

## **Annual report of the Medical Officer of Health 1920 / Wanstead U.D.C.**

### **Contributors**

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Wanstead Urban District Council

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ANNUAL REPORT

OF


MEDICAL OFFICER

AND

SANITARY INSPECTOR

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1920



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*To the Chairman and Members of*

## **The Wanstead Urban District Council**

GENTLEMEN,

I have the honour to submit my Annual Report for the year 1920. The Report is arranged in paragraphs which correspond with the directions contained in a memorandum issued by the Ministry of Health. This method necessitates considerable repetition year by year, but certain matters dealt with fully last year may now be considerably shortened. The most notable fact brought out in the period under review is the great increase in births, the number being more than double that of two years ago. There is consequently a greater "natural" increase in the population than has occurred in any previous year.

### **NATURAL AND SOCIAL CONDITIONS OF THE DISTRICT.**

**Population.**—The Census of 1911 gives the population as 13,831 and the Registrar-General's estimate for 1920 as a basis of calculation for birth-rate and death-rate is 15,420. In my opinion, this figure is smaller than will probably prove to be the case when our numbers are corrected by the Census about to be taken. The increase has occurred notwithstanding the removal of the Royal Merchant Seamen's Orphanage, representing some 400 inmates. The Orphanage has been vacated owing to the generous gift of large premises and grounds in another county. We have therefore standing unoccupied on the top of Hermon Hill a magnificent building, with perfect sanitation, and it is regrettable to see this vacant.

**The District** comprises an area of 1,679 acres on the west side of the River Roding. It varies in height from 170 feet to 20 feet above sea-level and the subsoil is mainly gravel intersected by layers of clay. There are numerous open spaces such as Wanstead Flats and Wanstead Park, the latter containing ornamental waters and many beautiful trees. Here is to be found the home of the heron, that romantic and interesting bird which is figured on your crest. Since my last Report appeared, an additional open space has been secured by private enterprise, namely, the Golf Links, adjoining Wanstead Park. That this area has been saved from the builder is a matter for congratulation. It gives to a large part of the district an uninterrupted air space extending from the Kent hills across the Thames. This would have been sadly missed not only by our own residents but by many in neighbouring places. The borders of the Golf Links provide a favourite walk for convalescents.

The houses in the district are mainly of residential character, and the population is most compact in the centre of the Parish, which

contains practically the whole of the cottage, shop and business premises.

Many of the inhabitants are employed in the Metropolis in business or professional affairs, and there are a large number of retired middle-class residents. The minority of the population is made up of local tradespeople, outdoor servants, skilled artisans, various officials and others employed in the industrial districts within more or less easy reach. Local industries are almost entirely confined to local needs, and the number of persons employed in factories and work-shops is very small.

### **NOTIFICATION OF BIRTHS ACT, 1915.**

During the past year the total number of notifications was 331, comprising 172 boys and 159 girls. Of this number, 319 were received from medical practitioners and 12 from midwives. In 10 cases the notification certificate was only sent after a circular letter drawing attention to the Act had been addressed to the parents. There were 13 still-births.

### **BIRTH RATE**

The number of children born in the district in 1920 was 366 (192 males, 174 females), of whom 63 belonged to other districts and have been transferred. The net number accredited to Wanstead is 293, giving a birth-rate of 19 per 1,000 as compared with 12.1 in 1919. I am glad to be able to report such an improvement in the birth-rate, but it is still considerably below the figure for the whole country (England and Wales), which is 25.4 per 1,000. There were three illegitimate births accredited to Wanstead, two being infants abandoned in Epping Forest and of unknown parentage.

### **DEATH RATE**

Eighty-one males and eighty-two females died in the year under review, giving a death rate of 10.5 per 1,000 of the population, as compared with 9.9 in 1919. The death rate for England and Wales in 1920 was 12.4 per 1,000.

Forty residents died outside the district and are included in the above figures, while twenty-one persons belonging to other places died here and are not included.

Excluding the infectious diseases, which are discussed in a later paragraph, the principal causes of death were organic heart disease (30 cases) and cancer (21 cases). Bronchitis, pneumonia, and other respiratory diseases were responsible for 14 of the registered deaths. There was one death from rheumatic fever. For details of ages and causes of death see Table II.

### **INFANT MORTALITY**

In 1920, 17 children under one year died; the number of deaths under one year in 1919 was four. The death rate per 1,000 births was therefore 58.0 as compared with 21.2 in the previous year. The figure for England and Wales was 80. The infantile mortality rate has always been relatively low in Wanstead, and it still remains so.

But I regret to note that in 1920 there should be such an increase over the previous year which was the lowest ever recorded in this district. It is to be observed that no less than seven of these infants were born and died outside the district and that in addition two were inquest cases where the bodies had been found in the forest and accredited to Wanstead simply on geographical grounds. It is further to be noted that there were a larger number than usual of prematurely born children and of cases where the birth was difficult. There were only three deaths in infants who survived the first month of life. For further details see Table IV.

**POOR LAW RELIEF** in Wanstead in 1920 amounted to £219 6s. 4d. for Out-relief, as compared with £210 16s. 11d. in 1919.

**HOSPITAL TREATMENT** was received by 57 Wanstead residents during the year at the Walthamstow, Wanstead and Leyton General Hospital. These included 35 in-patients and were chiefly operation cases. A certain number of residents no doubt were treated at other hospitals, but of these no record has been obtained.

## SANITARY CIRCUMSTANCES OF THE DISTRICT.

### WATER

The water of the district is supplied by the Metropolitan Water Board and has, throughout the year, been of good quality.

