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Loughton Urban District Council.

REPORTS

OF THE

**Medical Officer of Health,
Inspector of Nuisances,
and Surveyor,**

For the Year ending December 31st, 1913.

BUCKHURST HILL :

PRINTED BY JOHN W. PHELP, QUEEN'S ROAD.



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ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

FOR 1913.

JANUARY, 1914.

To the Chairman and Members of the Loughton Urban District Council.

GENTLEMEN,

THE DISTRICT.

Your District is situated in a hilly neighbourhood, the low-lying portions being well drained. There are only three cottages in proximity to the Roding river. The subsoil is clay, with the exception of pockets of gravel on several of the hills. The locality is, with the exception of Epping Forest, moderately timbered. A large portion of the district lying round the inhabited area is grazing land, rented by dairy farmers. The total area is 3,961 acres.

SANITARY CIRCUMSTANCES OF THE DISTRICT.

WATER SUPPLY.

The water is supplied by the Metropolitan Water Board. It is derived from deep wells sunk in the chalk of the Lea valley. From these it is pumped to a covered reservoir at High Beech. It is hard and free from any organic or bacterial contamination.

RIVERS AND STREAMS.

The river Roding flows through an outlying and uninhabited part of the district. It receives the effluent from the district sewage works, but does not suffer any pollution thereby.

A small brook comes out of the Forest through the village. It gathers only a certain amount of surface water, and suffers no pollution.

DRAINAGE AND SEWERAGE.

The sewerage and drainage of the district is particularly satisfactory.

The house drains are for the most part satisfactory, but where defects are detected, repairs are at once effected. Considerable progress has been made in this respect under the new powers furnished by the Housing and Town Planning Act.

At the sewage disposal works, the system of bacterial purification is carried out by means of sprinklers rotating over coke beds. The effluent is finally cleared from carbonaceous matter by being passed through washed sand filters, and is exceptionally pure. Inasmuch as the main portion of the storm water is dealt with separately the sewage is not of large bulk or high dilution, this system lends itself admirably for the purpose of purification in this instance.

**CLOSET
ACCOMMO-
DATION.**

With the exception of about 8 houses situated in outlying parts of the district, the whole are provided with water closets connected to the sewer. Those not connected are provided with earth closets, or privies connected with cesspools. These are periodically inspected, and care is taken that they are emptied from time to time. No illness has arisen from these.

**SCAVENG-
ING.**

The weekly collection of dust has proved to be economical as well as conducing to an improvement in the general sanitary condition of the District.

**SANITARY
INSPECTION
OF THE
DISTRICT.**

During the year the Inspector of Nuisances paid 1095 visits with reference to nuisances, dustbins, workshops, workplaces, factories, dairies and slaughter houses. Of these 10 were made in company with the Medical Officer of Health under section 17 Housing and Town Planning Act, and 32 similarly under section 15 of the same Act.

The total number of nuisances abated amounted to 28.

308 inspections were made upon premises used for the supply of food, and workshops. Full details are given in the appended table of the summary of the work done by the Inspector of Nuisances during the year.

THE INHABITANTS.

Of the inhabitants the well-to-do are chiefly occupied in business in London; a small section are engaged in local trade; and a large working class population are occupied in farming, domestic service, the building trades, and on the railway. There are no workmen's trains, and this class are nearly all employed in the district. There is no large factory, and no particular occupation which is detrimental to health.

SCHOOLS.

SCHOOLS. The Elementary Schools are all modern buildings, with efficient ventilation, water supply, and drainage. The new girls' school contains a special kitchen for the teaching of cooking, and is proving of great utility as regards practical instruction.

The scholars are inspected by the School Medical Officer for the County, and I have ascertained that his recommendations are for the most part acted on by the parents. I have personally inspected the schools, and certain of the classes, whenever a case of infection has occurred. In the latter instance the head teachers are informed of any case of infection in their schools, and are particularly careful to acquaint me with any suspicious throats or rashes.

The large secondary High School for girls, built a few years ago by the County Authority, is in excellent condition as regards its sanitary arrangements, and the health of the scholars.

FOOD.

