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MEDICINE

OKPORD

# Bedfordshire County Council

Education Committee

# REPORT

of the

# School Medical Officer

for the year ended

31st December 1950



BEDFORD HENRY BURT & SON LTD



INSTITUTE OF SOCIAL MEDICINE

10. PARKS ROAD, OXFORD

TO THE CHAIRMAN AND MEMBERS OF THE BEDFORDSHIRE EDUCATION COMMITTEE.

I beg to submit the Annual Report on the School Health Service for the year 1950, which follows closely the pattern of those for the last two years. In the text there is much information about the work done and the conditions found, and it is pleasing to be able to record that generally speaking the state of health of the school children was satisfactory.

The organisation of the Service is such that, with full recruitment of personnel, it could completely discharge the duties placed upon the Authority. There is, however, a lack of staff, and this is almost entirely confined to the Dental and Child Guidance Services. Reference was made last year to the report on dental care in New Zealand and the possible employment of dental nurses, but as yet the amending legislation which would be necessary for such employment has not materialised. With regard to oral hygienists, however, the prospect is brighter, and in due course the Authority will be asked to consider their appointment to the dental staff.

As regards Infectious Disease amongst school children, in the case of diphtheria, the County was again fortunate. There was no case during the year, and for the fourth year in succession there was was no death from the disease. Poliomyelitis, however, while not reaching the heights of 1947 when 34 cases were notified, has, during the last three years, risen from 3 in 1948 to 17 in 1949 and 20 in 1950. Measles seems to be losing its periodic character. For the last few years, there has been an appreciable number of cases each year.

I desire to thank my professional colleagues, the teachers, and the clerical staff for their most helpful co-operation.

To the members of the Education Committee I desire to tender, on behalf of the School Health Department, our most grateful thanks for their sympathetic administration.

I have the honour to be,

Your obedient Servant,

W. C. V. BROTHWOOD,

School Medical Officer.

11th September, 1951.

#### STAFF

(as at 31st December, 1950)

#### County School Medical Officer

W. C. V. Brothwood, M.A., M.D., D.P.H.

## Deputy School Medical Officer

C. A. HARVEY, M.B., Ch.B., D.P.H.

#### Assistant School Medical Officers

Brenda N. Akeroyd, M.R.C.S., L.R.C.P.
ELIZABETH E. Brown, M.B., Ch.B., B.Hy., D.P.H.
Dora S. James, M.B., B.S., D.Obst.R.C.O.G.
M. J. Pleydell, M.C., M.D., D.P.H. (appointed 1.11.50).
IRENE E. SANDFORD, M.R.C.S., L.R.C.P., D.P.H.
CICELY STEER, M.B., B.S., D.C.H.

#### Senior Dental Officer

R. B. T. DINSDALE, L.D.S.

#### **Assistant Dental Officers**

A. P. ATKINS, L.D.S. GLADYS M. BASFORD, L.D.S. (part-time). A. A. GARDNER, B.D.S.

#### **Psychiatrist**

S. P. CASTELL, M.B., M.R.C.S., L.R.C.P. (part-time).

# Psychiatric Social Worker

MARGARET MILLINGTON, M.A. (appointed 2.10.50).

# Orthoptist

JOAN M. TALLYN, D.B.O.S.

# Speech Therapist

BARBARA D. BARTON, L.C.S.T.

DR. H. E. C. SUTTON, Assistant School Medical Officer, resigned in October and DR. M. J. PLEYDELL was appointed in November. The position with regard to dental surgeons remained unchanged. MISS MILLINGTON, the Psychiatric Social Worker was appointed in October, after taking a course of training at Edinburgh University.

#### GENERAL STATISTICS

The area of the Administrative County of Bedford is 302,942 acres. Schemes of Divisional Administration operated in the Boroughs of Bedford and Luton.

According to the Registrar General, the estimated home and child populations of the Administrative County and these Boroughs at the 30th June, 1950 were as follows:—

		All ages	Under 15 years
County Area		 148,553	31,383
Bedford Borough		 53,770	11,909
Luton Borough		 110,210	25,238
Administrative Co	unty	 312,533	68,530
		THE PERSON NAMED IN	

The following Table shows the number of schools in the County, excluding Bedford and Luton, on 31st December, 1950, and the number of children on the rolls.

Type of School	No. of Schools	No. on Rolls
Nursery	 2	109
Primary	 131	13,256
Secondary (Modern)	 11	3,214
Secondary (Grammar)	 3	802
Totals	 147	17,381
	-	Design or other parties.

In addition, there is the St. Margaret's School for Educationally Sub-normal Pupils which was opened in September, and at which there is accommodation for 100 pupils. Sixty-six children were on the register at the end of the year.

#### MEDICAL INSPECTION

Medical Inspection is carried out in the schools. Children examined fall into three main divisions:—

- (a) "Entrants"—those who enter upon school life for the first time and whose ages are usually from 5-6 years.
- (b) "Intermediates"—all children who are in their last year at a primary school, or in the case of Full-Range Schools, those children who are at the age of 10-11 years.
- (c) "Leavers"—pupils attending a Secondary Modern or Primary Full-Range School in their last year, i.e., at the age of 14-15 years.

In addition, children are specially presented for examination by teachers, school enquiry officers, parents and others because some defect is present or is suspected. Sometimes they are discovered by the Medical Officer or nurse in a general inspection of the school. All children who at a previous examination were found to have some defect or who required observation are also seen.

Parents are encouraged to attend the medical inspection and about 70 per cent do so.

The number of children inspected in the periodic age groups was 5,395. The number of special inspections was 1,149. One hundred and twelve schools were inspected during the year.

Table I.—Number of Defects Found to Require Treatment or Observation at Medical Inspections During 1950.

