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PEMBROKESHIRE COUNTY COUNCIL

**A N N U A L
R E P O R T**

of the

County

**Medical Officer of Health
for Pembrokeshire**

1 9 6 2

H. G. WALTERS (PUBLISHERS) LTD., NARBERTH AND TENBY



A N N U A L R E P O R T

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County

**Medical Officer of Health
for Pembrokeshire**

1 9 6 2

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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 tenth annual report. 1962 was an eventful year for the department. The new County Health Department Offices, Central Clinic and Ambulance Headquarters at Merlins Hill, Haverfordwest, was completed and occupied on the 1st August. In recent years, the work of the department has been hampered by scattered and unsatisfactory accommodation at Haverfordwest, and the new premises should ensure improved services.

The outbreak of smallpox in South Wales in the early Spring caused much concern in the County. There was a heavy local demand, despite re-assuring statements, for vaccination against smallpox, two local contacts had to be kept under surveillance and the diagnosis of smallpox had to be excluded in eight local patients who had skin rashes simulating smallpox in certain respects. Fortunately, the 29,000 local residents, who were vaccinated against smallpox during this period, suffered no serious complications.

The plan of the Minister of Health for the ten year development of the hospital service, published in January, 1962, and the subsequent local preparation of the complementary development plan of the County Council's health and welfare services, were matters of great importance. The hospital plan decision to enlarge and develop the Pembroke County War Memorial Hospital, Haverfordwest, was welcomed locally and the County Council requested that this important scheme be brought forward to the first five-year period. The ten year development plan of the County Council's health services is essentially an appreciable expansion of the local mental health services, a moderate expansion of the nursing, domestic help and preventive services and a limited extension and re-organisation of the ambulance service.

There were a number of other important developments during 1962: a new temporary training centre, primarily for children and incorporating a special care unit for the more severely mentally handicapped children, was opened at Haverfordwest; a temporary training centre for children and adults was initiated at Tenby; the local administration of an oral (by mouth) vaccine against poliomyelitis commenced early in the year; a consultant paediatrician (specialist in children's diseases) and a consultant geriatrician

started duty in the County; the dental services of the County Council were reviewed and special attention was given to the promotion of dental health; the problem of the health hazards of smoking received further attention following the publication of an important report by the Royal College of Physicians; a separate day ambulance control room was opened for the first time on the 3rd August; an experimental diabetes detection scheme was undertaken at Narberth; the preparation for childbirth and mothercraft classes were extended; a developmental clinic was opened at Haverfordwest; and a new immunisation schedule for children was prepared and circulated to doctors and health visitors in the County.

I am grateful to the Chairman and Members of the Health Committee for their continued support and interest. My thanks are also due to the staff of the County Health Department, including the nurses, the training centre and ambulance personnel and home helps, for their efforts during the year. A considerable encouragement has been the helpful assistance from the family doctors, local hospital consultants and the two district medical officers of health.

I am,

Ladies and Gentlemen,

Your obedient Servant,

*D. J. DAVIES,
County Medical Officer of Health.*

COUNTY HEALTH DEPARTMENT,
HAVERFORDWEST.
27th June, 1963.

COUNTY OF PEMBROKE

HEALTH COMMITTEE

(as on 31st December, 1962)

Chairman :

County Alderman D. W. Evans

Vice Chairman :

County Alderman B. G. Howells, O.B.E.

County Aldermen :

James John	Rev. Mathias Davies
T. R. Joseph	Mrs. A. Norman
L. J. Meyler, O.B.E.	D. H. Roberts
S. J. Morris	

County Councillors :

E. Anthony, M.B.E.	J. M. James
T. W. H. Byard	O. G. John
W. Carr	W. H. Symmons
A. Edwards	Rev. D. G. Stephens
D. S. Grey	Rev. John Thomas
E. L. Griffiths	W. Thomas, C.B.
W. Harry	J. R. Williams

Co-opted Members :

Miss Nancy Thomas	Mrs. M. 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. M. Hawes	Mrs. M. Ramsden
---------------	-----------------

West Wales Hospital Management Committee Representatives :

J. F. Green, Esq.	Dr. M. Rowland Evans,
-------------------	-----------------------

County Alderman R. S. Wade

STAFF OF COUNTY HEALTH DEPARTMENT, 1962

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.

Deputy County Medical Officer of Health and Deputy Principal School Medical Officer :

T. D. Lewis, M.B., B.S., D.P.H.

District Medical Officers of Health :

(These Officers devote up to 25% of their time to County Council duties)

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.

Assistant County Medical Officers and School Medical Officers :

F. J. Harrison, M.B., B.Ch., B.A.O. (Full-time)

M. Lawlor, M.B., B.Ch., B.A.O., L.M., D.C.H., D.P.H. (Part-time)

Joan Nichols, M.R.C.S., L.R.C.P., D.C.H.

(Part-time employment on occasional sessional basis.)

Chief Dental Officer and Principal School Dental Officer :

O. C. Jenkins, L.D.S., R.C.S. (Eng.), D.D.S. (Toronto)

School Dental Officers :

D. G. James, L.D.S., R.C.S.

R. R. Lewis, L.D.S., R.C.S.

County Nursing Officer :

Miss J. M. Young, S.R.N., S.C.M., Q.N.CERT., H.V.CERT.

Senior Orthopaedic Physiotherapist :

Mrs. E. A. Stokes, M.C.S.P., Orth. Cert.

Tuberculosis and Problem Families Health Visitor :

Miss S. M. Morgan, S.R.N., S.C.M., H.V. CERT.

County Home Help Organiser :

Miss M. R. F. Collins

County Ambulance Officer :

P. J. Hunt, F.I.A.O.

Speech Therapists :

Miss M. Thompson (part-time)

Miss P. A. Treharne, L.C.S.T. (Commenced 1.10.62)

Mrs. D. E. Williams, L.C.S.T. (Part-time) (Resigned 31.3.62)

Child Psychiatrists :

J. MacDonald, M.A. M.B., B.Ch., D.P.M.

N. E. James, B.Sc., M.B., B.Ch., M.R.C.P.

Educational Psychologist :

C. B. E. James, B.A., Ph.D., A.B.P.S.S.

Senior Psychiatric Social Worker :

B. P. Vittle, B.A., A.A.P.S.W.

Home Teachers of the Mentally Sub-normal :

Miss A. Jenkins

Mrs. E. J. Johnson (Commenced 8.1.62.)

Chief Clerk :

O. M. Shearn, A.C.I.S.

Other Nursing Staff (as at 31st December, 1962) :

- 7 Health Visitors and School Nurses
- 25 District Nurse/Midwife/Health Visitor/School Nurses
- 15 District Nurse/Midwives
- 1 District Nurse/Health Visitor
- 9 District Nurses
- 1 Clinic Nurse
- 1 Enrolled Nurse

Home Helps :

173 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
 - (e) Mental Health Sub-Committee.
2. Public Health and Housing Committee.
3. Education Committee responsible for School Health Service.

SECTION I

VITAL STATISTICS FOR 1962

1. Area

The area of the County, including inland water, is 393,007 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	...	...	90,906
1953—Estimated Mid-year	...	...	92,090
1954—Estimated Mid-year	...	...	92,750
1955—Estimated Mid-year	...	...	93,800
1956—Estimated Mid-year	...	...	94,260
1957—Estimated Mid-year	...	...	93,670
1958—Estimated Mid-year	...	...	93,700
1959—Estimated Mid-year	...	...	94,600
1960—Estimated Mid-year	...	...	94,580
1961—By Census	...	...	93,980
1962—Estimated Mid-year	...	...	93,050

3. Financial

The product of a penny rate for the financial year 1962/63 was £3,952.

Rateable value of the County on the 1st April, 1962, was £1,008,319.

4. General Observations

The Registrar General's estimated figure for the 1962 mid-year population shows a reduction in the population of Pembrokeshire as compared with the 1961 census figure. A reduction in population has occurred during the past three years and this trend has probably been due to the unemployment in the urban areas of the south of the County and to a reduction in the service establishments. An unfortunate feature of 1962 was the high unemployment rate in the Milford Haven and Pembroke Dock areas—at the end of the year, the rates were 14.8% and 11.6% respectively. A number of the younger and more active men undoubtedly left the County during the year to seek employment in other areas.

The birth rate continued to fall and for the first time in recent years was less than the rate for England and Wales. The birth rates remained considerably higher in the urban than rural areas.