### RIVERS AND STREAMS

The only river in the district is the Roding into which the effluent from our sewage disposal works is discharged. Inspection of the latter in October, 1920, yielded the following results:—

Effluent from river above Works	...	3.2	per cent.
Effluent from river below Works	...	3.4	„
Sprinkler Effluent	...	3.6	„
Contact Bed	...	6.4	„

The Standard Impurity figures are:—

Passable Effluent	...	10	per cent.
Good Effluent	...	7	„
River water which may be used after infiltration for drinking purposes	...	2.5	„
Not to be so used	...	3.5	„

### DRAINAGE

The Wanstead Council is fortunate in governing a district where the “lie of the land” permits the whole of the surface-water and sewage to be discharged by gravitation without the expense of pumping or lifting. The drainage system is “combined,” as far as domestic

sanitation is concerned, *i.e.*, the rainwater and sewage are led away by the same pipes. The surface drainage of the streets, however, is in most cases carried off by an entirely separate system of drains, discharging into open water-courses or ponds and these provide also a means of drainage for the numerous open spaces of the district.

Thus in the northern part of Wanstead the greater part of the surface-water is collected by the brick conduit of 3 ft. 6 in. diameter which extends from the Eagle Pond overflow eastwards through the Cowley Road and Nightingale Lane depression, across Nightingale Farm to the river Roding. Lower down, into the same river, various discharges of surface-water take place as *e.g.*, into the ditch on the east side of Redbridge Lane, below the Rectory.

Turning now to the sewage system, the main outfall-sewer (2 ft. 4 in. by 3 ft. 6 in.) of Wanstead runs from the northern boundary in a southerly direction through the fields of Nightingale Farm at the rear of the houses on the east side of Buckingham Road; it strikes Redbridge Lane at the right-angled bend below the Rectory, traverses Wanstead Park, and terminates at the Sewage Farm on the north side of the City of London Cemetery. It collects on its way the whole of the sewage of Wanstead, with the exception of the Aldersbrook and Lake House Estates; these have an independent main sewer of 18 in. diameter following the route—Woodlands Avenue, Northumberland Avenue, to the Sewage Farm.

### SEWAGE DISPOSAL WORKS.

The Wanstead Sewage Disposal Works and Farm cover an area of over 42 acres. The present installation was completed as recently as 1915.

The working process may be summarised as follows:—

“ The crude sewage from the whole of Wanstead flows to the Works through the old main outfall sewer (2 ft. 4 in. by 3 ft. 6 in.) traversing Wanstead Park, and the smaller main sewer of 18 in. which collects the sewage of the Aldersbrook and Lake House Estates. Passing through the detritus-tanks and their screens the sewage is relieved of all the coarse heavier solids, and then flows on to the settling-tanks where a further proportion of suspended matter is deposited. From here the liquid passes to the humus-tank where a final deposition of suspended matter occurs, and the effluent is now fit for treatment on the great percolating filters over which the liquid is sprayed in a thin film by the electrically-driven distributors which from perhaps the most interesting feature of the scheme. By this process of filtration, a clear, bright effluent is yielded which is suitable for discharge into the most jealously guarded water-course.

“ In times of heavy sewage-flow or when it is desired to ‘ rest ’ the distributors, use can be made of the old contact-beds or the under-drained grass-lands.

“ Storm water is treated in a long series of open tanks divided by weirs.”

**Other Matters** of this group specified in the memorandum of the Ministry of Health, including Food Inspection, are given in the Sanitary Inspector's Report. (Pages 22 and 25.)

**Schools.**—There are two modern public Elementary Schools on the Aldersbrook Estate, and the National School (an older type of building) in the centre of the Parish. In addition, there are a number of private schools of no great size. The sanitary condition and water supply of all the schools are satisfactory.

Action taken to combat the spread of infectious disease amongst the scholars is detailed under the heading of "Measles."

## INFECTIOUS DISEASES

**Measles** heads the list of notifiable diseases as may be seen by referring to Table III. The number of cases notified was 163, 36 of these occurring in March and necessitating the closure of the Infant School at Aldersbrook from March 22nd—31st. Forty cases were notified in May, many of these being the second crop from a private school which fortunately had been closed; otherwise a much larger number of children would probably have been affected. The National School (infants) was also closed in May from 10th—17th. In addition to closure of schools, the preventive measures adopted included thorough cleansing and spraying of the classrooms, and ventilation between classes. Literature on the care necessary in the treatment of measles was distributed. On the application of the Council, measles continues to be notifiable in Wanstead; the mere fact that it remains a notifiable disease causes parents and guardians to exercise more care in its treatment. There were no deaths from this disease.

**Scarlet Fever** was notified in 77 instances, but did not form any real epidemic. The greatest number occurring in any one month was in December when there were 13 cases. There were two return cases to hospital from a child which developed nasal discharge after reaching home. One death was caused by Scarlet Fever.

**Diphtheria** was responsible for 30 notifications, all the cases being sporadic and six being the highest number in any one month, viz., in December. In one home where three cases occurred the drains were found to be defective. Two carriers of the disease were found in one building where there had been several cases of Diphtheria and these two children are being carefully watched and tested at monthly intervals. Death occurred in two instances from Diphtheria. All the medical practitioners in the district know the arrangements made for obtaining bacteriological help and antitoxin, and how willing the Council is to provide supplies of swabs and serum for dealing with Diphtheria; and I have little doubt that the freedom with which these methods are utilised had much to do with the prevention of the disease as an epidemic.

**Chicken-Pox** is notifiable in Wanstead, and 42 cases were reported. This disease is retained on the notifiable list because of its possible confusion with mild small-pox.

**Puerperal Fever.**—There were no instances of this disease notified amongst the 366 maternity cases which occurred in the year.

**Erysipelas.**—Of this disease there were five cases; all the patients recovered.

**Malaria.**—It will be remembered that in 1919 six cases of this disease were notified, and various precautionary measures were adopted in the fear that the disease might re-establish itself in this country owing to the numbers who had become affected while serving abroad. Happily no cases occurred in 1920.

