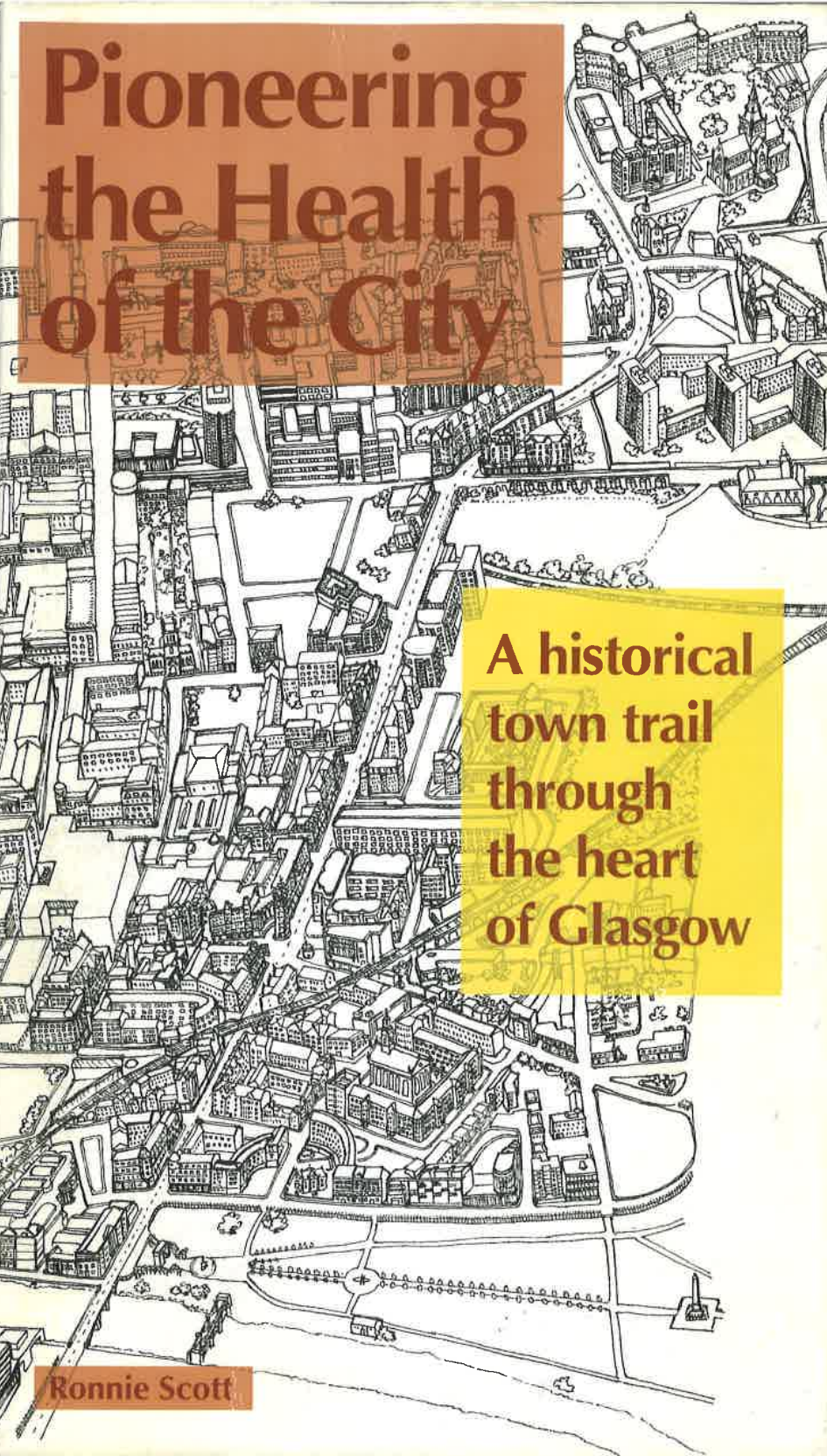
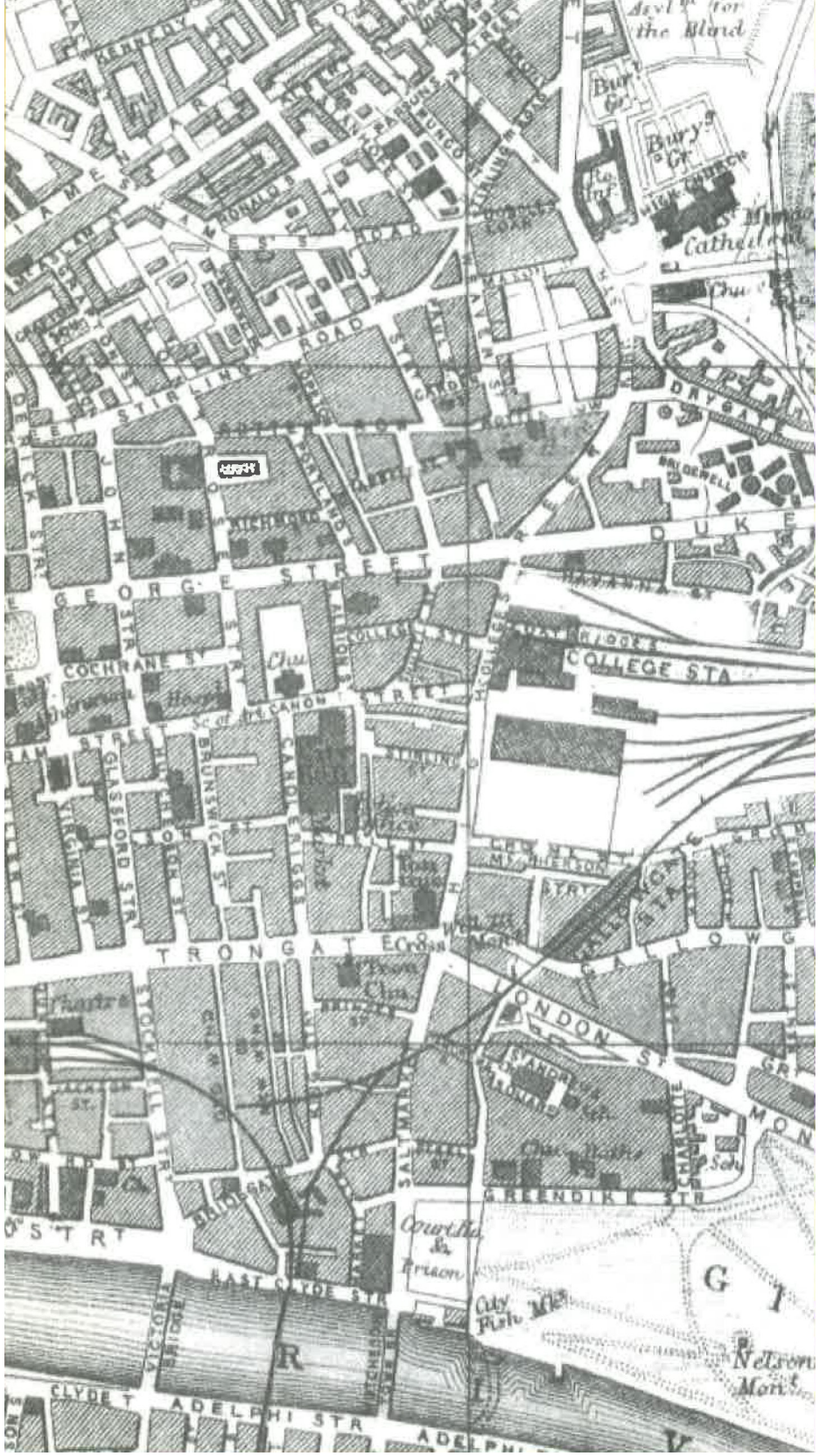


