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THE
Annual Report
FOR THE YEAR 1906

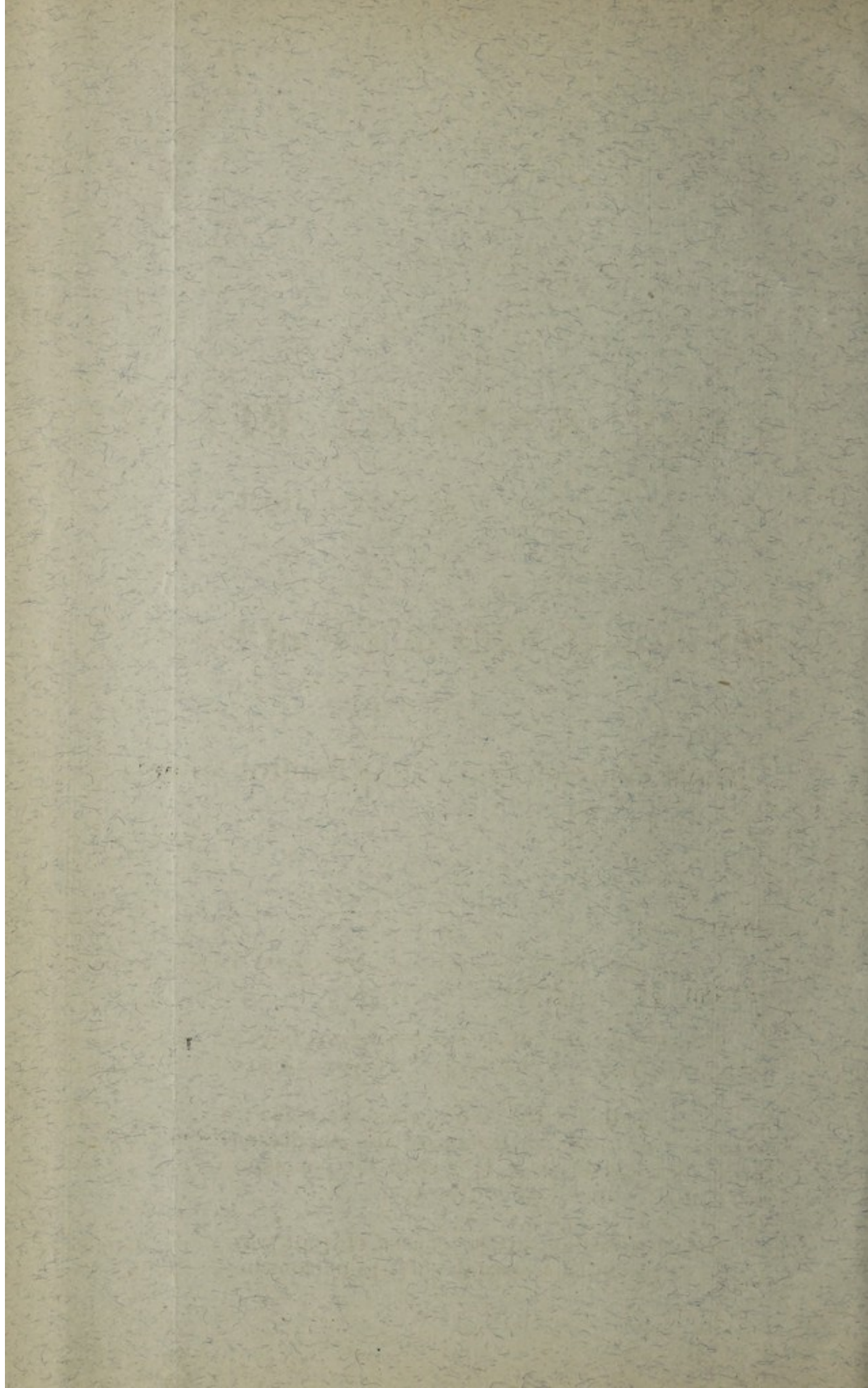
OF THE
MEDICAL OFFICER OF HEALTH
TO THE
Rural District Council of Melton Mowbray

— BY —

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THE ANNUAL REPORT
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GENTLEMEN,

I have the honour of presenting to you my Annual Report on the Rural District of Melton Mowbray.

