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#### **Contributors**

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To the Department of Health for Scotland,

and the County Council of the County of Caithness.

Ladies and Gentlemen,

I have the honour to submit my Annual Report as Medical Officer of Health for the County of Caithness for the year ending 31st December, 1951.

The most noticeable feature has been the marked drop in the number of notifications of new cases of pulmonary tuberculosis and of deaths from pulmonary tuberculosis. In 1950, 18 cases were notified and there were 11 deaths; in 1951, 10 cases were notified and there were 4 deaths. It is pleasing to observe that, for the fourth year in succession, there were no notifications of diphtheria. The Infantile Mortality Rate rose slightly to 36 per 1000 live births but this is still below the Rate for Scotland as a whole. Apart from heart disease and diseases of the arterial system, cancer continues to be the main cause of death.

During the year, a survey was made of the living conditions of a large number of old people living in the County. The results were published in a "Health Bulletin" issued by the Chief Medical Officer of Health of the Department of Health for Scotland, and one of the more surprising discoveries was the large number of old people who had not consulted their doctor for over six months. A disturbing finding was that one in every eleven was thought to need domestic help at home. The geographical and financial problems of this finding give much food for thought.

I would again like to express my thanks to Caithness County Council and the Officials of the Northern Regional Hospital Board (Scotland) for their continued help. To all members of the Public Health Department, and to my staff, I am again indebted for their loyalty and support.

I am, Ladies and Gentlemen,

Your obedient Servant.

Medical Officer of Health.

Art. This boutsey

Public Health Department, Bridge Street, WICK.

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#### COUNTY OF CAITHNESS

# REPORT BY THE MEDICAL OFFICER OF HEALTH FOR THE YEAR 1951

#### VITAL STATISTICS

#### POPULATION: -

The Estimated Population for 1951, according to figures supplied by the Registrar General, was as follows.-

Burgh of	f Caithness - Landward Area	. 7,191
		22,801

The number of Births, Marriages and Deaths registered in the County, and in each of the Burghs, with corrected figures, is as follows.-

	County.	Wick.	Thurso.	Totals.
Total Births Registered (including				
Illegitimate)	171	202	14	387
Total Births - Corrected	213	138	65	416
" " Males	98	67	34	199
" " Females	115	71	31	217
" " " Illegitimate	11	2	4	17
Still Births Registered (including				
Illagitimate)	3	6	-	9
Still Births - Corrected	5	6	-	11
Marriages Registered	39	75	36	150
Deaths Registered	224	78	38	340
" Corrected	207	106	49	362
" " Males	104	55	19	178
" Females	103	51	30	184

#### BIRTH AND DEATH RATES:-

Population estimated to middle of 1951	22,801
Birth Rate (Corrected)(per 1000 Estimated Population)	
Illegitimate Rate per 100 Births	4.1
Still Birth Rate per 1000 Births	26.0
Death Rate (Corrected)(per 1000 Estimated Population)	15.9
Death Rate (Adjusted for age and sex distribution)(per 1000	
Estimated Population)	11.9

#### BIRTHS: -

The Number of Births registered during the past ten years is shown in the following Table.-

......(goilation) The Mumber of Births registered during the past ten years is shown in the following Tables-\mosi\_ property of the state of the st The Later Contract Land Illegistante Rate por 100 Births...... Estimated Population) ..... (notining of Satemital The Mumber of Births registered during the post ten years is shown in THE PERSON AND PROPERTY OF THE PERSON OF PARTY OF PERSONS ASSESSED. ..... Con the contract for the contract the Halegation to Rate per 100 Births ...... Still Hitth Rate pop 1900, Births ..... Sitzis ..... Leads wate (adjusted for age and sex distribution)(per 1000 golundicotateor of Birthe registered during

Year.	Number of Births.	Rate per 1000 Estimated Population.
1942	549	21.1
1943	515	19.9
1944	475	18.9
1945	381	15.5
1946	505	21.3
1947	528	22.3
1948	461	19.5
1949	439	18.8
1950	429	18.8
1951	416	18.2

Of the total live Births, 17 were Illegitimate, equal to a Rate of 4.1 per 100 Births. This is a decrease of 4.3 per 100 Births below last year, and the Rate is lower than that for Scotland as a whole.

#### STILL BIRTHS:-

There were 11 Still Births, giving a Rate of 26 per 1000 total Births, including Still Births, as compared with 8 in 1950, giving a Rate of 18 per 1000 total Births.

#### INFANTILE MORTALITY:-

The number of Deaths of children under one year of age was 15, as compared with 13 in 1950. The Mortality Rate for the County was 36 per 1000 live Births, as compared with 30 for the previous year. This is a slight rise upon last year's figure, but still compares favourably with most other areas in Scotland.