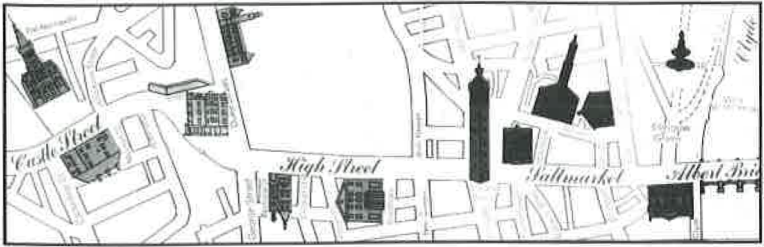
# Pioneering the Health of the City



A historical  
town trail  
through  
the heart  
of Glasgow

Ronnie Scott





*From the Cathedral to the Clyde*

Glasgow began life as two towns, and this walk takes us from the religious settlement that grew up around the church of Saint Mungo, now Glasgow Cathedral, to the fishing community that flourished on the banks of the River Clyde. Between them, we will see many examples of the challenges that face any growing community, and see how people devised innovative and imaginative solutions to these urban problems, which all had an impact on the health and wellbeing of the locals.

This town trail, which follows the historic backbone of Glasgow, looks at old and new housing, environmental pollution, clean water and sewage, education, wholesome food supplies, access to medical treatment and the importance of green spaces for both our physical health and our enjoyment of life. All of these can be considered as aspects of public health, which are vital to the strength and vitality of any city, and the role it can play in the world.

### *Second City of the British Empire*

Glasgow has always been at the forefront of public health improvements that have produced linked benefits. For example, the project to demolish the crowded slums of the Saltmarket and replace them with a single line of houses facing the street also brought the benefits of wider streets with proper drainage and a clean water supply. The result was houses that had more light and air, and reliable sanitation, which reduced diseases and improved people's overall wellbeing.

All these issues we have mentioned, and how Glasgow reacted to them, contributed to the city's rise as the Second City of the British Empire. Without a physically fit and healthy workforce that was supplied with fresh food and clean water, in hygienic and adequate housing, with access to medical treatment when necessary, there would have been no Second City, no Clyde-built workforce producing the steam engines, ships, locomotives and other machines that powered the industrial revolution the world over.

***This town  
trail ...  
follows the  
historic  
backbone  
of Glasgow***

Public health remains central to the wellbeing and efficiency of the city, even if we do take much of it for granted. This walk is a reminder that all of the advances in the health of the population of Glasgow were hard-won, and that we have the hard work of many generations of Glaswegians to thank for this important contribution to the growth and development of our city.

## 1 Glasgow Cathedral



Glasgow Cathedral

*"The benefits of the supply of pure water brought to the city and surrounding districts from Loch Katrine are incalculable. The public health of the city has been enormously improved. The abundance and absolute purity of the water are benefits beyond conception."*

*J. R. Sutherland, Engineer,  
Glasgow Corporation, 1915.*



The Bishop's Castle

Our walk begins with the oldest building in the city, founded by St Mungo in the seventh century. The present structure was built between the 13th and 15th centuries, and is the only mainland Scottish cathedral to have survived the Reformation (1560) intact. In the lower church, the Nurses' Chapel was furnished by and for nurses in 1969. Medicinal herbs are included in the designs of the seat covers.

