[Report 1955] / Medical Officer of Health, Pembrokeshire County Council.

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PEMBROKESHIRE COUNTY COUNCIL

ANNUAL REPORT

of the

County Medical Officer of Health for Pembrokeshire

1955

H. G. Walters (Publishers), Ltd., Narberth, Tenby and Whitland.

ANNUAL REPORT

of the

County

Medical Officer of Health

CONTENTS

TO THE CHAIRMAN AND MEMBERS OF THE HEALTH COMMITTEE OF THE

Pembrokeshire County Council

MR. CHAIRMAN, LADIES AND GENTLEMEN,

I have the honour to present my third annual report. Following a review of the work of the County Health Department by Medical Officers of the Welsh Board of Health and the Ministry of Education, it was decided to add another medical officer to the staff. This increase could not be implemented during the year owing to a lack of applicants. For most of the year, Dr. Speedy and I had to share the additional duties caused by the unfortunate fatal illness of Dr. Dorothy Griffiths. With the depleted medical staff, only limited progress was possible until the last quarter of the year.

Dr. Phyllis Bowen became District Medical Officer of Health for the Eastern Districts on the 1st September, 1955, and, with her experienced help, it was possible to make marked progress with the B.C.G. vaccination of thirteen-year-old children and certain tuberculin test surveys. On May 1st, 1955, Mr. Enos, the Chief Dental Officer, joined the staff and, by the end of the year, definite progress had been made, despite a serious shortage of dental surgeons, towards the re-establishment of the School Dental Service in the County. Other developments included the expansion of the tuberculosis care and after-care scheme, the appointment of a health visitor for tuberculosis duties and for the rehabilitation of problem families, the initiation of speech therapy in the County, the opening of a modern clinic at Neyland and an expansion of the home help service.

Unfortunate features of the year included a serious difficulty in recruitment of district nurses, despite the attractions of training scholarships and the provision of houses and County Council owned cars, the medical and dental staff shortage and a lack of institutional accommodation for mental defectives.

There were further meetings during the year between representatives of the County Health Committee, the Executive Council and the West Wales Hospital Management Committee for the purpose of reviewing and improving the health and hospital services in the County.

I am grateful to the Chairman and Members of the Health Committee for their support and interest. My thanks are also due to the medical, dental, nursing and clerical staffs of the department and to the staffs of other departments of the County Council. Mr. Austin, the Chief Clerk, has been of great assistance in the preparation of this report.

I am,

Ladies and Gentlemen,
Your obedient servant,

D. J. DAVIES,

County Medical Officer of Health.

COUNTY HEALTH DEPARTMENT,
HAVERFORDWEST.
22ND JULY, 1956.

COUNTY OF PEMBROKE

HEALTH COMMITTEE

(as on the 31st December, 1955)

Chairman :

County Alderman L. J. Meyler, O.B.E.

Vice-Chairman :

Councillor D. W. Evans.

County Aldermen :

B. G. Howells
James John
T. R. Joseph
S. J. Morris
H. E. G. Sackville Owen
J. O. Vaughan

County Councillors :

T. H. Allen
E. Anthony, M.B.E.
J. M. Bishop
Rev. Mathias Davies
R. J. M. Davies
T. R. Davies
J. M. James
O. G. John
W. C. John
J. W. Jones
J. A. Lewis
D. C. Llewellin
Mrs. A. Norman
J. O. Richards
Rev. John Thomas
John Walters
W. L. Williams

Co-opted Members :

Miss Nancy Thomas, Mrs. Picton Thomas.

Local Medical Committee Representatives :

Dr. J. A. K. Douglas, Dr. W. F. T. George, Dr. P. R. E. Williams.

Pembrokeshire Federation of Women's Institutes Representatives :

Mrs. W. Hawes, Mrs. C. B. James.

West Wales Hospital Management Committee Representatives :

Mrs. E. Bickerton Edwards, Rev. W. H. Williams,
County Alderman R. S. Wade.

STAFF OF COUNTY HEALTH DEPARTMENT, 1955

County Medical Officer of Health and Principal School Medical Officer :

D. J. Davies, M.B.E., B.SC., M.D., B.S., D.P.H.

District Medical Officers of Health :

(These Officers devote up to 25% of their time to County Council duties)
D. M. Griffiths, M.B., B.S., M.R.C.S., L.R.C.P., D.P.H.
(resigned 3rd March, 1955).

W. J. Y. Speedy, M.B., B.Ch., L.R.C.P. & S., L.R.F.P. & S., D.P.H.
P. E. M. Bowen, M.R.C.S., L.R.C.P., D.C.H., D.P.H.
(commenced 1st September, 1955).

Assistant County Medical Officers and School Medical Officers :

F. J. Harrison, M.B., B.C.H., B.A.O. (Full-time).
Joan Nichols, M.R.C.S., L.R.C.P., D.C.H.
(Part-time employed on occasional sessional basis).

Chief Dental Officer and Principal School Dental Officer :

I. O. Enos, L.D.S., R.C.S. (commenced 1st May, 1955)

School Dental Officer :

D. W. Harding (Part-time).

County Nursing Officer :

Miss C. Evans, S.R.N., S.C.M., Q.N. cert., H.V. cert.
(She also undertakes the duties of Superintendent Health Visitor, Chief School Nurse and Non-Medical Supervisor of Midwives).

County Orthopaedic Sister :

Miss E. J. James, S.R.N., S.C.M., H.V. cert.

County Home Help Organiser :

Miss M. R. F. Collins.

Speech Therapist :

Miss M. Thompson.

Chief Clerk :

W. J. Austin.

Other Nursing Staff (as on 31st December, 1955) :

6 Health Visitors and School Nurses ;
33 District Nurse/Midwife/Health Visitor/School Nurses ;
14 District Nurse/Midwives ;
2 District Nurses.

