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ANNUAL REPORT

OF THE

Medical Officer of Health

OF THE

ST. ALBANS

URBAN SANITARY DISTRICT,

FOR THE YEAR 1909,

BY

JOHN MORISON,

M.D., D.P.H., F.G.S., &c.,

MEDICAL OFFICER OF HEALTH,

ETC.

ST. ALBANS :

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ANNUAL REPORT
OF THE
MEDICAL OFFICER OF HEALTH

OF THE
St. Albans Urban Sanitary Authority,
For the Year 1909.

*TO THE MAYOR AND CORPORATION OF THE
CITY OF ST. ALBAN.*

GENTLEMEN,

I have the honour to present to you my Annual Report for the year 1909

According to observations taken at the Herts County Museum, St. Albans, the mean temperature of the year was $49\cdot5^{\circ}$ F, which is over the average for the last 20 years, though slightly lower than it was in 1908. The highest temperature in the year, $86\cdot6$, was recorded on August 12th, and the lowest, $19\cdot2$, on January 28th.

The total rainfall was $28\cdot8$ inches, which is considerably over the average of recent years, and nearly 3 inches more than the rainfall of 1908. The number of days on which rain fell was 204. The greatest rainfall on any one day was $\cdot94$ inches on June 1st.

The first quarter of the year was in temperature about the average, although March was rather cold, the mean temperature being $38\cdot2^{\circ}$ F. The rainfall, $4\cdot96$ inches, was about the average. January and February were unusually dry months, but there was a heavy rainfall, $3\cdot59$ inches, in March.

The second quarter was on the whole warm, April and May being warm months, although June was cold. The mean temperature was $54\cdot3^{\circ}$ F. The rainfall, $7\cdot43$ inches, was unusually heavy, and more than half, $4\cdot02$ inches, fell in June.

The third quarter was on the whole of an average temperature, though colder than usual in September. The mean temperature was $60\cdot6^{\circ}$ F. The rainfall, $7\cdot08$ inches, was considerably over the average. There were no very high temperatures, and though there was a period of bright dry weather in August, the sky was mostly overcast and cloudy, with frequent rain.

The fourth quarter was cold and cloudy, with a mean temperature of 44.3°F. There was a large rainfall, 9.41 inches, spread over a large number of days. The sky was cloudy and overcast most of the time, especially in October and December. October was especially a rainy month, with a rainfall of 5.1 inches.

The driest months were January and February, and the wettest June and October. The warmest months of the year were July and August, and the coldest January and February.

The year 1909 was characterised by a dry fairly mild winter, a mild rainy spring, a moderately warm and very moist summer, with a cold and rainy autumn. Altogether the weather during the greater part of the year was cloudy, rainy, and sunless.

During the past year there were 233 deaths registered within the City of St. Alban, 111 being of males and 132 of females. There were 49 deaths in the Abbey district, 85 in St. Peter's, 30 in St. Michael's, 8 in Sandridge, 18 in the St. Albans and Mid Herts Hospital, and 43 in the Union Workhouse.

Taking the population of the City as estimated to the middle of 1909 to be 18,600, we find the total death rate for the year to be 12.5 per thousand. But to get the true death rate, 7 of the deaths which occurred in the Hospital, and 17 of those in the Workhouse, which were of persons who did not belong to our City, have to be deducted; while 4 deaths which took place in the Herts County Asylum, 1 in the Brompton Hospital for Consumption, and 1 of a resident in St. Albans who committed suicide in Islington, have to be added to the number. Deducting therefore 24 and adding 6, we get 215 as the corrected number of deaths, and 11.5 as the true death rate.

In 1908 the total number of deaths was 217, and the total death rate 11.7; while the corrected number was 198, and the true death rate 10.7; so that our record last year was somewhat less favourable than in the year immediately preceding. But we are still well under the average for England and Wales, which in 1908 was 14.7; the provisional estimate for 1909 being 14.5. The average death rate for the County of Hertford in 1908 was 11.28. There were 27 deaths in January, 34 in February, 22 in March, 21 in April, 21 in May, 17 in June, 14 in July, 12 in August, 13 in September, 17 in October, 15 in November, and 20 in December. The greatest mortality was therefore in February and January; while August, September and July were the months in which there was the smallest number of deaths.

It is well to note, that as 8 of the deaths for which I received registration returns in January 1909, really took place in December 1908, and 5 deaths in the returns for January 1910, really occurred in December 1909, the number of deaths which actually took place in 1909 was 230. Of the total deaths, 28 were of children under one year of age, against 30 in 1908. The number of deaths amongst children between the ages of 1 and 5 was 8, against 9 in the previous year, and of children between 5 and 15 there were 12 deaths, against 7 in 1908. There were 6 deaths of persons between the ages of 15 and 25, and 72 deaths of those between 25 and 65, while in 1908 the figures for these ages were 14 and 60 respectively. There were 107 deaths of persons over 65 years, compared with 83 in the previous year, giving a senile death rate of 5·7, against 4·5 in 1908. There was therefore a slight decrease in the deaths amongst infants, an increase in the deaths amongst older children, a great decrease in the deaths amongst young people, and a considerable increase in the deaths amongst middle aged and especially amongst old people.

