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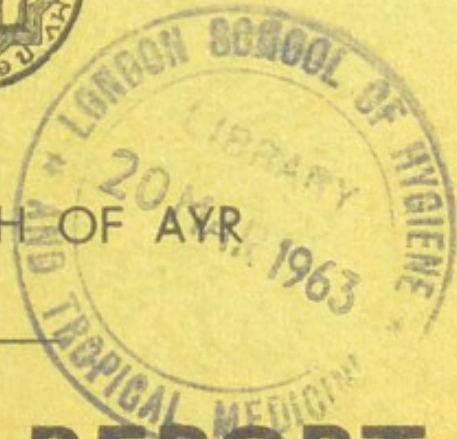
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ROYAL BURGH OF AYR



# ANNUAL REPORT

of the

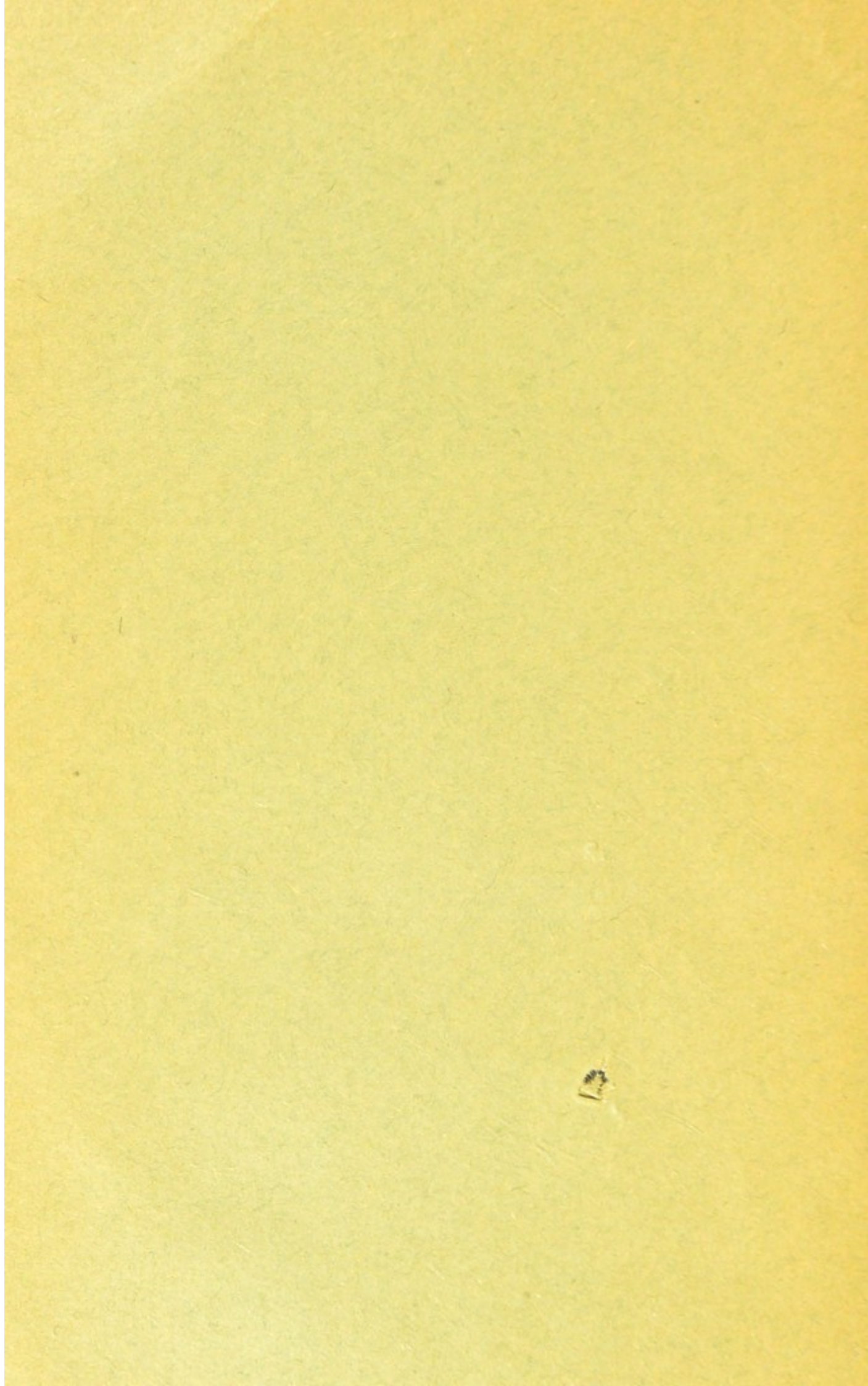
**MEDICAL OFFICER OF HEALTH**

for the year 1960

by

**R. L. LEASK**

B.Sc., M.B., Ch.B., B.Sc. (P.H.), D.P.H., D.P.A.



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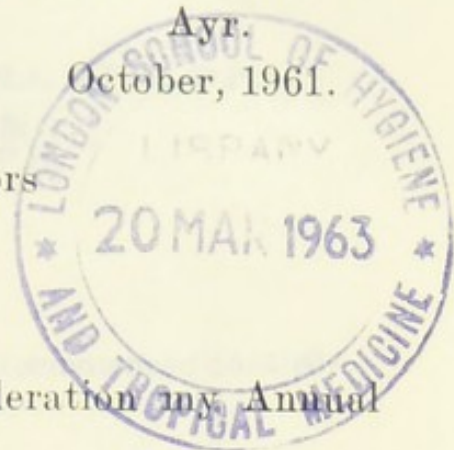
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Health Department,  
32 Miller Road

Ayr.  
October, 1961.



To the Provost, Magistrates and Councillors  
of the Royal Burgh of Ayr.

Mrs Kelway Bamber and Gentlemen,

I beg to submit for your consideration my Annual  
Report for 1960.

The vital statistics for the year are, for the most part,  
very satisfactory, although the mortality from lung cancer and  
coronary disease give increasing cause for concern.

New housing developments have called for the provision  
of corresponding public health services. In the Forehill-  
Belmont area a new branch clinic for child welfare and  
immunisation has been opened to satisfy local needs.

The formulation of plans for the fuller participation of the  
local health authority in the Mental Health Services has been  
for some time now one of the chief preoccupations of the  
medical officer of health here in Ayr, as elsewhere.

I have again to express my sincere thanks to the Convener  
and Members of the Health Committee for their confidence and  
support. To the staff of the Health Department I am deeply  
indebted for their loyal co-operation and I would gratefully  
acknowledge all the help I have received from my fellow  
officials.

I am,

Your obedient Servant,

R. L. LEASK,

Medical Officer of Health.





# HEALTH DEPARTMENT

## LIST OF STAFF

### Medical Officer of Health:

ROBERT L. LEASK, B.Sc., M.B., Ch.B., B.Sc. (P.H.), D.P.H., D.P.A.

### Assistant Medical Officer of Health:

ANDREW G. SKED, M.B., Ch.B., D.P.H.

### Sanitary Inspector:

JOHN C. HAMILTON.

### Assistant Sanitary Inspectors:

THOMAS C. THURSBY                      WILLIAM BLACK  
ALEXANDER WATSON                      JAMES BARCLAY (commenced 15/4/60)

### Laboratory Assistant:

Miss M. HEPBURN.

### Public Analyst:

Mrs L. M. MUNDY, Glasgow.

### Authorised Officer—Mental Welfare:

WILLIAM B. LAW.

### Meat Inspector:

ALEXANDER J. AITKEN, M.R.C.V.S.

### Detention Officers:

WILLIAM R. MANSON                      J. NAISMITH  
PETER HENDRY

### Superintendent of Home Nurses:

Miss K. F. BUDGE (commenced 1/3/60)

### Assistant Superintendent:

Miss E. E. BRADSHAW (retired 30/11/60)

### Home Nurses:

I. SMITH                      G. McFADZEAN (resigned (31/8/60)  
B. McWHINNIE (retired 30/7/60)      M. M. RITCHIE (certificated 12/5/60)  
M. G. ANDERSON (resigned 14/1/60)      M. GOOD (certificated 12/5/60)  
M. FEIGHAN (resigned 15/1/60)                      (resigned 31/12/60)  
M. L. VEITCH (resigned 31/12/60)      Mrs M. WILSON (temporary)  
C. McINNES (resigned 15/8/60)      Mrs R. CORRIGAN (temporary)  
J. MARTIN (resigned (14/9/60)

### Pupil Home Nurses:

M. C. MULLAN                      A. M. McCREADIE  
M. WELDON                      M. INNES  
E. M. McEACHERN

### Health Visitors and School Nurses:

\* Miss M. E. BEATTIE                      Miss A. B. SPENCE  
\* Miss E. M. LINDSAY                      Miss M. P. T. BOYD  
\* Miss E. P. RODGER                      \* Miss F. M. FERGUSON  
\* Miss A. McCONNELL                      \* Miss M. WILLIAMSON  
\* Miss M. W. CALDWELL                      (commenced 5/9/60)

\* Health Visitor's Certificate.

### Clerical Staff:

#### Medical Officer of Health's Office:

Miss S. M. SHAW                      Miss J. BOYD  
Miss C. K. REID

#### Sanitary Inspector's Office:

Mrs A. FINDLAY (née McMinn)      Miss S. G. ROXBURGH  
Miss I. HENDRY (resigned 15/6/60)      (commenced 16/6/60)

#### Welfare Foods Distribution:

Miss S. McKIE.

