

**[Report 1910] / Medical Officer of Health, Epping U.D.C.**

**Contributors**

Epping (England). Urban District Council.

**Publication/Creation**

1910

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# Annual Report

OF THE

## Medical Officer of Health

FOR THE

## Epping Urban Sanitary District


For the Year 1910.

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# ANNUAL REPORT

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Medical Officer of Health

FOR THE

EPPING URBAN SANITARY DISTRICT

For the Year 1910.

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MR. CHAIRMAN AND GENTLEMEN,

I beg to submit to you my Annual Report upon the Epping Urban District for the year 1910, being the 14th Annual Report, which it has been my privilege to make to your Council.

The District comprises an area of 1,956 acres, with a population estimated to the middle of the year, of 4,530. The town of Epping, occupying the centre of the district, stands at an elevation of 360 feet above sea-level. The subsoil consists entirely of London clay, but above this are numerous pockets of gravel, sand and coarse boulder-clay, which assist materially in the drainage of moisture from the higher levels. The only local industry of importance is an Iron Foundry, where about 100 hands are employed, and where agricultural implements are chiefly manufactured. In other respects the district may be described as a residential one.



**House Accommodation,** except for the poorer section of the working classes, may be said to be good. Many houses of good modern type have been built during the past 15 or 20 years, but these are for the most part beyond the means of the class of persons referred to, and for whom there still remains a great scarcity of healthy and suitable accommodation. It has been my duty on many previous occasions to call attention to the defective and worn-out condition of the older cottages in the district, and to the serious impairment to health caused thereby to the persons who occupy them. From time to time attempts have been made by myself, and by the Council, to get rid of these unhealthy dwellings, and to have them replaced by others of a suitable description. Notices almost out of number have been served upon the owners, and repeated action has been taken under Section 30 of the Housing of the Working Classes Act, 1890. Some of these have been followed by attempts to make the old places habitable, a few have been closed or demolished, but in the main the improvement effected has fallen far short of actual requirements. This has not always been due to the fault of the owners, who, with the best intention have sometimes spent money liberally upon them, but who have failed to realize the impossibility of rendering such rotten old structures fit for human habitation. Another difficulty which has always stood in the way has been the problem of providing suitable accommodation for the displaced tenants. With The Housing, Town Planning, etc. Act, 1909, it may be said, however, that a new light has arisen on the horizon, and it may be hoped that the day is not far distant now when a different and better state of things will be brought about. It was not until last October was well advanced that the Local Government Board Regulations under Section 17 of this Act were circulated, and consequently no attempt could be made to carry them into effect during the short remaining term of the year. As early as possible, however, in the present year these regulations will call for attention. The thorough inspection of houses in every detail will be required, records of these inspections are to be drawn up and submitted for the consideration of the Council at each of their ordinary meetings. The Council will then give directions, and take such action as may be necessary or desirable. It can hardly be but that these systematic proceedings will effect a vast improvement in the housing conditions, even before the year has reached its end.

**Water Supply.**—The district is well provided with water by the Herts and Essex Waterworks Company, who obtain their water from deep wells in the chalk at Sawbridgeworth. The pumping station is in a situation remote from dwellings or other possible sources of contamination, and the supply is ample for all present or prospective needs in the district.

**Milk Supply.**—This is obtained from dairy-farms in the district or in the neighbourhood, and is of excellent quality. The dairy-farms and milkshops have all been inspected, and have been found satisfactory. No cases of tuberculous cows have come under notice. The Regulations



in respect to them have been strictly enforced. There is no Veterinary Surgeon appointed for the examination of dairy-cows, but should expert advice be required the Council would no doubt provide it.

**Other Foods, Meat Inspection, etc.**—No Inspector with a certificate in meat inspection has been appointed for the district, and there has been some doubt as to whether the duty of Food Inspection belonged to the officers of the County Council or those of the Local Authority, and consequently no action has been taken under the Sale of Food and Drugs Act. As it has been made clear, however, that the latter Authority is responsible for the carrying out of this Act, it should be understood in future that it is the duty of their officers to attend to it. There are four slaughter-houses in the district, all of which have been inspected, and frequently at the times of slaughtering. The Bye-laws with respect to them are enforced. One carcase of a tuberculosis cow found in a slaughter-house was seized and destroyed under the provisions of the Public Health Act, 1875.

**House Refuse, etc.**—A fortnightly removal by contract is still in vogue, but I am of opinion that a weekly removal would be better in certain parts of the district. For excrement disposal the water-carriage system is general, and all new houses are required to have flushing cisterns.

