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LOTHINGLAND RURAL DISTRICT
COUNCIL.



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ANNUAL REPORT OF THE
MEDICAL OFFICER OF HEALTH
AND THE
PUBLIC HEALTH INSPECTOR
FOR THE YEAR
1956.



COUNCIL OFFICES
RECTORY ROAD,
LOWESTOFT,
SUFFOLK.



LOTHINGLAND RURAL DISTRICT COUNCIL

ANNUAL REPORT OF THE
MEDICAL OFFICER OF HEALTH
AND THE PUBLIC HEALTH INSPECTOR
FOR THE YEAR
1956.

MEDICAL OFFICER OF HEALTH A.C. GEE, M.R.C.S., L.R.C.P., D.P.H.

PUBLIC HEALTH INSPECTOR
PUBLIC CLEANSING OFFICER R. GROAT, M.P.H.I.A.
AND PETROLEUM OFFICER.

ADDITIONAL PUBLIC HEALTH
INSPECTOR & PETROLEUM G. A. BOANIS, M.P.H.I.A
OFFICER.

Council Offices,
Rectory Road,
Lowestoft,
Suffolk.

Mr. Chairman, My Lord, Ladies and Gentlemen,

In submitting my Annual Report on the health of the district during the year 1956, I am pleased to be able to bring to your notice numerous facets of the work of your Health Department which show a good step forward in providing better services for the community for whom we are responsible.

Whilst the provision of Infant Welfare Centres within your district is the responsibility of the East Suffolk County Council, you will, no doubt, like to know that three new centres have been opened in the area during the year under review. A new welfare centre was opened at Hopton and another at Bradwell in June, and a new one at Reydon in October. These were opened to cope with demands resulting from new housing accommodation in these areas. As will be seen from the statistics which appear in the report, they have got off to a good start with quite worthwhile attendances. The attendances at all the other welfare centres in the district have been well maintained and, due to the increase in attendances in Kessingland, the number of sessions held there has been doubled.

In connection with this aspect of the work, I would like to record the retirement in August of Miss O.L. Swann. Miss Swann was an untiring worker in many aspects of health work and she has been much missed by many who came into contact with her. Her place was taken by Mrs. Robertson to whose enthusiasm one must credit the rapid increase in infant welfare work in the southern part of the district.

The Regional Water Scheme was completed during the year and there has been a good response from householders in connecting up their properties. The greater availability of water resulting from this scheme has added to the difficulties arising from the lack of sewers

in some areas, but several works in connection with sewer construction are under way or were completed during the year. The difficulties of cesspool emptying and refuse collection are referred to in the Public Health Inspector's report and one hopes that, where sewage services have been provided at great expense, full use will be made of them by the communities they are intended to serve.

There has been quite a marked increase in the birth rate; in 1955 it was 14.5 per 1,000 population, which was below the national standard. The figure for 1956 is 16.3 which is well above the national standard. The death rate is up on previous figures, but is still below the national average. The main cause of death continues to be from disease of the heart. Deaths from lung cancer numbered three only. The previous highest recorded figure was in 1953 when there were five.

The year was remarkably free from infectious diseases, particularly in respect of measles. There was a higher incidence of scarlet fever than has been the case for several years, but the total number of cases was not large.

In my last year's report, I mentioned certain difficulties which had been experienced regarding cases of infectious diseases occurring in holiday camps. I am glad to be able to report that the measures put into force to overcome this problem appear to have been successful.

Inspections of the holiday camps have been carried out as a routine measure by both myself and the Public Health Inspector. In practically all cases we have found a high standard of hygiene and always we found those responsible ready to implement suggestions for improvements which we have made. It may not be realised that the

holiday and caravan camps in this district have accommodation for some 8,000 persons. This increases the normal population of the district by approximately half as much again, which is quite a sizeable increase, particularly when one remembers that the accommodation and sanitary facilities offered in many cases are of "temporary accommodation" standards. It is not appropriate that I should express views in this report as to whether "saturation point" is being reached regarding holiday accommodation, but I would draw the Health Committee's attention to the magnitude of the problem which exists in keeping on top of the sanitary problems which this great influx of holiday-makers bring with them each summer.

May I take the opportunity of expressing my appreciation to you for your co-operation during the year.

I am, My Lord, Ladies and Gentlemen,

Your obedient Servant,

ARTHUR C. GEE.

Medical Officer of Health.

August 1957.

GENERAL STATISTICS.

Area 44,653 acre

Registrar-General's estimated population
(mid 1956) ... 15,350.

Number of inhabited houses as at 31st December,
1956... 5,414

Rateable value as at 31st December, 1956. ... £128,768

VITAL STATISTICS.