There were 14 deaths from Pneumonia, against 2 in 1908; 33 from Bronchitis and diseases of the Respiratory System, against 27 in the previous year; 45 from diseases of the Heart and Blood Vessels, against 32 in 1908; and 20 from diseases of the Nervous System, against 19 in the year preceding. There were 11 deaths from Phthisis and 6 from other Tubercular diseases, against 20 from Phthisis and 3 from other Tubercular affections in 1908; and 20 from Cancer and malignant disease, compared with 24 in the previous year. There were 7 deaths from various Zymotic diseases, comprising 1 from Measles, 2 from Whooping Cough, 2 from Diphtheria, and 2 from epidemic or summer Diarrhoea. In 1908 there were 12 deaths from Zymotic disease, including 2 from Scarlet Fever and 4 from Diphtheria. Our Zymotic death rate was therefore last year ·37, while in the year before it was ·65. There were 2 deaths directly attributed to Alcoholism. There were 70 deaths from various other diseases, including 26 from Senile Decay. There was an increase in the number of deaths from Bronchitis and Heart disease, a great increase in the number of deaths from Pneumonia, and a decrease in the deaths from Tubercle, Cancer, and Zymotic disease.

There were 4 deaths from Accident during the year; one of a man aged 39, who died in January in the Union Infirmary from "Septicæmia the result of injury accidentally sustained," a second of a young man of 22, who was "accidentally drowned" on May 22nd, another of a boy aged 13, who died in the Workhouse in October from "Punctured wound of foot accidentally caused, Tetanus," and a fourth of a man of 32 years of age, who died in December in the Hospital from "Injuries accidentally caused." There was one case of Suicide, that of a woman

aged 45, who died in September from "Poisoning by Hydro chloric Acid which she drank with the intention of killing herself." There were 8 inquests held during the year on persons who died from Alcoholism, Aortic Aneurism and Cerebral Haemorrhage, as well as on the 5 cases of death from Accident and Suicide mentioned above. There were 2 uncertified deaths, one of a man aged 34, who is stated to have died of Syncope, Heart disease, and Rheumatic Fever, and another of a woman of 64, whose death is attributed to Cerebral Haemorrhage.

On the whole, although our death rate was somewhat higher than in 1908, our record for the year cannot be considered unsatisfactory. There were no serious epidemics, and our excess in mortality is principally due to an increased number of deaths amongst aged people caused mainly, no doubt, by the unfavourable climatic conditions which obtained throughout the greater part of the year.

The death rates in the different divisions of the City were as follows:—

Abbey District	12·9 per thousand.
St. Peter's ,,	11·4 ,,
St. Michael's ,,	10·5 ,,
Sandridge ,,	8·7 ,,

During the year there were 375 births, 189 of males, and 186 of females. This is an improvement on the previous year in which there were 348 infants born. The birth-rate was therefore 20·1, while in 1908 it was only 18·9, so that last year there was a decided improvement in this respect. Still our birth-rate is much too low. The provisional birth-rate for England and Wales in 1909 was 25·6, and for the smaller towns 24·8. But it is a source of some satisfaction to find that our birth-rate is higher than it has been for the previous four years. Still there is a great deal of leeway to make up. Ten years ago (in 1899) the birth-rate was 23·6, and twenty years ago (in 1889) it was 29·3. Of the births no less than 28 were illegitimate, and the proportion of illegitimate to legitimate births was 81·1 per thousand. This is much the greatest proportion of illegitimacy we have had for at any rate the last 20 years. It is, however, not quite so bad as it looks, for the mothers of 8 out of the 13 illegitimate children who were born in the Union Workhouse, were persons belonging to the Rural District. Still it is sufficiently high when we consider that, during the previous 19 years, the average number of illegitimate children born was 13·9, and the greatest number

in any one year 21, while during the same period the highest proportion of illegitimacy was 59·6, and the average proportion 38·7. But I do not wish to pose as a Censor of morality.

There were 86 births in the Abbey district, 172 in St. Peter's, 85 in St. Michael's, 16 in Sandridge, and 16 in the Union Workhouse.

The birth rates in the different divisions of the City were as follows :—

Abbey District	18·6
St. Peter's	„	18·0
St. Michael's	„	24·9
Sandridge	„	15·5

The rate of mortality amongst children under one year of age was 81·3, which is somewhat under the average of the last ten years. It is worth noting in connection with this, that the deaths amongst illegitimate children were 5 out of the 28 born, so that the rate amongst illegitimate children was not 81·3 but 178·5, more than double the total rate.

Infectious Diseases.

During the year 1909, there were notified to me 62 cases of infectious disease, comprising 19 cases of Scarlet Fever, 25 of Diphtheria, 1 of Enteric Fever, 4 of Erysipelas, 5 of Tubercle, and 8 of Chicken Pox. In 1908 126 cases were notified, including 62 cases of Scarlet Fever, and 44 of Diphtheria. Once again I would beg Medical Practitioners, when filling up Notifications, to be careful in all cases to insert the ages of the patients.

Scarlet Fever.

In the course of the year from May to December, there occurred 19 cases of Scarlet Fever, scattered over the different parts of the town, but at no time did this disease prevail as an epidemic. There were 3 cases in the Abbey District, 8 in St. Peter's, 5 in St. Michael's, and 3 in Sandridge. There were 4 cases in May, 2 in June, 3 in August, 2 in September, 6 in October, and 2 in December. Of these cases 18 were received into the Sisters' Hospital. There were no deaths from this cause.

Diphtheria.

