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Borough of



Colchester.

ANNUAL REPORT

OF THE

Medical Officer of Health

W. F. CORFIELD,

M.D., B.S., London ; M.R.C.S., Eng. ; L.R.C.P., Lond. ;
D.P.H., Cambridge ;

Medical Officer of Health ; School Medical Officer ;

Medical Superintendent of the Isolation Hospital
and Sanatorium ;

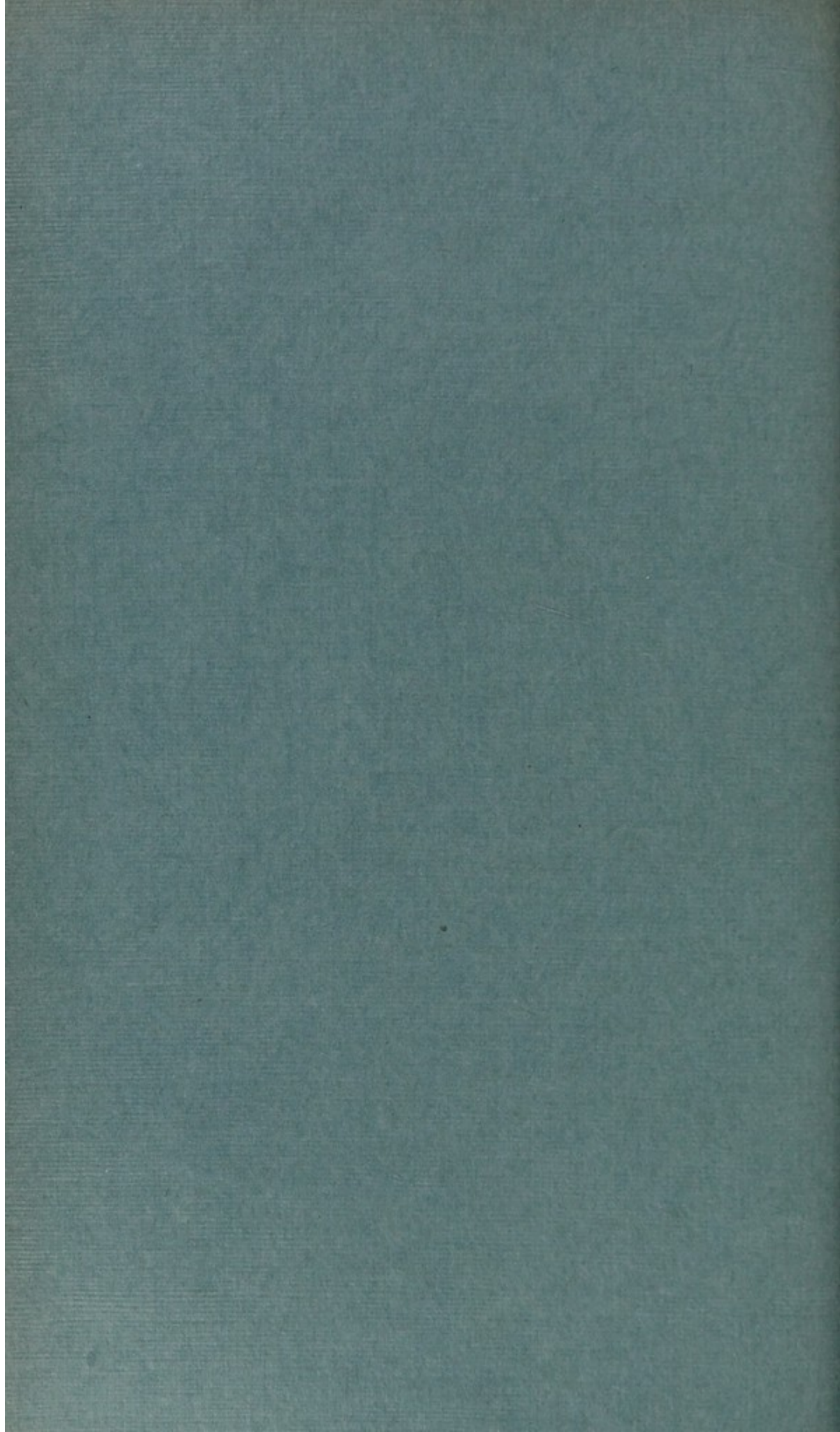
Tuberculosis Officer and Public Analyst ;

1929.



Colchester :

WILES & SON, LTD., TRINITY STREET



BOROUGH OF



COLCHESTER.

BOROUGH & PORT HEALTH COMMITTEE,
1929-30.

THE WORSHIPFUL THE MAYOR

COUNCILLOR C. J. JOLLY, J.P.

Chairman :

ALDERMAN R. B. BEARD, J.P.

Deputy-Chairman :

COUNCILLOR DAME CATHERINE HUNT, D.B.E., J.P.

Councillors :

J. G. ANDERSON,

Mrs. BENSUSAN-BUTT, M.D.

E. G. STONEHAM,

G. W. B. HAZELL,

R. FENN,

A. CROWTHER.

Maternity and Child Welfare Committee :

The Health Committee with the addition of

Mrs. FELL AND Mrs. TOWNSEND.

THE HEALTH DEPARTMENT, 1929.

Medical Officer of Health, etc. :

W. F. CORFIELD, M.D., B.S. (Lond.), D.P.H. (Camb.).

Assistant Medical Officer of Health, etc. :

R. W. CUSHING, M.A., M.B., B.Ch. (Oxon).

Sanitary Inspectors :

A. FISHER, C.R.S.I., Cert. Meat Insp.

L. BROOK, A.R.S.I., Cert. Meat Insp.

Health Nurses :

MISS L. PEARSON, C.M.B.

MISS A. W. SASSE.

MISS E. R. SMITH, S.R.N., C.M.B.

Clerks :

R. D. SARGEANT.

MISS M. KITTLE.

D. H. BAILEY.

O. R. WARNER.

Laboratory Assistant :

R. D. SARGEANT.

Disinfectors :

G. T. HEWES.

Matron of the Borough Isolation Hospital and Sanatorium :

MISS B. THORNHILL.

PART-TIME SPECIALISTS :

Orthopædic Surgeon :

B. WHITCHURCH HOWELL, F.R.C.S. (Eng.).

X-Ray Specialist :

J. ORD PENDER SMITH, M.B., Ch.B. (Ed.), D.M.R.E. (Camb.).

Medical Officer—Ante-Natal Clinic :

GRACE G. GRIFFITH, M.R.C.S. (Eng.), L.R.C.P. (Lond.).

Obstetric Consultant :

J. GUTCH, M.D.

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HEALTH OFFICES,

TRINITY STREET,

2nd May, 1930.

MR. MAYOR, LADIES AND GENTLEMEN,

I have the honour of presenting to you my Annual Report upon the Health and Sanitary Circumstances of the Borough for the year 1929.

Again the Registrar General has estimated a small fall in the population of the Borough, but as this is the end of the decennial census period, and a fresh census will be taken in 1931, the figures can be only approximately correct.

The Influenza Epidemic early in 1929 raised the General Death Rate throughout the country and Colchester suffered as elsewhere, but even so the Borough Death Rate was lower than that of England and Wales.

The Birth Rate has fallen to a serious extent, from 15.84 to 14.42. A Death Rate of 12 and a Birth Rate of 14 leaves a very small, and apparently rapidly disappearing, excess of Births over Deaths. Put in another way, the natural increase of the population is almost stationary and likely to become a decrease instead of an increase.

I wish to draw particular attention to the remarkably low Infantile Mortality Rate. Once or twice of recent years Colchester has obtained a very low rate. I have now no hesitation in claiming that the Infantile Mortality Rate of Colchester for the year 1929 is the lowest ever recorded for a town with over 600 births. There were 692 births in Colchester in 1929 and the Infantile Mortality Rate was 26. In England and Wales this rate was 74. In the 107 County Boroughs and Great Towns, including London, the average rate was 79. In the 157 Smaller Towns, including Colchester, the average rate was 70. A rate of 26, that is to say, only 18 infant deaths in 692 births is amazing, particularly when 12 of these infant deaths were due to congenital malformations or prematurity.

It shows what steady plodding perseverance can do. Constant education of the mothers by the help of Infant Clinics and Visiting Nurses has steadily improved the general knowledge of the rearing of infants and I now expect a really low Infantile Mortality Rate every year, though it is too much to expect the frequent recurrence of a rate of under 30. It is likely to be only very occasionally as low as this.