**Common Lodging Houses.**—There are none at present registered in the district, but on the premises at some of the Inns there are buildings where tramps and casuals are received. Such places are very objectionable, and the landlords should be required to register them as Common Lodging Houses, and to be under the control of Bye-laws.

**Sewerage and Drainage.**—Owing to its being situated on either side of a hill with varying elevations, the district has required four separate sewerage outfalls. At each of these the sewage is treated either by precipitation, bacteria tanks, or irrigation, or by the three methods combined. The houses are practically all now connected with the sewers, and the drainage is generally satisfactory.

**Elementary Schools.**—There are only two of these in the district, each of which has been inspected. They are properly connected with the sewers, and have the Company's water laid on. In the case of the Boys' and Girls' School, which is separate from the Infants' and of less modern construction, the drainage has been practically re-laid during the year. Many years had elapsed since these drains were first provided, and it was felt that the time had come when they should be overhauled, and the whole arrangement improved in accordance with more modern requirements. The result has been most satisfactory in placing the question of the sufficiency of the drainage beyond any possibility of doubt. Under another heading it will be found that the Boys' Department had to be closed for two weeks in October for an outbreak of diphtheria, and it is there clearly shown that in this instance



the disease was imported by an infected scholar. Medical Inspection of the school children was again carried out under the Education (Administration Provisions) Act, 1907, by Dr. H. E. Jones, whose courtesy in informing me of the dates of his visits I have to acknowledge.

**Infectious Diseases.**—The following notifications of cases of infectious diseases were received during the year, viz. :—Scarlet fever, 6 ; diphtheria, 14 ; enteric fever, 1 ; pulmonary tuberculosis, 3 ; total 24. All diseases scheduled under the Infectious Diseases (Notification) Act, 1889, and all cases of pulmonary tuberculosis in Poor Law Institutions, or under the care of District Medical Officers, are required to be notified ; cases for removal are taken to the Isolation Hospital at Rood Street, where also the disinfection of bedding, clothing, etc., is carried out in a "Thresh" Disinfecter.

**Scarlet Fever.**—Four of these cases occurred early in the month of January, one in February, and the last one late in August. There was no epidemic prevalence of the disease, and in the later cases it was evident that infection had come from without the district. Five of the patients were removed to the Isolation Hospital, and there was no instance of a further spread of the disease, nor did any return cases occur.

**Diphtheria.**—The first case of diphtheria was notified on the 19th of September, and was that of a boy, aged 15 years, living in a cottage on the outskirts of the district. The origin of the attack was not traceable, the boy had ceased attending school for some months. On September 29th another boy was notified in Hemnall Street. There had been no intercourse between these boys, but in the latter case the boy had attended the Epping Boys' School to the date of his being notified. It was then found that a brother had been at home ill with a suspicious sore throat, and it became evident that while this boy was still attending school he had infected several of his school-fellows. Six cases were thus accounted for, necessitating the temporary closing and subsequent disinfecting of the boys' department. Every case of the disease was removed to the Isolation Hospital, all were treated with anti-toxin. Contacts also had prophylactic doses of the same serum. By these means the outbreak was soon stamped out. It did not become necessary to close other departments of the school, and no deaths occurred. The success was, in fact, so striking that a popular but quite erroneous idea went forth that the outbreak had been an exceptionally mild one. If an instance were needed to justify the action recently taken by the Local Government Board for the purpose of facilitating the prompt use of anti-toxin this appears to be one in point.

**Pulmonary Tuberculosis.**—Only such cases as come under the Public Health (Tuberculosis) Regulations are notified in this district. No arrangements for voluntary notification have been made. Of the 5 deaths occurring during the year, 3 had been notified under the regulations ; 2 were inmates of the Union Infirmary, and 2 were of



persons who had come into the district in the incipient stage of the disease. Apart from those in the Union Infirmary, there was but one who had lived for any length of time in the district. I have commented before upon the comparative freedom of the district from this disease, and, although as many as 5 deaths were attributed to it in 1910, it will be seen in the analysis that this freedom was still maintained. It is nevertheless important that Epping should not be behind the rest of the country in the special endeavours which are at the present time being promoted with the object of eradicating the disease altogether. We do not need sanatoria or tuberculin dispensaries here, but seeing that defective housing, with bad environment, are the chief cause of the disease, it lies with the Local Authorities upon whom rests the duty of dealing with the housing question, to use all the powers which they now possess, to combat this great source of the evil. Should they fail in this task, the country will surely see before long that these powers are placed in other hands.