ROYAL BURGH OF AYR  
HEALTH DEPARTMENT

**LIST OF CLINICS, Etc.**

**MILLER ROAD CLINIC**

- Expectant Mothers—**  
TUESDAY FORENOONS ..... by appointment  
(Thornyflat Hospital)
- Child Welfare and Nursing Mothers;  
Vaccination and Immunisation—**  
WEDNESDAY ..... 2 till 4 p.m.
- Old Person's Consultative Clinic** ..... by appointment

**WHITLETTS BRANCH CLINIC—Y.W.C.A. HALL**

- Child Welfare and Nursing Mothers;  
Vaccination and Immunisation—**  
THURSDAY ..... 2 till 4 p.m.

**FOREHILL BRANCH CLINIC—15 MT. OLIPHANT CRES.**

- Child Welfare and Nursing Mothers;  
Vaccination and Immunisation—**  
TUESDAY ..... 2 till 4 p.m.

**SCHOOL CLINIC—75 KING STREET**

- Treatment of Minor Ailments—**  
ON SCHOOLDAYS ..... 9 till 10 a.m. and 4 till 5 p.m.

**DISTRIBUTION OF WELFARE FOODS**

- Health Department, 32 Miller Road—**  
DAILY ..... 9 a.m. till 1 p.m. and 2.15 p.m. till 5 p.m.  
THURSDAY—9 a.m. till 1 p.m. only, and  
SATURDAY—9 a.m. till 12 noon.
- Y.W.C.A. Hall, Whitletts—**  
THURSDAYS ..... 2 p.m. till 4 p.m.

# ANNUAL REPORT

## OF THE

# MEDICAL OFFICER OF HEALTH

### FOR THE YEAR 1960

#### GENERAL STATISTICS

Area of Burgh (acres).....	4,650
Population of Burgh (1951 Census).....	43,011
Population estimated to mid-year, 1960.....	44,785
Number of inhabited houses, mid-year, 1960.....	13,608
Gross Valuation of Burgh.....	£697,890
Rateable Value.....	£665,139
Nett Cost of Public Health Services (1959-60).....	£37,181

#### VITAL STATISTICS FOR THE YEAR 1960

	Registered in Area	Transferred Out	In	M.	F.	Corrected Total	Rate per 1,000 of Population
Births, (including illegitimate, but not stillbirths) .....	688	194	325	415	404	819	18.3
Births (illegitimate) .....	13	3	26	20	16	36	4.4 *
Stillbirths .....	7	2	14	6	13	19	23 **
Marriages .....	414	—	—	—	—	—	9.2
Deaths—all causes .....	653	199	128	291	291	582	13.0
Death-rate (corrected and adjusted) .....	—	—	—	—	—	—	12.6
Deaths of Infants under one year .....	—	—	—	17	9	26	32 ***
Deaths of Infants under four weeks .....	—	—	—	13	4	17	21 ***
Deaths of Infants under one week .....	—	—	—	11	4	15	18 ***
Deaths from Diseases and Accidents of Pregnancy and Childbirth.....	—	—	—	—	—	—	—
†Deaths from Principal Epidemic Diseases .....	—	—	—	—	—	—	—
Deaths from Tuberculosis							
All Forms .....	—	—	—	2	1	3	0.07
Respiratory .....	—	—	—	1	1	2	0.04
Non-respiratory .....	—	—	—	1	—	1	0.03
Deaths from Cancer							
All Forms .....	—	—	—	55	47	102	2.3
Respiratory .....	—	—	—	22	4	26	0.58
Deaths from Accidents in the Home .....	—	—	—	5	5	10	0.22

\* per 100 live births.

\*\* per 1,000 total births (including stillbirths).

\*\*\* per 1,000 live births.

† Principal Epidemic Diseases are Typhoid Fever, Meningococcal Infections, Scarlet Fever, Whooping-Cough, Diphtheria, Influenza and Measles.

The Registrar General's estimate of the mid-year population of the burgh for 1960 was 44,785, an increase of 345 on the 1959 figure.

The birth-rate was 18.3 per 1,000 of population, again a slight reduction on the previous year's figure, which was 18.7. (Scotland 19.4, Large Burghs 20.6, England and Wales 17.1).

Illegitimate births constituted 4.4 per cent. of all live births compared with 4.3 last year. (Scotland 4.4, Large Burghs 3.6).

The still-birth rate showed a rise to 23 per 1,000 births from 17 in 1959. (Scotland 22, Large Burghs 22, England and Wales 20).

The marriage rate was 9.2 per 1,000 compared with 9.9 in the previous year. (Scotland 7.7, Large Burghs 8.5).

The death-rate, adjusted for age and sex distribution, was 12.6 as against 13.0 last year. (Scotland 11.9, Large Burghs 11.2, England and Wales 11.5).

The infant mortality rate showed a considerable rise from last year's low figure of 18 to 32 per 1,000 live births. (Scotland 26, Large Burghs 28, England and Wales 22). The neo-natal rate (under four weeks) also rose from 8 to 21 per 1,000. (Scotland 18, England and Wales 16).

The peri-natal mortality rate (stillbirths plus deaths under one week) was 41 compared with only 25 in 1959.

There were again no deaths from diseases and accidents of pregnancy and childbirth. (Scotland 0.3, England and Wales 0.4 per 1,000 births).

The tuberculosis death rate fell to 0.07 per 1,000, comprising respiratory 0.04 and non-respiratory 0.03. The corresponding figures in 1959 were 0.11, 0.07 and 0.04. (Respiratory tuberculosis — Scotland 0.09, Large Burghs 0.10, England and Wales 0.08. Non-respiratory tuberculosis—Scotland and Large Burghs and England and Wales 0.01).

The cancer death-rate (uncorrected for age and sex distribution) was 2.3 per 1,000 compared with 2.5 last year. (Scotland 2.1, England and Wales 2.2). The mortality from lung cancer alone was 0.58 as against 0.70 in 1959. (Scotland 0.49, England and Wales 0.49).

There were no deaths from the principal infectious diseases. Last year's rate was 0.14 per 1,000. (Scotland 0.03, Large Burghs 0.02).

Home accidents accounted for 0.22 deaths per 1,000 of population, compared with 0.25 in the previous year, the rate for Scotland as a whole being 0.20.

The expectation of life at birth in Scotland in 1960 was 66.4 years for males, 71.9 years for females. One hundred years ago the corresponding figures were 40.3 and 43.9 years.

### **Causes of Death**

The Registrar General's tabular statement of the causes of death in the Burgh of Ayr, during 1960, is inset at the end of this report.

Diseases of the heart and circulation accounted for 44 per cent. of deaths, by far the largest proportion. It was note-

worthy that none of these occurred in persons under 35 years of age and that three-quarters were in those of 65 years or over. Next came cancer which accounted for 17.5 per cent. and cerebral haemorrhage and other vascular lesions of the central nervous system, 16.5 per cent. Violence in its various forms caused 4.3 per cent., bronchitis 3.8 per cent., pneumonia 2.7 per cent. and tuberculosis only a half of one per cent.

There were 26 deaths from cancer of the lung (4.5 per cent. of all deaths), with the following age distribution:—

	45-54	55-64	65-74	75-84	85 and over	Total
Males .....	2	8	9	3	—	22
Females .....	—	2	2	—	—	4
	2	10	11	3	—	26

There were ten fatal home accidents. Two infants died from accidental suffocation and one died in a dwelling-house fire. A youth broke his neck in a fall. The remaining 6 casualties were old people. Two died from coal-gas poisoning, one was burnt severely on falling in the fire after a stroke, and three died as the result of fracture of the femur.

### Causes of Infant Deaths

	Under 1 week		1 to 4 weeks		4 weeks to 1 year	
	M.	F.	M.	F.	M.	F.
Prematurity .....	2	2	—	—	—	—
Prematurity — hyaline membrane disease .....	2	1	—	—	—	—
Prematurity—congenital debility .....	1	—	—	—	—	—
Prematurity—intra-uterine anoxia.....	2	—	—	—	—	—
Prematurity—breech—placenta praevia .....	1	—	—	—	—	—
Atelectasis—asphyxia .....	1	—	—	—	—	—
Intra-partum anoxia .....	1	—	—	—	—	—
Oesophageal atresia .....	1	1	—	—	—	—
Fulminating pneumonia .....	—	—	1	—	1	1
Asphyxia—accidental .....	—	—	1	—	1	—
Burning .....	—	—	—	—	—	1
Bronchopneumonia .....	—	—	—	—	2	—
Pyloric stenosis .....	—	—	—	—	—	1
Gastro-enteritis .....	—	—	—	—	—	2
	11	4	2	—	4	5

### Causes of Stillbirths

Congenital malformations .....	4
Placental insufficiency .....	1
Placenta praevia .....	1
Ante-partum haemorrhage .....	3
Prolapse of cord .....	2
Intra-uterine asphyxia—unknown cause .....	2
Hydramnios—twins .....	2
Macerated foetus .....	1
Maternal pyrexia .....	1
Intra-uterine death—unknown cause .....	2

TABLE COMPARING THE PRINCIPAL VITAL STATISTICS FOR THE PAST 10 YEARS.