There was a small fall in the proportion of illegitimate births. The still-birth rate was almost equal to the previous year but remained appreciably above the national rate. There was a definite increase in the infant mortality rate as compared with the previous year and the figure compared unfavourably with the national rate. The neo-natal and peri-natal mortality also increased. Of the thirty four neo-natal deaths—in the first month of life—eleven were due to prematurity, nine to anoxia or asphyxia, seven to congenital abnormalities, and the remainder to various causes such as atelectasis, pneumonia and bronchitis. The comparatively high still-birth rate and the increase in the infant and neo-natal mortality rates are disappointing, but, in a County with a small population, appreciable fluctuations in mortality rates are not always significant. It is, however, probable that the expected provision of additional hospital maternity beds, particularly for ante-natal patients, the proposed expansion of the consultant's maternity unit at Haverfordwest, the recent appointment of a consultant paediatrician and the intended provision of additional special hospital facilities for premature babies will eventually contribute to reduced mortality figures.

It is very pleasing to report that there were no deaths of mothers in 1962 due to pregnancy, childbirth or abortion.

There was a slight increase in the death rate as compared with 1961 and it remained above the national figure. Cancer and degenerative diseases of the heart and circulatory system, including coronary disease and vascular lesions of the nervous system, continued to be the main causes of death. There were 216 deaths from cancer as compared with 191 in the previous year. There were 33 deaths from cancer of the lung in 1962 and 24 in 1961: the majority of these deaths were of males—the highest proportion being in the forty-five to sixty-four age group. There was a welcome decrease in the number of deaths from motor accidents: six as compared with nine in the previous year. Other accident deaths unfortunately increased from 23 in 1961 to 37 in 1962.

5. (i) Detailed Statistics

<i>Live Births</i>		<i>Male</i>	<i>Female</i>	<i>Totals</i>
Legitimate	...	768	783	1,551
Illegitimate	...	39	31	70
<i>(4.32 per cent. of live births)</i>				

Totals	...	807	814	1,621
--------	-----	-----	-----	-------

<i>Still Births</i>				
Legitimate	...	18	20	38
Illegitimate	...	—	2	2
Totals	...	18	22	40

Live birth rate per 1,000 population	...	...	...	17.41
				<i>(Crude)</i>
				17.94

(Adjusted)

Still-birth rate per 1,000 total live and still-births	...	...	...	24.08
Total live and still births	...	...	...	1,661
Infant Deaths (deaths under 1 year)	...	...	...	51

Infant Mortality Rates :

Total infant deaths per 1,000 total live births	...	...	...	31.46
---	-----	-----	-----	-------

Legitimate infant deaths per 1,000 legitimate live births	...	...	...	31.59
---	-----	-----	-----	-------

Illegitimate infant deaths per 1,000 illegitimate live births	...	...	...	28.57
---	-----	-----	-----	-------

Neo-natal Mortality Rate (deaths under 4 weeks per 1,000 total live births)	...	...	...	20.97
---	-----	-----	-----	-------

Early Neo-natal Mortality Rate (deaths under 1 week per 1,000 total live births)	...	...	...	19.12
--	-----	-----	-----	-------

Peri-natal Mortality Rate (still births and deaths under 1 week combined per 1,000 total live and still births)	...	...	...	42.74
---	-----	-----	-----	-------

Maternal Mortality (including abortion) :

Number of deaths	...	...	...	Nil
Rate per 1,000 total live and still-births	...	...	...	Nil

(ii) Causes of Death at Different Periods of Life :

Causes of Death	All ages		0—		1—		5—		15—		25—		45—		65—		75—	
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.
1.—Tuberculosis—Respiratory	5	3	—	—	—	—	—	—	—	—	1	—	2	1	1	2	1	—
2.—Tuberculosis—Other	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
3.—Syphilitic Disease	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
4.—Diphtheria	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
5.—Whooping Cough	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
6.—Meningococcal Infection	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
7.—Acute Poliomyelitis	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
8.—Measles	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
9.—Other Infective and Parasitic Diseases	2	—	—	—	—	—	—	—	—	—	1	—	—	—	—	—	1	—
10.—Malignant Neoplasm—Stomach	19	11	—	—	—	—	—	—	—	—	—	—	5	1	10	6	4	4
11.—Malignant Neoplasm—Lungs	25	8	—	—	—	—	—	—	—	—	—	—	14	1	6	3	5	3
12.—Malignant Neoplasm—Breast	—	20	—	—	—	—	—	—	—	—	—	—	—	10	—	—	—	5
13.—Malignant Neoplasm—Uterus	—	7	—	—	—	—	—	—	—	—	—	—	—	4	2	4	—	1
14.—Other Malignant and Lymphatic Neoplasms	70	56	—	—	—	—	—	—	—	1	5	2	20	19	21	16	24	17
15.—Leukaemia, Aleukaemia	4	2	—	—	—	—	—	—	—	—	—	—	2	1	—	—	2	—
16.—Diabetes	2	10	—	—	—	—	—	—	—	—	—	—	—	1	—	—	—	6
17.—Vascular Lesions of Nervous System	86	99	—	—	—	—	—	—	—	—	—	—	20	28	28	19	37	58
18.—Coronary Disease—Angina	176	73	—	—	—	—	—	—	—	—	6	1	65	18	62	20	43	35
19.—Hypertension with Heart Disease	13	21	—	—	—	—	—	—	—	—	—	—	4	2	7	2	7	11
20.—Other Heart Disease	66	80	—	—	—	—	—	—	—	—	1	1	8	9	19	18	38	52
21.—Other Circulatory Disease	21	27	—	—	—	—	—	—	—	—	—	—	4	3	8	7	9	16
22.—Influenza	4	1	—	—	—	—	—	—	—	—	—	—	2	1	—	—	1	—
23.—Pneumonia	10	22	—	—	—	—	—	—	—	—	—	—	3	1	—	—	3	13
24.—Bronchitis	41	6	3	—	—	—	—	—	—	—	—	—	18	1	15	3	6	2
25.—Other Diseases of Respiratory System	5	5	1	—	—	—	—	—	—	—	—	—	1	1	1	1	1	1
26.—Ulcer of Stomach and Duodenum	3	3	—	—	—	—	—	—	—	—	—	—	4	—	—	—	—	—
27.—Gastritis, Enteritis and Diarrhoea	3	3	1	—	—	—	—	—	—	—	—	—	1	—	—	—	1	3
28.—Nephritis or Nephrosis	5	2	—	—	—	—	—	—	—	—	—	—	1	—	1	1	3	1
29.—Hyperplasia of Prostate	11	—	—	—	—	—	—	—	—	—	—	—	—	—	2	—	—	—
30.—Pregnancy, Childbirth, Abortion	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
31.—Congenital Malformation	6	11	5	—	1	—	—	—	—	—	—	—	—	—	—	—	—	—
32.—Other Defined and Ill-Defined Diseases	46	52	12	12	—	—	—	—	1	2	1	2	8	7	9	8	15	21
33.—Motor Vehicle Accidents	5	1	—	—	—	—	—	—	1	1	3	—	—	—	1	—	—	—
34.—All Other Accidents	16	21	—	—	—	—	—	—	4	—	1	—	6	3	1	3	4	13
35.—Suicide	5	1	—	—	—	—	—	—	—	—	—	—	4	—	1	1	—	—
36.—Homicide and Operations of War	1	—	—	—	1	—	—	—	—	—	—	—	—	—	—	—	—	—
All Causes	652	543	24	27	2	3	—	2	6	6	20	12	194	102	189	127	217	264

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

	Area in Acres	Estimated mid-year Population for 1962	Live Births		Deaths		No. of Maternal Deaths and Rate per 1,000 Live and Still Births		
			No.	Adjusted Rate per 1,000	No.	Adjusted Rate per 1,000			
URBAN									
Fishguard & Goodwick U.D.C.	1,841	4,480	54	12.65	61	14.41	1	18.52	—
Haverfordwest M.B. ...	1,404	8,710	197	20.58	117	14.37	10	50.76	—
Narberth U.D.C. ...	122	960	14	14.72	13	13.27	—	—	—
Neyland U.D.C. ...	484	2,150	42	20.12	35	16.28	1	23.81	—
Milford Haven U.D.C. ...	2,404	12,850	253	19.69	141	15.80	7	27.67	—
Pembroke M.B. ...	4,679	12,220	271	22.84	161	13.44	11	40.59	—
Tenby M.B. ...	1,090	4,480	75	16.91	67	12.56	2	26.66	—
Total ...	12,024	46,250	906	19.59	595	14.02	32	35.32	—
RURAL									
Cemaes R.D.C. ...	79,576	8,650	137	18.37	133	13.84	4	29.19	—
Haverfordwest R.D.C. ...	172,310	21,960	344	15.66	255	13.00	13	37.79	—
Narberth R.D.C. ...	80,237	9,950	150	16.88	124	11.34	1	6.66	—
Pembroke R.D.C. ...	48,860	6,240	84	14.27	88	14.24	1	11.90	—
Total ...	380,983	46,800	715	16.19	600	12.95	19	26.57	—
Whole County	393,007	93,050	1,621	17.94	1,195	13.48	51	31.46	—
England and Wales	...	...	...	18.0	—	11.9	—	20.7	—

SECTION II

LOCAL HEALTH SERVICES PROVIDED BY THE COUNTY
COUNCIL UNDER THE NATIONAL HEALTH SERVICE
ACT1. CARE OF EXPECTANT AND NURSING MOTHERS
AND CHILDREN UNDER SCHOOL AGE*Expectant and Nursing Mothers*

The medical ante-natal care outside hospitals continued to be undertaken by the general practitioners with the exception of the monthly local authority clinic at Tenby. Ante-natal clinics, staffed only by midwives, continued to be held at Hakin, Milford Haven, Pembroke Dock and Pembroke. There were 1,789 attendances at these clinics during 1962 as compared with 1,765 in the previous year.