The Cancer Death Rate has fallen slightly. This is better than the small rise that has been customary for some years.

The new Ante-natal Clinic continues to do good work, but its value is not yet properly appreciated by those it can most benefit. I have no doubt it will make slow progress until the midwives realize how useful it can be to them in relieving them of anxiety about difficult cases. There are indications that this is gradually coming about.

I am grateful to the Chairman and Members of the Health and Infant Welfare Committees for the interest they have continued to take in the work of the Department. It is a pleasure also to thank the Staff of the Health Department and the Matron and Staff of the Isolation Hospital for their loyal co-operation and assistance throughout the year.

I am, Mr. Mayor, Ladies and Gentlemen,

Your obedient servant,

W. F. CORFIELD,

Medical Officer of Health, etc.

Report of the Medical Officer of Health for the year 1929.

*An "Ordinary Report" as defined in para. 3 of
Circular 939 of the Ministry of Health.*

NATURAL AND SOCIAL CONDITIONS.

Area (acres)	11,333
Population (1929 R. G. estimate)	{ For Birth Rate ,, Death ,,				48,350
,, (Census, 1921)	44,890
Number of Inhabited Houses (1921)	43,393
Number of Families or Separate Occupiers (1921)	9,053
Rateable Value	9,380
Sum represented by a Penny Rate	£280,798
					£1,076

The Annual Report for 1929 is to be an "Ordinary Report," that is to say, in the words of Circular 939, "a Report of a more simple character than the full Survey Report which the Medical Officer of Health was asked to prepare for 1925."

Extracts from Vital Statistics of the Year.

			1928	1929
Birth Rate	15·84	14·42
„ „	England and Wales	...	16·7	16·3
Death Rate	10·47	12·96
„ „	England and Wales	...	11·7	13·4
Infantile Mortality Rate	41·6	26·0
„ „ „	England and Wales	...	65·0	74·0
Pulmonary Tuberculosis Death Rate	0·65	0·8
Other Tubercular Disease	0·05	0·11
Cancer Death Rate	1·8	1·5

Births		Total	Male	Female	Infantile Deaths.	Still Births	
						Male	Female
692	Legitimate	662	324	338	17	9	12
	Illegitimate	30	19	11	1	2	2

Total Deaths, 543. Male, 268. Female, 275.

Number of Women dying in, or in consequence of, Child-birth—
From Sepsis, 0. From Other Causes, 1.

Legitimate Infantile Mortality Rate	25·68
Illegitimate „ „ „	33·3
Deaths from Measles (all ages)	1
„ „ Whooping Cough (all ages)	4
„ „ Diarrhoea (under 2 years)	—

Deaths of Colchester Residents of 70 years and over.

70 and under 80	80 and under 90	90 and over	Total over 70
141	82	10	233

The ages of persons of 90 and over were—2 of 90, 2 of 91, 1 of 92, 3 of 93, 1 of 94, 1 of 95; 7 of these 10 were women.

There has been a most remarkable saving of Infant life during the past year. Never before has the Infantile Mortality Rate been below 40 per 1,000 births. Last year there were only 18 infant deaths in 692 births, giving the remarkably low rate of 26·0 per 1,000 births.

For a town of the size of Colchester this is most probably the lowest rate in the British Isles.

None of the other Rates demand such special mention. The General Death Rate is up owing to the Influenza Epidemic early in 1929. The Birth Rate continues to fall. It is gratifying to see the Cancer Death Rate has fallen a little.

Garrison and Institutional Populations.

Average Daily Strength of the Garrison	4,067
Officers,	177	Women,	376
Other Ranks,	2,902	Children,	612
Mental Hospitals Population	3,568
Severalls Mental Hospital (Inmates and Resident Staff)	2,033
Royal Eastern Counties Institution	1,535
			Increase or Decrease.
			- 33
			+ 139

The Garrison strength remains about the same in Men, but it has increased considerably in Women and Children since the war. No doubt this causes extra pressure upon the housing accommodation of the town, particularly in the neighbourhood of the barracks, as a large number of the troops have no married quarters and have to find whatever lodgings they can in the town.

The Causes of Death in Infants and Children under 5 years, 1929.

Cause of Death	Under 1 year	1—2 years	2—5 years	TOTALS
Measles	1	1
Diphtheria	1	1
Whooping Cough	2	1	1	4
Heart Disease	1	1
Non-Pulmonary Tuberculosis	...	1	...	1
Bronchitis	1	1	...	2
Pneumonia	1	5	3	9
Encephalitis Lethargica	1	1
Congenital Debility and Premature Birth	12	12
Other Defined Diseases	2	2	4
Violent Deaths	1	...	1	2
Totals... ..	18	10	10	38

The above table is so satisfactory that it seems almost a pity that it was not even better. Four children should not have died of Whooping Cough. If it had not been for the Influenza Epidemic probably not so many would have died of Pneumonia. But the other figures are wonderfully good. Only 12 deaths, in 692 births, from Congenital Debility or Prematurity is a great improvement upon the figures of previous years. It is reasonable to ascribe this to the Ante-natal Care given to their patients by doctors, midwives and the Ante-natal Clinic.

Causes of Death in Colchester, 1929.

(Civilians only)

Causes	Males	Females	TOTALS
Enteric Fever	1	1
Small-pox
Measles	1	...	1
Scarlet Fever
Whooping Cough	1	3	4
Diphtheria	2	2	4
Influenza	16	11	27
Encephalitis Lethargica	1	1
Meningococcal Meningitis
Tuberculosis of Respiratory System ...	22	14	36
Other Tuberculous Diseases	4	1	5
Cancer, Malignant Disease	27	41	68
Rheumatic Fever
Diabetes	4	4	8
Cerebral Hæmorrhage, &c.	13	21	34
Heart Disease	53	76	129
Arterio-sclerosis	14	11	25
Bronchitis	9	13	22
Pneumonia (all forms)	20	9	29
Other Respiratory Diseases	5	2	7
Ulcer of Stomach or Duodenum	5	1	6
Diarrhœa, &c. (under 2 years)
Appendicitis and Typhlitis	1	1
Cirrhosis of Liver	1	1
Acute and Chronic Nephritis	5	6	11
Puerperal Sepsis
Other Accidents and Diseases of Preg- nancy and Parturition	1	1
Congenital Debility and Malformation, Premature Birth	4	18	12
Suicide	1	1	2
Other deaths from Violence	8	5	13
Other Defined Diseases	54	41	95
Causes Ill-defined or Unknown
Totals	268	275	543

There has been an increase of 73 in the number of Deaths, and 53 of these additional deaths were due to Heart Disease, an unexpected and very sudden increase. It is very probable that many of these deaths ascribed to Heart Disease were in reality due to previous Influenza, as although Influenza was widespread and severe in the early months of the year, deaths from Influenza only increased by 22 and from Pneumonia, a frequent sequela of Influenza, by only 9.

Other increased causes of death were—Pulmonary Tuberculosis from 29 to 36; Diabetes from 3 to 8, and Bronchitis from 13 to 22.

Decreases occurred in the following diseases—Cancer from 80 to 68; Ulcer of the Stomach from 9 to 6; Nephritis from 23 to 11; Congenital Debility and Premature Birth from 18 to 12; Suicide from 8 to 2.

It may be noted that there were 13 deaths from violence. Eight of these were directly or indirectly due to motor vehicles. In addition seven other persons who did not belong to Colchester and whose deaths are therefore shown in the reports of other districts, died as a result of motor accidents in Colchester, making a total of 15 deaths of residents and non-residents from Motor Accidents in the Borough in 1929.

Birth Rate, Death Rate, and Analysis of Mortality during the year 1929.