		No. of	Defects	
	For Tr	eatment	For Ob	servation
Defect or Disease	Periodic Inspection	Special Inspection	Periodic Inspection	Special Inspection
Skin	20	1	39	4
Eyes— (a) Vision	304	79	171	41
(b) Squint	32	14	55	16
(c) Other	23	2	11	6
Ears—				
(a) Hearing	23	6	36	9
(b) Otitis Media	12	3	27	3
(c) Other	. 6	1	18	_
Nose or Throat	258	103	528	101
Speech	24	2	23	6
Cervical Glands	51	19	295	52
Heart and Circulation	6	2	57	14
Lungs	29	2	106	30
Developmental—		1000		
(a) Hernia	5	2	13	5
(b) Other	6	2 3	68	17
Orthopaedic—		The state of the s		
(a) Posture	22	6	45	14
(b) Flat foot	75	7	116	28
(c) Other	84	5	189	27
Nervous System—				
(a) Epilepsy (b) Other	1 2	1	7	1
	-		19	4
Psychological—				
(a) Development (b) Stability	14 13	5 2	26	12
The state of the s	13	2	71	12
Other	24	8	119	17
TOTALS	1,034	273	2,039	419

The number of individual children found to require treatment at periodic and special inspections was 1,159.

Table II.—Numbers Inspected in the Routine Age Groups in 1950, Divided According to General Condition.

Age Groups	Number of Pupils		A lood)	(Fa		C (Poor)	
Age Groups	Inspected	No.	% of col. 2	No.	% of col. 2	No.	% of col. 2
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
Entrants	2,721	615	22.61	2,035	74.78	71	2.61
Second Age Group	1,749	434	24.81	1,249	71.41	66	3.78
Third Age Group	925	281	30.38	623	67.35	21	2.27
TOTALS	5,395	1,330	24.65	3,907	72.43	158	2.92

It must be borne in mind that the figures are composite, being derived from those of a number of examining medical officers. It would be difficult to evaluate them precisely, but at the very least, it appears justifiable to conclude that the general condition of the school children is quite satisfactory.

#### UNCLEANLINESS

During the year regular cleanliness inspections have been carried out in the schools. 666 visits were made by school nurses, i.e. an average of about 5 visits to each school. 67,528 inspections were made and the number of individual pupils found to be unclean was 414. This represents 2.4 per cent of the total school population (17,381), and compares favourably with 3.1 per cent for the year 1949 when the figures were 525 individual pupils unclean out of a total school population of 16,974. 23 cleansing notices and one cleansing order under Section 54 (2) and (3) of the Education Act, 1944 were issued. There are facilities for cleansing children at the school clinics, and in the Bedford area the Bedford Cleansing Station is used.

#### INFECTIOUS DISEASES

TABLE III.—TABLE SHOWING NUMBER OF CASES OF INFECTIOUS
DISEASE IN CHILDREN AGED 5–14 YEARS NOTIFIED AND CONFIRMED
DURING 1950.

mobile yeboo		Bedford Borough	Luton Borough	Remainder of County	Totals
Scarlet Fever		 90	94	149	333
Whooping Cough		 68	231	162	461
Poliomyelitis		 3	10	7	20
Measles		 283	545	793	1,621
Diphtheria		 -	-	-	
Pneumonia		 9	5	12	26
Dysentery		 _	-	6	6
Erysipelas		 - 1	2	1	4
Meningococcal Infe	ction	 _	1	1	2
Food poisoning		 -	1	1	2
TOTALS		 454	889	1,132	2,475

Thirteen of the confirmed cases of poliomyelitis were notified as being of the paralytic type.

This information has been extracted from the Quarterly Returns submitted by the District Medical Officers.

#### DIPHTHERIA IMMUNISATION

Taking the whole Administrative County, the position at the 31st December, 1950, as regards children aged 5-14 years was that 76.0 per cent were known to have been immunised.

No case of diphtheria occurred during the year amongst children of school age, and for the fourth year in succession, there were no deaths from diphtheria in this County.

#### TUBERCULOSIS

#### Mass Radiography

In July, the Mass Radiography Unit of the North West Regional Hospital Board visited Bedford. It was felt that children who would shortly leave school should be encouraged to make use of the service, and arrangements were therefore made for the Unit to X-ray schoolchildren over the age of 14 years from schools in Bedford and the immediate neighbourhood.

The Head Teachers co-operated by obtaining the consent of the parents and ensuring the attendance of the children.

843 children were examined. In no case was pulmonary tuberculosis found.

A special visit was made to the Biggleswade Secondary Modern School. 150 boys, 135 girls and 9 teachers were X-rayed. The results were completely satisfactory.

#### Notifications of Tuberculosis

Table IV.—Number of Children Aged 0-14 Years on the Tuberculosis Register at 31.12.50.

District		Pulmonar	у	Non-Pulmonary			
District	Boys	Girls	Total	Boys	Girls	Total	
Bedford Borough	16	12	28	7	4	11	
Luton Borough	52	- 32	84	24	23	47	
Remainder of County	22	31	53	37	32	69	
Totals	90	75	165	68	59	127	

Table V.—Number of Children Aged 0-14 Years Notified During 1950 as Suffering from Tuberculosis, Pulmonary and Non-Pulmonary.

Br. All		Pulmonar	y	Non-Pulmonary			
District	Boys	Girls	Total	Boys	Girls	Total	
Bedford Borough	6	1	7	1	-	1	
Luton Borough	16	6	. 22	2	1	3	
Remainder of County	10	5	15	7	9	16	
TOTALS	32	12	44	10	10	20	

These cases are also included in Table IV.

#### TREATMENT OF DEFECTS

#### (a) Minor Ailments

During the year the Clinics at Dunstable and Houghton Regis continued in operation. The Biggleswade Clinic, which had been closed for building alterations, was re-opened in June. Conditions for which treatment was given and the number of attendances of children for treatment are shown in the following table.

TABLE VI.—TREATMENT OF MINOR AILMENTS AT SCHOOL CLINICS DURING 1950.

	Defe	ect					Number Treated
Skin—							
Ringworm (body)					***		3
Scabies							3 5 75
Impetigo	***						75
Other Skin diseases				***			1
Eye Diseases— (External and other, but and cases admitted)  Ear Defects			rrors of	refrac	tion, so	quint 	23 6
Miscellaneous— (e.g. minor injuries, bru	ises, so	res, ch	ilblains	, etc.)			582
TOTAL							695
Total number of att	endanc	205					2,097

Cases of ringworm of the scalp are referred to hospital for X-ray treatment.

