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Contributors

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1965

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

of the

Medical Officer of Health


of the

East Dereham Urban District Council

of

EAST DEREHAM

Norfolk



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STAFF

ACTING MEDICAL OFFICER OF HEALTH

A.G.G. Carson, M.B.,Ch.B.,D.P.H., (1.1.65 - 28.2.65.)

(Medical Officer of Health for the Rural Districts
of Walsingham and Docking and the Urban Districts
of Hunstanton and Wells-next-the-Sea)

MEDICAL OFFICER OF HEALTH

Lydia McMurdo, L.R.C.P.,M.R.C.S.,D.P.H. (1.3.65.)

SURVEYOR AND PUBLIC HEALTH INSPECTOR

C. McD. O'Donnell, M.B.E., M.A.P.H.I.

ADDITIONAL PUBLIC HEALTH INSPECTOR

F.B. Douglas (resigned 31.5.65.)

C.S. Napier (commenced duties 25.10.65.)

WATERWORKS SUPERINTENDENT

R.R. Tye

EAST DEREHAM URBAN DISTRICT COUNCIL

ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH FOR 1965

Mr. Chairman, Ladies and Gentlemen,

I have the honour to present the Annual Report for 1965.

The Urban District of East Dereham lies at, approximately the geographical centre of Norfolk. It is 16 miles West of Norwich and 104 miles by road from London. The main industries are engineering and the making of clocks and furniture.

In April the new water tower came into operation. This tower of unique conical design is a distinctive landmark. A potential supply of 300,000 gallons is available from this source. 85,000 gallons per day were taken from the Bradenham source - a joint scheme of the Swaffham R.D.C. and the Mitford and Launditch R.D.C. From these two sources water is available for an increase in population of 5,000 persons. In view of the steady growth of the town and possible future development the Consulting Engineers were instructed to prepare plans for a new Sewage Disposal Works.

Housing development continued but unfortunately as in many areas, the demand for new homes exceeded the supply. With an increase in population and a lowering of the marriage age the need for new homes will rise. There is also a growing need for accommodation for the elderly. These housing requirements are an urgent need if the town is to develop as is desired.

General Statistics

Area in acres	5313
Population (mid 1965)	7680
Rateable Value 1st April 1965	£258,856
Estimated product of Penny Rate 1965/66	£1,050

The estimated mid year population was 7680 an increase of 190 over the 1964 population.

There were 116 live births of which 7 were illegitimate and there were 98 deaths giving a natural increase (births minus deaths) of 8. Hence 182 new residents (190 - 8) made their homes in East Dereham in 1965.

The illegitimate live births, 6.03% of total births, is an increase over 1964 when it was 5.08%.

There were two still births both having severe congenital deformities and the infant death was also a baby with marked congenital abnormalities. Only the intensification of the search for adverse factors - metabolic or genetic - operating during the antenatal period will prevent these tragedies.

<u>Vital Statistics</u>	<u>1965</u>	<u>1964</u>	<u>England & Wales</u>
Live Births	116	118	
Live birth rate per 1000 population (adjusted)	16.3	17.01	18.1
Illegitimate live births per cent of total live births	6.03%	5.08%	
Still births	2	-	
Total live and still births	118	118	
Infant deaths (deaths under 1 year)	1	2	
Infant Mortality Rates			
Total infant deaths per 1000 live births	8.62	16.9	19.0
Legitimate infant deaths per 1000 legitimate live births	8.77	17.8	
Illegitimate infant deaths per 1000 illegitimate live births	-	-	
Neonatal mortality rate (deaths under 4 weeks per 1000 live births)	-	8.47	13.0
Early neonatal mortality rate (deaths under 1 week per 1000 live births)	-	8.47	
Perinatal mortality rate (still births and deaths under 1 week per 1000 total births)	16.94		26.8
Maternal Mortality	-	-	
Deaths all ages	98	89	
Death Rate (adjusted)	9.69	10.09	11.5

Causes of Death

The following table shows the causes of death as supplied by the Registrar General for 1965.