		<u>Total</u>	<u>Male</u>	<u>Female</u>
<u>Live Births:</u>	Legitimate	211	107	104
	Illegitimate	11	5	6
		<u>222</u>	<u>112</u>	<u>110</u>
<u>Birth Rate</u> per 1,000 estimated resident population.		14.4 (Crude)	<u>Comparative figure for Eng. & Wales</u>	
		16.3 (Adjusted)	15.7	
<u>Stillbirths.</u>	Legitimate	<u>5</u>	<u>3</u>	<u>2</u>
	Illegitimate	<u>2</u>	<u>-</u>	<u>2</u>
		<u>7</u>	<u>3</u>	<u>4</u>
<u>Death Rate</u> per 1,000 estimated resident population.		12.1 (Crude)	11.7	
		11.6 (Adjusted)		
<u>Deaths of Infants under 1 year of age</u>		<u>Total</u>	<u>Male</u>	<u>Female</u>
		3	2	1
		<u>1</u>	<u>-</u>	<u>1</u>
		<u>4</u>	<u>2</u>	<u>2</u>
<u>Deaths of Infants under 4 weeks of age</u>		3	2	1
		<u>1</u>	<u>-</u>	<u>1</u>
		<u>4</u>	<u>2</u>	<u>2</u>

Comparative table for the past five years.

	<u>1952</u>	<u>1953</u>	<u>1954</u>	<u>1955</u>	<u>1956</u>
Population ...	14,960	15,040	15,190	15,240	15,350
Births ...	194	194	227	198	222
" rate per 1000	13.0	12.9	14.9	14.5	16.3
Deaths	164	149	175	147	186
" rate per 1000	11.0	9.9	11.5	7.9	11.6
Infant Deaths	3	4	3	6	4
Infant Mortality Rate	15.5	20.6	-	-	-

CAUSES OF DEATH.

Cause	Male	Female	Total
Syphilitic Disease	1	-	1
Infective and parasitic disease	1	1	2
Malignant neoplasm, stomach	3	3	6
Malignant neoplasm, lung	3	-	3
Malignant neoplasm, uterus	-	2	2
Malignant neoplasm, breast	-	1	1
Other malignant neoplasms	10	9	19
Diabetes	1	-	1
Vascular lesions of nervous system	11	11	22
Coronary disease, angina	27	13	40
Hypertension with heart disease	1	6	7
Other heart disease	14	13	27
Other circulatory disease	6	4	10
Influenza	-	1	1
Pneumonia	1	2	3
Bronchitis	3	5	8
Other diseases of respiratory system	-	2	2
Ulcer stomach and duodenum	2	1	3
Nephritis and nephrosis	2	-	2
Hyperplasia of prostate	1	-	1
Congenital malformations	1	1	2
Other defined and ill defined diseases	9	8	17
Motor vehicle accidents	1	-	1
All other accidents	3	2	5
	<u>101</u>	<u>85</u>	<u>186</u>

The number of deaths this year shows a considerable rise above last year's figures. Once again, diseases of the heart and blood circulatory system are the main cause of death.

The number of deaths by accident is rather high this year and it is felt that members of the Committee might be interested in the details of these. They are as follows:

Motor vehicle accident

A youth, aged 21 of Mutford

Cause: Multiple skull fractures as a result of a tractor (drawing a trailer) driven by him turning over and part of either the tractor or trailer passing over him - Misadventure.

Other accidents.

A male, aged 78 years of Reydon.

Cause: Asphyxia due to the inhalation of food - Misadventure.

A youth, aged 17 years of Belton.

Cause: Asphyxia from drowning at Fritton Lake.

A female, aged 76 years of Herringfleet.

Cause: Arteriosclerosis accelerated by fracture of the left femur sustained by the deceased when she fell in her home on 5.6.56.

A female, aged 79 years of Belton.

Cause: Hypostatic bronchopneumonia as a consequence of immobilisation and shock following a fracture of the left tibia and fibula. Verdict - accidental death. Fall downstairs.

A male, aged 70 years of Kessingland. Cause: asphyxia by drowning in circumstances not fully disclosed by the evidence. Hypertension - heart failure - P.M.

INFECTIOUS DISEASES.