The following Table gives the causes of death .-

	Under 1 Wk.	1-4 Wks.	4 Wks.	-	6-12 Mths.	Total
Bronchitis Pneumonia. Intestinal Obstruction. Congenital Malformations. Pneumonia of Newborn. Other diseases peculiar to early Infancy. Causes ill-defined and unknown. Other violence.		1	1	1	1	1 1 1 2 1 6 2
	7	3	3	1	1	15

MARRIAGES: -/

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#### MARRIAGES: -

The Marriages numbered 150, equivalent to a Rate of 6.6 per 1000 Estimated Population. The figure last year was 159, giving a Rate of 7.0 per 1000 Estimated Population. The Marriage Rate is the lowest recorded since 1944.

#### DEATHS: -

Deaths from all causes, and corrected for transfers, numbered 362, of which 178 were males and 184 females, giving a Corrected and Adjusted Rate of 11.9 per 1000 Estimated Population. The figure for 1950 was 11.1.

The longevity of the people of the County is even more emphasised this year. Last year people of 65 years and over accounted for 67.7% of all deaths - this year the percentage is 73.7; those of 75 and over last year accounted for 42.5% of all deaths - this year the figure is 50.7%; and, while those of 85 and over provided 13.3% of all deaths last year, this year the figure is 14.9%.

#### AGES AT DEATH: -

	Landward Area.	Wick Burgh.	Thurso Burgh.
Under 1 year. 1 - 5 years. 5 - 10 "	5 - 1	7 - 2	3
10 - 15 " 15 - 25 " 25 - 35 " 35 - 45 "	6 - 9	3 2	1 1 1
45 - 55 "	12 14 48	8 13 23	1 5 13
75 - 85 "	76 36 —	35 12	18 6
	207	106	49

. Under 1 years

CAUSES OF DEATH:-			
	Landward	Wick	Thurso
	Area.	Burgh.	Burgh.
Tuberculosis of respiratory system	4	1	-
Tuberculosis, other forms	i	1	-
Syphilis and its sequelae	1	1	-
Other infectious and parasitic diseases	1	-	-
Malignant neoplasms	21	18	7
Benign and unspecified neoplasms	_	-	1
Diabetes mellitus	1	_	-
Anaemias	1	-	-
Other general diseases	2 -	1	-
Vascular lesions affecting central nervous			
system	22	8	5
Other diseases of nervous system	2	-	1
Chronic rheumatic heart disease	-	2	-
Arteriosclerotic and degenerative heart			
disease	81	26	15
Other diseases of heart	2	1	1
Hypertension with heart disease	1	-	-
Other circulatory disease	10	2	4 2
Influenza	6	3	2
Pneumonia	4	-	1
Bronchitis	1	4	1
Other respiratory diseases	1	-	2
Ulcer of stomach and duodenum	1	1	-
Appendicitis	1	-	-
Intestinal obstruction and hernia	-	1	-
Gastritis and duodenitis	1	-	-
Diarrhoea (except of newborn)		2	-
Cirrhosis of liver	1	-	-
Other diseases of liver	1	2	1
Other digestive diseases	1	-	1
Nephritis and nephrosis	6	2	-
Hyperplasia of prostate	1	-	1
Other diseases of genito-urinary system	1	1	1
Congenital Malformations	1	1	
Pneumonia of newborn	- z	2	-
Other diseases peculiar to early infancy	3 11	75	2
Senility Cause ill-defined and unknown		3	2 2
Motor vehicle accidents	8	15 3 2	2
Other violence	7	6	1
ONDE ATOTOMOOFFILLING			-
	-	-	-
All Causes	207	106	49
			_

#### MATERNAL MORTALITY:-

There were no maternal deaths in the County during the year.

#### CARE OF MOTHERS AND YOUNG CHILDREN: -

#### (a) Ante-natal and Post-natal Clinics .-

Ante-natal and post-natal work is carried out at one of the Clinics in the County and, in addition, each month the services of a visiting Consultant Gynaecologist and Obstetrician are available at/