	<u>Male</u>	<u>Female</u>	<u>Total</u>
Syphilitic Disease	-	1	1
Malignant Neoplasm Lung, Bronchus	3	2	5
Malignant Neoplasm Breast	-	1	1
Other Malignant and Lymphatic Neoplasms	6	2	8
Vascular Lesions of the Nervous System	10	10	20
Coronary Disease, Angina	6	9	15
Other Heart Disease	5	7	12
Other Circulatory Diseases	1	1	2
Pneumonia	6	4	10
Bronchitis	2	3	5
Other Diseases of Respiratory System	-	1	1
Ulcer of Stomach and Duodenum	-	1	1
Gastritis Enteritis and Diarrhoea	-	1	1
Congenital Malformations	2	-	2
Other Defined and Ill Defined Diseases	1	5	6
Motor Vehicle Accidents	1	1	2
All other Accidents	1	4	5
Suicide	-	1	1
	44	54	98

Of these 98 deaths 6 occurred under the age of 55, 11 in the 55 - 64 age group, 29 in the 65 - 74 age group and 52 in the over 75 age group. Hence only 17 people (8 males and 9 females) died under the age of 65 years.

Malignant Disease

There were 14 deaths due to cancer, that of the lung causing 5 deaths (3 male and 2 female). In 1964 there were 22 deaths due to cancer, 4 males died of lung cancer. There was 1 death due to breast cancer, compared with 2 in 1964. Once case of cancer of the cervix has been notified as a cause of death in Dereham in the last 5 years.

Coronary Disease

This again was the commonest disease affecting any one organ causing 15 deaths, 1 in the 45 - 54 age group 6 in the 65 - 74 age group and 8 in the 75 age group.

<u>Infectious Diseases</u>	<u>1965</u>	<u>1964</u>	<u>1963</u>	<u>1962</u>
Scarlet Fever	1	4	7	5
Erysipelas	-	1	-	-
Measles	175	44	126	1
Whooping Cough	1	16	3	3
Pneumonia	1	-	-	-
Dysentery	-	-	13	-
Food Poisoning	-	3	-	1
Infectious Hepatitis	-	-	2	2
Puerperal Pyrexia	-	-	-	-
Acute Encephalitis	-	-	-	-
Meningitis	-	1	-	-
	178	69	151	13

Measles

The notification of 175 cases of measles was the highest for 5 years and again the maximum incidence was in the 5 - 9 age group.

Whooping Cough

The case of whooping cough occurred in a 4 year old child who had not had the recommended reinforcing dose of antigen at thirteen months after the primary course.

TUBERCULOSIS

	<u>1965</u>			<u>1964</u>		
	<u>M</u>	<u>F</u>	<u>Total</u>	<u>M</u>	<u>F</u>	<u>Total</u>
Pulmonary	15	10	25	14	10	24
Non Pulmonary	1	4	5	1	4	5
			—			—
			30			29
			==			==

There were three new cases of pulmonary tuberculosis and two inward transfers. Four cases recovered. There were no deaths from tuberculosis.

B.C.G. Vaccination

B.C.G. vaccination is offered by Norfolk County Council to all children in the 13 year old age group. Vaccination gives some protection against tuberculosis. Though the menace of tuberculosis has been greatly reduced there is still the undetected case in the community - often in the over 50 years of age group hence measures to protect the health of the school leaver are essential.

In 1965 the work done in this field is given below:-

1. Number of children eligible	301
2. Number of acceptances	266
3. Number of children Heaf tested	253
4. Number of tests read	241
5. Number of positive tests	15
6. Tuberculin index	6.2%
7. Number vaccinated	226

The tuberculin index is the percentage positive readings of total readings.

Mobile Radiography Unit

The mobile unit visited Dereham in 1965. 2,952 (1,731 males and 1,221 females) were x rayed - 34% being x rayed for the first time. 34 cases were referred for investigation at the Chest Clinic. One new case of tuberculosis was discovered. The discovery of one new case shows the need for "eternal vigilance".

Immunisation Schemes

The schedule of immunisation remains unchanged. The following tables show the work done by the general practitioners and the Assistant County Medical Officer during 1965.

