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COUNTY OF KINCARDINE.

ANNUAL REPORT

*upon the Health and Sanitary Condition
of the County and Police Burghs for
1923*

by

WM. A. MACNAUGHTON, M.A., M.D., D.P.H.,

MEDICAL OFFICER OF HEALTH.



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CONFIDENTIAL

ANNUAL REPORT

Department of the Interior
Bureau of Land Management

U.S. GOVERNMENT PRINTING OFFICE: 1964

*To the Scottish Board of Health
and to the
Kincardineshire County Council and Local Authorities.*

MY LORDS AND GENTLEMEN,

I beg to submit herewith my Annual Report for 1923 on the Health and Sanitary administration of the County of Kincardine, its Districts and Burghs.

I am,

MY LORDS AND GENTLEMEN,

Your obedient servant,

W. A. MACNAUGHTON.

PUBLIC HEALTH OFFICE,

COUNTY BUILDINGS,

STONEHAVEN, 21st March, 1924.

THE HISTORY OF THE

REIGN OF

CHARLES THE FIRST

BY

JOHN BURNET

OF THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

VOLUME I

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REPORT.

Population.

The population of the County (Landward) as estimated by the Registrar-General at the middle of 1923 was 21,005. That of the various districts is as follows:—

District.	Census 1921.	Estimated 1923.
Upper Deeside ...	3,289	3,263
Lower Deeside ...	3,838	3,758
Stonehaven ...	4,614	4,549
Laurencekirk ...	4,918	4,885
St. Cyrus ...	4,647	4,550
County ...	21,306	21,005

Births.

The number of births registered in the five landward Districts was 468 (224 males and 244 females) as compared with 484 in 1922 and 462 in 1921. This gives a birth-rate of 22.2 per 1,000 as compared with 22.8 for all Scotland.

The illegitimate births numbered 61, or 13 per cent. of the whole.

The births and birth-rates within the five Districts were as follows:—

District.	Total Births.		Illegitimate Births.	
	Number.	Rate per 1,000.	Number.	Percentage of Total Births.
Upper Deeside ...	64	19.6	14	21.9
Lower Deeside ..	83	22.1	10	12.0
Stonehaven ...	108	23.7	12	11.1
Laurencekirk ...	119	24.4	13	10.9
St. Cyrus ...	94	20.7	12	12.8
County Landward ...	468	22.2	61	13

In the County Districts of Scotland, taken collectively, the birth-rate of the year was 21.9 per 1,000, and the percentage of illegitimate births was 8.1.

Notification of Births Act.

Under this Act all births require to be notified to the Medical Officer of Health within 36 hours of their occurrence. As will be seen from the figures quoted below the proportion of intimations thus received varies very much in the separate Districts. An arrangement has been made with the Registrars to send monthly returns of all the births within their Districts.

District.	Births Notified.	Births Registered.
Upper Deeside ...	26	64
Lower Deeside ...	21	83
Stonehaven ...	23	108
Laurencekirk ...	67	119
St. Cyrus ..	79	94
Total ...	216	468

It is important that the requirements of the Act should be more widely known.

General Mortality.

The number of deaths, corrected for transfers, allocated to the County during 1923 was 234 (118 males and 116 females) as against 235 in 1922 and 238 in 1921, showing a marvellous correspondence between the figures for the three years. Another feature of the year's statistics is worthy of notice. The number of births is exactly twice the number of deaths.

The death-rate, according to the estimate of population supplied by the Registrar-General, was 11.1 per 1,000, as compared with the death-rate of the year within the County Districts of Scotland, which was 12 per 1,000.

The number of deaths and equivalent rates for each of the five Districts for 1923 were as follows:—

District.	Number of Deaths,	Rate per 1000.
Upper Deeside District	44	13.5
Lower Deeside do.	46	12.2
Stonehaven do.	38	8.4
Laurencekirk do.	55	11.3
St. Cyrus do.	51	11.2
County Landward ...	234	11.1

Infantile Mortality.

The deaths of children under one year of age in the County Districts during 1923 were 40 in number. This is in the proportion of 85 per thousand births as against 68 in 1922 and 82 in 1921. The infantile mortality rate for all Scotland was 79 per thousand births.

The infantile mortality rates of the five Districts for the last five years are shown in the following table:—

Year.	Upper Deeside District.	Lower Deeside District.	Stonehaven District.	Laurence-kirk District.	St. Cyrns District.	County.
1919	53	93	133	76	100	90
1920	87	47	91	75	82	77
1921	98	93	83	67	80	82
1922	53	69	54	75	81	68
1923	109	108	65	84	74	85

Infant Deaths.—The conditions included under the cause “ Diseases of Early Infancy and Malformations ” accounted for 18 deaths, or 45 per cent. of the total deaths of infants. Bronchitis, Pneumonia, and other diseases of the Respiratory System, caused 11 deaths, or 27.5 per cent. Diarrhœa and Meningitis were each the cause of 2 deaths; diphtheria of 1 death, and there were 6 deaths from other defined diseases.

Principal Epidemic Diseases.

These include Typhoid Fever, Measles, Scarlet Fever, Whooping Cough, Diphtheria, and Diarrhœa and Enteritis (under two years). The deaths from these epidemic diseases during 1922 were 5 in number; in 1922 and 1921 they were 8 and 13 respectively. Of these 5 deaths 2 were due to Diphtheria; 2 to Diarrhœa and Enteritis (under 2 years), and 1 to Whooping Cough.

Deaths from Tuberculosis.

There were 14 deaths registered as caused by Tuberculosis in 1923, being 3 fewer than in 1922. Pulmonary Tuberculosis (Phthisis) accounted for 9 deaths—7 males

and 2 females—while there were 5 deaths from non-Pulmonary Tuberculosis—1 male and 4 females.