	Birth Rate per 1000 Total Population.		Annual Death Rate per 1000 Population.										Rate per 1000 Live Births.	
	Live Births.	Still Births.	All Causes.	Enteric Fever.	Small-pox.	Measles.	Scarlet Fever.	Whooping Cough.	Diphtheria.	Influenza.	Violence.	Diarrhoea and Enteritis under 2 yrs.	Total Deaths under 1 year.	
England and Wales	16.3	0.68	13.4	0.01	0.00	0.08	0.02	0.15	0.08	0.74	0.55	8.1	74	
07 County Boroughs and Great Towns, including London	16.6	0.69	13.7	0.01	0.00	0.12	0.02	0.19	0.09	0.76	0.50	10.9	79	
57 Smaller Towns	16.0	0.71	12.3	0.01	0.00	0.06	0.02	0.15	0.07	0.71	0.45	5.9	69	
London ...	15.7	0.53	13.8	0.01	0.00	0.04	0.02	0.26	0.08	0.69	0.56	10.7	70	
Colchester Borough	14.4	0.52	12.9	0.02	0.00	0.02	0.00	0.09	0.09	0.60	0.29	0.0	26	

In every instance but one the Colchester figures are better than any of the others. In many cases the difference is well marked. Deaths from Whooping Cough and from Violence are well below the average. Scarlet Fever and Diarrhoea are the lowest returns possible, having caused no deaths. Again attention may be drawn to the remarkably low Infantile Mortality Rate of 26, less than half of any of the other figures.

GENERAL PROVISION OF HEALTH SERVICES.

Hospitals and similar Institutions. No change has been made in these since the Survey Report of 1925.

Ambulances. The Borough Council now have two Motor Ambulances. One for accidents and similar emergencies, staffed by members of the local St. John Ambulance Brigade. The

Ambulance is kept in the town, and it has proved itself of the greatest use during the past year.

Number of Patients carried by the St. John Ambulance	681
Mileage	8,480

The other Ambulance is that kept at the Borough Isolation Hospital, and used solely for Infectious Patients.

Number of Patients carried by the Isolation Hospital	
Ambulance	448
Mileage (for Patients 6,304, otherwise 2,115) ...	8,419

Clinics and Treatment Centres. A Table of these was given in the Annual Report for 1928. They remain the same and a further Clinic has been added. Advantage has been taken of the appointment of a full-time dentist to allot one half-day of his time each week to a Dental Clinic for expectant mothers and young children. The mothers are referred to him from the Ante-natal Clinic, and little children are referred from the Infant Welfare Clinics.

Similar to these arrangements are those for the attendance of Infants at the Orthopædic Clinic for School Children.

It is unfortunate that owing to the way the School Medical services and the Maternity and Child Welfare services have developed in different departments of Local Authorities, a certain amount of unavoidable administrative overlapping and multiplication of statistical forms and registers has resulted.

No doubt this will one day be corrected, but as Clinics and Treatment Centres increase, it does seem a waste of time and trouble to separate the children who attend them into the utterly valueless divisions of those who attend school and those who do not. This is not even an age division, as some children of four years of age go to school and some do not.

Public Health Officers.

No change has occurred in the officers of the Public Health Department during 1929.

Professional Nursing in the Home.

The same arrangements continue as in previous years.

Midwives]

Application was made towards the end of the year for the transference of the duties of the County Council for the supervision of Midwives to the Borough Council. No final decision had been come to by the Ministry of Health at the end of the year.

There are 12 Midwives practising in Colchester.

Laboratory Work.

Specimens Examined.	Results.		TOTAL.
	Positive.	Negative or Normal.	1929.
Swabs for Diphtheria B. ...	80	738	818
Sputum for Tubercle B. ...	20	109	129
Smear for Anthrax ...	1	...	1
Pus for Gonococcus ...	2	1	3
Swab for Anthrax	2	2
Urine Examinations (various) ...	2	12	14
Swab for Streptococci ...	1	...	1
Pus for Pneumococcus ...	2	...	2
Other Examinations	1	1
Town Water Supply (Spring Supply ... 3) Analysis ... { Artesian Well ... 3)	6
Other Water Supply Analyses	5
Total Specimens Examined	982

The number of Laboratory specimens examined more than doubled in comparison with the number in 1928. This was due to the large number of swabs examined for the Diphtheria Bacillus. Otherwise the examinations are much as usual.

Antitoxin for the treatment of Diphtheria can always be obtained by Medical Practitioners at the Health Offices, or, when these are closed, at the Town Hall Police Station.

Legislation in Force.

No addition to or changes in the Adoptive Acts, Local Acts, Bye-laws and Regulations in the Borough took place during the year.

MATERNITY AND CHILD WELFARE.

Visits paid to Infants by the Health Nurses during the year.

Under 1 month	1—3 months	3—6 months	6—12 months	1—2 years	2—5 years	Total Visits
836	1,099	1,453	2,463	2,959	4,607	13,417

Visits to Illegitimate Children	431
Long Tube Bottles being used	nil
Occasions where Infants were sleeping with their parents	17
Still Birth enquiries	2

Notification of Births Act.

Children born alive and notified in accordance with the Act	696
Children born alive and not so notified	24
Still Births notified in accordance with the Act	30
Still Births not so notified	3
Births notified by Midwives	567
„ „ Parents or Doctors	159

Last year the visits paid by the Nurses increased by over 1,500 and the above Table shows a further increase of over 500 visits. The Corporation Bus Service has been of great use to the Nurses and has materially assisted them to keep up their visits to outlying houses, even in wet weather.

The extremely low Infantile Mortality Rate is largely due to the excellent and conscientious work done by the Health Nurses. It should not be forgotten that the largest cause of Infantile Deaths in Colchester is Congenital Debility, many such children dying before a week old, so that they never come under the supervision of the Health Nurses at all.

The Table on page 9 shows in detail the causes of death in children under five years of age.

Home Nursing of Sick Children of under five years.

As in previous years the District Nursing Association has supplied Nurses at the request of the Health Department to look after ailing children. During the year under review 15 children were looked after in this way and 223 visits were paid. The cases looked after were all the children of poor people who could not afford even the low charges of the Association. The children were suffering from the following conditions—Pneumonia 8, and one each from Whooping Cough and Pneumonia, Diarrhoea, Excision of Finger, Impetigo, Eczema, Stomatitis, Conjunctivitis. All these children made a good recovery. This is particularly gratifying in the large number of children recovering from Pneumonia.

The Infant Clinic.

	1928	192
Number of new babies brought to the Clinic :		
Trinity St. 190, Wimpole Road 146, Lexden 53	356	399
Number of Attendances made : Trinity Street		
1,958, Wimpole Road 2,126, Lexden 404	3,068	4,488
Dried Milk supplied free or at reduced prices lbs.	207	125
" " " at full special price lbs.	1,590	2,203
Meat Extract supplied at full special price in		
10-oz. cartons	726	909
Flannel supplied at a special price yds.	47	13
Tooth Brushes	38	38
Wool supplied at a special price lbs.	12 $\frac{5}{8}$	10
Paper Patterns for Baby Clothing given free	1	1
Malt and Cod Liver Oil lbs.	221	167
Cod Liver Oil and Hypophosphites 4-oz. bottles	530	448
Parish's Food 4-oz. bottles	92	134
Lactagol packets	47	106
Baby Feeding Bottles	8	21
Ostelin Cream 4-oz. bottles	21	15
Ovaltine	—	324

Again the attendances at the Infant Clinics have increased. Those at Trinity Street by over 350, at Wimpole Road by nearly 750. Lexden Clinic completed its first full year, and though 404 attendances are small in comparison with the other Clinics, it serves a useful purpose, and there is reason to hope that the number of attendances will steadily increase.

The amount of Dried Milk supplied at full price has increased with the increased number of attendances, but there has been a decided falling off in the amount supplied free of cost. This is more than counter-balanced by the much larger amount of free Fresh Milk supplied, as may be seen in the Table below.

The quantities of other Foods for Infants supplied at the Clinics do not call for particular comment, except that Ovaltine, introduced in the past year, seems to be well liked.

Milk (Mothers and Children) Order, 1919.

	1925	1926	1927	1928	1929
Number of families supplied with free Fresh Milk	61	78	87	89	122
Number of pints supplied	5,507	6,969	10,252	7,799	12,017

Ante-natal Clinic.

	1928	1929
Number of times the Clinic was held ...	19	24
New Patients	71	71
Number of Attendances	150	117
Average number of cases per Clinic ...	8	5

The progress made by this Clinic is not very encouraging. However, there can be no doubt that it will improve if those it is intended for will realize how helpful it can be. The figures below give some idea of its value.

Patients sent up by Nurses of the District Nursing Association	90
Patients sent up by other Midwives, Health Visitors, etc.	17
„ attending of their own accord	10
Cases with Abnormal Conditions	13
„ recommended to seek further Medical Advice ...	12
„ „ Institutions	4

Puerperal Fever and Pyrexia.