An unusual number of cases of Diphtheria—25 in all—occurred throughout the year, but more especially in the first three months, in different parts of the City. Still, we were better in this respect than in 1908, when 44 cases occurred. There were 6 cases in January, 7 in February, 3 in March, 1 in May, 2 in June, 1 in July, 1 in September, 1 in October, 2 in November, and 1 in December. There were 5 cases

in the Abbey District, 9 in St. Peters, 6 in St. Michael's, and 5 in Sandridge. There were two deaths from this cause, which occurred in Sandridge and St. Michael's Districts in the months of January and November. The free bacteriological examination provided in suspicious cases amongst the poor has been largely taken advantage of, and has been undoubtedly beneficial; and the provision of free anti-diphtheritic serum in necessitous cases has been found extremely useful, and has not been abused in any way. I am glad to report that it will not be long now before we are in a position to receive cases of Diphtheria, which cannot be satisfactorily isolated at their own homes, into the Sisters' Hospital.

Enteric Fever.

There was 1 case of Enteric Fever in July, which occurred in the St. Albans and Mid Herts Hospital. This was an imported case, which was admitted from the Rural District under a mistaken diagnosis, and was discovered to be Enteric two or three days after admission. The patient recovered, and the disease did not spread.

Measles.

There were a few cases of Measles in the summer, and a death occurred from this cause in the Abbey District in August. There was nothing approaching an epidemic, and the School attendance was not affected.

Whooping Cough.

There were also a certain number of cases of Whooping Cough in the summer, but there was no serious epidemic, though 2 deaths were attributed to this cause. One of the deaths was of an infant 20 days old, and the other was of a lady 60 years of age, who died of Cerebral Hæmorrhage secondary to whooping cough. Both these cases occurred in the same house in St. Michael's District in July.

Epidemic Diarrhœa.

As the summer was unusually cold, damp and sunless, without any lengthened periods of great heat, the amount of epidemic or Summer Diarrhœa amongst infants was not excessive. Still there were 2 deaths from this cause in the Abbey and St. Peter's Districts in September and October. This is essentially a filth disease, and might be entirely prevented by careful attention to cleanliness, and strict observance of ordinary sanitary precautions. It is a zymotic or parasitic disease, and is due to a microscopical organism which is developed during hot weather. This is present in dust, and may be carried by flies, and deposited in milk or other food, where it rapidly increases and multiplies. Therefore the greatest care should be taken to keep all infants' feeding bottles, and utensils in which milk is stored, absolutely clean. Bottles with long

tubes, which it is impossible to keep efficiently cleansed, should never be used, and dummy teats should be looked upon as abominations. All vessels containing milk should be kept covered to prevent the entrance of dirt or flies. Houses and their surroundings should be kept clean and sanitary, and all organic refuse should be removed as speedily as possible, as such organic matter affords a favourable breeding place for flies. Therefore it is very important that stable manure should not be kept in the immediate neighbourhood of dwellings, or if kept in their proximity should be placed in properly constructed receptacles, and removed frequently. For the same reason it is most desirable that ashes and refuse, especially in densely populated neighbourhoods, should be removed as frequently as possible.

Cancer.

There is a slight decrease in the number of deaths from Cancer. This was 20 in 1909, against 24 in the previous year. The death rate from Cancer was therefore 1.07, compared with 1.3 in 1908.

Tubercle.

I am pleased to report that the number of deaths from Tubercle continues to diminish. There were 11 deaths from Phthisis and 6 from other Tubercular diseases in 1909, against 20 and 3 respectively in 1908. The death rate from Phthisis was therefore .59, and from Tubercle 9. In 1908 these figures were 1.09 and 1.2 respectively. The average death rate during the last ten years from Phthisis was 1.04, and from Tubercle 1.47; and for the last nineteen years the mortality from Tubercle has not been as low in any one year as it was in 1909.

During the year, under the Public Health (Tuberculosis) Regulations lately issued by the Local Government Board, 5 notifications of cases of Pulmonary Tuberculosis have been received, 4 of them coming from St. Albans, and 1 from Hemel Hempstead of a case said to be removing into this District. In the first mentioned cases the premises were thoroughly disinfected, and the last case could not be traced, and does not seem to have come into St. Albans. Besides these cases another case of Phthisis was voluntarily notified.

I wish the notification of Tubercle were compulsory in all cases, as I am convinced that considerable public benefit would result, especially as this would ensure the compulsory destruction or disinfection of all infected articles, and the disinfection of all infected premises. It is specially desirable that all cases of Pulmonary Tuberculosis occurring amongst the poorer classes should be notified, and therefore I would once more beg all Medical Practitioners in St. Albans to assist me, by notifying cases of Phthisis, occurring at any rate amongst their poorer patients, reminding them at the same time that the usual fee will be paid for such notifications.

On receiving notice of the death or removal of a consumptive person, the Sanitary Inspector visits the house and endeavours to persuade the occupier to have the infected bedding and premises disinfected. but his efforts are not always crowned by the success they merit.

Leaflets dealing with the subject of Pulmonary Tuberculosis and the precautions necessary to prevent it from spreading, can be had from the Sanitary Inspector.

The Sisters' Hospital.

During the past year there have been admitted into the Sisters' Hospital 48 cases Scarlet of Fever. There were 18 cases from St. Albans City, and 30 from the St. Albans Rural District. As there were 4 patients remaining under treatment on January 1st, 1909, altogether 52 patients were treated during the year. There were 48 discharged. There were 11 cases under 5 years of age, 28 from 5 to 15, 7 from 15 to 25, 1 between 25 and 65, and 1 over 65.