The deaths from Tuberculosis during the past seven years were as follows:—

Tuberculosis Deaths	1917	1918	1919	1920	1921	1922	1922
Pulmonary ...	20	10	15	19	13	12	9
Non-Pulmonary	7	5	4	4	10	5	5
	—	—	—	—	—	—	—
Total ...	27	15	19	23	23	17	14

Death-Rate from Cancer. — The number of deaths ascribed to this disease during the past year was 33, whereas the average number of deaths during the preceding seven years was 24. It is obvious that the death-rate from Cancer is seriously on the increase, and the proportion of deaths from that cause appears to be higher in this County than in most other Scottish Counties. Our Cancer death-rate of 1.43 per 1,000 of population in 1922 compared with a rate of 1.25 for the whole of Scotland, and with a rate of 1.1 per 1,000 for such Counties as Aberdeen and Fife. Last year the Cancer death-rate in this County was 1.56 per 1,000, while it was 1.29 for all Scotland. It is the cause of one death in every seven in the County.

Of the 33 deaths, 15 were of males and 18 of females. In 18 cases the disease affected the stomach, liver, or intestines, in 3 cases it affected the mouth, in 3 cases the breast, and other organs in 9 cases.

The ages at death were as follows:—

25-35 years	1 death
35-45 years	1 death
45-55 years	4 deaths
55-65 years	5 deaths
65-75 years	11 deaths
75-85 years	10 deaths
85-95 years	1 death

Total ... 33

The deaths from Cancer greatly exceeded those from Tuberculosis and zymotic diseases combined.

The very grave problem of Cancer is presently receiving close study from some of the ablest scientific workers

of the day, and it is sincerely to be hoped that this concentration of effort will not be unfruitful in alleviating the ravages of such a scourge.

The following table shows the number of deaths from Cancer and Malignant Tumours within the five districts during the last seven years:—

	1917	1918	1919	1920	1921	1922	1923
Upper Deeside District	2	4	5	8	4	6	4
Lower Deeside do.	6	2	5	3	4	5	5
Stonehaven do.	3	7	6	4	3	8	7
Laurencekirk do.	5	7	5	2	3	5	9
St. Cyrus do.	7	5	10	6	4	7	8
	—	—	—	—	—	—	—
Whole County	23	25	31	23	18	31	33

Deaths from Respiratory Diseases.

There were 31 deaths from respiratory diseases registered during 1923, equivalent to a death-rate of 1.47 of the population.

Pneumonia caused 17 deaths, Bronchitis 11, and other respiratory diseases 3 deaths.

The deaths from respiratory diseases amounted to 13 per cent. of the total mortality of the County.

Of the total deaths from respiratory diseases 11 were of infants under one year of age, and 11 were of persons sixty years of age and upwards.

The classification of deaths according to **cause** in each District is shown in the following table:—

Cause of Death.	Upper Deeside.	Lower Deeside.	Stonehaven.	Laurencekirk.	St. Cyrus.	County Landward.
Whooping Cough	1	...	1
Diphtheria	1	...	1	...	2
Influenza	1	1
Other Epidemic Diseases	1	1
Tuberculosis of Respiratory System	3	2	2	1	1	9
Tuberculous Meningitis ...	1	1	1	3
Other Tuberculous Diseases...	1	...	1	2
Malignant Tumours	4	5	7	9	8	33
Rheumatic Fever	2	1	...	3
Meningitis	1	1
Apoplexy	3	4	3	4	2	16
Heart Disease	2	5	4	6	9	26
Diseases of Arteries	1	1	2
Bronchitis	2	2	1	6	...	11
Pneumonia (all forms) ...	5	1	2	5	4	17
Other Respiratory Diseases	1	...	2	3
Diarrhœa and Enteritis (under 2 years)	2	2
Appendicitis	1	1
Nephritis	2	5	2	1	...	10
Puerperal Sepsis	2	2
Diseases of Early Infancy and Malformations	2	6	3	3	4	18
Suicide	1	1	2
Other Violent Deaths ...	2	3	1	1	1	8
Other Defined Diseases ...	12	10	8	13	11	54
Causes Ill-defined or Unknown	4	1	1	6
All Causes ...	44	46	38	55	51	234

Prevalence of Infectious Diseases.

The following table shows the total number of cases notified within the landward areas of the County in 1923 in terms of the Infectious Disease (Notification) Act, 1889, the Public Health (Tuberculosis) Regulations, and the Public Health (Pneumonia, etc.) Regulations, 1919 :—

District.	Scarlet Fever.	Diphtheria.	Chicken Pox.	Erysipelas.	Puerperal Fever.	Pneumonia.	Ophthalmia Neonatorum.	Pulmonary Tuberculosis.	Non-Pulmonary Tuberculosis.	Total.	Number of Cases treated in Hospital or Sanatorium.
Upper Deeside ...	3	5	1	2	1	7	1	20	6
Lower Deeside ...	33	3	...	1	1	2	40	28
Stonehaven ...	12	1	...	1	...	1	...	6	1	22	13
Laurencekirk ...	3	14	1	3	1	3	25	15
St. Cyrus ...	16	...	1	2	1	2	...	2	1	25	13
Total ...	67	23	3	9	1	3	1	17	8	132	75

The following table shows the ages of cases of Infectious Disease notified during 1923 within the five Districts of the County :—

Disease.	At all Ages.	Under 1 year.	1—5.	5—10.	10—15.	15—25.	25—45.	45—65.	65 and upwards.	Cases removed to Hospital.	Cases treated at Home.
Scarlet Fever ...	67	..	7	28	20	5	6	1	...	51	16
Diphtheria ...	23	1	...	7	2	6	6	1	...	17	6
Chicken Pox ...	3	2	1	3
Erysipelas ...	9	1	1	..	3	2	2	..	9
Puerperal Fever ...	1	1	1
Pneumonia ...	3	1	1	...	1	...	3
Ophthalmia Neonatorum ...	1	1	1
Pulmonary Tuberculosis...	17	1	3	10	3	...	5	12
Non-Pulmonary Tuberculosis ..	8	1	1	3	2	1	...	2	6
Total ...	132	3	7	38	26	18	29	8	3	75	57

Scarlet Fever.

There were 67 cases of Scarlet Fever reported in the landward part of the County during the year as compared with 47 cases in 1922. Of these, 51 were removed to hospital—the percentage of removals being 76. There were no deaths from Scarlet Fever during the year. Of these 67 cases, 7 occurred in children under five years of age,

28 between five and ten years, 20 between ten and fifteen years, 5 between fifteen and twenty-five years, and 7 of the attacks were in persons over twenty-five years of age.