The following table shows the incidence of Infectious Diseases throughout the year in the various parishes:

P A R I S H	Measles	Whooping Cough.	Scarlet Fever	Pneumonia	Erysipelas	Food Poisoning	Dysentery	Puerperal Pyrexia	Infective Hepatitis	Malaria
Barnby	-	-	1	1	-	-	-	-	-	-
Belton	-	-	-	-	-	1	-	-	1	-
Benacre	-	-	-	-	-	-	-	-	-	-
Blundeston	-	-	-	1	-	-	-	-	-	-
Bradwell	3	-	-	-	-	1	1	-	-	-
Browston	-	-	-	-	-	-	-	-	-	-
Burgh Castle	-	1	1	-	-	-	-	-	-	-
Carlton Colville	-	4	6	2	1	-	-	-	-	-
Corton	1	-	1	-	-	-	-	-	-	-
Covehithe	-	-	-	1	-	-	-	-	-	-
Easton Bavents	-	-	-	-	-	-	-	-	-	-
Henham	-	-	1	-	-	-	-	-	-	-
Hulver	1	-	-	-	-	-	-	-	-	-
Hopton	2	-	-	-	-	-	1	-	-	-
Kessingland	1	-	1	4	-	-	-	-	-	-
Mutford	-	-	1	-	-	-	-	-	-	-
Oulton	-	-	1	1	-	-	-	-	-	-
Reydon	-	-	5	4	-	-	-	-	-	-
Somerleyton	-	-	-	-	1	-	-	-	-	-
Wangford	-	-	4	-	-	-	-	1	-	-
Wrentham	-	-	-	1	-	-	-	-	-	-
1956	8	5	22	15	2	2	2	1	1	-
1955	111	62	3	6	1	-	3	2	-	1
1954	114	49	9	12	1	-	-	2	-	-

As will be seen from the comparative figures at foot of the table, the year has been very free from measles and whooping cough - two infections which are normally quite prevalent. On the other hand, there has been quite a high incidence of scarlet fever. The two cases of food poisoning were isolated ones and, once again, it is gratifying to be able to report that no large outbreaks of food poisoning occurred. In view of the large number of holiday makers in the district during the summer months and the consequent extent of the catering trade, this is a very satisfactory state of affairs.

INFANT WELFARE CENTRES.

The following shows the number of attendances at the Infant Welfare Centres throughout the year:

<u>Welfare Centres.</u>	<u>First</u> <u>Attendances.</u>	<u>Subsequent</u> <u>Attendances</u>	<u>Total</u> <u>Attendances.</u>
<u>Carlton Colville</u>			
0 - 1 year	36	155	191
1 - 5 "	20	231	251
<u>Kessingland</u>			
0 - 1 year	39	111	150
1 - 5 "	24	132	156
<u>Wrentham</u>			
0 - 1 year	12	129	141
1 - 5 "	1	154	155
<u>Corton</u>			
0 - 1 year	13	51	64
1 - 5 "	12	107	119
<u>Blundeston</u>			
0 - 1 year	29	85	114
1 - 5 "	30	156	186
<u>Belton</u>			
0 - 1 year	29	58	87
1 - 5 "	6	88	94
<u>Bradwell</u>			
0 - 1 year	11	23	34
1 - 5 "	15	24	39
<u>Hopton</u>			
0 - 1 year	16	20	36
1 - 5 "	7	27	34
<u>Lound</u>			
0 - 1 year	11	25	36
1 - 5 "	14	100	114
<u>Somerleyton</u>			
0 - 1 year	10	30	40
1 - 5 "	21	74	95
<u>Reydon</u>			
0 - 1 year	18	15	33
1 - 5 "	1	17	18

REPORT OF THE PUBLIC HEALTH INSPECTOR
FOR THE YEAR 1956.

Mr. Chairman, My Lord, Ladies and Gentlemen,

I have the honour to present my Report upon the work of the Department in 1956. During the year action was taken in respect of many houses reported as not capable of repair at reasonable expense in the Survey carried out in 1955. Inspections were made of premises to which the new Food Hygiene Regulations applied and also investigations were made into water supplies in some parishes where new mains have been provided. Routine visits continued in connection with meat inspection, housing inspections, holiday camps, caravan sites and water sampling but no complete survey was made of factories and petroleum storage installations.

Housing.

The following information has been supplied by the Architect and Surveyor, N. Billington, Esq:-

A. Provision of New Accommodation

Houses erected by private enterprise	83
Houses erected by the Local Authority	20

B. Housing Act 1949. Part II

Improvements: Number of dwellings in respect of which applications for grant were

(1) made in 1956	43
(2) approved by Council during 1956	40

Provision of dwellings by conversion: Number of dwellings in respect of which applications for grant were

(1) made in 1956	5
(2) approved by Council during 1956	2

Inspections were made of 129 houses and the following is the result of recommendations made and action taken in respect of this property:

Number of houses demolished and unfit houses closed	29
---	----

Number of houses rendered fit as a result of informal action	77
--	----

Number of houses rendered fit after service of formal notice	13
--	----

The need for improvements as well as repairs was brought to the notice of owners and there was some progress in the provision of main water supply and satisfactory drainage to cottages which had lacked both these amenities. The problems of property owners receiving low rents and faced with high maintenance costs continued to cause difficulties when requests were made for repairs to be carried out, but generally the co-operation of owners in these matters was good.