St Mungo's Well, in the south east corner of the lower church, probably supplied the early community on this site. Even at the beginning of the 19th century, wells still provided Glasgow's water. From 1804 water carts toured the streets, selling basins of water for an old half-penny. Two years later, the first pumped River Clyde water reached the north of the city from Dalmarnock, in the east end. The Gorbals Gravitation Water Company was formed in 1846 to supply the area south of the Clyde. In 1860, pure water from the Loch Katrine scheme reached the city for the first time, carried by gravity the 30 miles from the Trossachs, that ridge of hills to the north of the city.

The burying ground surrounding the cathedral, however, was founded earlier than that old structure, by St Ninian in the fourth century, if the early records of the city are to be believed. Among its inhabitants are Maister Peter Low - in the southwest corner of the ground in front of the cathedral - the founder of the Royal College of Physicians and Surgeons of Glasgow. The college, founded by a charter of King James VI in 1599, promised to protect the public from "ignorant, unskilled and unlearned men". The burying ground also features stout cast iron cages around some graves, grim reminders of the days before the Anatomy Act of 1832, when grave robbers roamed the west of Scotland, providing bodies for the medical schools of the city.

The area surrounding the cathedral was a church town, on the banks of the Molendinar Burn, which flows from Hogganfield Loch in the north east of the city to the Clyde. All that remains of this is the cathedral itself, Provand's Lordship (see below), and part of the foundations of the Bishops' Palace or

Castle, which was abandoned at the Reformation, but lives on in the name of Castle Street. There is also a **monument** to the castle, and a circle in the paved area indicating the site of the castle well.

## 2 Glasgow Royal Infirmary

Queen Victoria dominates the south façade of the 20th century building that commemorates her 63 years as monarch. Designed by James Miller and completed in 1914, this structure replaced the original Royal Infirmary built in 1794 and designed by Robert and James Adam. On this site, Joseph Lister first used antiseptic carbolic sprays during surgery in 1865; William Mceiver pioneered microbe-free operating theatres in 1870; Sir William McEwan pioneered brain surgery; and Matron Rebecca Strong, a pupil of Florence Nightingale, began training nurses in 1893. Just to the north of the infirmary is the blackened shell of the former **Royal Blind Asylum**, designed by William Landless in 1879, with an unusual tower that features six sides and four clocks.

In front of the Royal Infirmary, facing Castle Street, is a statue to **David Livingstone** (1813-73). As soon as he qualified as a doctor in 1840, Livingstone left the city to become a medical missionary in Africa. The bronze statue, by John Mossman, was commissioned two years after the missionary's death. One of Livingstone's relatives, Dr John McIntyre, first used x-rays for medical diagnosis when working in the Royal Infirmary in 1896.



*Statue of Queen Victoria at the Royal Infirmary*



*David Livingstone*



*Grotesque head in St Nicholas Garden*

### 3 Provand's Lordship and the physic garden

Provand's Lordship was built in 1471 as the manse of the preceptor of St Nicholas' Hospital, one of the religious buildings surrounding the cathedral. Early hospitals offered social rather than health care. Hutchison's Hospital, founded in the 17th century, looked after old men (aged over 50) and orphan boys. The Town's Hospital, established on Clyde Street in 1733, included an infirmary, a poor house and an asylum.

Behind Provand's Lordship, which is the oldest house in Glasgow, is the St Nicholas Garden, which is a modern recreation of a medieval cloistered garden, built in 1995. The outer edge is a **physic garden** with plants that were used as medicines in the 15th century, and in the centre is a more formal garden in the style of those times. In the cloisters are a number of **grotesque heads**, dating from 1737, which were carved for the Tontine Hotel at Glasgow Cross.



*St Nicholas Garden at Provand's Lordship*

## 4 Glasgow Necropolis

The clipper ship surmounting the globe, in the centre of the entrance gates to the Necropolis, is the symbol of the Merchants' House, the owner and developer of Glasgow's first garden cemetery, which opened in 1833. The first person to be buried there was Joseph Levi, a quill merchant who died during the 1832 cholera epidemic. Other cholera epidemics devastated the city in 1849 and 1853, killing thousands of people each time. After the introduction of water from Loch Katrine, the fourth outbreak in 1866 caused only 68 deaths. Cholera, a disease spread by infected water and food, was no longer a terror.

The Necropolis, which provided secure and hygienic burials in landscaped surroundings, was a significant public health improvement in the city, and ensured that people attending funerals or returning to the graveside to mourn were not exposed to the dangers of rotting flesh.

Among the 50,000 people buried there are Lord Provost **Robert Stewart**, who championed the Loch Katrine project; **Eliza Jane Aikman**, who founded the Infant Health Visitors Association; **James Jeffray**, who was Professor of Anatomy in Glasgow University at the height of the grave robbing era; and **Granville Sharp Pattison**, co-owner of the College Street Medical School, who was acquitted of charges of grave robbing in 1814.



Merchants' House symbol

*"The Necropolis was begun in 1828, the intention being to lay it out after the model of Père Lachaise at Paris, to which, in situation, it bears some resemblance, and was opened in 1833. It is beautifully laid out and kept, and has, with its trees, flowers, shrubs and gravel walks, the appearance of a fine terraced garden."*

The Ordnance Survey  
Gazetteer of Scotland,  
1894.