The use of the personal record or co-operation cards for maternity patients was encouraged and there is evidence that their use is improving the liaison between general practitioners, local authority and hospital midwives, and hospital medical obstetric staff.

It is now generally appreciated that control of toxæmia of pregnancy, by careful attention to ante-natal care, offers the best opportunity of reducing maternal and peri-natal mortality and also maternal and infant morbidity. The district midwives assist in the blood pressure estimation, routine weighing and regular urine testing which are essential parts of the ante-natal care. In addition, the blood testing of expectant mothers, both for the detection of anaemia of the mother and for the prevention of haemolytic disease of the new born, has been increasingly performed in recent years.

Definite progress was made during 1962 in the provision of mothercraft teaching and in instruction in relaxation techniques and ante-natal exercises. The group classes continued at Haverfordwest and Tenby, and new classes commenced at Hakin and Milford Haven during the autumn. A total of 203 expectant mothers attended these classes in 1962. All general practitioners in the County have been invited to refer mothers to these classes. Attempts to organise classes at the Pembroke Dock and Pembroke clinics were unsuccessful. The classes at the South Pembrokeshire Hospital, Pembroke Dock, appear to meet the need in that area.

In recent years, the problem of human relations in obstetrics has received attention. Very few complaints have been received from maternity patients in this County. In a home confinement the district midwife is usually able to give individual attention to a mother during the major period of the confinement.

The number of hospital maternity beds in the County continued to be inadequate to meet the demand, particularly at Haverfordwest. In the booking of the normal maternity beds at St. Thomas' Hospital, the County Nursing Officer adopted the recommended criterion for selection of the patients.

During the year, Dr. Mary Jenkins, Welsh Board of Health, made several visits to the County as part of an investigation into the causes of still-births and early neo-natal deaths of infants in Wales. The appropriate staff of the County Health Department gave her every assistance. The still-birth and early neo-natal death rates in Wales continue to be above the national figures for England, and it is important that a detailed investigation should be made into the causes so that, if possible, they can be remedied.

Infant and Child Welfare

There were a number of important developments during 1962.

Dr. K. R. Keay commenced duties as Consultant Paediatrician for the South West Wales Area on the 1st September, 1962. Prior to this date, the County had no consultant service in paediatrics (children's diseases). His reports on ill and handicapped children have already proved very helpful and he has been able to advise the staff of the department on the care of premature babies and other problems of infant welfare.

As described in the later section on mental health, a Developmental and Handicap Assessment Clinic was commenced at the County Health Department (Central Clinic), Haverfordwest, on the 11th September. Dr. Lawlor is in medical charge of this clinic. The problem of the early detection of handicaps such as defects of hearing received further attention during the year. The health visitors and clinic staffs were asked to ensure that children, who come in certain 'at risk' categories, such as anoxia at birth, history of convulsions or meningitis or encephalitis in infancy or childhood and family history of deafness, are kept under observation and subject to regular screening examinations. At the afore-mentioned Clinic, detailed assessment of children, with suspected handicaps, can be undertaken. A special sound-proof audiometry room is available at the Central Clinic, Haverfordwest for the examination

of children with suspected hearing defects. The routine testing of infants to detect phenyl-ketonuria revealed one definite case during the year—this infant is now under treatment. No 'thalidomide' babies were reported in the County.

During the year, there were 12,767 and 3,676 attendances of infants and children at the infant welfare clinics and weighing centres respectively: in 1961, the figures were 12,774 and 3,963. With effect from the 13th February, Dr. Phyllis Bowen became the medical officer at the Manorbier Clinic. The weighing centres at Dale and Broad Haven were closed temporarily during the year because of the very small attendances.

Care of Premature Infants

There were 98 premature live births during the year: 25 at home and the remainder in hospital. The incidence of premature births was 6% of notified live births—this is slightly below the 1961 national figure.

Twenty of the infants died: eight during the first twenty-four hours of life. Nineteen deaths occurred in hospital and one at home. There is a small unit for premature babies at the County Hospital, Haverfordwest. Dr. Keay has reviewed the local arrangements for the care of such babies in South West Wales. There was no request during the year for the special equipment for the home care of premature babies.

Distribution of National Welfare Foods and Dried Milk

On the 1st August, 1962, the administration of this scheme was transferred from Willesden House, Haverfordwest, to the new County Health Department. Mr. L. J. Morgan, the Superintendent Registrar of Births and Deaths, who had conscientiously administered the scheme, as a temporary arrangement, since the transfer of the responsibility to the County Council on the 28th June, 1954, had unfortunately to relinquish the administration as he had to remain at Willesden House for the purpose of his registration duties. Mr. H. James is now responsible for the administration.

The new charges for welfare foods and vitamin supplements, initiated in 1961, have been followed by a decline in the demand but the sales of branded dried milks continue to increase. As in previous years, the public spirit of the voluntary workers, who continued the major part of the distribution of welfare foods in the County, deserved commendation. The clerk at the office of the District Medical Officer, Tenby, and many of the district nurses and health visitors also made a valuable contribution.

Branded dried milk tins and packets are sold at the clinics and many weighing centres at a price well below the normal retail figure,

The following statistics illustrate the extent of distribution work in the County :

	1961	1962
Number of distribution points	63	62
National Dried Milk tins distributed ...	28,803	22,447
Orange Juice bottles distributed ...	27,807	15,688
Cod Liver Oil bottles distributed ...	4,079	1,716
Vitamin tablet packages distributed ...	3,100	1,411
Branded Dried Milk tins and packets distributed	47,480	55,521

Dental Care

In 1962, at the request of the Ministers of Education and Health, the County Council reviewed all aspects of their dental services. Detailed notes on the promotion of dental health were prepared and distributed to schools, and to the staff of the department.

Only limited progress was made with the scheme for the dental care of expectant and nursing mothers, and pre-school age children. There was a slight decrease in the attendances of such patients at dental clinics during 1962 as compared with the previous year. The Chief Dental Officer considers that the incidence of dental caries among young children is increasing. The fluoridation of local water supplies would partly solve this problem.

Throughout the year, there had been two vacancies for dental surgeons. It is hoped that the opening of the Welsh Dental School at Cardiff will eventually solve the shortage of dental staff.

The following statistics are of interest :

	<i>Expectant and Nursing Mothers</i>	<i>Pre- school age Children</i>
Total number of patients inspected ...	69	70
Number referred for dental treatment ...	55	42
Number actually treated	49	40
Number of general anaesthetic cases ...	20	15
Number of fillings	16	24
Number of teeth extracted	60	46
Number supplied with artificial dentures	12	—
Attendance at treatment centres ...	183	291

Family Planning

The clinics of the Pembrokeshire branch of the Family Planning Association were transferred to the new Central Clinic of the County Health Department, Haverfordwest, in August. Advice on sterility and sex problems in marriage is available in addition to family planning guidance.

Care of Unmarried Mothers and their Children

The social work for unmarried mothers and their children continued to be undertaken by the Moral Welfare Workers of the St. David's Diocesan Moral Welfare Committee. During the year, sixteen unmarried mothers from this County were admitted to hostels at Bristol, Hereford, Cardiff and Penarth. The individual problems of each mother and child were considered in the determination of the length of stay at the hostel. There has been a small increase in the number of illegitimate births in this County in recent years.