MOVEABLE DWELLINGS.

There was a continued increase in the number of caravans used as holiday accommodation and 27 sites were licensed under Section 269 Public Health Act 1936, giving a known total of 860 moveable dwellings in the district as compared with 716 in the previous year. In addition there are a number of tented camps used by organised groups and many touring parties with caravans and tents which are not subject to control by licence.

80 visits were made to single caravans and sites and no serious contravention of licence conditions or nuisances were found. Attention was drawn to a number of families using caravans during the winter and recommendations were made regarding additional facilities required in such cases.

WATER SUPPLY.

Samples from private wells and new mains in eleven parishes were taken for bacteriological examination and the reports given by Dr. L.M. Dowsett, Director of the Public Health Laboratory, Norwich were as follows:

Highly satisfactory	41
Satisfactory	9
Suspicious	1
Unsatisfactory	27

94 Samples of well water for examination for nitrate content were submitted to Dr. E.C. Wood, Public Analyst, and he reported on the suitability of these waters for infant feeding.

Visits to 274 properties were made regarding water supplies and the owners of 102 dwellings were requested to provide a supply of main water; as a result 91 were connected to the mains. Many of the existing wells were condemned following topographical surveys showing the typical lack of satisfactory drainage facilities at many cottages at which nightsoil was buried and waste water disposed of in the gardens where the well water supply was sited.

In Carlton Colville a private supply to 24 bungalows was reported to be defective and the water was also found to be unsatisfactory. Representations were made to the owners and a main supply has been provided.

SLAUGHTERHOUSES and KNACKERS YARDS.

Seven private slaughterhouses were licensed and used and the following details are given of carcasses and offals inspected in these premises:

<u>Number of Animals</u>	<u>Cattle</u>	<u>Cows</u>	<u>Calves</u>	<u>Sheep</u>	<u>Pigs</u>
Killed	849	6	19	325	5080
Inspected	849	6	19	325	5080

Diseases other than Tuberculosis and Cysticerci

	<u>Cattle</u>	<u>Cows</u>	<u>Calves</u>	<u>Sheep</u>	<u>Pigs</u>
Number of whole carcasses condemned	-	-	-	-	8
Number of carcasses of which some part or organ was condemned	233	1	1	4	227

Tuberculosis only

Number of whole carcasses condemned	2	1	-	-	-
Number of carcasses of which some part or organ was condemned	36	2	-	-	106

Cysticercosis. Cattle Cows Calves Sheep Pigs

Number of carcasses
of which some part
or organ was condemned 1 - - - -

Number of carcasses
submitted to treatment
by refrigeration 1 - - - -

The total weight of meat and offal condemned amounted to:

4 tons 9 cwt. 83 lbs.

Visits to slaughterhouses numbered 935 and included inspections made in the evenings and during public holidays and weekends.

The collection and disposal of diseased and unsound meat and offal was satisfactorily carried out by the Suffolk Fat and Bone Company and the material was processed at the factory at Oulton.

One knackers yard was licensed and the following animals were dealt with:.

Cattle	145
Horses	21
Calves	160
Sheep	7
Pigs	9
<u>Total</u>	<u>342</u>

FOOD PREMISES.

The Food Hygiene Regulations 1955 have given a broad minimum standard to be applied to food premises and persons engaged in the trade, in order to ensure that food is prepared, stored and handled in such a manner as to prevent any risk of contamination. It is important that the facilities, equipment and appliances provided be used with intelligence and understanding and where necessary visits were made with a view to educating food handlers to the need of the legislation and to the practical application of a higher standard of hygiene. 176 inspections were made of food premises and many improvements were carried out.

The following premises are registered under the provisions of the Food and Drugs Act 1955:

Ice Cream Manufacturers	1
Ice Cream Retailers	51
Sausage and preserved food manufacturers	9

An Order was made including this District in an area where retailers selling milk must have a licence under the Milk (Special Designation) Regulations and only pasteurised and tuberculin tested milks are now sold. The following licences were issued to sell designated milks:

Pasteurised	14
Tuberculin Tested	15

DRAINAGE AND SEWERAGE.