The Necropolis, looking south from the Knox monument

## 5 Rottenrow

The meeting of Castle Street, Drygate, High Street and Rottenrow was the town cross of the religious settlement at the top of the hill. The Rottenrow has, over the years, been home to the Glasgow Lock Hospital, the Magdalen Institution and the Royal Maternity Hospital.

The **Glasgow Lock Hospital** for Unfortunate Females was set up in 1805 to treat women with venereal diseases. The **Magdalen Asylum** opened seven years later, for women who were working as prostitutes.

The **Royal Maternity Hospital** opened in Rottenrow in 1879, and hundreds of thousands of Glaswegians have been born there. In 1950 Ian Donald developed the use of ultrasound scanners in pregnancy here. He was working in a fine tradition of innovations in infant and maternity care in Glasgow, which included setting up milk depots in 1904, child welfare and ante-natal clinics, and the introduction of Domiciliary Midwives and Health Visitors, who were popularly known as Green Ladies, after the colour of their uniforms.

The services of the hospital have now been incorporated into the Royal Infirmary, and the site of the building is now **Rottenrow Gardens**, which was landscaped by Strathclyde University in 2004 to provide a calm green oasis at the centre of its city campus.



George Wyllie's 3m high nappy pin sculpture at Rottenrow Gardens



Green Ladies in 1900 and 1950



## 6 Duke Street Prison wall

Duke Street Prison began as the House of Correction before expanding to become the city's Bridewell in 1798, and then expanding further as the Town and County Bridewell in 1825. These prisons offered better conditions for inmates than the crowded cells in the Tolbooth Steeple. They also removed the more violent members of the community from the streets, which made life more tolerable for everyone.

After Barlinnie prison opened in the north east of the city in 1882, Duke Street Prison became a prison for women. At one time, babies born here were granted a farthing (a quarter of an old penny) a day for life, to compensate for having been born in a jail. The prison closed in 1955, and was demolished in 1958, except for the perimeter wall, which was lowered but retained as the boundary of the **Ladywell housing estate**.

The High Street stretch of the wall has a number of **bullet holes**, the chilling remains of a shoot-out in May 1921, when an armed group attempted to free Irish Republicans from a prison van carrying them between the Central Court and Barlinnie. One policeman was killed.

On the opposite side of Duke Street from the prison site is **Ladywell School**, which was designed by John Burnet Senior and opened in 1858. The school was built for James Alexander, the proprietor of the cotton mill next door (which later became the Great Eastern Hotel). **Six carved heads**, including those of Shakespeare and Michelangelo, carved by John Crawford, decorate the front.

Much needed improvements in the health of Glasgow's school pupils began in 1908 with the introduction of medical inspections, which included free advice but not treatment. As the 20th century progressed, what later became known as the School Health Services provided nutrition, medical and hygiene services, nurseries and residential and special schools.



*Carved head at Ladywell School*



City Improvement Trust tenements

## 7 City Improvement Trust tenements

These fine red sandstone tenements in High Street and Duke Street were built by the City Improvement Trust, which was set up in 1866 to clear slums, improve old streets and lay out new ones, build homes and provide a new park for the north-east of the city, which was named Alexandra Park. It also built eight model lodging houses in the 1870s. Its name is on the corner of High and Duke streets, and its initials on the building at 27 Duke Street. This wholesale sweeping away of the overcrowded and unsanitary housing in the city centre shows the importance of city planning to public health.

The inclusion of Alexandra Park in the overall improvement scheme shows how the Victorians viewed public parks as “breathing spaces” that gave people opportunities for exercise and leisure as well as quiet spots away from the factories, chimneys and busy roads of the city.

## 8 Number 215 High Street

This former British Linen Bank building, designed by William Forrest Salmon in 1895, has the image of a flax ship in the window above the door, which reminds us of the importance of weaving and textiles to the economy of Glasgow then. Look out for the playful cherubs at ground floor level. On the Nicholas Street side is a plaque to the poet Thomas Campbell (1777-1844), who is also remembered by a statue by John Mossman in George Square. The plaque shows the house in which he was born, which was replaced by the present building.

By the middle of the 19th century, the peaceful street scene shown in the plaque had gone. In its place were narrow closes leading to tall, airless houses packed with people living in squalor. Human waste was piled high in the streets or in the back courts. Cleansing was no more than street sweeping, and the back courts were untouched unless the waste was bought by a contractor to use as fertiliser. Among the worst slum areas in Glasgow at this time was **Havannah**, which was just across the street from number 215.



One of the cherubs at 215

## 9 Glasgow University

Glasgow University stood on the east side of High Street from around 1470 to 1870, with its main entrance opposite College Street. It was founded in 1451 in the lower church of Glasgow Cathedral, before moving to Rottenrow and then to the High Street. It moved to the West End in 1870. Behind its buildings in the High Street were extensive gardens, including a **physic garden** growing medical herbs, and the city's first observatory. The site was bought in 1867 by the North British Railway Company for £10,000.

Immediately south of the university was **Blackfriars Church**, built on the site of Blackfriars monastery. The church was used by the university, and its professors and their families were buried here. The contents of the church yard were decanted to the Necropolis in 1878, and some of the headstones were incorporated into the new university buildings in the West End.

