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ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE

Epping Rural District

For the Year 1907.

EPPING:

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For the Year 1907.

MR. CHAIRMAN AND GENTLEMEN,

I have the pleasure to present to you my Annual Report upon the Epping Rural District for the year 1907, being the thirty-second Annual Report which I have been called upon to make.

The district, as at present constituted, comprises an area of 36,705 acres, with a census population in 1901 of 12,782, and estimated to the middle of 1907 at 13,669. It may be said that the district is almost entirely an agricultural one, much of the land being laid down in permanent grass, many of the farms being occupied by tenants or owners who do a large business in the milk supply for the Metropolis. Most of the surface soil, being a rich marl and loam, appears to be particularly suitable for this purpose. The district, as a whole, is by no means flat or marshy, and its natural beauties are in many parts sufficient to attract a large number of residential inhabitants. Factories are almost unknown in the district, and no offensive trades are carried on.

House Accommodation, especially for the working classes, has been much improved in recent years, more especially in localities possessed with Railway facilities, such as Chigwell, Theydon Bois, North Weald, Harlow, Broxbourne, and Roydon. In these districts there has been considerable growth in the building of new cottages, but there is still room for improvement in the substitution of new cottages for farm labourers, many of whom are badly housed. Building bye-laws are in operation in the district, and these are fully enforced. No new houses have been provided under the Housing of the Working Classes Act, but two houses have been demolished, and two others have been made habitable.

The Sewerage and Drainage of the district has received a large share of attention during the year. The delay in carrying out the new sewerage scheme for Roydon, caused by a difficulty in acquiring a suitable site for sewage disposal, has been overcome, and an application for a loan of £5000 for the purpose was under consideration by the Local Government Board at the end of the year. This scheme includes the treatment of the sewage on land some little distance to the south-west of Roydon Station. The scheme for improved drainage for the parish of Chigwell has been proceeded with, and there is every prospect of its being completed before long. The proposed extension of the Harlow sewers to Hobbs Cross Road, referred to in last year's Report, has been carried out, and the dwellings have been connected.

No further action has yet been taken with reference to the defective drainage of the village of Potter Street; nor has anything been done towards providing suitable drainage for North Weald. This latter is a matter which calls for serious attention, as was pointed out in my Report for 1906.

The Method of Disposal of Sewage at the different outfalls in the district is by means of precipitation tanks, supplemented with bacteria beds, and irrigation. The sewage outfalls have been well attended to, and where the amount of sewage to be treated is sufficiently provided for the method is satisfactory, and produces a harmless effluent. As there are no offensive trades carried on in the district, and no factories of importance, the rivers and streams are free from pollution, except in such places as are still in need of better drainage, and which have already been mentioned.

Outside the areas of the different drainage systems, the usual **method of excrement disposal** is by means of pail-closets, and as fairly large gardens are common, in these situations, the system works satisfactorily. House refuse is removed by contract in the town of Harlow, the village of Potter Street, and has now been extended to the whole parish of Chigwell, the dustman being required to call once a week, or oftener if necessary.

The greater portion of the district is supplied with water by the Herts. and Essex Waterworks Company, which obtains its water from the underlying chalk at Sawbridgeworth. The works are situated at an isolated spot, away from any possible source of contamination, the water is of good quality, and the supply is now abundant.

The Company is extending its mains to Roydon, and it is to be hoped the owners of the intermediate properties on the route will avail themselves of the benefit of the supply thus provided. Other portions of the district are supplied by the East London Waterworks Company, also with satisfactory results. There are **no common lodging houses** in the district, but other **places over which the Council have supervision**, such as slaughter houses, dairies, cowsheds, milk shops, bakehouses, &c., have been inspected, and defects have been reported upon, and attended to. **Several of the elementary schools** have been inspected. The Sanitary conditions, including the water supply, have not always been found satisfactory, and where this has been found to be the case the attention of the Managers has been drawn to the defects, with suggestions where improvements might be effected. Through the action of the Local Education Authority the Head Teachers are now provided with forms for reporting to the Medical Officer of Health the absence of children from infectious diseases, or of children presenting suspicious symptoms. Many of these forms have been received, and the system is likely to be helpful in preventing the spread of infection. Somewhat frequent recourse has had to be made to the method of excluding children from infected houses, but this has seldom been found to prevent the more serious measure of school closure having to be advised; the weak point in the "excluding" method being that infected and non-infected children will come in contact when out of school.