In the year 1906 there were born 203 boys and 184 girls, total 387, giving rise to a birth-rate of 25.6 per 1,000 of the population.

The deaths in the same period were 222 ; and the death-rate was 14.2 per 1,000 per annum of the population. The excess of births over deaths was 165 ; and the population was estimated to be 15,806 in the middle of the year.

The population at the census of 1901 was 14,865, occupying 3,361 houses, with an average of 4.42 persons in each household.

The average population for the previous ten years was 15,088. The average number of births per year during that period was 382, and the average birth-rate 25.3 per 1,000. The average number of deaths in the ten years was 209; and the average death-rate 13.8 per 1,000. The birth and death-rates for 1906 were therefore very near the average numbers.

THE CAUSES OF DEATH.

The number of children who died before attaining the age of one year was 41, and gave rise to an infantile mortality of 106 per 1,000 of births, against an average mortality of 97 per 1,000 births for the previous ten years. Of these deaths 36 were certified and 6 uncertified; 12 occurred in the first month of life. The causes of death were: Whooping cough 2, diarrhoea 1, premature births 3, congenital defects 7, want of breast milk 2, atrophy and debility 9, convulsions 6, pneumonia 1, bronchitis 8, overlaying 1, other causes 1; total 41. The proportion of infantile to the total deaths was 184 per 1,000.

The infantile mortality in England continues very high; and this mortality is by no means confined to the towns, but exists in the country districts as evidenced by the above figures. "The degeneration of the race has been much talked about in recent years. One of the most important methods of building up the race and of checking deterioration is by due attention to the food of the people. Especially important is the food of infants and children. It needs no defence when one asserts that deterioration may begin in the cradle, and that the proper establishment of a sound constitution should be begun there." (Preface to Dr. Tibbles' Food and Hygiene). In the same work I have devoted a chapter to the Feeding of Infants, from which the following is an extract:— "THE INFANT should be fed from birth with the milk of its own mother. It is unfortunate that an increasing number of women, from various causes, do not nurse their children, and the result is that artificial substitutes for woman's milk are used. It is an exceeding great pity when this happens from caprice or from the inconvenience which women attach to their having to suckle their baby. . . . If each mother could be made to understand that her baby would die if it were not fed from the breast there would speedily be a large increase in the number of breast-fed children, and when this comes about there will be a diminution in the infantile mortality. Mothers must be taught how much healthier babies are when fed by the breast than when they are fed by the bottle. They will then see that their own health is built up, and maintain their own body in a proper condition, and as a result many more women

will be able to feed their babies with their own milk than do so at the present time." "Food and Hygiene," by William Tibbles, LL.D., L.R.C.P., etc., published by Rebman Limited, London and New York. It has been scientifically proved that an infant fed with its mother's milk will develop a much greater energy of growth than a child who is fed on cow's milk or an artificial food. That with artificial feeding energy is wasted in the process of assimilation which ought to be used in the growth and building up of the body. Inasmuch as the basis of a large part of the degeneration of the race consists in the improper feeding of infants and young children, it is precisely at this point where improvement must be urged if we are to reduce the mortality among infants and young children.

There was no death during the year from measles, scarlet fever (four deaths from scarlet fever occurred in the Hospital among persons who came from outside the district), diphtheria, typhoid fever, small-pox or chicken-pox. Three deaths occurred from influenza, one from erysipelas,, 10 from phthisis or tubercular disease of the lungs, five from tubercular disease of other parts, 10 from cancer, 18 from bronchitis, 15 pneumonia, 1 pleurisy, 6 from other diseases of the respiratory organs, 2 from chronic alcoholism, 31 from heart disease, 4 from accident, and 3 by suicide.

