary, by permission of the Local Government Board.

QUALIFICATIONS.—Anyone desirous of becoming a Country Lecturer, or "Homely Talker," amongst the poor must be an educated gentlewoman over twenty-five years of age, must have gone through nursing training at a hospital or infirmary, and must have followed the Society's Course of Instructions for Teachers at their Office, 53, Berners Street, W., on House Sanitation, Hygiene, Elementary Anatomy and Physiology, Home Nursing and First Aid. They will also be required to pass the final examination (theoretical and practical).

PROGRAMME OF INSTRUCTION.

The completion of the Programme of Instruction begun in October, 1891, by the courses of lectures on

“Sanitation,” by R. Thorne Thorne, M.B. Lond., F.R.C.P., F.R.S.; “Domestic and Personal Hygiene,” by A. T. Schofield, M.D., M.R.C.S., L.R.C.P. Lond., and “Elementary Anatomy and Physiology,” by John Gay, M.R.C.S., L.R.C.P. Lond., took place during the months of February, March, and April, 1892, and consisted of a course of six lectures on “Nursing,” by Sister Katherine, one of the Society’s lecturers, and a further course of four lectures on “Accidents and Disease” by Owen Lankester, M.R.C.S., which included practical instruction at a hospital. The above lectures were held at 53, Berners Street.

The Course of Instruction for Teachers recommenced in January, 1893, with a series of lectures on “Human Anatomy and Physiology” by John Gay, M.R.C.S., L.R.C.P., at the Committee Room, 53, Berners Street.

FREE LECTURES AND HOMELY TALKS.—During the past year these lectures have been given at mothers’ meetings and unions, also to members of the Girls’ Friendly Societies, the Y.W.C.A., to the women of the Gordon League, to soldiers’ wives, to Working Boys’ and Girls’ Guilds, etc., at East Sheen, Kensington, Wanstead, Lambeth, Toynbee Hall, St. Andrew’s, Well Street, Poplar, Teddington, Stratford, Greenwich, Chelsea Barracks, Stepney, Battersea, Stamford Hill, Tottenham, South Norwood, Brentwood, Marylebone, Vauxhall, St. Martin’s, Trafalgar Square, Fitzroy Square, Upper Woburn Place, and many other places, on such subjects as “What to do till the Doctor comes,” “Accidents, and How to Treat them,” “The Care of Infectious Diseases,” “Nursing the Sick,” “Food for the Sick,” “Hints to Avoid Catching Fever,” “How to Feed and Clothe the Family,” “Water, Inside and Out,” “How to make Home Healthy and Happy,” “The Use and Abuse of Alcohol in Health and Sickness,” “Words to Mothers,” “The Little Ones,” etc.

SPECIAL FUND FOR FREE LECTURES AMONGST THE POOR.—The demand for this free instruction is greater than ever, and to enable them to comply with the constantly increasing applications, the Society found it necessary to institute a *Special Fund*, to which it is hoped that those who are not members of the Society will yet see fit to contribute.

MISS FLORENCE STACPOOLE has continued her "Popular Talks to Mothers" with marked success, some of the soldiers' wives at Chelsea Barracks attributing the physical improvement in their children to "having followed out the instructions given."

MRS. DICKSON, MISS DUNBAR, MISS STURGESS, MISS HENRIETTA KENEALY, and other ladies, have been actively engaged in instructing the poor. Mrs. Dickson speaks in warm terms of the gratitude and intelligence of the women both in town and country. This was especially evident in Somerset, where she held some very satisfactory classes.

MEETING AT GROSVENOR HOUSE.—On May 24 the annual meeting for the distribution of the medals and certificates of the Society was again held in the Rubens Gallery of Grosvenor House, by the kind permission of his Grace the Duke of Westminster, who presided as Chairman, while her Grace the Duchess presented the successful candidates with their medals and certificates, as in previous years. The six following ladies gained the distinction of the Silver Medal: Miss Amy Shepherd, Miss Irene Petrie, Mrs. Rebecca King Sandell, Miss Georgina Robertson, Miss Alice M. S. Rendell, and Miss Mary Phœbe Parry. The winners of the certificates numbered over three hundred and fifty, many of whom passed the examination with great credit.