2. DOMICILIARY MIDWIFERY

An adequate domiciliary midwifery service was maintained in the County during the year. At the end of the year, forty district nurse/midwives and district nurse/health visitor/midwives were employed: this was equivalent to eight full-time midwives.

Thirty nine of the midwives have been trained to administer gas and air analgesia and are equipped with the necessary apparatus. Seven of these midwives also use trilene analgesia but most of the midwives continued to favour the use of nitrous oxide (gas) and air. In 1962, trilene analgesia was used in fifty three confinements as compared with thirty in the previous year.

Eight of the district midwives attended approved refresher courses during the year. The liaison between family doctors, the district and hospital midwives and the local hospital medical obstetric staff has improved appreciably in recent years. The use of the personal record and co-operation card for maternity patients has facilitated this welcome trend.

Transport arrangements for district midwives were satisfactory but, owing to the scattered population, a complete night rota system for midwives was not introduced.

The demand for hospital confinements continued to be heavy. The proportion of such confinements was 68.6 per cent as compared with 65.4 in 1961.

The County Nursing Officer is the non-medical Supervisor of Midwives.

The following statistics for 1962 are of interest :

Number of live and still-births	...	...	...	1,661
Number of such births in hospital (including transfers from other areas)	...	...	...	1,139
Number of such births at home (including transfers from other areas)	...	...	...	522
Number of home births attended by County Council nurses (doctor not present at birth)	...	...	...	370
Number of home births attended by County Council nurses (doctor present at birth)	...	...	...	131
Number of home births attended by private midwives	...	...	...	7
Number of still-births in hospital	...	...	...	28
Number of still-births at home	...	...	...	12
Number of midwives employed by the County Council	...	...	...	40
Number of hospital midwives in practice on 31st December, 1962	...	...	...	19
Number of midwives in private practice on 31st December, 1962	...	...	...	1
Number of maternal deaths in hospital	...	...	...	—
Number of maternal deaths at home	...	...	...	—
Number of mothers who received gas and air analgesia at home	...	...	...	354
Number of mothers who received pethidine from nurses during confinement at home	...	...	...	296
Number of mothers who received trilene from nurses during confinement at home	...	...	...	53

Number of inspections of midwives by County Nursing Officer :

	<i>Routine</i>	<i>Special</i>
Hospitals	20	3
County district nurse/midwives	58	103
Private midwives	—	—
Private nursing homes	—	—

3. HEALTH VISITING

At the end of the year, there were seven full-time health visitors, twenty-five district nurse/midwife/health visitors and one district nurse/health visitor on the staff of the department. All the health visitors also had school nursing duties. One health visitor—Miss M. Morgan—continued her intensive social work with problem families. During the year, she was able to assist twenty such families, and, though progress was inevitably slow, there is evidence that sixteen benefited from her help.

One health visitor attended a refresher course on 'Parentcraft Teaching and Relaxation Instruction for Expectant Mothers' held at the British Red Cross Training Centre at Wonersh, Surrey. The in-service training in mental health work, including behaviour problems of childhood, continued at Haverfordwest, Milford Haven and Tenby. Twenty health visitors attended an average of six half-day sessions during the year. Mr. B. P. Vittle, the Senior Psychiatric Social Worker, was the tutor for this training.

In a few areas, the health visitors—particularly those on combined duties—work in very close liaison with the local general practitioner or group of practitioners. The arrangement works well when there is only limited overlapping of the practice areas of general practitioners and a health visitor can be allotted an area corresponding to that of the general practitioner or group of practitioners. In other areas, health visitors are encouraged to co-operate fully with the practitioners: the degree of co-operation depends on the personalities of the participants. There was a further increase in the number of patients referred to health visitors for follow-up on discharge from hospital.

Since Dr. K. R. Keay, the Consultant Paediatrician, commenced duty in the County on the 21st September, 1962, the requests for health visitors to follow-up children on discharge from hospital have increased markedly.

No applications were received in 1962 for the health visitors' training scholarships.

The following statistics of health visiting work in 1962 are of interest:

Number of visits to children under one year of age	...	9,918
Number of visits to children between one and two years of age		5,917
Number of visits to children between two and five years of age		7,197

4. HOME NURSING

At the end of 1962, the following groups of nurses were employed on home nursing duties in the County :

Home Nurse/midwife/health visitors	...	...	25
Home nurse/midwives	...	...	15
Home nurse/health visitors	...	...	1
Home Nurses	...	...	9

The heavy demand for home nursing continued and it is difficult to account for the decrease of approximately three thousand in the number of home nursing visits as compared with the previous year. A considerable proportion of the patients who received home nursing during the year were over sixty five years of age. With the developing trend towards the earlier discharge of geriatric patients from local hospitals, the home nurses assisted in the rehabilitation of an increasing number of elderly persons. Patients suffering from arthritis or the after effects of a cerebral haemorrhage or thrombosis, were encouraged to walk and to regain movements of the limbs. The home care of the dying continued to present problems to the district nurses and in certain terminal illnesses, the nurses administered pain relieving injections under medical supervision.

To assist in the lifting and other care of certain helpless patients, two special mechanical hoists were purchased. The problem of nursing a number of incontinent patients at home was eased by the use of specially prepared disposable absorbent pads and thin plastic under-sheeting.

By arrangement with the Marie Curie Memorial Foundation, financial assistance was given to five patients suffering from cancer, who required special night nursing, additional bed linen and extra nourishment.

Six home nurses attended a special course on 'the Hospital Care of the Geriatric Patient' arranged jointly by the Pembrokeshire Old People's Welfare Committee and the West Wales Hospital Management Committee at St. Thomas' Hospital, Haverfordwest, on the 17th November.

The following statistics give an indication of the home nursing work during the year :

Number of home nursing visits to children under five years of age	...	...	2,133
Number of home visits to persons over 65 years of age	...	...	39,038
Total number of home nursing visits	...	...	81,960
Number of medical cases treated	...	...	2,206
Number of surgical cases treated	...	...	1,089
Number of tuberculous cases treated	...	...	52
Number of miscellaneous cases treated	...	...	1,021
Total number of patients treated	...	...	4,368

5. VACCINATION AND IMMUNISATION

The rapid developments in this work continued during 1962.

A major problem was the heavy local demand for vaccination against smallpox during the South Wales outbreak of the disease in February, March and April. Despite a number of re-assuring statements, it was impossible to control this demand. During the early weeks, it was decided not to open clinics for the mass vaccination of the general population, but, at the request of certain general practitioners who were overwhelmed by the public demand, vaccination clinics were subsequently opened by the department at Haverfordwest, Milford Haven, Pembroke Dock and Tenby. An attempt was made to prevent the vaccination of persons particularly liable to complications, and also family contacts of eczematous patients. Though there were many moderately severe local reactions following vaccination, there were no serious complications, such as encephalitis.

On the 16th November, the Minister of Health announced that the Standing Medical Advisory Committee recommended the continuation of the routine smallpox vaccination of children in the first two years of life but the offer of vaccination should preferably be made during the second year of life, instead of at four or five months old as previously advised. The medical staff of the department, the general practitioners, health visitors and district nurses were informed of this advice. The general practitioner has, however, to make the final recommendation to the parent and his recommendation has to be based on the afore-mentioned advice and his knowledge of the individual child's health, possible early travel abroad and other circumstances.

An important development during the year was the announcement on the 1st February that the Minister of Health, on the advice of the Joint Committee on Poliomyelitis Vaccine, had decided to make an oral live attenuated polio virus vaccine (Sabin type) available for use by local health authorities for the routine vaccination of persons over six months and under forty years of age and certain others at special risk. After a review of the available literature, it was decided to use the oral vaccine in this County but that, if a person, on the advice of his doctor, preferred the Salk vaccine by injection, his or her wishes would be respected. The initial supplies of oral vaccine were received at the County Health Department on the 14th February and its use commenced on the 19th February—so far, no ill effects have been reported. The vaccine is given by health visitors and other nurses in the clinics and schools and also by a number of the general practitioners in their surgeries. The demand for vaccination against smallpox overshadowed the scheme for oral vaccination against poliomyelitis in its early stages, but,

even in the latter half of the year, the demand was disappointing particularly among the 16—40 year age groups. Priority had, however, to be given in the early summer months to the primary vaccination of infants and children up to the age of fifteen years, expectant mothers and other groups of the population who are at special risk.

During the year, eighty three premises were used as vaccination centres.

