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PEMBROKESHIRE COUNTY COUNCIL



ANNUAL REPORT

of the

County

Medical Officer of Health

for Pembrokeshire



1965



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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 thirteenth annual report. During the year, there were a number of important and interesting developments in the local health authority and related services in this County.

The development of Milford Haven as a major oil port continued and the port medical staffing arrangements, jointly introduced by the Milford Port Health Authority and the County Council in 1964, proved satisfactory. The new Yellow Fever Vaccination Centre at the County Health department was able to meet the demand from the crews of oil tankers and other persons for vaccination against this disease.

The provision of adequate hospital services in the County received further consideration during the year. In December, the Welsh Hospital Board issued a statement outlining the intended functions of the proposed new hospital at Haverfordwest. The County Council was disappointed that the hospital would not have the status and functions of a district general hospital. A list of suggested amendments to the aforementioned statement was prepared and submitted to the Welsh Hospital Board with the aim of augmenting the intended hospital facilities to meet more adequately the local needs.

At the request of the Minister of Health, the ten-year development plan of the County Council health services was reviewed and extended to 1976. The revised plan allows for additional hostel and other developments in the community mental health services and a limited expansion of the health visiting and ambulance services. The possible need for health centres in the urban areas was given preliminary consideration.

The co-ordination of the work of the various social welfare officers employed in the various departments continued to receive considerable attention, but, as in previous years, only limited progress resulted. It was, however, possible to separate registration and social welfare duties and, with effect from the 1st October, to re-organise the general purpose and mental welfare officer arrangements in the County.

There were a number of other developments during the year: to meet the increased demand for ambulance transport, particularly during the holiday period, the ambulance arrangements at

Tenby were re-organised and augmented and a "garage arrangement" ambulance station was initiated in the north-east of the County; additional members of the staff were seconded for training as welfare officers and teachers of the mentally handicapped; considerable progress was made with group health education; a cervical cytology service was developed in the County by the Family Planning Association; and the problem of control of atmospheric pollution from the new Pembroke Power Station was considered in detail.

Dairy farming is an important part of the economy of the County. Some of the diseases of cattle are unfortunately transmissible to man and the considerable local consumption of raw milk is an added risk. Of the aforementioned diseases, brucellosis presented the main problem locally during 1965: five definite human cases were reported. Details are given in the appropriate section of this report.

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, home helps and the training centre and ambulance personnel, for their efforts during the year. As in previous years, continued helpful assistance has been received from the two district medical officers of health, the family doctors and the local hospital consultants.

Considerable assistance was received from Miss G. M. Knight, my secretary, with the preparation of the manuscript, and many of the statistics were prepared by Mr. J. Thomas, a senior clerk of the department.

I am,

Ladies and Gentlemen,

Your obedient Servant,

D. J. DAVIES

County Medical Officer of Health.

County Health Department,
Haverfordwest.

2nd September, 1966.

COUNTY OF PEMBROKE HEALTH COMMITTEE

(as on 31st December, 1965)

Chairman :

County Alderman D. W. Evans

Vice Chairman :

Councillor O. G. John, O.B.E.

County Aldermen :

E. Anthony, M.B.E.
Rev. Mathias Davies
James John
S. J. Morris

Mrs. A. Norman
D. H. Roberts (now deceased)
R. S. Wade

County Councillors :

T. W. H. Byard
W. Carr
A. Edwards
D. S. Evans
Lt. Col. R. F. Foster, O.B.E., T.D.
C. M. George
Rev. W. Harry

T. V. Hay
J. M. James
W. C. John
T. Lewis
W. G. Munro
W. H. Symmons
Rev. John Thomas

Co-opted Members :

Miss Nancy Thomas

Miss E. M. Sturgess

Local Medical Committee Representatives :

Dr. A. N. Bond, Dr. J. A. K. Douglas, and
Dr. W. F. T. George (now deceased)

Pembrokeshire Federation of Women's Institutes Representatives :

Mrs. M. Elce

Mrs. M. Ramsden

South-West Wales Hospital Management Committee Representatives :

J. Mendus, Esq., Canon T. Halliwell, Dr. M. Rowland Evans

STAFF OF COUNTY HEALTH DEPARTMENT 1965

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:

M. Lawlor, M.B., B.Ch., B.A.O., L.M., D.C.H., D.P.H.

District Medical Officers of Health:

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

P. E. M. Bowen, M.R.C.S., L.R.C.P., D.C.H., D.P.H.

W. J. Y. Speedy, M.B., B.Ch., L.R.C.P.&S., L.R.F.P.&S., D.P.H.

Assistant County Medical Officer and School Medical Officer:

F. J. Harrison, M.B., B.Ch., B.A.O.

Chief Dental Officer and Principal School Dental Officer:

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

School Dental Officers:

Mrs. P. Jenkins, B.D.S.,

G. Hellings, L.D.S. (Resigned 31.8.65)

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

Mrs. D. Rutherford, B.D.S. (Part-time)

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. (Resigned 9.4.65)

Mrs. C. Griffiths, M.C.S.P. (Commenced 1.4.65)

County Home Help Organiser:

Miss M. R. F. Collins

Assistant Home Help Organiser:

Miss M. A. M. Smith (Commenced 26.4.65)

Problem Families Health Visitor:

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

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.

Mrs. J. E. Holding, L.C.S.T. (Part-time)

Consultant Child Psychiatrist:

J. Mc Donald, M.A., M.B., B.Ch., D.P.M.

Educational Psychologist:

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

Senior Psychiatric Social Worker:

J. A. G. Bush, A.A.P.S.W., S.R.M.N., S.R.N., M.R.S.H.
(Resigned 31.8.65)

Supervisors of Training Centres:

Mrs. E. M. P. Davies

Mrs. A. Berry

Chief Clerk:

O. M. Shearn, A.C.I.S. (Resigned 30.4.65)

C. R. Dench, A.R.S.H. (Commenced 26.7.65)

Other Nursing Staff

(as at 31st December, 1965):

- 9 Health Visitors and School Nurses
- 17 District Nurse/Midwife/Health Visitor/School Nurses
- 20 District Nurse/Midwives
- 9 District Nurses
- 1 Clinic Nurse
- 3 Enrolled Nurses

Home Helps:

206 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 1965

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
1955 —	Estimated Mid-Year	...	...	93,800
1957 —	Estimated Mid-Year	...	...	93,670
1959 —	Estimated Mid-Year	...	...	94,600
1960 —	Estimated Mid-Year	...	...	94,580
1961 —	By Census	...	...	93,980
1962 —	Estimated Mid-Year	...	...	93,050
1963 —	Estimated Mid-Year	...	...	94,660
1964 —	Estimated Mid-Year	...	...	95,350
1965 —	Estimated Mid-Year	...	...	95,920

3. FINANCIAL

The product of a penny rate for the financial year 1965/66 was £14,080.

Rateable value of the County on the 1st April, 1965, was £3,040,597.

4. GENERAL OBSERVATIONS

The Registrar General's estimated figure for the 1965 mid-year population of Pembrokeshire shows a small increase of 570 over the estimation for the previous year.

The unemployment rates in the Milford and Pembroke Dock areas in December, 1965, were 14.9% and 4.5% respectively as compared with 14.2% and 9.3% in the previous year. This pleasing trend in the Pembroke Dock area was mainly due to the commencement of the building of the Pembroke Power Station early in the year. It is hoped that the development of the factories at the Thornton industrial estate and the Gulf Refinery project will improve the employment prospects at Milford Haven.

The County birth-rate was slightly lower than in 1964, but remained above the national rate. The adjusted rate of the rural

areas was slightly higher than that of the urban districts. In the Narberth urban district the birth-rate showed a marked increase over that of the previous year, while in the Pembroke rural district there was an appreciable decrease. The number of illegitimate births again increased.

Unfortunately, compared with the previous year, there was a marked increase in the local still-birth rate, and this was above the national figure. There was, however, a more than compensating reduction in the neo-natal death rate of infants resulting in an appreciable fall in the peri-natal mortality rate compared with 1964 and previous years.

Lung atelectasis, anoxia and prematurity remained the major causes of neo-natal deaths but the number of deaths due to prematurity was considerably lower than in recent years.

As compared with 1964, there was a decrease in the adjusted death rate, but the figure remained slightly above the national rate.