**Influenza** was given as the cause of death in 13 instances, equal to a mortality of 0.84. Nine cases of Influenza-pneumonia were notified. Vaccine for the prevention of Influenza complications was received from the Ministry of Health early in the year and distributed by me to the medical practitioners. In February, a number of ladies who had acted as nurses during the war, kindly gave me their names as volunteers to nurse Influenza cases. The want of nursing help had been a severe handicap the year before and it was to avoid a similar experience that this matter was organised.

**Paratyphoid** was notified once, viz., in September.

**Encephalitis Lethargica** occurred in one instance. This was a girl of 13 who suffered from the disease in February in a most typical form and who made a perfect recovery. No infection could be traced. All the usual precautions were taken and no spread of the disease occurred.

**Ophthalmia Neonatorum** was not notified during 1920.

**Small-Pox** occurred in epidemic form in several parts of the country during the year and we had a suspected case in this district in May. The suspicion proved to be unfounded; fortunately no actual cases developed. Contacts from ships were kept under observation during February, May and June. There were in September two contacts from Glasgow. Letters on the subject of Small-pox were sent to the local medical men in February.

**Other Infectious Diseases** which are not on the notifiable list occurred, but only in small numbers. Through the school teachers I learnt of a few cases of mumps and one case of ringworm. There were two instances of scabies. Summer diarrhoea was found in moderate amount amongst the infants, but no deaths occurred from this disease. Whooping-cough was not prevalent to any extent but it was the cause of death in one instance.

**Bacteriological Diagnosis.**—Bacteriological aids to diagnosis have been utilised as follows:—

Throat swabs submitted to the Essex Public Health Laboratories numbered ...	118
Sputum specimens submitted to the Essex Public Health Laboratories numbered ...	8
Total ...	126

**Tuberculosis**—Eighteen primary notifications of Tuberculosis were received and twelve cases were notified in duplicate. The latter refer to persons who have gone to a sanatorium or hospital or otherwise have changed their district. Many of the patients suffering from this disease, particularly those in the smaller houses, take advantage of the treatment provided at or through the Tuberculosis Dispensary at Leyton; and Dr. Sorley, the physician-in-charge there, is always glad to help in the diagnosis of early or suspicious cases, while leaving the care of the patients in the hands of their own medical attendants if desired. My own department confines itself to supervision of the housing, the welfare of the other inmates and to disinfection when occasion arises. In addition, I submit specimens of sputum to the County Laboratory for bacteriological examination. Notification of Tuberculosis is sometimes rather a delicate matter and the diagnosis is often uncertain for some time, and although for these reasons there is in some cases delay, I am sure that notification is practically always made.

[20152]

### TUBERCULOSIS

Public Health (Tuberculosis) Regulations 1912.	Primary Notification Form A	Hospital Form C	Hospital Discharges Form D	TOTALS.
NOTIFICATIONS—				
Pulmonary Tuberculosis ... ..	16	3	5	24
Other Forms of Tuberculosis ..	2	3	1	6
	18	6	6	30

### VENEREAL DISEASES

A County scheme for the free diagnosis and treatment of Venereal Diseases has been evolved since the issue of the Report of the Royal Commission on these diseases. Any resident who desires to take advantage of the scheme should apply to me, either directly or indirectly, when he will be instructed what steps to take, and he may be assured that secrecy will be observed. Although he will be required to attend one of a group of hospitals it will be at a convenient hour and in favourable circumstances.

If a patient prefers to be treated by his own medical attendant, facilities are offered to the latter for obtaining special drugs, etc., but the patient must pay the usual fees.

The scheme aims at bringing modern treatment within the reach of all sufferers. It is of the utmost importance that these diseases be treated at the earliest stages, and on no account should a patient place himself in the hands of the vendors of any quack remedy, or of any person other than a qualified medical practitioner.

In no instance was this scheme utilized during the year, but I would venture to suggest that in view of the number of still-births and premature births which I have had to record a more frequent resort to blood tests might be made.

## MATERNITY AND CHILD WELFARE

The supervision of midwives is carried out by the County Authorities. In the Wanstead area the notifications of births sent in by midwives during 1920 numbered twelve. It will thus be seen that nearly all the births in the district are attended by medical practitioners.

The Health Visitor, Mrs. Wild, resigned in March as she found the work becoming too severe for her. She is, however, still interested in the babies and continues to attend the Welfare Centre. She was succeeded by Sister Brooker, who is a half-time official and who has proved herself a very successful Health Visitor, being welcomed by large numbers of mothers, amongst whom and the infants she does very useful work. She has paid the following visits since her appointment in March:—

Initial Visits	...	...	...	144
Subsequent Visits	...	...	...	1,165
To Expectant Mothers	...	...	...	61
To cases of Measles	...	...	...	37
Total Visits	...	...	...	<u>1,407</u>

The number of visits made in 1919 was 892.

The Health Visitor attends also the Wanstead and Woodford Infant Welfare Centre every week and takes a special interest there in the mothers and infants of Wanstead. As instructed she places great stress on the importance of breast feeding, and all mothers are encouraged to adhere to nature's method; the great majority of them wisely accept this counsel. A proprietary preparation is advised or supplied to mothers when the breast milk is scanty, and this is frequently found to be helpful.

It is a wise and useful policy for every expectant mother to consult her doctor from time to time during her pregnancy. She is thus in a position to be guided in reference both to the care of her own health and the welfare of her expected child.

The Health Visitor is able to carry this and other suggestions into a good many homes, and so to promote the welfare of mothers and infants without in any fashion incurring responsibilities which can only be undertaken by medical practitioners. In recent years so many young women have been separated from the usual opportunities of domestic training that they are ill-prepared to start homes and to train families of their own. Thus home visitation by a kindly, tactful and helpful visitor has an increased opportunity.

