

### Annotations.

#### THE HEALTH OF THE CITY OF LONDON.

The report of Dr. William Collingridge, Medical Officer of Health for the City of London, for last year is a most interesting document, which has evidently been compiled with infinite care. We note that an important new departure was the appointment of a Woman Sanitary Inspector, that the step has been amply justified and proved a success, and that it has tended to much improve the conditions under which a large number of women are engaged in earning a living in the City. Dr. Collingridge calls special attention to the remarks of this inspector (Miss Safford) with reference to sanitary accommodation in offices. After stating that the obligation to provide such accommodation is brought to the notice of occupiers of factories and workshops, Miss Safford proceeds to state that—

“In workplaces the obligation imposed by Section 38, Public Health (London) Act, 1891, is generally disregarded, and there is grave reason to believe that this is especially the case in such workplaces as offices where women are employed as typewriters, clerks, &c. The number of girls so employed in the City is constantly increasing, and it is not too much to say that in the very large majority of these offices there is no sanitary accommodation provided for the women employed. The injury to health caused by the absence of such necessary provision is incalculable. Complaints from the girls themselves are almost unknown, as they naturally shrink from the idea of the discussion of such matters with their employers, and are, moreover, imbued with the erroneous and very widespread idea that sanitary legislation is only concerned with the welfare of the factory worker.”

The result of this report is that a systematic visitation of these offices is now being made. Another good result of the work of a woman inspector was that two cases of breach of the Factory Act were tried at the Marylebone Police-court. The employers in each case were summoned by Miss Dean, one of H.M.'s Inspectors of Factories, the case for the prosecution being that the rooms in which the women had to work were mainly heated by ordinary gas jets. In each instance the magistrate held the case proved, and fined the employers £10 and costs. A notable provision for the well-being of the City is that of a temporary shelter during disinfection at Golden Lane, Barbican. This shelter has been used by twenty-three families, who were received and provided with lodging, food, and attendance during the disinfection of their

houses after small-pox, diphtheria, erysipelas, and phthisis. The shelter is not intended only for the poor; any person residing in the City is entitled to accommodation there while his home is disinfected. Amongst many other interesting items we note the following: that in the Artisans' Dwellings, Stoney Lane, Houndsditch, arranged in 260 tenements, and occupied by 916 persons, only one illegitimate birth has occurred since 1894—a fact that speaks well for the morality of the inhabitants, who are mostly Jews; and the report as to the existing method of intramural burial in cases of capital punishment. The Medical Officer of Health was in constant attendance at Newgate when the remains of ninety-two persons were exhumed, and is forced to the conclusion that the present system of burial is fraught with danger to the living, being lacking in every essential conducive to the public health. He says: “Upon representation being made to the Home Secretary, under the Capital Punishment Amendment Act of 1866, that functionary can direct burial of murderers elsewhere, and it is difficult to conceive that any responsible Minister would fail to adopt this course in the future, bearing in mind the state of affairs disclosed during the rebuilding of Newgate.”

It is well for the City of London that it has so energetic and competent a Medical Officer of Health to look after its interests.

#### HOW TO LIVE TO BE A HUNDRED.

The Rev. F. B. Meyer has an article entitled “On Living to be a Hundred” in the *May Sunday Magazine*. First of all, as regards diet, the distinguished minister says:—

“Let my reader who is going to start with me on this long race make a mental note, ‘I must eat less, and I will henceforth rise from every meal able to eat more, if not positively hungry.’ Yes, gentle reader, but you hardly realise how hard the task will be, or how much self-control you will have to exert. Remember, too, that there must be no ‘bites’ between meals, any more than the semi-teetotalers will permit ‘drinks.’ . . . We shall have to come back to the food, though not necessarily the attire, of John the Baptist, with good water for our drink and honey for our sweets, only substituting for his locusts good wholemeal bread or oatmeal porridge.”

In seeking to become a centenarian, Mr. Meyer believes exercise should be regarded as equal in importance to diet; but above all else he places the necessity of preserving the supremacy of the soul over the body and the cultivation of a cheerful disposition.

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