The main causes of death continued to be coronary and other heart diseases, vascular lesions of the nervous system including "strokes", and cancer. In the 55-75 year age group, there was again a marked higher mortality among men than women: the main cause continued to be the higher incidence of coronary heart disease and cancer of the lung among males. The total number of deaths from all forms of cancer was 198—an increase of seventeen as compared with the previous year. There was a slight but welcome decrease in deaths from cancer of the lung. It is regrettable that the number of fatalities due to motor accidents rose to fifteen. There were six suicides as compared with eight in 1964.

5. (i) DETAILED STATISTICS

<i>Live Births</i>				<i>Male</i>	<i>Female</i>	<i>Totals</i>
Legitimate	...	...	...	858	791	1,649
Illegitimate	...	...	...	56	50	106
(6.04 per cent of live births)						
Totals				914	841	1,755
<i>Still Births</i>						
Legitimate	...	...	...	23	10	33
Illegitimate	...	...	...	2	1	3
Totals				25	11	36

Live birth rate per 1,000 population	18.29
	(Crude)
	19.39
	(Adjusted)
Still-birth rate per 1,000 total live and still-births ...	20.10
Total live and still-births	1,791
Infant Deaths (deaths under 1 year)	40
Infant Mortality Rates :	
Total infant deaths per 1,000 total live births ...	22.79
Legitimate infant deaths per 1,000 legitimate live births	23.04
Illegitimate infant deaths per 1,000 illegitimate live births	18.86
Neo-natal Mortality Rate (deaths under 4 weeks per 1,000 total live births)	13.67
Early Neo-natal Mortality Rate (deaths under 1 week per 1,000 total live births)	10.82
Peri-natal Mortality Rate (still-births and deaths under 1 week combined per 1,000 total live and still-births)	30.71
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	Total All ages	4 weeks										75													
		Under 4 wks.		1 Year		5—		15—		25—		35—		45—		55—		65—		75					
		M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.	M. F.					
Tuberculosis—Respiratory	1	2	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Tuberculosis—Other	1	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Syphilitic Disease	1	1	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Diphtheria	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Whooping Cough	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Meningococcal Infection	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Acute Poliomyelitis	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Measles	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Other Infective and Parasitic Diseases	1	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Malignant Neoplasm—Stomach	21	11	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Malignant Neoplasm—Lung	32	6	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Malignant Neoplasm—Breast	16	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Malignant Neoplasm—Uterus	12	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Other Malignant and Lymphatic Neoplasms	53	50	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Leukaemia, Aleukaemia	2	4	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Diabetes	—	7	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Vascular Lesions of Nervous System	72	74	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Coronary Disease—Angina	170	84	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Hypertension with Heart Disease	9	7	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Other Heart Disease	58	72	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Other Circulatory Disease	34	29	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Influenza	—	1	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Pneumonia	25	27	1	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Bronchitis	38	14	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Other Diseases of the Respiratory System	6	7	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Ulcer of Stomach and Duodenum	7	3	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Gastritis, Enteritis and Diarrhoea	4	1	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Nephritis and Nephrosis	4	8	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Hyperplasia of Prostate	6	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Pregnancy, Childbirth, Abortion	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Congenital Malformations	10	7	4	3	4	3	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Other defined or ill defined diseases	46	53	10	6	1	1	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Motor Vehicle Accidents	9	6	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
All other Accidents	16	21	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Suicide	4	2	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—
TOTALS	631	525	15	9	9	7	2	3	3	2	11	5	9	2	27	10	48	28	126	73	180	130	201	256	—

SECTION II

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

As in previous years, the medical ante-natal care outside hospitals continued to be undertaken by the general practitioners. At Tenby, two doctors of the local group practice held regular ante-natal sessions at the local health authority clinic—during 1965 the average sessional attendance was thirty. Local midwives continued to hold ante-natal clinics at Haverfordwest, Milford Haven, Hakin, Pembroke, Tenby and Pembroke Dock. At Neyland, the midwife attends the ante-natal clinic held at the surgery of one of the family doctors.

The demand by young expectant mothers for preparation for childbirth and instruction in mothercraft continued to increase. Classes were held at Haverfordwest, Hakin, Pembroke Dock, Manorbier, Narberth and Fishguard. Classes at the latter two clinics commenced during the year. A total of 475 expectant mothers attended these classes in 1965 as compared with 459 in the previous year.

Mrs. M. Edwards, the local health visitor, gave weekly mothercraft and health talks to mothers in the post-natal ward at the Maternity Unit of the South Pembrokeshire Hospital, Pembroke Dock.

The syllabus of the preparation for childbirth and mothercraft classes includes explanation of the development of a baby, preparation for the confinement, the simple physiology of birth, health precautions in pregnancy and the care of a baby.

Most expectant mothers have the appropriate blood tests which are an important part of the ante-natal care. There are however difficulties in arranging the tests in some rural areas.

The use of the personal record and co-operation card for maternity patients was encouraged. The primary purpose of this card is to promote co-operation in the provision of adequate maternity care, especially during the ante-natal period. The card is kept by the mother and it is important that appropriate details should be entered on it by each member of the obstetric team who participates in her care—family doctors, domiciliary and hospital midwives and hospital medical obstetric staff.

In co-operation with Dr. G. Middleton, the Secretary of the Local Medical Committee, a leaflet giving information of local services available to expectant mothers was compiled at the County Health department in October, 1965. Copies of the leaflet are available for distribution to expectant mothers.

The scheme for the provision of the needed additional consultant maternity beds at Haverfordwest—at St. Thomas' Hospital—could not be implemented during 1965 but the appropriate adaptations at the hospital were nearing completion at the end of the year.

An interesting associated development during the year was the provision by the Swansea Marriage Guidance Council of marriage guidance facilities at the Clinic, Pembroke Dock. The first interviews were held in July, 1965.

Infant and Child Welfare

There were eleven infant welfare clinics and fourteen weighing centres in the County at the end of 1965. Mothers appreciate the advice on infant care which is easily available to them at these sessions. In 1965, there were 17,146 and 4,833 attendances of infants and young children at the infant welfare clinics and weighing centres respectively, as compared with 16,740 and 4,356 in 1964.

During the year, construction of the new clinic at Hakin was commenced and plans for a new clinic at Milford Haven were under consideration.

An interesting feature of the year was the commencement on the 28th February of a weekly toddlers' clinic and play group at the Clinic, Park Street, Pembroke Dock. The local health visitors are in charge of the group and are assisted by voluntary helpers. Play material has been provided by local organisations. These sessions meet a need in the area for children between the ages of two and five years who have special difficulties.

Dr. M. Lawlor, the Deputy County Medical Officer of Health, continued to hold developmental and handicap assessment clinics fortnightly at the County Health department (Central Clinic), Haverfordwest, and occasional sessions at the clinics at Pembroke Dock and Tenby. Fifty-three children were referred to these clinics during the year. Detailed medical assessment, particularly the intelligence testing of these children, is time-consuming work. Children are referred to these clinics by the consultant paediatrician, general practitioners, clinic doctors and health visitors.

The reports on certain ill and handicapped children, submitted by Dr. K. R. Keay, Consultant Paediatrician for the South-West Wales area, continued to be very helpful.

The routine testing of the urine of babies to detect phenylketonuria was continued locally during the year, but no new case was discovered. This condition, if untreated, causes severe mental subnormality.

Congenital Malformations

The County Council is required to submit monthly returns to the Registrar General giving details of malformations observed in new-born babies. During 1965, thirty-nine cases of congenital malformation were reported in Pembrokeshire. Of these, nine were still-births.

Classification of Malformations

Central Nervous System	Ear	Alimentary System	Uro-Genital System	Skeletal System	Other Malformations	Cases of Multiple Malformations
11	2	3	5	7	2	9

Care of Premature Infants

Premature Births (5lbs 8ozs and less)

Year	No. of Live Births	Place of Birth		Died		Premature At Home	Stillbirths In Hospital
		Home	Hospital	1st day	2nd-28th day		
1965	104	18	86	4	5	2	13
1964	120	22	98	15	5	Nil	9

The incidence of premature live births during 1965 was 5.9 per cent. of notified live births as compared with 6.8 per cent. in 1964. There was an appreciable reduction in the number of deaths of premature babies as compared with the previous year.