William Hunter (1718-1783), the founder of the **Hunterian Museum**, was a student here. He spent most of his medical career in London, where he developed the science of obstetrics and was appointed the first professor of anatomy at the Royal Academy.



*Hunterian Museum*

## 10 College Street Medical School

The College Street Medical School, one of a number of private colleges in Glasgow in the early 19th century, stood on the north side of College Street, just a few metres from the High Street. Its owners, including **Granville Sharp Patterson**, were the only two medical professionals in Scotland to face trial for grave robbing. They were accused, along with two of their students, of removing the body of Mrs Janet McAlister from the nearby **Ramshorn** burying ground in Ingram Street. The trial, held in Edinburgh in 1814, ended with all the accused being acquitted.

Graverobbing came to an end after the passage of the Anatomy Act in 1832, which provided medical students and researchers with a steady supply of corpses, courtesy of the poor house.



*Ramshorn Kirk*

## 11 Babbity Bowster

This restored merchant's house, built in 1790, is now a popular bar, restaurant and hotel. Its story is typical of the Merchant City, the area to the west of the lower part of High Street. Increasing levels of smoke, soot and grime, produced by the coal-burning, steam-driven industries of Glasgow, soon drove the wealthy residents of houses like these to the cleaner west of the city, where the prevailing south-west winds arrived unpolluted.

After the **Clean Air Act 1956**, this house was in the 201 acres of central Glasgow in the first declared smoke control area. The city's famous "pea soup fogs" became a thing of the past. Recent improvements have seen thousands of new homes and business premises built in this part of the town, which is rapidly becoming fashionable again.

This area was also host to the city's regulated cheese, fruit and vegetable markets, which were run by the city council to high standards of cleanliness, which protected people from adulterated or rotten produce.



*Babbity Bowster*

## 12 Glasgow Cross

The Tolbooth Steeple, which was built in 1626, has stood both at the centre of an elegant 18th century town and a revolting 19th century slum. Severe overcrowding in this area led to the introduction of ticketing in 1863. Dwellings were measured and tin tickets with the permitted number of residents painted on them were nailed to doors. Police officers called during the night to check

that no more people than allowed by the ticket were living there.

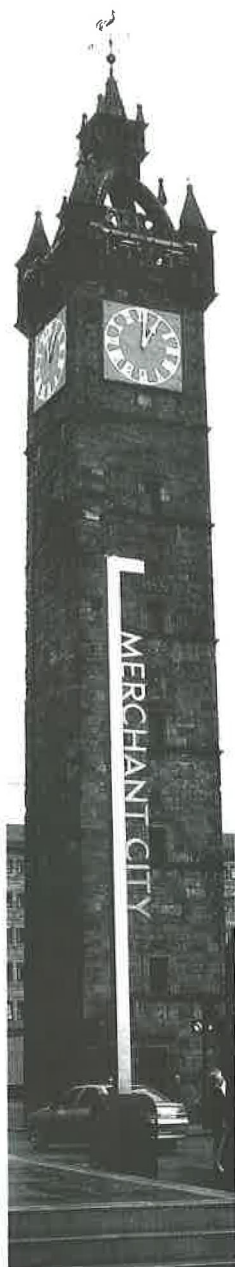
Stamped metal tickets were introduced after people were caught repainting alterations to the permitted numbers. A typical ticket read "2200, 5½ adults", which

indicated that the volume of the house was 2,200 cubic feet and that a combination of adults and children - those under eight years of age counted as half a person - adding up to 5½ could live there.

The Tolbooth Steeple held prisoners awaiting trial, and was the site of public hangings until 1814, when these functions moved to the Justiciary Buildings. The last person to be hanged and hung in chains at the cross was Andrew Marshall, who was executed in 1769 for highway robbery and murder.

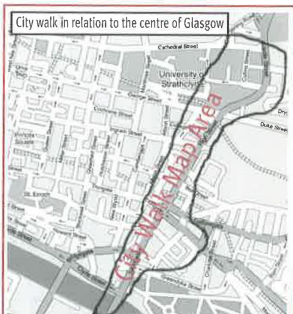
The Town Guard, the forerunner of the police force, was based near here, and there is a plaque on the corner of the Tron Theatre to remind us of this. The guard, and the first police force that was founded in 1800, had many public health functions, including sweeping, maintaining and lighting the streets. These duties helped to control infection, reduce disease and improve feelings of public safety, which all contribute to the health of the population.

The large triangular traffic island at Glasgow Cross was previously home to Glasgow Cross railway station, which was closed in 1964. Trains still run beneath the cross, in Scotland's longest train tunnel. Just to the east is the Mercat Cross - this modern replica, designed by Edith Burnet Hughes, was raised in 1929 to mark the site of the city's market cross, where the weekly trading went on, and where official announcements were read.



Tolbooth Steeple at Glasgow Cross

- 11 Babbity Bowster
- 12 Glasgow Cross
- 13 Saltmarket
- 14 St Andrews in the Square
- 15 St Andrews by the Green
- 16 Glasgow Green
- 17 High Court Buildings
- 18 Albert Bridge
- 19 River Clyde



### Practical points

The start of the walk is easily reached on foot from the city centre. High Street railway station is on the route, just south of the junction of Duke Street and High Street. For bus and train routes and times, please contact Traveline by phone on 0870 6082608 or at [www.traveline.org.uk](http://www.traveline.org.uk).