		YEAR OF BIRTH							1950 or	Total
		1965	1964	1963	1962	1961	1956/60	1951/55	Earlier	
Whooping Cough	Primary	39	35	2	-	-	1	-	-	77
Diphtheria & Tetanus	Reinforcing	-	9	17	1	-	-	1	-	28
		39	44	19	1	-	1	1	-	105
Diphtheria & Tetanus	Primary	-	-	-	-	-	4	-	-	4
	Reinforcing	-	1	1	-	-	65	7	-	74
		-	1	1	-	-	69	7	-	78
Diphtheria	Primary	-	1	-	-	-	-	2	-	3
	Reinforcing	-	-	-	-	-	5	77	-	82
		-	1	-	-	-	5	79	-	85
Tetanus	Primary	-	6	1	1	-	8	19	13	48
	Reinforcing	-	-	-	-	-	-	7	11	18
		-	6	1	1	-	8	26	24	66

Primary immunisation against whooping cough, diphtheria and tetanus is commenced in the third month of life and completed in the fifth month. A reinforcing dose is given at 18 months i.e. thirteen months after the primary course. As previously noted the one case of whooping cough notified in 1965 occurred in a child who had not had this reinforcing dose.

A reinforcing dose of diphtheria/tetanus antigen is given at 5 years of age, on school entry and a further reinforcing dose at 10 years of age. Where the primary course of prophylaxis is commenced at a later age, these reinforcing doses are given five years after the primary course. In an agricultural area it is important that immunity to tetanus be maintained.

Members of the Fire Service received reinforcing doses of tetanus toxoid.

Poliomyelitis

	<u>YEAR OF BIRTH</u>						Total
	1965	1964	1963	1962	1961	1960 or Earlier	
(oral vaccine 3 doses)	28	76	5	4	3	6	122

90 doses of oral vaccine were given as reinforcing doses.

Of 116 babies born in 1965 only 40 were immunised against whooping cough, diphtheria and tetanus and 28 immunised against poliomyelitis. This is a very poor response.

Smallpox Vaccination

Age at date of vaccination	0-3 Mths	3-6 Mths	6-9 Mths	9-12 Mths	1 Yrs	2-4 Yrs	5-14 Yrs	15+ Yrs	Total
Primary	30	5	2	1	19	10	3	-	70

There were no revaccinations during the year. The vaccination state of the infant population is still low. Primary vaccination during the second year of life is far less disturbing than primary vaccination as an adult. Vaccination after contact with a case of smallpox may be too late to give protection. It is again strongly urged that parents ensure that their children are protected.

The School Health Service and Handicapped Pupils Regulations 1953

Under these Regulations, school children receive three general medical inspections during the period of compulsory school age, on entry, at 10 years of age and in the penultimate year in the Secondary Modern School or High School. This means that each year each school is visited by the Medical Officer. Any defects found are referred to the general practitioner for investigation and treatment.

The hearing and vision of all pupils is tested at eight years of age as a routine and defects referred for investigation and treatment.

Provision is also made for special inspections, at more frequent intervals, of handicapped pupils.

Dental inspection and treatment is provided for all school children.

NATIONAL HEALTH SERVICE ACT 1946

S.22 - S.25

Under these sections are provided:-

- (a) The care, including dental care, of expectant and nursing mothers and children under 5 years of age not attending primary schools. This provision includes child welfare centres. An infant Welfare Clinic is held on the first and third Friday of each month from 2 p.m. to 4 p.m. at the Health Office, High Street.
- (b) Domiciliary midwives (S.23)
- (c) Health Visitors (S.24)
- (d) Home Nurses (S.25)

S.28

Care and after-care of persons suffering from mental illness; short term care of mental defectives. Mr. Boothman, the Mental Welfare Officer made visits to 9 patients discharged from mental hospital. There were 18 subnormal persons on the mentally handicapped register and all attended the training centres or social club.

S.29 Home Help Service

This valuable service continued its satisfactory work. Fourteen cases were assisted continuously throughout the year and thirty nine cases, including 34 aged and infirm and three blind persons received help as required.