## (b) Child Guidance

Throughout the year shortage of staff has again hampered the work of the Child Guidance Service. The need is for a psychotherapist to help with the treatment of the children, and for an educational psychologist.

The Psychiatric Social Worker, appointed in October, is an important addition to the Child Guidance Team. She is the link between the home, the school and the clinic.

TABLE VII.—NUMBER OF CHILDREN SEEN AT CHILD GUIDANCE CLINICS FOR VARIOUS REASONS IN 1950, SUB-DIVIDED ACCORDING TO ACTION TAKEN.

Reason	Total No. seen	No. Treated	No. Awaiting Treatment	No. seen for consultation only
Delinquency	14	1		13
Difficult behaviour	52	16	9	27
Educational difficulties	6	3	1	2
Anxiety	7	4	2	1
Psychosomatic	13	7	1	5
Totals	92	31	13	48

TABLE VIII.—THE RELATIONSHIP BETWEEN INTELLIGENCE AND THE REASON FOR WHICH CHILDREN WERE SEEN AT THE CHILD GUIDANCE CLINICS IN 1950.

Reason for Examination	No. of children	o. of Intelligence Quotient							
Examination	seen	80	80-100	100 plus	Not tested				
Delinquency	. 14	4	6	4	_				
Difficult behaviour	. 52	9	14	25	4				
Educational difficultie	s 6	1	1	4					
Anxiety	. 7	-	3	4	-				
Psychosomatic	. 13	1	4	5	3				
TOTALS	. 92	15	28	42	7				

TABLE IX.—RESULTS AND DISPOSAL OF CASES TREATED AT CHILD GUIDANCE CLINICS IN 1950.

Result and Disposal						Number	
Improved							14
Unco-operative					>		1
Still under treatment							9
Removed— (a) Out of area							2
(b) To special schools (c) Awaiting admission							4
Тота	L						31

## (c) Orthoptic Treatment

Three sessions a week were held at the Bedford Clinic for children in the Borough and north of the County. For children in the south of the County, excluding the Borough of Luton, one session a week was held at the Dallow Road Clinic, Luton.

Table X.—Details of Cases Seen at the Orthoptic Clinics in 1950.

New	Ma	No.	Conditi	ion on Di	No. still	NT - C		
Clinic	Cases			Cured	Im- proved	No pro- gress	on waiting list	No. of Atten- dances
Bedford	47	50	59	15	28	16	29	935
South Bed- shire	33	15	20	5	10	5	27	270
TOTALS	80	65	79	20	38	21	56	1,205

# (d) Speech Therapy

During 1950 five sessions were held each week for County Area children at the Bedford Bromham Road Clinic and two sessions a week at the Dunstable Health Centre. The total number of attendances was 1,373. The Speech Therapist also visited schools to discuss individual children with teachers, and to advise on speech defects.

TABLE XI.—NUMBER OF CHILDREN TREATED FOR SPEECH DEFECTS DURING 1950, TOGETHER WITH RESULTS OF TREATMENT.

Condition	No.	Total No.	Condit	ion on Di	scharge
Condition	Treated	Dis- charged	Cured	Im- proved	No Change
Dyslalia with no mental retardation	58	32	24 -	5	3
Dyslalia with accompanying mental retardation	14	10	2	7	1
Cleft Palate	3	3	1	2	-
Partial deafness—for lip reading also	4	3	2	_	1
Stammer	24	14	4	7	3
TOTALS	103	62	33	21	8

## (e) Sunlight Treatment

The number of individual children of school age who received Ultra Violet Light treatment at the Dunstable Health Centre in 1950 was 6.

There were 107 attendances. The defects for which treatment was given were:—

Debility ... ... 3
Debility and Asthma ... 1
Recurrent Rhinitis ... 1
Debility and Anaemia ... 1

# (f) Ophthalmic Treatment

During the year appointments were made for 549 schoolchildren to be examined by Ophthalmic Surgeons for refractions, squints and other eye conditions. There is now little or no delay in the supply of glasses for schoolchildren.

# (g) Occupational Therapy

Children who suffer from severe spastic and other crippling conditions are often debarred by their physical limitations from many of the normal activities of childhood. The Occupational Therapist visits the homes of these children to see whether anything can be done to widen their interests and activities.

#### (h) Other Treatment

Where children need special investigation (other than ophthalmic examinations), they are referred to hospital out-patient departments only after prior consultation with the family doctor, upon whom rests the responsibility for general medical care. Operations for tonsils and adenoids were held up for a period in the Autumn because of poliomyelitis in the County. This unfortunately further increased the already long waiting period for treatment.

#### **EXAMINATIONS UNDER SECTIONS 34, 57 AND 59**

#### Section 34

This section of the Education Act, 1944 places a duty on Local Education Authorities to ascertain those children in their area who require special educational treatment.

During 1950, 123 children thought to require special educational treatment were examined and the following recommendations made:—

Delicate	For convalescence at open schools and holiday homes For private tuition To attend ordinary school	air 	7 2 1
Educationally Sub-normal	For special schools For ordinary school with special educational treatment	ial	25 10
Epileptic	To attend ordinary school		1
		•••	
Maladjusted	To Child Guidance Clinic		20
Physically Handicapped	For special schools		3
	For private tuition		2
5 1 · 1 · 1 · 1 · 1	For private school		1
	Not yet fit to attend school		1
Physically Handicapped and Edu- cationally Sub-normal	For special school		1
Speech	For special school		1
Extra tuition in reading and writing			2
To be re-examined later			11
Re-examinations			15
Reports to Local Health Authority-	_ last part of the last		
(a) Section 57(3)			6
(b) Section 57(5)			2
No action	,		12

In addition, 19 children were examined at the request of magistrates of Juvenile Courts.

#### Section 57 (3)

In the County, excluding the Borough of Luton, 5 children were found to be suffering from a disability of mind of such a nature or to such an extent as to make them incapable of receiving education at school.

In each case a report to this effect was issued to the Local Health Authority.

#### Section 57 (5)

Under this Section of the Act, 2 children suffering from a disability of mind of such a nature or to such an extent as to require supervision after leaving school were reported to the Local Health Authority.

#### Section 59

Every child to be employed must be medically examined to ensure that the employment will not be prejudicial to his health or physical development and will not render him unfit to obtain proper benefit from his education.