Mr. John Gay, M.R.C.S., L.R.C.P., spoke on this occasion, explaining the special branch of the Society's work under the auspices of the County Councils, and

many County Councillors volunteered testimony as to the value of the instruction given in various districts by the lady teachers of the Society. Amongst other speakers were E. Halsey, Esq. (Chairman of the Surrey County Council), H. Macan, Esq. (organizing Secretary of the Surrey County Council), and others.

LONDON SCHOOL BOARD.—There has been no examination for the Society's prizes this year. The question as to whether an examination will be held for the above prizes in 1893 will be decided by the London School Board Committee at the end of March.

LIVERPOOL SCHOOL BOARD.—The annual examination in "Animal Physiology" for the National Health Society's prizes was held on December 10. On this occasion there were representative scholars from seventeen schools, as against sixteen schools in 1891. The total number of candidates examined was ninety-two, as against ninety in 1891. Of these, seventy-nine passed and thirteen failed. The examiners report that the papers of the prize-winners reach a high level of merit, while the work of the upper half of them is so consistently good from beginning to end as to merit special commendation.

NORTH LONDON COLLEGIATE SCHOOL FOR GIRLS.—The Society's prizes for "Laws of Health" and "Domestic Economy" for the year 1892 were presented as follows :

- 1st prize. ALICE A. M. COLLS "Book of Health."
 2nd prize. { ADA M. READ
 DOROTHEA K. PRICE } "Domestic Dictionary."
 HUGHES
 3rd prize. FRANCES LEVY "Book of Health."
 4th prize. LILIAN B. T. MARKS "Domestic Dictionary."

Two candidates were equal for the second prize, which was therefore divided.

THE METROPOLITAN PUBLIC GARDENS

ASSOCIATION.—The tenth annual report of this Association, which originated in a sub-committee of the National Health Society, shows that a very large amount of useful work was accomplished in 1892. Ten recreation grounds were laid out and thrown open; seats were granted for thirteen different places, some being given for gardens, others for streets; two gardens were opened temporarily; trees were planted in five thoroughfares, and the Association assisted to improve, preserve or acquire nine open spaces. Besides direct work of this kind, a great deal of indirect work is always being carried on which is more difficult to record, and only those who are well acquainted with the history of open spaces have any idea how much the public owe to the efforts of the Metropolitan Public Gardens Association. Copies of the report, containing information of all kinds relating to open spaces, can be obtained from the Secretary, at 83, Lancaster Gate, W., and subscriptions, which are urgently needed to carry out the various schemes on hand, should be sent to the Earl of Meath at the same address.

BEQUEST.—Under the will of the late Mr. Berridge, the National Health Society has received the sum of £4,000, which has been invested by their trustees in Consols.

CHOLERA.—MR. ERNEST HART gave a most interesting and instructive lecture on "The Duty of Citizens with regard to the Prevention of Cholera," at the Committee Room of the Society, 53, Berners Street, in September last, summing up in a few plain, simple rules all that is necessary to avoid an inroad from this dreaded epidemic.

At the Health Congress held at Portsmouth during August, under the auspices of the Sanitary Institute, Dr. A. T. Schofield spoke on "the value of a knowledge of Hygiene to women," to a very large gathering. Miss Robins, the Assistant Secretary of the National Health Society, attended the ladies' section of the congress

during which this address was given, as a representative of the Society.

MISS ANNESLEY KENEALY, nursing lecturer to the National Health Society, gave an address on her experiences during the late cholera epidemic in Hamburg, at the Lecture Hall of the Society of Arts, on October 29. Sir Spencer Wells occupied the chair, supported by Dr. Willingham Gell, Dr. Little, and other eminent medical authorities.

THE SOCIETY'S PUBLICATIONS.—“How to Prevent and Oppose the Cholera.” This penny pamphlet, issued by the National Health Society, contains plain instructions for heads of families and others on how to prevent the cholera, and, in the event of its appearance, how to oppose it.

MRS. PRIESTLEY'S excellent book “Hygiene, under Difficulties,” has been revised and published in a neat volume at 2s. It is a most valuable work, dealing with the necessary hygienic requirements of the dwelling-house. It is full of information, which should be read by all who would keep their homes healthy.