Home Helps (as on 31st December, 1955) :

130 Occasional Home Helps.

COUNTY COUNCIL COMMITTEES

(concerned with matters of health) :

1. Health Committee
   (a) Nursing Sub-Committee ;
   (b) General Purposes Sub-Committee ;
   (c) Ambulance Sub-Committee ;
   (d) Tuberculosis Care and After-Care Sub-Committee.
2. Public Health and Housing Committee.
3. Education Committee (responsible for School Health Service).

SECTION 1

VITAL STATISTICS FOR 1955

1. AREA :

The area of the County, including inland water is 393,003 acres.

2. POPULATION :

1911—By Census	...	...	90,014
1921—By Census	...	...	91,580
1931—By Census	...	...	86,020
1938—Estimated Mid-year		...	83,200
1945—Estimated Mid-year		...	82,690
1951—By Census	...	...	90,740
1952—Estimated Mid-year		...	91,040
1953—Estimated Mid-year		...	92,090
1954—Estimated Mid-year		...	92,750
1955—Estimated Mid-year		...	93,800

3. FINANCIAL :

The product of a penny rate in the County for the financial year 1955/56 was £2,787 10 0d.

Rateable value of the County as at 1st April, 1955, was £350,813.

4. GENERAL OBSERVATIONS :

The mortality statistics for 1955 show a number of important features. The main causes of death continued to be diseases of the heart and blood vessels, cancer and respiratory diseases, especially bronchitis. Coronary disease, otherwise called coronary thrombosis, caused fifty-one more deaths than in the previous year. The cause of this disease, which is responsible for an increasing number of deaths especially in active adult males, is still incompletely understood. Over-eating, with the resultant increase of body weight, is a possible factor in the causation.

The extensive epidemic of measles resulted in one death. There were no deaths from poliomyelitis. The number of deaths from respiratory tuberculosis were the lowest recorded since 1912—the earliest date of mortality records in the department.

Accidents continued to take a heavy toll of life. Motor accident deaths increased from six, in the previous year, to eight ; other accident deaths decreased from thirty-eight to thirty-two. The importance of preventing accidents at home, especially among the elderly and young children, is being increasingly stressed. The health visitors are undertaking much of the propaganda work. As mentioned in the previous report, the mechanisation of agriculture is causing more fatal accidents.

Only limited information is available of the incidence and nature of non-fatal illnesses among the population. The heavy demands on the general practitioners and hospital services continue unabated and are an indication of the amount of ill health which causes much unhappiness and economic loss. The tremendous costs of the nation's drug bill and of the hospital services emphasise the need for further development of the preventive services.

The birth rate continued to be higher than for England and Wales. Unfortunately the still-birth rate also remained higher than the national figure. This persistently high still-birth rate is a challenge to the health services in the County and there are signs that this challenge is being accepted.

The infant mortality rate was slightly below the rate for England and Wales. This is an encouraging fact and the low number of neonatal deaths—deaths of infants less than one month old—compensates in part for the high still-birth rate.

5. DETAILED STATISTICS:

(i) Births :

Live Births	*Male*	*Female*	*Totals*
Legitimate	772	777	1,549
Illegitimate ...	26	26	52
Totals	798	803	1,601

Still Births			
Legitimate	22	23	45
Illegitimate ...	—	2	2
Totals	22	25	47

The crude birth rate was 17.07 per thousand population. For comparison with other areas in England and Wales and the national figure of 15.0 the adjusted County birth rate was 17.75.

The still-birth rate was 28.52 per thousand still and live births as compared with a figure of 23.1 for England and Wales.

Details of the premature births are given in Section 2 of the report.

(ii) Deaths :

Infant Mortality : There were 38 deaths among infants under one year of age in the County. Twenty-three were males ; fifteen were females.

The infant mortality rate, expressed as the number of infant deaths per thousand live births, was 23.73. The rate in 1954 was 32.23, and the 1955 rate for England and Wales was 24.9.

The number of deaths in the first month of life, the neo-natal period, was 19 giving a neo-natal mortality rate of 11.87 per thousand live births.

Maternal Mortality : There was only one death. The mother died from toxaemia of pregnancy.

The maternal mortality rate per thousand live and still births was .61 compared with a rate of 1.25 in 1954. The maternal death was investigated. When a maternal death occurs, complete details are compiled and sent to the Regional Assessor—Professor G. I. Strachan, of Cardiff. He forwards the report with his comments to the Welsh Board of Health.

Mortality from Cancer : The number of deaths from Cancer was 165 compared with 207 for 1954. This was an unexpected decrease but it is very unlikely to be a permanent trend.

General Death Statistics : There were 1,167 deaths in 1955 comprising 586 males and 581 females. The crude death rate was 12.44 per thousand population ; the adjusted death rate was 12.19 compared with a national figure of 11.7.

The causes of death at different periods of life are given on the following pages.

Causes of Death at Different Periods of Life :

Causes of Death	*All Ages*	*0—*	*1—*	*5—*	*15—*	*25—*	*45—*	*65—*	*75—*
1.—Tuberculosis—Respiratory	14	—	—	—	—	3	10	—	1
2.—Tuberculosis—Other	3	—	—	1	—	1	—	1	—
3.—Syphilitic Disease	2	—	—	—	—	—	—	2	—
4.—Diphtheria	—	—	—	—	—	—	—	—	—
5.—Whooping Cough	—	—	—	—	—	—	—	—	—
6.—Meningococcal Infections	1	—	—	—	—	1	—	—	—
7.—Acute Poliomyelitis	—	—	—	—	—	—	—	—	—
8.—Measles	1	—	1	—	—	—	—	—	—
9.—Other Infective and Parasitic Diseases	2	—	—	1	—	—	1	—	—
10.—Malignant Neoplasm—Stomach ...	40	—	—	—	—	1	16	12	11
11.—Malignant Neoplasm—Lung, Bronchus	19	—	—	—	—	—	8	7	4
12.—Malignant Neoplasm—Breast	17	—	—	—	—	—	8	5	4
13.—Malignant Neoplasm—Uterus	9	—	—	—	—	1	4	2	2
14.—Other Malignant and Lymphatic Neoplasms	80	—	1	—	—	2	32	21	24
15.—Leukaemia, Aleukaemia	—	—	—	—	—	—	—	—	—
16.—Diabetes	8	—	—	—	—	—	1	2	5
17.—Vascular Lesions of Nervous System ...	177	—	—	—	—	—	31	67	79
18.—Coronary Disease—Angina	173	—	—	—	—	1	51	68	53
19.—Hypertension with Heart Disease ...	24	—	—	—	—	—	3	9	12
20.—Other Heart Disease	199	—	—	—	—	1	21	53	124