Owing to various causes, some of which have not been under our own control, there has been a delay in the erection of the new block for Diphtheria, but there is every reason to believe that the building will be proceeded with almost immediately, and will be ready to receive patients next summer. I trust it may be so, as the necessity for a place where Diphtheria cases may be isolated and treated is continually becoming more urgent.

Smallpox Hospital.

I am pleased to report that a suitable site for a Smallpox Hospital has been secured, after a great deal of difficulty. The building is now in course of erection and will shortly be completed. It is gratifying to know that we shall very soon be in a position to deal satisfactorily with any cases of this disease which may crop up.

As I have said in former reports, when the building was not required for Small-Pox, it could be used as a Sanatorium for cases of Phthisis occurring amongst the poorer classes. Such a Sanatorium would supply a great public want and, would doubtless, be the means of saving many lives. But this is a matter more especially for the St. Albans Board of Guardians, whom I would earnestly request to give this matter their favourable consideration.

In connection with this subject, I have to report a serious and continuous diminution in the number of Public Vaccinations in this City during the last four years. In 1906 there were vaccinated 150 infants, 139 in 1907, 97 in 1908, and in 1909 only 64. This shows that vaccination is rapidly falling into disuse amongst us, and that probably

quite three-quarters, or even a higher proportion of the babies now being born in St. Albans are left unprotected against Small-Pox. Even as regards the older children, the result of my examinations in the Public Elementary Schools last year showed that about 2 out of every 3 of the children examined had not been vaccinated.

All this emphasises the necessity of providing a Smallpox Hospital for St. Albans, as there is plenty of material which might give rise to a most serious epidemic if the infection be once introduced.

I cannot but regret that vaccination and re-vaccination are not compulsory in this Country as in Germany, where Smallpox Hospitals are non-existent, and Small-Pox itself almost unknown.

Infantile Mortality.

Our infantile mortality last year was considerable, 28 of the total deaths being of infants under one year of age. The mortality was, however, rather less than in 1908, when 30 infantile deaths occurred, and slightly smaller than the average mortality in St. Albans amongst infants for the last ten years, which was 31·8. Of the 28 deaths at least 18 occurred from causes more or less preventible, such as Marasmus Diarrhœa, Bronchitis, Pneumonia, and Premature Birth.

I trust that before long you will decide to adopt the Notification of Births Act, and also to appoint a Lady Health visitor, whose duty it would be to visit the poorer mothers, as soon as possible after the occurrence of a birth, and to continue seeing them for some time afterwards, giving them skilled advice as to the feeding and general management of their infants. The lady so appointed, subject to the approval and appointment of the Local Education Committee and the Herts County Council, might also act as School Nurse, and her services in this respect would be most valuable. I may add that I have very good reason to believe that if we do not adopt the Act ourselves the County Council will do so, and that the work which you would entrust to a lady health visitor appointed by you, would in that case be performed by a County Council official.

Water Supply.

During the past year we have had, as usual, a plentiful supply of pure and wholesome water. As our water is derived from the chalk, the only drawback it has is its excessive hardness. I must say, as I have said on many previous occasions, that if the Water Company would adopt some method of softening the water and rendering it, if not more wholesome, at any rate, more suitable for industrial and domestic uses, it would be, in my opinion, a great benefit to all classes of the community. Such a process of softening is carried out with advantage in many towns, some of them in our own vicinity, which are supplied with water from a similar source.

Ashes and Refuse.

In most parts of the City, there is a collection of ashes and refuse once a week, while in some of the central business quarters there is a daily collection. I should like to see a collection made in all parts of the City at least twice a week. And in all the poorer and more densely populated localities, where the accommodation for storing refuse is often very limited, I should like to see a daily collection. It is most important that decaying or putrescible organic matter should not be allowed to remain long in the close vicinity of houses, as it is a fruitful source of disease, and affords a suitable breeding place for flies, and we know that flies play a most important part in the transmission and dissemination of various zymotic diseases, such as Small Pox, Scarlet Fever, Diphtheria, Enteric, and more especially epidemic Diarrhoea.

The ashes and refuse are now disposed of in a very satisfactory manner in the Destructor belonging to the North Metropolitan Electric Power Distribution Co., at Fleetville.

Drainage and Sewerage.

The drainage of the City is carried out in a thorough and efficient manner, and the sewage is dealt with in a very satisfactory way at the Sewage Farm. As stated in previous reports, the sewage is first treated in a septic tank, and then passed successively through coarse and fine bacteria beds. It is then conducted over the land and filtered through the soil, and the resulting effluent is pure enough to discharge into the river. The improvements mentioned in my last report have all been carried out, and the result is quite satisfactory.

Common Lodging Houses.

I have visited the various Common Lodging Houses within the City, which are 4 in number, though only 1 of them is registered, and have found them fairly clean and well kept. As far as I could judge they are not overcrowded.

Slaughter Houses.

I have visited the various Slaughter Houses within the City, which are 11 in number, and have found them all clean and well kept. Several of them, however, are closely surrounded by houses, and can not fail, in spite of the strictest care and attention, sometimes at least to be more or less a nuisance to the neighbourhood. Therefore, I must once again ask you seriously to consider whether the time has not arrived for erecting a public Abattoir in some suitable situation, which would be under the supervision and control of your own officers.