The age at which people died shows that above half the total had lived to more than 60 years ; the numbers at various age periods being as follows :—under 1 year 41 ; 1 to 5 years 13 ; 5 to 15 years 7 ; 15 to 25 years 3 ; 25 to 65 years 52 ; over 65 years 106 ; total 222.

THE OUTBREAKS OF EPIDEMIC DISEASES.

During the year only 50 cases of the following diseases were notified to me, viz. :—Scarlet fever 24, diphtheria 13, enteric fever 6, erysipelas 7. But if the notifiable diseases caused little illness, the number of cases of measles, whooping cough, and chicken-pox were above the average.

Whooping cough was very prevalent in some of the villages, notably Ab-Kettleby, Grimstone, Holwell, Rotherby, Hoby, Burton Lazars, Frisby, Stonesby, Long Clawson, and Hose ; about 80 cases came to my personal knowledge.

Measles were very prevalent at Holwell, Scalford, Ab-Kettleby, Eaton, and Waltham ; in which group of villages about 60 cases were known to me.

Chicken-pox was also prevalent at Holwell, Ab-Kettleby, Eaton, Waltham, Asfordby, Wymondham, Stathern, Hose, Thorpe Arnold, and other places, in which between 80 and 90 occurred among school children.

These outbreaks of infectious disease call for no special comment. They were of a more or less mild character, and were not the actual cause of death in any instance ; even the few deaths from whooping cough were complicated by pneumonia or some other disease which actually carried off the sufferer. But in consequence of the prevalence of these diseases it was considered necessary to close the school in the following villages for the period stated :—

Ab-Kettleby, January 29th to February 24th, and March 9th to 16th for whooping cough ; and from October 29th to November 12th for measles.

Frisby, from March 11th to 26th for whooping cough and chicken-pox.

Grimstone, from February to March 26th for whooping cough.

Hoby, from March 24th to April 18th for whooping cough and chicken-pox.

Hose, from October 29th to January 1st for whooping cough and chicken-pox.

Long Clawson, from December 15th to January 7th for whooping cough.

Rotherby, from June 7th to July 16th for whooping cough and chicken-pox

Saxby and Stapleford, from March 24th to April 8th for influenza, colds, etc.

Scalford, from September 12th to October 1st for measles.

Stathern, from June 7th to 25th for chicken-pox.

Stonesby, from October 3rd to 24th for whooping cough.

It is significant that the falling off in the amount of sickness from scarlet fever and diphtheria corresponds with the period during which the Isolation Hospital has been used for these cases. For many years I have written and spoken against the almost complete absence of isolation of these cases when treated at home. The fact exists that since your Council has provided the means of

properly isolating and treating them in hospital the amount of sickness from these diseases has diminished. It is to be hoped that the number of sufferers will continue to diminish and the hospital to justify its existence in this manner. The cases treated in the Isolation Hospital were as follows :—

MELTON RURAL DISTRICT—	Recovered	Died	Total	
Scarlet Fever	... 16	2	18	
Diphtheria 12	—	12	
Typhoid Fever	... 2	—	2	
			—	32
MELTON URBAN DISTRICT—				
Scarlet Fever	... 24	—	24	
Diphtheria 24	2	26	
Typhoid Fever	... 6	—	6	
			—	56
BILLESDON RURAL DISTRICT—				
Scarlet Fever	... 1	—	1	1
				—
			Total	89
				—

The cases of the Rural District of Melton were brought from the following villages :—Asfordby, diphtheria 6, scarlet fever 4 ; Buckminster, scarlet fever 4 ; Eastwell, diphtheria 1 ; Hose, diphtheria 1 ; Knossington, scarlet fever 1, diphtheria 1 ; Saxby, scarlet fever 3 ; Somerby, typhoid 2, scarlet fever 3 ; Sproxton, scarlet fever 3 ; Stapleford, diphtheria 1 ; Thorpe Arnold, diphtheria 1 ; Wymondham, diphtheria 1.