159 children were examined during 1950 and certificates of fitness were granted in all cases except one.

TABLE XII.—NUMBER OF HANDICAPPED PUPILS WHO IN 1950 WERE EITHER NEWLY PLACED BY THE AUTHORITY IN BOARDING OR HOSPITAL SPECIAL SCHOOLS OR HOMES; OR NEWLY ASCERTAINED AS REQUIRING EDUCATION AT SPECIAL SCHOOLS OR BOARDING IN HOMES.

		No. of Handica in 1950	pped Pupils who were:—
Category		(a) Newly placed	(b) Newly ascertained
Blind	 	2	1
Partially Sighted	 		1
Deaf	 	-	-
Partially Deaf	 	2	21
Delicate	 	20	21
Physically Handicapped	 	and - here	3
Educationally Sub-Normal	 	52	39
Maladjusted	 	9	8
Epileptic	 	1	3
TOTALS	 	86	97

In addition to the children listed, arrangements were made through the hospital service for the admission of 64 children to Hospital Special Schools. The cost of educating these children is borne by the Authority.

TABLE XIII.—SHOWING THE POSITION IN REGARD TO HANDICAPPED PUPILS AS AT 1ST DECEMBER, 1950.

Category				1		
S	(A) Attending Boarding or Hospital Special Schools	(B) Boarded in Homes	Attending Independent Schools under arrangements made by the Authority	Totals of (A) (B) and (C) (C)	Receiving education at home under Section 56 of the Education Act, 1944	Requiring places in Special Schools, including those unplaced children who were receiving home tuition
Blind	4	1	1	4	1	1
Partially Sighted	2	1	- 1	2	1	1
Deaf	13 .	1	1	14	1	1
Partially Deaf	9	1	1	9	1	1
Delicate	10	-	1	10	2	00
Physically Handicapped	10	1	1	10	00	00
Educationally Sub-normal	50	1	3	53	1	87
Maladjusted	2	2	10	14	1	9
Epileptic	9	1	1	9	1	3
TOTALS	103	2	14	119	12	113

Children suffering from multiple disabilities are classified under the major disability.

# MILK IN SCHOOLS SCHEME.

All schools in the County area received milk under the Milk in Schools Scheme and every endeavour was made to secure a designated supply to each. In 15 instances, however, it was possible to supply only non-designated milk.

Each quarter during the year, a sample of milk was taken for bacteriological examination from every retailer supplying milk to the schools in the County area and the results of the examinations are set out below:—

TABLE XIV.—NUMBER OF SAMPLES OF MILK TAKEN FROM SCHOOLS AND SUBMITTED FOR BACTERIOLOGICAL EXAMINATION DURING 1950.

Unsat. Total Sat. Unsat. Total Sat. Unsat. Total Sat. Unsat. Total  23 97 16 1 17 - 1 1 1 1  16 53 6 3 9 1 2 3 1 1  16 73 11 1 12	
Sat.         Unsat.         Total         Sat.         Unsat.         Total           16         1         17         —         1         1           8         7         15         —         3         3           6         3         9         1         2         3           11         1         12         —         —           41         12         53         1         6         7	voucine compres
97     16     1     17     —     1     1     —     —       86     8     7     15     —     3     3     —     —       53     6     3     9     1     2     3     1     —       73     11     1     12     —     —     —     —       309     41     12     53     1     6     7     1     2	Sat. Un
97     16     1     17     —     1     1     —     —       86     8     7     15     —     3     3     —     —       53     6     3     9     1     2     3     1     —       73     11     1     12     —     —     —     —       309     41     12     53     1     6     7     1     2	
86     8     7     15     —     3     3     —     2       53     6     3     9     1     2     3     1     —       73     11     1     12     —     —     —     —     —       309     41     12     53     1     6     7     1     2	74 2
53         6         3         9         1         2         3         1         -	63 23
73     11     1     12     -	37 1
309 41 12 53 1 6 7 1 2	57 1
	231 7

A return is made to the Ministry of Education every four months giving details of the number and percentages of pupils taking milk in relation to the total number present in the schools on the day selected for the return. The following table is based on this information, and for the purposes of comparison, the details for 1948 and 1949 are also given. The percentage of pupils taking milk has declined slightly during the period 1948–1950.

TABLE XV.—NUMBER AND PERCENTAGES OF PUPILS TAKING MILK IN RELATION TO THE TOTAL NUMBER OF PUPILS PRESENT.

	June		No.	No. of pupils present	sent	No. of	No. of pupils taking milk	ig milk	Percentage	Percentage of pupils taking milk	aking milk
			1948	1949	1950	1948	1949	1950	1948	1949	1950
February	:	:	14,078	14,497	14,884	11,758	12,460	12,038	83.5	85.9	80.9
June	.:	:	14,642	15,577	15,808	12,475	13,123	13,042	85.2	84.2	82.4
October	:	:	14,617	15,778	16,170	12,404	12,943	12,885	84.9	82.0	9.08

# REPORT OF THE SENIOR DENTAL OFFICER

During the year there was no change in the position regarding dental surgeons. Three full-time and one part-time dental surgeons continued in the service.

In February, Miss A. R. Peck retired after twenty-five years service as a dental attendant on the County staff.

Although the Service is still much under-staffed, most of the schools have been visited in the past two years. In 1950, 6,443 children were referred for treatment and about 85 per cent of them were actually treated. Inspections are held at the schools, but treatment is given at Clinics and in dental trailers. In the Dunstable, Leighton Buzzard and Biggleswade areas treatment is undertaken at the Clinics. Where it is not convenient for children to visit a clinic, the dental trailers are taken to those schools which have suitable facilities. The schools are then used as treatment centres and children from small schools nearby attend for treatment.

The lack of an adequate number of dental surgeons has caused the authorities and professional bodies concerned to consider possible remedies. Amongst those now being discussed are the training of dental nurses and the employment of dental hygienists. It seems that legislation will be necessary before dental nurses can be employed in the manner envisaged, but there is no legal bar to the employment of dental hygienists, whose work is much more restricted. However, in whatever form help comes, it will be welcome.