The poliomyelitis vaccination statistics for 1962 in respect of persons up to forty years of age and of certain priority groups were as follows :

	<i>Age Group</i>	<i>Salk Vaccine Injections</i>		<i>Doses of Oral Vaccine</i>		
		1st	2nd	1st	2nd	3rd
Primary Course	1961-62	123	139	723	630	463
	1943-60	234	264	584	482	362
	1933-42	115	133	236	203	132
	Others	210	232	491	430	349
Totals		682	768	2,034	1,745	1,306
Re-inforc- ing Doses	Number of persons given 3rd injection of Salk vaccine					
		...	...	...	...	1,290
	Number of persons given 4th injection of Salk vaccine					
		...	...	...	...	50
	Number of persons given a re-inforcing dose of oral vaccine after two or three injections of Salk vaccine					
				...	...	5,330
				Total	...	6,670

During May, 1962, the arrangements for routine immunisation and vaccination in the County were reviewed in detail, and a revised comprehensive plan for protection of children against diphtheria, whooping cough, tetanus, smallpox, poliomyelitis and tuberculosis was prepared and distributed to family doctors in the County and to the medical and nursing staff of the department. This revised scheme was largely based on a modification of the previously adopted Schedule 'P' plan of immunisation in childhood and included oral vaccination against poliomyelitis and the issue of a re-designed personal record card and recommended plan of immunisation to the parents of every infant.

Progress in 1962 with the immunisation of children against diphtheria was, however, hampered by the heavy demand for smallpox vaccination early in the year. The statistics are as follows :

	1962	1961	1960
Number of children immunised against diphtheria	1,156	1,937	1,646
Number of children who received a booster dose of diphtheria prophylactic	657	1,797	1,233
Number of successful primary vaccinations against smallpox notified	12,585	888	902
Number of re-vaccinations notified	16,877	173	163
Number of children immunised against whooping cough ...	1,112	1,262	1,290

The assistance of the general practitioners, the district medical officers of health, and the medical, nursing and clerical staff of the department in the implementation of the vaccination and immunisation schemes was much appreciated.

6. AMBULANCE SERVICE

There were a number of major developments during the year. The new County Ambulance Service Headquarters, which includes a control room, office, staff room, garages, store rooms, servicing bay and petrol pump, was occupied on the 1st August. Thus, for the first time since the initiation of the service in 1948, adequate facilities for organisation and administration became available. The day Ambulance Control Room came into operation on the 3rd August, 1962—with the kind co-operation of the Fire Brigade Committee and the Chief Fire Officer, the combined fire and ambulance control room continued to operate at the Fire Service Headquarters outside office hours and at week-ends. The operation of the separate day control room has enabled the County Ambulance Officer to maintain an improved control of the service during the busy day periods, to develop a more satisfactory liaison with the appropriate hospital staff and to facilitate the provision of ambulances for emergencies during the period of maximum ambulance transport for non-emergency patients. With the appointment of a mechanic, it was possible to commence on the 13th August, the servicing of ambulances, welfare foods van, civil defence vehicle and certain nurses' cars at the new headquarters.

The demands on the service continued to be heavy throughout the year. The shortage of public transport in the rural areas and the need to take patients with certain illnesses or injuries to Carmarthen and Swansea adds appreciably to the work of the service. In 1962, ambulance transport, including sitting case cars, was provided for 24,630 patients as compared with 23,995 in the previous year. The total mileage of ambulances and sitting case cars increased from 321,993 in 1961 to 332,289 in 1962.

There were a number of problems during the year. The heavy influx of visitors in the south of the County, with the resultant increase in accidents and other emergencies, necessitated the provision of an additional ambulance at Tenby with effect from the 1st March. A family doctor at Cardigan asked the County Council to consider again the need to station an ambulance at Crymmych to serve certain parts of the north and north-east of the County. A detailed record of all accident and emergency ambulance requests from the area was prepared for a period of three months. As there were only eight such requests, it was decided to continue the use of the Fishguard and Haverfordwest ambulances, supplemented by the Cardigan ambulance when available, as agreed with the Cardiganshire County Council. Sparsely populated areas present a difficult problem to an ambulance service.

The County Ambulance Officer also assisted in studies of the major accident procedures at the Esso Refinery and the B.P. Ocean Terminal, and of the report on 'Accident and Emergency Services' prepared by a Sub-Committee of the Standing Medical Advisory Committee of the Central Health Services Council. The resuscitation equipment, available in the ambulances, was used on one occasion during 1962; the efforts to resuscitate a drowning casualty at Little Haven failed despite the use of the Porton resuscitator and a suction apparatus.

It is pleasing to report that Mr. P. J. Hunt, the County Ambulance Officer, was admitted in 1962 as a Fellow of the Institute of Ambulance Officers.

The following 1962 statistics of the Ambulance Service proper are of interest :

Station	Patients		Total No. of Patients	Miles Travelled	Average Miles per case
	Stretcher	Sitting			
Haverfordwest No. 1 ...	1,138	3,121	4,259	39,876	9.36
Haverfordwest No. 2 ...	653	1,685	2,338	24,676	10.55
Haverfordwest No. 3 ...	143	1,364	1,507	47,830	31.73
<i>(Long dist. ambulance)</i>					
Milford Haven ...	294	3,521	3,815	26,963	7.06
Pembroke Dock ...	584	2,912	3,496	34,700	9.92
Tenby No. 1 ...	374	1,963	2,337	23,167	9.91
Tenby No. 2 ...	131	450	581	7,105	12.23
<i>(from 1.3.62)</i>					
Fishguard ...	456	2,402	2,858	36,463	12.75
Cardiganshire ...	14	—	14	495	35.35
Carmarthenshire ...	6	—	6	222	37.00
Totals ...	3,793	17,418	21,211	241,497	11.38

The following figures illustrate the use of the County Ambulance Service, with the exception of the Sitting Case Car Service, since the first full year of the National Health Service.

			<i>Average Miles per Case</i>		
<i>Year</i>			<i>Patients</i>	<i>Miles</i>	
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	184,720	17.60
1956	...	...	18,124	280,542	15.48
1957	...	...	18,741	268,017	14.30
1958	...	...	18,085	264,678	14.74
1959	...	...	17,913	234,083	13.06
1960	...	...	22,294	255,472	11.46
1961	...	...	20,427	232,056	11.36
1962	...	...	21,211	241,496	11.38

Sitting Case Car Service

This service is provided by a large number of private car proprietors throughout the County who apply for inclusion on the approved list. The payments for the hire of these cars are based on the mileage and waiting time.

The following statistics of the sitting case car service since 1954 are of interest :—

<i>Year</i>		<i>Journeys</i>	<i>Patients</i>	<i>Miles</i>
1954		2,383	3,540	68,060
1955		3,009	4,410	82,344
1956		2,594	3,918	78,942
1957		2,944	4,535	108,142
1958		2,674	4,851	96,319
1959		2,898	5,191	116,525
1960		2,025	3,312	74,279
1961		2,446	3,608	91,063
1962		2,262	3,421	90,793

Rail Transport of Patients

In 1962, 120 patients travelled by rail as compared with 76 in the previous year. The use of diesel trains on certain routes prevented the transport of a number of stretcher patients by rail.

7. PREVENTION, CARE AND AFTER-CARE OF ILLNESS

The important mental health work, which is part of the above named service, is described later in this report.

Tuberculosis

The detailed statistics are given in the third section of this report. There was a small increase in the number of new notifications and a definite fall in the number of deaths as compared with the previous year. Though the fight against the disease has made very good progress in recent years, the diligent application of preventive measures must continue. The principal sources of infection in the community are considered to be middle-aged or elderly men with unsuspected respiratory tuberculosis. These sources are detected by use of the local mass radiography service, the referral of suspected patients by general practitioners to the Chest Clinic and epidemiological investigation of the sources of infection, particularly in younger patients and tuberculin positive children. Adequate treatment, especially antibiotic and drug therapy, should remove or reduce appreciably the infectivity of detected patients.

A local mass radiography service is maintained in the County by the Welsh Hospital Board. Regular visits were arranged in 1962 to the more populated areas. During the year, 3,730 persons attended the unit. No new cases of respiratory tuberculosis were detected.

On the advice of the Chest Physician, the County Council supplied extra nourishment in the form of 32,468 pints of milk, to tuberculous patients during 1962.

The B.C.G. vaccination scheme for the thirteen year age group made good progress during the year. In 1962, 1,185 children, including 114 contacts, were vaccinated against tuberculosis as compared with 579 in 1961. The British Glaxo freeze dried vaccine was used. Of the 1,236 thirteen year old children tuberculin tested, 13.34 per cent. were found to be positive. As in the previous year, the possible extension of the B.C.G. scheme to younger children was considered, but, on the advice of Dr. D. Llewelyn Davies, the Chest Physician, it was decided not to reduce the age for routine B.C.G. vaccination.