**Other Infectious Diseases.**—With the exception of an epidemic of mumps, which caused some disturbance in school attendance, other diseases were not prevalent during the year.

**The Midwives' Act**, which came into full operation this year, is at present administered by the County Council. It appears to me that in some respects it would be better if the Local Authority were responsible for its administration. Women, who having been in the habit of practising as midwives, and who have failed to have their names placed on the Register, would have more difficulty in evading the provisions of the Act in a district where they would be known to the officers of the Local Authority.

**The Notification of Births Act, 1907**, has not been adopted for this district. It will be noticed that the rate of Infant Mortality is exceptionally low, and this scarcely indicates the existence of conditions calling for special measures to be adopted.

**Factory and Workshops Act, 1901.**—Some difficulty is experienced in distinguishing between factories, workshops and work-places, but in so far as is known there are 6 factories and 27 workshops in the district. The workshops include 5 bakehouses, and 22 others, such as saddlers, printers, carpenters, dressmakers, blacksmiths, and laundries. All have been inspected, and only one defect was found, which was afterwards remedied.

## VITAL STATISTICS.

**Births.**—There were 92 births registered in the district, or equal to a birth-rate of 20·3 per 1000. The birth-rate has shown a tendency to decrease in recent years, and the rate for the year was 2·4 per 1000 less than the average for the ten preceding years.



**Deaths.**—The total deaths of residents in or beyond the district was 48, or equal to a nett death-rate of 10·5 per 1000. This equals 1·8 per 1000 below the rate for the ten preceding years.

**Infant Mortality.**—Only 5 deaths of infants under one year of age were registered during the year, which, measured by the proportion of deaths under one year to births registered, was equal to 54·3 per 1000 or 46·4 below the average for the ten preceding years. This was a long way below the record for any previous year.

**Zymotic Deaths.**—One death from scarlet fever was the only death attributed to any of the principal diseases of this class, and was equal to a rate of 0·2 per 1000, which is also the lowest rate on record due to this cause.

**Sanitary Inspectors' Report.**—Mr. Willson, the late Sanitary Inspector, was succeeded in office by Mr. Herbert Webb on May 19th. The following report contains particulars of the work done by each of these Inspectors for the year, and I have to thank them both for the help they have so readily given me during the year.

The usual Tables, I to V, together with a copy of Form No. 572, required under the Factory and Workshops Act, 1901, are also 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 URBAN  
DISTRICT COUNCIL.

*Epping, February 15th, 1911.*

# ESSEX COUNTY COUNCIL.

## Summary of Work done through the Sanitary Inspector in the Epping Urban District from January 1st to May 19th, 1910.

1.	Houses inspected	...	...	...	...	...	...	...	33
2.	" " for scarlet fever	...	...	...	...	...	...	...	5
3.	" disinfected	...	...	...	...	...	...	...	3
4.	Dirty yards inspected	...	...	...	...	...	...	...	2
5.	Drains blocked—cleared	...	...	...	...	...	...	...	3
6.	Houses connected with sewers (Railfield)	...	...	...	...	...	...	...	1
7.	Defective drains re-laid	...	...	...	...	...	...	...	2
8.	Bell-traps abolished	...	...	...	...	...	...	...	2
9.	Drains tested	...	...	...	...	...	...	...	3
10.	House certificates served	...	...	...	...	...	...	...	1

EDGAR F. WILLSON,

*Sanitary Inspector.*

## Summary of Work done through the Sanitary Inspector in the Urban Sanitary District of Epping from May 19th to December 31st, 1910.