There are toilets at the beginning of the route in Cathedral Square and in the St. Mungo Museum. There are cafes in the St. Mungo Museum, Babbity Bowsters and around St. Andrews in the Square.

- Glasgow Cathedral
- Glasgow Royal Infirmary
- Provands Lordship
- Glasgow Necropolis
- Rottenrow
- Duke St. Prison Wall
- City Improvement Trust tenements
- 215 High st
- Glasgow University
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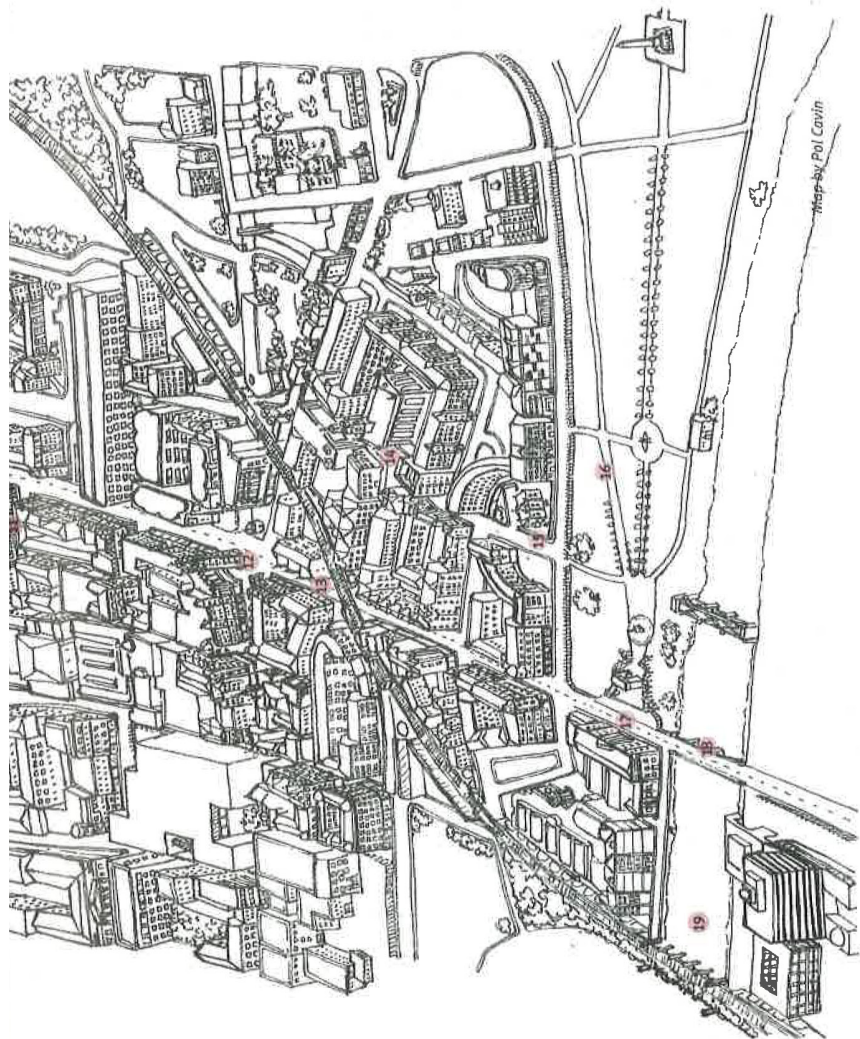
City walk in relation to the centre of Glasgow



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“ It is in those frightful abodes of human wretchedness which lie along the high street, the salt market and the Bridgegate and constitute the bulk of the district known as the “wynds and closes of Glasgow” that all sanitary evils exist in perfection. They consist of ranges of narrow closes, only some four or five feet in width, and of great length. The houses are so lofty that the direct light of the sky never reaches a large proportion of the dwellings. The ordinary atmospheric ventilation is impossible, there are large square midden-steads, some of them actually under the houses and all of them in the immediate vicinity of the windows and doors of human dwellings. These receptacles hold the entire filth and offal of large masses of people and households until country farmers can be bargained with for their removal. ”

Dr James Burn Russell 1888

## 13 Saltmarket

This street, one of Glasgow’s oldest, takes its name from the market for salt, which was used to cure the plentiful salmon from the Clyde. Most of the present tenements in the street were built in the 19th century by the City Improvement Trust to replace the overcrowded and unsanitary housing of the previous century. People living in these conditions were more likely to catch infections and to have a low quality of life, so the new housing brought improvements in both living standards and public health.

In 1888, Dr James Burn Russell, the city’s first full-time Medical Officer of Health, revealed that a quarter of the population of Glasgow lived in one-room dwellings and almost half of the population lived in just two rooms. The 1881 census showed that the population of Glasgow was 511,000, so by the time of Russell’s statement, around 350,000 people in the city were living in what were known as “single ends” and “room and kitchens”. Single ends, despite the ticketing system, were known to house up to 15 people.

On the west side of Saltmarket is the **Old Ship Bank building**, which houses one of the oldest pubs in Glasgow, named after the city’s first bank, set up in 1750 by the Tobacco Lords. After various amalgamations, the company is now part of the Bank of Scotland. The ship device, the bank’s symbol, can still be seen on the back of all Bank of Scotland notes.



Old Ship Bank building

## 14 St. Andrews in the Square

This church, which was designed by Allan Dreghorn and Mungo Naismith and built between 1739 and 1756, is based on St Martin's in the Fields, London. It is the second oldest church building (after the Cathedral) in the city, and was the where the wealthy **Tobacco Lords** worshipped. In the 18th century, tobacco was, believe it or not, thought to be good for health.