## MILK

The supervision of this important article of diet is undertaken by the County Authorities, but in cases of specific complaint I occasionally have samples taken and submitted for analysis. One such investigation was carried out in 1920 and the milk was found to be genuine. Most of the milk supplied is imported.

The ideal of a clean and tuberculosis-free milk supply is always in one's mind, and we are fortunate in having close to our borders, and supplying a number of the families in the district, one herd of milch cows which are regularly tested for tuberculosis. The competition thus engendered may in time lead to the establishment of other carefully selected and supervised herds.

Milk has been supplied by the Council to mothers and young children to the following amount:—

			Cases.		Pints Daily.
January 31	...	...	14	...	17
February 28	...	...	17	...	20
March 31	...	...	26	...	29½
April 30	...	...	25	...	28½
May 31 ...	...	...	26	...	28½
June 30	...	...	20	...	22
July 31 ...	...	...	14	...	15½
August 31	...	...	9	...	10½
September 30	...	...	10	...	11½
October 31	...	...	12	...	13
November 30	...	...	12	...	14½
December 31	...	...	11	...	14½
Total number of cases receiving free milk in the year 38					
Do.	Do.	Allenbury's	Do.		
Do.	Do.	Lactogol	Do.		
Do.	Do.	Glaxo	Do.		

## SANITARY INSPECTOR

During the year under review I have had the advantage of the loyal and able support of Mr. H. C. Howard in his position as Sanitary and Food Inspector. It will be seen from the particulars given in his report that a very large amount of work has been carried out in securing the removal of nuisances and in obtaining improvements of the sanitary conditions of the dwellings, all tending to the benefit of the district and the welfare of the inhabitants. The amount of clerical work in the Public Health Department has grown so enormously of late that the time is not far distant when further assistance will become necessary.

## ISOLATION HOSPITAL

The Wanstead Isolation Hospital is situated in the S.E. corner of the district and adjoins Wanstead Park. It consists of two pavilions, each sub-divided into wards capable of very complete isolation. It is primarily intended for the accommodation of patients suffering either from Diphtheria or from Scarlet Fever, but I shall be prepared to hear from any medical man who has charge

of any severe case of Pneumonia complicating either Measles or Influenza in a young child where the home conditions handicap the chance of recovery, and will endeavour to admit such a case to hospital, if circumstances at the time permit. During the year, the number of patients treated in the Hospital was 74, namely, Diphtheria 18, Scarlet Fever 56. One death occurred in the Hospital in 1920 from Scarlet Fever and three from Diphtheria, one of these being from another district. The total is greatly in excess of the usual number of hospital admissions and it will be noted that the figures are more than double those of last year—74 as compared with 36.

Average duration of time spent by patients in Hospital:—

Scarlet Fever	...	...	...	50 days.
Diphtheria	...	...	...	21 days.

### HOSPITAL ACCOMMODATION FOR SMALLPOX

The County Authorities have a scheme in hand to provide definite provision for the care of small-pox patients, but the present arrangements are only temporary and not therefore wholly satisfactory. The County Medical Officer of Health wrote to me on April 1st, 1920, as follows:—

“ On the advent of a case of Small-pox you should immediately ring up the Metropolitan Asylums Board whose number is City 7200 and is available any hour of the day or night, and state quite clearly that a motor ambulance is required to remove the patient to hospital and they will arrange accordingly.”

### PUBLIC MORTUARY

During the year seven bodies were deposited in the mortuary and seven inquests were held.

### HOUSING

It may be remembered that my report for 1919 contained a description and plan of the Council's housing scheme and of the Elm Hall Estate. Work on the Council's scheme had reached an active stage by the end of 1920 and some of the houses on the Elm Hall Estate were already occupied.

Further details in regard to housing are contained in the Sanitary Inspector's Report and in the appendices included therein.

I am, Gentlemen,

Your obedient Servant,

PATRICK F. MACGREGOR, M.D., D.P.H.

PUBLIC HEALTH DEPARTMENT,

COUNCIL OFFICES,

WANSTEAD.

April, 1921.

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## TABLES.

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1. VITAL STATISTICS.
  2. REGISTERED DEATHS.
  3. INFECTIOUS DISEASES.
  4. INFANTILE MORTALITY.
  5. INSPECTION OF FACTORIES,  
WORKSHOPS, ETC., ETC.
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TABLE I.

## VITAL STATISTICS OF WHOLE DISTRICT DURING PREVIOUS YEARS.

Year.	Population estimated to Middle of Year.	BIRTHS.			TOTAL DEATHS REGISTERED IN THE DISTRICT		TRANSFERABLE DEATHS.		NET DEATHS BELONGING TO THE DISTRICT.			
		Un-corrected Number	NET		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 1,000 Net Births.	Number	Rate
1	2	3	4	5	6	7	8	9	10	11	12	13
*1915	15,635	250	251	16.0	122	7.8	6	22	13	51.8	138	8.8
*1916	†15,246 †16,588	242	242	14.5	119	7.8	10	35	8	33.0	144	9.4
*1917	†14,424 †16,079	186	186	11.3	98	6.7	10	20	9	48.3	118	8.1
*1918	†13,879 †15,551	160	141	9.0	120	8.6	8	44	6	38.4	156	11.2
1919	†14,329 †15,447	227	188	12.1	116	7.8	12	32	4	21.2	148	9.9
1920	15,420	366	293	19.0	123	10.5	21	40	17	58.0	163	10.5

Area of District in acres  
(land and inland  
water).

.. .. . 1,679

Total population at all ages .. .. . 13,831  
Number of inhabited houses .. .. . 2,856  
Average number of persons per house .. .. . 4.52At Census  
of 1911.

\*War years.

†For Death Rate.

‡For Birth Rate.

TABLE II.