An inspection was made of 114 houses which were able to use the Bradwell sewer, completed in 1952, and the following information obtained:

Number draining to public sewer	...	42
Number working on connexions	...	8
Number using cesspools and septic tanks	...	38
Number without any proper drainage	...	26

Notice was given by the Council to the owners concerned that in six months the cesspool emptying service would not be available and a number of the houses have already connected to the sewer.

49 requests have been made to owners of property in Kessingland where a water supply and sewer are available to replace the existing pail closets by water closets. No applications have been made to the Council for grants for this work and it is not possible to enforce the provisions of Section 47 Public Health Act 1936 regarding conversions unless one half the expenses reasonably incurred in the execution of the works is given to the owner by the Council.

The supply of piped water in parishes where sewers are not available has led to difficulties in the disposal of drainage, because inevitably more water is used for domestic purposes when it is provided on tap. Septic tanks if properly

designed and given adequate sub-surface irrigation will work successfully in those parts of the district where the subsoil water remains at a reasonable depth, but too many of the existing systems are badly designed, the chief faults being overloading of the system and inadequate facilities for disposal of the treated effluent usually in soakage chambers built in honeycombed brickwork. Under supervision one such tank had adequate subsurface drainage provided in 1953 and instead of emptying 6,000 gallons of sewage each month there has been no request for emptying since the work was completed. Two small successful schemes of this type have been carried out by direct labour for Council houses at Reydon and Uggheshall and works have also been carried out by contractor for Council houses at Burgh Castle and Belton. The saving in cesspool emptying costs which has been effected has made these schemes worth-while financially and has prevented nuisances and possible danger to health.

PUBLIC CLEANSING.

The cost of providing the refuse collection and cesspool emptying services amounted to £9205. 19s. 3d compared with £9030. 12s. 10d in the previous financial year. A reduction in costs was not achieved due to the increases in wages, motor fuel and materials during the year.

The following vehicles are used:

	<u>Year.</u>	<u>Engine</u>	<u>Mileage</u>	<u>Fuel used</u>
1. 750 gall. cesspool emptier	1947	Petrol	10913	2318 galls
2. 10 cub.yd. refuse collector	1949	Petrol	11560	1244 galls
3. 1000 gall. cesspool emptier	1950	Diesel	15688	1349 galls
4. 1000 gall. cesspool emptier	1953	Diesel	15379	1302 galls
5. 18 cub.yd. refuse collector	1956	Diesel	9239	772 galls

Vehicle No. 3 was converted from petrol to diesel engine in July 1955 and during the year under review showed a saving of at least £350 in fuel costs compared with a petrol engine carrying out the same work. The policy of using diesel engines in spite of the higher initial outlay has proved correct in view of the lower running costs.

There has been no change in the number of vehicles or men engaged in this service since 1953, although as is shown, the work has considerably increased:

	<u>1953</u>	<u>1956</u>
Sewage removed from cesspools	4,195,000 galls	6,503,000 galls.
Refuse collected from one parish (Bradwell)	520 cub. yds.	1,000 cub. yds.

The chargehand and eight men work from the Depot at Oulton Broad which is equipped with petrol and diesel fuel storage tanks.

Refuse Collection. A new 18 cub. yd. fore and aft tipping vehicle was delivered in May and enabled the service to be re-organised. Although the size of loads and the number of properties served continued to increase, both overtime and mileage were reduced. The reduction in overtime was made without engaging any holiday relief as in previous years and an improved service was given to holiday and caravan camps.

	<u>1955</u>	<u>1956</u>
Overtime worked	960 hours	678 hours
Mileage	25,228	21,856

A collection was made weekly in six parishes and fortnightly in the remainder of the district. All refuse was disposed of by tipping on land adjoining Reydon sewage works, on land in Barnby and Corton and by arrangement on the tips of the Lowestoft Borough Council.

Nightsoil Collection. A weekly service is given to property in Kessingland where pail closets are still used.

Cesspool Emptying. It has become very difficult to dispose of sewage taken from cesspools and since the use of the new Kessingland sewage works has been banned for this purpose, many loads have to be taken the long run to the North Lowestoft sewer outfall.

RODENT CONTROL.

Total cost of service	£772. 17s. 2d.
Amount received for work at premises other than dwelling-houses	£238. 19s. 7d.
Grant from Ministry	£266. 18s. 10d.

The rodent operative satisfactorily treated the following property where infestations were found:

<u>Dwelling-houses</u>	<u>Farms</u>	<u>Other Premises</u>
447	53	35

Test baiting was carried out in all public sewers in co-operation with a representative of the Ministry of Agriculture, Fisheries and Food and again no evidence of rat infestation was found.

I am, My Lord, Ladies and Gentlemen,

Your obedient Servant,

Ralph Groat.

Public Health Inspector.