	1951	1952	1953	1954	1955	1956	1957	1958	1959	1960
Population ... ..	43,242	43,247	42,404	42,920	43,146	43,448	43,685	43,952	44,440	44,785
Birth Rate ... ..	15.9	16.0	16.8	16.7	17.8	18.3	18.9	19.2	18.7	18.3
Death Rate ... ..	13.4	11.5	11.6	14.3	12.3	12.1	11.9	12.7	13.0	12.6
Infant Mortality Rate ... ..	27	30	34	36	26	29	30	23	18	32
Stillbirth Rate ... ..	21	32	23	19	12	17	30	22	17	23
Maternal Death Rate ... ..	1.4	—	—	—	—	1.2	—	—	—	—
Tuberculosis Death Rate:—										
Respiratory ... ..	0.21	0.23	0.33	0.28	0.23	0.07	0.07	0.09	0.07	0.04
Non-respiratory ... ..	0.09	0.07	0.07	0.02	0.02	0.02	—	—	0.04	0.03
All Forms ... ..	0.30	0.30	0.40	0.30	0.25	0.09	0.07	0.09	0.11	0.07
Zymotic Death Rate ... ..	0.16	0.07	0.02	—	0.07	0.05	0.25	0.02	0.14	—
Cancer Death Rate ... ..	1.9	1.7	2.1	2.6	1.9	1.7	1.8	2.5	2.5	2.3
Cancer Death Rate (Lung) ... ..	0.35	0.14	0.26	0.40	0.25	0.46	0.32	0.52	0.70	0.58

## INFECTIOUS DISEASES.

### Return of Cases of Infectious Disease (excluding Tuberculosis) Notified During the year ended 31st December, 1960.

Number of cases coming to the knowledge of the Medical Officer of Health and  
accepted by him as suffering from the stated disease.

DISEASE	At all ages	Under 1	1-4	5-14	15-24	25-34	35-44	45-64	65 and up	Removed to Not removed Hospital to Hospital	
										Hospital	to Hospital
Chickenpox ...	8	—	4	4	—	—	—	—	—	7	1
Dysentery ...	13	—	5	3	—	5	—	—	—	7	6
Measles ...	5	3	1	1	—	—	—	—	—	—	5
Pneumonia, Acute Primary...	41	16	4	3	1	1	1	5	10	36	5
Scarlet Fever ...	3	—	3	—	—	—	—	—	—	2	1
Whooping-Cough...	35	10	19	6	—	—	—	—	—	5	30
Total ...	105	29	36	17	1	6	1	5	10	57	48



## INFECTIOUS DISEASES CONTROL

Notifications of infectious disease, excluding tuberculosis, numbered only 105, the lowest ever recorded.

**Scarlet Fever.**—Only 3 cases were reported. It is likely that, in fact, there were more but, with a mild illness and a transient rash, they were not notified.

**Diphtheria.**—For the eleventh year in succession no cases came to our notice.

**Pneumonia.**—There were 41 notified cases of acute primary pneumonia compared with 85 last year. The maximum incidence occurred in the first four months of the year. There were 16 deaths as against 12 in 1959, 5 in infants and 11 in persons of 65 or over. Of the 41 notified cases, 36 were treated in hospital.

**Influenza.**—There was no epidemic of influenza during the year nor any influenza deaths.

**Cerebro-spinal Fever.**—No cases were reported.

**Dysentery.**—Only 13 cases were brought to our notice. Four of these proved to be Flexner infections. The rest were Sonne.

**Food Poisoning.**—There were no recorded cases during the year.

**Measles.**—This was not a measles year and only 5 cases were notified.

**Whooping Cough.**—This disease was more prevalent than for some years past and 35 cases were notified. This can have represented only a small fraction of the total, but there were few cases of any severity—for which immunisation can probably claim most of the credit—and only 5 children were admitted to hospital. There were no deaths.

**Poliomyelitis.**—No cases, paralytic or non-paralytic, were notified.

**Other Notifiable Diseases.**—There were no notifications of Erysipelas, Puerperal Fever or Pyrexia, Typhoid or Paratyphoid Fever or Ophthalmia Neonatorum.

**Non-notifiable Infections.**—None of these was particularly prevalent, but infectious hepatitis was noticeable towards the end of the year.

**Skin Infections.**—There was no unusual incidence of ringworm or impetigo, although more scabies was seen than of late.

Vaccination and immunisation against infectious diseases is referred to in later sections of the report.

## CARE OF MOTHERS AND YOUNG CHILDREN

The new branch clinic for the Forehill-Belmont area, situated in the shopping centre at Mount Oliphant Crescent, has proved to be a convenience to many mothers in that part of the town and has been made good use of. The Whitletts Branch Clinic has likewise been well patronised. The Central Clinic at Miller Road has continued in use for maternal and child welfare, ante-natal care, vaccination and immunisation and for the Consultative Clinic for Old People.

It has not yet been possible to provide a dental service for mothers and young children.

Premature babies, with few exceptions, have been born in hospital and have come under the direct care of the Consultant Paediatrician.

Maternity outfits were supplied free of charge to 74 mothers during the year.

Special care was given by the Health Visitors to unmarried mothers and their babies. Of the 36 illegitimate births occurring in 1960, it was found one had died shortly after birth, and four were lost sight of, having left the town. No fewer than 22 babies remained with their mothers. Two of these were living with the grandparents, one was subsequently married to the father and one was cohabiting. The remaining nine infants were adopted.

The arrangements for the distribution of Welfare Foods remained unchanged during the year and we were again indebted to those members of the W.V.S. who gave out the foods at the Whitletts Clinic on Thursday afternoons. The main centre at Miller Road was staffed by a full-time assistant. The table below shows the issues for 1960 which show a marked drop for National Dried Milk compared with the previous year. Many mothers are now using liquid milk or proprietary foods in preference. Compared with 1955, the first complete year of Welfare Foods distribution subsequent to the take-over from the Ministry of Food, National Dried Milk and Cod Liver Oil issues had decreased to considerably less than one half, while orange juice had fallen off by about 30 per cent only, but of course it is not always consumed by those for whom it is intended.

### WELFARE FOODS ISSUED IN 1960.

	Tins of National Dried Milk	Bottles of Cod Liver Oil	Packets of Vitamin A and D Tablets	Bottles of Orange Juice
"Coupon" issues to the public...	16,940	3,315	2,027	21,731
Supplied at Full Cost.....	169	—	—	—
To Institutions .....	192	—	—	1,952
<b>Total .....</b>	<b>17,301</b>	<b>3,315</b>	<b>2,027</b>	<b>23,683</b>

It was not found necessary to admit any child to a residential nursery during the year.

The two private nursery schools, registered under the Nurseries and Child Minders Act, 1948, have continued in operation and are very satisfactorily run.

### CHILD WELFARE CLINICS.

In September a second branch clinic was opened in the Forehill area. An unoccupied shop was converted into a modern compact child welfare centre and a combined welfare and immunisation session is meantime held on Tuesday afternoons. The opening of this clinic has caused a fall in the attendances at the central clinic which has permitted the amalgamation of the child welfare and immunisation sessions there on one afternoon per week — Wednesday. Three combined clinics are therefore held in the town — the central clinic at Miller Road and the branch clinics at the Y.W.C.A. Hall, Whitletts, and at Forehill.

The following table shows the work done at the clinics during the year:—

	Miller Road	Whitletts	Forehill	Total
Number of children attending for the first time:—				
Under one year of age ...	260	197	33	490
Over one year of age .....	12	11	4	27
Total .....	267	208	37	517
Total number of children attending, who, at the date of their first attendance in 1960, were:—				
Under one year of age .....	373	304	58	735
Over one year of age.....	82	82	15	179
Total .....	455	386	66	914
Total number of attendances of children:—				
Under one year of age .....	2,251	1,715	197	4,163
Over one year of age.....	369	219	19	607
Total .....	2,620	1,934	216	4,770

#### Children under one year of age

The figures for the Whitletts Clinic are similar to those for last year with a slight fall in the number of new cases. The Miller Road Clinic showed a fall not compensated for by the Forehill Clinic, due most probably to the fact that the Forehill Clinic opening date was rather indefinite.

Analysis of the figures shows that 61 per cent. of Ayr children attended the clinic in the first year of life.

The average attendances at the clinics were:—Miller Road 6.0, Whitletts 5.6, Forehill 3.4, an overall average of 4.5.

Individual attendances were as follows:—

	Miller Road	Whitletts	Forehill	Total
1- 5 visits .....	236	193	45	474
6-10 visits .....	66	61	13	140
11-16 visits .....	39	28	—	67
17-20 visits .....	15	10	—	25
21-26 visits .....	12	7	—	19
27-30 visits .....	7	2	—	9
38 visits .....	—	1	—	1

The following table shows the age of children at the time of their first visit to the clinic with the percentage in each group:—

Under one month .....	58%	Under five months .....	91%
Under two months .....	79%	Under six months .....	92%
Under three months .....	87%	Six months and over ...	8%
Under four months .....	90%		

Of the 490 children who attended for the first time only 42 showed any significant abnormality detailed below:—

Umbilical hernia .....	21
Skin diseases .....	12
Eye conditions .....	4
Skeletal deformities .....	2
Haemangioma .....	2
Not thriving .....	1

**Over one year of age.** — There was a drop in the new attenders at Whitletts which could possibly be due to the fact that the poliomyelitis vaccination rush of 1959 boosted the figures for that year. Miller Road and Forehill Clinics combined to give comparable figures with previous years.

No significant abnormality was found in any of the children.

**Post-natal Clinics.** — No post-natal examinations were carried out since the closure of the ante-natal clinics run by the department. Post-natal advice was given to eight mothers attending with their children at the Child Welfare Clinics. All were concerned with the care of the breasts during breast feeding.