CAUSES OF DEATH DURING THE YEAR 1920.					NET DEATHS at the subjoined Ages of RESIDENTS.								
					Under 1 Year.	1 and under 2.	2 and under 5.	5 and under 15.	15 and under 25.	25 and under 45.	45 to 65.	65 upwards.	All Ages.
1	Enteric Fever	..	..	..	..	..	..	..	..	..	..	..	..
2	Small-pox	..	..	..	..	..	..	..	..	..	..	..	..
3	Measles	..	..	..	..	..	..	..	..	..	..	..	..
4	Scarlet Fever	..	..	..	..	..	1	..	..	..	..	..	1
5	Whooping Cough	..	..	..	1	..	..	..	..	..	..	..	1
6	Diphtheria and Croup	..	..	..	..	..	2	..	..	..	..	..	2
7	Influenza	..	..	..	..	1	..	..	5	5	2	13	
8	Erysipelas	..	..	..	..	..	..	..	..	..	..	..	
9	Pulmonary Tuberculosis	..	..	..	1	..	..	1	5	4	..	11	
10	Tuberculous Meningitis	..	..	..	..	1	..	..	..	..	..	1	
11	Other Tuberculous Diseases	..	..	..	..	..	..	..	1	..	..	1	
12	Cancer, Malignant Disease	..	..	..	..	..	..	..	3	7	11	21	
13	Rheumatic Fever	..	..	..	..	..	..	..	..	..	1	1	
14	Meningitis	..	..	..	..	..	..	..	..	..	..	..	
15	Organic Heart Disease	..	..	..	1	..	1	1	3	4	20	30	
16	Bronchitis	..	..	..	..	..	..	..	..	1	3	4	
17	Pneumonia (all forms)	..	..	..	1	..	..	..	6	2	..	9	
18	Other Respiratory Diseases	..	..	..	..	..	..	..	..	1	..	1	
19	Diarrhoea, &c. (under 2 years)	..	..	..	..	..	..	..	..	..	..	..	
20	Appendicitis and Typhlitis	..	..	..	..	..	..	1	..	..	..	1	
21	Cirrhosis of Liver	..	..	..	..	..	..	..	..	..	..	..	
21A	Alcoholism	..	..	..	..	..	..	..	..	..	..	..	
22	Nephritis and Bright's Disease	..	..	..	..	..	1	..	..	1	3	5	
23	Puerperal Fever	..	..	..	..	..	..	..	..	..	..	..	
24	Parturition, apart from Puerperal Fever	..	..	..	..	..	..	..	..	..	..	..	
25	Congenital Debility, &c.	..	..	..	7	..	..	..	..	..	..	7	
26	Violence, apart from Suicide	..	..	..	2	..	..	..	..	1	1	4	
27	Suicide	..	..	..	..	..	..	..	1	..	..	1	
28	Other defined diseases	..	..	..	3	..	1	..	..	2	9	33	48
29	Causes ill-defined or unknown	..	..	..	1	..	..	..	..	..	..	1	
					17	2	1	5	3	26	35	74	163

TABLE III.  
CASES OF INFECTIOUS DISEASES notified during the year 1920.

NOTIFIABLE DISEASES.	CASES NOTIFIED IN WHOLE DISTRICT.								TOTAL CASES NOTIFIED IN INSTITUTIONS IN THE 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 45	45 to 65	65 and upwards		
Diphtheria (including Membranous croup)	30	..	3	21	3	3	..	..	9	18
Erysipelas .. .. .	5	..	..	1	..	1	3	..	..	..
Scarlet Fever .. .. .	77	..	5	60	6	4	2	..	4	56
Enteric Fever.. .. .	1	..	1	..	..	..	..	..	..	..
Cerebro-Spinal Meningitis .. .. .	..	..	..	..	..	..	..	..	..	..
Poliomyelitis .. .. .	..	..	..	..	..	..	..	..	..	..
Varicella .. .. .	42	1	5	35	1	..	..	..	5	..
Puerperal Fever .. .. .	..	..	..	..	..	..	..	..	..	..
Ophthalmia Neonatorum .. .. .	..	..	..	..	..	..	..	..	..	..
Measles.. .. .	143	..	10	118	6	2	..	..	..	..
German Measles .. .. .	20	..	1	15	2	..	2	..	..	..
Influenza Pneumonia .. .. .	9	..	..	..	1	6	2	..	..	..
Malaria.. .. .	..	..	..	..	..	..	..	..	..	..
TOTALS .. .. .	327	8	25	250	19	16	9	0	18	74

Isolation Hospital—Empress Avenue, Manor Park.

TABLE IV.  
 INFANTILE MORTALITY DURING THE YEAR 1920. Net Deaths from stated Causes at various Ages  
 under One Year of Age.

CAUSES OF DEATH. (All Causes, Certified.)	Under 1 Week	1 to 2 Weeks	2 to 3 Weeks	3 to 4 Wee	Total under 4 Weeks	4 Weeks and under 3 Months	3 to 6 Months	6 to 9 Months	9 to 12 Months	Total Deaths under 1 year
Pulmonary Tuberculosis ..	..	..	..	..	..	..	1	..	..	1
Whooping Cough ..	..	..	..	..	..	..	..	1	..	1
Pneumonia ..	..	..	..	..	..	1	..	..	..	1
Peritonitis ..	1	..	..	..	1	..	..	..	..	1
Convulsions ..	1	..	..	1	2	..	..	..	..	2
Premature Birth ..	3	1	..	1	5	..	..	..	..	5
Congenital Debility..	2	1	..	..	3	..	..	..	..	3
Violence ..	1	..	..	..	1	..	..	..	..	1
Unknown ..	1	..	..	..	1	..	..	..	..	1
Malformations ..	1	..	..	..	1	..	..	..	..	1
Total ..	10	2	..	2	14	1	1	1	..	17

Net Births in the year	{	Legitimate ..	290	{	Net Deaths in the year of	{	Legitimate Infants 15
		Illegitimate ..	3				

TABLE V.  
I.—INSPECTION OF FACTORIES, WORKSHOPS AND WORKPLACES.