**MILK
SUPPLY.**

The bulk of the milk sold in the district is obtained from dairy farms situated within the area controlled by this Council. It is on the whole of good quality. I am glad to state that this year the practice of testing the cows with tuberculin is being adopted.

No action has been taken as regards tuberculous milk. The dairies, cow-sheds, and milk shops have been regularly inspected, and the regulations regarding them have been carried out. Sterilisation of milk receptacles is carried out by most milk vendors.

**OTHER
FOODS.**

No unsound food has been seized during the year. The sanitary condition of premises where foods are prepared, stored, or exposed for sale, has been found to be satisfactory. It has been found necessary to order the repair of the floors of certain bake-houses, otherwise these premises are satisfactory. No diseased meat has been reported or seized, and the slaughter houses are kept clean. No action under section 117, Public Health Act, 1875, has been taken. No carcasses have been seized and condemned for tuberculosis.

**SALE OF
FOOD AND
DRUGS ACT.**

This Act is administered by the County Council, with the Officers of which the District Council communicates when necessary.

HOUSING.

The policy of the Council in insisting on the provision of flushing tanks to the W.C's. and sinks for the purpose of washing up, with an adequate water supply has during the past year been carried out, whenever occasion arose. This work is now showing gratifying results, in that the cottages are for the most part in a far cleaner and more sanitary condition than they were before the Housing and Town Planning Act came into operation.

A detailed table giving the work executed under this Act is appended.

TABLE OF WORK EXECUTED UNDER SECTIONS 15 AND 17
HOUSING AND TOWN PLANNING ACT.

Notices served under Section 15	17
Notices served under Section 17	9
Cottages Inspected under Section 17	10
Cottages Inspected under Section 15	32
Dwelling-houses in which defects were remedied without the making of closing orders	26

From my inspections in 1913, I am glad to record that the owners of cottage property more often than not do everything that is required in the matter of repairs, renovations, and the sanitary additions referred to in a previous paragraph.

It will be noted that in consequence the notices served are 26, as compared with 42 for the previous year.

With regard to the Inspection of Cottage property, complaints have been received from time to time that this inspection is not impartially carried out, and that apparently certain cottages have been passed over that require attention under the Housing and Town Planning Act.

It must, however, be pointed out, with regret, that the provisions of the Act prevent action being taken under Section 15 of the Housing and Town Planning Act, until a cottage becomes vacant and is relet since the Act came into force on December 3rd, 1909.

SANITARY ADMINISTRATION OF THE DISTRICT.

The whole of the Sanitary work in this District is done by the Medical Officer of Health and the Inspector of Nuisances. Of these, the former is the Inspecting Officer appointed by the Council under Sections 15 and 17 of the Housing and Town Planning Act, 1909.

The dairy farms, milk shops, &c., were inspected from time to time by myself, and at more frequent intervals by the Inspector of Nuisances.

The work done by the Inspector is presented in tabular form, and has been most satisfactory.

**ISOLATION
HOSPITAL.**

Under an arrangement with the Walthamstow Council, a certain number of beds are permanently reserved for this District.

**ADOPTIVE
ACTS.**

Public Health Acts Amendment Act, 1890, Part 3.
" " " " " 1907, Part 2, 3 4,
8 and 9.

**CHEMICAL
AND
BACTERIO-
LOGICAL
WORK.**

The bacteriological examination of swabs, sputum, &c., is carried out in the private laboratory of the Medical Officer of Health.

PREVALENCE OF, AND CONTROL OVER, ACUTE INFECTIOUS DISEASES.

Facilities are afforded for supplying diphtheria anti-toxin. There is no loss of time incurred in sending away pathological material for bacteriological examination, as this is carried out by your Medical Officer of Health. Sterilized swabs are supplied to the medical men in the District free of charge, and the examinations are made at the expense of the Council. Contact cases are watched, and when necessary, swabs are taken for examination.

During the year 12 cases of Acute Infection were notified under the Infectious Diseases Notification Act, namely, Scarlatina, 3; Diphtheria, 7; and Enteric, 2.

Considering the prevalence of Diphtheria in neighbouring Districts the number which occurred here is extremely low. One case of Diphtheria died from heart failure at the Isolation Hospital.