Causes of Death	*All Ages*	*0—*	*1—*	*5—*	*15—*	*25—*	*45—*	*65—*	*75—*
21.—Other Circulatory Disease	51	—	—	1	—	1	9	17	23
22.—Influenza	14	—	—	—	—	1	1	4	8
23.—Pneumonia	39	6	—	—	—	—	8	10	15
24.—Bronchitis	46	—	1	—	—	—	12	17	16
25.—Other Diseases of Respiratory System	9	—	—	—	—	—	3	3	3
26.—Ulcer of Stomach and Duodenum ...	7	—	—	—	—	1	2	1	3
27.—Gastritis, Enteritis and Diarrhoea ...	6	2	—	—	—	—	1	1	2
28.—Nephritis and Nephrosis	16	—	—	—	—	1	8	4	3
29.—Hyperplasia of Prostrate	16	—	—	—	—	—	—	2	14
30.—Pregnancy, Childbirth, Abortion ...	1	—	—	—	—	1	—	—	—
31.—Congenital Malformations	13	11	—	1	1	—	—	—	—
32.—Other Defined and Ill-defined Diseases	128	17	—	3	1	5	21	17	64
33.—Motor Vehicle Accidents	8	—	1	—	5	—	2	—	—
34.—All Other Accidents	32	2	—	1	5	5	5	4	10
35.—Suicide	12	—	—	—	—	2	6	3	1
36.—Homicide and Operations of War ...	—	—	—	—	—	—	—	—	—
All Causes	1,167	38	4	8	12	28	264	332	481

(iii) District Council, Pembroke County and National Comparative Vital Statistics (Using Appropriate Area Comparability Factors)

	Area in Acres	Estimated Mid-year Population for 1954	Live Births		Deaths		Infant Mortality		No. of Maternal Deaths and (Rate per 1,000 live and Still Births)
			No.	Adjusted Rate per 1,000 popn.	No.	Adjusted Rate per 1,000 popn.	No.	Rate per 1,000 Live Births	
URBAN									
Fishguard and Goodwick U.D.C. ...	1,841	4,860	80	17.45	83	16.39	2	25.00	—
Haverfordwest M.B. ...	1,404	7,890	160	18.85	78	9.78	1	6.25	—
Narberth U.D.C. ...	122	1,060	17	16.36	12	10.18	—	—	—
Neyland U.D.C. ...	484	2,210	39	18.35	31	12.90	1	25.64	—
Milford Haven U.D.C.	1,060	11,780	199	17.23	113	12.75	6	30.15	—
Pembroke M.B. ...	4,679	13,710	258	19.57	165	11.67	6	23.25	—
Tenby M.B. ...	1,090	4,410	69	13.69	58	10.26	1	14.49	—
Total ...	10,680	45,920	882	18.26	540	11.87	17	20.68	—
RURAL									
Cemaes R.D.C. ...	79,576	9,050	134	17.31	131	12.00	4	29.85	—
Haverfordwest R.D.C.	173,650	22,470	406	18.25	275	12.97	10	24.63	—
Narberth R.D.C. ...	80,237	9,920	131	14.92	145	12.57	2	15.27	1(6.60)
Pembroke R.D.C. ...	48,860	6,440	108	17.93	76	10.97	5	46.29	—
Total ...	382,323	47,880	779	17.41	627	12.31	21	26.96	1(1.16)
Whole County ...	393,003	93,800	1,601	17.75	1,167	12.19	38	23.73	1(0.60)
England and Wales ...				15.00		11.7	—	24.9	—(0.61)

SECTION 2

LOCAL HEALTH SERVICES PROVIDED BY THE COUNTY COUNCIL UNDER THE NATIONAL HEALTH SERVICE ACT.

1. CARE OF EXPECTANT AND NURSING MOTHERS AND CHILDREN UNDER SCHOOL AGE

Expectant and Nursing Mothers

At the time of writing, the ante-natal care arrangements in the County are under review. The standard local health authority ante-natal and post-natal clinics, staffed by a medical officer, are not provided in the County. Many general practitioners have organised clinics in their own surgeries especially in the urban areas. In the rural areas, the doctors arrange the appropriate examinations at the homes of the patients.

Dr. W. F. T. George, of Haverfordwest, holds regular weekly ante-natal sessions for abnormal cases at the County Hospital, Haverfordwest. Ante-natal clinics are provided at the maternity sections of Riverside and Priory Hospitals for mothers awaiting hospital confinements.

Routine blood tests, including haemoglobin estimations, during pregnancy are being encouraged and, in certain areas of the County, are being implemented.

Ante-natal supervision, including health education, is undertaken by district nurse-midwives at County Council clinics, at the homes of the patients and, in some districts, at the district nurses' houses.

It is hoped that closer co-operation between general practitioners, district nurses, health visitors and hospital staffs will ensure adequate ante-natal care for all mothers.

A maternity outfit is available for all home confinements. The County Council provided 672 outfits during 1955.

Child Welfare

The eight infant welfare clinics are attended by a medical officer ; at the thirteen weighing centres, children requiring medical advice are referred to the family doctor.

Developments during the year included the opening of the new Neyland Clinic in May, 1955, the modernisation of the Haverfordwest Clinic and provision of displays of health education posters in the various County Council Clinics.

