CONTENTS

Table	Sequence of lines used throughout the book	Pages
_	Sequence of fines used imoughout the book	/
	Standard speed restrictions	7
	Standard code of engine whistles	7-8
A	List of signal boxes, running lines, maximum permissible speeds and speed restriction etc.	s, 9-28
D2	Lines worked under the Electric Train Token, Train Staff and Ticket and One Engine Steam arrangements (where persons other than the Signalman are authorised to delive the Token of Staff)	er
	or receive the Token or Staff)	29
F	Propelling trains or vehicles	29-30
H1	Working of freight vehicles without a brake van in rear	30
J	Engines assisting in rear of trains—Rule 133	31-31
S1	Intermediate sidings at which trains may be shunted for other trains to pass	30-32
S2	Trains returning from intermediate sidings or stations on Single lines of railway to to Token or Staff station in the rear	he 32
	NO. 200 - SCHOOLSE - S	32
\mathbf{U}	Towing of vehicles—Rule 110 (c)	32
	General Instructions	33-43
_	Local Instructions	43-46

GENERAL AND LOCAL INSTRUCTIONS—INDEX

A Approach lighted colour light signals protecting crossover roads used for Single Line Working, Rule 189-208		East Ham Electrically operated points, working by crank handle in case of failure Electrified lines, warning to staff Engineer's Rail Motors, use of in emergency Engine headlights out after sunset, Rule 119 Extinguishing and lighting of signal lamps—Rule 73	Paga 44 34 34 35 34 35 34
Ballast trains returning to signal box in rear, Rule 175 (c) Between Bromley and Upminster, Electrified lines. Warning to staff Bow Common Gas Works siding Bow Road Depot Breakdown cranes, speeds of Breakdown arrangements Bromley	35 43 44 43 33 33	Failure of electrically operated points, working by crank handle Failures and repairs of tail, side, roof and signal lamps Fenchurch Street Fireman's call plunger, Rule 55 Fison's Sidings—Working of connections Freight trains, shunting from one running line to another or on to a branch line at a junction	38 39 43 34 46 34
C Colour light signals, approach lighted protecting crossover roads used for Single Line Working Rules 189-208 Commercial Road Goods Depot Conveyance of vehicles behind rear brake van of passenger, empty coaching stock and Class "C" trains. Coupling and uncoupling of locomotives	35 43 39	G Gas Factory Junction Grays, Wouldham Cement Coy's., Level Crossing	4: 4:
D Dagenham Dock	. 45 . 34	Hand lamps, failures and repairs Harringay Stadium Headlights, engine, out after sunset, Rule 119 Heating, steam, of passenger trains Heating, "Stones" system	39 44 34 44 44

GENERAL AND LOCAL INSTRUCTIONS-INDEX-continued

	I	Pages	o	Pages
Instanter couplings on Pass Instructions, working by failure of electrically ope Instructions, steam heating	crank nandle during	38	Occupation crossings, trains standing over Oil lamps, failures and repairs Oil Sidings, Purfleet Open and Shut points levers	38 39 45 38
	J		Passengers falling from trains Passenger trains, Instanter couplings on Passenger trains, shunting from one running line to another or on to a Branch line at a junction Passenger trains, steam heating of Pitsea Junction Point levers, "Open" and "Shut" Purfleet.	35 39 34 40 44 38 45
Lamps, failures and repair Leytonstone, High Road, Locomotives, coupling and Locomotives in steam cout London Suburban area, to Long Goods, Coal and Ento shunting yard staff Loose shunting, Leytonsto Lighting and extinguishing	loose shunting d uncoupling pled together elephones at Stop signal npties trains, instruction one High Road	s . 37 . 46	R Rail Motors, Engineers', emergency use of Regulations for working on Single lines by Pilot Guard Ripple Lane Roof lamps, failures and repairs Rule 55, Fireman's call plunger Rule 58 (d) Detonators Rule 73, lighting and extinguishing of signal lamps Rules 96-8, Station Yard working Rule 119, engine headlights out after sunset Rule 120, side lights on freight trains Rule 146, shunting freight trains from one running line to another, etc. Rule 175 (c), ballast trains returning to signal box in rear Rules 189-208, Approach lighted colour light signals protecting crossover roads used for Single Line	35
Millwall Junction and working of Up Banana	M Salmons Lane Junction trains		Working	35 46

GENERAL AND LOCAL INSTRUCTIONS—INDEX—continued

S—continued	Pages	U	Pages
Semi-automatic and Automatic Stop Signals Shoeburyness Shunting trains from one running line to another or on to a Branch Line at a Junction Side lamps, failures and repairs Side lights on freight trains, Rule 120 Signal lamps, failures and repairs Signal lamps, failures and repairs Signal lamps, lighting and extinguishing—Rule 73 Signalling of Breakdown Van trains Signal telephones, London Suburban Area Snow clearance arrangements South Tottenham South Tottenham, station junction, detaching engine from train in Sidings	37 44 34 39 34 39 34 33 38 33 46	Uncoupling and coupling of locomotives Upminster West Junction to Romford Station, Single Line	39 46 36
Southend Central Southend East and Southend Sidings signal boxes, Up Sidings Speed of Breakdown cranes Station Yard working, Rules 96-8 Steam heating of passenger trains "Stone's" system of pressure ventilation and heating	44	V Vehicles, conveyance of behind rear brake van of passenger, empty coaching stock and Class "C" trains	39 43
		W Weed Killing train, working of Westcliff-on-Sea Working of cranes in connection with mishaps or engineering operations, protection of trains on adjoining lines Working of Weed Killing train Wouldham Cement Coy's., Level Crossing, Grays	37 44 39 37 45
Tail lamps, failures and repairs Telephones at Stop signals, London Suburban Area Thames Haven Junction Thames Haven Branch, working of Fison's Siding Tilbury Town North Junction Tilbury South Junction Trains exceeding 50 wagons in length Trains shunted from one running line to another or on to a Branch Line at a Junction Trains standing over Occupation level crossings	39 38 45 46 45 45 37	Y Yard staff, instructions to, trains exceeding 50 wagons	37