About half the cases occurred in the Lower Deeside District. The cases were distributed as follows:—

Upper Deeside District.—There were 3 cases notified in two different households. One patient was removed to hospital.

Lower Deeside District.—Thirty-three cases of Scarlet Fever were notified within this District, all but one occurring within the Portlethen area in the latter half of 1923. The first case that was notified in Portlethen District was removed to hospital on 28th August. While investigating the matter next day I ascertained that there had been in that District within the previous two months several cases where sore throats were said to have been followed by peeling of the skin, but in which no doctor had been called in. It appeared that a mild epidemic had already been brewing for some considerable time through lack of care, and it was hard to say how far it might spread. The Public School had now resumed after the summer holidays, and special attention was given to absentees. As there was evidence that infection was spread by school attendance, Portlethen Public School was closed from September 4th to 16th, and as cases recurred after the school was reopened it was considered advisable to close it again from September 25th until 15th October.

Four cases were notified in August, 19 in September, 5 in October, and 4 in November, when, to all appearance, the epidemic subsided.

These 32 cases occurred in eighteen separate households, and 24 were removed to hospital for treatment.

The disease was of a mild type, and it is fortunate that in a dairying district the consequences were not more serious. In order to prevent future outbreaks it is important that parents should look out for a rash when their children complain of sore throats, and that those engaged

in the dairy trade should take special precautions against the possible spread of infection when any worker in the dairy is affected with sore throat.

Stonehaven District.—Twelve cases were notified of whom 9 were treated in hospital. In view of 8 cases, mainly school children, occurring in two families in the Muchalls area, the Public School was closed for ten days from 19th to 30th March.

Laurencekirk District.—Three cases were notified in two separate households, all of whom were treated in hospital.

St. Cyrus District.—Sixteen cases were notified in 13 different families, of whom 13 were treated in hospital.

The cases and deaths from Scarlet Fever during the past five years in the County Landward were:—

	1919.	1920.	1921.	1922.	1923.
Cases	70	61	67	47	67
Deaths	—	5	1	2	—

Diphtheria.

Judging from the successful results which have been reported from the United States, it is practically certain that the Schick Test will come to be extensively applied in this country in order to distinguish between the persons who are susceptible to Diphtheria and those who are naturally immune to that disease. The test shows a distinct reaction in those who are susceptible to the disease in which cases toxin-antitoxin is injected, both the test and treatment being painless in childhood. The serum treatment has been administered to hundreds of thousands of children in the American cities, and the death-rate from Diphtheria has been materially reduced thereby.

Twenty-three cases of Diphtheria, mostly occurring in the late autumn, were reported in the landward area of the County during the year, as compared with 33 in 1922 and 63 in 1921. Twelve of these patients were males and 11 were females.

Of the 23 cases, 17 (being 74 per cent.) were treated in hospital. There were 2 deaths, 1 in hospital and 1 at home.

The cases were distributed as follows:—

Upper Deeside District.—There were five cases in three separate households. A labourer at the Aberdeen Water Works at Invercannie, suspected to be suffering from Diphtheria, was removed from his lodgings to the City Hospital in virtue of the statutory arrangement with the Town Council for the treatment of infectious cases arising in connection with the extension of the Aberdeen Water Works.

Lower Deeside District.—There were three cases, all treated in hospital, where one patient—a baby of six months—died.

Stonehaven District.—One case occurred at a school-house in this District, but in view of immediate action being taken for the removal of the patient to hospital, the work of the school was not interfered with.

Laurencekirk District.—Fourteen cases of Diphtheria were notified within this District in eleven separate households, and one case proved fatal. In the autumn there was an outbreak mainly connected with Luthermuir Public School. Two cases were notified from a household at Lutherbridge in August, and it was found upon inquiry that there had been previous cases of sore throat in that neighbourhood.

On September 18th I was informed of the sudden death at the Schoolhouse of a boy from whom a swab taken the day before his death had been returned as positive. The school was visited on six occasions by the School Medical Officer and myself during the next fortnight. Careful inquiry was made as to the health of the scholars, while absentees were visited and examined at their homes. Throat brushings to the number of 91 were sent to the Bacteriological Laboratory of which 8, taken from 5

separate children, were returned as positive. Five of the six scholars who developed Diphtheria were removed to the Isolation Hospital. In view of all the circumstances I advised the closure of Luthermuir Public School for a period of twenty days from October 3rd to 22nd, after which there were no further cases notified.

The cases and deaths from Diphtheria during the past five years in the County Landward were:—

	1919.	1920.	1921.	1922.	1923.
Cases	16 ...	41 ...	63 ...	33 ...	23
Deaths	— ...	3 ...	2 ...	3 ...	2

Chickenpox.

In view of the serious epidemic of Smallpox in Gloucester and cases in other parts of England, and that its spread was due in some instances to its being mistaken for Chickenpox, the Scottish Board of Health made regulations making the notification of Chickenpox compulsory from 23rd July until December 31st, 1923.

In accordance with the Board's suggestion copies of these Chickenpox regulations were sent to the various doctors practising within the County.

Notifications were received of three cases of Chickenpox, one in the Upper Deeside District and one in Laurencekirk District in the month of October, and one in St. Cyrus District in December. I visited two of these cases and was satisfied they were typical of Chickenpox.

Erysipelas.

Nine notifications were received during the year of cases of Erysipelas, 3 in Laurencekirk District, 2 in Upper Deeside and St. Cyrus Districts, and one in Laurencekirk and Stonehaven Districts.

In one instance Erysipelas was certified as a secondary cause of death.

Acute Pneumonia.

Under the Public Health (Pneumonia) Regulations, etc., 1919, three cases of Acute Pneumonia were notified during the year—two in St. Cyrus District, and one—which proved fatal—in Stonehaven District.

The Registrar-General's returns show that there were 17 deaths attributed to all forms of Pneumonia.

Measles and Whooping Cough.

There was no epidemic prevalence of these diseases during the past year. One death was attributed to Whooping Cough.

Enteric Fever.

The County was free from this disease during the year.

Ophthalmia Neonatorum.