Detection of Diabetes

It has been estimated that, in Great Britain, approximately one in every 170 persons is a known diabetic. Investigations in various areas suggest that, for every known case, there exists another undiagnosed. It is considered that the early detection of the undiagnosed cases, by urine testing followed by detailed laboratory tests, would enable these persons to be treated and to avoid some of the complications. At present, there is no generally accepted medical policy for the mass detection of undiagnosed cases of diabetes in the community. The present hospital services in this area lack the facilities for detailed investigation of numerous suspected patients. As part of a study of the problem, it was decided to undertake a limited pilot diabetes detection drive at Narberth on the 14th May, 1962. Under the direction of Dr. Phyllis Bowen, the District Medical Officer of Health, the local Women's Institute members and the local district nurses, collected samples of urine from 909 persons. The initial tests and the subsequent laboratory investigations revealed the existence of five persons with previously undetected diabetes. After a review of the difficulties and a discussion with the Consultant Physician, it was decided that, until further notice, local diabetes detection drives should be restricted to persons over forty years of age (and certain persons of special risk who are on the lists of doctors wishing to participate in the scheme).

Health Education

Further progress was possible during the year. Special poster displays on health subjects such as dental care, food hygiene, immunisation and vaccination, home safety and the care of children were arranged in the main clinics. Posters on immunisation and vaccination were also distributed to the surgeries of family doctors and various offices used by the public.

Miss Edwina Morgan, a Health Visitor, held a series of talks and demonstrations for certain of the older girls at the Fishguard and Preseli Secondary Schools. The subjects included personal hygiene, menstruation, adolescence, the National Health Service, smoking and health, dental health, and accident prevention. The extension of similar talks and demonstrations to other schools is being considered.

The problem of publicising the health hazards of tobacco smoking received special consideration and action following the publication of the Report of The Royal College of Physicians on 'Smoking and Health' in March, 1962. This report concluded that smoking, particularly of cigarettes, is a cause of lung cancer and bronchitis and probably contributes to the development of coronary heart disease and various other less common diseases. The County Council agreed that the subject should be dealt with naturally and unsensationally as an integral part of normal health education by teachers in the schools—particularly the secondary and grammar schools. An abstract of the report was sent to head teachers of all schools in the County and the head teachers of secondary and grammar schools were asked to ensure that their pupils be made aware of the danger of smoking and to arrange, if possible, for the contents of the report and the scientific aspects of smoking and health to be described to pupils during the normal science lessons in 1962 and subsequent years. Suitable posters and pamphlets were sent for display and distribution at the grammar and secondary schools and at youth clubs. In addition, posters illustrating the health hazards of smoking were displayed at clinics and other places used by the general public in the County.

There is no evidence that these measures were effective in achieving a general discouragement of smoking, particularly by young people, but their repetition in future years may gradually achieve positive results.

Provision of Home Nursing Equipment

In November, the distribution centre staffed by Red Cross personnel at Haverfordwest was replaced by a Centre at the County Health Department. The other nine depots, run by Red Cross and St. John personnel continued.

Many nursing aids were distributed free of charge, and there was an increased demand for walking aids. As in previous years, all wheel-chairs were in use during the summer months.

Two Zimmer hoists, used for the nursing of helpless patients at home, were bought during the year at a cost of £65 each.

Chiropody

The County Council did not provide a direct service but made an increased grant of £700 to the Pembrokeshire Old People's Welfare Committee for the financial year 1962/63 so that the voluntary chiropody service for elderly and handicapped persons could be maintained and extended. The annual expenditure on the service has increased from £100 in 1960/61 to approximately £700 in 1962/63. It is estimated that, at the end of 1962, approximately one thousand elderly persons were receiving treatment under the voluntary arrangements. A number of patients were treated in their own homes, particularly in the rural areas. Eight chiropodists participated in these arrangements.

8. DOMESTIC HELP : HOME HELP SERVICE

The major role of this service continued to be the provision of domestic assistance for the elderly infirm and chronic sick patients. The development of the local hospital geriatric service in 1962 resulted in an increasing number of such patients being discharged from hospital and the provision of an adequate home help service for them presented a number of serious difficulties. Some patients needed several visits daily, and because of the degree of infirmity, a number of evening calls were made by the home helps. Some of the attention required was of an auxiliary nursing category.

A number of other problems continued to present serious difficulties to the home help service : patients who take their own discharge from hospital, against medical advice, and require extended home help; frail and confused elderly persons—mainly ladies—who are anxious to continue living in their own homes; and widowers, with children under school age, who have difficulty in making their own arrangements for help in the home.

The demands on the home help service during 1962 were heavy. The Home Help Organiser continued to undertake much social work among elderly persons and also maintained a very satisfactory liaison with local officers of the National Assistance Board and with other statutory and voluntary organisations. The requests for home help included 161 cases in which the Organiser was able to solve the domestic difficulties without the provision of home help.

The recruitment of home helps was satisfactory except in the Tenby and Saundersfoot areas where hotels and guest houses provide much alternative employment.

The following statistics for 1962 are of interest :—

Number of Occasional Home Helps employed during the year	173
Number of Full-time Home Helps employed during the year	Nil
Number of Part-time Home Helps employed during the year	Nil
Total number of householders provided with Home Helps	236
Number of Maternity Cases assisted by Home Helps	14
Number of Tuberculous Cases assisted by Home Helps	4
Number of Chronic Sick including aged and infirm assisted by Home Helps	162
Number of Home Visits by Home Help Organiser ...	1,204

9. MENTAL HEALTH

Progress was uneven during the year: considerable developments were achieved in the provision of training facilities for severely subnormal and subnormal persons; with the kind co-operation of the Welsh Hospital Board, a child guidance clinic service was maintained at Haverfordwest; but the provision of after-care for mentally ill patients made slow progress.

An important innovation was the establishment of a Developmental Clinic at the County Health Department, Haverfordwest, on the 11th September, 1962. This clinic is held fortnightly and is under the medical direction of Dr. M. Lawlor. Its primary purpose is the provision of a diagnostic and assessment service for young handicapped children (usually up to five years of age).

Special priority was given during 1962 to the provision of training facilities for severely subnormal and subnormal persons. A large hut at the rear of the old Tasker's School, Haverfordwest, was successfully adapted and equipped as a temporary junior training centre, with sufficient accommodation for approximately forty children. It was opened on the 1st May and replaced the existing temporary junior training centre at the Red Cross Headquarters, Haverfordwest. The kindness of the Pembrokeshire Branch of the British Red Cross Society in helping with training facilities pending the adaptation was much appreciated. When the new centre opened, twenty five children attended for three days a week, and fourteen adults for one day a week. The intention—now realised—

was to open the centre for five days per week for children and to obtain additional premises for the adults. On the 6th November, it was possible to open a Special Care Unit for the more severely mentally handicapped children at this centre. One of the difficult problems has been the transport arrangements: the children and adults have had to be transported in hired cars from Milford Haven, Neyland, Solva, St. David's, Fishguard and other areas. Towards the end of the year, the County Council agreed in principle to the erection of a permanent junior centre, with an adjacent small hostel, at Haverfordwest—the project to be included provisionally in the 1964/65 capital programme.

Considerable progress was also made in the provision of training facilities for severely subnormal and subnormal persons in the south of the County. Mrs. E. J. Johnson commenced duties as a teacher of the mentally handicapped and supervisor designate for this area on the 1st January. She initially concentrated her activities on home teaching, but, on the 14th June, she also became supervisor of a combined junior and adult training centre in an adapted hut at the Old Greenhill Grammar School, Tenby. Until the end of the year, it was opened for two days a week and twenty three persons, including two children, attended. During the limited period, Mrs. Johnson has been successful in interesting the adults in a number of handicrafts, including basket making, cane-work, doll and rug-making, stitched canvas mats and stool-seating, and some of the products have already been sold commercially. The required social training was also undertaken. Owing to the limited number of children attending the centre at Tenby, it may be necessary to transfer them at a later date to the Haverfordwest centre, but due to the existence of the Haven, there are certain transport difficulties. The arrangements for after-care of mentally ill patients made limited progress primarily due to the shortage of psychiatrists in South West Wales, and the comparatively long distances from St. David's Hospital, Carmarthen, to certain parts of the County. It was thus difficult for mental welfare officers to visit the hospital regularly and to attend any proposed case conferences. The appointment of a Consultant Psychiatrist with a base, day hospital, out-patient facilities and in-patient beds at Haverfordwest, would solve the major difficulties and, during 1962, the County Council asked the Welsh Hospital Board to make such an appointment. The matter is still under consideration. During 1962, 189 mentally ill patients received after-care from the social workers of the staff: the consultant psychiatrists referred forty seven patients on their discharge from mental hospitals: the remainder were referred by general practitioners and from out-patient clinics and other sources such as the National Assistance Board. A number of the mental welfare officers made considerable progress in the preparation of social histories of patients for the information of the psychiatrists who treat the patients.