Of the two cases of Enteric, one was contracted outside the district, and the second case was infected from the first.

In the early months of the year there was a severe epidemic of Measles, when no less than nine children died of this disease complicated with Broncho-pneumonia. The

epidemic reached its height in February. I regard Measles as one of the most difficult diseases to combat, in that infection occurs before the rash declares itself.

PREVALENCE OF AND CONTROL OVER TUBERCULOSIS.

Five cases of Tuberculosis were notified during the year. Of these only Two were Pulmonary Tuberculosis. With the previous notifications of 1912, I only know of three cases in the district at the present time, one of whom appears to be enjoying complete "arrest." Pulmonary Tuberculosis at the present time is practically non-existent in the working class population of Loughton.

INVESTIGATION OF OTHER DISEASES.

An examination of the records of deaths in the District does not reveal any particular influence acting detrimentally to the health of the inhabitants. It does not appear that a damp clay soil is any more unhealthy than a well drained gravel one.

MEANS FOR PREVENTING MORTALITY IN CHILD-BIRTH AND INFANCY.

Midwives are practically not employed, and the Notification of Births Act is not in force in this district.

It does not appear necessary to take any steps towards putting into force the Notification of Births Act.

15 children died under the age of one year.

3 deaths were due to premature birth.

1 unknown infant was found dead in an outhouse.

The remaining eleven died from respiratory—including Measles—and Gastric troubles.

VITAL STATISTICS OF THE DISTRICT.

TABLES 1—4.

The death rate of somewhat higher than in previous years, being 11.33. This total of 63 is swelled partly by an unusually heavy mortality of children under one year, namely 15, and also by a violent epidemic of Measles in February, which occasioned nine deaths under 15 years of age.

14 deaths occurred in persons of 65 years of age and upwards. Thus only 6 deaths occurred during the prime of life, viz., from ages 15 to 45.

It is frequently stated that the mortality from Cancer is on the increase in this district. This year, however, only 5 deaths occurred, as compared with 9 from Measles.

The study of Table IV. does not, however, give cause for any alarm, as the causes of death appear to be evenly distributed.

The birth-rate for the past 12 years has been steadily decreasing, and this year has reached a lower figure than in previous years, namely 16.18. Large families are the exception. These belong apparently only to the very poor, who are least able to afford to bring up children. The increased cost of living and overtaxation of the middle class are responsible for this artificial deficiency to a very large extent.

A. BUTLER HARRIS,

M.A., M.B., B.Ch., Oxon,

Medical Officer of Health.

TABLE I.
Vital Statistics of Whole District during 1913 and previous Years.

Year.	Population estimated to Middle of each Year	Births.			Total Deaths Registered in the District.		Transferable Deaths.		Nett Deaths belonging to the District.			
		Uncorrected Number.	Nett.		Number.	Rate.	Of Non-residents registered in the District.	Of Residents not registered in the District.	Under 1 Year of Age.		At all Ages.	
			Number.	Rate.					Number.	Rate per 1000 Netts.	Number.	Rate.
I	2	3	4	5	6	7	8	9	10	11	12	13
1908	5220	103	—	—	44	8.4	2	1	—	—	43	8.2
1909	5290	115	—	—	48	9.0	1	8	—	—	55	10.8
1910	5360	117	—	—	39	7.4	4	5	7	60.3	40	7.5
1911	5433	99	101	18.58	49	9.2	2	12	10	99.9	59	11.3
1912	5500	102	105	19	50	9.0	2	11	7	66.6	59	10.7
1913	5560	89	90	16.18	53	9.5	—	10	15	166.7	63	11.33

Total Population at all ages at Census of 1911, 5,433. Area of District in acres (land and inland water) 3,961.

Number of Inhabited Houses at Census of 1911, 1,087.

Average number of Persons per House, 5.

TABLE II.

Cases of Infectious Diseases notified during the Year 1913.