## TABLE XVI.—Number of Pupils Inspected and Treatment Given by Dental Surgeons During 1950.

Pupils inspected-	1 1 3					
Periodic age g					 	 6,950
Specials					 	 2,654
Тот	AL.				 	 9,604
Number found to	require t	treatme	nt		 	 6,493
Number referred i	for treati	nent			 	 6,443
Number actually t	reated				 	 5,614
Attendances made	by pupi	ls for t	reatmen	t	 	 7,054
Half-days devoted	to-					
Inspection					 	 107
Treatment					 	 942
Fillings—						
Permanent To					 	
Temporary T	eeth				 	 681
Тот	AL				 	 3,598

Number of Teeth filled-						
Permanent Teeth	***				 	2,804
Temporary Teeth					 	672
TOTAL					 	3,476
Extractions—						
Permanent Teeth					 	966
Temporary Teeth		•••			 	6,157
TOTAL					 	7,123
Administration of general	anaesth	etics fo	r extra	ctions	 	2,711
Other operations—						
Permanent Teeth					 	1,340
Temporary Teeth					 	87
TOTAL					 	1,427

#### ANNUAL REPORT

of the

# SCHOOL MEDICAL OFFICER

of the

#### BEDFORD DIVISIONAL EXECUTIVE

for the Year 1950

#### STAFF

#### Divisional School Medical Officer

G. K. Bowes, M.A., M.D., M.R.C.P., D.P.H.

#### Assistant School Medical Officer

Frances Anne Williams, M.B., B.S.(Lond.), M.R.C.S., L.R.C.P., D.P.H.(Vict.).

#### Divisional School Dental Officer

V. A. VASEY, L.D.S., R.C.S.Eng.

#### School Nurses

Mrs. D. Davidson, S.R.N.

MRS. I. COOMBS, S.R.N., S.C.M.

There were no changes in the staff during the year. Specialist members of the staff whose services are available over the County generally are given in the report of the County School Medical Officer.

#### GENERAL STATISTICS

The average school population for the year was 5,719, in comparison with 5,570 for the previous year.

There are 19 school departments in the Borough area.

			Number of .	Number on
Type of School			Schools	Roll
Nursery			 1	41
Infant			 6	1,342
Primary Junior Mixed			 5	1,742
Primary Junior Mixed	and In	fant	 2	689
Primary Mixed, All Ag	ges, 5-1	5 years	 1	253
Secondary Modern*			 4	1,652
			_	
			19	5,719
Note*				
Mixed			 2	
Boys			 1	
Girls			 1	

#### SCOPE OF MEDICAL INSPECTION

For the first time since the end of the war it was possible to maintain a complete system of medical inspections.

Children examined at routine inspections were as follows:-

- (a) "Entrants"—on entry to the ordinary class of an infant school at the age of 5 or soon after, or to a nursery class or nursery school at an earlier age.
- (b) "Intermediates"—during the last year of attendance at a primary school, that is at the age of 10–11 years.
- (c) "Leavers"—during the last year of attendance at a secondary school, that is at the age of 14–15 years.

The Infant Schools are visited once a term for routine examinations, so that children are seen as soon as possible after admission; while schools are visited once a year for examination of the groups of intermediates and leavers, so as to make sure that children do not leave the primary or secondary schools without an examination in their last year.

Examinations are usually carried out on school premises, though they have been carried out on occasion at the school clinic because of lack of accommodation at the school concerned.

In addition, children are specially examined outside the routine groups at the request of the parent, the teacher or the school nurse if any special defect is suspected. These special examinations may take place either at school or at the school clinics. Children found at previous inspections to have some defect requiring treatment or observation are also examined when the school is visited for routine examinations.

There are two school clinics, at 30, Bromham Road and at 29, Barford Avenue. The School Medical Officer attends each of these clinics once a week, when children may be seen either at the request of the parent, or on reference from the family doctor for special forms of treatment, such as ultra-violet light, or on reference by the school nurses or teachers; and in some cases parents are invited to attend in order to discuss certain matters discovered at routine or special inspections, or on re-inspection for previously existing defects. After consultation the child may be referred to the family doctor, or recommended for treatment at the school clinic, or referred, after previous communication with the family doctor, for specialist treatment at hospital.

The figures for the year under review and for the previous year for comparison are given below.

		1950	1949
Inspections in prescribed groups	 	2,039	856
Special inspections at schools	 	26	41
Special inspections at clinics	 	279	341
Re-inspections	 	1,215	1,270

The figures for inspections in the prescribed groups show an increase in 1950 as this was the first year in which intermediates and leavers were examined, while the figures for special inspections at the school clinics show a diminution on account of the fact that children who would formerly have attended the school clinic now in increasing numbers attend the family doctor under arrangements of the National Health Service Act, 1946.

#### MEDICAL TREATMENT

The School Nurses attend the school clinics daily, when treatment for minor ailments is carried out.

A refraction clinic is held once weekly, or as often as required, for examination of children with defective vision.

The dental clinic is held daily at 30, Bromham Road. In addition to conservative treatment, two weekly sessions, or more if required, are held for extractions under a general anaesthetic.

The special clinics of the County School Health Service, as the Speech Therapy Clinic, the Child Guidance Clinic and the Orthoptic Clinic are available for treatment of children from the area of the divisional executive.

# CONDITIONS FOUND ON INSPECTIONS NUTRITION AND GENERAL PHYSIQUE

To speak generally it may be said that the physique of children, especially in comparison with a decade or two ago, is good.

I am indebted to the Education Officer for the following figures

relating to school milk and meals.

RETURNS MADE TO MINISTRY OF EDUCATION

		MILK		MEALS	
Date of Return	Number receiving milk	Percentage	Number receiving meals	Number (included in previous column) receiving meals free of charge	Percentage receiving meals
February 1950	4,118	% 86.6	2,527	163	% 53.2
June 1950	4,458	88.8	2,685	188	53.5
October 1950	4,893	91.4	1,765	173	51.6

It is probably true to say that under existing social conditions the effect of school meals on the physical health of children has been good.