## ANTE-NATAL CLINICS

The ante-natal clinics held at Miller Road dealt exclusively with cases booked for confinement in Thornyflat Maternity Hospital. This hospital is a general practitioner maternity unit and the patients receive ante-natal supervision from their practitioners under the National Health Service Act. The hospital authority prescribes two examinations to be carried out at the clinic, the first at the time of booking and the second about the eighth month of pregnancy. At the first attendance a full general and obstetric history is obtained by a Health Visitor of this department, and any problems discussed with the patient. An examination is carried out by a Medical Officer and abnormalities, if any, noted and communicated to the practitioner concerned so that the required action can be taken. If no significant abnormality is found the booking for Thornyflat Hospital is confirmed and an appointment arranged for the second visit. In cases of significant abnormality the case can be referred to the consultant obstetrician for his opinion as to disposal. A nurse from Thornyflat Hospital is in attendance at the clinic examination. This link between the Health Department and the hospital has worked extremely well.

This year the medical supervision ceased to be done by the Medical Officers of the health department and, from January, 1961, has been carried out by doctors from the maternity services of the Hospital Board. The Health Visitors take their part in the clinic as in the past so that there will still be a link with the Health Department's ante-natal services.

The following table indicates the work of the clinic over the year:—

Number of new cases .....	814
Total number of attendances .....	1,456

Of the 814 new cases, 593 (73%) were resident in the Burgh of Ayr and 221 (27%) in the County area—63% of the latter being from Prestwick and Monkton.

There were 569 women confined in Thornyflat Hospital and another 7 cases admitted whose delivery was accomplished before admission—a total of 676 (70% of all the new cases). 194 (24%) were confined in Ayrshire Central Hospital, Irvine. Seven cases aborted, 12 were delivered at home, 2 were confined in Private Nursing Homes, 22 had moved from the area before confinement and one was not pregnant.

Confinement in Ayrshire Central Hospital was arranged for the following reasons:—

Pre-eclamptic toxæmia .....	57	Hyperpiesia .....	5
Delayed labour .....	19	Placenta prævia .....	4
Post-maturity .....	18	Accidental hæmorrhage .....	3
Malpresentation .....	15	Tuberculous history .....	2
Prematurity.....	11	Anaemia .....	2
Foetal distress .....	8	Intra-uterine death .....	1
Rh. factor dyscrasia .....	8	Hydatidiform mole .....	1
Plural pregnancy .....	7	Disproportion .....	1
Obstetric history.....	7	No beds in Thornyflat.....	1
Ante-partum hæmorrhage ...	5	Miscellaneous .....	20

Of the 569 Thornyflat Hospital confinements 545 were normal deliveries.

Other conditions noted during examination were:—

Asymptomatic Varicose Veins .....	135
Varicose veins with symptoms .....	35
Obesity .....	12
Anaemia .....	10
Threatened Abortion .....	10
Hypertension.....	6
Malposition .....	5
Tuberculous history .....	4
Hypertensive history .....	2
? Plural (X-rayed) .....	3
Hydramnios .....	2
Miscellaneous.....	8

### Age Distribution

The ages of women attending the clinic varied from 16 to 42 years with the following percentage distribution:—

Under 20 years .....	7.1%	Under 35 years .....	93.7%
Under 25 years .....	41.5%	Under 40 years .....	99.0%
Under 30 years .....	75.0%	40 years and over .....	1.0%

For women in their first pregnancy the percentage age distribution was:—

Under 20 years .....	15.0%	Under 35 years .....	99.0%
Under 25 years .....	65.2%	35 to 40 years.....	1.0%
Under 30 years .....	91.6%		

### Parity

The parity of women attending the clinic was:—

Pregnancy .....	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
Number .....	287	263	148	68	26	7	10	3	2

## Abortion History

Ninety-eight women gave a history of abortion in previous pregnancies; 88 had one, 8 had two, one had three and one had four. Fifty-four of the abortions occurred with the first pregnancy, 26 with the second, 21 with the third, 7 with the fourth and 3 with the fifth. Forty-three occurred about the second month of pregnancy, 41 about the third month, 5 about the fourth month, 10 about the fifth month and 5 about the sixth month.

## Duration of Pregnancy

At the time of the first visit the duration of pregnancy was:—

Duration in months .....	2nd	3rd	4th	5th	6th	7th	8th	Not pregnant
Number .....	8	312	304	88	54	29	18	1

## Blood Examination

Blood was taken from 470 women at their first visit and sent for laboratory examination. The blood results for a further 338 women were obtained from previous records. In seven cases, although there were previous ante-natal records, there was no note of such examination. One woman refused to have blood drawn for testing. In no case was there a positive W.R. The blood grouping of the women was as follows:—

	O	A	B	AB
Rh. +ve .....	336	233	59	23
Rh. -ve .....	95	43	15	4
Total .....	431	276	74	27

In cases where the mother's blood was Rh. -ve and the father's was known to be Rh. +ve or where this result was unknown, a further blood sample was taken at the time of the second visit and tested for antibodies — an indication that there was some reaction to the child's blood. In 87 cases such a repeat test was made and in eight of these antibodies were found. In five cases the women were in their second pregnancy, one in her fourth pregnancy and two in their fifth pregnancy. Three were in women resident in the county area and so the final results of the confinements were not notified to this department. In the five burgh residents, all the children except one showed the effects of Rh. factor dyscrasia. In two cases replacement transfusion was carried out. In the

other three cases no replacement transfusion was required. The case of the child unaffected by the dyscrasia was that of a twin pregnancy. Here one baby was Rh. +ve and the other Rh. -ve. The Rh. -ve child was, as was to be expected, unaffected while the Rh. +ve child showed a Coombes +ve blood test. No transfusion was required in this case. All these children survived.

## MIDWIFERY SERVICES

The year 1960 showed a slight increase in the proportion of domiciliary to hospital births in the town, but hospital confinement is still the main choice of Ayr mothers and their medical attendants. The percentage of hospital births was 91 compared with 93 in 1959. Thornyflat Hospital, Ayr, a general practitioner hospital, takes most of the normal births while complicated cases are admitted to Ayrshire Central Hospital, Irvine. The 74 domiciliary births were attended by a midwife on the Home Nursing staff or by the one remaining private practising midwife. All but two were under National Health Service arrangements. The following table shows the Annual Return of Midwifery Services for 1960, as submitted to the Department of Health for Scotland:—

(i)	Total number of births (including stillbirths) occurring in Ayr Burgh during the year—that is before correction for mother's residence ... ..	690
(ii)	Total number of births in (i) occurring in institutions (including private maternity homes) ... ..	616
	Thornyflat Maternity Hospital ... ..	603
	Broomfield Nursing Home... ..	13
(iii)	Total number of births in (i) occurring at home ... ..	74
(iv)	Number of births in (iii) classified to show nature of attendance at birth:—	
	(a) Cases dealt with under Section 23 (2) of the National Health Service (Scotland) Act, 1947:—	
	Doctor engaged and present at confinement ... ..	24
	Doctor engaged and not present at confinement ... ..	48
	Midwife alone (no doctor engaged) ... ..	1
	(b) Other domiciliary cases ... ..	1
(v)	(a) Number of cases in which medical aid was summoned by a midwife and a fee was payable by the Local Authority under Section 14 (2) of the Midwives (Scotland) Act, 1951 ... ..	—
	(b) Number of cases in which medical aid was summoned by a midwife where a doctor had agreed to provide maternity medical services under National Health Service (for which no fee was payable by the Local Health Authority) ... ..	3



(vi) Administration of Analgesics:—			
(a) Number of domiciliary midwives in practice in Ayr Burgh qualified to administer Analgesics:—			
(i) Employed on local health authority work ... ..	8	7	
(ii) Not employed on local health authority work ...	—	—	
(b) Number of domiciliary midwives who received their training during the year ... ..	—	—	
(c) Number of sets of Apparatus for the administration of analgesia in use at 31st December, 1960:—			
(i) In use by domiciliary midwives employed on local health authority work ... ..	2	—	
(ii) In use by domiciliary midwives not employed on local health authority work ... ..	—	—	
(d) Number of cases in which analgesia was administered by midwives in domiciliary practice during the year:—			
(i) When doctor was not present at delivery ... ..	19	—	
(ii) When doctor was present at delivery ... ..	12	—	
(e) Number of cases in which pethidine was administered by midwives in domiciliary practice during the year:—			
(i) When doctor was not present at delivery ... ..	8		
(ii) When doctor was present at delivery ... ..	12		
(vii) Number of Cars in use by midwives at 31st December, 1960			1

### Maternity Hospitals

The figures in the above table relate to births in Ayr without reference to the mother's usual residence.

The actual number of births to Ayr mothers was 838, including 19 stillbirths, and the table below shows those born in hospitals and other institutions. These totals are slightly at variance with those of the Registrar General which are based on **registrations during the year.**

	Live Births	Stillbirths
Thornyflat Maternity Hospital, Ayr .....	414	4
Ayrshire Central Hospital, Irvine .....	284	14
Buckreddan Maternity Hospital, Kilwinning	28	—
Kilmarnock Maternity Hospital.....	9	—
Broomfield Private Nursing Home, Ayr.....	6	—
Other Scottish Hospitals .....	7	—
Total .....	748	18

### HEALTH VISITING

During the year an additional health visitor was appointed, increasing the establishment to nine. Unfortunately, owing to staff illness, the full benefit of this has not been realised.