Including Inspections made by Sanitary Inspectors or Inspectors of Nuisances.

Premises (1)	Number of		
	Inspections. (2)	Written Notices. (3)	Prosecutions. (4)
Factories—Including Factory Laundries..	12	..	..
Workshops—Including Workshop Laundries ..	47	5	..
Workplaces (other than Outworkers' premises, included in Part 3 of this Report) ..	21	3	..
Totals ..	80	8	..

2.—DEFECTS FOUND.

Particulars (1)	Number of Defects.			Number of Prosecutions. (5)
	Found (2)	Remedied (3)	Referred to H.M. Inspector. (4)	
Want of Cleanliness ..	5	5	..	..
Other Nuisances ..	4	4	..	..
Sanitary accommodation unsuitable or defective ..	2	2	..	..
Totals ..	11	11	..	..

TABLE V—continued.

## 3.—HOME WORK.

OUTWORKERS' LISTS, SECTION 107.													
NATURE OF WORK.	Lists received from Employers.						PROSECUTIONS			Unwholesome Premises Sec. 108	Infected Premises Sec. 109-10		
	Twice in the year		Once in the year				Notices served on Occupiers as to keeping or sending Lists	Failing to keep or permit inspection of Lists	Failing to send Lists				
	Outworkers		Outworkers		Lists (5)	Contractors (6)						Workmen (7)	
	Lists (2)	Contractors (3)	Workmen (4)	Contractors (3)									Workmen (4)
(1)	4	2	2	2	2	2	(8)	(9)	(10)	(11)	(12)		
Wearing Apparel—Making, etc. ..	..	..	..	..	..	2	..	..	..	..	..		
Cosiques, etc. ..	..	..	..	..	1	1	..	..	..	..	..		

## 4.—REGISTERED WORKSHOPS.

Workshops on the Register (s. 131) at end of year (1)	Number (2)	Class. (1)	Number (2)
Total number of Workshops and Workplaces on Register, including two underground Bakehouses .. ..	49	Matters notified to H.M. Inspector of Factories:—	..
		Failure to affix Abstract of the Factory and Workshop Act (s. 133) ..	..
		Action taken in matters referred by H.M. Inspector as remediable under the Public Health Acts, but not under the Factory and Workshop Act (s. 5) }	Notified by H.M. Inspector ..
		Other .. ..	Reports (of action taken) sent to H.M. Inspector ..
		Underground Bakehouses (s. 101):—	..
In use at the end of the year ..	..	..	2

## 5.—OTHER MATTERS.

Workshops on the Register (s. 131) at end of year (1)	Number (2)	Class. (1)	Number (2)
Total number of Workshops and Workplaces on Register, including two underground Bakehouses .. ..	49	Matters notified to H.M. Inspector of Factories:—	..
		Failure to affix Abstract of the Factory and Workshop Act (s. 133) ..	..
		Action taken in matters referred by H.M. Inspector as remediable under the Public Health Acts, but not under the Factory and Workshop Act (s. 5) }	Notified by H.M. Inspector ..
		Other .. ..	Reports (of action taken) sent to H.M. Inspector ..
		Underground Bakehouses (s. 101):—	..
In use at the end of the year ..	..	..	2



# REPORT OF THE SANITARY AND FOOD INSPECTOR

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*To the Chairman and Members of*

## The Wanstead Urban District Council

GENTLEMEN,

I have the honour to submit the following Report for the year 1920, the particulars included therein being in accordance with the Memorandum of the Ministry of Health.

As in 1919, the work of the past year has demanded the utmost activity by reason of the very considerably larger number of premises in receipt of attention. In addition to the greater prevalence of infectious diseases, numerous inspections were due to communications in connection with the Rent Restriction Act.

High costs were largely responsible for the restrictive character of repairs, and much additional time was necessarily involved in both correspondence and interviews in order to avoid prolonged delay in completing requirements.

### COMPLAINTS

The total number of complaints subject to attention throughout the year amounted to 186, and the following summary will serve to indicate the more frequent causes:—

1. The non-removal of house refuse ... ..	23
2. Damp conditions due to defective roofs, R.W. pipes, guttering, or absence of damp courses	31
3. Choked drains ... ..	24
4. Defective house drainage ... ..	16
5. Water in cellars ... ..	9
6. General defects, dilapidations, or dirty state of house ... ..	34
7. Non-provision or dilapidated condition of dust bins	25
8. Existence of rats upon premises ... ..	6

Road drains, including street gullies and surface sewer ventilators, also needed attention, particularly during dry spells of weather. These were dealt with by the Surveyor's Department on request.

**Closet Accommodation**—Comparatively few houses in the District were in existence before the inauguration of a water carriage system of drainage and of these probably less than a dozen still retain cesspool installations.

Privies and middens have long since become almost extinct, and it is probable that the last of these was disposed of during the year. One was disposed of during 1919, another, believed to be the last, has since been substituted with a pail closet.

Pail closets, too, are rare and do not exceed half a dozen, thus waterclosets may be said to prevail throughout the district.

**Scavenging**.—The collection and removal of house refuse is effected by contract, a weekly collection from each house being maintained throughout the year.

The debris is carted away from the district immediately following collection. The Sanitary Inspector supervises this work and deals with any complaints in reference to non-collection.

The older premises were originally provided with brick-built ash pits and later these were substituted by large galvanised iron, square-shaped receptacles. The familiar portable type of galvanised iron dust bin has almost entirely superseded both during recent years.

The work undertaken by the contractor was carried out satisfactorily. Beyond the annoyances following a temporary derangement of collection consequent on holiday periods, and the occasional discomforts incidental to the work during prevailing high winds, comparatively few complaints were received during the year.