It is better to include these two conditions together, as the difference is only one of degree, and to some extent of personal choice of the term used.

Nine cases were notified and three removed to the Isolation Hospital. Two deaths occurred: one a non-resident of Colchester, who died in the General Hospital; the other was also a non-resident, who had come to Colchester for her confinement; she died in the Isolation Hospital.

Dr. J. Gutch, the Specialist Consultant, was called in to see two cases at the Isolation Hospital.

Maternal Mortality. Only one Maternal death occurred during the year. Full enquiries were made into this by the Medical Officer of Health, and a report was sent to the Special Committee of the Ministry of Health investigating the causes of these most distressing deaths.

Ophthalmia Neonatorum.

Number of Cases.	Cases		Vision Unimpaired	Vision Impaired	Total Blindness	Deaths
	Notified	Treated				
		At Home				
...

It speaks well for the care taken of the eyes of new-born babies that no cases of Ophthalmia Neonatorum were notified during the year. This disease may be contracted by infants at birth, and is a fruitful source of ultimate blindness.

Orthopædic Clinic.

	1928	1929
Infants brought to the Clinic ...	24	33
Attendances made ...	32	47

These babies were suffering from the following conditions, either the result of disease or Congenital Malformation :—

Condition or Disease.	No. of Cases.
Rickets... ..	16
Flat Feet	3
Knock Knees	3
Infantile Paralysis	2
Pigeon Toes	2
Dislocation of Hip (Congenital)	2
Deformed Feet or Hands	5
	<hr/> 33

The number of little children with slight deformities that have been brought to this clinic has again increased. Rickets is the fruitful source of these early troubles and defective feeding is the cause of Rickets. In spite of Infant Clinics and the visits of Health Nurses many parents are astonishingly callous to the sufferings and deformities of their little children. It is surprising to find how some mothers will not trouble to put splints on to a baby's legs that they may grow straight, and some fathers absolutely refuse to allow their children to wear special boots or splints at all. Other parents will not even trouble to bring their deformed children to the clinic. In all such cases where the persuasive powers of the nurses fail, recourse is had to the Inspector of the Society for the Prevention of Cruelty to Children, and in a number of cases his visits have proved most successful.

Two little children were sent to a special Hospital during the year :—

G. M. ——. Congenital Deformity of both feet. Age 1 year 9 months. Admitted to the Cheyne Hospital, Chelsea, 8th May, 1929. Discharged after Manipulation and Application of plaster, 16th June, 1929. Plaster removed 5th July, 1929. Discharged from Clinic cured, 1st November, 1929.

D. G. —. Deformity of Arm and Foot, due to Infantile Paralysis. Age 4 years 6 months. Admitted to the Cheyne Hospital, Chelsea, 12th September, 1929. Discharged after two Operations and Application of plaster to arm and leg, 27th October, 1929. Result good; leg still in plaster at the end of the year.

Dental Clinic.

This Clinic for patients, referred from the Ante-natal Clinic and from the Infant Clinics, was opened in September, 1929. The Summary below shows the work accomplished:—

Number of times the Clinic was open	...	15
Mothers attending	9
Infants „	6
Attendances (mothers 22, infants 9)	...	31

Result of Treatment.

Teeth filled (temporary 4, permanent 18)	...	22
„ extracted (temporary 10, permanent 19)	...	29
Dressings	22
Linings	5
Model made for X-Ray Photograph of Jaw	...	1
Gas administrations	7

This Clinic is not only of value for its own services, but it should act as an attraction to the Ante-natal Clinic. Mothers do not sufficiently realize the great risk of infection they run from a few bad teeth. It may be that such serious and grave infections as Puerperal Fever originate from septic teeth and the Dental Clinic is a most necessary adjunct to any properly equipped Ante-natal Clinic.

A number of the mothers had such septic teeth that extractions could only be carried out under a general anæsthetic. The Assistant Medical Officer of Health has given the gas in all such cases.

SANITARY CIRCUMSTANCES OF THE AREA.

Water.

The excellent water supply to the Borough needs little fresh comment. It continues to prove quite satisfactory and free from contamination.

Drainage and Sewerage.

The following new Sewers have been laid during 1929 :—

Sheepen Road, 15in.	380 yards
Pownall Crescent, 24in. (surface water)	450 „

Closest Accommodation and Wells.

Type of Closet.	1927	1928	1929
Privy	44	41	41
Pail Closets ...	126	126	127
Cess-pools ...	132	148	164
Wells	165	173	178

Cess-pools and wells increase in numbers as the outlying parts of the Borough are built upon. They will one day give way, no doubt, to town sewerage and water supply. Meanwhile it is a satisfaction to realize that both wells and cess-pools are planned and built upon modern lines so there is little danger of contamination to the one or from the other.

Scavenging.

A great improvement should result from the adoption of the "Bradford" method of Refuse Disposal.

Instead of huge dumps of refuse in which rats and flies breed in addition to unpleasant smells and occasionally serious fires, the new dumps will be without smell and unattractive to either rats or flies. It is said that in Bradford, residents ask that inequalities in their gardens may be filled with refuse that they may be converted into lawns.

This great change is brought about by a scientific arrangement and distribution of the refuse and a final covering of earth or road sweepings, the layers of refuse never being more than six feet thick. No doubt it will take a little time for the new method to be learnt, but if it proves as good as it evidently has in other places, and there appears no reason why it should not, the improvement in the neighbourhood of the refuse dumps will be very great and the problem of refuse disposal will have been solved.

The method of collecting the refuse remains the same as in previous years.

Year.	Ash-pits Abolished.	Ash-bins Provided.
1927	19	141
1928	9	172
1929	13	275

Sanitary Inspection.

General Summary of Work carried out by Sanitary Inspector's Department under Public Health Acts, Housing Acts, Bye-laws, etc.

Complaints received	392
Defects found	2,116
Defects remedied	3,212
Factories and Workshops inspected	45
Homeworkers' Premises inspected	178
Informal Notices served	444
Statutory Notices served	162

Housing.

Floors repaired—bedroom 62, others 96...	158
Walls, internal, repaired—skirting boards 15, plaster 197, W.P. cement plastered 2, match-boardings 2, brickwork 7	223
„ external, repaired—plaster 26, brickwork 43, weather-boards 5, re-pointed 150, air-bricks put in 2	226
Ceilings—plaster repaired	145
Doors—provided 1, new sills 17, weather-boards 36, repaired 21, steps repaired 21, joints between frames and brickwork renewed 8	104
Windows—made to open 25, enlarged 1, cords, etc., provided 16, other repairs 300, joints between frames and brickwork renewed 16	358
Ovens—repaired or renewed...	26
Firegrates—repaired, including hearths, surrounds, firebacks and mantels	114
Stairs—handrails provided 101, treads repaired 35, balusters repaired or provided 8, new staircases 2	146
Rooms—cleansed and re-decorated	34
Roofs—repaired	171

Rain-water pipes and gutters—gutters repaired 53, downpipes repaired 18, downpipes lengthened 6, downpipes disconnected 1, gutters freed from obstruction 39, gutters provided 9, downpipes provided 9	135
Water-butts provided	5
Chimneys—repaired 40, pots renewed 7... ..	47
Food cupboards ventilated	4
Coal-places repaired	3
Wash-houses—new erected 1, repaired 10, re-built 1, coppers provided 18, coppers repaired 27, fur- naces repaired 18, floors repaired 6... ..	81
Houses—demolished 7, damp-proof course inserted 4, concrete plinth to walls 8	19
Yards paved 20, paving repaired 48	68
Sinks—provided 83, repaired 1	84
New kitchens built	6

Water Supply.

New water taps provided	81
New services put in	89
Service pipes repaired or renewed	3
Defects reported to Water Supply Department	10

Drainage.

Drains provided 75, repaired 12, gullies provided 77, grids to gullies 2, drains ventilated 2, ventilating shafts repaired 2, obstructions removed 68, in- sanitary traps abolished 2, gullies cleansed 2	242
Inspection chambers—provided 7, new covers 11, built up to ground level or repaired 3	21
Water-closets—provided 1, re-built 1, pans and traps renewed 6, flushing apparatus provided 2, flushing apparatus repaired or renewed 34, obstructions removed 4, pans cleansed 2, water supply pipes repaired 19, other repairs 62	131
Pail-closets—provided 1, re-built 1, repaired 1, pails emptied 2	5
Cesspools emptied	1

Other Sanitary Work.