1.	Complaints received	...	...	...	...	...	...	...	4
2.	Nuisances detected without complaint	...	...	...	...	...	...	...	63
3.	Nuisances abated	...	...	...	...	...	...	...	58
4.	Notices served	...	...	...	...	...	...	...	—
5.	Summonses taken out	...	...	...	...	...	...	...	—
6.	Convictions	...	...	...	...	...	...	...	—
7.	Cottages inspected	...	...	...	...	...	...	...	116
8.	Lodging-houses, inspections of	...	...	...	...	...	...	...	4
9.	Slaughter-houses	"	"	...	...	...	...	...	123
10.	Bakehouses	"	"	...	...	...	...	...	30
11.	Dairies and Milk Shops, inspections of	...	...	...	...	...	...	...	24
12.	Cowsheds	"	"	...	...	...	...	...	23
13.	Workshops	"	"	...	...	...	...	...	14
14.	Filthy houses cleansed	...	...	...	...	...	...	...	1
15.	Houses, etc., disinfected	...	...	...	...	...	...	...	14
16.	Overcrowding abated	...	...	...	...	...	...	...	1
17.	Houses placed in habitable repair	...	...	...	...	...	...	...	32
18.	Houses closed	...	...	...	...	...	...	...	2
19.	Houses erected, for which certificates were applied for	...	...	...	...	...	...	...	3
20.	Certificates granted	...	...	...	...	...	...	...	3
21.	" deferred	...	...	...	...	...	...	...	—
22.	Improved supplies of water afforded	...	...	...	...	...	...	...	3
23.	Wells cleansed or repaired	...	...	...	...	...	...	...	—
24.	Wells closed	...	...	...	...	...	...	...	1
25.	Houses connected with sewers	...	...	...	...	...	...	...	8
26.	" " " water mains	...	...	...	...	...	...	...	5
27.	Privies altered, etc.	...	...	...	...	...	...	...	—
28.	W.C.'s repaired 15, rebuilt and supplied with water 3	...	...	...	...	...	...	...	18
29.	Cisterns cleansed, repaired or covered	...	...	...	...	...	...	...	—
30.	Animals improperly kept removed	...	...	...	...	...	...	...	2
31.	Samples of water taken for analysis	...	...	...	...	...	...	...	1
32.	Compensation paid for destruction of infected bedding	...	...	...	...	...	...	...	—
33.	Seizures of unsound meat, etc.	...	...	...	...	...	...	...	1
34.	Drains tested	...	...	...	...	...	...	...	10
35.	Defective drains to houses relaid	...	...	...	...	...	...	...	18

HERBERT WEBB,

*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.		Total Deaths in Public Institutions in the District.	Deaths of Non-residents registered in Public Institutions in the District.	Deaths of Residents registered in Public Institutions beyond the District.	Net Deaths at all Ages belonging to the District.	
		Number.	Rate.*	Number.	Rate per 1,000 Births registered.	Number.	Rate.*				Number.	Rate.*
1900	3420	94	27.4	9	95.7	70	20.4	32	15	1	55	16.3
1901 (Census)	3789	89	23.4	10	112.3	82	21.6	32	29	1	53	13.9
1902	3891	96	24.6	10	104.1	87	21.8	35	31	...	56	14.6
1903	3918	75	19.1	10	133.3	59	15.0	30	25	1	36	8.9
1904	4013	96	23.6	10	104.1	68	16.0	28	22	1	46	11.7
1905	4083	90	22.0	8	88.8	77	18.8	29	25	1	53	12.9
1906	4145	91	21.9	13	142.8	100	25.8	49	42	...	58	13.9
1907	4247	90	21.1	10	111.1	75	17.6	33	28	...	47	11.0
1908	4342	93	21.4	7	75.2	75	17.2	34	30	...	45	10.3
1909	4440	100	22.5	9	90.0	83	18.6	43	38	...	45	10.1
Averages for years 1900-1909	4028	91	22.7	9	103.7	77	19.2	34	28	5	49	12.3
1910	4530	92	20.3	5	54.3	80	17.6	38	33	1	48	10.5

\* Rates calculated per 1,000 of estimated population.

TABLE II.

Names of Localities.	Year.	Population estimated to middle of each Year.	Births regis- tered.	Deaths at all Ages.	Deaths under 1 year.
Small District, without recognised divisions of population.					

TABLE III.

Cases of Infectious Disease notified during the Year 1910.

Notifiable Disease.	Cases notified in Whole District.							Total Cases removed to Hospital.
	At all Ages.	At Ages—Years.						
		Under 1.	1 to 5.	5 to 15.	15 to 25.	25 to 65.	65 & upwards.	
Small-pox ...	...	...	...	...	...	...	...	...
Cholera ...	...	...	...	...	...	...	...	...
Diphtheria (including Membranous Croup)	14	...	...	11	3	...	...	14
Erysipelas ...	...	...	...	...	...	...	...	...
Scarlet Fever ...	6	...	...	5	...	1	...	5
Typhus Fever.....	...	...	...	...	...	...	...	...
Enteric Fever ...	1	...	...	...	...	1	...	1
Relapsing Fever...	...	...	...	...	...	...	...	...
Continued Fever...	...	...	...	...	...	...	...	...
Puerperal Fever ...	...	...	...	...	...	...	...	...
Plague	...	...	...	...	...	...	...	...
Pul'nary Tuberculosis	*3	...	...	...	...	2	1	...
Totals ...	24	...	...	16	3	4	1	20

\*One of these was a non-resident of the Workhouse.