The visits paid by our health visitors in 1960 were as follows:—

<b>Infants under one year—</b>	
Number visited ... ..	1,607
Total visits ... ..	8,409

<b>Children aged 1-5 years—</b>		
Number visited ... ..		3,207
Total visits ... ..		8,846
<b>Expectant Mothers—</b>		
Number visited ... ..		163
Total visits ... ..		214
<b>Tuberculosis Cases—</b>		
Number visited ... ..		458
Total visits ... ..		1,332
<b>Old People—</b>		
Number visited ... ..		401
Total visits ... ..		963
<b>Domestic Help Service—</b>		
Total visits ... ..		813
<b>Other Cases—</b>		
Number visited ... ..		92
Total visits ... ..		101
<b>Total Visits Paid</b> ... ..		<b>20,678</b>

## HOME NURSING

The following table shows the work done, with the exception of midwifery, by the Burgh Home Nursing Service in 1960:—

	Medical	Surgical	Tuberculosis	Total
Number of cases on books at 1/1/60 ...	153	9	1	163
Number of new cases attended ... ..	552	118	5	675
Total number of cases attended ...	705	127	6	838
Number of visits paid ... ..	23,568	2,886	111	26,565
Number of patients aged 65 years and over ...	486	(58% of all patients)		
Total visits paid to these patients ... ..	17,331	(65% of all visits)		
Number of diabetics attended ... ..	41			
Total visits to diabetics ... ..	6,973	(26% of all visits)		
Number of children attended ... ..	40			
Total visits to children ... ..	295	(1.1% of all visits)		

The general pattern of work remains the same as in recent years, with the emphasis on the nursing care of the elderly in their own homes.

The full establishment of the service remains unchanged, a Superintendent, Assistant Superintendent and nine nursing sisters. The Home is recognised by the Queen's Institute of District Nursing as a training school and two pupils were certificated during the year.

Rather more domiciliary midwifery was undertaken in 1960 by the Home Nursing Service than last year. Sixty-three cases were attended, and 467 ante-natal and 951 intra—and post-natal visits were paid.

## VACCINATION and IMMUNISATION

**Smallpox.**—A total of 790 smallpox vaccinations was recorded in 1960, of which 563 were primary and 227 were re-vaccinations. Practically all the primary vaccinations were in infants, whereas the re-vaccinations, with a very few exceptions, were in adults going abroad. The infant vaccination rate works out at about 70 per cent., which is rather less than in the previous year. General practitioners carried out 69 per cent. of the primary and 93 per cent. of the re-vaccinations. The remainder were done at the local authority clinics.

**Diphtheria.**—In 1960, 682 children, 610 under school age and 72 at school, received a full course of diphtheria prophylactic injections and a further 358 had a boosting dose at the commencement of school life. As in the case of smallpox vaccination, approximately 70 per cent. of infants were immunised, but in this instance the proportion was increased to at least 85 per cent. by the end of the first year at school. For pre-school children the prophylactic of choice was the triple vaccine (diphtheria, whooping-cough and tetanus antigens), for school children diphtheria prophylactic alone (F.T. for primary immunisation, T.A.F. for the maintenance doses), and towards the end of the year "half-volume" vaccine was being used. General practitioners performed 384 (56 per cent.) of the primary immunisations and 36 (10 per cent.) of the boosting injections. The remainder were done, in clinics and in schools in about equal proportions, by our own medical staff.

**Whooping-Cough.**—Only two children were immunised with plain pertussis vaccine. In all other instances of whooping-cough immunisation a combined vaccine was used, and almost entirely triple vaccine, as mentioned above. Boosting injections of the whooping-cough fraction were not normally employed or recommended. In all, 565 children were immunised during the year, all but four under five years of age, and 33 had boosting injections. A considerable epidemic of whooping-cough occurred in the town during the year, but the illness was predominantly extremely mild, and this I feel can be attributed largely to the high degree of infant protection which amounts, as with diphtheria, to about 70 per cent immunised.

**Poliomyelitis.**—During 1960, 1,746 persons completed a course of two injections of polio vaccine. Of these, 669 were under 16 years of age, 600 between 16 and 25, 412 between 26 and 40 and 65 older persons. Third, boosting injections were given to 3,119 persons. This means that, since the beginning

of the programme in 1956 to the end of 1960, 11,326 persons had received three injections of polio vaccine. The proportion of children immunised in the first two years of life was about 65 per cent.

Monthly evening polio vaccination clinics for persons over 15 years of age were continued during the year and were reasonably well attended. In addition, visits were paid to schools — although most school children had already been dealt with in previous years—and to commercial and industrial concerns.

General practitioners undertook a greater amount of polio vaccination in 1960, than formerly.

Expectant mothers are included in the above figures. A large proportion attend the Thornyflat Clinic which is held in the Miller Road Clinic. All are offered polio vaccination and most of those who have not already had it, accept.

The immunisation programme now adopted by this department, when practicable, is as follows:—

<b>Age</b>	<b>Prophylactic</b>
2 months.	Smallpox vaccination.
3 months.	First Triple Vaccine.
4 months.	Second Triple Vaccine.
5 months.	Third Triple Vaccine.
6 months.	First Polio Vaccine.
7 months.	Second Polio Vaccine.
14 months.	Third Polio Vaccine.
5 years.	Booster dose of diphtheria or combined diphtheria-tetanus prophylactic.

Consideration is being given to the best method of supplying to the individual readily available evidence of immunisation. This is particularly important with tetanus toxoid where it is very desirable that hospital doctors should know in accident cases whether or not it has been given. Tattooing methods are being tried out by some authorities.

Since November, 1960, separate, disposable syringes and needles have been used for all immunisation injections to obviate any possibility of transmission of infection from one recipient to another.



Free milk was supplied to 31 patients for a period following their return from hospital, the cost being £180.

Ten families were given corporation houses on account of tuberculosis, corresponding to 2.7 per cent. of all houses available for allocation by the local authority.

**B.C.G. Vaccination.**—B.C.G. vaccination of 13-year-old school children was carried out for the tenth year in succession, and parental consent was received for no fewer than 88.5 per cent. of pupils in this group. Some of the private schools in the town have now asked to be included in the scheme.

The children dealt with in the Autumn of 1960 were those born in 1947. In all, 762 — 367 boys and 395 girls — were tuberculin tested by the Heaf multiple-puncture method. A total of 694 (i.e. 91 per cent.) — 334 boys and 360 girls — gave negative results and all but two of these were given B.C.G. Retesting three months after vaccination was omitted on this occasion except in one school in which the numbers were sufficient to provide a reliable sample. On this occasion, Ayr Academy was chosen and of 185 children vaccinated 3 had not converted to positive after three months. These were re-vaccinated, since two had no visible B.C.G. lesions and the other only a minimal one. In other two instances no result was obtained owing to absence from school.

Also, at Ayr Academy, 90 pupils, tested two years after B.C.G. vaccination, still gave positive results while of 91 tested after three years only 2 had reverted to negative.

The above-mentioned B.C.G. programme was carried through by our own medical officers. Other groups of persons were dealt with by the Chest Physician, Dr J. W. N. Duerden, at the Heathfield Hospital Chest Clinic. These included contacts, hospital nurses and wardmaids, of whom 92 were tuberculin tested and 57 found negative. A total of 91 received B.C.G. Vaccine.

Practically all the children — 669 — in the first infant classes of the Ayr schools were tuberculin tested with the consent of their parents. Excluding 49 who had already had B.C.G., only 5 positives were encountered. One of these was regarded as an active case of tuberculosis, two have been kept under observation, while no evidence of disease was found in the other two.

The Motherwell Mass Radiography Unit paid a visit to the town in October, 1960, covering nearly two weeks. In the Burgh itself, 2,539 persons were x-rayed. There were no public sessions, the programme being confined to industrial, commercial, central and local authority staffs, including 433 Ayrshire teachers and 289 other County Council employees. Of this number, only 88 were referred for large films. No active cases of tuberculosis were discovered, but eight were put under further observation. Sixteen significant non-tuberculous abnormalities were found.

Dr Duerden, the Area Chest Physician, has been of the greatest assistance to us in this work and I think it may be said that the hospital and local authority services have functioned as one unit.

## TUBERCULOSIS—STATISTICAL RETURNS, 1960.

### PART I—RESPIRATORY TUBERCULOSIS

#### II.—Number of cases confirmed to be suffering from active respiratory tuberculosis during the year.

	Under 1 yr.	1-4	5-14	15-24	25-34	35-44	45-54	55-64	65 & over	Total
Males ...	—	—	1	—	3	1	4	—	—	9
Females	—	—	1	—	1	1	1	1	—	5
Total ...	—	—	2	—	4	2	5	1	—	14

#### III.—Number of new cases in Table II admitted to Hospital for tuberculosis treatment for the first time during the year.

	Under 15 years	15 and under 45	45 and over	Total
Males ...	—	4	4	8
Females	1	2	2	5
Total ...	1	6	6	13

**IV.—Number of patients admitted to, discharged from or dying in Tuberculosis Hospitals, Sanatoria or Wards in other Hospitals reserved for the treatment of the tuberculous.**

	<i>In hospital on January 1</i>	<i>Admitted during year</i>	<i>Discharged during year</i>	<i>Died in hospital</i>	<i>In hospital on December 31</i>
<b>Under 15 years—</b>					
Male ...	—	—	—	—	—
Female ...	—	1	—	—	1
<b>15-44 years—</b>					
Male ...	2	10	9	—	3
Female ...	1	1	1	—	1
<b>45 years and over—</b>					
Male ...	3	8	6	2	3
Female ...	1	2	1	—	2
Total ...	7	22	17	2	10

**V.—Number of patients dying from respiratory tuberculosis in Hospital accommodation other than that reserved for tuberculous patients.**

Number of patients ... .. Nil

**VI.—Number of Respiratory Tuberculosis patients on Waiting List for Admission to Hospital at 31st December, 1960.**

Number of patients on Waiting List ... .. Nil

**PART II—NON-RESPIRATORY TUBERCULOSIS**

**VII.—Number of cases formally notified or regarded as notified as suffering from non-respiratory tuberculosis during the year.**