By Section 13 of the Education (Administrative Provisions) Act, 1907, it has become the duty of Local Education Authorities to provide for the medical inspection of children attending all elementary schools, and power is given them to make arrangements, to be sanctioned by the Board of Education, for attending to the health and physical condition of the children. The general object being to prevent, or to a large extent ameliorate the high degree of physical unfitness in the rising generation. It follows, therefore, that such arrangements will shortly be made for the schools of this district.

The Chief Nuisances which have been discovered or have been complained of during the year have been due to defective drainage, all have received attention, and many have been abated; but until the improved drainage, which is either being proceeded with, or is in contemplation, is completed, and until proper drainage has been provided for the localities which have been mentioned, it must remain impossible to deal satisfactorily with these.

The condition of many of the cowsheds in the district is highly unsatisfactory, and unless a more rigid observance of the Dairies and Milkshops Order is enforced, but little improvement may be expected. This is a very important matter for this district, and its seriousness scarcely appears to be recognised at the present time by the owners and occupiers of dairy farms.

No time should be lost in the adoption of certain of the provisions contained in the Public Health Acts Amendment Act 1907. Particularly is it desirable that certain sections of Part III dealing with sanitary provisions, and of Part IV dealing with infectious diseases should be applied to this district. This can be done by the simple process of an order by the Local Government Board on the application of the Local Authority.

The cases of infectious diseases notified during the year were :—Scarlet Fever 97, Diphtheria 2, Membranous Croup 1, Enteric Fever 1, Erysipelas 4, Puerperal Fever 2. Total 107.

In the different sub-districts the numbers were as follows :—

Epping Rural—Scarlet Fever 20, Membranous Croup 1, Diphtheria 1. Total 22.

Chigwell (including Theydon Bois)—Scarlet Fever 53, Diphtheria 1, Enteric Fever 1, Erysipelas 3, Puerperal Fever 1. Total 59.

Harlow—Scarlet Fever 24, Puerperal Fever 1, Erysipelas 1. Total 26.

Where it is possible all cases of dangerous infectious diseases are removed to the Isolation Hospital belonging to the district, the houses are disinfected either with sulphurous acid gas or "sulphume," the bedding and clothes of the patient are removed to the Thresh steam-disinfector and returned to the owners, and printed notices of precautions, including the steps to be observed after the patients leave the hospital, are left at, or sent to the houses. Neither measles, chickenpox, nor tuberculosis are at present notified. It would be an advantage to have a system for the voluntary notification of cases of tuberculosis. The infectiousness of the various forms of this disease is not generally recognised, and consequently in many instances no precautions are at present taken to prevent its spread.

ISOLATION HOSPITAL.

This Hospital, which is situated at Rood Street, in a secluded spot, one-and-a-half miles from the town of Epping, was erected in the year 1882. It originally consisted of one wooden pavilion for twelve beds,

with a caretaker's cottage adjoining. A second brick pavilion, for four beds, was added subsequently, and various additions and improvements have been effected from time to time. It was intended for the exclusive use of the former Epping Rural Sanitary District, and was provided entirely at the cost of the ratepayers, and without either loan or assistance from the Local Government Board. Since the passing of the Local Government Act of 1894, the following Urban Districts have been formed out of the old Epping Rural District, viz : Buckhurst Hill, Chingford, Epping, and Loughton. Each of the Councils for these districts contracted in the first instance for the continued use of the Hospital, but at the present time the agreement is only with the Epping and Loughton Urban Councils. The combined population of the Epping Rural and Epping Urban Districts in 1901 (Census) was 16,571, and is estimated to the middle of the year 1907 to be 17,916. The recognised number of beds in proportion to population, for isolation purposes, is one per thousand, and as there are only 16 beds at this hospital it will be seen that the accommodation has never been fully sufficient for these two districts alone. If, therefore, the contracts are to be continued with the Loughton and Epping Urban districts, further accommodation will be required. During the year 1907, 90 patients were admitted to the Hospital. These are classified in the following table :—

ISOLATION HOSPITAL PATIENTS.

Diseases.	Theydon Garnon.	Harlow.	Loughton.	Chigwell.	Great Parndon.	Theydon Bois.	Latton.	Netteswell.	North Weald	Epping Upland.	Totals.
Scarlet Fever ...	4	12	8	26	1	15	3	3	11	4	87
Diphtheria ...	1	1	2
Enteric Fever	1	1
Totals ...	5	12	9	27	1	15	3	3	11	4	90

From this table it will be seen that 75 cases of scarlet fever were received from the Epping Rural District, and 12 from the contracting districts. The proportion of the cases removed to the Isolation Hospital from the Epping Rural District was equal to 76 per cent. of those notified. Many

of the patients admitted with scarlet fever were only slightly ill, others were doubtful, and some were found to be suffering from German Measles. Unfortunately some of these contracted scarlet fever whilst in the Hospital, and in one case a child, admitted whilst in the peeling stage of scarlet fever, was found to be suffering also from chickenpox, which spread to other patients in the hospital. Such experiences prove the necessity for an observation ward, as is customary at all Isolation Hospitals. The question of providing a new ambulance, which is much needed, still remains for settlement. In my report for 1906, I referred to the severer type exhibited by many of the cases during that year, and with respect to a considerable number of the patients treated during 1907, the same remark has to be made, serious complications were again more frequent than in recent years, two of the cases ending fatally with uræmic symptoms.