TABLE IV.

Causes of, and Ages at, Death during Year 1910.

Causes of Death.	Deaths at the subjoined ages of "Residents" whether occurring in or beyond the District.							Deaths in Public Institutions.
	All ages.	Under 1 Year.	1 and under 5	5 and under 15	15 and under 25	25 and under 65	65 and upwards.	
Scarlet Fever ... ..	1	...	...	...	1	...	...	...
Diphtheria (including Membranous Croup) ...	...	...	...	...	...	...	...	...
Enteric Fever ... ..	...	...	...	...	...	...	...	...
Epidemic Influenza ... ..	1	...	...	...	...	...	1	...
Diarrhœa ... ..	...	...	...	...	...	...	...	...
Enteritis ... ..	1	1	...	...	...	...	...	...
Puerperal Fever ... ..	...	...	...	...	...	...	...	...
Erysipelas... ..	...	...	...	...	...	...	...	...
Phthisis (Pulmonary Tuberculosis) ... ..	5	...	...	...	...	4	1	2
Other Tuberculous Diseases	1	...	...	1	..	...	...	1
Cancer, Malignant Disease	5	...	...	...	...	5	...	5
Bronchitis... ..	3	1	...	...	...	1	1	...
Pneumonia ... ..	5	2	...	..	...	2	1	2
Pleurisy ... ..	...	...	...	...	...	...	...	...
Other Diseases of Respiratory Organs ... ..	...	...	...	...	...	...	...	...
Alcoholism Cirrhosis of Liver	...	...	...	...	...	...	...	...
Premature Birth ... ..	...	...	...	...	...	...	...	...
Diseases and Accidents of Parturition . ...	1	...	...	...	...	1	...	...
Heart Diseases ... ..	4	...	...	...	...	1	3	8
Accidents... ..	3	1	...	1	...	1	...	...
Suicides ... ..	...	...	...	...	...	...	...	2
All other causes ... ..	18	...	1	...	...	5	12	18
All causes ... ..	48	5	1	2	1	20	19	38

TABLE V.  
 Infantile Mortality During the Year 1910.  
 Deaths from stated Causes in Weeks and Months under One Year of Age.

CAUSE OF DEATH.	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.
<b>All Causes.</b> { Certified Uncertified	...	1	...	...	1	...	1	...	...	...	1	2	...	...	...	...	5
Premature Birth ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Congenital Defects ...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Injury at Birth... ..	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Atrophy, Debility, Marasmus	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Enteritis, Muco-enteritis, Gastro-enteritis...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Rickets ... ..	...	...	...	...	...	...	...	...	...	...	1	...	...	...	...	...	1
Pneumonia ... ..	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Bronchitis ... ..	...	...	...	...	...	...	...	...	...	...	...	2	...	...	...	...	2
Suffocation, overlying...	...	1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1
Other causes ... ..	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1
	...	1	...	...	...	...	...	1	...	...	1	2	...	...	...	...	5

Deaths from all causes at all ages, 48.

Population estimated to middle of 1910, 4,530.

Deaths in the year of legitimate infants, 4; illegitimate infants, 1.



TABLE VI.

Factories, Workshops, Laundries, Workplaces, and  
Homework.

## 1.—INSPECTION.

Premises.	Number of		
	Inspections.	Written Notices.	Prosecutions.
Factories (including Factory Laundries) ... ..	6	...	...
Workshops (including Workshop Laundries) ... ..	44	...	...
Workplaces ... ..	...	...	...
Total - ...	60	...	...

## 2.—DEFECTS FOUND.

Particulars.	Number of Defects			Number of Prosecutions.
	Found.	Remedied.	Referred to H.M. Inspector.	
Want of Cleanliness ... ..	...	...	...	...
Want of Ventilation ... ..	...	...	...	...
Other Nuisances ... ..	...	...	...	...
Sanitary Accommodation (unsuitable or defective)	1	1	...	...
Total ...	1	1	...	...

## Workshops on the Register—

Bakehouses, 5; Other Workshops, 22; Total, 27.

T. FOWLER.