One case only of this disease was notified in an infant five days old in the Upper Deeside District. On visiting the address given the patient had been removed to another county, the Medical Officer of which was notified.

Puerperal Fever.

One case was notified in St. Cyrus District which proved fatal.

Tuberculosis.

The administrative control of Tuberculosis within the whole County, including the burghs, is vested in the County Council.

The number and distribution of the cases of Tuberculosis notified during the year were as follows:—

Notifications in 1923.

District or Burgh.	Pulmonary Tuberculosis.	General Tuberculosis.	Surgical Tuberculosis.	Total.
Upper Deeside District	7	...	1	8
Stonehaven ..	6	...	1	7
St. Cyrus ..	2	1	...	3
Laurencekirk ..	1	...	3	4
Lower Deeside ..	1	...	2	3
	17	1	7	25
Banchory Burgh ...	4	4
Stonehaven	3	3
Bervie	3	...	4	7
Laurencekirk	1	1
Total ...	27	1	12	40

The number of cases of Pulmonary Phthisis, or Consumption, notified within the last five years was as follows:—

Year ...	1919	1920	1921	1922	1923
Cases ...	16	19	30	26	27

Of the 27 cases of Phthisis reported during the year 9 received institutional treatment at the charge of the County Council, 8 at Noranside Sanatorium, and 1 at the new Tuberculosis Pavilion at the Stonehaven Isolation Hospital. One patient was provided with a shelter for a period of two months.

In addition, there are 33 cases of Phthisis on the register that were notified in previous years.

Non-Pulmonary Tuberculosis.

Twelve such cases were notified, 4 of which were from Bervie Burgh, 3 from Laurencekirk District, and 2 from Lower Deeside.

Five of these cases received institutional treatment, 3 in the Aberdeen Royal Infirmary, 1 in Aberdeen City Hospital, and 1 in Montrose Royal Infirmary.

Twenty-one non-pulmonary cases remain on the register that were notified in previous years.

Administrative Control of Tuberculosis.

1. Bacteriological Examination of Samples of Sputum.—The ample facilities open to all medical practitioners within the County for the examination of samples of sputum for tubercle bacilli at the Aberdeen City Hospital Laboratory have been taken advantage of to a considerable extent. The results of such examinations are promptly communicated from the laboratory to the medical practitioners concerned as well as to the M.O.H.

2. Sanatorium Treatment.—In cases where the home circumstances seemed to demand it, and more especially when the disease was in the early and more hopeful stages, arrangements were made for the reception and treatment of patients at Noranside Sanatorium. Of the 8 patients from this County who received treatment there in 1923 7 are alive. Noranside is near the foot of the Grampians, and its advantages are its pure bracing air, its fine walks, the excellent dietary, nursing, and medical attendance. The institution was visited on four occasions during the year by Dr. Rannie or myself.

3. Tuberculosis Pavilion erected by the County Council for the Treatment of Advanced Cases.—The foundation was laid in January, 1923, of a Pavilion for Tuberculosis on a site immediately adjoining the Isolation Hospital at Stonehaven. It contains two small wards with three beds in each, separated by a small kitchen, and there are bath rooms and sanitary annexes both for male and female patients. In fine weather the beds can be easily wheeled out on the verandah.

By the end of July the pavilion was sufficiently furnished for the reception of the first patient.

4. Provision of Shelters.—Shelters were provided for two patients, one for the whole year, and the other for a couple of months.

5. Provision of Extra Diet in Necessitous Cases.—Twelve patients suffering from Tuberculosis, whose circumstances seemed to demand it, were supplied with extra diet in the shape of milk, eggs, meat, or butter to the value of £89 4s. 11d. during the year.

6. Domiciliary Visits.—Seventy-six visits were paid by Dr. Rannie and myself to patients suffering from the varied forms of Tuberculosis at their own homes in order to keep in touch with the individual circumstances, and in addition numerous visits were paid to such patients by the nurses employed by the local Nursing Associations and by the Health Visitors.

7. Disinfection of Rooms and of Bed and Body Clothing after Death.—A fee of one shilling is paid to registrars for sending intimation of the registration of cases of death from Tuberculosis so that instructions as regards disinfection can be given.

Hospital Accommodation.

There is accommodation at the Stonehaven Isolation Hospital for cases of Scarlet Fever, Diphtheria, Typhoid, and Tuberculosis, in separate pavilions. There is also an Observation Ward for any doubtful case.

The following table shows the admissions, discharges, and deaths in the Isolation Hospital in 1923:—

	Scarlet Fever.	Diphtheria.	Tubercul- osis.	Total.
Patients in Hospital at 1st January, 1923 ...	1	4	...	5
Patients admitted during 1923	55	20	1	76
Total	56	24	1	81
Patients discharged cured or relieved ...	51	21	1	73
Patients died in Hospital	1	...	1
Patients remaining at 31st December, 1923	5	2	...	7
Total	56	24	1	81
Admissions from Upper Deeside District ...	1	2	...	3
„ Lower Deeside District ...	25	3	...	28
„ Stonehaven District ...	9	1	...	10
„ Laurencekirk District ...	3	10	...	13
„ St. Cyrus District ...	13	13
„ Burgh of Stonehaven ...	3	2	1	6
„ „ Laurencekirk	2	...	2
„ „ Bervie ...	1	1
Total	55	20	1	76

Miss Bisset resigned the post of Matron as from 4th December last. She was succeeded in that office by Miss Janet Machardy, from Seafield Hospital, Ayr, who was selected out of a large number of applicants.

The motor ambulance has been very serviceable. There are facilities for disinfection available at the Hospital.

Bacteriological Examinations.

All the Local Authorities in the County have joined in contributing to the scheme whereby the very best facilities are available at the City Hospital Laboratory, Aberdeen, for gratuitous bacteriological examinations in suspected cases of Diphtheria, Enteric Fever, Tuberculosis, as well as other infectious diseases. Almost daily, specimens are being sent in by doctors for examination, the number submitted during the year being 432 from the various districts and burghs.

Three hundred and eighty-six of these were of swabs taken from the throats or noses of persons who were suspected to be suffering from Diphtheria. Of these 39 were found to be positive and 347 negative. Ninety per cent. of these swabs were sent from Laurencekirk Burgh or District.