During 1965, the Oxygenaire portable incubator for the ambulance transport of premature babies to hospitals was used on eight occasions. The midwife normally accompanies the baby on the journey to hospital. The full-time ambulance personnel have received basic instruction in the use of the incubator.

Distribution of National Welfare Foods and Dried Milk

The administration of this scheme is undertaken at the County Health department and is under the supervision of Mr. D. H. James, a senior clerk.

The sale of national welfare foods, branded dried milk, and certain proprietary vitamin preparations is undertaken by certain

health visitors, district nurses, the clerk at the office of the District Medical Officer of Health, Tenby, and a large number of voluntary workers whose assistance is much appreciated.

The demand for national dried milk declined slightly during the year, but the sales of orange juice, cod-liver oil and branded dried milk increased. Two rural distribution centres were closed during 1965.

The following statistics are of interest :

Year	No. of Distribution Points	National Dried Milk tins	Number of Items Distributed			
			Orange Juice bottles	Cod Liver Oil bottles	Packets of Vitamin Tablets	Branded Dried Milk tins or packets
1965	65	19,674	19,504	1,758	1,302	65,670
1964	58	19,822	17,971	1,672	1,484	64,990

Dental Care

During the year, further progress was made with the County Council scheme for the dental care of pre-school age children and expectant and nursing mothers. With the co-operation of the health visitors and district midwives, the importance of early dental care was brought to the notice of many nursing and expectant mothers. There was a small increase in the number of the above-mentioned mothers and young children treated in the dental clinics during the year, but there was also definite evidence that an appreciable percentage of mothers and children who did not attend the clinics received dental care under the general dental service.

The Dental School of the University of Liverpool, in association with the Dental Group of the Society of Medical Officers of Health, investigated regional differences in the feeding habits of young children which may possibly influence the incidence of dental caries. As part of this investigation, the teeth of approximately 72 children under the age of two years from different parts of the County were inspected for early caries and the results forwarded to the University of Liverpool. The local impression of the clinic dental officers is that the frequent use of the "sweetened dummy" is a contributory factor in the causation of dental caries in certain young children.

The following statistics are of interest :

	Expectant and Nursing mothers	Pre-school age children
Patients examined ...	56	150
Treatments commenced ...	33	57
Courses of treatment completed ...	20	28

Scalings and gum treatments	...	18	1
Fillings		73	157
Silver Nitrate Treatments	...	—	20
Crowns and Inlays		1	—
Extractions		64	25
General anaesthetics		4	15
Dentures provided		1	—
Radiographs		—	—
Dental Officer Sessions	40		
Treatment Centres	8 clinics and 2 mobile units		

Family Planning

Local family planning clinics are held at three centres by the Pembrokeshire branch of the Family Planning Association—six sessions and two sessions a month respectively at the County Health department, Haverfordwest, and Park Street Clinic, Pembroke Dock, and one session a month at the Clinic, Warren Street, Tenby. The latter clinic commenced on the 11th November, 1965.

In 1965, a total of 707 patients attended these clinics, including 267 who registered for the first time during the year.

Guidance and advice on family limitation, sterility and sex problems in marriage are available at the clinics.

Specimens for cervical cytology were collected at the three clinics during the year. Details of this scheme are given in the subsequent section dealing with the prevention, care and after-care of illness.

Care of Unmarried Mothers and their Children

Mrs. H. G. Williams and Mrs. Harries Williams, welfare workers of the St. David's Diocesan Moral Welfare Committee, continued to be responsible for the major part of the social work for unmarried mothers and their children in this County.

They arranged for the admission of twelve unmarried mothers to various hostels during the year.

The number of illegitimate births in Pembrokeshire increased from eighty-seven in 1964 to one hundred and nine in 1965.

2. DOMICILIARY MIDWIFERY

It was possible to maintain a reasonably adequate domiciliary service in the County during the year. At the end of the year,

thirty-seven district nurse/midwives and district nurse/health visitor/midwives were employed: this was equivalent to 7.4 full-time midwives.

The demand for hospital confinements continued to increase—the proportion was 80.3 per cent. as compared with 76.5 per cent. in 1964. This trend will inevitably necessitate a re-organisation of the midwifery services.

The thirty-seven midwives have been trained to administer gas and air analgesia, and are equipped with the necessary apparatus. Five of these midwives also use trilene analgesia.

A system of groups of four domiciliary midwives has been organised locally and this facilitates arrangements for relief duties. Owing to the scattered population, a complete night rota system has not been introduced.

The earlier discharge of maternity patients from local hospitals has increased the demand on the domiciliary midwifery service for the home care of puerperal mothers and young babies. During the year, the average time for discharge from the maternity units was the sixth or seventh day, but the trend towards earlier discharges continued.

In recent years, there has been an improvement in the liaison between family doctors, the local hospital medical obstetric staff and the hospital and domiciliary midwives. The use of the personal record and co-operation card for maternity patients is an aid to this liaison.

Miss J. M. Young, County Nursing Officer, attended a refresher course for supervisors of midwives at Cardiff in March, 1965. Six midwives attended approved refresher courses at Bath, Cheltenham and Cardiff.

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

The following statistics relate to the midwifery service in this County in 1965:

Number of live and still-births	...	...	...	1,791
Number of such births in hospital (including transfers from other areas)	...	...	...	1,441
Number of such births at home (including transfers from other areas)	...	...	...	350
Number of home births attended by private midwives	...	...	...	1
Number of still-births in hospital	...	...	...	32
Number of still-births at home	...	...	...	4

Number of midwives employed by the County Council ...	37
Number of hospital midwives in practice on 31st December, 1965	23
Number of midwives in private practice on 31st December, 1965	1
Number of maternal deaths in hospital	—
Number of maternal deaths at home	—
Number of mothers who received gas and air analgesia at home	238
Number of mothers who received pethidine from nurses during confinement at home	192
Number of mothers who received trilene from nurses during confinement at home	31
Number of inspections of midwives by County Nursing Officer :	

	Routine	Special
Hospitals	3	5
County district nurse/midwives ...	58	147
Private midwives	—	—
Private nursing homes	—	—

3. HEALTH VISITING

At the end of the year, there were nine full-time health visitors and seventeen district nurse/midwife/health visitors on the staff of the department. On the 1st April, Miss V. Jenkins was appointed as an additional health visitor to undertake duties in the Pembroke Dock and adjacent rural area. All the health visitors also perform school nursing duties.

Miss M. Morgan continued to undertake social work among subnormal and severely subnormal persons in the County including the liaison with families of children and adults attending the two training schools and centres. She also continued, in co-operation with the Children's Officer, preventive health and social work with certain problem families.

In addition to the traditional home visiting of babies and young children, the health visitors undertook the routine testing of babies for phenylketonuria and arranged for 392 infants "at risk" to have a special test of hearing. The health visitors paid extra visits to infants "at risk" of handicapping conditions and encouraged their mothers to bring the infants to the welfare clinics for medical observation.

The health visitors played an important part in group health education work, including classes for expectant mothers on mothercraft and preparation for childbirth and talks at clinics, schools and meetings of youth and women's organisations.

Co-operation between general practitioners and health visitors is encouraged and in a number of areas a close liaison has developed. During the year, one health visitor at Haverfordwest attended a local group practice weekly to assist with medico-social and related problems. She also accompanied the family doctors on visits to certain elderly ill patients and participated in the arrangements for their care.

Two health visitors—Miss M. Griffiths and Miss B. Walters—attended a course on "Parentcraft Teaching and Relaxation for Expectant Mothers" at Longbridge, Preston, and Miss L. B. Williams, Health Visitor, attended the Health Education Summer School organised by the Central Council for Health Education at Bangor.

Health visitors assisted in two national surveys during the year—the National Survey of Health and Development organised by the Medical Research Council Unit at the London School of Economics, and a National Child Development Study.

No applications were received in 1965 for the health visitors' training scholarships. Miss J. M. Young, the County Nursing Officer, arranged a detailed and interesting programme for a health visitor student of the University of London Institute of Education who was attached to this department for two weeks in April as part of her training.

The following statistics of health visiting work in 1965 are of interest.