The writer, however, sometimes wonders whether the cult of the full stomach has not gone too far, not only from points of view other than that of physical health, but even from the point of physical health itself. Sainthood, heroism and hard living may be little valued today, but one is tempted to compare with present day needs the diet of St. Hugh of Lincoln, a loaf of bread which had to last all the week; or, nearer our own time, of St. John Vianney, a pot of potatoes cooked at the beginning of the week and mouldy at the end; or even of the Scotch student of a few generations past, a sack of oatmeal carried full from home to his student's lodgings and carried back for replenishment when empty; and then to question whether insistence upon the need for not less than five meals a day-breakfast, milk with additions for lunch (to be replaced in adult life by coffee and cakes), dinner, tea and supper-really tend to form the highest character, and whether from the point of view of mere bodily health some of the digestive troubles which are now so frequent may not be due to too frequent and excessive feeding in accordance with habits acquired during school life.

#### UNCLEANLINESS

The number of children found with unclean heads was 146.

The following table shows the progressive improvement in cleanliness which has taken place during recent years.

taken p	race di	armg iv	cent y	cars.	Percentage of
				Number	School
Year				Unclean	Population
1941				1133	15.6
1942				883	14.5
1943				575	10.3
1944				468	8.3
1945				408	7.8
1946				382	7.7
1947				265	5.2
1948				284	5.1
1949				216	3.9
1950				146	2.5

90 children were cleansed at the Treatment Centre of the Bedford Borough Public Health Department. Regular cleansing of habitually infested families eliminates foci of infestation, and it is felt that more is really achieved by voluntarily securing the attendance of the families concerned, than by attempting to secure cleanliness by the imposition of penalties under the Education Act, which would probably be no more effective.

New methods of treatment, including the use of modern insecticides, and the enthusiasm of the School Nurses have secured these good results.

#### MINOR AILMENTS

#### GENERAL

The following table shows the attendances at the school clinics for the years from 1948.

	1950	1949	1948
Attendances	3,637	4,802	6,660
Number of individual chile	dren		
attending	984	1,026	1,147

The continued decline in attendances is due to the effect of the National Health Service Act. Nevertheless the school clinics serve a useful purpose in the treatment of those conditions where regular daily treatment by the School Nurses is of material benefit.

#### RINGWORM

This condition has now become rather a rarity. One case of ringworm of the scalp, nine of ringworm of the body were discovered. The one case of ringworm of the scalp received treatment by epilation at a London hospital.

#### SCABIES

This condition also has almost disappeared after its high war-time prevalence. No cases were discovered at inspections, but from other sources two cases were heard of, and the children received treatment at the Bedford Borough Treatment Centre.

#### HOSPITAL TREATMENT

#### GENERAL

Hospital treatment generally is the responsibility of the Regional Hospital Board.

# TONSILS AND ADENOIDS AND ALLIED CONDITIONS

These conditions require special mention. When operation appears desirable, or consultation is necessary, children suffering from enlarged tonsils and adenoids are referred to the Ear, Nose and Throat Department of the Bedford General Hospital, South Wing. 68 children were so referred during the year. 58 in all were ascertained to have received operative treatment during the year, of whom 20 were referred in 1949.

Operations were held up for a few weeks on account of the prevalence of poliomyelitis in the district. There is still a long waiting list for operation.

Deafness and other diseases of the ears are often associated with unhealthy conditions of the nose and throat, and may also occur without any obvious disease of the tonsils and adenoids. 13 children were referred to the hospital on account of deafness or ear disease, not associated with obvious chronic tonsillitis and adenoids.

# INFECTIOUS DISEASES MEASLES

Measles now seems to occur in epidemic form every year. 283 cases were notified among children of school age, not all of whom, however, attended schools of the Local Education Authority.

#### SCARLET FEVER

77 cases occurred among school children; these occurred during the early part of the year and represented the end of an epidemic which began in the latter part of the preceding year.

#### DIPHTHERIA

No cases occurred among school children. In fact, largely on account of the success of the immunisation campaign, diphtheria has become a rarity.

#### ACUTE ANTERIOR POLIOMYELITIS

Four cases occurred, of which particulars are given in the following table.

Sex	Date of Onset	Age	Type of Illness
Male	1.11.50	10 yrs.	Non-paralytic
Male	22, 8,50	9 yrs.	Non-paralytic
Female	1.11.50	6 yrs.	Paralytic—imperfect recovery, residual paralysis of both legs
Male	11. 9.50	6 yrs.	Paralytic-muscles of throat, imperfect recovery

The last case in the table occurred within a few day of operation for tonsillectomy. There had at that time seemed no sufficient justification for placing a ban on operations.

This last case was not formally notified in Bedford as the onset of illness occured while away on holiday.

#### DIPHTHERIA IMMUNISATION

The present policy is to advise the full course of injections at 8 months, or as soon after as possible, followed by reinforcing injections on school entry, again at about 8 years, and at about 12 years.

The following table shows the work carried out among school children

from all types of schools.

			Received full course	Received single reinforcing injections
Age 3-5 years		 	26	108
Age 5-10 years		 	78	341
Age 10-15 years		 	52	197
Age 15 years and	over	 	-	2
			-	LOC - LOC 100
	TOTAL	 	156	648
			-	

Sessions are usually held about once a month at each of the school clinics. Circulars are sent to Head Teachers at the beginning of each term and their co-operation is most valuable in distributing and securing return of the forms of consent from parents.

It is estimated that 70 per cent of all children of school age had at some time or other received a full immunising course.

## SPECIAL FORMS OF TREATMENT ULTRA VIOLET LIGHT TREATMENT

The following table shows a summary of the work carried out at the

centres.				To	otal inc	Numbe lividual	
		Session	s held	treat	ments	treate	ed
		1950	1949	1950	1949	1950	1949
3, Brereton Road	 	156	140	1,883	1,898	153	188
29, Barford Avenue	 	97	126	1,531	2,108	130	175

The following table shows the conditions treated. In most cases there was very definite benefit.

								Number of
Condition	n for	which tre	eatment	was gir	ven		chi	ldren treated
Diseases of th	ne ea	r, nose a	nd thro	at				137
General debi	lity							55
Bronchitis								17
Other conditi			ngs			•••		15
Diseases of the	ne sk	in						10
Enlarged cerv		glands						7
Nervous illne	esses							6
Rheumatism								6
Poor appetite								5
External eye	comp	plaints						5
Anaemia								3
Malnutrition						***		3
Other defects	and	diseases						14

#### ORTHOPAEDIC AND POSTURAL DEFECTS

Treatment is undertaken for children with minor defects at the Bedford Physical Training College. 16 children were referred for treatment during the year.