NOTIFIABLE DISEASE.	CASES NOTIFIED IN WHOLE DISTRICT.							
	At All Ages.	At Ages—Years.						Total cases removed to Hospital
		1 to 5.	5 to 15.	15 to 25.	25 to 45.	45 to 65.	65 and up- wards	
Small-pox	—	—	—	—	—	—	—	—
Cholera... ..	—	—	—	—	—	—	—	—
Diphtheria (including Membranous croup)	7	2	3	1	1	—	—	6
Erysipelas	—	—	—	—	—	—	—	—
Scarlet Fever	3	—	2	1	—	—	—	2
Typhus Fever	—	—	—	—	—	—	—	—
Enteric Fever	2	—	1	—	—	1	—	1
Relapsing Fever	—	—	—	—	—	—	—	—
Continued Fever	—	—	—	—	—	—	—	—
Pulmonary Tuber- culosis	2	—	—	—	2	—	—	1 Sanat.
Other forms of Tuber- culosis	3	—	2	—	—	1	—	1 Sanat.
Totals	17	2	8	2	3	2	—	11

Walthamstow Isolation Hospital, Hale End, Chingford (for Scarlatina and Diphtheria).

Waltham Joint Hospital, Honey Lane, Waltham Abbey (for Enteric).

TABLE III.
Causes of, and Ages at, Deaths during the Year 1913.

Causes of Death. I	Nett Deaths of "Residents" whether occurring within or without the District.									Total Deaths whether of "Residents" or "Non-Residents" in Institutions in the District. 11
	All Ages. 2	Under 1 year 3	1 and under 2 4	2 and under 5 5	5 and under 15 6	15 and under 25 7	25 and under 45 8	45 and under 65 9	65 and upwards 10	
Enteric Fever	1	—	—	—	—	—	—	1	—	—
Measels	9	1	3	1	4	—	—	—	—	—
Whooping Cough	1	1	—	—	—	—	—	—	—	—
Diphtheria and Croop	1	—	—	—	1	—	—	—	—	—
Tuberculous Meningitis	2	1	—	1	—	—	—	—	—	—
Other Tuberculous Diseases	1	—	—	—	—	—	—	1	—	—
Cancer, malignant disease	5	—	—	—	—	—	—	2	3	—
Organic Heart Disease	7	—	—	—	—	—	—	6	1	—
Bronchitis	5	1	—	—	—	—	—	—	4	—
Pneumonia (all forms)	2	1	—	—	1	—	—	—	—	—
Diarrhœa and Enteritis	2	1	1	—	—	—	—	—	—	—
Alcoholism	1	—	—	—	—	—	—	1	—	—
Nephritis and Bright's Disease	—	—	—	—	—	—	—	—	—	—
Other accidents and diseases of Pregnancy and Parturition	—	—	—	—	—	—	—	—	—	—
Congenital Debility and Malformation, including Premature Birth	3	3	—	—	—	—	—	—	—	—
Violent Deaths, excluding Suicide	1	1	—	—	—	—	—	—	—	—
Suicide	—	—	—	—	—	—	—	—	—	—
Other defined Diseases	12	1	—	—	—	2	4	4	1	—
Diseases ill-defined or unknown	10	4	—	—	—	—	—	1	5	—
All causes	63	15	4	2	6	2	4	16	14	—

TABLE IV.

*Infantile Mortality during the Year 1913.**Nett Deaths from stated Causes at various Ages under One Year.*

Cause of Death.	Under 1 wk.	3-4 weeks.	Total under 4 weeks.	4 weeks and under 3 mths	3 months and under 6 mths	6 months and under 9 mths.	9 months and under 12 mths	Total Deaths under 1 year.
All causes (Certified) ...	—	—	—	—	—	—	—	15
„ (Uncertified) ...	—	—	—	—	—	—	—	—
Measles	—	—	—	—	1	—	—	1
Whooping Cough ...	—	—	—	—	—	1	—	1
Tuberculous Meningitis ...	—	—	—	—	—	—	1	1
Convulsions	—	—	—	—	—	1	—	1
Bronchitis	—	1	1	—	—	—	—	1
Pneumonia (all forms) ...	—	—	—	—	—	—	1	1
Enteritis	—	—	—	—	1	—	—	1
Gastritis	—	—	—	—	—	1	—	1
Premature birth	3	—	3	—	—	—	—	3
Atrophy, Debility and Marasmus	—	—	—	2	—	—	—	2
Other causes	1	—	1	1	—	—	—	2
	4	1	5	3	2	3	2	15

Nett Births in the Year, legitimate, 88, illegitimate, 2.