Mental Health Act 1958

During the year 23 persons were admitted to mental hospital - 16 informally and 7 under compulsory provisions. Two cases of senile dementia were admitted to the Vale Hospital, Swainsthorpe and one sub-normal child was admitted to Little Plumstead Hospital.

National Assistance Act 1946

Ten persons were admitted to Part III accommodation in Old Peoples Homes.

There are two Old Peoples Clubs - one in Dereham and the other at Toftwood. Two Meals-on-Wheels services operate and provide a dinner once per week for a maximum of twenty four old people.

HOUSING

Council House Development

Moorgate Estate

Stage I of the Roadworks and Sewers for the new development of the Moorgate Estate was completed.

Work commenced on Phase II, Stage I of this development which comprises 36 five person houses and 14 three person bungalows.

Council House Improvements

With the completion of the improvements of Nos.1 - 12 Moorgate Cottages (12 houses) and Nos.1 - 23 Northgate (12 houses) all the Council Houses have now been brought up to the five point standard recommended by the Ministry.

Private Development

The number of dwellings completed in 1965 by private enterprise was as follows:-

2 bedroom dwellings	-	24
3 bedroom dwellings	-	68
4 bedroom dwellings	-	2

86 dwellings were under construction.

Improvements Grants

Nineteen Standard Grants were approved in 1965 and work was completed on twenty one private dwellings for which Standard Grants had been approved. The following units have been installed:-

Baths	-	18
Wash basins	-	20
Hot Water Installations	-	20
W.C's	-	17
Larders	-	12

The amount paid in respect of Standard Grants was £2,373. 0. 0.

WATER SUPPLY

The average daily consumption was 301,761 gallons compared with 291,140 in the previous year. The total yearly consumption was 110,143 gallons, this includes 30,974,000 gallons from the Bradenham bulk supply. No restrictions on the use of hosepipes or car washing was adopted during the year.

Own Source	79,169,000
Bulk Supply	30,974,000
Total Yearly Consumption	110,143,000
Increase over preceeding year	3,875,200
1955/56 total yearly consumption	64,969,000
1965/66 " " "	110,143,000
Percentage increase over 10 years	41%
Total yearly domestic consumption	85,718,000
" " industrial "	24,425,000
Total number of metered supplies	170
Average daily consumption	301,761
Average gallons per head (domestic use)	31
Estimated population served	7,543
Number of houses with Town Water	2,739
Average number of persons per house	2.9
Yearly bulk supply to Mitford and Luanditch R.D.C.	498,200

New Connections and Supplies

109 new connections and supplies have been added to the distribution system during the year.

Mains and Extensions

1,310 yards of 4" and 3" water main have been installed for Moorgate Estate.

592 yards of 3" water main have been installed at Stone Park Estate, Toftwood to supply 59 new dwellings.

Head Works

The joint scheme Swaffham R.D.C. and Mitford and Launditch R.D.C. was completed in April 1965. A potential 200,000 gallons per day is available from this source and 300,000 gallons per day from the Dereham headworks giving a total of 500,000 gallons per day. During 1965 only 85,000 gallons per day were taken from the Bradenham source, the remainder being supplied by the Dereham headworks. From the two sources water is available for an increase in population of 5,000 persons.

SANITARY CIRCUMSTANCES OF THE AREA

Water Supply

All sub-standard shallow wells in the district have been replaced by deep bores or piped mains and for the first year on record no complaints of defective water supplies have been received.

Sewage Disposal

Residents living near the works and storm water soakage area complained of smells and in the main they were justified in their complaint as were the River Board on the quality of the effluent. Alterations to a filter bed and secondary settlement improved the effluent but the smell nuisance remained and will continue to do so under the present method of sludge treatment, open drying beds and cold digestion.

During the year the Council considered the problem and decided in view of the towns continued rapid growth and possible future expansion to instruct their Consulting Engineers to prepare a scheme for a new treatment works west of the existing one to take an ultimate population of 30,000 from Dereham and 5,000 from adjacent villages in the Mitford and Launditch Rural District Council. The old works will be used for partial treatment and sludge from both will be treated in a pressing plant on the new site.