Offensive accumulations removed	20
Dead animals removed from public places and buried			7
Overcrowding nuisances abated or recommendations for Council House	24
Pig-keeping nuisances abated	1
Other nuisances abated	12
Matters reported to Borough Surveyor's Department			26
Ashbins provided	275
Insanitary ashpits abolished...	13
Vans inspected	11
Common Lodging House inspections	5
Re-visits in connection with Sanitary Notices	...		3,048

Milk and Dairies Order.

Requirements complied with...	46
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Meat Regulations and Slaughter House Byelaws.

Requirements complied with...	1
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Offensive Trades Byelaws.

Requirements complied with...	4
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Rats and Mice (Destruction) Act.

Inspections	144
Advice as to destruction given	37
Letters to Owners or Occupiers of premises	16
Premises freed	27
Complaints received	26

There is always one table at least, the one above, in this Annual Report that everyone can understand. It does not deal with Mortality Rates or Population Statistics, but with houses and drains and the carrying out of such repairs as these may need. Sanitary Inspectors work quietly and with no blaze of such public interest as may be induced by a fine new road or a great building, yet their work is of the very greatest importance and requires not only a sound knowledge of the many Public Health, Housing and other Acts of Parliament, Regulations and Bye-laws, but also what is not so easily acquired, a ready tact and ability to deal courteously with all and sundry, from the angry landlord to the pitiful poverty-stricken tenant of property unfit for human habitation.

The above Tables show a great diversity of work successfully carried out.

Premises and Occupations controlled by Bye-laws and Regulations. Offensive Trades.

	Number.	Inspections.
Fish Frier	21	30
Gut Scraper	1	28
Tallow Melter	3	45
Rag, Bone and Skin Dealer	5	2
Bone Boiler	1	17
Total	31	122
Horse Slaughterer	1	20

One more Fish Frier has been added to the list during 1929. The other offensive trades remain the same.

Complaints were again received of the smell caused by one of the Tallow Melter's premises. This firm carries on a large business and complaints have occasionally been very bitter about the smell caused by the process. During the year the firm considered the advisability of introducing a condenser to deal with the noxious vapours from the boiling. If this is as successful as is claimed for it, the nuisance should be totally abolished.

Common Lodging Houses.

This house continues to serve a useful purpose. It is well-kept and has given rise to no complaints.

Other Sanitary Conditions requiring Notice.

Schools. No great change has taken place in the Sanitary Condition of the Schools. The same methods of control of infectious disease and inspection of premises are continued.

Rag Flock Acts, 1911 and 1928. There are no premises in the Borough in which Rag Flock is manufactured, used or sold.

Shale Distillation Plant. An experimental plant of this nature came into unpopular notoriety during the summer. The gases evolved from the shale came in such volume that ordinary methods could not cope with them, and upon several occasions serious complaints were received from the direction in which the wind happened to be blowing. Even burning the gases was not sufficient, some unburnt gas escaping through the flame. It was not until a new furnace was built and the gases completely burnt in this, that the smell was finally overcome. Some idea of the

unpleasant nature of the smell can be gathered from the fact that once, when it reached the other side of the town, it was freely stated that the main sewer had burst.

FACTORIES, WORKSHOPS AND WORKPLACES.

1.—*Inspection of Factories, Workshops and Workplaces.*

Premises (1)	Number of		
	Inspections (2)	Written Notices (3)	Prosecutions (4)
Factories (Including Factory Laundries)	30	4	...
Workshops (Including Workshop Laundries)	15
Workplaces (Other than Outworkers' premises)	2	1	...
Total	47	5	..

2.—*Defects found in Factories, Workshops and Workplaces.*

Particulars (1)	Number of Defects			Number of Prosecutions (5)
	Found (2)	Remedied (3)	Referred to H.M. Inspector (4)	
<i>Nuisances under the Public Health Acts*:</i> —				
Want of cleanliness ...	6	7
Want of ventilation
Overcrowding
Want of drainage of floors
Other nuisances... ..	1	1
Sanitary accommodation—				
Insufficient	1	1
Unsuitable or defective	2	2
Not separate for sexes
<i>Offences under the Factory and Workshop Acts:</i> —				
Illegal occupation of underground bakehouse (s. 101)
Other offences (Excluding offences relating to outwork and offences under the sections mentioned in the Schedule to the Ministry of Health Factories and Workshops Transfer of Powers Order, 1921).
Total	10	11

* Including those specified in sections 2, 3, 7 and 8 of the Factory and Workshop Act, 1901, as remediable under the Public Health Acts.

Outwork in Unwholesome Premises, Section 108.

Nature of Work.	Instances.	Notices served.	Prosecutions.
(1)	(2)	(3)	(4)
Wearing Apparel—Making, &c.
Total

Home Work.

Nature of Work.	Outworkers' Lists. Section 107.						Notices served on Occupiers as to keeping or sending Lists.
	Lists received from Employers twice a year.			Lists received from Employers once a year.			
	Lists.	Outworkers.		Lists.	Outworkers.		
		Contractors.	Workmen.		Contractors.	Workmen.	
	(1)	(2)	(3)	(4)	(5)	(6)	(7)
Wearing Apparel Making, etc...	32	—	896	1	—	2	5
Furniture and Upholstery ..	4	—	8	—	—	—	—
Sack Making ..	2	—	2	—	—	—	1
Paper Receptacle Making ..	2	—	7	—	—	—	—
Total	40	—	913	1	—	2	6

The usual procedure of transferring particulars of Outworkers resident in other districts to those districts has been continued. Similarly, particulars have been received from other districts of Outworkers in those districts living in Colchester.

During the year 20 lists, containing 399 names, were transferred from Colchester, and 7 lists were received from other districts.

HOUSING.*Statistics for the Year 1929.*

Number of New Houses erected during the year :—

(a) Total (including numbers given under [b])	...	219
(b) With State assistance under the Housing Act :		
(i.) By the Local Authority	...	105
(ii.) By other bodies or persons	...	42

I.—*Unfit Dwelling-Houses.*

Inspection :—

(1) Total number of dwelling-houses inspected for housing defects (under Public Health or Housing Acts)	780
(2) Number of dwelling-houses which were inspected and recorded under the Housing (Consolidated Regulations, 1925)	84
(3) Number of dwelling-houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation	3
(4) Number of dwelling-houses (exclusive of those referred to under the preceding sub-head) found not to be in all respects reasonably fit for human habitation	704

II.—*Remedy of Defects without Service of Formal Notices.*

Number of defective dwelling-houses rendered fit in consequence of informal action by the Local Authority or their officers	610
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III.—*Action under Statutory Powers.*

A. Proceedings under Section 3 of the Housing Act, 1925.

(1) Number of dwelling-houses in respect of which notices were served requiring repairs ..	60
(2) Number of dwelling-houses which were rendered fit after service of formal notices :	
(a) by owners	60
(b) by Local Authority in default of owners	2
(3) Number of dwelling-houses in respect of which Closing Orders became operative in pursuance of declarations by owners of intention to close ...	—

B. Proceedings under Public Health Acts.

(1) Number of dwelling-houses in respect of which notices were served requiring defects to be remedied	86
(2) Number of dwelling-houses in which defects were remedied after service of formal notices ;	
(a) by owners	92
(b) by Local Authority in default of owners	2

G. Proceedings under Sections 11, 14 and 15 of the Housing Act, 1925.

(1) Number of representations made with a view to the making of Closing Orders	3
(2) Number of dwelling-houses in respect of which Closing Orders were made	3
(3) Number of dwelling-houses in respect of which Closing Orders were determined, the dwelling-houses having been rendered fit	—
(4) Number of dwelling-houses in respect of which Demolition Orders were made	—
(5) Number of dwelling-houses demolished in pursuance of Demolition Orders	—

The number of new houses erected is more by 23 than the number erected in 1928, and in addition 368 were in hand or in contemplation at the end of the year.

Distribution of the New Houses.

North Ward.	South Ward.	East Ward.	West Ward.
59	12	42	106

The number of houses built without State Assistance has increased from 38 in 1928 to 72 in 1929. At this rate the shortage of houses in the Borough should be rapidly overtaken.