In 1955, there were 7,138 and 2,668 attendances of infants and children at the child welfare and weighing centres respectively. These attendances were considerably higher than in the previous year.

Care of Premature Infants

There were ninety premature live births during the year ; twenty-seven at home and the remainder in hospital. Seven of these infants died ; one during the first twenty-four hours of life. All the deaths occurred in hospital.

Specially equipped premature cots are provided by the County Council for use when premature babies are nursed at home.

Supply of Dried Milks

Dried Milk of various brands is sold at cost price at the welfare and weighing centres in the County. The demand for these baby foods continues to increase. During 1955, 35,096 tins or packets of dried milk were sold compared with 30,539 in 1954.

Distribution of Welfare Foods

This work continued throughout the year. The recipients were expectant and nursing mothers, babies and pre-school children. The orange juice and National Dried Milk are sold at a much reduced price ; the cod liver oil and vitamin tablets are free. The demand for the latter two vitamin supplements continues to be disappointing.

Welfare foods are distributed from the houses of various voluntary workers, County Clinics, weighing centres and retail shops. The assistance of voluntary workers is invaluable in this work and their public spirit deserves full commendation. The large number of distribution points ensures a reasonable service for the public but increases the accounting difficulties.

The following statistics for the period 3rd January to the 31st December, 1955, give an indication of the extent of the distribution work in the County :

Number of Distribution Points	66	
National Dried Milk distributed	58,963	tins
Orange Juice distributed	39,612	bottles
Cod Liver Oil distributed	9,754	bottles
Vitamin Tablets distributed	3,221	packets

Dental Care

On the 1st May, 1955, Mr. Enos, the Chief Dental Officer and Principal School Dental Officer, commenced duties. Difficulty was, however, experienced in recruiting other dental officers, and, at the end of the year, the staff remained as one full-time dental officer and one part-time dental officer, who did two half-day sessions per week.

It was thus impossible to organise a maternity and child welfare clinic dental service for expectant and nursing mothers though definite progress was made towards the re-establishment of the School Dental Service. A very limited number of pre-school children did receive treatment. The statistics are as follows :—

Total number of pre-school children inspected	10
Number referred for dental treatment	10
Number actually treated	10
Number who completed course of treatment	6
Number of fillings	7
Number of teeth extracted	14

The Chief Dental Officer estimates that an additional dental officer would have to be added to the establishment to provide an adequate clinic dental service for expectant and nursing mothers and pre-school children who are likely to accept treatment.

Family Planning

The Pembrokeshire branch of the Family Planning Association holds clinics at the County Health Department, Haverfordwest, by permission of the County Council. Dr. Margaret Talbot is in medical charge of the clinics and advice on sterility and sex problems in marriage is available in addition to family planning guidance.

Care of Unmarried Mothers and their Children

The County Council makes an annual grant to the St. David's Diocesan Moral Welfare Committee whose moral welfare workers assist in the care and training of unmarried mothers. In 1955, 61 unmarried mothers were helped by such workers in the County.

By arrangement with the Carmarthenshire County Council, three beds were reserved for Pembrokeshire cases at the Council's hostel for unmarried mothers at Plasnewydd, Burry Port. During the year, 11 girls were admitted from this County. In co-operation with the Children's Department, the moral welfare workers assist in adoption arrangements when an unmarried mother wishes her child to be adopted. Towards the end of the year, the pending closure of the Plasnewydd Hostel in 1956 necessitated plans for the use of other hostels in Wales and adjacent parts of England.

There is no home or hostel for unmarried mothers in Pembrokeshire.

2. DOMICILIARY MIDWIFERY

The County Council employs 47 midwives. This is estimated to be an equivalent of 9.25 full-time midwives. Forty-four midwives have been trained to administer gas and air analgesia and are equipped with the necessary apparatus. Towards the end of the year, arrangements were made for the introduction of the use, on a limited scale, of trilene analgesia.

Co-operation between the midwives and general practitioners is being increasingly encouraged. Four midwives attended a refresher course arranged by the Royal College of Midwives during the year.

Difficulties were experienced both by the County Council and local hospitals in the recruitment of midwives.

The demand for hospital confinements continued to be heavy. During the year 54.03 per cent. of births occurred in hospital, as compared with 58.2 per cent. in 1954. The supervision of the professional standard of practising midwives is undertaken by the County Nursing Officer, who acts as the Non-Medical Supervisor of Midwives; the County Medical Officer is the Medical Supervisor.

The following statistics for 1955 are of interest:—

Number of live and still births	1,648
Number of such births in hospital	989
Number of such births at home (including transfers from other areas)	659
Number of home births attended by County Council nurses (doctor not present at birth)	448

Number of home births attended by County Council nurses (doctor present at birth)	114
Number of home births attended by private midwives	97
Number of still-births at hospitals	35
Number of still-births at home	12
Number of midwives employed by the County Council	47
Number of hospital midwives in practice on 31st December, 1955	18
Number of midwives in private practice on 31st December, 1955	4
Number of maternal deaths in hospital	1
Number of maternal deaths at home	Nil
Number of mothers who received gas and air analgesia at home	442
Number of mothers who received pethidine from nurses during confinements at home	278

Number of inspections of midwives by County Nursing Officer :—

	Routine	Special
Hospitals	11	6
County district nurse/midwives	107	83
Private midwives	4	1
Private nursing homes	2	—

3. HEALTH VISITING

The policy of the County Council is to provide full-time health visitors in the more urban areas and to arrange for district nurse/midwives to undertake health visiting in the rural areas. All the health visitors act as school nurses.

The Council continued to provide health visiting training scholarships ; three such scholarships were granted in 1955.

The health visiting staff at the end of 1955 consisted of the County Nursing Officer, who acts as Superintendent Health Visitor, six full-time health visitors and thirty-three district nurse/midwife/health visitors.