	No. visited
Children born 1965	1,720
Children born 1964	1,751
Children born 1960-1963	4,570
Persons aged 65 years and over	1,287
Mentally disordered persons	160
Miscellaneous patients requiring after-care visits	127
Tuberculous patients	139
Households visited on account of infectious diseases	76
Total number of visits	23,994

4. HOME NURSING

At the end of 1965, the following groups of nurses were employed on home nursing duties in the County :

Home nurse/midwife/health visitors	...	...	...	17
Home nurse/midwives	...	...	...	20
Home nurses (including three state enrolled nurses)	...			12

There was no evidence of any definite change in the demand for home nursing as compared with the previous year. The general nursing care of patients at home included injections, blanket and other baths, and post-operative dressings.

An appreciable number of patients with acute chest conditions received general nursing care and antibiotic injections. The home care of patients with certain terminal illnesses continued to be a special responsibility of the home nurses. There continued to be a limited demand for the home nursing of sick children.

A considerable proportion of patients who received home nursing were over sixty-five years of age and included "early discharge" patients from the geriatric wards of local hospitals. The nursing care of these elderly patients is an important duty of the home nurses, including the three state enrolled nurses. Rehabilitation is an essential part of the treatment of many such patients, including those recovering from a "stroke." The home nurses assist appreciably in this work, encouraging patients to walk and instructing them in the use of walking-aids and crutches. In addition to this traditional nursing care of geriatric patients, some home nurses, particularly in the rural areas, call on the known aged infirm people living in their district, and ascertain whether they are in need of assistance of any kind. These visits are appreciated by the elderly persons, particularly those living on their own.

The home nursing care of certain helpless and incontinent patients is eased by the provision of special equipment, including mechanical hoists, disposable absorbent pads and plastic under-sheeting. The increasing use by the home nurses of disposable sterile syringes for injections and disposable gloves for certain dressings is time-saving and convenient.

There was a good liaison with the appropriate members of the staff of local hospitals in the provision of after-care for patients discharged from hospital.

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

In October, Miss J. M. Young, the County Nursing Officer, attended a study day at Shrewsbury organised by the Welsh Federation of the Queen's Institute of District Nursing on the subject of research in the nursing services. Three district nurses and one enrolled nurse attended a study day organised by the Pembrokeshire Old People's Welfare Committee in November, 1965.

Two students of the Queen's Institute of District Nursing were seconded to this County by the Glamorganshire County Council so that they could gain experience of the district nursing services in a rural area. The students attended appropriate clinics and assisted three local district nurses during their visits to patients.

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

Total number of patients nursed during the year	...	5,235
Number of children under 5		384
Number of persons 65 years of age or over		1,342
Total number of home nursing visits		85,275

5. VACCINATION AND IMMUNISATION

Steady progress was maintained during the year with the vaccination and immunisation of children and other appropriate persons against diphtheria, whooping-cough, tetanus, poliomyelitis, tuberculosis and smallpox.

The administration of these schemes by the staff of the "Vaccination and Immunisation" section of the department remained under the medical direction of Dr. M. Lawlor, the Deputy County Medical Officer of Health.

Health visitors and district nurses continued to impress on parents the need for their children to receive protection against infectious diseases. Suitable poster displays were also arranged in clinics, weighing centres and doctors' surgeries.

On the 1st January, 1965, following the review of record-keeping arrangements advocated by the Ministry of Health, a new system was introduced limiting the keeping of records of most immunisations to those in respect of children under sixteen years of age. The following statistics for 1965, therefore, do not include, as in previous years, the vaccination of expectant mothers and other persons at special risk :

Poliomyelitis Vaccination (Mainly Oral) of Children

Year	Primary Courses	Additional doses to School Entrants
1965	2,580	1,488
1964	2,965	2,909

Other Vaccinations and Immunisations of Children

Year	Immunisation against Diphtheria and Tetanus		Immunisation against Whooping Cough	Smallpox Vaccinations Notified	
	Primary Courses	Booster Doses	Number of Children	Successful Primary	Re-vaccinations
1965	2,035	1,925	1,972	812	154
1964	1,866	1,769	1,900	784	317

The County Health department is the designated centre for yellow fever vaccination in Pembrokeshire. During the year, seventy-seven members of ships' crews, and one hundred and two other persons were vaccinated at this centre. In May, 1965, the World Health Organisation extended the validity of international certificates for yellow fever vaccination from six to ten years.

The statistics relating to B.C.G. vaccination are given in the section on the prevention, care and after-care of illness.

The valuable assistance of the general practitioners, the two district medical officers of health and the medical, nursing and clerical staff of the department facilitated the implementation of these various schemes. In comparison with other local health authorities in Wales, the progress of vaccination and immunisation schemes in this County appears to be satisfactory.

In September, 1965, the Minister of Health stated that he has been advised that vaccination against anthrax is desirable for workers exposed to any special risk of contracting the disease. No workers in this County apparently come within this category and special local arrangements for vaccination against anthrax were not necessary.

6. AMBULANCE SERVICE

The heavy demands on the ambulance service continued during the year. While the number of patients carried was approximately the same as in 1964, there was however a decrease of 4,135 miles in the total distance travelled. The total number of patients carried by ambulances and sitting case cars was 24,092 including 1,496 accident cases. The total mileage covered was

325,930 miles. The reduction in rail passenger services and the shortage of public transport in rural areas are among the factors responsible for the heavy demands on the ambulance service.

The number of patients taken to hospitals outside the County for special investigations and treatment continued to be considerable and this trend places a heavy strain on the ambulance service. There was an increased demand for the ambulance transport of elderly geriatric patients for assessment at the West Wales General Hospital, Glangwili, Carmarthen, and their subsequent return to long-stay hospitals in the County.

The use of diesel trains on the West Wales and Midland railways contributes to the difficulty of providing long-distance transport, particularly for ill holiday-makers. The open-type carriages on such trains are unsuitable for stretcher patients and certain sitting patients. The use of ambulances for such cases reduces the available service in the County. During the year, sixty-five patients were carried by rail, mainly to Cardiff, Chepstow and London.

One Bedford and one Humber Rapide ambulance were purchased in 1965, and two 1958 Bedford ambulances were sold in part exchange. The Humber Rapide, primarily for long-distance journeys, is economical, easily manoeuvrable in traffic and provides comfortable transport for five sitting patients or two sitting and one stretcher patient. On the 3rd May, 1965, Mr. C. Meredith commenced duty as an attendant on this ambulance.

The need for an ambulance in the north-east of Pembrokeshire was met on the 1st July, 1965, when Mr. T. J. Morgan of Tegryn contracted to provide a "garage arrangement" service for the area.

With the permission of the County Education Committee, a temporary ambulance station was established on the premises of the old Greenhill School, Tenby, when the garage arrangement with Jeremy's Garages, Ltd., terminated on the 1st June, 1965. Three new drivers were recruited and the British Red Cross Society assisted in providing voluntary attendants. With the introduction of these new arrangements, the need for car transport of patients in the two areas was reduced.

It was regretted that, having served as a conscientious and efficient voluntary attendant on the Tenby ambulances for twenty-five years, Miss M. Pudsey-Dawson had for personal reasons to discontinue these duties on the 31st May, 1965.

Mr. P. J. Hunt undertook the training of voluntary personnel in the Ambulance and First Aid Section of the Civil Defence Corps. Five volunteers attended the ten-month course of training for the Instructor's certificate and, at the appropriate examination held on the 19th September, 1965, three members obtained full passes and two members were given functional passes. Classes for the standard training test were commenced at Haverfordwest and Milford Haven in November under the instruction of Mr. P. J. Hunt and Mr. R. J. Hitchings respectively.

Due to the difficulty of operating the combined County Health department and Ambulance Service telephone switchboard, Miss E. E. Jenkins was appointed on the 11th January, 1965, to deal primarily with non-ambulance telephone calls.

During the year, four new members of the ambulance service staff attended courses of training at the Cheshire County Council Ambulance Training School, Northwich.

The Oxygenaire baby incubator was used on eight occasions for the transport of premature babies to hospitals. A Stephenson Minuteman Resuscitator was purchased for use in the Tenby area.