Night soil is collected weekly.

Public Cleansing

House refuse is collected weekly in the built-up area of the town, and fortnightly in the rural district. It is interesting to note that this service demands a 4% increase in out-put each year from the operatives and gratifying to report that it is met and in turn recognised by the Council in the form of a generous bonus.

Street scavenging too is increased each year by new estates but a reasonable standard is still maintained.

Smoke Nuisances

Intermittant smoke nuisances were noted from one factory in the town. The matter is under review.

Camping and Caravan Sites

Five individual caravans are licensed to stand in private gardens and there is one site for six caravans.

SANITARY INSPECTIONS OF THE AREA

The following table summarises inspections during the year:-

<u>Description</u>	<u>Inspections</u>	<u>Informal Notices</u>	<u>Statutory Notices</u>
Drainage	248	-	-
Factories, workshops and Bakehouses	15	-	-
Food shops	289	2	-
Dairies	6	-	-
Verminous and Filthy premises	2	-	-
Housing	105	-	-
Nuisances	98	-	-
Rats and mice	161	-	-
Refuse Collection	15	-	-
Water Supply	2	-	-
Offices and shops	64	-	-
Clean Air Act	12	-	-
Caravans	4	-	-
Animal Boarding Establishments	2	-	-

Disinfestation and Disinfection

No cases were reported during the year.

Milk Supply

Two cases of dirty milk bottles were examined and informal action taken.

Ice Cream

Eleven routine samples were taken, two of which were below the required standards. Both premises were investigated, and their ice cream re-sampled until it was satisfactory.

Food Inspection and Condemnation

Informal action was taken in relation to the cleanliness of a cafe and food premises and in both cases conditions were improved. Food premises in the town are well maintained and kept clean.

The following tinned foods were condemned:-

- 4 lbs. Pork Luncheon meat
- 26 lbs. Jellied veal
- 8 lbs. Luncheon meat
- 16 lbs. Minced pork
- 7 lbs. Cooked pork
- 6 lbs. Ox tongue

Other food:-

- 1 lb. Beef sausages
- 6 lbs. Pork sausages
- 7 lbs. Cheese
- 3½ lbs. Butter
- 6 lbs. Pork pies
- 20 lbs. Biscuits

Meat Inspection

There are no slaughter houses in the town. Meat is inspected periodically in shops.

Agriculture Act 1956

Gang labour as such was not operating in the district during the year.

Common Lodging Houses

There are no common lodging houses in the district.

Offices, Shops and Railway Premises Act, 1963

A total of 110 premises are now registered and 34 of these received and initial inspection during the course of the year. The overall standard has been found satisfactory, as owners and occupiers who had registered their premises had also taken steps to ensure compliance with the requirements of the Act.

FACTORIES ACT, 1961

Part 1 of the Act

1. Inspections for purposes of provisions as to health (including inspections made by Public Health Inspectors.)

	Number on Register	Inspections	Number of written Notices	Occupiers Prosecuted
(i) Factories in which Sections 1,2,3,4 and 6 are to be enforced by Local Authorities	2	4	-	-
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority	21	26	3	-
(iii) Other premises in which Section 7 is enforced by the Local Authority (excluding out- workers' premises)	-	-	-	-
	23	30	3	-

2. Cases in which defects were found:-

	Found	Remedied	Referred to H.M. Inspector	Referred by H.M. Inspector	No. of cases in which Prosecutions Instituted
Want of Cleanliness	-	-	-	-	-
Overcrowding	-	-	-	-	-
Unreasonable temperature	-	-	-	-	-
Inadequate ventilation	-	-	-	-	-
Ineffective drainage of floors	-	-	-	-	-
Sanitary Conveniences					
(a) Insufficient	-	-	-	-	-
(b) Unsuitable or defective	2	2	-	2	-
(c) Not for separate sexes	-	-	-	-	-
Other offences against the Act (not including offences relating to out-work)	1	1	-	-	-
	3	3	-	2	-

Part VIII of the Act

Section 133 (1)(c)

There are two out-workers making wearing apparel.

