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**ARLECDON & FRIZINGTON  
URBAN DISTRICT.**

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**Annual Report**

OF THE

**MEDICAL OFFICER  
OF HEALTH,**

**R. H. QUINE, D.P.H.,**

FOR THE YEAR

**1922.**

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FRIZINGTON :

H. CRELLIN, Printer, 30 Main Street,  
1923.

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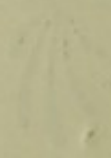
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AMERICAN MEDICAL ASSOCIATION  
PUBLISHED BY THE  
GRAND DISTRICT



Annual Report

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MEMBER OF THE  
OF HEALTH

AMERICAN MEDICAL ASSOCIATION  
PUBLISHED BY THE

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THIRLMERE HOUSE,  
FRIZINGTON,  
CUMBERLAND,

*March, 1923.*

*To the Chairman and Members  
of the Arlecdon & Frizington  
Urban District Council.*

GENTLEMEN,

I beg to report as follows :—

ARLECDON AND FRIZINGTON is a large Urban District, area 5554 acres, with a population of 5,258.

It is situated to the north of the western-most projection of the Cumberland hills and opposite the mouth of the great Ennerdale valley, and three or four miles from the sea.

This district lies partly on the limestone with ferrous deposits and partly on the coal measures, the industries are therefore Iron Ore Mining, Coal Mining and Quarrying Limestone.

The surface of the land is very undulating, valleys lying between the hills, which rise to 700 feet. In the lower parts the land is well cultivated but in the higher parts rough uncultivated moorland mainly prevails. The climate is mild, damp, and breezy. No data as to rainfall exists, but it probably averages 50 inches.

The bulk of the population lives at an elevation of 450 to 600 feet. The farming class number about 6 per cent of the total population but occupy 95 per cent of the area.

The mining population of the district, and the shopkeepers who supply their wants, live in four or five villages of varying size, and widely separated. The houses are almost entirely four roomed cottages built in long rows bordering the roads, they have no gardens in front, but usually a garden or yard behind, beyond which are the fields.

#### INFECTIOUS DISEASES NOTIFIED IN 1922—

	Quarters				Year	Deaths
	1st	2nd	3rd	4th		
Scarlet Fever	—	—	—	2	2	
Diphtheria	4	—	1	2	7	
Erysipelas	1	2	—	1	4	
Tuberculosis (Lungs)	1	5	2	3	11	6 } 10 4 }
Tuberculosis (other)	1	1	2	3	7	

#### BIRTHS REGISTERED IN 1922—

	1st Qr.		2nd Qr.		3rd Qr.		4th Qr.		Year		Total	Deaths under 1 year
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.		
Including Illegitimate	20	13	20	23	22	15	12	17	74	68	162	13
	4	1	-	-	-	-	-	3	4	4	8	

Birth rate per 1000 population 30·8

„ „ „ „ England & Wales 20·6

„ „ „ „ Cumberland 22·3

Death rate under 1 year per 1,000 births 80

(or omitting the Whooping cough epidemic, only 43)

„ „ „ „ „ „ „ „ Cumberland County 105

„ „ „ „ „ „ „ „ „ Urban 122

„ „ „ „ „ „ „ „ „ England & Wales 77

## WASTAGE OF HUMAN LIFE IN ARLECDON &amp; FRIZINGTON IN 1922.

(The whole life is divided into periods according to its conditions)