at Wick and Thurso for patients referred by their own doctors. The number attending at the Clinic for examination was .-Number attending..... 23 Number of attendances..... 81 (b) Child Welfare Clinics .-The Child Welfare Clinics in the County at Wick and Thurso continue to be well attended and the number attending and the attendances made were .-Under 1 year. 1-5 years. Number attending..... 89 210 Number of attendances..... 3731 2498 .(c) Dental Care .-There is only one Dental Officer employed by Caithness County Council and his services are fully utilised in school dental work. It has not yet been found possible to provide treatment for expectant and nursing mothers and for preschool children. During the year the Dental Officer attended a postgraduate course in Orthodontics. (d) Mother and Baby Homes .-(e) Day Nurseries .-None. (f) Residential Nurseries and Children's Homes provided as part of the Authority's arrangements under Section 22 of the National Health Service (Scotland) Act, 1947 .-None. (g) Nurseries and Child Minders Regulation Act, 1948 .-None. MIDWIFERY: -(i) The total number of births occurring in the area during the year was .-Live Births..... 385 Still Births..... 9 394 (ii) Total number of births occurring in institutions...... 274 (iii) Total number of births occurring at home............... 120 (iv) Number of births occurring at home classified to show nature of attendance at birth .- /

Number of attendances 83	
The Child Welfere Chinics in the County at Wick and Thurse continue to be well attended and the number attending and the referrance made were.	
Number attending 220 80 80 insher of attendances 3731 2498	
There is only one Dental Officer employed by Calthons lounty Council and his selvices are fully utilized in school lental work. It has not yet been found possible to provide breatment for expectant and mursing mothers and for pro-school children.	
During the year the Dentel Officer ettended a post-	
dother and Baby Homes Home.	
Dey Hursertes,- None,	
Residential Murertes and Children's House provided as part of the Authority's arrangements under species 22 of the intiomal Health Service (Rootland) Act, 1962	
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Numerica and Child Mindors Regulation Act, 1943	
The total number of births occurring in the area during the	
Elivo Hirthm 385	
Total number of birties occurring in institutions 274	
Total number of births occurring at bons 12	(111)
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(iv) Number of births cocurring at home classified to show nature of attendance at birth.-

	Miswives employed by Authority (including those engaged on a fee-per-case basis).	Private practising Midwives.
Cases dealt with under Section 22(2) of the National Health Service (Scotland) Act, 1947.		
Doctor engaged and present at confinement	61	-
Doctor engaged and not present at confinement	56	-
Midwife alone (no doctor engaged)	-	-
Other Domiciliary Cases		
Doctor and midwife engaged		3
Midwife alone (no doctor engaged)	-	-
Without doctor or midwife	-	-
	117	3
m		

The tendency for confinements to take place in institutions continues to increase. In 1949, 60 per cent of all births occurring in the area took place in institutions; in 1950, the figure was 66 per cent. This year the figure has risen to 69.5 per cent.

(v) Medical Aid under Section 22(1) of the Midwives (Scotland) Act, 1915 .-

Number of cases in which medical aid was summoned during the year by a midwife.-

- (a) For Domiciliary Cases .-
  - (i) Where the medical practitioners had arranged to provide maternity medical services under the National Health Service.....

(ii) Others..... 0

- (b) For cases in Institutions..... 0
- (vi) Administration of Analgesia .-
  - (a) Number of midwives in practice in the area qualified to administer analgesics in accordance with the requirements of the Central Midwives Board for Scotland. +
    - (i) Domiciliary...... 11

(c)	Number of sets of apparatus for the administration of analgesics in use at 31st December, 1951, by domiciliary midwives employed by the Authority	10
(d)	Number of sets on order at 31st December, 1951	0
(e)	Number of cases in which analgesics were administered by midwives in domiciliary practice during the year	50
(f)	Number of cars in use by midwives at 31st December, 1951	13

#### HEALTH VISITING:-

The District Nurses in the County carry out Health Visiting work and during the year the following visits were made. -

	First Visits.	Total Visits.
Expectant Mothers	77	580
Children under 1 year of age	431	4644
Children 1-5 years	161	5639
Tuberculosis Cases	18	580
Other cases	-	-

#### HOME NURSING: -

Home Nursing is carried out by the District Nurses and the following is a note of the number of cases and the number of visits paid during the year.-

Number	of	cases attended2,211	
Number	of	visits paid by nurses43,475	;

#### DOMESTIC HELP SCHEME: -

- (i) Number of Home Helps employed during the year .-
- (ii) Number of cases for which Helps were provided during the year..... 39
- (iii) Average period of assistance...... 8 weeks 17 hours.

Since the introduction of Domestic Helps in the County, increasing use has been made of the Service by general practitioners, especially in cases of aged sick who cannot be admitted immediately to beds reserved for such cases in Forse House.

#### VACCINATION AND IMMUNISATION: -

A Pamphlet prepared by the Medical Officer of Health, indicating the desirability of infant vaccination and urging that the operation be carried out before the child reaches the age of six months, is handed to every person registering a birth, by the Registrar of Births and Deaths.