#### DETAILS OF INSPECTIONS

Number of Dwelling-houses inspected	...	...	165
Number of Dwelling-houses inspected under Housing Acts	...	...	65
Number of Complaints received and attended to	...	...	186
Number of Complaints received in reference to non-removal of House Refuse	...	...	21
Bakehouses	...	...	22
Butchers	...	...	101
Dairies, Cowsheds and Milk Shops	...	...	67
Slaughterhouses	...	...	150
Factories, Workshops and Workplaces	...	...	95
Petroleum Stores	...	...	29
Total number of Inspections (initial, or otherwise)			1,726

#### NOTICES SERVED

Informal Notices	...	...	...	...	123
Statutory Notices	...	...	...	...	20

**INFECTIOUS DISEASES AND DISINFECTION**

Enquiries made in connection with Infectious Diseases	189
Number of rooms disinfected ... ..	125
Loads of bedding, etc., disinfected by steam ... ..	90
Verminous Premises fumigated ... ..	4

**SANITARY IMPROVEMENTS EFFECTED DURING THE YEAR****RE-DRAINAGE.**

The following premises were redrained during the year 1920:—

George Lane; Nos. 65, 67, 69, 71, 73, and 75.

Hall Road; Nos. 6, 8, 10, 12.

Woodford Road; Mayfield.

Nightingale Lane; 1 and 3, Grove Villas; 5, Carlton Terrace.

New Wanstead; Rose Tree Cottage.

Grove Road; No. 36.

Hermon Hill; No. 200.

Chaucer Road; No. 40.

Tavistock Road; Essex Villa.

**DETAILS.**

Drains renewed or repaired ... ..	57
Choked drains (obstructions removed) ... ..	41
Drains tested ... ..	82
Manholes provided ... ..	29
Soil or vent pipes provided, renewed, or repaired ... ..	33
New 6-in. gullies provided ... ..	65
New W.C. pans provided ... ..	47
Flush cisterns provided, renewed, or repaired... ..	41
New glazed stoneware sinks and wastes provided ... ..	30
Sink, bath and lavatory wastes renewed or repaired ... ..	45

**STRUCTURAL ALTERATIONS**

Floors renewed or repaired ... ..	61
W.C. floors renewed or repaired ... ..	35
W.C.s renewed or repaired ... ..	11
Walls repaired ... ..	27
Light and ventilation improved ... ..	14
Yards paved and drained or repaired ... ..	32
Roofs repaired ... ..	46
Rainwater pipes and guttering renewed or repaired ... ..	57
Windows renewed, repaired or made to open ... ..	29
Ceilings repaired ... ..	31
Air grids fixed ... ..	29
Damp courses fixed in house walls ... ..	18

**WATER SUPPLY**

Draw off taps provided on rising main ... ..	9
Cisterns cleaned, repaired or covered ... ..	15

**DIRTY PREMISES**

Special premises cleansed ... ..	31
Dirty houses cleansed throughout ... ..	15
Dirty rooms cleansed ... ..	92
Foul W.C. pans cleansed ... ..	9

### MISCELLANEOUS

Nuisances from pig keeping (or other animals) abated	5
Offensive accumulations removed ... ..	20
New portable galvanised iron dustbins provided ...	59
Cesspools repaired ... ..	1
Privy removed ... ..	1
Stables drained ... ..	1

### DISINFECTION

The disinfection of rooms is effected by means of formalin gas, which is generated by evaporating concentrated 40 per cent. formaldehyde tablets in specially designed lamps.

Spraying with formalin solution is the method employed for disinfecting the surfaces of larger rooms such as in larger schools or institutions. Bedding and other textile articles are usually removed to the Council's disinfecting station, where complete disinfection is attained under steam pressure.

The amount of disinfection carried out during the year doubled pre-war figures, and was carried out both promptly and efficiently.

The contractors driver's objection to remove patients or articles from infected houses to the ambulance or carts as hitherto, necessitated the services of the disinfecting operator to carry out those duties. This arrangement has proved much more satisfactory.

### SPECIAL PREMISES

**Bakehouse Regulations.**—There are four retail bakehouses, including one factory and two underground; the usual requisitions including cleansing were duly carried out, and no complaint arose.

**Dairies, Cowsheds, and Milkshop Orders.**—There were eight registered cowkeepers and dairymen carrying on business in the district during the year. Two applications for registration were received on change of occupation. The cowsheds, three in number, are old wooden buildings, but were kept in fair condition, the number of cows housed averaged 40, and the animals were usually turned out to graze during the day time.

**Factories & Workshops.**—In Table V., pages 18-19, the requisite details of the work in connection with the Factories and Workshop Act are given.

**Food and Drug Acts.**—One sample of milk was submitted for analysis during the year; it proved to be genuine.

**Petroleum Acts.**—The petrol stores were periodically inspected and were found to be maintained in a satisfactory state. Seven licenses were granted during the year.

**Offensive Trades.**—One fish-frying business was established during the year. There are no offensive trades conducted within the district.

**Bye-Laws.**—Local bye-laws exist for the Regulation of Slaughterhouses, The Prevention of Nuisances arising from Snow, Filth, and the Keeping of Animals.

**Rats.**—The rat menace has not reached any serious proportions locally. Occasionally a rat catcher's services are employed on the farms, including the Council's Sewage Works, but his captures are very small and quite disappointing to himself. The well-known rat haunts of the past have gradually disappeared with the remodelling of the old-fashioned drainage systems.

### FOOD INSPECTION

The past year was eventful for the release of "Food Control" with its history of limited supplies and speculative quality.

Probably the district fared better than many, but, with the demand for a food supply almost entirely of best qualities, the removal of restrictions was particularly welcome to the inhabitants.

This was conspicuous in the meat trades, since the short supplies of home-killed meat, and the number of cattle allocated to the district were quite out of proportion to demand. The cattle, too, were frequently in poor condition, badly bruised and suffering from injuries contracted during railway transit. Occasionally, following slaughter, it was found necessary to condemn whole carcasses affected with disease.