Death rate per 1000	AGES		Pre-Natal	Under 1 yr	1-5 years	5-16 years	16-60 yrs.	Over 60
	LENGTH		9 months	1 year	4 years	11 years	44 years	say 20 years
	Period of		Incubation Special stress on mother	Nursing In mothers care and helpless	Infancy. New food clothes and habits.	School and Herding	Work and Worry	Rest and Peace ?
	Cause of Death	Total Deaths						
2·6	Old Age	14		...	...	...	...	14
·3	Apoplexy	2		...	...	...	...	2
1·5	Heart Disease	8		...	...	2	2	4
·9	Cancer	5		...	...	...	2	3
·3	Tumour of Brain	2		...	...	...	2	...
·3	Pernicious Anæmia	2		...	...	...	...	2
·3	Colitis and Pancreatitis	2		...	...	...	2	...
·19	Diabetes	1		...	...	...	1	...
·19	Childbirth	1		...	...	...	1	...
·7	Accidents, Falls, etc.	4		...	...	1	2	1
·3	Miner's Phthisis	2		...	...	...	1	1
1·14	Tuberculosis (Lungs)	6		...	...	...	5	1
·7	Tuberculosis (Other)	4		...	...	4	...	1
·3	Influenza	2		...	...	...	1	1
1·5	Pneumonia	8		2	3	...	3	...
3·3	Whooping Cough	18		6	12	...	...	...
·3	Gastritis	2		2	...	...	...	...
·3	Marasmus							
·3	Debility from Birth	2		2	...	...	...	...
·19	Congenital Malformation	1		1	...	...	...	...
	Miscarriages and Abortions		?					
6·08		86		13	15	7	22	29
	Rate per 1,000	16·08		2·4	2·8	1·3	4·08	5·4
	Rate for England and Wales	12·9		80				
	Cumberland	14·7		per 1,000 births.				

**HOUSING.**—In my ANNUAL REPORT for 1920, I gave an exhaustive survey of Housing in the District, and suggested certain remedies for the bad conditions. I still have to regret that little has been done to alter those conditions. Ten new houses have been erected and are now occupied. They are built to government plans under the influence of the prevailing obsession for semi-detached dwellings and will stand as a costly and futile local record of a post war ministry's solution of the housing problem. The same amount of money spent in improving existing dwellings and in adding a bedroom to a number of them, would have given infinitely better results.

**OVERCROWDING** both of the kind which needs new houses and of the kind which needs larger houses still exists as badly as ever. The latter being much the more serious.

Until the Ministry of Health awakes to the necessity of compelling local Councils to bring old and defective houses up to some sort of decent standard, little or no progress will be made.

**SYSTEMATIC INSPECTION OF HOUSES.** My repeated advice to the Council to release the Sanitary Inspector on certain days or hours from other and less important duties to carry out his work as Sanitary Inspector under the M.O.H. has not been acted upon. I also regret to say that the Council does not seem very keen on insisting on bad conditions being remedied when reported. When a Council is not keen on inspections nor keen on having the evils revealed by inspection remedied, there cannot be much improvement in sanitation.

**WATER SUPPLY.** The supply to many houses and closets is still seriously defective, the pipes being more or less blocked. Nothing has been done in the way of carrying out my suggestions to prevent this blocking of pipes, and not much to remedy the defective supplies.

**SEWAGE TREATMENT.** This is still seriously defective and the streams are being polluted with sewage. I have called the attention of the Council to this matter in previous reports but the evils are unremedied.

**EXCRETA DISPOSAL.** This is generally by water carriage. The water supply, however, is frequently defective or absent. Closets are commonly defective in themselves and the connections with the drains loose or otherwise bad. The situation and structure of many closets are decidedly bad.

The whole question requires systematic attention and inspection and records kept of the conditions found with a view to their amendment. This can only be done by earnest co-operation of the Council with the M.O.H. and the Sanitary Inspector working under him.

**HOUSE REFUSE.** The method of collection is from house to house twice a week, the householder carrying the refuse to the street. There are no ashbins. Old boxes, buckets, or tins, anythings use'less for other purpose are used for this. All receptacles are without cover and all provided by the occupier. The owner does not seem to realise that it is his duty to provide an ashpit (or its legal equivalent, an ashbin) with a proper cover. The attention of the Council has been called to this with the usual result.

In 1921 collection was by motor lurry. In 1922 the Council reverted to collection by horse and cart.