Two health visitors on the headquarters staff at Haverfordwest are employed on specialised work. One undertakes the supervision of mental defectives and certain mental after-care work in the County ; the other specialises in tuberculous health visiting, problem family rehabilitation and hospital after-care work. The appointment of the latter health visitor for problem family rehabilitation was prompted by the Welsh Board of Health Circular 27/54 (Wales) on the prevention of the break-up of families.

The following statistics of health visiting work during the year are of interest :—

Number of visits to children under one year of age ...	8,773
Number of visits to children between one and two years of age	5,199
Number of visits to children between two and five years of age	7,780

4. HOME NURSING

The County Council employed on the 31st December, 1955, the following nurses on home nursing duties:—

Home nurses/midwives/health visitors	33
Home nurses/midwives	14
Home nurses	2

Home nursing now takes up a large proportion of the nurses' time and the work continues to increase. As stated in previous reports, many chronic sick patients have to be nursed at home owing to shortage of hospital beds. An increasing number of patients are being given injections, including morphia, antibiotics and liver extracts, by the district nurses. In an appreciable proportion of cases, nurses have to make special journeys to give the injections, especially during the evening rounds. No special provision is made for the home nursing of sick children but most doctors now appreciate the need to avoid, if possible, the admission of children to hospitals.

The nurses continue to play an important part in the increasing home treatment of tuberculous patients.

The following statistics give some idea of the work done by the nurses during the year:—

Number of home nursing visits to children under 5 years of age	3,354
Number of home visits to persons over 65 years of age	26,613
Number of home visits to administer injections ...	35,290
Total number of home nursing visits	86,655
Number of medical cases treated	3,548
Number of surgical cases treated	1,775
Number of tuberculous cases treated	85
Number of miscellaneous cases treated	893
Total number of patients treated	6,301

The County Nursing Officer is responsible for the supervision of home nursing work. The recruitment of district nurses continued to present a serious problem. Very few applications were received for vacancies.

5. VACCINATION AND IMMUNISATION

The administrative arrangements for vaccination against smallpox and for diphtheria immunisation continued to be undertaken by the District Medical Officers of Health. The actual clinical work was done by general practitioners in their surgeries, at the homes of patients, in the clinics and occasionally at schools. There was evidence during the

year that certain doctors were not submitting record cards of all vaccinated and immunised children. After discussions at the local Medical Committee and representations to individual doctors, the position improved, but it does appear that the available statistics are probably incomplete.

During the year, increased publicity for diphtheria immunisation, including newspaper advertisements, displays of posters, cinema slides and distribution of leaflets, appeared to give limited results. The fall in the number of booster doses was particularly disappointing.

An increasing number of babies and children are being immunised with the combined diphtheria and whooping cough prophylactic and some general practitioners are using a triple prophylactic which includes tetanus toxoid.

	1955	1954	1953	1952
Number of successful primary vaccinations notified	666	656	592	491
Number of re-vaccinations notified ...	164	148	88	87
Number of children immunised against diphtheria	1,070	1,151	747	905
Number of children who received booster doses of diphtheria prophylactic	199	1,697	268	300
Number of notified cases of diphtheria	Nil	Nil	Nil	Nil
Number of notified cases of smallpox	Nil	Nil	Nil	Nil

6. AMBULANCE SERVICE

The County Council's proposals under Section 27 of the National Health Service Act, 1946, provide that the County Ambulance Service and its personnel will be subject to the operational direction of the County Medical Officer of Health or a member of his staff authorised by him.

The Welsh Home Service Ambulance Committee continued the agency agreement with the County Council whereby they provide and maintain the necessary ambulances, drivers and attendants. During 1955 there were seven ambulances with five full-time paid drivers and three full-time paid attendants in the County. In addition, volunteer members of the St. John's Ambulance Brigade and the British Red Cross Society are employed as drivers and attendants when required.

Arrangements have also been made with Cardiganshire County Council for the use of their ambulance at Cardigan to cover the area adjacent to that County, and with the Carmarthenshire County Council for mutual aid in emergencies.

A combined fire and ambulance-call room, staffed by firewomen of the County Fire Brigade, is available for the receipt of ambulance calls at any time during the day or night.

The following 1955 statistics of the Ambulance Service Proper are of interest :—

Station	Patients Stretcher	Patients Sitting	Total No. of Patients	No. of Journeys	Miles Travelled	Average Miles per case
Haverfordwest No. 1 ...	1,073	2,601	3,674	2,050	67,603	18.40
Haverfordwest No. 2 ...	721	2,634	3,355	1,858	32,276	13.92
Haverfordwest No. 3 ... (Long distance Ambulance)	84	1,242	1,326	570	56,567	42.66
Milford Haven ...	233	2,198	2,431	1,104	33,842	9.62
Pembroke Dock ...	404	1,469	1,873	684	37,169	19.84
Tenby ...	446	1,192	1,638	560	25,890	15.80
Fishguard (Letterston)	235	1,645	1,880	1,101	31,373	16.69
Cardiganshire Ambulances	28	17	45	43	1,216	27.20
Carmarthenshire Ambulances	4	2	6	5	301	50.16
TOTALS	3,228	13,000	16,228	7,974	286,237	17.63

The increasing use of the County Ambulance Service since its inception on 5th July, 1948, is illustrated by the following figures, which do not include the Sitting Case Car Service :—

Year	Patients	Miles	Average miles per Case
1948	1,625	37,976	23.37
1949	7,023	148,261	21.11
1950	9,516	186,007	19.54
1951	12,086	230,361	19.06
1952	12,540	220,296	17.57
1953	14,877	270,762	18.20
1954	16,690	280,458	16.80
1955	16,177	284,720	17.60

Sitting Case Car Service

No sitting-case cars are owned by the Authority. The service is provided by a large number of private car proprietors throughout the County who apply for inclusion on the approved list of the County Council. The payments for the hire of these cars are according to the mileage and waiting time.

Many patients regarded as sitting-cases are transported by ambulance, but cars are used when the ambulance is not available or it is considered that the use of a car would be cheaper.