210 mentally ill and 2 subnormal patients from this County were admitted informally during the year for hospital treatment: 82 patients were admitted by compulsory order—71 were emergency admissions under section 29 of the Mental Health Act, 1959. It is expected that, when more psychiatrists are available in South-West Wales, sections 25 and 26 of the latter Act will be used more often for compulsory admissions.

A weekly Child Guidance Clinic continued to be held at the Central Clinic, Haverfordwest. Dr. J. MacDonald and Dr. N. James are the Child Psychiatrists at this clinic. Forty one new patients attended for diagnosis and treatment in 1962—psychiatric or behaviour disorder in a child often requires prolonged treatment and a number of attendances by the child and parents. Mr. Vittle, the Senior Psychiatric Social Worker, was responsible for the social work of the clinic. Parents, teachers, doctors and probation officers have appreciated the advice available at the clinic. In addition to his association with this clinic, Dr. C. B. E. James, the Educational Psychologist, also directs a Schools Psychological Service in the County.

The routine testing of the urine of babies to detect the rare cases of phenyl-ketonuria—a metabolic defect which, unless limited by a special diet, leads to severe subnormality—was undertaken in 1962, and one new case was discovered by Miss R. Davies, the health visitor, at Milford Haven. This infant is now under treatment.

A series of ten public lectures on 'Community Care and Mental Health', arranged by the Extra-mural Department of the University College of Wales, Aberystwyth, commenced at the County Health Department, Haverfordwest, during October, 1962. Attendances were encouraging. The lecturers included members of the staff of the department.

*SECTION III***EPIDEMIOLOGY: INFECTIOUS AND OTHER
COMMUNICABLE DISEASES**

Though no case of smallpox occurred in this County, the outbreak of the disease in the Rhondda, Llantrisant area, and Bridgend during February, March and April, 1962, caused much local concern. This was due to various factors: the considerable press, radio and television publicity; the normal movement of population between the Rhondda, Bridgend and this County; and the apparent difficulty in tracing the sources of infection of the primary cases in the Rhondda and Bridgend led to a fear that there were a number of undetected mild cases in South Wales.

The concern led to a heavy demand for vaccination against smallpox despite a number of re-assuring statements. During the outbreak, it is estimated that approximately 29,000 persons in the County were vaccinated against the disease. An attempt was made to prevent the vaccination of persons particularly liable to complications.

Fortunately, there were no serious complications, such as encephalitis, following vaccination. Severe local reactions were, however, not uncommon.

During the smallpox outbreak in South Wales, one close smallpox contact and one remote contact were kept under surveillance in this County. Another source of difficulty was that the diagnosis of smallpox had to be excluded in eight local patients who had skin rashes simulating smallpox in certain respects: special laboratory tests were necessary in three of these patients. One patient, who had multiple accidental vaccinia lesions presumably contracted during a game of rugby, presented a difficult and anxious problem until the laboratory investigations were completed. Dr. P. Bowen and myself were very grateful for the help of the staff of the Virus Section of the Public Health Laboratory at Cardiff in this case.

In the last fortnight of August, nine possible smallpox contacts from the S.S. Oronsay were kept under surveillance in various parts of the County.

In other respects, it was locally an uneventful year for infectious diseases. There were no serious outbreaks of such diseases. In the late spring, rubella and chickenpox were prevalent in certain areas. At the same time, two cases of meningococcal meningitis occurred in one family in the Haverfordwest rural area. In the early winter months, a number of cases of measles were reported among children in the south of the County, particularly at Tenby, but there was no rapid or extensive spread of the disease as in the previous year.

An outbreak of impetigo occurred in a small rural school in the Haverfordwest area during the winter term. Food poisoning was not prevalent: six suspected cases were notified during the summer at Tenby but the causal organism and the source of infection were not discovered; in December, a Pembroke Dock man developed a severe attack of salmonella typhimurium infection, and on investigation, his wife was found to be excreting the organism—the original source of infection was not found.

There was one suspected case of poliomyelitis in a young child in the Haverfordwest area but the diagnosis was not definitely confirmed.

The notification of infectious diseases in the County in 1962 are listed in the following table:—

DISEASE	Haverfordwest M.B.	Tenby M.B.	Pembroke M.B.	Fishguard & Goodwick U.D.	Milford U.D.	Neyland U.D.	Narberth U.D.	Haverfordwest R.D.	Narberth R.D.	Pembroke R.D.	Cemaes R.D.	TOTALS
Scarlet Fever	—	—	10	—	—	1	—	—	—	9	4	24
Diphtheria	—	—	—	—	—	—	—	—	—	—	—	—
Measles	—	46	15	—	7	2	1	15	—	15	1	102
Whooping Cough	—	—	1	—	—	—	—	—	1	—	—	2
Erysipelas	—	—	3	—	—	—	—	1	—	—	—	4
Paratyphoid Fever	—	—	—	—	—	—	—	—	—	—	—	—
Food Poisoning	—	6	—	—	—	—	—	—	—	—	—	6
Dysentery	—	—	4	—	—	—	—	—	—	—	—	4
Puerperal Pyrexia	—	—	—	—	—	—	—	—	—	—	—	—
Meningococcal Infection ...	—	—	—	—	—	—	—	2	—	—	—	2
Acute Poliomyelitis Paralytic	—	—	—	—	—	—	—	—	—	—	—	—
Acute Poliomyelitis Non-Paralytic	—	—	—	—	—	—	—	—	—	—	—	—
Post-Infectious Encephalitis	—	—	—	—	—	—	—	—	—	—	—	—
Acute Pneumonia (primary or influenzal)	—	—	9	—	—	1	—	—	—	3	—	13
Typhoid Fever	—	—	—	—	—	—	—	—	—	—	—	—
Malaria	—	—	—	—	—	—	—	—	—	—	—	—
Ophthalmia Neonatorum...	—	—	—	—	—	—	—	—	—	—	—	—
	—	52	42	—	7	4	1	18	1	27	5	157

Tuberculosis

The following tables are of interest :—

NUMBER AND AGE DISTRIBUTION OF NEW NOTIFICATIONS OF
TUBERCULOSIS AND DEATHS FROM THIS DISEASE IN 1962

Age Group in years	New Notifications				Deaths			
	Respiratory		Non-Respiratory		Respiratory		Non-Respiratory	
	M.	F.	M.	F.	M.	F.	M.	F.
0 — 1	—	1	—	—	—	—	—	—
1 — 2	—	—	—	—	—	—	—	—
2 — 5	—	—	—	1	—	—	—	—
5 — 10	1	—	—	—	—	—	—	—
10 — 15	—	—	—	—	—	—	—	—
15 — 20	1	1	—	—	—	—	—	—
20 — 25	1	3	—	—	—	—	—	—
25 — 35	2	2	1	—	1	—	—	—
35 — 45	3	3	—	—	—	—	—	—
45 — 55	2	2	—	1	—	1	—	—
55 — 65	3	2	—	—	2	—	—	—
65 — 75	2	2	—	—	1	2	—	—
75 plus	—	1	—	—	1	—	—	—
Totals	15	17	1	2	5	3	—	—

NUMBER OF CASES OF TUBERCULOSIS ON THE CHEST
CLINIC REGISTER

		Respiratory		Non-Respiratory		Total
		M.	F.	M.	F.	
On 31st December, 1962	...	315	239	24	22	600
On 31st December, 1961	...	275	224	19	17	535
On 31st December, 1960	...	270	213	18	14	515

Year	New Notifications of Tuberculosis		Deaths from Tuberculosis	
	Respiratory	Non-Respiratory	Respiratory	Non-Respiratory
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
1956 ...	49	4	8	2
1957 ...	36	4	11	1
1958 ...	38	3	7	—
1959 ...	26	1	8	3
1960 ...	29	1	8	—
1961 ...	26	3	14	2
1962 ...	32	3	8	—

SECTION IV

FOOD AND DRUGS ACT :

COUNTY COUNCIL RESPONSIBILITIES

1. MILK

Dairy farming is an important part of the economy of the County. Considerable progress has been made locally in the hygienic (and health) control of milk. On the 1st July, 1954, the County became an attested area for cattle, and, since the 1st October, 1958, only pasteurised or tuberculin tested milk has been sold retail except in a few of the more remote rural areas where ordinary milk retailers or producer retailers are not available. Marked improvements have been effected locally in hygienic standards of milk production and in the hygiene of milking premises and dairies on farms during the past decade. On the 31st December, 1962, 92.4% of the 3,001 dairy farms in the County were occupied by farmers licensed as tuberculin tested milk producers or producer retailers.