FACTORY AND WORKSHOP ACT—1901.

By this Act I am required to report specifically on its administration in workshops and work places, and to send a copy of my Report to the Secretary of State. A special form (572) is supplied for the tabulation of particulars. This form has been filled up in so far as the Act applies to this district, and a copy of the same is attached to this report.

There are 81 Factories or Workshops (including Bake-houses) on the Register, these consist principally of Bake-houses, builders, wheelwrights, and smiths and farriers. Several of these have been inspected, and found to be in a satisfactory state. There are no underground bake-houses, nor is any work of the nature scheduled on the out-workers' Lists carried on. There is in fact only one out-worker (a dressmaker) in the district.

VITAL STATISTICS.

The population to the middle of the year 1907, has been estimated at 13,669.

Births.—The births registered as having occurred in the district during the year numbered 284, or equal to a birth-rate of 20·7 per 1000, which is 2·7 below the average of the previous seven years.

Deaths.—The nett deaths of persons registered belonging to the district was 152, or equal to a death-rate of 11·1 per 1000.

Infant Mortality.—The deaths of children under one year of age, measured by the proportion of births registered, was equal to a death-rate of 66·5 per 1000, which is 22·6 per 1000 below the average for the previous seven years. This is remarkable, and coincides with the accepted theory that where there is a low birth-rate a low infant mortality is to be expected.

Zymotic Deaths.—The deaths from the principal zymotic diseases were: Scarlet Fever 2, Diphtheria 1, Enteric Fever 1, Measles 1, Whooping Cough 2, Diarrhœa 1; Total 8, or equal to a death-rate of 0·5 per 1000, which is exceptionally low and noteworthy.

The report of Mr. Bell, Sanitary Inspector, and the different tables of statistics required by the Local Government Board, are appended to this report.

I am, Mr. Chairman and Gentlemen,

Your obedient servant,

TREVOR FOWLER,

L.R.C.P. & S.I., D.P.H. (Cantab.),

Medical Officer of Health.

TO THE EPPING RURAL
DISTRICT COUNCIL.

Epping, February 21st, 1908.

SANITARY INSPECTOR'S REPORT FOR 1907.

Inspections and re-inspections	448
Notices to abate, remove nuisances, etc.	268
Letters <i>re</i> nuisances, water supply, drainage, etc., etc.	312
Number of complaints received... ..	29
" " certificates for new houses (Water Act)	14
" " houses certified	24
" " bakehouses on register, 15; slaughter-houses, 9	24
" " inspections ditto	50
" " licenses to keep petrol	7
" " licenses to keep carbide (for lighting)	1
" " new connections to public sewers	19
" " samples of water for M.O.H.	2
" " samples of water for county analyst	1
" " notices to owners and tenants <i>re</i> taking samples	4
" " dairies and cowsheds on register	71
" " dairies and cowsheds registered during year	6
" " new wells sunk and provided	3
" " premises inspected under Workshop Act	15
" " public schools and premises inspected	15
" " public schools disinfected	7

DWELLING HOUSES.

Notices to abate overcrowding	10
" " <i>re</i> letting new houses without water certificate	8
" " repair and make habitable	2
" " provide privies, 5; remove privies, 1; convert to pail closets, 2	8
" " repair privies, etc.	4
" " cleanse and limewash interior of dwellings	4

HOUSING OF WORKING CLASSES ACT.

Notices to make dwellings habitable	3
" " under notice	4
" " made habitable	2
" " demolished	2

DRAINAGE.

Notices to connect house drains to sewer	27
" " cover over and protect privy cesspools	4
" " provide cesspools, filter beds, and new drains	9
" " divert drains from ditches	13
" " empty and cleanse cesspools	10
" " improve drainage of premises, 8 urinals, 1 piggery	10
" " improve surface pavement of yard, etc.	3
" " open, cleanse, and repair drains	10
" " ventilate w.c., 1; cesspools, 1	2

WATER SUPPLY.

Notices to provide and improve water supply	7
" " cleanse, protect, and repair wells and pumps	6

INFECTIOUS DISEASES.