The following statistics of the sitting case car service for the past five years are of interest:—

Year	*Journeys*	*Patients*	*Miles*
1950	1,256	1,631	30,016
1951	1,671	2,382	50,799
1952	1,911	2,698	58,925
1953	1,915	2,762	58,975
1954	2,383	3,540	68,060
1955	3,009	4,410	82,344

Rail Transport of Patients

If the medical condition of patients who have to make long distance journeys is unsatisfactory, then rail transport is arranged. This involves making arrangements with other local health authorities for the use of their ambulances to meet trains and with the British Railways staffs, who are very co-operative in promoting the comfort of patients and their escorts. In 1955, thirty patients travelled by rail.

7. PREVENTION, CARE AND AFTER-CARE OF ILLNESS

This section of the National Health Service Act presents a very wide field of work to a local health authority. It was possible during the year to extend the County Council's duties under this section. The duties, however, remained restricted to tuberculosis and the provision of home nursing equipment.

Tuberculosis

There are signs that definite progress is being made in the fight against this disease. In 1955, the number of new cases of tuberculosis and the deaths from respiratory tuberculosis were the lowest recorded in the County.

During the year, the County Council reviewed the arrangements for the care and after-care of tuberculous patients, expanded the care facilities and established a Care and After-Care Sub-Committee of the Health Committee. A health visitor, who specialises in tuberculosis work, was appointed. She attends regularly at the County Chest Clinic and maintains the necessary liaison between the Chest Clinic and the County Health Department and the health visitors and district nurses. The new arrangements are being gradually implemented.

The County Council provides, on the advice of the Chest Physician, extra nourishment in the form of liquid milk for tuberculous patients. During 1954, 40,412 pints were supplied.

The district nurses continued to make a valuable contribution to the home treatment of tuberculous patients. They give the majority of streptomycin injections to such patients.

Dr. Phyllis Bowen, the District Medical Officer of Health at Tenby, commenced duty on the 1st September, 1955. She has had special experience of B.C.G. vaccination. With her assistance, it was possible to commence in October, 1955, the B.C.G. vaccination of thirteen-year-old school children and to expand the vaccination of child contacts of tuberculous patients. Up to the end of the year, 437 thirteen-year-old children and 33 contacts were vaccinated.

Provision of Home Nursing Equipment

This equipment is mainly provided by arrangement with the British Red Cross Society and the Order of St. John. It includes air rings, back rests, invalid chairs, bed pans and rubber sheeting. The distribution centres are at Haverfordwest, Milford Haven, Pembroke Dock, Pembroke, Tenby, Narberth, Letterston, Fishguard and Newport. The district nurses supply equipment in other parts of the County.

All nursing equipment is loaned free of charge to patients. Supplies for the replenishment of worn or damaged articles at distribution centres are kept at the County Health Department.

8. DOMESTIC HELP: HOME HELP SERVICE

The demand for this service continues to increase year by year and only by careful supervision is the cost of the service kept within reasonable limits. A small proportion of applicants were referred to the National Assistance Board for financial assistance to meet the cost of private domestic help.

The majority of the requests for the service came from households with chronic sick patients or elderly and infirm persons.

Difficulty was experienced in recruiting suitable women to undertake this type of work and it may become necessary to employ regular part-time home helps.

During the year, it was decided to extend the service to provide domestic assistance in homes where mothers are admitted to hospital.

The home-help service continues to make a definite contribution to the National Health Service. It helps to reduce the demand for hospital beds and for Part III accommodation.

The following statistics for 1955 are of interest:—

1.—Number of Occasional Home Helps employed during the year	130
2.—Number of Full-time Home Helps employed during the year	Nil
3.—Number of Part-time Home Helps employed during the year	Nil
4.—Total number of householders provided with Home Helps	139
5.—Number of maternity cases assisted by Home Helps ...	31
6.—Number of medical and surgical cases assisted by Home Helps	98
7.—Number of home visits by Home Help Organiser	1,003

9. MENTAL HEALTH

Increasing attention, both local and national, is being given to this important subject. The present Minister of Health has stressed on a number of occasions the need to give considerable priority to the provision of adequate treatment arrangements for mental illness. At the end of the year, the new modern extension, with 100 beds, was nearing completion at the local mental hospital, St. David's Hospital, Carmarthen.

The widespread prevalence of mental illness, especially of a minor degree, is now recognised. It is responsible for a considerable proportion of the work of general practitioners. The general public is being encouraged, with some success, to appreciate the efficacy of modern treatment in many forms of mental illness and to adopt a rational attitude to such illness.

As stressed in previous reports, the prevention of mental illness is a complex subject. The formulation of preventive measures is hampered by a lack of knowledge of causative factors; much further research is necessary. In recent years, it has been recognised that adverse influences in infancy and childhood, such as prolonged mother and child separation, may cause mental illness.

The local treatment facilities for mental illness include an out-patient's psychiatric clinic at the County Hospital, Haverfordwest, and in-patient accommodation at St. David's Hospital, Carmarthen. At the latter hospital, out-patient electro-convulsive treatment is also given. Negotiations with the Welsh Regional Hospital Board were continuing at the end of the year for the opening of a Child Guidance Clinic at Haverfordwest.

The Mental Health Visitor continued the supervision of mental defectives in their homes. She advised parents on the management of defective children. Towards the end of the year, plans were made for the training of mental defectives in their homes. In a rural County, it is difficult to provide occupation centres.

The shortage of institutional vacancies for mental defectives continued and, during the year, the waiting list increased from thirty-one to thirty-nine including thirteen urgent cases.

Mental Deficiency Acts

The ascertainment of mental defectives has been improved in recent years. Most cases are reported by the Education Committee; general practitioners, district nurses, welfare officers and the police also reported cases.