Bakehouses.

I have visited all the Bakehouses in the City, and have found them fairly clean and well kept.

There are four underground Bakehouses in use which have received certificates of suitability from the St. Albans Urban Sanitary Authority. A copy of the requirements of the Sanitary Authority was appended to my Report for 1904.

Dairies, Cowsheds, and Milkshops.

The Dairies and Milkshops are inspected from time to time to see that they are in a proper sanitary condition and comply with the provisions of the Dairies, Cowsheds, and Milkshops Orders of 1885, 1886, and 1889, and also with the Byelaws of the City.

The Cowsheds within the City have all been regularly inspected, and their condition as regards air-space, ventilation, cleanliness, drainage, etc., found to be satisfactory, with one exception which the Veterinary Inspector hopes will be rectified shortly. The Veterinary Inspector regularly and systematically inspects the Cows, and is careful to order the isolation of any animals which he may find suffering from Tuberculosis of the udder, and to prohibit the sale of their milk. During the past year seven cows have been condemned for this reason. I wish we could go a little further and prohibit the sale of milk derived from cows which shew any signs of Tuberculosis, whether the udders be affected or no; as it has been shewn that such milk may contain Tubercle bacilli.

Extension of the City Boundary.

I trust that it may soon be possible to extend the limits of the City so as to include Fleetville, the Camp, the outlying parts of Bernard's Heath, and other adjoining localities. I feel certain that it would be not only a distinct benefit to us, but a great advantage to those adjoining districts themselves, if they could be included within an extended City boundary so as to be properly drained and sewered.

Housing of the Working Classes.

There are a certain number of cottages in the older parts of St. Albans inhabited by the poorest class of people where the sanitary accommodation is barely adequate, and in some cases inconveniently situated. Efforts are being made to deal with this, and during the past year 16 Cottages situated in Sopwell Lane were inspected and reported upon; and suitable and separate W.C. accommodation was ordered to be provided for each cottage. The necessary alterations are being proceeded with. There are still a few cottages provided with pail closets within the City which are unconnected with the sewerage. These are being dealt with as opportunity arises.

Inspection of School Children.

As Assistant School Medical Officer for St. Albans City under the Herts County Council, I have during the past year, in the Public Elementary Schools of the City examined 1102 children. Although the majority of them were tolerably healthy, adequately clothed, and fairly clean, a considerable proportion of them were suffering from some disease or defect, the most common ailments being Enlarged Tonsils, Adenoids, Decayed Teeth, and Defective Sight. As no means are provided for treating those abnormal conditions, I fear that in many instances my recommendations have not been attended to. I must say that it seems to me somewhat absurd, that such a system of inspection should be inaugurated, and no machinery provided to deal with the defects so discovered. A certain number of children from the poorer districts were barely sufficiently clothed, and some of them were very dirty, and it was found necessary to exclude a few children from school on account of verminous heads. In several of these instances the parents were summoned before the Magistrates and fined, with beneficial results.

In connection with the subject of Infant Mortality, I would urge upon the Education Committee the desirability of giving instructions in the care and management of infants and young children to the older girls in our Public Elementary Schools. Without doubt, such instruction would at any rate tend to lessen excessive Infantile Mortality. I also think it very desirable that the older children of both sexes should be instructed in Elementary Hygiene and the preservation of personal health.

Factories and Workshops.

Under the Factories and Workshops Act (1901), I have inspected the different Factories and Workshops within the City.

As regards the Factories (55 in number), which include Straw Hat Factories, Boot Factories, Silk Mills, a Brush Factory, Printing Works, Laundries, etc., I have to report that they are all clean and well ventilated, with sufficient air-space allowed for the workers, and that sufficient and proper sanitary accommodation is provided, while the provisions for escape in the event of fire appear to be sufficient.

With regard to Workshops and Workplaces, which number altogether 147, I have found them with 2 exceptions all clean, all sufficiently ventilated, and none overcrowded. In one case sufficient and proper sanitary accommodation was not provided, and in a few other cases certain sanitary shortcomings were noticed. These defects were called attention to, and the proprietors have promised to remedy them.

I am glad to report that during the past year nearly all employers of out-workers have sent to me, twice a year, the lists of out-workers which the Act demands with fair regularity.

Byelaws and Regulations.

There are excellent Byelaws and Regulations in force in the City of St. Alban with respect to the Good Rule and Government of the City. New Streets and Buildings, Nuisances, Common Lodging Houses, Dairies, Cowsheds and Milkshops (dating June, 1903), Clarence Park Recreation Ground, etc.

“The Infectious Diseases (Prevention) Act” 1890, and “The Public Health (Amendment) Act” 1890, “Part III.” have been adopted.

I have made systematic inspections of all the various parts of the City at different times throughout the year, but have found nothing except what is mentioned above, that seems to call for special comment.

I beg to thank his Worship the Mayor and all the Members of the Council for their uniform courtesy and consideration

My thanks are also due to the Town Clerk, the Inspector of Nuisances, the Surveyor, and all the other Officials for their valuable assistance and co-operation.

I am, Gentlemen,

Your most obedient Servant,

(Signed)

JOHN MORISON, M.D, D.P.H.,

January, 1910.

Medical Officer of Health.

TABLE I.—Vital Statistics of Whole District during 1909 and previous Years.