It will be seen that only three Closing Orders were made, although there are a number of houses that would be better closed than occupied. The same difficulties continue year after year, and until cheap housing is obtainable for those who cannot afford Council Houses, there appears no alternative than to continue as at present. That is to say, to allow the continued occupation of houses that are dry and weatherproof, but that are deficient to a greater or less degree in such particulars as, a kitchen-sink, water laid on to the house, ventilation and so on. Many of these houses are not worth spending much money upon, yet they make comfortable homes for elderly people who can only afford a few shillings a week for rent. For such people they may be considered as inconvenient, rather than unhealthy.

The practice has gradually grown up in the Borough of interviewing the landlord of such property and pointing out to him the manner in which his house does not come up to modern

standards. Usually the landlord replies that the house is not worth spending anything upon, that the rent is very low, and constant patching of plaster, etc., is needed to keep the place in reasonable repair, and rather than put in sinks and build sculleries or wash-houses he would prefer to pull the house down.

He is then asked not to accept any tenants with children or likely to have children, and he is told that he risks a Closing Order being recommended in respect of the property if he allows children to live in it.

In this way a number of single and double tenements have been saved for very poor residents, who would otherwise have been driven from the town or into lodgings or the workhouse.

It is not suggested that this method of housing these people is more than a make-shift, until some solution is found to satisfy the great need there is in every direction for houses of one, two or three rooms at an all-in rent of from four to eight shillings a week.

INSPECTION AND SUPERVISION OF FOOD.

Premises					Number	Inspections
Slaughter-houses:—						
Registered	10	}	19	1,410
Licensed	9	}		
Bakehouses	30	}	31	31
Underground	1	}		
Dairies and Milk Shops		80	89
Cowsheds		53	178

Milk.

Milk (Special Designations) Order, 1923.

Licences issued for sale of Graded Milk, 1928.

Certified Milk	1
Grade "A" (Tuberculin Tested) Milk	2
Grade "A" Milk	1
Pasteurised Milk...	5

No licences were refused or revoked during the year.

Meat.

Carcasses Examined by the Meat Inspectors.

Cattle.	Swine.	Sheep.	Goats.	Total.
1,187	2,855	2,671	2	6,715

*Table shewing Amount of Diseased and Unfit Meat and other
Foods Condemned and Destroyed, 1929.*

Whole Carcasses and All Organs.

Animals.	Disease.	Weight, lbs.
2 Oxen	Generalized Tuberculosis ...	1,326
3 Pigs	Generalized Tuberculosis ..	403
7 Pigs	Oedema	182
5 Pigs	Jaundice and Oedema ...	247
2 Pigs	Fevered and Oedema...	468
2 Pigs	Swine Erysipelas ...	207
2 Pigs	Immaturity	54
2 Pigs	Died from Natural Causes ...	280
1 Pig	Suffocation	180
1 Pig	Badly Bled	160
1 Pig	Jaundice	76
1 Calf	Badly Bled and Oedema ...	49
		<hr/> 3632

Parts of Carcasses and Organs.

	Disease.	Weight, lbs.
<i>Cattle—</i>		
Liver	Distomatosis	1452
Liver	Distomatosis and Cirrhosis ..	31
Liver	Distomatosis and Abscesses ..	16
Liver	Tuberculosis	84
Liver	Cirrhosis	162
Liver	Melanosis	14
Liver	Abscess	18
Liver	Multiple Abscesses	314
Liver	Multiple Abscesses and Echino- coccus Veterinoram ..	18
Liver	Fatty Infiltration	20
Liver	Fatty Degeneration	20
Lungs	Tuberculosis	36
Mesenteries	"	90
Heads and Tongues	"	123
Tongue	"	7
Tongue	Actinomycosis	6
Diaphragm	Peritonitis	4
Kidneys	Nephritis	4½
		<hr/> 2419½

Parts of Carcasses and Organs—continued.

	Disease.	Weight, lbs.
<i>Pigs—</i>		
142 Heads and Tongues ..	Tuberculosis	1880 $\frac{1}{2}$
62 Mesenteries ..	"	98 $\frac{1}{2}$
3 Lungs ..	Pleurisy	4 $\frac{1}{2}$
8 Lungs ..	Pneumonia	14 $\frac{1}{2}$
2 Heads ..	Abscesses	51
39 Plucks ..	Tuberculosis	330
4 Plucks ..	Pneumonia and Cirrhosis ..	32
1 Spleen ..	Tuberculosis	$\frac{3}{4}$
17 Livers ..	Cirrhosis	79 $\frac{1}{2}$
3 Livers ..	Tuberculosis	12
1 Liver ..	Distomatosis	3 $\frac{1}{2}$
1 Liver ..	Echinococcus Veterinorum ..	3
1 Heart ..	Fatty Infiltration	2
1 Heart ..	Pericarditis	2
Part of Flank ..	Tuberculosis	4
		2516 $\frac{1}{2}$
<i>Sheep—</i>		
1 Leg ..	Fractured	5
<i>Miscellaneous—</i>		
Chilled Beef ..	Decomposition	54
Pressed Beef ..	"	1
Cow Heels ..	"	26
Tripe ..	"	29
Fish ..	"	472
		582

Total Weight of Food Condemned : 9155-lbs.=4-tons 1-cwt. 2-qr. 27-lbs.

Other Foods.

All premises where foods are handled are constantly visited, and stalls where fish, fruit and vegetables are sold are inspected. Particular attention is paid to butchers' shops and meat stalls.

Under the Meat Regulations meat must be screened from dust and flies. It is a pity that these Regulations are not extended to fruit and sweets. If flies and dust are harmful to meat that is cooked before it is eaten, how much more harmful they must be upon fruit and sweets that are eaten as sold.

Sale of Food and Drugs Acts.

Result of Analysis of Samples taken under the Sale of Food and Drugs Acts.

Samples.	Number of Samples.	Adulterated.	Nature of Adulteration
New Milk	50	9	9 Fat Deficient:—
Sweets	3		(a) 13·3per cent. }
Rice	2		(b) 6·6 " }
Sugar	2		(a) 10·0 " }
Glycerine	2		(a) 10·0 " }
Ammoniated Tincture of			(b) 10·0 " }
Quinine	1		(c) 10·0 " }
Oatmeal	1		(a) 6·6 " }
White Pepper	1		(c) 6·6 " }
Coffee	2		(a) 6·6 " }
Butter	6		respectively
Tapioca	2		
Ice Cream	2		
Syrup	2		
Pearl Barley	1		
Cream	4		
Stout	2		
Cod Liver Oil	1		
Arrowroot	2		
Sweetened Condensed			
Milk	1		(a) Original Samples.
Tea	1		(b) Course of Delivery Samples.
Brandy	1		(c) "Appeal-to-the-Cow" Samples.
Sausages	6		
Unsweetened Condensed			
Milk	1		
Bread	3		
Bicarbonate of Soda ..	2		
Port Wine	1		
Orange Wine	1		
Bacon	4		
Seidlitz Powder	1		
Olive Oil	1		
Pork Pies	3		
Rolled Oats	1		
Whisky	1		
Milk of Sulphur	1		
Biscuits	1		
Chocolate Powder	1		
	117	9	

Five original samples of new milk were found to be below standard in fat. As a result of the deficiency in the original samples, further samples were taken in course of delivery, and two of these were also found below the standard in fat. Two further samples taken at the farms were also fat-deficient.

No proceedings against the milk-vendors were deemed necessary in any of the above cases.

Milk and Cream Regulations, 1912-1917.

	(a) Number of Samples examined for the pre- sence of a preservative.	(b) Number in which a Pre- servative was reported to be present and per- centage of preservative found in each sample.
Milk, and Cream not sold as Preserved Cream—		
Milk	50	...
Cream	4	...
Cream sold as Preserved Cream

The samples of milk, butter, cream, ice-cream, bacon, sausages, pork-pies and bread were all tested for preservatives, but in no instance was any preservative discovered.

PREVALENCE AND CONTROL OVER INFECTIOUS DISEASE.

Notifiable Diseases (other than Tuberculosis) during the Year 1929.

(Civilian and Military Cases.)