**REFUSE DISPOSAL.** This is in open tips in various parts of the district. Farmers do not apparently think it worth while to apply this valuable material to cold, damp, and heavy land with a view to making it lighter, earlier, and more valuable. Future benefit is sacrificed to present cost.

These tips are happy hunting grounds for rats and fowls. Possibly the eggs have a richer flavour, but it should not be forgotten that there are risks which outweigh even that.

As one of the tips is surrounded by fowl runs, it might be well to fence it, or (as these are the days of rigid economy), charge a roamage fee, or, better still, perhaps, tip in a place further away from houses.

**EFFECT OF HOUSING ON HEALTH.** A glance at the table of life-wastage will show that in this little district in 1922 there were :—

10 deaths from Tuberculosis	4 being children
8    "    "    Pneumonia	5    "    "
18    "    "    Whooping Cough	18    "    "
<hr/>	
36 (out of a total of 86)	27    "    "

All from diseases in which—for any sort of effectual treatment—pure air and ample bedroom accommodation are essential.

When we have small bedrooms, which have hardly room for more than a bed, which often have no fire-place and cannot be ventilated, the walls of which are quite commonly damp and decayed, and above all have two or more occupants along with the invalid ; can we be surprised that when an epidemic comes along that it kills more than it would were the conditions for treatment good.

We must not merely look at the deaths however, but also consider the effect on those who survive. From among them grow up the C3 population. Damaged goods if you like.

Who is responsible for these conditions ?

Is it a debased public conscience, deadened by familiarity ?

Or a slack and inefficient Council ?

Or a Ministry of Health neglectful and indifferent for 20 years and then suddenly building ten new houses as a cure, ignoring the 990 old and bad ones ?

Over all is the curse of economy in the things that matter most. Most of these children had one shilling a week to live on, out of the dole. Dare we congratulate ourselves that the country has saved at least twenty shillings a week by not having to support the 27 little ones who died ?

**MATERNITY & CHILD WELFARE.** During the year I continued to act for the County in distributing Milk (instead of meals) to expectant and nursing mothers, and to young children.

Over 1,160 separate application forms were sent in and investigated by me during the year. Many forms were for more than one applicant. Medical Practitioners had kindly helped the work by giving about 1,200 medical certificates free of charge.

Of the applications about 4 per cent. were refused.

Orders were made out for 46,934 pints of fresh milk which was distributed at a cost of £567. In addition about 60 applications were sent in from the Whitehaven Rural district. Dried milk was supplied by me in these cases. The average number of persons in each family was 5.6 (the same as in the previous year). The average weekly income was 23/9, or 4/3 per head for Food, clothing, and shelter. Towards the close of the year, owing to improved industrial conditions the monthly applications numbered only one third of those at the beginning of the year.

The economist will of course ask is it worth while doing this work? The answer to that question is in accordance with the value we place on human life, and healthy human life.

Children must be fed, and fed with suitable diet. When the economic machine breaks down so that the parents cannot feed the children then the state must do it. I do not know that it much matters whether the state does it through the Guardians or the Labour Bureau or the Education Committees or the Health Committees. It is of course rank Socialism in each case, but it must be done. So many ways of doing it seems very stupid.

A second answer to the question is to point out our Infantile death rate—

That of the County Urban Districts is 122 deaths out of 1,000 births. This district is 80 deaths out of 1,000 births. If we eliminate the extraordinary epidemic of Whooping Cough, only 43 deaths out of 1,000 births.

**ADMINISTRATION.** In this district Sanitary administration is deplorably defective and in my opinion will continue to be defective until proper methods are adopted. The

methods which I have repeatedly and persistently recommended to the Council, have not been adopted. I give one or two illustrations.

### WHAT I HAVE RECOMMENDED.

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The Council should appoint a small and keen Health Committee to meet weekly or at the outside every fortnight in consultation with the M.O.H. to deal solely with Public Health matters.