YEAR.	Population estimated to Middle of each Year.		BIRTHS.		TOTAL DEATHS REGISTERED IN THE DISTRICT.			NETT DEATHS AT ALL AGES BELONGING TO THE DISTRICT.					
	2	3	Number.	RATE.*	Under 1 Year of Age.		At all Ages.	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.	Number.	RATE.*	
					Number	Rate per 1,000 Births Registered.							Number.
1899	15342	377	24.5	4	5	6	7	8	9	10	11	12	13
1900	15571	380	24.		44	116.9	255	15.3	54	38	0	197	12.8
1901	16200	351	21.6		38	100.	268	17.	63	43	1	226	14.3
1902	16600	356	21.4		47	135.4	244	15.	50	32	0	212	13.
1903	17000	379	22.3		24	67.4	206	12.4	46	30	6	181	10.9
1904	17400	374	21.4		28	73.8	199	11.6	42	22	1	177	10.4
1905	17800	371	20.8		39	104.3	247	13.6	65	25	2	224	12.8
1906	18050	362	20.05		27	72.7	228	12.8	51	21	0	207	11.5
1907	18250	355	19.4		28	77.	224	12.4	69	34	2	192	10.6
1908	18400	348	18.9		13	36.6	211	11.5	61	24	2	189	10.03
Averages for years 1899—1908	17861.3	365.3	21.43		31.7	87.5	229.9	13.3	56.3	29	1.6	200.3	11.7
1909	18600	375	20.1		28	81.3	233	12.5	61	24	6	215	11.5

NOTE. — The deaths to be included in Column 7 of this Table are the whole of those registered during the year as having actually occurred within the district or division. The deaths to be included in Column 12 are the number in Column 7, corrected by the subtraction of the number in Column 10 and the addition of the number in Column 11.

By the term "Non-residents" is meant persons brought into the district on account of sickness or infirmity, and dying in public institutions there; and by the term "Residents" is meant persons who have been taken out of the district on account of sickness or infirmity, and have died in public institutions elsewhere.

The "Public Institutions" to be taken into account for the purposes of these Tables are those into which persons are habitually received on account of sickness or infirmity, such as hospitals, workhouses and lunatic asylums. A list of the Institutions in respect of the deaths in which corrections have been made should be given on the back of this Table.

Area of District in acres { 997 acs. 1 rd. 38 pls. }
 (exclusive of area covered by water) }
 Total population at all ages 16,019 }
 Number of inhabited houses 3,334 } At Census of 1901.
 Average number of persons per house 4.7

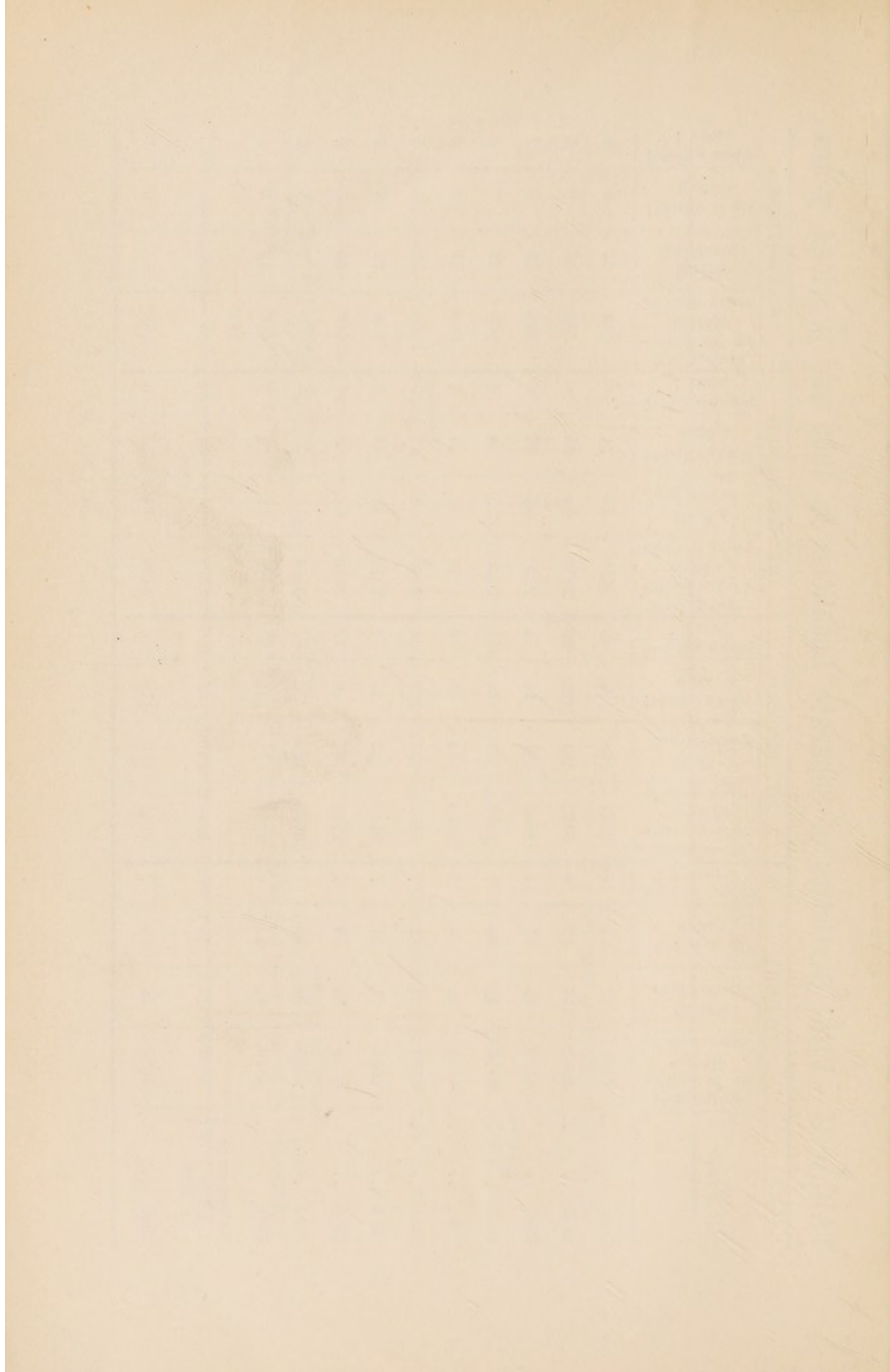
* Rates in Columns 4, 8 and 13 calculated per 1,000 of estimated population.