	Under 1 yr.	1-4	5-14	15-24	25-34	35-44	45-54	55-64	65 & over	Total
Males ...	—	—	—	1	—	2	3	—	—	6
Females ...	—	—	—	1	—	1	—	—	—	2
Total ...	—	—	—	2	—	3	3	—	—	8



**VIII.—Number of cases confirmed to be suffering from active non-respiratory tuberculosis during the year.**

	Under 1 yr.	1-4	5-14	15-24	25-34	35-44	45-54	55-64	65 & over	Total
<b>Abdominal:</b>										
Males	—	—	—	—	—	—	—	—	—	—
Females	—	—	—	—	—	—	—	—	—	—
<b>Meningeal:</b>										
Males	—	—	—	—	—	1	—	—	—	1
Females	—	—	—	—	—	—	—	—	—	—
<b>Miliary Tuberculosis:</b>										
Males	—	—	—	—	—	—	—	—	—	—
Females	—	—	—	—	—	—	—	—	—	—
<b>Bones and Joints:</b>										
Males	—	—	—	1	—	—	—	—	—	1
Females	—	—	—	—	—	—	—	—	—	—
<b>Superficial Glands:</b>										
Males	—	—	—	—	—	—	—	—	—	—
Females	—	—	—	—	—	—	—	—	—	—
<b>Genito-urinary Organs:</b>										
Males	—	—	—	—	—	1	2	—	—	3
Females	—	—	—	1	—	1	—	—	—	2
<b>Other Organs:</b>										
Males	—	—	—	—	—	—	—	—	—	—
Females	—	—	—	—	—	—	—	—	—	—
Total	—	—	—	2	—	3	2	—	—	7

**PART III—ANALYSIS OF TUBERCULOSIS DEATHS**

**IX.—Number of persons who died from tuberculosis in the area during the year with the period elapsing between notification or intimation and death.**

Number of persons who died from tuberculosis of whom—	Respiratory		Non-Respiratory	
	M.	F.	M.	F.
Not notified or notified only at or after death	—	—	—	—
Notified less than 1 month before death...	—	—	1	—
Notified from 1 to 3 months before death ...	—	—	—	—
Notified from 3 to 6 months before death ...	—	—	—	—
Notified from 6 to 12 months before death ...	—	—	—	—
Notified from 1 to 2 years before death ...	—	—	—	—
Notified over 2 years before death ...	1	1	—	—
Total ...	1	1	1	—

## PART IV.—THE TUBERCULOSIS REGISTER

### X.—Return of number of persons resident in the area at 31st December, 1960, who were known to be suffering from tuberculosis.

	Under 1 yr.	1-4	5-14	15-24	25-34	35-44	45-54	55-64	65 & over	Total
<b>Respiratory</b>										
Males	—	—	14	13	61	41	39	22	4	194
Females	—	—	10	43	87	48	13	9	4	214
<b>Non-Respiratory</b>										
Males	—	—	1	6	3	3	2	—	—	15
Females	—	—	—	3	2	8	1	1	—	15

### B.C.G. VACCINATION, 1960

#### B.C.G. Vaccinations Performed

	Tuberculin Tested		Negative Re-actors		Vaccinated during 1960	
	M.	F.	M.	F.	M.	F.
(1) Nurses ... ..	—	43	—	8	—	4
(2) Medical Students ... ..	—	—	—	—	—	—
(3) Contacts ... ..	28	21	28	21	49	38
(4) Special Groups not included in (1) to (3) above:—						
(a) School leavers ... ..	367	395	334	360	334	358
(b) New born babies ... ..	—	—	—	—	—	—
(c) Students ... ..	—	—	—	—	—	—
(5) Others ... ..	1	7	1	6	1	9

### PREVENTION, CARE and AFTER CARE

#### PART II.—Consultative Clinic for Old People.

The fifth year of the clinic has borne out the need for such a clinic in the burgh, although chiropody at modified rates continues to be the thing which attracts the elderly to the clinic. However, the provision of chiropody has transformed many of the old folk from semi-ambulant to fully mobile members of the community and the resultant change of outlook in itself justifies the clinic.

Patients are all referred to the clinic by their own doctors, and a health visitor visits them at home to explain the working of the clinic and to arrange an appointment.

Each person attending the clinic is given a thorough medical examination by a Medical Officer of the department and a medico-social questionnaire is completed. A consultative clinic is also held from time to time when a consultant

physician provided by the Regional Hospital Board is in attendance to review the cases and to discuss such treatment as may be considered necessary. Any treatment suggested is communicated by the consultant to the doctors concerned. Regular follow-up visits are carried out by the health visitors.

During the year 31 ordinary and 11 consultant clinics were held at Miller Road and a total of 78 new cases was seen. This number shows an increase again over the previous year. The normal roll of the clinic for the year was as follows:—

Number on list at 31st December, 1959	...	281	
Number of new cases in 1960	...	78	
			359
Deaths occurring during the year	...	17	
Removals from list	...	7	
			24
			<hr/>
Number on list at 31st December, 1960	...	...	335
			<hr/>

Of the 17 who died during the year 4 were males and 13 females. Of the males, 3 had been on the list since the first year of the clinic and one from 1959. Of the females, 7 were on the list from the first year, 3 from the second, 2 from the third and one from the fourth.

### Causes of Death

	Male	Female
Cerebral thrombosis	—	5
Cerebral haemorrhage	—	1
Myocardial degeneration	2	4
Broncho-pneumonia	—	1
Cancer (a) Prostate	1	—
(b) Bowel	—	1
Drowning	1	—
Hypostatic pneumonia	—	1
	<hr/>	<hr/>
	4	13
	<hr/>	<hr/>

### Sexes

Of the 78 new cases, 64 were female and 14 male.

### Ages

The ages ranged from 58-88 years (males — 59 to 83 years and females — 58 to 88 years), with the following age group distribution:—

	Male	Female	Total
Under 60 years	1	2	3
60 - 64 years	—	19	19
65 - 69 years	3	18	21
70 - 74 years	6	11	17
75 - 79 years	1	10	11
80 - 84 years	3	3	6
85 years and over	—	1	1
	<hr/>	<hr/>	<hr/>
	14	64	78
	<hr/>	<hr/>	<hr/>

## Marital State

						<i>Twice</i>	<i>Twice</i>	<i>Married</i>	<i>Divorced</i>
		<i>Married</i>	<i>Wid'd</i>	<i>Single</i>	<i>Wid'd</i>	<i>Remarried</i>	<i>Separated</i>		<i>Remarried</i>
Male ... ..	8	4	1	—	—	—	—	1	
Female ... ..	21	33	7	1	1	1	—		
Total ... ..	29	37	8	1	1	1	1		

## Working State

Of the 14 men 13 had retired from full-time employment and one was unemployed on account of chronic ill-health. Only one was working at present, on a part-time basis. Of the 64 women 36 had never been gainfully employed — 35 were housewives and one single person had been kept at home; 4 were still in full-time employment, 3 in part-time employment and 21 had retired from work.

In 13 of the cases no significant abnormality was detected; in 24 cases the condition observed was found to be under treatment by the practitioner concerned and in 22 cases abnormalities previously undiagnosed were found as follows:—

Atherosclerosis ... ..	6
Hypertension ... ..	4
Diabetic retinopathy ... ..	3
Myocarditis ... ..	1
Hypothyroidism ... ..	1
Pernicious anaemia ... ..	1
Osteo-arthritis ... ..	1
Angina pectoris ... ..	1
Hypochromic anaemia ... ..	1
Elephantiasis ... ..	1
Dislocated intervertebral disc ... ..	1
Indigestion ... ..	1

Chiropody was arranged for seventy-five cases.

One case was admitted to hospital immediately — a case of pernicious anaemia — and rapid improvement occurred with treatment.

The Burgh Welfare Department, the National Assistance Board, the Home Nursing Service, the local Old People's Welfare Association and the W.V.S. (S.A.M.) were approached for help in cases where it was thought necessary and in all cases this was willingly given.

## PREVENTION, CARE and AFTER CARE

### PART III.—Equipment Loan Service

This is run from the headquarters of the Home Nursing Service. The following articles were loaned to patients during the year:—

Dunlopillo mattresses ...	1	Rubber sheets ... ..	96
Bedsteads ... ..	0	Air rings ... ..	69
Invalid chairs ... ..	21	Urinals ... ..	46
Commodos ... ..	27	Bed cradles ... ..	15
Bedpans ... ..	104	Bed rests ... ..	30

### DOMESTIC HELPS

The establishment of domestic helps at the end of 1960 was still twenty, three employed full-time and 17 on a half-day basis.

The following table gives details of the services provided during the year:—

	Whole Day	Half Day	By the Hour	Total
<b>(a) Maternity Cases</b>				
Number of cases ... ..	5	9	3	17
Hours of service ... ..	428	343	28	799
<b>(b) Other Cases</b>				
Number of cases ... ..	11	49	85	145
Hours of service ... ..	3,944	9,741	7,369	21,054
<b>(c) Number of cases in (b) provided for on account of chronic illness, age and infirmity ... ..</b>	5	16	40	61

The health visitor who gives a proportion of her time to superintending the service made 813 visits in that connection during the year.

The home help service in Ayr remains a modest one costing about £5,000 per annum, less about one-fifth recovered by way of fees. It is very much appreciated by the recipients, many of whom are old age pensioners. There is no doubt that, in conjunction with the Home Nursing Service, it enables many patients to be cared for at home who would otherwise become the responsibility of the hospital authorities. We have a fine body of women in this service and they deserve much credit for work carried out often under considerable difficulties.