In conclusion I would like to thank all members of the Staff of the Health Office and of the District Council for their help in producing this report and all members of the Council for their kindness to me in this my first year of office in Dereham.

I have the honour to be
Your obedient Servant,

Lydia McMurdo, L.R.C.P., M.R.C.S., D.P.H.

CERTIFICATE OF ANALYSIS OF WATER

6th September 1965.

Cert No. R.1386
Lab. No. 64/W

Sample received 2nd August 1965 from East Dereham U.D.C.

Marked Dereham Town Supply Standpipe in Waterworks Grounds.

Appearance when received Clear

Nature of Deposit Nil

Colour Nil

Odour Nil

Reaction Faintly alkaline pH 7.4 Taste Satisfactory

RESULTS OF CHEMICAL ANALYSIS IN PARTS PER MILLION

<u>Ammoniacal nitrogen</u>	0.01	<u>Hardness CaCO₃</u>	
<u>Albuminoid nitrogen</u>	0.01	<u>Total</u>	270
<u>Nitrate nitrogen</u>	nil	<u>Carbonate (temporary)</u>	240
<u>Nitrate nitrogen</u>	nil	<u>Non-carbonate (permanent)</u>	30
<u>Chloride as Cl</u>	28	<u>Alkalinity as CaCO₃</u>	240
<u>Permanganate Value (4hr)</u>	0.05	<u>Free Carbon dioxide</u>	19
<u>Fluorine</u>	0.65	<u>Total solids (at 180°C)</u>	360
		<u>Iron (total)</u>	0.16
		<u>Metals in solution</u>	nil

Opinion

The organic quality of this water is very good and the chemical evidence shows no sign of pollution. The total hardness is approximately 19° Clark, almost all of which is temporary. The reaction of the water is just on the alkaline side of neutrality and it would not be expected to have any corrosive action on metals. A trace of iron is present but does not give rise to any serious deposit on standing. The fluoride content is about two-thirds the optimum from the point of view of dental health. In our opinion this water is suitable for drinking and general purposes.

for Lincoln Sutton & Wood Limited.,
(signed) E.C. Wood.

CERTIFICATE OF ANALYSIS OF WATER

6th September 1965.

Cert No.R.1385

Lab. No.64A/W

Sample received 2nd August 1965 from East Dereham U.D.C.

Marked Bradenham Bulk Supply Standpipe at U.D.C. Boundary Westfield Rd.

Appearance when received Clear slight deposit on standing

Nature of Deposit Iron compounds

Colour Nil

Odour Nil

Reaction Slightly alkaline pH 8.2

Taste Satisfactory

RESULTS OF CHEMICAL ANALYSIS IN PARTS PER MILLION

<u>Ammoniacal nitrogen</u>	neg. trace	<u>Hardness as CaCO₃</u>	
<u>Albuminoid nitrogen</u>	0.02	<u>Total</u>	230
<u>Nitrate nitrogen</u>	nil	<u>Carbonate (temporary)</u>	185
<u>Nitrate nitrogen</u>	nil	<u>Non-carbonate (permanent)</u>	45
<u>Chloride as Cl</u>	32	<u>Alkalinity as CaCO₃</u>	185
<u>Permanganate Value (4hr)</u>	0.10	<u>Free Carbon dioxide</u>	nil
<u>Fluorine</u>	0.35	<u>Total solids (at 180°C)</u>	315
		<u>Iron (total)</u>	0.46
		<u>Metals in solution</u>	nil

Opinion

The organic quality of this water is very good and the chemical analysis shows no sign of pollution. The total hardness is about 16° Clark, 14° of which is temporary. The reaction of this water is alkaline, and it would not be expected to have any corrosive action on metals. We note that the sample was supposed to have been treated by softening and iron removal. If so, the residual hardness is higher than would be expected and the water has an iron content which gives rise to a slight deposit on standing. This point should be looked into. The flouride content is about half that of Dereham town supply (our certificate No.R.1386). In our opinion this water is suitable for drinking and general purposes.

for Lincolne Sutton and Wood Ltd.,
(signed) E.C. Wood.