I. Institutions within the District receiving sick and infirm persons from outside the District.	II. Institutions outside the District receiving sick and infirm persons from the District.	III. Other Institutions, the deaths in which have been distributed among the several localities in the District.
<p>The St. Albans and Mid Herts Hospital</p> <p>The Sisters' Hospital for Infectious Diseases</p> <p>The St. Albans Union Workhouse</p>	<p>The Herts County Asylum, Hill End.</p> <p>The Three Counties Asylum, Arlesey, Beds.</p>	<p>The Hospital for Consumption, Brompton.</p>

Is the Union Workhouse within the District? Yes.

TABLE II.—Vital Statistics of Separate Localities in 1909 and previous years.

YEAR.	ABBEEY.				ST. PETER'S.				ST. MICHAEL'S.				SANDRIDGE.			
	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.
1899 ..	4565	107	68	8	7924	190	96	25	2158	56	24	10	684	24	6	0
1900 ..	4568	110	62	10	8182	191	120	20	2259	54	25	6	733	21	9	2
1901 ..	4570	89	77	14	8440	187	96	26	2360	47	36	5	830	22	5	2
1902 ..	4570	89	54	7	8680	167	91	11	2450	50	30	6	900	19	7	0
1903 ..	4579	95	53	5	8820	192	80	13	2620	54	34	6	990	29	10	3
1904 ..	4565	84	52	7	8965	197	108	18	2850	65	49	9	1120	23	15	5
1905 ..	4565	91	57	7	9115	167	99	12	3070	82	45	6	1056	22	6	2
1906 ..	4550	84	54	5	9190	171	89	12	3250	81	40	11	1060	20	9	0
1907 ..	4550	75	55	1	9340	179	92	7	3300	80	31	3	1060	13	11	2
1908 ..	4550	81	52	4	9450	178	112	21	3370	69	28	3	1030	14	6	1
Averages of Years 1899 to 1908	4562.3	92.5	58.4	6.8	8810.6	181.9	98.3	16.5	2778.7	63.8	34.2	6.5	948.3	20.7	8.4	1.7
1909 ..	4620	86	60	7	9540	172	110	10	3410	85	36	10	1030	16	9	1