There were 42 examinations of sputum for tubercle, which gave a positive result in 14 cases and a negative result in 28.

Four specimens were submitted in connection with diagnosis in the enteric group of diseases, but the results were all negative.

There were two examinations of urine for streptococci. In addition several samples of milk were examined in the laboratory for tubercle bacilli.

Venereal Diseases.

Free treatment continues to be given at the V.D. Treatment Centre, Royal Infirmary, Aberdeen, and monthly returns have been rendered to me of the various patients

treated under the scheme. Facilities are available for patients on five days of the week, and the hours of attendance were advertised several times in local newspapers.

The number of cases and separate attendances of patients last year were as follows:—

**Kincardineshire Cases treated at Royal Infirmary
Treatment Centre, 1923.**

Total Attendances	423
Total Laboratory Examinations	138
Number of New Cases	20
Number of In-patients during the year	2
Number of patients who failed to complete their course of treatment	5

The railway fares of patients attending the Treatment Centre were refunded on production of vouchers from the Director of the Clinic.

Of the twenty new cases that received treatment during the year 13 (11 males and 2 females) were cases of gonorrhœa; 3 were cases of syphilis in males; 2 were cases of mixed infection in males; and 2, in females, were conditions other than venereal.

Maternity Service and Child Welfare Scheme.

The various duties in connection with health visiting and school medical work have been carried on with much advantage during the year by Miss Farquharson and Miss Duguid. Miss Duguid's work was mainly confined to the northern half of the County including Stonehaven and Banchory Burghs, while Miss Farquharson has carried on her work in the districts and burghs to the south of Stonehaven.

The following figures show the large number of visits paid by them in the various districts and burghs during 1923:—

<i>Districts.</i>	<i>Visits.</i>	<i>Burghs.</i>	<i>Visits.</i>
Upper Deeside	226	Stonehaven	607
Lower Deeside	334	Banchory	60
Stonehaven	280	Laurencekirk	216
Laurencekirk	300	Bervie	336
St. Cyrus	512		
	1,652		1,219

Special visits in addition were paid for the following reasons :—

Ante-natal	57
Cases of Tuberculosis	16
School Children (verminous)	22
School Children (dirty heads)	27
School Children (skin troubles)	21
Ophthalmia Neonatorum	6
Dirty Houses	8
Midwives... ..	4
School Work :—	
Medical Inspections	48
Dental Inspections	20
Dental Clinics	106
Eye Clinics	4

Infant Welfare Centres.

The Infant Welfare Centres at Stonehaven and Bervie continued their meetings every fortnight except during the summer months. Very helpful voluntary assistance was given at both centres. The attendance at the Stonehaven Centre, held at the Upper Town Hall on alternate Wednesday afternoons, varies between 16 and 20 mothers and babies; while there is an average attendance of about a dozen mothers and babies at the Bervie Centre.

Dr. Rannie continued his talks to mothers at both centres as to the hygiene of childhood.

For those attending the Stonehaven Centre a picnic was arranged to Mergie on a summer afternoon, and there was an outing to Benholm Castle for the mothers and children from the Bervie Centre.

Maternity Hospital Treatment.

Intimations were received from the Aberdeen Maternity Hospital as to the admission of fifteen cases from this County for hospital treatment during the year.

Midwives (Scotland) Act, 1915.

My Annual Report as Medical Officer of the Supervising Authorities of the County Districts and Burghs for 1923 was as follows :—

Two midwives who are duly certified, intimated their intention to practise within the Laurencekirk and the St. Cyrus districts respectively. No intimations were received from the Upper and Lower Deeside or Stonehaven districts, nor from any of the burghs within the county. I am, therefore, unable to present a report upon the administration of the Act within those areas.

The names of the midwives who gave intimation were:—

IN LAURENCEKIRK DISTRICT: Anna Manning, No. 3564, The Square, Fettercairn.

IN ST. CYRUS DISTRICT: Martha McBay, No. 1738, Mid Street, Johnshaven.

As appears from the Registrars' Returns, the number of births registered in the area (including burghs) during 1923 was 631, and the number of deaths of new-born children (within ten days) was 11. The number of births attended by midwives, so far as notified to me, was 14. One death of a new-born child 22 hours after birth, occurred in the practice of the midwife in Laurencekirk district. The child was seen by a medical practitioner before death, and the cause of death was given as "pneumonia." The other ten deaths of new-born children occurred in medical practice and were distributed as follows:—

Lower Deeside District, 3; Banchory Burgh, 3;
Upper Deeside District, 2; Stonehaven Burgh, 2.

LAURENCEKIRK DISTRICT.

Total number of births during 1923	119
Total number of deaths of new-born children (within ten days) during 1923	1
Actual number of births attended by midwives during 1923					14
Actual number of deaths of new-born children (within ten days) occurring in the practice of midwives during 1923					1
Number of cases of Ophthalmia Neonatorum	None
Cases of Puerperal Sepsis	None
Cases of Still-birth	1

Two cases of emergency, in which a medical practitioner was called in under Section 22 of the Act occurred in the practice of the midwife in this district, in which Still-birth was the reason for her call in one case and "Pneumonia" was the cause assigned in the other.

ST. CYRUS DISTRICT.

Total number of births during 1923	94
Total number of deaths of new-born children (within ten days) during 1923	None
Actual number of births attended by midwives during 1923	None
Actual number of deaths of new-born children (within ten days) occurring in the practice of midwives during 1923	None
Number of cases of Ophthalmia Neonatorum	None

Cases of Puerperal Sepsis	1
(The patient being attended by a medical practitioner.)	
Cases of Still-birth	3
(Notified by medical practitioners.)	

Housing.

Little progress was made during the year in the improvement of working class dwellings. One does not go far without finding in them traces of dampness, more or less serious, of defective light and ventilation, of the want of sinks or sanitary conveniences. It is rare to find a cool place in the cottage for the storage of milk and other articles of food. So far as my observation goes the older cottages in the Mearns are not up to the standard of those in other agricultural counties in Scotland. If so, it should be an incentive to the Local Authorities to assist as far as possible all public and private efforts to provide better accommodation. The Stonehaven, Laurencekirk and Lower Deeside District Committees have resolved to offer subsidies to facilitate the erection of houses within their areas.