Nett Deaths in the Year of legitimate infants, 14, illegitimate, 1.

SUMMARY OF WORK

Carried out under the SANITARY INSPECTOR
in the Urban District of Loughton during the
Year ended December 31st, 1913.

Complaints received	7
Nuisances detected without complaint	21
Nuisances abated	28
Notices Served (Informal)	27
" " (Formal)	1
" " H. & T. P. A., Sec. 17	9
" " " " 15	17
Summonses taken out	
Convictions	
Cottages inspected under the H. & T. P. A., Sec. 17...	10	Visits	61	
" " " " " Sec. 15...	32	"	139	
Lodging-houses inspected (none in district)	"		
Slaughter-houses (3 in district)	"	36	
Bakehouses inspected (5 in district)	"	53	
Dairies and Milkshops (3)	"	48	
Cowkeepers (7 in district)	"	91	
Workshops and Workplaces (26)	"	68	
Factories (6)	"	12	
Filthy Houses cleansed. Sec. 46 Public Health Act, 1875		
Houses disinfected	13	
Overcrowding abated	1	
Houses placed in habitable repair...	26	
Houses closed		
Wells sunk or improved supplies of water afforded		
Wells cleansed or repaired		
Wells closed		
Cesspools cleansed	7	
Houses connected with sewers	10	
" " " " water mains	7	
Earth, pail, or improved Privies constructed, or existing Privies altered ; Privies and W.C.'s repaired ; W.C.'s supplied with water	28	
Cisterns cleansed, repaired, or covered, or water supply otherwise amended	20	
Drains entirely re-laid	18	
Drains amended	21	
Dustbins supplied		
Drains tested	17	
Animals improperly kept		
Samples of water taken for Analysis		
Compensation paid for destruction of infected bedding		
Seizures of unsound meat, etc.		

The total number of visits paid with reference to nuisances, cottages, dustbins, workshops, workplaces and factories, bakehouses, dairies and slaughter-houses, has been 1095.

The house refuse is now collected weekly by the Council's carts. 800 loads were collected in 1913.

(Signed) J. T. HEATH, A.R.S.I.,
Inspector of Nuisances.

ANNUAL REPORT OF SURVEYOR.

LOUGHTON,

JANUARY, 1914.

To the Chairman and Members of the Loughton Urban District Council.

GENTLEMEN,

I have much pleasure in presenting my fourteenth Annual Report of the work carried out by the Council under my supervision during 1913.

The work throughout has led to the improvement and betterment of the District. The only work needing special mention is that of making up various private streets, which, when complete, will greatly improve the appearance of the District.

Early in the year the approval of the Local Government Board was obtained to a modified series of Bye-laws as to New Streets and Buildings, and to a series of Bye-laws as to Drainage of Existing Buildings. It may be of interest to state that it took two years and two months to get these Bye-laws settled.

The Sanitary Committee have examined 24 sets of plans deposited for approval, one only of which was disapproved. Of those approved, eight were for 19 new dwelling-houses, and the remainder consisted of additions and alterations to existing buildings and drainage work.

This number of 24 compares unfavourably with 28 sets examined in 1912, and 37 in 1911, and with the average of 33 during the past eight years.

The hope of a revival in the building trade which I expressed in my last report has not been realised. Work has not been scarce locally, and the reason of the continued decrease in building is not easy to account for, as there is abundant land available for immediate development. I am of opinion that increased railway facilities and a faster train service would tend to develop the District.

I have again to record excellent results at the Outfall Works. No complaints have been received, and the only sample of effluent taken by the County Medical Officer was reported to be "very satisfactory indeed." Mangold-wurzel was again grown on the field and turned out an average crop, considering the dry weather experienced. The road to the works is, I am glad to say, to be once again temporarily repaired. A Contract for the old tins from the house refuse collection has been entered into, the Contract for the removal of sludge renewed, the wages of the men at the works increased, and repairs to the cottage effected.