Disease	Total Cases Notified	Total Cases in Age Groups												Cases admitted to Hospital
		Under 1 Year	1	2	3	4	5-9	10-14	15-19	20-34	35-44	45-64	65 and over	
Small Pox
Scarlet Fever	192	...	2	6	4	13	74	37	27	23	5	1	...	179
Diphtheria	47	2	...	27	8	3	5	...	2	...	47
Enteric Fever (including Paratyphoid) }	14	4	...	3	3	2	2	...	10
Puerperal Fever... ..	2	2	1
Puerperal Pyrexia	7	1	5	1	2
Pneumonia	117	6	11	1	2	3	9	4	7	20	13	24	17	...

The usual Tables of the Infectious Diseases and deaths therefrom that have occurred during 1929 are given above

There was a general increase in the numbers of these diseases, though the mortality rates remained about normal. The incidence of Pneumonia was particularly heavy, but the death-rate of this disease must not be calculated from the number of notified cases, as there can be no doubt that a great many cases are not notified. Whenever a death occurs of a case that has not been previously notified the attention of the doctor certifying death is drawn to the fact that he has omitted notification.

Unfortunately, the great reduction that there has been for the previous three years in the number of cases of Diphtheria was not maintained. No reason can be given for this. Many of the cases appear to rise spontaneously. The more one sees and studies infectious disease the more convinced one becomes that there is something more than the seed and the soil needed to produce an infectious case. In one year, or even for two or three years, as has recently been the case with Diphtheria in Colchester, an infectious disease is almost non-existent so few are the cases. Then something changes: perhaps it is the humidity of the atmosphere, perhaps it is the prevalence of dust, no one knows exactly what it is, and cases begin to occur, not all in one street, or even in one part of the Borough, but scattered about with no connection between them that can be discovered. In fact it would not be incorrect to say that as many cases of Diphtheria occurred without any cause being discovered as cases in which the origin of the infection was found.

The obvious third factor is the susceptibility of the patient, but this is not a satisfactory explanation, as why should a number of people be susceptible in one year and not susceptible in another?

Isolation Hospital.*Cases admitted to the Isolation Hospital, 1929.*

Authority sending in cases	Scarlet Fever	Diphtheria	Typhoid Fever	Other Diseases	Total
Colchester Borough ...	156	41	6	27	230
		2	1	2	5
Essex County Hospital ...	6	...	2	1	9
Mental Institutions ...	1	1
War Department ...	18	7	...	14	39
				1	1
Walton U.D.	1	1
Brightlingsea U.D.	1	1
Sudbury U.D.	6	6
Tendring R.D. ...	82	15	1	1	99
		1			1
Lexden and Winstree R.D. ...	20	7	...	4	31
				2	2
Melford R.D. ...	9	4	...	1	14
Essex County Council	59	59
				5	5
Wivenhoe U.D. ...	2	1	3
West Mersea U.D. ...	1	1
Total Cases ...	295	80	9	109	494
Deaths	3	1	10	14

Deaths from the various diseases are given in italics.

Scarlet Fever.

Total Borough and Outside District Cases ...	308
Borough Cases notified ...	192
„ not notified ...	nil
Cases from Outside Districts ...	116
Borough Patients nursed at home or in other Institutions	13
Borough Patients removed to Isolation Hospital ...	179
Outside Districts' Patients removed to Hospital ...	116
Total Cases admitted to the Isolation Hospital ...	295
Return Cases from the Borough ...	6
Deaths of Borough Patients at home or in Isolation Hospital ...	nil
Deaths of Outside Districts' Patients at home or in Isolation Hospital ...	nil
Total Deaths of Borough and Outside Districts' Patients ...	nil

There was a large increase in the cases of Scarlet Fever admitted to Hospital from both the Borough and from the neighbouring districts. Several of them were very severe and it is very satisfactory to be able to report that no deaths occurred. Two cases in particular were very seriously ill, one was complicated by Mumps and severe complications of the heart, the other suffered from Pericarditis and general Rheumatism.

Unfortunately a child developed Chicken-pox while in the Scarlet Fever wards and other cases resulted, but it was found possible to limit the outbreak to only six more cases.

Two nurses and four patients were admitted from the Essex County Hospital suffering from Scarlet Fever. The four patients had been treated in the General Hospital for—2 operated upon for Hernia, 1 operated upon for enlarged glands in the neck, and 1 had been admitted for Septicæmia, but this proved to be a severe attack of Scarlet Fever.

It is the practice to discharge children after an attack of Scarlet Fever during the fifth week in hospital, provided that they have had no complications and are clean cases, that is, have no small sores about the ears, mouth or nose, particularly the nose, as it is undoubtedly from a slight nasal discharge that other children are infected after a child has returned home. Only six "return cases" occurred during the year and two of these were the mother and brother of a child who had been in the hospital for 143 days, owing to great enlargement of the glands in the neck having occurred and their ultimately breaking down and forming extensive abscesses. This child after 143 days in hospital, was discharged quite cured and apparently completely free from infection, yet within a week she developed a slight cold, and no doubt the nasal discharge infected both her mother and brother.

One Scarlet Fever patient developed Erysipelas and was seriously ill for a short time but made a good recovery. This is a very unusual complication of Scarlet Fever. Two nurses upon the staff contracted Scarlet Fever and both made good recoveries.

The Borough cases of Scarlet Fever were distributed in the Wards, Garrison and Institutions as follows:—

North Ward.	South Ward.	East Ward.	West Ward.	Garrison	Institutions.
24	27	74	39	16	12

Diphtheria.

Total Borough and Outside District Cases	82
Borough Cases notified	47
„ not notified	2
Cases from Outside Districts	33
Borough Patients nursed at home or in other Institutions			2
Borough Patients removed to Isolation Hospital	47
Outside Districts' Patients removed to Isolation Hospital	33
Total Cases admitted to the Isolation Hospital	80
Return Cases from the Borough	nil
Deaths of Borough Patients at home or in Other Institutions	2
Deaths of Borough Patients in Isolation Hospital	2
Deaths of Outside District Patients	1
Total Deaths of Borough and Outside Districts Patients	5
The Borough cases occurred in the Wards and Institutions as follows:—			

North Ward	South Ward	East Ward	West Ward	Garrison	Institutions
18	12	9	3	6	1

The low incidence of Diphtheria in the Borough did not continue through 1929. The figures for the past five years have been:—

Number of Cases of Diphtheria notified in the Borough.				
1925	1926	1927	1928	1929
28	7	8	10	47

The exceedingly low figures for 1926-1928 are inexplicable. Why Colchester was almost free from this disease during this time it is impossible to say, the average incidence being somewhere about 40 cases per annum.

Two cases were not notified before death. One was admitted to the Essex County Hospital apparently very late in the disease, and died of Paralysis as a result of Diphtheria. The other was a baby who died a few minutes after a doctor had been called in to see it. The parents had too long delayed sending for medical help.

Three cases died in the Isolation Hospital. One was a man of 21 years old admitted from a neighbouring district. His was a very violent and severe attack. He was very restless and delirious from the beginning, and died three days after his admission. The

two others were children aged 7 and 9 years. One died a few hours and the other ten minutes after admission to Hospital. One had been ill for 13 days before a doctor was summoned. In such cases there can be no hope of recovery. Diphtheria Antitoxin is of less and less value each day a child is ill with Diphtheria. Administered upon the first or second day, cure is practically certain. Upon the third, fourth and fifth days it may be hoped for if the case is mild. After the fifth day the chance of cure, even after the administration of heroic doses of antitoxin, is very small indeed.

Enteric Fever.

Total Borough and Outside Districts' Cases	14
Borough Cases notified	14
Cases from Outside Districts	nil
Borough Patients nursed at home or in other Institutions			4
Borough Patients removed to Isolation Hospital	10
Outside District Patients removed to Isolation Hospital	nil
Total Cases admitted to the Isolation Hospital		...	10
Deaths of Borough Patients at home or in other Institutions	2
Deaths of Borough Patients in Isolation Hospital	1
Total Deaths of Borough Patients	3

Four of the above cases occurred at Severalls Mental Hospital, and two of these died. Two cases were admitted to the Isolation Hospital from the Essex County Hospital; one was a nurse, the other a patient, and the latter was suffering from Diabetes. Both were mild cases and made good recoveries.

An old lady who had a mild attack made a good recovery, and was about to get up when she had an apoplectic stroke. She had a second stroke a few days later, which proved fatal.

One of the cases was that of a lady who contracted the disease while on a ship returning from Africa. She was brought directly from the boat by ambulance to the Isolation Hospital, as her home was in Colchester. Three of the other cases were mild Paratyphoid B type of Enteric Fever in three children in the same family. The origin could not be traced, but the illness was of interest as at first the children were thought to be suffering from slight food poisoning.