In the village of Cove Bay, in the Lower Deeside District, the new proprietors have begun to make some welcome improvements in the housing in that village, and they have also put into a state of habitable repair the old coastguard houses which were abandoned some years ago. They are also clearing away the ruins of some of the old houses that were an eyesore to the locality.

One could wish that the subsidies offered with a view to construction could be made more available for the repair of existing dwellings that are sadly in need of it. At no very great cost the comfort of our country cottages and cottar houses could be greatly increased, and it is the wisest policy, in my view, to concentrate attention upon the improvement of the present accommodation.

Closure of Schools.

An outbreak of Scarlet Fever necessitated the closure of Muchalls School for ten days from 19th March, and

for the same reason Portlethen School was closed for five weeks in September and October. Luthermuir School was closed for twenty days from October 3rd on account of an outbreak of Diphtheria.

Action taken under the Dairies, Cowsheds, and Milkshops Orders, the Milk and Dairies (Amendment) Act, 1922, etc.

I visited 25 dairies along with the County Sanitary Inspector. There were 422 milk cows in these dairies, and of these 391 were clean or fairly clean, while 31 were found in a really dirty condition. The larger dairy herds are usually well groomed. In every case the attention of the farmer was drawn to the importance of cleanliness in this respect.

On February 21st I received a letter from Dr. Kinloch, then Deputy Medical Officer of Health for Aberdeen, stating that a sample of milk taken on 13th December, 1922, from a churn sent by a dairy farmer in Stonehaven District to a certain dairy in Aberdeen was found, after inoculation test, to contain tubercle bacilli.

After submitting this report to the District Clerk I instructed Mr. D. Clerk, M.R.C.V.S., Stonehaven, to make a veterinary inspection of the dairy herd concerned which consisted of 14 cows. Mr. Clerk reported that one cow in the herd had a suspicious cough, and a hardening of the udder. He took a sample of milk from this cow which, by microscopical and other tests, contained tubercle bacilli. The dairy farmer admitted that the cow in question had a cough since she was taken in from the grass at the end of autumn. The cow was slaughtered and sent to Napier's Manure Works in Aberdeen. The carcase was examined there and found to be extensively diseased.

After consideration of these facts the Local Authority put the case into the hands of the Procurator Fiscal, who instituted a prosecution in terms of Section 5 of the Milk and Dairies Amendment (Scotland) Act, 1922, on the ground that the dairyman should by reasonable care have

ascertained that the cow was diseased. Evidence was led in the Sheriff Court at Stonehaven on 16th May, when the Sheriff found the charge proved, and imposed a penalty of £10. In giving his judgment the Sheriff stated that "the Act was quite clear in that it put the onus upon the seller to exercise ordinary care to make certain that he did not sell milk which would cause the spread of this disease. Ordinary care meant the exercise of common sense. The Act did not put the onus on the farmer of diagnosing whether a cow was suffering from Tuberculosis, but it certainly put the onus on the farmer of exercising ordinary care to secure expert advice whenever suspicious symptoms occurred."

On March 13th I received a letter from Dr. Kinloch stating that a sample of milk taken on 15th February from a supply sent to a dairy in Aberdeen from a farm in Lower Deeside contained tubercle bacilli. Mr. Wm. Hepburn, F.R.C.V.S., the Veterinary Inspector for the District, made an inspection of the dairy herd of 19 cows, and reported that in his opinion a cow which had been sent to the slaughter house on 22nd February, and which had a hard udder, was the source of infection.

In view of a letter received on 28th March from the Bacteriologist at the City Hospital, that a sample of milk taken by Mr. Hepburn from a cow at another dairy farm in Lower Deeside had been tested by inoculation and found "positive," I saw the farmer, and he agreed to isolate the cow in question from his dairy herd, and not to sell any more of her milk.

These circumstances show the importance of regular veterinary inspection being made of dairy cows in order that the health of the animals should be investigated, and that the milk of sickly cows, as well as of those with diseased udders, should be excluded.

In the report of the Deputy Medical Officer of Health for Aberdeen for June, 1923, there is a full report by Dr. Kinloch of his investigations respecting an outbreak of

Enteritis which occurred in the city on 6th June and the three following days. It was attributable, in his opinion, to a certain consignment of milk to an Aberdeen dairy from a farm in Lower Deeside where, upon inquiry, it was ascertained that all the children of the farmer had suffered from an acute diarrhoea within a fortnight of the time the Enteritis appeared in the city. Eleven and a half gallons of this milk had been retailed directly without pasteurisation.

Milk Examinations.—Samples submitted to laboratory tests for general bacterial counts:—

Twenty-nine samples taken from milks consigned from 18 separate dairies within the County were examined with the result that the number of bacteria per c.c. ranged from 7,000 to 2,200,000 in one exceptional instance. In the later samples taken the bacterial counts were not so large. The number of these bacteria indicates the care bestowed on the production and handling of the milk.

Offensive Trades.

An application was submitted, with relative plans, for a licence under Section 32 of the Public Health (Scotland) Act, 1897, for the establishment of the business of soap boiling in premises previously used as a brewery in Johnshaven. The application was advertised in the statutory manner, and a petition was submitted to the Local Authority from residents in the immediate vicinity of the brewery raising several objections to the granting of the licence. After full consideration of the circumstances the St. Cyrus District Committee, at a meeting held on 1st September, refused the application for licence on the ground that the situation and premises were unsuitable.

Meat Inspection.

Being designated Meat Inspector within the Upper Deeside District I paid several visits to the slaughter house near Banchory and found it carefully conducted. In the

case of one carcase of an ox the fore quarters were condemned as being affected with Tuberculosis, and the diseased portions were consigned to the manure works.

It is necessary that barrels with lids and locks should be provided at the Banchory slaughter house for the transportation of diseased meat to the manure works or otherwise.

Factory and Workshops Act.