Opposite the church is the **Police Museum**, which has many reminders of the public health functions of the Glasgow police force through the years.



St. Andrews in the Square

## 15 St. Andrews by the Green

This Episcopalian church, which was designed by William Paull, Andrew Hunter and Thomas Thomson, dates from 1751. It was known as "the English church", because of its Anglican style of worship, and also as "**the whistlin' kirk**" because it had a church organ, which was at that time banned from Presbyterian churches. The name lives on in a nearby public house.

Members, committees and societies connected with this church - and all the other churches in the city - have long provided cash and care for sick, poor and distressed people. Professional nursing care, however, began in 1875 with the work of Mrs. Mary Orrell Higginbotham, who was the city's - and Scotland's - **first district nurse**. She founded an association dedicated to provide thoroughly trained, experienced and reliable nurses to attend to sick poor people free of charge and to working people for a moderate fee.



St. Andrews by the Green

## 16 Glasgow Green



*Greenhead Baths and Wash Houses*

This, the oldest of the city's 70 parks, was once part of the town's common lands, where citizens had the right to graze cattle, bleach cloth and wash clothes. As well as golf in the 18th century, open air gymnastics in the 19th century and rowing in the 20th century, the Green has been home to more practical activities.

Glasgow's first wash-house opened here in 1732, replaced in 1878 by **Greenhead Baths and Wash Houses** (also known as the steamie), which offered facilities for swimming, bathing and washing clothes.

Facing the north side of the green is the **Homes for the Future** project, a legacy of the city's term as the European City of Architecture in 1999. This pocket of houses, designed by some of Europe's leading architects, was commissioned to demonstrate the quality and variety of contemporary architecture.

Glasgow Green is a great example of how parks and green spaces are seen as central to the wellbeing of communities, and the best designs for new cities or communities always incorporate spaces for rest and reflection. Both in Victorian times and today, **parks and open green spaces**, along with facilities for sport and exercise, are valued as places to escape the stress of the city and to improve the health and wellbeing of the individual.

At the west end of the Green, facing the High Court buildings, is the **McLellan Arch**, the centrepiece of Robert and James Adam's Assembly Rooms in Ingram Street, which were demolished to make way for an extension to the main Post Office building in George Square. That building was completed in 1792, and its front moved to the Green in 1893, where it stood opposite Charlotte Street until being moved here in 1991.

Just behind the arch is the Collins Fountain. This appealing structure, featuring a bronze statue by John Mossman, was erected in 1881 to commemorate Sir William Collins, the head of a substantial publishing house - which specialised in Bibles - and an energetic anti-alcohol campaigner. In the 19th century, drunkenness was a great social problem, and societies such as the Glasgow Abstiners' Union and the Band of Hope fought it with education and preventative work.



*Collins Fountain*

## 17 High Court buildings

The central section, with the pillared entrance, was designed by William Stark between 1809 and 1814, to house a prison, the court house and council offices, which had previously been in the Tolbooth at Glasgow Cross. As crime increased, it was converted and enlarged as a court building by J. H. Craigie in 1913. It was considerably enlarged again at the end of the 20th century.

**Jail Square** (opposite the court buildings) was the site of public hangings between 1814 and 1865, when they moved to Duke Street Prison. Tam Young, the last official hangman in Glasgow, retired in 1837. The last public hanging here was of Dr Edward Pritchard, an English born doctor and senior Freemason who poisoned his wife and her mother; he was hanged during the Glasgow Fair in 1865, in front of around 80,000 people.



High Court

## 18 Albert Bridge

This bridge, designed in 1871 by the engineers R. Bell and D. Miller, is the last bridge over the tidal Clyde, which ends at the weir just east of this point. The original bridge on this site was built by the trustees of Hutchesontown to link their development with Glasgow. The second bridge here, designed by the grandfather of Robert Louis Stevenson, was opened in 1834.

At the southern end of the Albert Bridge is the **Glasgow College of Nautical Studies**, complete with lifeboats, for practising emergency procedures, and a planetarium, for learning to how to navigate by the stars. The college was built on the site of a leper hospital established around 1350 by Lady Lochnow, mother of the First Earl of Argyll. The first modern isolation units were built in the city in 1865, when a fever hospital opened in Kennedy Street, near the Royal Infirmary. Before this, infectious diseases had been treated in the wards of the Royal Infirmary. Infection control was also improved by disinfection and the use of washing houses.

The community at the southern end of the bridge, now known as the **New Gorbals**, has emerged

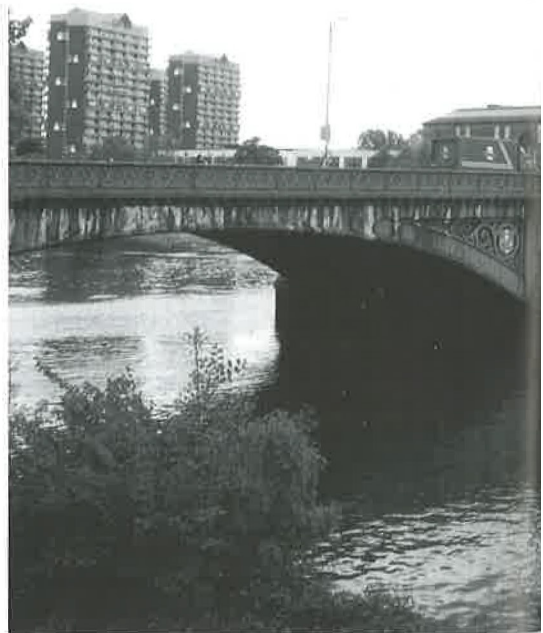




*Town's Hospital*

from its second comprehensive redevelopment as a thriving community where urban planning and the incorporation of **green spaces and artworks** has created a desirable place to live. It replaced the Gorbals, which had a world-wide reputation for slum housing and anti-social behaviour, made notorious by the novel "No Mean City", first published in the 1930s and still available in paperback.