Children requiring more special treatment or advice are referred to the Orthopaedic Department of the Bedford General Hospital, South Wing. 10 children were so referred.

#### SPEECH THERAPY

38 children received treatment from the Speech Therapist during the year.

The following table gives details.

Number of individual child	dren tre	eated	 	 	38
Number of attendances			 	 	519
Results— Cured					17
Benefited			 	 	18
No improvement		=	 	 	3

#### HANDICAPPED CHILDREN

Children who require special educational treatment on account of some physical handicap, some defect of the sense organs, or mental retardation, are usually dealt with directly by the County Education Committee and the figures relating to such children are given in the report of the County School Medical Officer.

#### DISABILITY OF MIND

34 children (including 3 attending schools other than those maintained by the Local Education Authority) were examined. The following table shows the diagnosis in accordance with which recommendations were made.

No disability of mind	 		2
Maladjusted	 		17
Educationally subnormal	 		9
Maladjusted and education	subnoi	rmal	2
Unfit for education w			
system	 		4

During the year a special residential school for educationally subnormal children at Great Gaddesden was opened by the County Education Authority, and 12 children from the area of the Divisional Executive were resident in this school at the end of the year. Other educationally subnormal children remain in the ordinary schools.

Maladjusted children are usually referred to the Child Guidance Clinic and details are given in the report of the County School Medical Officer.

### DENTAL INSPECTION AND TREATMENT

The scheme of dental treatment remained as in previous years.

The Divisional School Dental Officer reports as follows:—

The dental health of the school children attending schools of the Divisional Executive continues to be good and although much has been published in the national press as to the collapse of the school dental service due to the operation of the Health Act, it is gratifying that up to the present the borough children have not been affected. It is somewhat difficult to understand why it was not fully realised that with the introduction of the new Act and its conditions, which seemed to make even the comparative remuneration of dental officers unfair, that many of them left to seek other pastures and that the children would be the victims of such an exodus. This is precisely what has happened and much valuable work done in the past must now take care of itself. The actual effect of the new Act in so far as this clinic is concerned, is, that a greater number of children are coming for treatment, not only from the borough but the outlying districts as well, consequently this means that routine treatment has to wait longer than in the past. This is to be expected, being due to the fact that treatment can be given more speedily at the clinic than elsewhere, and after all the clinic does cater specially for children.

Most of the extractions are still done under a general anaesthetic which retains its popularity, and without which one could not do the work half as efficiently; the after effects are practically negligible.

The Dental Officer desires to thank the School Medical Officers and the staff of the School Health Service for their valuable help during the year.

(Signed) V. A. VASEY,

Divisional School Dental Officer.

#### CONCLUSION

The doctors are not content with dominating sickness; they make health sickly, to guard against their patients' ever escaping from their authority.

So wrote Michael, Lord of Montaigne, some centuries ago, and his words contain truth today.

As the writer's thoughts have wandered during routine medical inspections he has questioned himself what would happen if many of the "defects" ascertained and catalogued at the cost of so much labour, time and money, and treated at a similar cost were left to themselves. Other medical men, perhaps stimulated by the fact that all medical treatment is now free (to the patient) and appalled by the long list of real or imagined defects awaiting treatment at hospital, have examined the matter more critically and thoroughly than the writer has ever attempted, and reached the conclusion that many so-called defects in infants and young children are purely imaginary or simply stages in the normal process of growth and development. As examples may be given many cases of enlarged tonsils which are thought to require removal; nearly all those conditions which are thought to require circumcision in quite young children; most cases of

knock knees which are thought to require treatment by special shoes and splints; and cases of so-called "flat feet" which are thought to require treatment by similar shoes and exercises. It is not of course denied that there are some real defects in these and other categories which might be mentioned. These remarks are made to indicate the real difficulties there are in any system of routine medical inspection in deciding what "defects" are real and require treatment, and what are not defects at all in any true sense; and to warn readers of this report that the figures relating to defects given in the tables must be taken with reserve.

The general conclusion to be reached from these remarks, the remainder of the report and the year's work, is that, as the result of the school health service, some defects receive treatment with benefit; some, the writer at least feels that he has subjected to treatment quite unnecessarily; while, as the result of it all, the general impression, though there are some points of view from which this impression may not be quite true, is that the physique of children leaving schools is good, and compares very well with the physique of children of a decade or two ago.

## STATISTICAL TABLES

relating to the work of the SCHOOL HEALTH SERVICE (Bedford Divisional Executive)

#### FOR THE YEAR 1950

For the purpose of comparison figures relating to previous years are given

TABLE I.—MEDICAL INSPECTION OF PUPILS ATTENDING MAINTAINED PRIMARY AND SECONDARY SCHOOLS.

Return of Children Inspected 1st January to 31st December, 1950.

#### A.—PERIODIC MEDICAL INSPECTIONS

No. of Inspections in the Prescribed Groups					1948	1949	1950
Entrants					779	856	784
Second Age Group					-	-	783
Third Age Group					_	-	472
Totals					779	856	2,039

## B.—OTHER INSPECTIONS

		1948	1949	1950
Number of Special Inspections	 	681	382	305
Number of Re-Inspections	 	1,765	1,270	1,215
TOTALS	 	2,446	1,652	1,520

# C.—PUPILS FOUND TO REQUIRE TREATMENT

Number of Individual Pupils found at Periodic Medical Inspection to Require Treatment (excluding Dental Diseases and Infestation with Vermin).