Number of cases removed to Infectious Hospital from Rural, 76; and Urban Districts, 13	89
" " cases reported in Rural Districts	92
" " dwellings and rooms disinfected	105
" " printed instructions to parents and others	130
" " notices to disinfect and limewash after infection	26
" " " " " public schools...	3
" " " " " clothing and bedding...	2
" " " " isolate case of infection	1
" " " " school managers and teachers	30
" " " " employers	5

MISCELLANEOUS.

Notices to ditches and ponds	10
" " discontinue depositing manure and refuse	5
" " dust contractor to remove refuse, etc.	10
" " contractor to empty privy cesspools	62
" " drain and improve cowsheds, yards, and premises	5
" " remove ashes and refuse	2
" " " gipsy vans, etc.	1
" " " pigs and other animals	4
" " " slaughter-house refuse, etc.	5
" " provide proper ashbins	50
" " register cowsheds and dairies	6
" " surveyors and water and gas companies	15
" " limewash interiors of cowsheds, 2; bakehouses, 1	3
" " protect dangerous places	1

(Signed) J. H. BELL,

Sanitary Inspector.

TABLE I.—For Whole District.

Year.	Population estimated to Middle of each Year.		Births.		Deaths under One Year of Age		Deaths at all Ages. Total.		Deaths in Public Institutions.		Deaths of Non-residents registered in District.		Deaths of Residents beyond the District.		Nett Deaths at all Ages belonging to the District.	
	Number.	Rate.*	Number.	Rate per 1,000 Births registered.	Number.	Rate.*	Number.	Rate.*	Deaths in Public Institutions.	Deaths of Non-residents registered in District.	Deaths of Residents beyond the District.	Number.	Rate.*	Number.	Rate.*	
1897	420	25.1	50	102.1	208	12.5	15	15	15	18	211	12.5	18	211	12.5	
1898	434	25.7	53	105.9	265	15.2	29	26	29	20	259	15.3	20	259	15.3	
1899	390	22.9	51	100.2	242	13.8	11	19	11	15	238	13.9	15	238	13.9	
†1900	289	23.5	25	86.3	162	13.1	2	3	2	7	166	13.5	7	166	13.5	
1901	391	22.7	31	106.3	182	14.2	4	2	4	9	199	15.5	9	199	15.5	
1902	300	23.4	16	53.3	150	11.7	3	1	3	2	151	11.8	2	151	11.8	
1903	309	24.2	31	100.3	133	10.4	1	1	1	9	141	11.0	9	141	11.0	
1904	315	24.6	39	123.8	170	13.2	11	181	14.1	11	181	14.1	
1905	328	24.5	25	76.2	143	10.7	14	157	11.7	14	157	11.7	
1906	297	21.2	29	97.6	137	10.1	3	1	3	17	153	11.3	17	153	11.3	
Averages for years 1901-1906	323	23.4	28	92.9	157	11.7	1.8	0.8	1.8	6	163	12.5	6	163	12.5	
1907	284	20.7	19	66.5	141	10.3	4	2	4	13	152	11.1	13	152	11.1	

* Rates calculated per 1,000 of estimated population.

† Loughton Urban District deleted.

TABLE II.

Names of Localities.	Whole District.				Epping.				Chigwell.				Harlow.			
	Population estimated to middle of each Year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.	Population estimated to middle of each Year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.	Population estimated to middle of each Year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.	Population estimated to middle of each Year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.
1897 ...	16758	421	211	50	} *	83	38	7	3445	76	38	8	6211	132	106	17
1898 ...	16873	434	271	53		3126	85	44	6	3445	74	32	4	6211	141	74
1899 ...	17004	390	238	51	3126	58	26	6	3445	95	47	13	6211	156	68	12
A 1900 ...	13403	289	161	25	3126	88	33	8	3445	77	51	16	6211	150	97	16
1901 ...	12782	291	182	31	3308	75	40	5	3595	101	35	8	6439	152	82	12
1902 ...	12782	300	151	16	3365	64	41	9	3643	80	34	8	6509	153	78	12
1903 ...	12782	309	141	11												
1904 ...	12782	315	181	40												
1905 ...	13342	328	157	25												
1906 ...	13517	297	153	29												
Averages of Years 1901 to 1906	No Data for Estimation.	306	162	25	3398	85	37	6	3692	83	39	9	6579	147	84	12
1907 ...	13669	284	152 142	19		91	40	7		62	26	3		86 79		9

A Loughton Urban District deleted.
* Estimates not possible for these years.

TABLE III.

Cases of Infectious Disease notified during the Year.