Following decontrol, traders were thus enabled to resume their former methods of catering efficiently for the district.

A comparison of the following statement as to food condemned by me during 1920, against that of the previous year would show a striking reduction in quantity which also corresponds largely to the periods of control and decontrol:—

- 1 carcase of beef (Miliary Tuberculosis).
- 1 bullock's head, tongue and lungs (Tuberculosis).
- Extensive portions of beef carcase through injuries and bruising.
- Various organs, affected with parasitic disease, including flukes and echinococci.
- 3 boxes of fish (various).

The establishments wherein food is stored or in preparation, or exposed for sale, number fifty. These were inspected as frequently as occasion demanded and were maintained in a satisfactory condition.

### SLAUGHTERHOUSES

These number two, both of which are well constructed, commodious premises, containing also excellent lairage for cattle. The occupiers are licensed, and the licenses are subject to annual renewal. The business is well conducted, and whenever possible the examination of carcasses takes place at times of slaughter.

## HOUSING DETAILS.

**Overcrowding** The congested conditions due to the extraordinary demand for housing accommodation in 1919, have, more recently, shown signs of easing. Although a considerable proportion of the dwelling houses in the district appeared to remain very fully occupied during the past year, yet no statutory case of overcrowding was observed. There were occasions, however, when it was desirable to urge a readjustment of the rooms available for sleeping accommodation, for the separation of the sexes among growing families. Parents usually fell into line with the suggestion of converting the parlour or kitchen for that purpose.

**Fitness of Houses.**—The general standard of housing in the district is fair and the character of defects which demanded attention was associated with the following:—Drains and attachments. Dampness due to leaky roofs, or condition of rain-water pipes and guttering. Damp walls and absence of damp-proof courses. Dry rot in floors. A variety of dilapidations to walls, plaster, window frames and sashes, or yard paving. The absence of dustbins was frequent; dirty walls and ceilings were also prevalent. Generally these conditions were due largely to prolonged war period neglect.

To a great extent procedure under the Public Health Acts was resorted to. The heavy cost of labour and material tended not only to defer the question of repairs as late as possible, but to restrict quality also.

The condition of a terrace of small cottages in a state of general structural decay, was specially considered by the Council during the year, but having regard to the difficulties attending the question of dis-housing, it was decided to postpone definite action, the owner meanwhile meeting the more urgent needs.

There are no back to back houses within the district.

No complaint or representation has been made in regard to unhealthy areas.

There are no bye-laws in force relating to houses let in lodgings.

## APPENDICES

### HOUSING CONDITIONS.

#### STATISTICS.

Year ended 31st December, 1920.

#### 1.—GENERAL.

(1) Estimated population	...	...	...	17,000
(2) General death-rate	...	...	...	10.5 per 1,000
(3) Death-rate from tuberculosis	...	...	...	0.83 per 1,000
(4) Infantile mortality	...	...	...	58.0
(5) Number of dwelling-houses of all classes	...	...	...	3,740
(6) Number of working-class dwelling-houses or cottage properties at weekly rentals	...	...	...	600
(7) Number of new working-class houses erected (subsidized houses)	...	...	...	10

## 2.—UNFIT DWELLING-HOUSES.

### I.—Inspection.

(1) Total number of dwelling-houses inspected for housing defects (under Public Health or Housing Acts) ... ..	160
(2) Number of dwelling-houses which were inspected and recorded under the Housing (Inspection of District) Regulations, 1910 ...	79
(3) Number of dwelling-houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation ... ..	8
(4) Number of dwelling-houses (exclusive of those referred to under the preceding sub-heading) found not to be in all respects reasonably fit for human habitation ... ..	52

### II.—Remedy of Defects without Service of formal Notices.

Number of defective dwelling-houses rendered fit in consequence of informal action by the Local Authority or their officers ... ..	59
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### III.—Action under Statutory Powers.

#### A. *Proceedings under section 28 of the Housing, Town Planning, &c., Act, 1919.*

(1) Number of dwelling-houses in respect of which notices were served requiring repairs ... ..	4
(2) Number of dwelling-houses which were rendered fit—	
(a) by owners ... ..	4
(b) by Local Authority in default of owners ... ..	Nil
(3) Number of dwelling-houses in respect of which Closing Orders became operative in pursuance of declarations by owners of intention to close ... ..	Nil

#### B. *Proceedings under Public Health Acts.*

(1) Number of dwelling-houses in respect of which notices were served requiring defects to be remedied ... ..	20
(2) Number of dwelling-houses in which defects were remedied—	
(a) by owners ... ..	20
(b) by Local Authority in default of owners ... ..	Nil

C. *Proceedings under sections 17 and 18 of the Housing, Town Planning, &c., Act, 1909.*

(1) Number of representations made with a view to the making of Closing Orders ... ..	8
(2) Number of dwelling-houses in respect of which Closing Orders were made ... ..	1
(3) Number of dwelling-houses in respect of which Closing Orders were determined, the dwelling-houses having been rendered fit ... ..	Nil
(4) Number of dwelling-houses in respect of which Demolition Orders were made ... ..	Nil
(5) Number of dwelling-houses demolished in pursuance of Demolition Orders ... ..	Nil

**3.—UNHEALTHY AREAS.**

Areas represented to the Local Authority with a view to Improvement Schemes under (a), Part I., or (b), Part II., of the Act of 1890:— ... .. Nil

Staff engaged on housing work with, briefly, the duties of each officer:—

The designated officer under the Housing (Inspection of District) Regulations, 1912, is the Sanitary Inspector.

I am, Gentlemen,

Your obedient Servant,

HENRY C. HOWARD,  
M.S.I.A., A.R.San.I.

PUBLIC HEALTH DEPARTMENT,  
COUNCIL OFFICES,  
WANSTEAD,

April, 1921.