The number of workshops, the visits paid, and the number of persons employed, were as follows:—

District.	No. on Register.	No. of Inspections.	No. of Persons Employed.
Upper Deeside	14	36	12
Lower Deeside	14	25	20
Stonehaven	26	32	30
Laurencekirk	39	55	46
St. Cyrus	33	85	66

I inspected five bakehouses and found them kept in fair order. One bakehouse was falling into disrepair.

Population and Vital Statistics.

The following is a summary of the principal statistics for the Landward County for the years 1922 and 1923:—

	1922.	1923.
Estimated population	21,670	21,005
Number of Deaths (corrected)	235	234
Death-rate per 1,000 of population	10.8	11.1
Deaths of Infants under One Year	33	40
Infantile Death-rate per 1,000 births	68	85
Number of Births registered (corrected)	484	468
Birth-rate per 1,000 of population	22.3	22.2
Number of deaths from pulmonary tuberculosis	12	9
Death-rate per 1,000 from pulmonary tuberculosis...	.55	.42
Death-rate per 1,000 from all forms of tuberculosis	.78	.66
Death-rate from the principal epidemic diseases36	.23
Deaths from Malignant Tumours	31	33

BURGH OF STONEHAVEN.

According to the Registrar-General's estimate the population of Stonehaven was 4,891 at the middle of 1923. At the Census in 1921 it stood at 4,856.

At the date of that Census the number of occupied houses within the burgh was 1,111, of which 54 were one-roomed houses, and 298 contained two rooms. Thus the percentage of the population residing in one or two-roomed houses was 22.4.

The births registered during 1923 numbered 66 (35 males and 31 females), being equivalent to the low birth-rate of 13.5 per 1,000 as compared with 14.6 in 1922. In the smaller burghs of Scotland the birth-rate of 1923 was 21.1.

The deaths—corrected for transfers—numbered 68 (40 males and 28 females), giving a death-rate for the year of 13.9 per 1,000. In the previous year the deaths were 73. In the smaller burghs, taken collectively, the death-rate for the year was 12.9 per 1,000.

The deaths of children under one year of age numbered 5 as against 9 deaths in 1922. This gives an infant mortality of 76 per thousand births as compared with 123 in 1922. In the smaller burghs the deaths under one year were in the proportion of 77 per 1,000 births in 1923.

Of the 68 deaths 10 were attributed to Bronchitis, Pneumonia, and other respiratory diseases; 7 to Cancer and malignant growths, 8 to Heart Disease, 5 to Tuberculosis, 4 to Apoplexy, 1 to Measles, 1 to Diarrhœa, 1 to Influenza, and the rest to general causes.

There were two deaths between one and five years of age, one between five and ten years, while 38 were of persons of 65 years of age and upwards.

Notification of Infectious Diseases.

Under the Infectious Disease (Notification) Act, 1889, and under the various regulations of the Scottish Board

of Health, 14 notifications were received during the year as compared with 17 in 1922 and with 33 in 1921.

These were as follows:—

Scarlet Fever, 4 cases; Diphtheria, 2 cases; Chicken-pox, 1 case; Pulmonary Tuberculosis, 3 cases; Influenzal Pneumonia, 2 cases; and Ophthalmia Neonatorum, 2 cases.

Of the four cases of Scarlet Fever three were treated in the Isolation Hospital. Two of the patients notified as suffering from Scarlet Fever—a mother and child—were visitors to the town.

The two cases of Diphtheria occurred in one family, and were successfully treated in hospital.

Of the two cases of Influenzal Pneumonia, one proved fatal.

Of the three cases of Pulmonary Tuberculosis notified one received treatment for over four months in Noranside Sanatorium at the charge of the County Council, and one was nursed for three months in the Tuberculosis Pavilion at the Isolation Hospital.

The two infants notified as suffering from Ophthalmia Neonatorum were regularly looked after by the Health Visitor. One of these patients was removed to Aberdeen where the Welfare Centre was notified, and one died at home from Marasmus.

Milk Supply.

The milk supply is sufficient in quantity. As to quality the results of analysis of twenty separate samples showed that the percentage of fat and of non-fatty solids was, in every case, above the minimum standards.

Three milk samples were sent for bacteriological examination, and the report from the laboratory shows they were free from tubercle bacilli.

Housing.

The foundations were laid in April of two new blocks of brick houses, 4 houses in all that were put up by the Town Council under the Housing Scheme. These were ready for occupation by the close of the year.

The demand for houses suitable for the working classes is still very acute.

In July the Burgh Surveyor and I certified as to a ruinous house in Wallace Wynd.

I inspected the Common Lodging House several times during the year and found the general cleanliness and ventilation of the premises were being attended to.

I visited the caravans and tents in the Public Park on several occasions. The caravans and their surroundings were usually very tidy, but the sanitation of the tents was very primitive. There is pressing need for some modern sanitary conveniences at the Park. Cannot something be done in the way of planting shrubs or trees around the Park to increase its amenity and to give shelter?

Very difficult problems arise, as they did last year, when the frailties of old age overtake persons of independent character. They are no longer fit to keep themselves or their houses clean, and yet they resent any outside interference. Such cases have arisen, and in the absence of compulsory powers it is difficult to know how to act in such painful circumstances.

Water Supply.

The conditions of the Fetteresso Water Supply has caused anxious concern. There has been incrustation within the main for years. The number of houses within that area is already increasing, and building is bound to go on in the future. The Council will be well advised to consult a competent engineer to advise them concerning a matter which is of the utmost importance to the health and comfort of the community. A recent experience indicates that a serious crisis might arise in a dry season.

Factory and Workshop Act.

I visited 21 workshops, with 69 employees, and found the premises for the most part in fair order.

The bakehouses were all inspected and found satisfactory.

I visited the private slaughter house on three occasions when I found the premises thoroughly clean.

The work of the Cleansing Department has been carried out in a very satisfactory manner.

Vital Statistics.

The following is a summary of the principal statistics for Stonehaven Burgh for the years 1922 and 1923:—

	1922.	1923.
Population	4,993	4,891
Number of deaths (corrected)	73	68
Death-rate per 1,000 of population	14.6	13.9
Deaths of infants under One Year	9	5
Infantile Death-rate per 1,000 births	123	76
Number of births registered	73	66
Birth-rate per 1,000 of population	14.6	13.5
Number of deaths from pulmonary tuberculosis ...	6	5
Death-rate per 1,000 from pulmonary tuberculosis ...	1.20	1.02
Death-rate from all tuberculosis	1.40	1.23
Death-rate from the principal epidemic diseases ...	0.20	0.41
Deaths from Malignant Tumours	3	7

BURGH OF BANCHORY.