Group For defective vision (excluding squint)  (1) (2)		condi	r any of tions red Table 1 (3)	corded	Total individual pupils (4)				
	1948	1949	1950	1948	1949	1950	1948	1949	1950
Entrants	6	3	2	187	177	165	193	180	167
Second Age Group	-	-	19	-	-	37	-	-	56
Third Age Group	_	_	24	_	_	15	_	_	38
Totals	6	3	45	187	177	217	193	180	261

1950 not requiring treatment
(5) under observation but TABLE II.—A—RETURN OF DEFECTS FOUND BY MEDICAL INSPECTION IN THE YEAR ENDED 31ST DECEMBER 1950. Requiring to be kept Special Inspections-No. of defects 1949 3 1 2 5 6 1 1 11-199 1948 16 4-1001- 14 1 | 8 1950 4004-6 1 10 172 Requiring treatment 1949 4 120084017 128 1948 147 97 21 82 12 6 12 1950 6 6 21 not requiring treatment
(3) 500000 under observation but 5115 1 19 Requiring to be kept Periodic Inspections-No. of defects 1949 500 23 20132511 V40 1948 0100 21-000 10 012 14 1950 10 9 51213513 50  $\infty - \infty$ Requiring treatment 1949 3 3 4444 2 735 60 1948 21 335222 404 10 99 32 (a) Development (b) Stability ... (a) Hearing ... (b) Otitis Media Speech .... Cervical Glands ... Nose or Throat ... **Heart&Circulation** Nervous System-Developmental-(a) Epilepsy (b) Other Psychological-(b) Flat foot (a) Hernia Orthopaedic-(a) Posture Defect or Disease (a) Vision (b) Squint Cungs ... (b) Other (c) Other ... (c) Other (c) Other 3

# B.—Classification of the General Condition of Pupils Inspected During the Year 1950 in the Age Groups.

No. of Children			Α	1	В	С	
Year	Inspected	No.	%	No.	%	No.	%
1948	779	632	81.0	136	17.5	11	1.4
1949	856	802	93.7	48	5.6	6	.7
1950	2,039	722	35.4	1,296	63.6	21	1.0

# TABLE III.—INFESTATION

	1948	1949	1950
(1) Total number of examinations in the schools by the school nurses	16,491	16,926	16,671
(2) Total number of individual pupils found to be infested	284	216	146
3) Number of individual pupils in respect of whom cleansing notices were issued (Section 54 (2), Education Act, 1944)	1 q <del>-</del> 11	-	_
(4) Number of individual pupils in respect of whom cleansing orders were issued (Section 54 (3), Education Act, 1944)	_	_	_

# TABLE IV.—TREATMENT OF PUPILS ATTENDING MAINTAINED PRIMARY AND SECONDARY SCHOOLS.

# GROUP 1.—DISEASES OF THE SKIN (excluding uncleanliness, for which see Table III).

		Number of cases treated or under treatment during the year							
		By t	he Auth	ority	Otherwise				
		1948	1949	1950	1948	1949	1950		
Ringworm—(1) Scalp (2) Body	 	2 10	2 18	9	3 -	3 -	1 -		
Scabies	 	37	16	2	-	-	-		
Impetigo	 	58	49	14	-	-	-		
Other skin diseases	 	_	105	19	-	_	-		
Totals	 	107	190	44	3	3	1		

GROUP 2.—EYE DISEASES, DEFECTIVE VISION AND SQUINT

				Number of cases dealt with						
				By th	ne Auth	ority	Otherwise			
	A POST			1948	1949	1950	1948	1949	1950	
	and other, e		errors	10	31	25	1/	1	-	
Errors squint)	of Refracti		luding	389	324	287	-	_	-	
	TOTALS			399	355	312	_	-	-	
Number tacles w	of pupils for	or whom	spec-		11 3 1		,			
(a) (b)				225 145	166 119	153 111	=	=	=	
	TOTALS			370	285	264	-	_	_	

GROUP 3.—DISEASES AND DEFECTS OF EAR, NOSE AND THROAT

	Number of cases treated							
	By the Authority			Otherwise				
	1948	1949	1950	1948	1949	1950		
Received operative treatment—  (a) for diseases of the ear	-	- i	-0	-	-	-		
(b) for adenoids and chronic tonsillitis	-	-	-	37	51	58		
(c) for other nose and throat conditions	_	_	-	_	_	_		
Received other forms of treatment	219	210	193	129	-	13		
TOTALS	219	210	193	166	51	71		

## GROUP 4.—ORTHOPAEDIC AND POSTURAL DEFECTS

500 941 847 944				1948	1949	1950
(a) Number treated as in-patients in	hospital	s		5	3	1
	By the Authority			Otherwise		
200.4   1.956   4.565	1948	1949	1950	1948	1949	1950
(b) Number treated otherwise, e.g., in clinics or out-patient departments	_	_	_	_	21	25

# GROUP 5.—SPEECH THERAPY

	Numbe	Number of cases trea			
The Page 1 and 1	Ву	By the Authority			
	1948	1949	1950		
Number of pupils treated by Speech Therapists	40	40	38		

# GROUP 6.—OTHER TREATMENT GIVEN

	Numbe	Number of cases			
	By the Authority				
	1948	1949	1950		
Miscellaneous minor ailments	1,020	776	857		

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TABLE V.—DENTAL INSPECTION AND TREATMENT

met met wet .					1948	1949	1950
(1) Number of pupils in Officer—	spected	l by	the De	ntal	Manual sq.	Constant of the last of the la	Sand Sand
(a) Periodic age grown (b) Specials	ups 				6,043 270	4,510 448	3,898 688
Totals (1)					6,313	4,958	4,586
(2) Number found to requ	ire trea	atmen	nt		2,397	2,109	2,519
(3) Number referred for t	reatmer	nt			_	-	2,127
(4) Number actually treat	ed				2,026	1,834	1,822
(5) Attendances made by	pupils	for t	reatmen	t	2,933	2,781	2,485
(6) Half-days devoted to— Inspection Treatment					39 343	35 340	29 334
Totals (6)					382	375	363
(7) Fillings— Permanent Teeth Temporary Teeth			::: =		914 6	844 13	714
Totals (7)					920	857	714
(8) Extractions— Permanent Teeth Temporary Teeth			:		428 3,078	461 3,416	408 2,881
Totals (8)					3,506	3,877	3,289
(9) Administration of gentraction	general	anae	sthetics	for	1,614	1,542	1,462
(10) Other operations— Permanent Teeth Temporary Teeth	:::				524 1	375 10	377
Totals (10)					525	385	377