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(8) Hamber of sets on order at Het Coomber, 15th ......

(a) Number of cases in Wilds and gration were actinized to the personal for all district in dealerstay procure during the personal

(f) Musher of ours in use by midstyes at Nat December, 1991 13

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#### PROTESTION AND TRUMPSCHOOL

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It is pleasant to record that the Scheme for Immunisation against Diphtheria continues to function satisfactorily. Although there was only a slight decrease in the number of pre-school and school children who were fully immunised, the number of vaccinations carried out during the year declined, the figures for 1951 being.-

#### Primary Vaccinations .-

Typical vaccinia greatest at 7th-10th day  Accelerated (Vaccinoid) Reaction 5th-7th day  Reaction greatest at 2nd-3rd day  No local Reaction	2
Re-Vaccination	
Typical vaccinia greatest at 7th-10th day	2

The following are the numbers immunised during the year .-

	Number of children who completed full course.	Number of Maintenance Inoculations.
Pre-school children	372 64	148 421
	436	569

#### PREVENTION OF ILLNESS, CARE AND AFTER-CARE:-

#### TUBERCULOSIS. -

The attendances at the Clinics established at Wick and Thurso have increased during the year. General practitioners continue to make increasing use of the Clinics for cases requiring investigation. Shortage of hospital beds necessitated the retention at home of quite a number of cases requiring hospitalisation, with resultant danger to their families.

#### Extra Nourishment supplied during the year .-

Number	of	patients to	whom milk	was	granted	20
Number	of	order forms	issued			94

In all notified cases of tuberculosis - pulmonary and non-pulmonary - routine investigation is made of the milk supply with a view to ascertaining the possibility of the milk being a source of infection. On these investigations, the services of the Veterinary Inspectors of the Ministry of Agriculture were readily available.

The following Tables show the number of cases notified in the County (including the Burghs) in 1951, the number in which diagnosis was confirmed, the number in Institutions, the number in the area known to be suffering from tuberculosis as at 31st December, 1951, and the number of deaths during the year.

#### I. RETURN OF CASES OF TUBERCULOSIS NOTIFIED DURING THE YEAR .- /

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#### Friency Veccinetions .-

#### Re-Vaccina Vacc.

#### The following are the mebers immuted during the year .-

	Pre-entrol children
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#### I. RETURN OF CASES OF TUBERCULOSIS NOTIFIED DURING THE YEAR .-

	Under		20.25	35.05	25-35	75 15	15 65	65.	D-4-3
	5.	2-10	10-15	15-25	25-55	35-45	45-05	05+.	Total ,
Respiratory	-	-	1	-	1	3	-	-	4
Females	-	-	-	4	1	1	-	-	6
Total Non-Respiratory		-		4	2	4	-	1	
Males	-	-	1	1	2	1	-	1	6
Females	-	-	-	2	-	-	-	-	2 8
Total	-	-	1	3	2	1	-	1	8
Respiratory and Non-Respiratory									
Males	-	-	1	1	3	4	-	1	10
Females	-	-	-	6	1	1	-	-	8
Total	-	-	1	7	4	5	-	1	18

### II. RETURN OF CASES NOTIFIED DURING THE YEAR IN WHICH DIAGNOSIS HAS PEEN CONFIRMED. -

	Under 5.		<b>.</b> 10 <b>-</b> 15	15-25	25-35	35-45	45-65	.65+.	Total
Respiratory Males Females Total.		1	111	- 4 4	1 1 2	3 1 4	111	1 1 1	4 6 10
Non-Respiratory Males. Females. Total.			1 - 1	1 2 3	2 - 2	1 - 1		1 -	6 2 8
Respiratory and Non-Respiratory Males Females	-		1 -	1 6	3	4	-	1 -	10 8
Total	-	-	1	7	4	5	-	1	18

## III. RETURN SHEWING THE NUMBER OF CASES WITH THEIR HOME RESIDENCE IN THE AREA WHO RECEIVED TREATMENT IN SANATORIA OR OTHER INSTITUTIONS DURING THE YEAR.