## MENTAL HEALTH

During 1960, Mr W. B. Law, the Authorised Officer, had to deal with 49 patients, 22 males and 27 females, believed to be of unsound mind. Forty-four were certified and admitted to hospital — 42 to Ailsa Hospital, Ayr, one to the Crichton Royal, Dumfries, and one to Woodilee Hospital, Lenzie. Four entered Ailsa Hospital as voluntary patients and in one instance no action was taken. Most of these patients were old people in the wards of general hospitals, and it is pleasant to be able to say that now these elderly persons, under the new Mental Health Act provisions, are for the most part being admitted informally to mental wards without the stigma of certification. It should be remembered, moreover, that the cases which pass through the hands of the Authorised Officer constitutes only a small fraction of the total mentally-ill persons who go into hospital voluntarily for treatment. The Psychiatric Clinics held at Heathfield Hospital Out-Patient Department and by the County Child Psychiatrist have been a great boon to Ayr doctors and their patients.

Twenty cases of mental defect were dealt with, thirteen males and seven females. Three were admitted informally to institutions and three were put on the waiting list for admission. The other 14 were cases where the defective was already in an institution and involved reporting on the need for further detention.

A start has been made with what should grow into a proper Senior Occupational Centre in the town. The County Council opened a once-weekly centre during the year in a hall in Ayr and several young persons belonging to the burgh are already attending.

The Ayr After Care Committee appears to have lapsed in the meantime and there seems to be some doubt as to whether it can be revived.

## SCHOOL MEDICAL SERVICES

The Burgh Health Department staff, medical, nursing and clerical, carry out School Medical Service duties in the Ayr Schools on behalf of the County Council.

The Report of the County Medical Officer takes in all this work and the following is just a brief summary of the work done by us in the school session 1959-60:—

Number of Children Examined	
Routine examination ... ..	2,371
Special examination ... ..	144
Vision test at 7 years of age ... ..	634
	———— 3,149

Number found defective ... ..	810
Number "followed up" by Health Visitors at home ... ..	10
Number found to be receiving attention at "follow up" visit...	7

### School Clinic

#### Daily Treatment Sessions

Number of children treated ... ..	594
Number of treatments ... ..	2,091

### Whitletts School

Number of treatments ... ..	39
Number of Pre-School Children seen by Oculist ... ..	55
Number prescribed glasses ... ..	16

Vision testing of all children entering the first infant class, using the E-board, was continued during the year. The results were as follows:—

	Normal Vision	Defects up to 6/12 in one eye or both	Defects of 6/18 and over in one eye or both	Strabismus
Boys ... ..	356	19	11	4
Girls ... ..	298	20	12	4

The Health Visitors in Ayr combine the duties of school nurse, each having allotted to her one or more schools. They visit their schools frequently to see children referred by the teachers and, where necessary, to conduct cleanliness examinations, and they accompany the medical officers on school duties when called upon.

The School Clinic, which is run by the Health Visitors in rota, still plays an important part in the educational system in the treatment of minor ailments, the aim being to reduce to a minimum any interference by necessary medical treatment with the child's schooling.

In addition to routine and non-routine medical examinations in school, the medical officers are called upon to perform a number of other duties in connection with the service. Educationally handicapped children are seen and recommendation made as to their disposal. Each year, all Ayr school children going to the Broomlea Residential School at West Linton — 267 in 1960 — are examined and children going on

certain continental holidays are given T.A.B. inoculations. Twenty were so treated in 1960. In addition, all persons from the burgh joining the school meals service undergo a medical examination.

The large attendance of parents with their children at the medical inspections is most gratifying, and continues to improve year by year. Moreover, the opening of further new schools with proper medical rooms has made the work of nurses and doctors more satisfying and the conditions for parents and children more reasonable. We feel that the school medical service is still supplying a valuable service to the community which would not otherwise be given.

### **NURSING HOMES and AGENCIES**

There were no changes in the register of nursing homes and agencies during 1960. There were two nursing homes which provided between them 13 general medical and 2 maternity beds. One nursing home had a nursing agency running in conjunction.

### **WELFARE and ALLIED SERVICES**

Although the Health and Welfare Departments are separate there is close co-operation between them and with the Children's Department. This is particularly important in dealing with the problems of old people and with family breakdown.

The Ayr Old Folks' Welfare Committee have helped us in connection with our Consultative Clinic for Old People and have done much valuable work in visiting the elderly and organising "meals on wheels."

The Part III. residential accommodation provided at the Ayr Welfare Home has been made comfortable and attractive



by modern standards and the Old People's Home at South Lodge has proved a great boon to the community.

Shortage of hospital accommodation for the elderly and chronic sick continues to worry the local authority. The hospital authorities have undoubtedly increased the number of beds available, but the demand always exceeds the supply.

The two registered private homes for the elderly are very well run and used to capacity.

No new provision for the care and welfare of spastics or epileptics was made during the year.

Both the Ayrshire Family Planning Association and the Ayrshire Marriage Guidance Council continued each week to use clinic accommodation at Miller Road, this being provided by the Town Council free of charge.

## HOUSING

There was again an increase in the number of new scheme houses made ready for occupancy in 1960. The Town Council provided 212 and the Scottish Special Housing Association 82. In addition, 74 vacancies occurred in existing Corporation houses, making available 368 houses for allocation compared with 308 in 1959. A further 130 houses were provided by private enterprise.

Ten tuberculous households were included in the 1960 allocation and 21 families were re-housed for other medical reasons on the recommendation of the medical officer of health. All applications for transfer on medical grounds were referred to and reported on by the medical officer.

Along with the sanitary inspector we represented 77 houses as unfit for human habitation, and demolition or closing orders were imposed whenever alternative accommodation became available.

## MILK SUPPLY

There are now only two registered dairy farms within the burgh boundaries, both producing Tuberculin Tested milk. The milk herds number 26 and 24 respectively. Production methods are good and bacteriological standards very satisfactory.

Fifteen regular retailers of milk were licensed during the year, 5 of whom had their dairy premises outside the town, retailing from vans in the burgh. All were licensed to sell Certified or T.T. milk, 10 to sell Pasteurised and 4 T.T. (Pasteurised) milk. In addition, 57 shops, all of which had provided satisfactory refrigerated storage, were licensed to sell designated milk. The number of milk vending machines in the town increased to 18, compared with 10 in the previous year.

Two firms continue to operate H.T.S.T. pasteurising plants in the burgh and pasteurised milk from two outside firms is also sold in the town. The first-mentioned two plants are well run and kept under frequent supervision by the Ayr Burgh Sanitary Department. Departures from standard are few. The Sanitary Inspector in his Annual Report has referred to the installation by one firm of a storage tank for the reception of bulk milk, carried by road tanker from the supplying farms. This is a big advance and is likely to become more a common practice in future.

The pasteurised milk supplied under contract to schools in the burgh has, except on one occasion, been well up to standard.

Full details of the work of supervising the production and distribution of milk in the burgh will be found in the Annual Report of the Sanitary Inspector, Mr John C. Hamilton. He and his staff also operate a laboratory where 2,092 samples of milk in the course of distribution were tested during the year, in connection with the Scottish Milk Testing Scheme.

## ICE CREAM

At the end of the year, 24 persons in the town were licensed to manufacture ice-cream, while a further 18 were registered only to sell ice-cream. In addition, 25 vehicles of approved type were registered for the sale of ice-cream.

The standard of ice-cream production in Ayr remains high. While the sanitary inspectors keep a watchful eye on premises and methods, they have the best of co-operation from the trade.

## FOOD SUPPLY

During the year, the Sanitary Inspector and his staff have given a great deal of attention to the application of the Food Hygiene Regulations. In general, the proprietors of food-shops, hotels, boarding houses and restaurants have given a large measure of co-operation but, as the Sanitary Inspector draws attention to in his Report, there are obvious weaknesses in the Regulations themselves. In particular, the absence of any system of registration for boarding-houses is a serious omission for a holiday resort like Ayr.

In 1960, the Sanitary Inspector submitted 25 formal samples of a variety of foodstuffs to the Public Analyst which in every case proved to be genuine. In addition, 2,071 informal samples were obtained for testing in the department laboratory, 14 of these being meat pies for the Food Standards Committee and the remainder milk and ice-cream. Only three milk samples and one ice-cream failed.

Nearly two tons of unsound food, mainly tinned, were seized by the Sanitary Inspector and destroyed.

Mr William Manson, Superintendent and Chief Detention Officer, has supplied the following figures concerning the animals dealt with at the Burgh Slaughterhouse and at Mitchell's Bacon Factory in Garden Street by himself and Mr Alexander J. Aitken, the part-time veterinary surgeon and meat inspector.

During 1960, 71,479 animals were slaughtered, comprising 6,463 bullocks, 538 bulls, 2,164 cows and 972 heifers, a total of 10,137 cattle; also 34,841 sheep, 1,250 calves, 25,251 pigs (including 20,747 at Mitchell's Bacon Factory). The total is 10 per cent less than last year, the reduction being in pigs and sheep.

The following table shows the number of carcasses condemned, distinguishing between tuberculous and non-tuberculous causes and between total and partial condemnations.

**Tuberculous**

	Oxen	Bulls	Cows	Heifers	Calves	Sheep	Pigs	Total
Total ... ..	1	-	-	-	-	-	-	1
Partial ... ..	-	-	-	-	-	-	-	-

**Non-Tuberculous**

	Oxen	Bulls	Cows	Heifers	Calves	Sheep	Pigs	Total
Total ... ..	-	-	25	3	75	57	25	185
Partial ... ..	4	-	13	1	2	11	5	36

Tuberculosis as a cause of carcase condemnation is now a negligible factor, although 348 out of 9,062 organs seized, excluding those from carcasses totally condemned, were on account of tuberculosis.