For several years, the Dried Milk Products Dairy at Merlins Bridge, Haverfordwest, has pasteurised much of the milk sold as such in the County. The closure of the pasteurisation plant in April, 1962, and the provision of an alternative supply of pasteurised milk from the Cambrian United Dairies in Swansea caused some concern among local residents as it was felt that the transport of pasteurised milk from Swansea would reduce the keeping quality. Repeated samples of the milk were examined bacteriologically and they passed the approved tests.

The County Council had to enforce certain legislation relating to milk. Firstly, it has a responsibility to prevent the sale of milk from tuberculous animals and also from animals suffering from certain scheduled diseases. During 1962, forty samples of milk were submitted for routine biological testing and all were found to be free from tuberculous and brucella abortus infection. These samples were kindly taken by the district public health inspectors. A farmer in the Haverfordwest rural area was found to be suffering from severe brucellosis in November, 1962. A milk sample from his herd was submitted for biological testing on the 10th December, 1962, and found to be infected with brucella abortus. Detailed investigation of the herd showed widespread infection of the dairy cows. The milk from the herd had always been heat treated at the dairy. It had, however, been consumed in a raw state by the farmer, his wife and two children, but only the farmer developed clinical signs of brucellosis.

Under the Milk (Special Designation) Regulations, 1960, the County Council has to licence all dealers in specially designated milk with the exception of producer-retailers. On the 31st December, 1962, the position in respect of licences issued and in force was as follows :—

<i>Type of Licence</i>				<i>No. of Licences Issued and in force</i>
Dealer's (Tuberculin Tested) ...	...	...	...	61
Dealer's (Pasteuriser's) ...	...	...	...	2
Dealer's (Steriliser's) ...	...	...	...	1
Dealer's (Pre-packed) ...	...	...	...	147

The supervision of the sale of designated milk by the licensed milk dealers is undertaken by the staff of the Weights and Measures Department but they need to have certain information concerning the more difficult hygienic details especially of premises, from the district public health inspectors. Most of the milk sold by retail in the County has been pasteurised. The High Temperature Short Time (H.T.S.T) pasteurisation plant at the Dried Milk Products Dairy, Merlins Bridge, Haverfordwest, was closed during the year, a batch pasteurisation plant was opened at the Dairy, Llanstadwell, and a H.T.S.T. plant was installed at Craig's Dairy, Tenby. Of the 390 samples of pasteurised milk from these dairies, none failed the appropriate phosphatase and methylene blue tests. Bottle washing machines require careful supervision and maintenance; sixteen laboratory tests of the bacterial purity of the washed bottles were made: five were unsatisfactory but follow-up tests showed that the defects had been remedied.

Finally, the County Council has a responsibility for enforcing legislation relating to the chemical quality and adulteration of milk. Action in this field during 1962 is described in the following paragraphs.

2.SAMPLING OF FOOD AND DRUGS

Mr. D. C. Jenkins, M.Sc., F.R.I.C., of Carmarthen was the Public Analyst. The Weights and Measures Inspectorate continued to undertake the sampling of food and drugs.

The following is a brief summary of the results of sampling during 1962 :—

<i>Articles</i>	<i>No of Samples</i>	<i>Genuine</i>	<i>Non- Genuine</i>
Milk	366	341	25
Non-alcoholic drinks	43	41	2
Alcoholic drinks	11	10	1
Butter, Margarine and Cook- ing Fats	19	19	—
Tinned Meat and Fish	22	18	4
Spices and Condiments	19	19	—
Miscellaneous Groceries	165	154	11

The non-genuine samples of milk included seventeen of insufficient fat content, seven of added water and one contaminated with a foreign substance. The other non-genuine food samples showed no evidence of serious adulteration : they included one tin of meat with insufficient meat content, three samples of preserves with insufficient fruit content, and three specimens of almond marzipan with insufficient almond content.

SECTION V

MISCELLANEOUS

CHILDREN'S DEPARTMENT

The necessary close liaison with the Children's Officer and the staff of his department continued. In 1962 forty-four special examinations of children in care of the County Council were undertaken by doctors of the department. Special attention was given to their medical and emotional problems and eight children were referred to the Child Guidance Clinic. Arrangements were also made for the necessary immunisation procedures.

As part of the prevention of the break-up of families, Miss S. M. Morgan, a health visitor, continued detailed social work with twenty difficult problem families in the County. Four families showed appreciable improvement: twelve improved slightly or moderately: and the remainder made no apparent response to the efforts. Other staff of the department, including other health visitors, district nurses and home helps assisted in this work. A close liaison was maintained with the local N.S.P.C.C. Inspector.

WELFARE DEPARTMENT

The County Health Department staff continue to co-operate satisfactorily with the County Welfare Officer and the staff of his department.

A major development during the year was the appointment of Dr. J. Clough Davies as the Consultant Geriatrician for South-West Wales and part of Mid-Wales. The County Council agreed to pay a contribution to the Welsh Hospital Board for his services in advising the County Welfare and Health Departments on problems of the prevention of ill-health among the elderly, the provision of medical and social-services for the elderly and the assessment of the suitability of persons for transfer between Part III accommodation and hospitals. He commenced duties in the area on the 1st March. In 1962, forty-six elderly patients were transferred from hospital to Part III accommodation and forty-eight in the opposite direction. These transfers were made possible by the co-operation of Dr. J. C. Davies and the County Welfare Officer. The demand for beds in Part III accommodation is increasing and, at the end of the year, a number of elderly infirm patients with unsatisfactory home conditions, were retained in hospital as Part III beds were not available.

A welcome development during the year was the occupation of the purpose built home—Sunnybank—at Narberth with accommodation for sixty physically and/or mentally infirm persons. It replaced the accommodation at Allensbank, Narberth, which was originally constructed as a workhouse in 1836. The modernisation of the old Part III accommodation at Riverside, Pembroke, commenced in April 1962, and will ultimately provide comfortable accommodation for sixty physically and/or mentally infirm persons.

Dr. E. Roland Williams, an Ophthalmologist, continued to be responsible for the examination and certification of blind and partially sighted persons. Though hospital ophthalmic services in South West Wales have developed appreciably in recent years, a further expansion is necessary.

The following statistics are of interest :

1. The age distribution of Registered Blind and Partially Sighted persons in the County on the 31st December, 1962, was as follows :

				<i>Blind</i>	<i>Partially Sighted</i>
Under 5 years	...	...	...	—	—
5-16 years	...	...	...	6	2
16-21 years	...	...	...	1	1
21-50 years	...	...	...	39	23
50-65 years	...	...	...	59	24
65 years and over	...	...	...	232	85
Total ...				337	135

2. Follow-up of Registered Blind and Partially-Sighted persons :

				Cataract	Glaucoma	Fibroplasia	Others
(i)	Number of cases registered during 1962 in respect of which Form B.D.8 recommends :						
(a)	No treatment	...	...	8	—	—	5
(b)	Treatment (medical, surgical and optical)	...	18	1	—	15	
(ii)	Number of cases as (i) above which on follow-up have received treatment ...						
		...	9	1	—	14	

3. Ophthalmia Neonatorum : no cases of blindness due to this condition were reported during 1962.

Medical Examination of County Staff

The following examinations were undertaken during 1962 :—

Entrants (excluding teachers and police) to County Council employment	...	...	...	113
Manual Workers for entry into sickness benefit scheme				47
Police candidates	...	...	...	16
Police cadets	...	...	...	14
Entrants to Teachers' Training Colleges	...	...		95
Newly appointed Teachers	...	...	...	85
Canteen staff	...	...	...	83
Re-examinations of existing employees	...	...		22
Number of Chest X-ray examinations of staff (excluding mass radiography examinations)	...	...		39
Examinations carried out on behalf of other local authorities (reciprocal arrangements)	...	...		5

The Mobile Unit of the Mass Radiography Service was again used for the biennial chest x-ray of school canteen staff.



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