The population of the burgh at the middle of 1923 was 1,775 according to the estimate of the Registrar-General.

At the last census there were 404 occupied houses within the burgh, with 464 separate occupiers. There were eight houses consisting of one room occupied by 11 persons, and there were 63 two-roomed houses occupied by 184 persons, so that exactly 11 per cent. of the population resided in one- and two-roomed houses.

The births registered within the burgh during the year numbered 34 (23 males and 11 females), giving a birth-rate of 19.2 per 1,000 as against 16.5 in 1922.

The number of deaths (corrected for transfers) was 24, giving a death-rate of 13.5 per 1,000, as against 13.7 in 1922. In the smaller burghs of Scotland, taken collectively, the death-rate of the year was 12.9.

Infant Mortality.—There were 4 deaths of infants under one year of age. The mortality rate was 118 per thousand births, as compared with 167 in 1922 and 53 in 1921.

Of the 24 deaths, 2 were attributed to Tuberculosis, 3 to Apoplexy, 3 to Heart Disease, 1 to Bronchitis, 1 to Cancer, and the rest to general causes.

There were no deaths from any form of zymotic disease.

Notification of Infectious Disease.

Under the Notification Act of 1889 two cases were notified during the year, one of Diphtheria and one of Erysipelas. The case of Diphtheria was nursed at home where there were ample facilities for isolation.

Under the Tuberculosis Regulations of the Board of Health four cases of Pulmonary Tuberculosis were notified. One of these patients received about four months' treatment at Noranside Sanatorium at the charge of the County Council.

Water Supply.—Coming from moorland springs far away from human habitations the water supply is not subject to any dangerous contamination. In view of incrustation within the pipes it is well that the Town Council has resolved to augment the water supply by laying down an additional five-inch main from Blackness to the lower reservoir, as I understand there were complaints of scarcity in houses at the higher levels. It is almost inevitable that the population of Banchory, with its natural attractions, will steadily increase in the future. The proposed augmentation is expected to bring in, at least, another hundred thousand gallons in the 24 hours.

The cleansing of the burgh is carried out efficiently. The fact that ashpits have now been abolished throughout the burgh must raise the standard of the public health.

Factory and Workshop Act.

There are 40 workshops on the register, and 43 visits were paid to these. I visited the two bakehouses within the burgh and found them in good order.

The slaughter house has been regularly visited by the Sanitary Inspector, and occasionally by myself, and we consider it is carefully managed.

Vital Statistics.

The following is a summary of the principal statistics for Banchory Burgh for the years 1922 and 1923:—

	1922.	1923.
Population	1,819	1,775
Number of deaths (corrected)	25	24
Death-rate per 1,000 of population	13.7	13.5
Deaths of Infants under One Year	5	4
Infantile death-rate per 1,000 births	167	118
Birth-rate per 1,000 of population	16.5	19.2
Number of deaths from pulmonary Tuberculosis	2	2
Death-rate per 1,000 from pulmonary tuberculosis	1.10	1.13
Death-rate from all tuberculosis	1.65	1.13
Death-rate from the principal epidemic diseases	1.65	0.00
Deaths from Malignant Tumours	1	1

BURGH OF LAURENCEKIRK.

According to the Registrar-General's estimate the population of Laurencekirk was 1,441 at the middle of 1923.

At the Census of 1921 it stood at 1,461 (657 males and 804 females). At the Census the number of occupied houses within the burgh was 429. There were 218 children under ten years of age.

There were registered during the year 18 births, being equivalent to a birth-rate of 12.5 per 1,000 of the population as against 13.5 in 1922.

The deaths corrected for transfers numbered 32 (16 males and 16 females), giving a death-rate of 22.2 per 1,000 as compared with 17.5 in 1922.

For the second year in succession there were no deaths under one year of age, so that the infant mortality was nil. Pneumonia, Bronchitis, and respiratory diseases caused 7 deaths. Apoplexy 3 deaths, Heart Disease 3, Cancer 2, and Tuberculosis 1 death, and the rest were due to general causes.

Notification of Infectious Diseases.

Four notifications were received during the year as against 52 in 1922, viz., Diphtheria 2 cases, Erysipelas 1 case, and general Tuberculosis 1 case.

Both cases of Diphtheria were treated until recovery at the Isolation Hospital.

In view of the former prevalence of cases of Diphtheria over 200 swabs were taken mainly from school children. Brushings from four different persons were found "positive," and these cases were kept under observation until two successive "negative" brushings were obtained. None of these carriers developed the disease themselves while they were under observation, nor, so far as I know, did they convey it to any of their associates.

The cases of Erysipelas and of Tuberculosis both proved fatal.

Factory and Workshops Act.

I visited the bakehouses and found them in fair order as regards limewashing.

Twenty-nine visits were paid by the sanitary staff to the workshops within the burgh. No contraventions were dealt with. As a rule the premises were found in good order with no overcrowding.

Milk Supply.

The samples of milk submitted to the Burgh Analyst were reported genuine. The average of fats and solids, 3.67 and 8.89, compare very favourably with the results of analysis of the samples from other areas. In addition two samples of milk taken from retailers within the burgh were submitted to the bacteriologist for inoculation tests, and these were reported to be free from tubercle.

No complaints have been received as to the purity of the water supply.

The housing conditions remain practically unchanged.

Population and Vital Statistics.

The following is a summary of the principal statistics for Laurencekirk Burgh for the years 1922 and 1923:—

	1922.	1923.
Estimated population	1,486	1,441
Number of deaths (corrected)	26	32
Death-rate per 1,000 of population	17.5	22.2
Deaths of Infants under One Year	—	—
Number of births registered	20	18
Birth-rate per 1,000 of population	13.5	12.5
Death-rate per 1,000 from all forms of tuberculosis	—	.69
Death-rate from the principal epidemic diseases67	—
Deaths from Malignant Tumours	2	2