On Clyde Street, to the west of the Victoria Bridge, is the site of the **Town's Hospital**, founded in 1733 as a multi-purpose building combining the functions of an orphanage, a workhouse, an asylum, an infirmary, and an old people's home. By 1815 it was home to 500 people, and was being funded by the town council, the General Session (the combined established churches in the city), and the Merchants' and Trades' Houses. This could be considered the first hospital in the city.

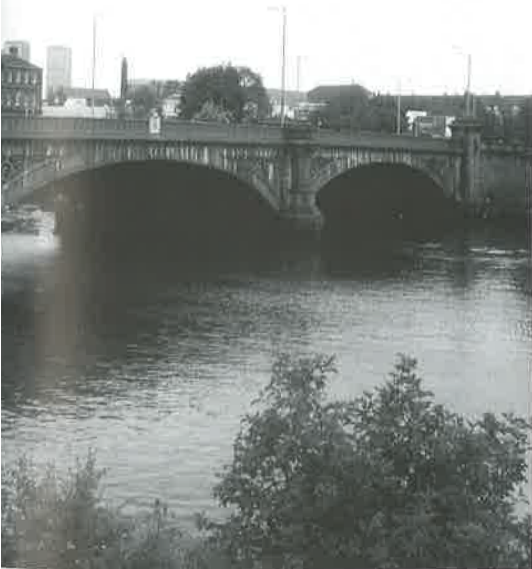


*Albert Bridge and the river Clyde*

## 19 River Clyde

The river, which has been central to the growth and development of the city, suffered from the effects of overcrowding, lack of proper sewerage and industrial pollution. Tidal action could not clear the human and industrial waste that made the Clyde an open sewer in the 19th century. Sewage treatment began at Dalmarnock to the east of the city in 1894, and additional works were set up to the west at Dalmuir in 1904 and Shieldhall in 1910. Industrial pollution of the river was tackled after the Clyde River Purification Board was established in 1956. The return of salmon to the upper reaches of the tidal Clyde is proof of the success of the board's work.

Now that the river is once again a fresh and pleasant place to wander along, the **Clyde walkway** is coming into its own, reconnecting people with the river and giving attractive places for walking, cycling and other forms of healthy exercise. These new areas of the public realm are properly designed and maintained, well-lit and policed to ensure the safety of people and the sustainability of the environment.



## Public health today

This short walk through the development of public health in the historic centre of Glasgow has shown how changes in the law, and the provision of social improvements such as public baths and a reliable sewerage system, can make large and lasting changes in the population of the city. The Victorian improvements, such as the scheme to bring water from Loch Katrine to the centre of Glasgow, were designed to deal with one problem at a time.

These days, however, public health projects are much more complex and sophisticated, taking account of how health issues are interlinked with other social problems, such as poverty and lack of access to fresh food. Glasgow was one of the cities chosen by the World Health Organization to join the pioneering Healthy City movement, which has helped to integrate the health message into the activities of a wide variety of groups in the city.

The Glasgow Centre for Population Health is a new resource for the city, where academics, policy makers, practitioners and local people can come together to confront the significant public health issues in Glasgow and the west of Scotland. It is partnership of NHS Greater Glasgow, Glasgow City Council and the University of Glasgow, supported by the Scottish Executive. There is more information on the centre's website (<http://www.gcph.co.uk>).

## Further reading

Joe Fisher, *The Glasgow Encyclopedia* (Mainstream, Edinburgh, 1994).

Charles McKean, David Walker and Frank Arneil Walker, *Central Glasgow: An Illustrated Architectural Guide* (Mainstream, Edinburgh, 1989).

Irene Maver, *Glasgow* (Edinburgh University Press, 2000).

Ronnie Scott, *Death by Design: The True Story of the Glasgow Necropolis* (Black and White, Edinburgh, 2005).

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Glasgow in the 1880s



Glasgow has always been at the forefront of improvements in public health, from the pioneering Necropolis, which offered hygienic and secure burials, to the innovative scheme to bring fresh clean water to the city from Loch Katrine, and the ground-breaking City Improvement Trust, which swept away the overcrowded and unhealthy tenements of the High Street.

This walking tour begins with the ancient Cathedral, the centre of a religious town on the Molendinar Burn, and leads to the River Clyde, where a small fishing community grew into a trading burgh.

These two settlements together made Glasgow. Between them, the tour includes medical marvels, grave-robbers, a shoot-out between police and Republicans, the original Glasgow University, a flax ship, a prison, the Tobacco Lords, public hangings, and the city's first 'steamie'.

Take the tour and discover a wealth of information about Glasgow past and present, and learn how the pioneers of public health remade the city to provide clean water, Green Ladies, improved housing and public parks.

You'll feel all the better for it!



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