MR. OWEN LANKESTER, M.R.C.S., gives a concise and comprehensive account of the anatomical arrangement and physiological functions of the various organs of the human body, in a most valuable publication entitled “The Human Body.” It is illustrated by diagrams and a coloured manikin, showing the precise position and relative sizes of the various organs, arranged in movable form. Mr. Lankester's clever work will be found a most useful aid to students, nurses, and others interested in this all-important subject.

WANTED, to carry on the work of the Society—

MORE MEMBERS. Subscription for membership £1 1s. 0d. annually.

LADIES who will act as hon. secs. in their own neighbourhoods, for the organization of lectures.

VOLUNTARY LECTURERS, who will give gratuitous teaching amongst the poor, under the auspices of the Society, who provide all apparatus and pay travelling expenses.

GIFTS OF DIAGRAMS, models, etc., relating to the subjects taught by the Society—Hygiene, Physiology, First Aid, Home Nursing, etc., and books for the lending library bearing on these subjects.

SUBSCRIPTIONS to the Special Fund for providing gratuitous instruction amongst the poor. This branch of the Society's work has hitherto been supported by the annual subscription of members, but the demand has become so great that the funds are inadequate to meet all applications. An earnest appeal is therefore made on behalf of the *Special Fund*.

NEW MEMBERS FOR 1892.

Fifty New Members, including six Life Members have joined the Society during the year. More are urgently needed to help the sanitary mission amongst the poor, which is so much in request.

MEMBERSHIP.—*Members of the Society are entitled to a ticket for all lectures given under its auspices, to a copy of its publications, and to the loan of diagrams and apparatus for lectures. Advantages are afforded in the arrangement and organization of lectures in their respective districts.*

The Committee are glad to facilitate the action of members respecting the sanitation of their own dwelling-houses.

MEMBERSHIP is constituted by the payment of £1 1s. 0d. annually, or by the single payment of £10 10s.

Applications for Lectures should be made to the Secretary, 53, Berners Street, London, W.

NATIONAL HEALTH SOCIETY.

FINANCIAL STATEMENT FOR THE YEAR ENDING DECEMBER 31ST, 1892.

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DR.

	£	s.	d.		£	s.	d.
To Balance from last account	82	15	9				
Subscriptions and Donations	507	7	6				
Proceeds of Lectures (including County Council Lectures)	3,698	6	4				
Sale of Publications:							
By Messrs. Allman & Son, Ltd.	23	11	11				
By the Society	284	3	1				
Advertisements	307	15	0				
Rent of Committee Room for Meetings	33	3	0				
Dividends:	15	0	0				
On Canadian Stock	3	11	6				
On New Consols	2	15	0				
	6	6	6				
	4,650	14	1				
By Rent of Offices					150	0	0
Salaries and Commission					371	6	9
Office Expenses (including coal, lighting and attendance)					111	10	5
Printing and Publishing					274	4	6
Stationery					20	1	0
Postages and Telegrams					53	12	4
Expenses of Lectures (including Free Lectures to the Poor)					3,264	10	0
Books and Bandages					36	4	7
Travelling Expenses and Carriage of Parcels					20	8	9
Advertisements					4	12	9
Balance:							
At London and Westminster Bank		315	15	5			
In hands of Secretary		28	7	7	344	3	0
					4,650	14	1

CAPITAL ACCOUNT.

	£	s.	d.
Investments as per last statement			
£100 0 0 2 $\frac{3}{4}$ % Consolidated Stock	100	0	0
£ 91 13 4 4% Canadian Stock	100	0	0
Investments made during the year:			
Amount received from the Berridge Trust invested in £4,118 8 1 2 $\frac{3}{4}$ % Consolidated Stock	4,000	0	0
	4,200	0	0

Audited and found correct,

H. C. SARGENT,
Chartered Accountant.

March 7th, 1893.

List of Members, Subscribers, and Donors.

1892.

LIFE MEMBERS.

Amherst, Lady	Mills, F. C., Esq.
Blackwell, Dr. Elizabeth	Nation, W. H. C., Esq.
Bosanquet, Percival, Esq.	Noailles, Comtesse de
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