The following 1965 statistics of the Ambulance Service are of interest :

Station		Patients		Total	Miles	Average
		Stretcher	Sitting	No. of Patients	Travelled	Miles per Case
Haverfordwest	No. 1	894	2,844	3,738	38,246	10.23
Haverfordwest	No. 2	495	1,404	1,899	18,354	9.66
Haverfordwest	No. 3	137	1,079	1,216	43,126	35.46
(Long distance ambulance)						
Milford Haven	...	280	3,794	4,074	23,696	5.81
Pembroke Dock	...	588	2,382	2,970	32,181	10.83
Tenby No. 1	...	323	2,364	2,687	25,963	9.66
Tenby No. 2	...	187	1,038	1,225	12,756	10.41
Fishguard	...	570	1,975	2,545	36,653	14.40
Tegryn	...	64	648	712	12,198	17.13
(Commenced 1.7.65)						
Cardiganshire	...	17	—	17	524	30.82
Carmarthenshire	...	7	7	—	366	52.28
Totals	...	3,562	17,528	21,090	244,063	11.09

The following figures illustrate the use of the County Ambulance Service, with the exception of the Sitting Case Car Service, since 1949 :

Year			Average Miles		
			Patients	Miles	per Case
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
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
1963	...	...	21,315	240,296	11.27
1964	...	...	20,610	245,581	11.91
1965	...	...	21,090	244,063	11.09

The following figures illustrate the use of the Sitting Case Car Service—provided by a number of private car hire proprietors—since 1956 :

Year			Journeys	Patients	Miles
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
1963	...	...	2,564	4,335	106,605
1964	...	...	2,096	3,385	84,484
1965	...	...	1,922	3,002	81,867

7. PREVENTION, CARE AND AFTER-CARE OF ILLNESS

The mental health work, which is an important 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. During the year, thirty-one new cases of tuberculosis were notified—the same number as in 1964. The number of deaths during the year was four—this is the lowest recorded figure for this County, and is an encouraging feature of the fight against the disease. Intensive preventive measures continued to be undertaken, especially in relation to persons in contact with patients suffering from tuberculosis. The notifications continue to indicate the higher incidence of the disease among men in the older age group.

The mobile Mass Radiography Unit provided by the Welsh Board of Health made regular visits to the more populated areas of the County in 1965. During the year, 4,998 persons were X-rayed, and fifty-five were referred for further investigations at the Chest Clinic.

On the advice of the Chest Physician, the County Council supplied extra nourishment in the form of 22,321 pints of milk to tuberculous patients during 1965.

The B.C.G. vaccination scheme for the thirteen year age group continued to make good progress. In 1965, 977 children, including 98 contacts, were vaccinated against tuberculosis, as compared with 905 in 1964. Of the 934 thirteen year old children tuberculin tested, 5.8% were found to be positive. This comparatively low figure is an indication of the reduced incidence of tuberculosis in the County.

Health Education

This is a subject which permeates many of the activities of the department. Advice to individuals on health subjects is part of the normal duties of doctors at clinics and of health visitors. Dental officers undertake individual dental health education at clinics and district nurses and domiciliary midwives during their home visits often give guidance on the prevention of certain illnesses.

During the year, the health education undertaken by teachers in schools was reviewed in this County and though it is not a subject in its own right with appropriate teaching periods, many aspects are dealt with during the normal teaching sessions in primary and secondary schools. In biology, physical education and domestic science lessons, health problems are inevitably considered and even in classes concerned with literature, history, geography and the physical sciences, references to health problems are not uncommon. After considering a report by the Director of Education, the Education Committee was satisfied with the present contribution of local teachers to health education in schools.

Some health visitors are particularly interested in group health education and, at the request of certain headteachers, they were able to arrange special talks and demonstrations for children, particularly the older girls in secondary schools, on such subjects as personal hygiene, smoking and health, home safety, home nursing and sex education. It continued however to be difficult to meet all the requests.

A considerable number of talks were given by health visitors to youth groups and women's organisations: subjects included home nursing, prevention of home accidents, first aid, food hygiene, dental health, smoking and health, foot health, teenage problems and the social services. These talks and the sessions at school were often illustrated with health films, film strips and flannelgraphs. In 1965, thirty-four different health films were borrowed from film libraries for showing in the County: the subjects of the films included mothercraft, mental health, venereal diseases, accident prevention, smoking and health, menstruation and artificial respiration. In addition, the County Health department has a library of twenty-five film strips and eleven flannelgraphs—they are used as visual aids during group health education in the County.

The health visitors and district nurses were supplied during the year with a series of special notes and leaflets, on subjects such as the prevention of accidents, food hygiene, dental health, immunisation and vaccination, and smoking and health, to assist them in their health education work. Some of the health education notes were also distributed to certain teachers of secondary schools to assist in the preparation of appropriate lessons.

With the assistance of the General Dental Council, a dental health exhibition was held at the Pembrokeshire County Agricultural Show at Haverfordwest on the 18th and 19th August, 1965. Considerable interest was shown in the exhibition and members of the staff of the department were available to deal with the queries.

The mothercraft and preparation for childbirth classes for expectant mothers continued at the Haverfordwest, Hakin, Pembroke Dock, Manorbier and Tenby Clinics, and a new class commenced at the Narberth Clinic and Fishguard. There continued to be a considerable demand for these classes and the attendances were good during the year.

In this short report, it has been impossible to describe adequately all the group health education activities in 1965. The work of the health visitors who are particularly interested in these duties deserves much commendation.

Provision of Home Nursing Equipment

Home nursing equipment requested by family doctors and district nurses is issued at the main distribution centre at the County Health department and at the eight depots staffed by Red Cross and St. John personnel. The depot staffed by Red Cross personnel at Dark Street, Haverfordwest, was closed early in 1965.

The demand for wheel-chairs, particularly during holiday periods, continued to be heavy. There was a large number of requests for walking-aids—thirty-six aids are available for loan.

The main items of home nursing equipment issued on free loan during the year included plastic sheeting, bed-rests, bed pans and foam rings.

Four special mechanical hoists were available for the care of helpless patients at home.

Chiropody

The voluntary chiropody service for elderly and certain handicapped persons continued to be organised by the Pembrokeshire Old People's Welfare Committee. During the financial year 1965-66, the County Council increased the available annual grant to the Committee from £1,300 to £2,000 so that the service could be expanded. The work was undertaken by eight chiropodists at surgeries, clinics and, when necessary, at the homes of patients. During the year, 1,667 elderly, blind and other handicapped persons were treated, as compared with 1,460 in 1964. Owing to the shortage of state-registered chiropodists, it has not been possible for the County Council to provide a direct chiropody service.

Cervical Cytology

The Pembrokeshire branch of the Family Planning Association initiated a cervical cytology service in the County in 1965. Specimens for testing for an indication of early cancer of the cervix were taken at the family planning clinics at Haverfordwest, Pembroke Dock and Tenby. During the year, six hundred and twenty-eight tests were undertaken, as a result of which seven women were referred to a gynaecologist, and eighteen were asked to attend for a further test within three to six months.

8. DOMESTIC HELP : HOME HELP SERVICE

The development of this service necessitated the appointment during the year of an Assistant Home Help Organiser: Miss M. A. M. Smith was appointed and commenced duties on the 26th April, 1965.

During the year, the demand for provision of domestic help for chronic sick and elderly infirm persons continued to increase. This was mainly due to the earlier discharge of geriatric patients from hospital and to the increasing emphasis on helping old people to continue living in their own homes. Difficult human problems arise when elderly ill or confused patients live alone and such persons receive special assistance and encouragement from their home helps.

The number of maternity patients provided with home helps in 1965 showed a slight increase as compared with the previous year. There was also a further increase in the number of applications for domestic assistance from higher income group families with health or social problems, and sometimes the Home Help Organiser was able to assist in making satisfactory private arrangements for such families who required long-term domestic assistance.

The recruitment of women into the home help service continued to prove difficult. In rural areas, inadequate transport remained a factor in the shortage of home helps, and prevented an expansion of the service in the north of the county. One sparsely populated rural area was, however, successfully covered by one home help who used a moped as transport. In urban areas, where domestic work is facilitated by improved standards of housing, individual home helps were often able to assist several families each week. This arrangement facilitated the organisation of the service in such areas.

The scheme of assessment of recovery charges for the provision of domestic help was modified on the 29th March, 1965: personal allowances were increased because of the increases in retirement and other statutory pensions.