During the year, 16 carcasses were found to be affected with cysticercus bovis. These were detained in cold storage for a minimum period of 21 days before being released for human consumption.

The construction of a new slaughterhouse on the northern outskirts of the town has now been agreed to in principle and preliminary plans are being prepared.

## PORT HEALTH ADMINISTRATION

Twenty-two Maritime Declarations of Health were received from the masters of ships arriving direct from foreign ports. None of these latter were infected ports and no crew examinations were required. Foreign shipping was mainly in connection with the local fertiliser factory, the cargoes consisting of phosphates and potash from North Africa and the Baltic with some timber from the Scandinavian countries. The main activity of the port was concerned with coastal vessels, with coal exports — sadly reduced owing to N.C.B. policy — and fish landings. In the latter connection, one must commend the erection, by the British Transport Commission, of a new modern fish market on the South Quay.

Fifteen Deratting Exemption Certificates were issued during the year.

## GENERAL SANITARY CIRCUMSTANCES

Complaints continue to be received with considerable regularity regarding the working of two of the town's main industries. In the case of the Stamping Works the complaint is mainly of noise and vibration from the giant steam hammers, which operate day and night. It does not appear that the new ante-noise legislation will do anything to solve this problem. The other perennial grouse comes from the north-east sector of the town which is affected from time to time by fumes and powdery deposit from the fertiliser works, according to the wind direction. The operators of the plant have gone to much expense to remedy the nuisance, but something still remains to be done.

The Sanitary Inspector has been vigorously campaigning in connection with the requirements of the Clean Air Act. Measures meantime are directed at industrial air pollution and no move has yet been made to deal with the problem of domestic smoke.

### WATER SUPPLY

There is nothing fresh to report here. The duplicate pipeline from Lochs Recawr and Finlas is not yet in operation, and the older spring supply is still being drawn upon to supplement the main upland sources. The water is of excellent quality.

### FACTORIES ACT

At the end of 1960, there were 304 factories on the department's register. The sanitary inspectors made 304 inspections during the year and gave written notices, calling for the remedy of defects, in 18 instances. Want of cleanliness and insufficient or unsuitable sanitary conveniences were the faults concerned. No prosecutions were instituted. No "out-workers" were registered in the burgh during the year.

## HEALTH EDUCATION

Members of the medical and nursing staffs again gave numerous talks and lectures to social organisations in the town on a variety of health topics. This is probably the most effective method of formal health education for the adult population, but the everyday informal instruction given by health visitors and home nurses in the course of their visits to home and school is of greater significance.

Full use is made of material supplied by the Scottish Council for Health Education and the Royal Society for the Prevention of Accidents.

Percentage	1957-58	1958-59
12.2	12.2	12.2
4.7	4.7	4.7
10.3	10.3	10.3
12.2	12.2	12.2
4.2	4.2	4.2
2.4	2.4	2.4
18.1	18.1	18.1
2.4	2.4	2.4
8.1	8.1	8.1
4.0	4.0	4.0

The percentage costs of these services in Ayr in 1959-60 are compared with those published by the Department of Health for Scotland as a whole for 1958-59. The table shows that in Ayr the relative expenditure on the Care of Mothers and Young Children and on Antenatal Midwifery is low while that on Home Nursing is high. In other respects the figures correspond fairly closely.

## RESEARCH

Ayr Burgh continues to act as control area for the Kilmarnock fluoridation experiment and in May and June the random sample of some 1,000 Ayr children was inspected by the two dentists from Edinburgh University who have carried out this work from the beginning of the survey.

### Relative Cost of Services Provided by the Local Authority under the National Health Service (Scotland) Act, 1947

Scotland 1958-59 Percentage	Ayr 1960-61 Percentage
26.2	12.2
8.5	4.7
8.4	10.5
17.5	36.3
7.6	
	4.5
	2.4
17.7	16.1
7.6	7.4
6.5	5.9

The percentage costs of these services in Ayr in 1960 — 61 are compared with those published by the Department of Health for Scotland as a whole, for 1958-59. The table shows that in Ayr the relative expenditure on the Care of Mothers and Young Children and on Domiciliary Midwifery is low while that on Home Nursing is high. In other respects the figures correspond fairly closely.





Return of Causes of Death of Reside

CAUSE OF DEATH	All Ages		Under 4 weeks		4 wks. to 11 mths.		1-4		M
	M.	F.	M.	F.	M.	F.	M.	F.	
Tuberculosis of respiratory system .. ..	1	1	..	..	..	..	..	..	..
Tuberculosis, other forms .. .. .	1	..	..	..	..	..	..	..	..
Syphilis and its sequelae .. .. .	..	..	..	..	..	..	..	..	..
Dysentery, all forms .. .. .	..	..	..	..	..	..	..	..	..
Whooping Cough .. .. .	..	..	..	..	..	..	..	..	..
Meningococcal infections .. .. .	..	..	..	..	..	..	..	..	..
Acute poliomyelitis .. .. .	..	..	..	..	..	..	..	..	..
Measles .. .. .	..	..	..	..	..	..	..	..	..
Other infective and parasitic diseases .. ..	..	..	..	..	..	..	..	..	..
Malignant neoplasms of respiratory system..	22	4	..	..	..	..	..	..	..
Malignant neoplasms of lymphatic and haematopoietic tissues .. .. .	4	..	..	..	..	..	..	..	..
Other malignant neoplasms .. .. .	29	43	..	..	..	..	..	..	..
Benign and unspecified neoplasms .. .. .	1	..	..	..	..	..	..	..	..
Diabetes mellitus .. .. .	..	3	..	..	..	..	..	..	..
Anaemias .. .. .	1	1	..	..	..	..	..	..	..
Other general diseases .. .. .	..	1	..	..	..	..	..	..	..
Vascular lesions affecting central nervous system .. .. .	36	60	..	..	..	..	..	..	..
Non-meningococcal meningitis .. .. .	..	..	..	..	..	..	..	..	..
Other diseases of nervous system .. .. .	1	3	..	..	..	..	..	1	..
Rheumatic fever .. .. .	..	..	..	..	..	..	..	..	..
Chronic rheumatic heart disease .. .. .	3	2	..	..	..	..	..	..	..
Arteriosclerotic and degenerative heart disease	97	108	..	..	..	..	..	..	..
Other diseases of heart .. .. .	4	7	..	..	..	..	..	..	..
Hypertensive heart disease .. .. .	5	7	..	..	..	..	..	..	..
Other hypertensive disease .. .. .	3	2	..	..	..	..	..	..	..
Other circulatory disease .. .. .	9	8	..	..	..	..	..	..	..
Influenza .. .. .	..	..	..	..	..	..	..	..	..
Pneumonia (except of newborn) .. .. .	8	7	..	..	3	1	..	..	..
Bronchitis .. .. .	17	5	..	..	..	..	..	..	..
Other respiratory diseases .. .. .	4	2	..	..	..	..	..	..	..
Ulcer of stomach and duodenum .. .. .	3	..	..	..	..	..	..	..	..
Appendicitis .. .. .	..	1	..	..	..	..	..	..	..
Intestinal obstruction and hernia.. .. .	1	2	..	..	..	..	..	..	..
Gastritis and duodenitis.. .. .	..	..	..	..	..	..	..	..	..
Diarrhoea (except of newborn) .. .. .	..	3	..	..	..	2	..	..	..
Cirrhosis of liver .. .. .	2	2	..	..	..	..	..	..	..
Other diseases of liver .. .. .	..	2	..	..	..	..	..	..	..
Other digestive diseases .. .. .	..	1	..	..	..	..	..	..	..
Nephritis and nephrosis .. .. .	2	2	..	..	..	..	..	..	..
Hyperplasia of prostate .. .. .	2	..	..	..	..	..	..	..	..
Other diseases of genito-urinary system ..	2	..	..	..	..	..	..	..	..
Puerperal sepsis including abortion with sepsis	..	..	..	..	..	..	..	..	..
Other puerperal causes .. .. .	..	..	..	..	..	..	..	..	..
Diseases of skin and organs of locomotion ..	..	..	..	..	..	..	..	..	..
Congenital malformations .. .. .	2	3	1	1	..	1	..	1	..
Birth injuries, post-natal asphyxia and atelectasis .. .. .	7	1	7	1	..	..	..	..	..
Pneumonia of newborn .. .. .	1	..	1	..	..	..	..	..	..
Diarrhoea of newborn .. .. .	..	..	..	..	..	..	..	..	..
Other infections of the newborn .. .. .	..	..	..	..	..	..	..	..	..
Other diseases peculiar to early infancy and immaturity unqualified .. .. .	3	2	3	2	..	..	..	..	..
Senility without mention of psychosis.. ..	1	2	..	..	..	..	..	..	..
Ill-defined and unknown causes .. .. .	..	..	..	..	..	..	..	..	..
Suicide and self-inflicted injury .. .. .	1	1	..	..	..	..	..	..	..
Motor vehicle accidents .. .. .	6	..	..	..	..	..	..	..	..
Other road vehicle accidents .. .. .	..	..	..	..	..	..	..	..	..
Accidents in the home .. .. .	5	5	1	..	1	1	..	..	..
Other violence .. .. .	7	..	..	..	..	..	..	..	..
<b>All causes</b> .. .. .	<b>291</b>	<b>291</b>	<b>13</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>..</b>	<b>2</b>	<b>..</b>
<b>Both Sexes</b> .. .. .	<b>582</b>	<b>..</b>	<b>17</b>	<b>..</b>	<b>9</b>	<b>..</b>	<b>..</b>	<b>2</b>	<b>..</b>









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