Pneumonia.

Total Borough Cases	152
Cases notified	117
Cases not notified	35
Number of Cases occurring in the Garrison or Institutions				98
Total Number of Deaths	70

These 152 cases were distributed in the Wards and Institutions in the Borough as follows :—

North	South	East	West	Institutions	Garrison
8	7	25	14	31	67

The above figures were much higher than usual owing to the Influenza outbreak in February. Too much stress cannot be laid upon the danger of Pneumonia following Influenza. It is a most fatal disease. The above figures show this only too plainly.

On the other hand, as pointed out in previous years, the case death-rate of Pneumonia is not 50 per cent., as the above figures seem to indicate. This result comes about from the fact that the number of cases included above as "not notified" is taken from the death returns, and this swells the number of deaths without any compensation upon the other side of cases not notified that recovered. The Health Department has no information of such cases, and there must be a great number. Medical Practitioners fully realize the necessity of notifying such diseases as Scarlet Fever and Diphtheria, but they are certainly forgetful that the same duty is laid upon them with regard to patients suffering from Pneumonia.

Cerebro-spinal Infectious Diseases.

Only one case of *Cerebro-spinal Meningitis* was notified in Colchester. This was a soldier in the Garrison. He was treated in the Military Hospital and died there. Another soldier suffering from this disease was admitted to the Borough Isolation Hospital from a neighbouring district at the request of the Military Authorities. He had a severe attack, but in spite of treatment died after 24 days in hospital.

Three cases of *Encephalitis Lethargica* were notified, and one suspected case was admitted to the Isolation Hospital from an outside district. Of the three cases notified one in the General Hospital recovered, one at Severalls Mental Hospital died, and the third, a child of three years, died at home.

The suspected case sent into the Isolation Hospital was of great interest, as the mental condition of the patient was obviously unstable and the diagnosis of Dementia Precox appeared justified. Dr. Turnbull, Medical Superintendent of Severalls Mental Hospital, very kindly saw the case and was inclined to agree with the diagnosis of Dementia. However, the parents sought the opinion of a specialist from London and he inclined to the Encephalitis Lethargica opinion. He considered the case of such interest that he hoped that she might be moved to London. No objection was raised to this and with the parents' consent she was transferred by ambulance to the Hospital for Nervous Diseases, Queen's Square, London. Finally, after several weeks treatment and observation in this hospital, the diagnosis of Dementia Precox was arrived at, and the girl returned home better, but certainly not normal.

No cases of *Acute Anterior Poliomyelitis* were notified.

Erysipelas, Malaria, Dysentery.

Borough cases of Erysipelas notified	32
Removed to the Isolation Hospital	4
Deaths from Erysipelas	nil
Cases admitted to the Hospital from Neighbouring Districts			1

Erysipelas. It is only under exceptional circumstances that persons suffering from this disease are removed to the Isolation Hospital. One of the four cases removed to Hospital was a soldier. Another was in a house where a confinement was soon to take place. The third was the wife of a soldier and the fourth a case already in the Hospital with Scarlet Fever.

A man was admitted from a neighbouring district as a private case at the urgent request of his employer.

Ten of the 32 notified cases occurred in Institutions.

Seven cases of *Malaria* were notified, six of them being soldiers and one a man who had recently returned from India. In all cases the disease had been contracted abroad. There were no deaths.

Cases of *Dysentery* were only reported from the two Mental Institutions. Seventeen, including five that died occurred at Severalls Mental Hospital, and five occurred at the Royal Eastern Counties Institution.

Measles and Whooping Cough. Only 13 cases of Measles and 124 cases of Whooping Cough were notified. Both these diseases are notifiable under the special Colchester Regulations.

One case of Measles and seven cases of Whooping Cough were removed to the Isolation Hospital. These were all severe cases or the disease was complicated by some subsequent infection such as Broncho-pneumonia. One of these patients died, a child with Whooping Cough and Broncho-pneumonia.

Three other children died in the Borough from Whooping Cough and one from Measles.

Other Diseases admitted to the Isolation Hospital consisted of—Pulmonary Tuberculosis 57, Puerperal Fever 6, Diphtheria Carriers 3, Chicken-pox 3, Tonsillitis 8, Tonsillar Abscess 1, German Measles 7, and 1 each of Influenza, Mumps, Miliaria, Rheumatism, Laryngitis, Fractured Leg, Acne, Constipation, suspected cases of Scarlet Fever, Measles, German Measles and Paratyphoid Fever; the latter all rapidly cleared up before any definite diagnosis could be made. Deaths among these cases were due to—Pulmonary Tuberculosis 5, Puerperal Fever 3.

It will be noticed how various are the cases admitted to a large Isolation Hospital. Many of the above were sent in as suspicious cases of either Scarlet Fever or Diphtheria.

Many diseases may begin with a flushed skin and sore throat, and of the above cases those of Miliaria, Influenza, German Measles, Chicken-pox and Constipation, were all sent to Hospital as probably suffering from Scarlet Fever. Not one of these caught Scarlet Fever while in the Hospital, nor did one of them infect another patient with the disease from which he was suffering. But this shows the kind of emergencies that arise in an Isolation Hospital that are altogether outside the emergencies liable to arise from the diseases normally treated in such Institutions. And it speaks well for the prompt measures taken that no cross infections occurred.

Isolation Hospital Staff. Two Nurses contracted Scarlet Fever and another was warded with Tonsillitis. One of the Sisters suffered an unfortunate bicycle accident which resulted in a broken leg, and a domestic was ill for three weeks with an attack of Acute Rheumatism.

Tuberculosis.

Age Periods	New Cases				Deaths			
	Pulmonary		Non-Pulmonary		Pulmonary		Non-Pulmonary	
	M.	F.	M.	F.	M.	F.	M.	F.
Under 1
1	1	...
2-4
5-9 ...	1	1	3	2	...
10-14	2	1
15-19	2	4	1	...	1	2
20-24	4	3	...	2	2	2
25-34	8	11	...	1	5	3
35-44	2	3	3	5	1	...
45-54	8	4	7
55-64	2	1	2
65 and upwards...	1	2	2	2
Totals ...	28	29	4	5	22	14	4	1

Tuberculosis. The register of cases of this disease shows a decrease of both Pulmonary and Non-Pulmonary cases.

Cases of Tuberculosis.

Pulmonary		Other Forms of Tuberculosis	
1928	1929	1928	1929
224	214	92	86

There is a satisfactory fall in the number of registered cases, although the number of notified cases has risen. This is accounted for by notified cases dying or leaving the district during the year, when they are taken off the register but remain cases that have been notified that year.

The number of deaths from Tuberculosis was 41; of these, 36 were from the Pulmonary form of the disease and 5 were from Tuberculosis of a Non-Pulmonary type.

Four persons died from Tuberculosis unnotified. This gives a percentage of not quite 10 of the total deaths. This percentage has steadily improved, the figures being 27 in 1927, 17 in 1928, and now 10 in 1929.

*Public Health (Prevention of Tuberculosis) Regulations, 1925, and
Public Health Act, 1925 Sections 62 and 66.*

No action was found necessary under either of the above powers.

PROPAGANDA AND HEALTH EDUCATION.

It is greatly to be regretted that sufficient local support could not be obtained to continue the Colchester issue of "Better Health." This monthly magazine is published solely to bring information in a simple and attractive manner before anyone who will glance through it. It is distributed free by a large number of Health Authorities, and it has proved of great use to teachers by giving them interesting subjects for Health Talks to the children in their Schools. Naturally such a publication costs something to produce and although the Committee who manages it defrays a large part of the cost of production by the aid of advertisements from well-known firms, yet each locality is expected to pay something for each 1,000 copies, and this has been done in a number of places by the addition of local advertisements. Unfortunately it was not found possible to do this in Colchester and after a life of only three months the Colchester edition died.

A lecture upon Tuberculosis and the work of Sanatoria was given early in the year by Dr. Sidney G. Peill, Lecturer of the National Association for Prevention of Tuberculosis. The lecture was illustrated with lantern slides and various models were shown. Over 300 persons attended.

W. F. CORFIELD, M.D., D.P.H.,

*Medical Officer of Health, etc.,
of the Borough of Colchester.*

Health Offices,
Trinity Street.