Miss M. Collins, the Home Help Organiser, continued to undertake social work with a number of handicapped and elderly persons. Close co-operation was maintained with local officers of the National Assistance Board and other appropriate statutory and voluntary organisations. The improved liaison with the hospitals through the newly appointed hospital social workers was encouraging.

In the Welsh Board of Health Circular 25/65 (Wales) of the 10th December, 1965, the Minister of Health suggested that, when planning the further development of the home help service, individual local health authorities should give attention to a number of aspects, including omission of charges to low-income householders, the training and deployment of home helps, and the assessment of local need for the service. The Circular was considered by the Health Committee early in 1966.

Two hundred and six occasional home helps were employed during the year.

The following statistics are of interest :

Persons provided with home helps during 1965					
Elderly persons (65 years and over)	...	...	...	...	252
Tuberculous patients and the younger chronic sick	...	...	...	...	39
Maternity patients	...	...	...	...	17
Mentally disordered patients	...	...	...	...	4
Other patients	...	...	...	...	22
Total	...	...	...	...	334

9. MENTAL HEALTH

The development of community services for the mentally disordered has become an increasingly important task in recent years. It requires the close co-operation of the hospital, general practitioner and local health authority services. In South-West Wales, a mental health liaison committee, comprising nominated members and appropriate professional staff of the South-West Wales Hospital Management Committee, Welsh Hospital Board, and the three County Councils, was formed on the 5th December, 1963, to facilitate the required co-operation and to review the nature and scale of mental health services in the area. After advice from the Welsh Board of Health, a mental health liaison advisory committee, with a membership confined to professional staff of hospitals and local health authorities and representatives of general practitioners, was established on the 15th October, 1965. It was considered that the latter committee would be able to give more detailed consideration to the review and development of mental health services in the area and also to act as an advisory committee to the previously formed mental health liaison committee. It is too early to comment on the influence of these committees on the development of the services. Up to the time of writing, the meetings have been conducted in a spirit of co-operation and goodwill.

For the effective development of the local community services for the mentally disordered, there is a need for a suitable community consultant psychiatrist to be based at Haverfordwest. This opinion has had limited support, but, in my opinion, it is difficult to develop appreciably certain services—particularly the domiciliary care and after-care of the mentally ill—without such an appointment. The distances between St. David's Hospital, Carmarthen, and parts of this County are too far for all domiciliary psychiatric services to be based at the hospital.

The review of the community mental health services in this report is limited to developments during the year. It would be too time-consuming to give a detailed account.

The two temporary training centres for the mentally handicapped—the Avenue School and Centre, Tenby, and the Tower Hill School and Centre, Haverfordwest—continued to make reasonable progress. During the year, the number of persons on the register of the former establishment increased from thirty-five to forty-three and at the latter from fifty-two to sixty-four. Construction of a new junior training centre at Portfield, Haverfordwest—to replace the temporary junior section at Tower Hill—commenced during the year. To provide additional qualified teachers and instructors at these schools and centres, a number of the staff were seconded to special diploma courses: Mrs. A. M. Adams passed the diploma examination for staffs of training centres for mentally subnormal adults after a one-year course at Birmingham and she returned to the Tower Hill School and Centre (Senior Section at Uzmaston) in September, 1965, as an assistant supervisor; Miss A. M. Thomas, a trainee teacher at the junior section of this School and Centre, was seconded in September to a two-year diploma course for teachers of mentally handicapped children at Bristol; Mr. M. J. Sheppard, the Workshop Instructor and Assistant Supervisor at the Avenue School and Centre, was seconded in September to the one-year diploma course for staffs of training centres for mentally subnormal adults at Birmingham. In this field, it is very difficult to recruit qualified staff and the practice of seconding trainees for diploma courses is necessary.

As in previous years, it has been helpful at both centres to have the co-operation of the parents, understanding assistance and interest from the two local societies for the mentally handicapped, and gifts, including special recreational equipment, from members of voluntary organisations, churches and chapels.

Another feature of the year was the admission of a limited number of moderate or severely physically handicapped young persons to the centres. So far, they have benefited from the training, and there has been no obvious interference with the training of the mentally handicapped.

A necessary change was made during the year in the organisation of the mental welfare and social welfare services of the County Council. It was possible on the 1st October to separate the duties of welfare officers and registrars of births and deaths and to divide the County into four areas, each of which has a 'general purpose' social worker. These officers undertake, as far as possible, the routine general social welfare work in their areas and also act as mental welfare officers. A roster of available officers

was initiated to facilitate arrangements for the compulsory admission of patients to hospitals for the mentally disordered during 'out of office' hours. In addition, two additional trainee social and mental welfare officers were recruited and seconded in September to the two years' course for the National Certificate in Social Work at the College of Commerce, Cardiff.

Mr. J. A. G. Bush, the Senior Psychiatric Social Worker, obtained an appointment as training officer in the Welfare Department of the County of Essex and discontinued his duties in this County on the 31st August, 1965.

The mentally-ill patients from the County, who require in-patient treatment are admitted to St. David's Hospital, Carmarthen. In 1965, eighty-one were admitted by compulsory order; seventy-nine of the latter were admissions under Section 29 of the Mental Health Act, 1959.

Despite the distance difficulties, Dr. J. McDonald, Consultant Child Psychiatrist, and Dr. M. Swaries, his Registrar, continued to hold fortnightly child guidance clinics at the County Health department, Haverfordwest. They are based at Swansea, and, because of their commitments in that area, can only provide a limited service in South-West Wales. The difficulties have been appreciated by the Welsh Hospital Board and, at the time of writing, the appointment of a Consultant Child Psychiatrist for South-West Wales has been made.

The "Community Care Group" Society continued to hold meetings at the County Health department during the year. Eight evening meetings were held, and the subjects discussed included adolescent behaviour, remand homes, and the work of the Children's Department and the National Assistance Board. The members of the Society include social workers of the County Council, probation officers, health visitors, public health inspectors, and officers of the National Assistance Board.

The South Wales Regional Committee of the National Society for Mentally Handicapped Children held a meeting at the County Health department on the 28th June, 1965, and the members visited the Tower Hill School and Centre, Haverfordwest.

SECTION III

EPIDEMIOLOGY: INFECTIOUS AND OTHER
COMMUNICABLE DISEASES

Fortunately, there was no serious outbreak of any communicable disease in this County in 1965.

The comparatively mild epidemic of measles, which commenced during 1964, continued until the late autumn of 1965. The illness was particularly prevalent in the Haverfordwest rural district, Pembroke borough area and Milford Haven urban district. One young school girl from the former area developed the serious complication of post-infectious encephalitis but fortunately she made a satisfactory recovery.

During the autumn, a few cases of whooping cough were reported from the Fishguard and Goodwick urban and the Haverfordwest rural districts.

In July, 1965, a young married woman in the Pembroke borough was found to be suffering from a *Salmonella* infection: after a series of tests at the Central Public Laboratory, Colindale, the responsible organism was identified as *Salmonella anatum*. No other cases were discovered in the area and the source of infection was not found. She responded to treatment.

There were minor outbreaks of vomiting among the children at two rural schools in April and May but no cause was found. It is possible that the illness was winter vomiting disease. Outbreaks of this disease have been reported for a number of years throughout England and Wales, but, so far, no conclusion has been reached concerning the cause. It is not a serious condition.

There were five proved cases of brucellosis during the year: all were adults who had drunk untreated milk and two of the patients were farmers and had direct contact with infected cows. The infecting organism was found in the milk supply of four of the patients. The source of infection of one patient could not be traced. It was necessary for the appropriate district medical officer to serve a compulsory heat treatment order in respect of one infected milk supply. In another supply, the producer agreed to send the milk for heat treatment (pasteurisation). The latter process kills the *brucella abortus* organism. The milk from the herds of the two infected farmers was normally pasteurised at a large commercial dairy. All the patients recovered after treatment.

No proved case of poliomyelitis occurred in 1965.