In 1955, seven mental defectives were admitted to institutions. The following statistics of the mental defectives in the County on the 31st December, 1955, are of interest:—

	Males	*Females*	*Total*
Number of defectives "subject to be dealt with":			
Under Statutory Supervision	26	13	39
Institutions or on Licence	34	51	85
In "Places of Safety"	—	—	—
Under Guardianship	—	—	—

	Males	*Females*	*Total*
Number of defectives "not at present subject to be dealt with":			
Placed under voluntary supervision ...	58	42	100
Number of defectives awaiting admission to an institution:			
Urgent Cases	7	6	13
Non-urgent Cases	19	7	26

Lunacy and Mental Treatment Acts

The seven district Welfare Officers act as part-time duly authorised officers. They arrange the admission of certified patients, including the various legal formalities, to mental hospitals. They assist, if required, with the admission of voluntary patients.

The admission of mental patients from the County during the year were as follows:—

	Certified		*Temporary*		*For Obs'vation*		*Voluntary*		
	M	*F*	*M*	*F*	*M*	*F*	*M*	*F*	*Totals*
St. David's Hospital Carmarthen ...	4	3	—	1	13	13	45	35	114
Cefn Coed Hospital, Swansea ...	—	1	—	—	—	1	1	—	3
Bridgend Mental Hospital ...	—	1	—	—	—	1	—	—	2
Talgarth Mental Hospital ...	—	—	—	—	—	—	1	—	1

Of the patients admitted to Hospital for observation under Section 20 of the Lunacy Act, 1890, thirteen males and eleven females later became voluntary patients; one female patient was subsequently certified.

SECTION 3

EPIDEMIOLOGY: INFECTIOUS AND OTHER COMMUNICABLE DISEASES

The control of infectious diseases in the County is mainly the responsibility of the County District Councils. The District Medical Officers of Health receive the initial notifications of infectious diseases and they have to forward, if possible within twelve hours, but in any case within forty-eight hours, a copy of each notification of infectious disease to the County Medical Officer. The latter Officer has thus a knowledge of the distribution of infectious diseases within the County.

A feature of the year was an extensive epidemic of Measles which commenced in May and continued for the remainder of the year. All districts in the County were affected. The disease was particularly prevalent among infant school children. Many moderately severe cases occurred and there was one death, a one-year-old child.

Whooping Cough was prevalent in the north of the County. The general practitioners are being encouraged to immunise children against this disease.

There was a limited outbreak of sonne dysentry in the Fishguard area during the summer months. This disease, which appears to be increasing in prevalence, is often mild and many cases are not notified. The only effective preventive measure is the thorough washing of hands after defaecation. This applies particularly to food handlers.

Only four cases of poliomyelitis, all non-paralytic, occurred as compared with seven and fourteen in 1954 and 1953 respectively. The patients lived in different parts of the County and no chain of infection or common source of infection was discovered.

The following table gives the incidence of confirmed cases of certain infectious diseases, excluding tuberculosis, in the various districts of the County during 1955 :—

Cases of Confirmed Infectious Diseases notified to the County Medical Officer were :—

DISEASE	*Haverfordwest M.B.*	*Tenby M.B.*	*Pembroke M.B.*	*Fishguard & Goodwick U.D.C.*	*Milford U.D.C.*	*Neyland U.D.C.*	*Narberth U.D.C.*	*Haverfordwest R.D.C*	*Narberth R.D.C.*	*Pembroke R.D.C.*	*Cemaes R.D.C.*	*TOTALS*
Scarlet Fever	3	2	3	4	3	—	—	17	1	1	5	39
Diphtheria	—	—	—	—	—	—	—	—	—	—	—	—
Measles	39	158	426	60	222	56	8	210	137	118	95	1,529
Whooping Cough ...	8	—	2	5	3	4	—	79	11	2	73	187
Erysipelas	1	—	2	—	1	—	—	1	—	—	—	5
Paratyphoid Fever ...	—	—	—	—	—	—	—	1	1	—	—	2
Food Poisoning ...	—	—	—	1	—	2	—	2	—	—	—	5
Dysentery	4	—	1	26	—	—	2	3	—	—	—	36
Puerperal Pyrexia ...	—	—	—	—	—	—	—	—	—	—	—	—
Meningococcal Infection	—	—	—	—	—	—	—	1	—	—	—	1
Acute Poliomyelitis Paralytic	—	—	—	—	—	—	—	—	—	—	—	—
Acute Poliomyelitis Non-Paralytic ...	—	—	—	—	—	—	—	—	1	1	2	4
Acute Infective Encephalitis ...	—	—	—	—	—	—	—	—	—	—	—	—
Acute Pneumonia (primary or influenzal)	—	—	13	—	13	2	—	16	—	5	6	55
	55	160	447	96	242	64	10	330	151	127	181	1,863

TUBERCULOSIS

The following tables are of interest:—

Number of age distribution of new notifications of tuberculosis and deaths from this disease in 1955:

Age Groups in years	New Notifications				Deaths			
	Respiratory		Non-Respiratory		Respiratory		Non-Respiratory	
	M.	F.	M.	F.	M.	F.	M.	F.
0— 1 ...	—	—	—	—	—	—	—	—
1— 2 ...	—	—	—	—	—	—	—	—
2— 5 ...	—	—	1	—	—	—	—	—
5—10 ...	—	—	—	—	—	—	1	—
10—15 ...	1	—	—	—	—	—	—	—
15—20 ...	—	2	2	—	—	—	—	—
20—25 ...	4	3	—	—	—	—	—	—
25—35 ...	6	8	2	1	—	1	—	—
35—45 ...	2	2	—	—	4	—	—	—
45—55 ...	4	2	1	—	3	2	—	—
55—65 ...	1	—	—	—	2	1	—	—
65—75 ...	—	—	—	—	—	—	1	1
75+ ...	—	—	—		—	1	—	—
Totals ...	18	17	6	1	9	5	2	1

The number of cases of Tuberculosis on the Health Department Register:—

	Respiratory		Non-Respiratory		
	M.	F.	M.	F.	Total
On 31st December, 1954	289	214	34	41	578
On 31st December, 1955	263	197	26	28	514