That the Sanitary Inspector should be instructed to carry out his duties under the direction of the M.O.H. (as required by law) on at least four half days per week, reporting to him on each of such days to receive instructions and to have his record of work done, inspected and signed by the M.O.H.

That members of the Council should consult with the M.O.H. on any matter of sanitation affecting the health of the people.

### WHAT IS THE PRACTICE.

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At the monthly meeting of the Council it suspends other business for a short time and forms itself into a so called Health Committee to receive the monthly report of the M.O.H. This is the sole attempt at consultation with the M.O.H. Even this has only been adopted after protest by the M.O.H. to the Inspector of the Ministry of Health a few months ago.

The Council refused to direct this. The Sanitary Inspector does not call on the M.O.H. for instruction or to show his record either daily, weekly, or monthly.

He may be justified in thinking that the Council does not wish him to do so.

Apparently there is utter indifference. Only three times in three years has the M.O.H. been consulted.

Once to settle a dispute between two women over a smoky oven.

Again to inspect a house which a Councillor had bought or thought of buying.

In my opinion small Councils of this type are as totally unfit to deal with Sanitation, as were the old parish school boards to deal with Education. In them there is a tendency for affairs to be run by one or two little local "Bosses," who,

"When they are good may be very good,  
But when they are bad they are horrid."

If they are interested in cottage property they may do infinite harm.

Small districts should be united into Sanitary Areas **wealthy enough** to effectually carry out necessary reform and **large enough** to produce sufficient men of intelligence and public spirit (not necessarily men of wealth) to deal with Sanitation in the spirit in which it ought to be dealt with.

In this connection I have, in the course of the year, expressed to the Ministry of Health my opinion that the whole of the water-shed of the river Ehen and its tributaries should be united into one Sanitary District—just as the Rhondda Valley in South Wales is one district. In such case the district would include—and properly include—all the Iron ore mines and Quarries, as well as the homes of the men who work them. It would be an area wealthy enough to deal with all matters of sanitation, water supply, drainage, housing, etc., in a proper manner, and large enough to furnish the very best type of public representatives.

The sewage, and any poisonous industrial or mine water along with it, could be carried direct to the sea, instead of polluting the streams as at present.

A clear distinction should be made between—

**On the one hand.** Uniting two or more weak and ineffective districts into one strong and effective district, which is all to the good.

**And on the other hand.** Replacing two or three officials of such weak districts by one official to work them all,

in order to save a small amount of salary. This instead of being all to the good is often, very much to the bad, since it leaves the separate districts still weak and inefficient. With even less local knowledge in the supervision.

Cheapness, at the cost of efficiency, is merely silly waste.

I am yours respectfully,

R. H. QUINE, D.P.H.

On the following page is the report of the Sanitary  
Inspector.

COUNCIL CHAMBERS,  
FRIZINGTON,

March, 1923.

*To the Chairman and Members  
of the Health Committee.*

GENTLEMEN,

I have to report as follows on my work for the year 1922—

Inspection of Dwelling Houses P.H.A.	...	575
Slaughter Houses	... ..	140
Under Town Planning Act	... ..	44

NOTICES—

To renew Water Supply	... ..	5
Preliminary Notices to abate Nuisances	... ..	26
Statutory Notices	„ „ „ ..	8

During the year ten new houses have been erected and connected to Public Sewers. Two new W.C's. have been erected by owners.

I am,

Your Obedient Servant,

GEO. ASHBRIDGE.

George Chapman

BRISTOL

March 18th

To the Honorable and Right Honorable  
the Lords of the Council

I have the honor to acknowledge the receipt of your letter of the 14th inst.

concerning the petition of the  
Governor and Council of the Colony  
of Virginia touching the  
petition of the said Governor and Council

and in answer thereto to signify unto  
the said Governor and Council  
that the same is referred to the  
consideration of the said Lords

and that the said Lords have  
been pleased to give order  
that the said petition be  
referred to the consideration  
of the said Lords

Your Obedient Servant

Wm. Brouncker