Three new vent shafts have been erected and several small lengths of sewer repaired, and the Sanitary Committee have been instrumental in obtaining the relaying of various drainage works and the erection of Water Closets with efficient flushing apparatus.

The Highway Committee, upon whom devolves the work of the maintenance and repair of about 14 miles of road in this District, exclusive of the High Road and the Epping New Road, together with the street lighting of the whole District, have had a heavy year's work.

During last year some 1,000 tons of granite and 300 yards of gravel were put on, on various roads and rolled in, and this winter the men are engaged in rolling in 1,100 tons of granite and 600 yards of gravel, in addition to which over 100 yards of gravel and 300 yards of hoggin were dug from the Forest pit during last summer and will be used by the end of the winter.

The roads are by degrees being brought up to a satisfactory condition, and with this amount of material each year should soon arrive at a higher standard than has been maintained in the past, but the ever increasing motor traffic adds greatly to the burden of the upkeep.

The past summer was most favourable for tarring operations, and with the benefit of a new tar spraying machine, we were enabled to make a new departure and commence tarring carriage-ways, our work in this direction hitherto having been confined to footpaths only. After the thorough repair of Station Road and Forest Road last winter,

these two roads were tar sprayed and give satisfactory results, and it is hoped to similarly treat a number of roads this coming summer. The channels in Queen's Road, Pump Hill, York Hill, and Upper Park were tarred, and also the foot-paths in parts of Meadow Road, Wroths Path, High Beech Road, York Hill, Smart's Lane, Forest Road, and Algers Road.

Amongst the small improvements effected mention should be made of the laying down of 2,000 feet of kerb in Nursery Road, Upper Park and Lower Park and the making up of the paths, also the construction of a path across the school green at York Hill and the making up of Wroths Path prior to tarring. Name boards have been put up in various roads and these are appreciated by visitors. The wages of some of the men have been increased, and to effectively carry out the work it was found necessary to employ another regular man who was appointed in the spring.

The work of making up various private streets under the provisions of the Private Street Works Act, 1892, has thrown an enormous amount of work on the Highways Committee and the Officers. In accordance with the Council's instructions, plans, specifications, estimates and apportionments were prepared in respect of The Avenue, Uplands Park Avenue, Park Hill, Goldings Park Road, The Drive (including the footpath to Staples Road), Connaught Avenue and Forest View Road. After much deliberation it was decided to require a lower standard of construction, which meant preparing afresh the various documents, except for the Drive, this being the only road carried out on the original specification, the Contract for which was let in July and the works completed in October. Owing to opposition the proposal to make up Goldings Park Road was abandoned,

The Plans, &c., for the other roads were eventually approved and the contracts let in September. Messrs. W. & C. FRENCH, of Buckhurst Hill, as the lowest tenderers, being successful for the whole of the works.

The Avenue and Uplands Park Avenue are complete, and the other works are proceeding satisfactorily, except for the kerb which caused six weeks delay. The whole of the works up to the present have been well and thoroughly carried

out, and reflect credit on the Contractors. I consider that when the works are completed Loughton will considerably benefit as it is a great asset to a District to have good, well kept, and lighted roads.

As regards the public lighting of the District, the Council have at their own cost, erected new lamps in the above-mentioned new streets, which the inhabitants much appreciate. The Gas Light and Coke Company have carried out their agreement, the terms of which I noted in my last report, most satisfactorily. The light is always good, the lanterns are kept clean and the mantles in good condition, and the bargain made has resulted in the better lighting of the District.

Many small improvements in connection with the Highways have been effected. Various new gullies were put in and connected to the storm drain, and the scavenging, cleansing, and watering of the roads has been regularly carried out.

In conclusion I should like once more to state that, with the improvements effected, the increased cost of materials, and the ever-growing cost of maintenance, the ratepayers have been called upon to pay the same rate as has been in force since 1900, viz., 3/- in the £ per annum, and I think that this shows that the work has been carried out economically.

I am, Gentlemen,

Your obedient Servant,

HORACE WHITE, F.R.I.B.A.,

Surveyor to the Council.