		In Institus. on 1/1/51.	Admitted 1951.	Discharg- ed 1951.	Died in Institns.	In Institus. 31/12/51.
Respiratory Adults Children	(Males (Females (Males (Females.	11 7 -	7 8 -	10 6 -		8 9 -
Non-Respira	tory					
Adults	(Males (Females	2 -	3 3	3 2	1 -	1 1
Children	(Males (Females	1	1 -	1 -	-	-
	Total	20	22	22	1	19

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IV. RETURN OF NUMBER OF PERSONS RESIDENT IN THE AREA AT 31ST DECEMBER, 1951, WHO WERE FOUND TO BE SUFFERING FROM TUBERCULOSIS.-

	Under 5.	5 <b>-</b> 10	10-15	15 <b>-</b> 25	25 <b>-</b> 35	35-45	45 <b>-</b> 65	65+.	Total
Respiratory  1. Sputum or other M. material examined	-	-	-	2	8	6	-	-	16
and tubercle bacilli F. found.	-	-	-	6	5	4	-	-	15
2. Sputum or other M. material examined	-	-	-	1	-	1	-	-	2
and tubercle bacilli F. never found.	-	-	-	2	-	-	-	-	2
3. Sputum or other M. material not examined.F.	-	-	1 -	2 2	3 -	4	2 -	1 -	13 2
Total	1	-	1	15	16	15	2	1	50
Non-Respiratory									
Abdominal	-	-	3 2	1	-	1	-	-	5 4
Spine	-	1 -	-	-	=	3	-	-	1
Bones & Joints M. (Exclusive of spine) F.	-	1 -	-	3 -	-	1 -	1 -	-	6
Superficial Glands M. F.	1 -	1	=	3	-	1 -	-	1 -	6 2
Lupus M. F.	-	-	-	-	-	-	-	-	-
Other parts or organs.M. F.	-	-	-	1 -	1	2 -	2	-	3
Total	1	3	5	9	2	9	3	1	33
Respiratory and Non- Respiratory Total	1	3	6	24	18	24	5	2	83

V. RETURN OF NUMBER OF PERSONS WHO DIED FROM TUBERCULOSIS IN THE AREA DUTING THE YEAR WITH PARTICULARS AS TO PERIOD ELAPSING BETWEEN NOTIFICATION AND DEATH AND BETWEEN DISCHARGE FROM AN INSTITUTION AND DEATH.-/

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V. PETURN OF NUMBER OF PERSONS WHO DIED FROM TUBERCULOSIS IN THE AREA DURING THE YEAR WITH PARTICULARS AS TO PERIOD ELAPSING BETWEEN NOTIFICATION AND DEATH AND BETWEEN DISCHARGE FROM AN INSTITUTION AND DEATH.

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#### CONTROL OF INFECTIOUS DISEASE: -

There were 148 notifications of Infectious Disease received during the year, this being an increase of 69 over the previous year. This increase is almost wholly due to the fact that whooping-cough is now notifiable.

The cases notified were .-

Erysipelas. Acute Influenzal Pneumonia. Acute Primary Pneumonia. Anterior Poliomyelitis. Scarlet Fever. Whooping-Cough. Continued Fever. Cerebro-spinal Fever. Malaria.	5 24 1 19 93 1

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#### Scarlet Fever .-

The number of cases notified decreased from 31 in 1950 to 19 in 1951.

#### Anterior Poliomyelitis .-

One case was notified during the year. There was only a slight degree of paralysis and recovery was complete.

#### Puerperal Pyrexia .-

No case was notified during the year.

#### MENTAL HEALTH SERVICE: -

No outstanding problems have occurred during the year, but the need for an institution in the North for mental defectives is still felt keenly. There is still no visiting Psychiatrist and all cases requiring consultation have to make the long journey to Inverness to be seen.

#### PORT HEALTH ADMINISTRATION: -

In terms of the Port Sanitary Regulations (Scotland) 1933, 26 Declarations of Health were received from the Officers of H.M. Customs at Wick and Thurso.

#### FOOD SUPPLY: -

A more detailed account of the work of the County Public Health Department in this field will be found in the County Sanitary Inspector's Report. No incidents have occurred in connection with milk, ice cream, meat or other food supplies.

#### NATIONAL ASSISTANCE ACT, 1948 .-

Throughout the year efforts were again continued to raise the standard of Forse House, Latheron, and further additions were made to improve the comfort of patients and staff. Demand for accommodation in the Home has continued to be heavy, more especially for cases of chronic sick. I feel there is no doubt that the demand for accommodation will continue to increase in view of the ageing population and the natural longevity of people in Caithness. The opening of the Church of Scotland Eventide Home at Achvarasdal has not, so far, noticeably relieved the demand for accommodation in Forse House.

#### NURSING HOMES REGISTRATION (SCOTLAND) ACT .-

There are no Nursing Homes in the County.

#### HEALTH EDUCATION: -

Full use was taken of leaflets and pamphlets from various organisations and these have been distributed to Maternity and Child Welfare Clinics and schools.

#### GENERAL SANITATION: -

No problems of any magnitude occurred in the County during the year. The water supplies to some districts continued to be inadequate during spells of dry weather, but no acute shortages were reported.