The confirmed notifications of infectious diseases in the County in 1965 are listed in the following table :

DISEASE	Haverfordwest M.B.	Tenby M.B.	Pembroke M.B.	Fishguard & Goodwick U.D.	Milford Haven U.D.	Neyland U.D.	Narberth U.D.	Haverfordwest R.D.	Narberth R.D.	Pembroke R.D.	Cemaes R.D.	TOTALS
Scarlet Fever ...	—	—	9	—	—	—	—	3	—	7	—	19
Diphtheria ...	—	—	—	—	—	—	—	—	—	—	—	—
Measles ...	70	35	291	55	151	7	5	446	74	82	15	1231
Whooping Cough ...	—	—	—	10	—	—	—	5	—	—	—	15
Erysipelas ...	—	—	—	—	—	—	—	—	—	1	—	1
Paratyphoid Fever ...	—	—	—	—	—	—	—	—	—	—	—	—
Food Poisoning ...	—	—	—	—	—	—	—	—	—	—	—	—
Dysentery ...	—	—	—	—	—	—	—	—	—	—	—	—
Puerperal Pyrexia ...	—	—	1	—	—	—	—	—	—	—	—	1
Meningococcal Infection ...	—	—	—	—	—	—	—	—	—	—	—	—
Acute Poliomyelitis Paralytic ...	—	—	—	—	—	—	—	—	—	—	—	—
Acute Poliomyelitis Non-Paralytic ...	—	—	—	—	—	—	—	—	—	—	—	—
Post-Infectious Encephalitis ...	—	—	—	—	—	—	—	—	—	—	—	—
Acute Pneumonia (primary or influenzal) ...	—	—	—	—	—	1	—	—	—	—	—	1
Typhoid Fever ...	—	—	—	—	—	—	—	—	—	—	—	—
Malaria ...	—	—	—	—	—	—	—	—	—	—	—	—
Ophthalmia Neonatorum ...	—	—	—	—	—	—	—	—	—	—	—	—
TOTALS ...	70	35	301	65	151	8	5	454	74	90	15	1268

Tuberculosis

The following tables are of interest :

NUMBER AND AGE DISTRIBUTION OF NEW
NOTIFICATIONS OF TUBERCULOSIS AND
DEATHS FROM THIS DISEASE IN 1965

Age Group 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 ...	—	—	—	—	—	—	—	—
5-10 ...	—	1	—	—	—	—	—	—
10-15 ...	—	—	—	—	—	—	—	—
15-20 ...	1	2	2	—	—	—	—	—
20-25 ...	—	—	—	—	—	—	—	—
25-35 ...	4	1	—	1	—	—	—	—
35-45 ...	4	1	—	1	—	—	—	—
45-55 ...	2	—	1	1	—	—	1	—
55-65 ...	4	2	—	—	—	2	—	—
65-75 ...	2	1	—	—	—	—	—	—
75 plus	—	—	—	—	1	—	—	—
Totals ...	17	8	3	3	1	2	1	—

NUMBER OF CASES OF TUBERCULOSIS ON THE
CHEST CLINIC REGISTER

		Respiratory		Non- Respiratory		Total
		M.	F.	M.	F.	
On 31st December, 1965	...	304	238	26	25	593
On 31st December, 1964	...	297	230	23	22	572
On 31st December, 1963	...	287	228	20	19	554
On 31st December, 1962	...	315	239	24	22	600

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	—
1963	34	2	8	—
1964	26	5	11	—
1965	25	6	3	1

SECTION IV

FOOD AND DRUGS ACT :
COUNTY COUNCIL RESPONSIBILITIES :

HEALTH ASPECTS

1. MILK

Dairy farming continued to be an important part of the economy of the County. At the end of the year, there were 2,704 registered dairy farms as compared with 2,814 at the end of 1964.

Considerable attention is given by the Ministry of Agriculture, Fisheries and Food to the hygiene and health control of milk at the farms in the County. On the 16th November, 1965, the Divisional Milk Officer of the aforementioned Ministry arranged an Open Day at the Area Laboratory of the Milk Service (Wales), Haverfordwest, and it was an interesting experience to see demonstrations of the various laboratory tests which are carried out on farm water supplies, milk samples and swabs and rinses of milking equipment. Included in the tests was the detection of antibiotics—such as penicillin—in the milk. It is necessary that farmers should realise the importance of avoiding the introduction of antibiotics into milk. Some persons are sensitive to certain antibiotics, particularly penicillin and the consumption of antibiotic contaminated milk may have adverse effects on their health. The Open Day was primarily intended for dairy farmers and it was of considerable educational value.

Most of the milk sold by retail in the County in 1965 was heat treated. The main centre for the heat treatment of such milk was Tynywaun Dairy, Hendy, Carmarthenshire, but the remainder was heat treated at Craig's Dairy (H.T.S.T. plant), Tenby, and the Dairy (batch plant), Llanstadwell. Most of the milk produced in the County is either used for manufacture of milk products or for consumption in other areas.

Of the 281 samples of pasteurised (heat treated) milk tested during the year, twenty-nine failed the methylene blue test for keeping quality and four the phosphatase test for correct heat treatment. Bottle washing machines require careful supervision and maintenance: of the 185 laboratory tests of the bacterial purity of the washed bottles, thirty-one were unsatisfactory. The latter results were disturbing and there is a need for close supervision.

A considerable amount of untreated milk continues to be sold to householders and visitors in the County. At the end of the year, there were 133 licensed producer-retailers of such milk. There are

certain infection risks in the consumption of raw milk. Based on the local occurrence of proved infections caused by such milk during recent years, the risk is comparatively limited. The main risk, at present, is the contraction of brucellosis which can be an unpleasant long-term illness: in 1965, there were five proved cases in the County and two were farmers who may have contracted the infection from direct contact with infected cows. No cases of human tuberculosis or human salmonella infection—due to drinking untreated milk—were reported locally in 1965.

The problem of eradication of brucellosis in cattle in England and Wales is receiving considerable attention. At present, the national policy is to reduce the incidence of infection in cattle by the free vaccination of calves with strain 19 vaccine. The scheme is not compulsory but it is making considerable progress in this County. Many doctors, veterinary surgeons and farmers favour an eradication scheme with slaughter of infected animals but there are apparently economic difficulties in the adoption of this policy by the Ministry of Agriculture, Fisheries and Food.

The detection of the infection in raw milk sold in the County received considerable attention during 1965: of 384 routine samples, 44 gave positive brucella ring tests but subsequent culture did not confirm the infection; in the tracing of sources of human infection, 63 special samples were taken and four gave positive cultures.

Twenty samples of raw or untreated milk sold by retailers or producer-retailers were submitted for special biological examination but none of the samples caused tuberculous lesions in guinea pigs.

Dr. H. D. S. Morgan, Consultant Bacteriologist, and his staff at the Public Health Laboratory, Carmarthen, were responsible for the laboratory tests for human and cattle infections with brucellosis and, as in previous years, their advice and assistance were most helpful.

In 1965, 506 samples of milk from the County were tested for antibiotic content: eleven samples gave positive results. The appropriate producers were informed of the results but no statutory action was taken under the Food and Drugs Act.

The other sampling results in the enforcement of legislation relating to the chemical quality and adulteration of milk are described in the latter part of this section.

2. Food

The staff of the Weights and Measures Department continued to undertake the sampling of food and drugs. The public health implications of current methods of food production and preservation and particularly the intentional additives and the accidental and other contaminants of certain foods such as pesticides, herbicides, metals, hormones, and antibiotics, are difficult and complicated. The consumer in England and Wales is now largely dependent on nationally distributed foods which often require special production, distribution and preservation. The decisions on the possibility of health hazards to consumers caused by these methods are a continuing process including special studies of new techniques as they emerge and the main safeguard in this country is the advice given by the Food Standards, Food Additives and Contaminants Committee, and the Advisory Committee on Pesticides and other Toxic Chemicals to the Minister of Agriculture, Fisheries and Food.

The subject of the safety and composition of food and drugs is too involved to deal with in this short report. The role of the County Council is mainly restricted to the implementation of the relevant sections of the Food and Drugs Act, 1965, and the regulations made thereunder.

The following is a brief summary of the results of sampling during 1965 :

Food	No. of Samples	Non-Genuine	Defects
Milk	506	36	included low fat content, added water and presence of an antibiotic
Ice-cream	7	0	
Butter, Margarine and Cooking Fat	21	1	one specimen of lard was incorrectly described
Drugs	26	2	minor deficiencies
Tinned Meat and Fish	16	1	one tin of meat was contaminated with a dye
Preserves	19	4	deficient in fruit content
Fruit Juice	4	0	
Miscellaneous including coffee, soft drinks, meat pies and sausages	236	14	minor: including deficiencies in meat content of pies, excess saccharin in soft drinks and foreign body in frozen fish.