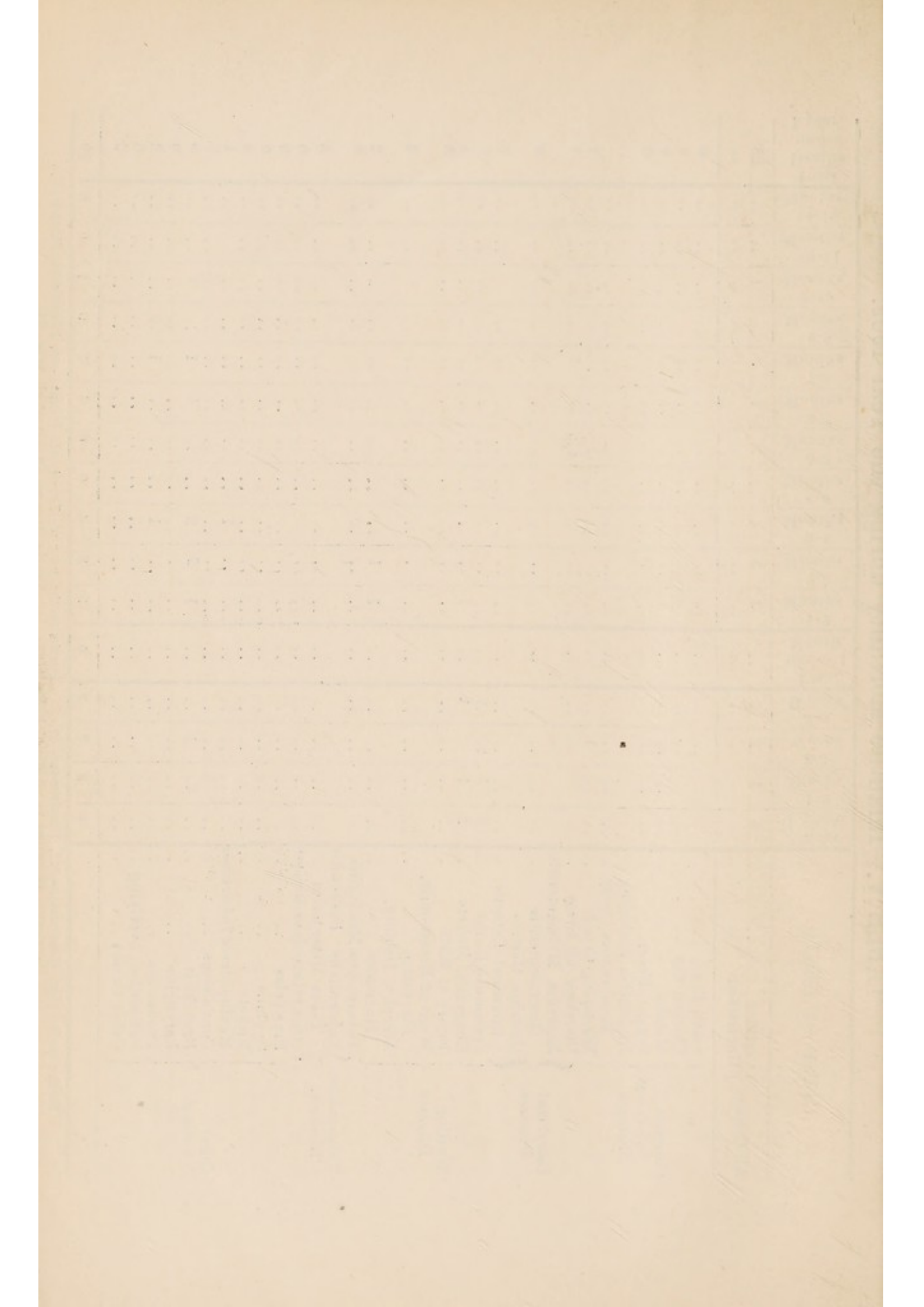


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TABLE V.—Infantile Mortality during the Year 1909.

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 1 year.
	All Causes. { Certified ..	5	3	2	3	3	3	3	4	4	..	1	3	..	1
All Causes. { Uncertified
Common Infectious Diseases. { Small Pox	0
Common Infectious Diseases. { Chicken Pox	0
Common Infectious Diseases. { Measles	0
Common Infectious Diseases. { Scarlet Fever..	0
Common Infectious Diseases. { Diphtheria (including Membranous Croup	0
Common Infectious Diseases. { Whooping Cough	1	1
Common Infectious Diseases. { Diarrhoea, all forms	1	1
Common Infectious Diseases. { Enteritis, Muco-enteritis, Gastro-enteritis	0
Diarrhoeal Diseases. { Gastritis, Gastro-intestinal Catarrh	0
Diarrhoeal Diseases. { Premature Births ..	3	1	6
Diarrhoeal Diseases. { Congenital Defects ..	2	1	1	5
Diarrhoeal Diseases. { Injury at Birth	0
Diarrhoeal Diseases. { Want of Breast-milk, Starvation	0
Diarrhoeal Diseases. { Atrophy, Debility, Marasmus	1	2
Diarrhoeal Diseases. { Tuberculous Meningitis	0
Tuberculous Diseases. { Tuberculous Peritonitis	0
Tuberculous Diseases. { Tabes Mesenterica	0
Tuberculous Diseases. { other tuberculous diseases	0
Tuberculous Diseases. { Erysipelas	0
Tuberculous Diseases. { Syphilis	0
Tuberculous Diseases. { Rickets	0
Tuberculous Diseases. { Meningitis not Tuberculous	1
Other Causes. { Convulsions	1	1	1
Other Causes. { Bronchitis	1	2	1	9
Other Causes. { Laryngitis	0
Other Causes. { Pneumonia	1	2
Other Causes. { Suffocation, overlying	0
Other Causes. { Other Causes	0
	5	3	2	3	3	3	3	4	4	0	0	1	3	0	1	0	28

Births in the year—Legitimate—347, Illegitimate—28. Deaths in the year of—Legitimate Infants—23, Illegitimate Infants—5. Population estimated to middle of 1909—18600. Deaths from all Causes at all Ages—233.



Summary of Work done through the Sanitary Inspector in the Urban Sanitary District of St. Albans, during the Year ending December 31st, 1909.

	Total No. for Year.	Result of Inspection, &c.
NUISANCES—		
Complaints received	76	Satisfactorily dealt with.
Nuisances detected without complaint	461	
Nuisances abated	506	
Notices served	330	
INSPECTIONS—		
Cottages inspected	1870	Wherever defects were detected, these were remedied.
Lodging-houses inspected	4	Fairly clean.
Slaughter-houses inspected	11	Fairly satisfactory.
Bakehouses inspected	24	Satisfactory.
Dairies and Milk Shops inspected	43	Fairly satisfactory.
Factories, Workshops, and Workplaces inspected	202	Satisfactory in all but 11, the defects in which are being remedied.
IMPROVEMENTS EFFECTED—		
I. HOUSES—		
Houses disinfected	71	
Overcrowding abated	9	
II. SEWERS—		
W.C.'s repaired	26	
Cisterns repaired	175	
III. VARIOUS—		
Animals improperly kept removed	18	
IV. FOOD—		
Samples of Food and Drugs purchased for Analysis under the Sale of Food and Drugs Acts	44	33 genuine and 11 reported against.

(Signed), A. SIMPSON MACARA.