Notifiable Disease.	Cases notified in Whole District.							Total Cases notified in each Locality.			No. of Cases removed to Hospital from each Locality.			Total Cases removed to Hospital.
	At all Ages.	At Ages—Years.						Sub-Districts.			Sub-Districts			
		Under 1.	1 to 5.	5 to 15.	15 to 25.	25 to 65.	65 & upwards.	Epping.	Chigwell	Harlow	Epping.	Chigwell	Harlow.	
Small-Pox
Cholera
Diphtheria (including Membranous Croup)	3	...	2	1	2	1	...	1	1	...	2	
Erysipelas ...	4	4	...	3	1	
Scarlet Fever ...	97	...	17	60	15	5	21	53	23	15	38	19	72	
Typhus Fever.....	
Enteric Fever ...	1	1	...	1	
Relapsing Fever...	
Continued Fever...	
Puerperal Fever ...	2	1	1	1	1	
Plague	
Totals ...	107	...	19	61	16	11	24	59	24	16	39	19	74	

TABLE IV.
Causes of, and Ages at, Death during Year 1907.

Causes of Death.	Deaths at the subjoined ages of "Residents" whether occurring in or beyond the District.							Sub-Districts.			Deaths in Public Institutions.
	All ages.	Under 1.	1 and under 5	5 and under 15	15 and under 25	25 and under 65	65 and upwards.	Epping.	Chigwell.	Harlow.	
Small-pox...
Measles	1	..	1	1	..
Scarlet Fever	2	2	2	..
Whooping Cough	2	1	1	1	1	..
Diphtheria and membranous croup	1	..	1	1
Croup
Fever { Typhus
{ Enteric	1	1	1	..	1
{ Other continued
Epidemic Influenza	1	1	1
Cholera
Plague
Diarrhœa	1	1	1
Enteritis	2	1	1	2
Puerperal fever
Erysipelas	1	1	1	..
Other septic diseases	2	2	..	1	..	1	..
Phthisis (Pulmonary Tuberculosis)	7	..	1	1	1	4	1	6	..
Other tubercular diseases	4	..	3	..	1	1	3	..
Cancer, malignant disease	12	6	6	1	1	10	..
Bronchitis... ..	13	2	1	2	8	6	1	6	..
Pneumonia	10	2	4	4	3	..	87	..
Pleurisy	11
Other diseases of Respiratory organs	1	1	1
Alcoholism Cirrhosis of liver	4	1	3	1	3
Venereal diseases
Premature birth	5	5	1	..	4	..
Diseases and accidents of parturition
Heart diseases	19	8	5	5	9	1
Accidents... ..	7	1	2	2	2	3	..	4	..
Suicides	1	1	..	1
All other causes	46 53	7	1	13 15	25 30	14 15	5 8	27 30	..
All causes	141 152	19	12	4	6	43 49	57 62	37 40	23 26	81 86	4

TABLE V.
Infantile Mortality During the Year 1907.
Deaths from stated Causes in Weeks and Months under One Year of Age.

CAUSE OF DEATH. (ALL CAUSES.)	Under 1 Week.	1-2 Weeks.	2-3 Weeks.	3-4 Weeks.	Total under 1 Month.	1-2 Months.	2-3 Months.	3-4 Months.	4-5 Months.	5-6 Months.	6-7 Months.	7-8 Months.	8-9 Months.	9-10 Months.	10-11 Months.	11-12 Months.	Total Deaths under One Year.
	Certified	8	3	2	13	...	5	1
Uncertified
Whooping Cough	1	1
Diarrhœa, all forms	1	1
Premature Birth	2	6	6
Congenital Defects	1	...	1	1
Other Causes { Convulsions ...	1	1	2	2
{ Bronchitis	1	1	...	1	2
{ Pneumonia ...	1	1	...	1	2
{ Other Causes ...	2	2	...	2	4
	9	3	1	...	13	...	5	1	19

Deaths from all causes at all ages, ~~141.~~ **152.**
 Population estimated to middle of 1907, 13669.

TABLE VI.

Factories, Workshops, Laundries, Workplaces, and
Homework.

1.—INSPECTION.

Premises.	Number of		
	Inspections.	Written Notices.	Prosecutions.
Factories (including Factory Laundries)
Workshops (including Work- shop Laundries)	15
Workplaces
Homeworkers' Premises
Total	15

2.—DEFECTS FOUND.

Particulars.	Number of Defects			Number of Prosecutions.
	Found.	Remedied.	Referred to H.M. Inspector.	
Other Nuisances...
Total

Workshops on the Register—

Bakehouses ...	17
Miscellaneous ...	64
	81

T. FOWLER.