The Public Analyst is Mr. D. C. Jenkins, M.Sc., F.R.I.C., of Carmarthen.

SECTION V

MISCELLANEOUS

1. CHILDREN'S DEPARTMENT

Children in Care

The staff of the County Health department undertakes the medical supervision of children in the care of the County Council. The children are examined at regular intervals, and, when necessary, are referred for treatment and for the opinion of the general practitioner or consultant. The emotional problems receive special attention and, as far as possible, the children receive the standard vaccinations and immunisations.

During the year, eighty-three routine and six follow-up medical examinations were undertaken. One child was referred for the opinion of Dr. Keay, the Consultant Paediatrician. Children referred for special treatment :

Dental	Ophthalmic	Orthopaedic	E.N.T.
5	9	1	2

Welfare of children who are at risk of having to be received into care

The Children's Committee and the Children's Officer are responsible for the co-ordination of the work undertaken by the appropriate departments in connection with problem families and other families whose circumstances may make it necessary for children to be taken into care. The staff of the County Health department undertakes certain preventive work with the aforementioned families, particularly in relation to associated health problems. Miss M. Morgan, Health Visitor, who has had much experience of this work, is able to give special attention to a number of problem families in addition to her mental health duties.

During the year, health visitors and district nurses submitted to the County Health department detailed reports on thirty-two families with difficult child care problems. These reports on specified forms were passed to Mr. Cassam, the Children's Officer, as an aid to his co-ordination arrangements.

A satisfactory liaison was maintained with Inspector F. A. McGinley, the local officer of the N.S.P.C.C. Dr. M. Lawlor, the Deputy County Medical Officer of Health, continued to advise the local officer on the medical condition of children who have suffered neglect.

2. NURSERIES AND CHILD MINDERS REGULATION ACT, 1948

The two day nurseries in the County at Johnston and Hakin are registered in accordance with the Nurseries and Child Minders Regulation Act, 1948. In order to qualify for registration, certain conditions must be met including suitable staff, provision of adequate facilities and satisfactory safety measures, and notification of infectious diseases. The maximum number of children to be admitted is stipulated in the conditions of registration.

The nurseries are visited periodically by medical officers of the County Health department and by the local health visitors who advise staff on problems relating to the children's health and welfare. The staff are advised to have an annual chest x-ray.

One lady—a trained teacher—at Saundersfoot is registered as a daily child minder under the above-named legislation.

3. WELFARE DEPARTMENT

Close co-operation was maintained between the staffs of the County Welfare and County Health departments.

On the 1st October, 1965, the County Council social and mental welfare services were partially re-organised. The existing appointments of seven district welfare officers also acting as district registrars of births and deaths and as part-time mental welfare officers were discontinued: three of these posts were re-designated as full-time registrars and four as full-time general-purpose social workers and mental welfare officers. For the purpose of implementing the latter arrangement, the County was sub-divided into four areas. The individual general-purpose social workers receive, with certain exceptions, the initial requests for social help in their specific areas, and, when appropriate, consult other social agencies. They are intended to undertake the basic social work for the aged, blind, partially-sighted, deaf, and mentally disordered persons and patients requiring certain social help. In addition, it is hoped that they will be able to devote some time to the welfare of problem families.

A difficult problem in the rapid development of social services is the shortage of trained social workers. It is, however, encouraging that at "careers conventions" at grammar and secondary schools in the County, a number of pupils have indicated their interest in this work.

Handicraft instruction for physically handicapped persons is given by the social welfare officers for the blind and by the handicraft instructress. At the end of the year, seventy-four persons—eleven of whom were blind—were receiving instruction. Crafts taught include dressmaking, knitting, basketry and rug-making. Many blind persons, no longer receiving instruction, continued with the crafts they have learned.

In September, the Pembrokeshire Disablement Advisory Committee arranged an exhibition at Haverfordwest of the work with the handicapped in this County. Voluntary and statutory organisations contributed to the success of the exhibition.

The care of elderly infirm persons continued to receive consideration. Individual needs vary, and, while many old folk lead fairly active lives, others need help with health and social problems. A considerable amount of home nursing of elderly patients is undertaken by district nurses who also advise relatives on simple home nursing methods, refer appropriate problems to the various social agencies including the home help service, obtain invalid and nursing requisites and, during their nursing rounds, sometimes call on elderly infirm persons living alone to ascertain whether they are in need of medical or social help.

During the year, the County Council made further progress with the provision of residential homes for old people. On the 1st December, a new thirty-bedded home was opened at Avallenau, Haverfordwest. The major adaptation of Riverside, Pembroke, and the extensions to Hillside, Goodwick, were completed and provide accommodation for sixty and thirty residents respectively. Work was commenced during the year on the extension and adaptation of Havenhurst, Milford Haven, as a thirty-bedded home for the elderly.

A block of twelve purpose-built flatlets provided by the Pembroke Borough Council, with warden service, was opened at Pembroke Dock in October.

Dr. J. Clough Davies, the Consultant Geriatrician, continued to serve in an advisory capacity to the County Health and Welfare departments. He also assesses the suitability of patients for transfer between Part III accommodation and hospitals. In 1965, forty-seven were transferred from hospital to Part III accommodation, and forty-three in the opposite direction.

Dr. E. Roland Williams, Ophthalmologist, continued the examination and certification of new and urgent cases of blind and partially-sighted persons but due to illness, he had unfortunately to restrict the follow-up examinations.

(i) The following table gives the age distribution of registered blind and partially-sighted persons in the County on the 31st December, 1965 :

Ages	Blind		Partially-sighted	
	M	F	M	F
0—4	—	—	—	—
5—15	4	2	3	1
16—20	—	—	—	3
21—49	14	19	11	8
50—64	21	34	6	9
65 and over	73	135	26	69
Totals	112	190	46	90

(ii) Follow-up of registered blind and partially-sighted persons during 1965 :

No. of persons registered during 1965 in respect of whom B.D.8 recommends	Cause of Disability			
	Cataract	Glaucoma	Fibroplasia	Others
No treatment	7	1	Nil	19
Treatment (medical, surgical or optical)	6	1	Nil	3
Number of cases which on follow-up have received treatment	1	1	Nil	2

(iii) Ophthalmia Neonatorum : no case of blindness due to this condition was reported during 1965.

(iv) The age distribution of registered deaf persons in the County on the 31st December, 1965 :

Ages	With Speech		Without Speech	
	M	F	M	F
Under 16	1	5	—	—
16—64	2	8	4	2
65 and over	—	—	—	—
Totals	3	13	4	2

These figures do not include persons who are described as hard of hearing.

(v) There were 190 registered generally handicapped persons in the County on the 31st December, 1965—108 males and 82 females.

4. MEDICAL EXAMINATION OF COUNTY STAFF

The following examinations were undertaken during 1965 :
Entrants (excluding teachers and police) to County Council

employment	305
Manual workers for entry into sickness benefit scheme ...	98
Police candidates	18
Police cadets	10
Entrants to Teachers' Training Colleges	167
Newly appointed teachers	77
Canteen Staff	121
Re-examinations of existing employees	31
Number of chest x-rays examinations of staff (excluding mass radiography examinations)	31
Examinations carried out on behalf of other local authorities (reciprocal arrangements)	11

The biennial chest x-ray of school canteen staff was undertaken by the Mobile Unit of the Mass Radiography Service.



(v) There were 123 registered generally unemployed persons in the County on the 31st December, 1965, 101 males and 22 females.

4. MANPOWER EXAMINATION OF COUNTY STAFF

The following examination was undertaken during 1965: Positions including teachers and police in County Council employment.

Teachers	205
Manual workers for county and district boards	50
Police candidates	18
Police recruits	10
Education Teachers Training College	107
Newly appointed teachers	17
County Staff	121
Re-examination of existing employees	31
Number of short notice applications of staff (including non-teaching staff) examined	31
Applications received and on behalf of other local authorities	11

The Council also gave a grant of £10,000 to the Local Authority for the Mobile Unit of the Manpower Service.