The number of New Notifications of Tuberculosis and Deaths from 1936—55:—

Year	New Notifications of Tuberculosis		Deaths	
	Respiratory	Non-Respiratory	Respiratory	Non-Respiratory
1936 ...	101	19	46	14
1937 ...	113	29	59	12
1938 ...	81	37	48	11
1939 ...	88	27	43	12
1940 ...	53	18	38	10
1941 ...	64	22	26	14
1942 ...	88	19	43	8
1943 ...	63	32	22	1
1944 ...	73	21	36	1
1945 ...	73	24	32	5
1946 ...	64	18	25	4
1947 ...	68	14	36	3

1948 ...	62	29	24	1
1949 ...	73	18	41	1
1950 ...	62	16	28	3
1951 ...	66	9	26	9
1952 ...	51	5	24	1
1953 ...	63	6	22	6
1954 ...	61	9	15	1
1955 ...	35	7	14	3

SECTION 4

FOOD AND DRUGS ACTS: COUNTY COUNCIL RESPONSIBILITIES

1. *Pasteurised Milk*

The County Council, in accordance with the Milk (Special Designation) (Pasteurised and Sterilised Milk) Regulations, 1949, is the licensing authority for pasteurisers and sterilisers of milk. There are three pasteurisation plants in the County, two at Haverfordwest and one at Tenby ; there are no milk sterilisation plants. Batch pasteurisation is undertaken at two of the plants ; the H.T.S.T. process in the other plant.

Owing to other commitments, only limited supervision of pasteurisation plants was possible. The Weights and Measures Inspectors continued to take regular samples of milk at these plants for bacteriological testing. These samples were in addition to those taken by district sanitary inspectors during the retail distribution of pasteurised milk. With very few exceptions, these samples were satisfactory.

The efficiency of the bottle washing machines at the dairies was also tested regularly. Unsatisfactory test results at one dairy necessitated an overhaul of the machine.

2. *Sampling of Food and Drugs*

The milk sampling for chemical quality and added water was undertaken by the Police up to the 31st March, 1955. The Weights and Measures Inspectorate then became responsible for such sampling in addition to the sampling of other foods and drugs. Mr. H. J. Evans, B.Sc., F.R.I.C., F.C.S., continued to be the Public Analyst for the County.

The following brief summary for the year 1955 is of interest :—

Article	*No. of Samples*	*Genuine*	*Non-genuine*
Milk	214	198	16
Non-alcoholic drinks	6	6	—
Alcoholic drinks	3	3	—
Butter, Margarine and Cooking Fats	37	37	—

Tinned Meat and Fish	16	16	—
Spices and Condiments	6	6	—
Miscellaneous Groceries ...	182	180	2
	464	446	18

The non-genuine samples of milk included four of added water, ten of insufficient fat content and two of added water and insufficient fat content. Dried peas infested with insects and lard with incipient rancidity were the unsatisfactory items of grocery.

SECTION 5

MISCELLANEOUS

Children's Department

The full medical, nursing and other facilities of the department are at the disposal of the Children's Committee and Officer in the medical problems of deprived children and in the valuable work of adjusting family circumstances so as to limit the number of children taken into care. A close and valuable co-operation is maintained with the Children's Officer.

All children taken into care, including those boarded out, are examined initially and at regular intervals depending on the age and the medical condition of the children.

It was possible for the two departments to co-operate in dealing with a number of problem families.

Welfare Department

The County Medical Officer also acts as medical adviser to the County Welfare Committee and the Welfare Department. The examination and certification of blind and partially sighted persons is, however, undertaken by Dr. E. Roland Williams, an Ophthalmologist.

Medical advice continued to be given on the suitability of persons for admission to Part III Accommodation. Owing to the continued shortage of chronic sick accommodation in the County, every effort was made to hasten the transfer of suitable cases to Elderly People's Homes. Though the principle of accommodating Part III persons and chronic sick patients in the same premises is often strongly criticised, the two combined hospitals, Allensbank, Narberth, and Riverside, Pembroke, made valuable contributions to the welfare and hospital services in the County during the year.

It is hoped that vacancies in suitable Welsh Regional Hospital Board institutions will become available in the future for the few mental defectives remaining in Part III accommodation.

Blind Persons

1. Numbers of Registered Blind and Partially Sighted Persons in the County on the 31st December, 1955, were as follows:—

	Blind	*Partially Sighted*
Under 5 years	2	2
5 — 16 years	2	8
16 — 21 years	6	5
21 — 50 years	41	24
50 — 65 years	54	28
65 years and over	258	96
Total ...	363	163

2. Follow-up of Registered Blind and Partially Sighted Persons.

	Cause of Disability			
	Cataract	*Glaucoma*	*Retrolental Fibroplasia*	*Others*
(i) Number of cases registered during 1955 in respect of which Form B.D.8 recommends:—				
(a) No treatment ...	14	5	—	14
(b) Treatment (medical, surgical & optical) ...	28	2	—	15
(ii) Number of cases as (i) (b) above which on follow-up action have received treatment	23	2	—	15

3. Ophthalmia Neonatorum: No cases were reported during 1955.

4. Hospital Ophthalmic Treatment Facilities: The provision of out-patient clinics in the County is satisfactory. There is, however, a serious shortage of hospital beds for in-patient treatment.

Medical Examination of County Staff

This work continued to take an increasing proportion of the time of the medical staff.

The followng examinations were undertaken during 1955:—

1. Medical Examination of Entrants (excluding teachers and police) to County Council Employment 69
2. Medical Examination of Manual Workers for entry into sickness benefit scheme 51
3. Medical Examination of Police Candidates 30
4. Medical Examination of Police Cadets 1
5. Medical Examination of Entrants to Teachers' Training Colleges 95
6. Medical Examination of Newly Appointed Teachers ... 66
7. Number of Chest X-ray Examinations of Staff (excluding Mass Radiography Examinations) 235