Several of the outbreaks of infectious diseases occurring in the district last year arose by the introduction from without of persons who were suffering from the disease or were sickening for it on their arrival. It was particularly unfortunate that this happened at Buckminster. Children have been sent into your district by philanthropic institutions like the "Children's Holiday Fund" of London, to obtain the benefit of fresh air. Two of these children brought scarlet fever to Buckminster, fell ill with it and died in the Isolation Hospital. In other cases sickly persons have come into the district either while still infectious and have been the means of spreading disease, or they have fallen ill so soon after arrival as to shut out any possibility of their having caught the disease there. The disease has not always ended with themselves, but other persons have caught the infection and spread the disease. It is now,

however, the custom to disinfect the rooms which have been occupied by infected persons as soon as possible after their removal to the hospital ; at the same time the surroundings are inspected and all source of ill-health therein are removed. All the houses were disinfected either by sulphur or formalin.

THE SANITARY WORK.

The principal villages of the district were all visited by me during the year, some of them twice or thrice. During these visits a routine inspection was made of the houses, dairies, drains, wells, outbuildings of farms and the various appurtenances of households. Accumulations of rubbish and other causes of nuisance were removed. Some wells were ordered to be cleaned out, drains laid, others repaired and relaid, and many existing causes of ill-health were removed or improved.

The village of Asfordby was the subject of a special report, owing to the unhealthy condition of certain parts of it. This is largely due to the absence of proper means of refuse disposal, which I hope will be remedied in the near future.

There was a considerable nuisance from the pollution of the river by sewage from the town of Melton. This pollution was the cause of an extensive mortality among the fishes, and of a great degree of unpleasantness for some miles along the river, which threatened to affect injuriously the health of the inhabitants of neighbouring villages, notably Asfordby and Frisby. This also was the subject of a special report. But as the matter was taken up by the County Council it was deemed unnecessary for us to proceed in the matter.

The "complaints" have been extremely few and trivial, and mostly by anonymous letters, which I consider an extremely objectionable mode of bringing to our notice any matter deserving attention, as anything stated to us in good faith is treated with proper secrecy. There were the usual complaints of nuisances from keeping animals, so as to endanger the health of inhabitants of various villages, which were dealt with.

THE SANITARY INSPECTOR'S REPORT includes :—Premises inspected 650, nuisances abated 40 ; privies, cesspools and ashpits inspected 200, nuisances abated 35 ; drains inspected 100, nuisances abated 15 ; houses overcrowded 2, nuisances abated 1 ; offensive accumulations removed 40. Slaughter-houses 50, each inspected twice ; dairymen's places inspected 100. Houses infected 29, each

inspected twice ; disinfected with formalin 18. Privies : 4 new ones provided, 6 repaired, 3 converted to w.c.'s, 15 converted to pails ; 9 new pail closets provided ; 4 new ashpits provided. Water : 4 samples analysed, 1 condemned, 1 well closed, 5 wells cleaned out, 1 public supply substituted, New sewers laid : Scalford 100 yards ; Eastwell 30 yards ; Harby 20 yards ; Spioxtun 40 yards ; Cold Overton 150 yards ; and the first section of Stathern new sewage scheme was completed. New sewage beds on a small scale were made at Hose and Pickwell.

New Buildings : During the year 23 building plans were submitted to the Council and passed.

FACTORY AND WORKSHOPS ACT.—The total workshops in the district are 38, including 32 bakehouses. One nuisance only had to be dealt with in connection with a bakehouse. There are 133 Outworkers in the district living in 125 houses. The work done in them is almost entirely connected with the manufacture of veils, nets, lace, and hosiery. So far as I am aware no case of notifiable infectious disease occurred in any of the houses ; and no nuisance has been recorded in connection therewith which needs any comment. No complaints have been received in connection with any of them. The houses have been inspected during the routine visits of myself to the villages, and at special times when outbreaks have occurred in the villages.

Appended is the Meteorological Report of Dr. J. T. Tibbles for the year, showing the rainfall, barometric pressure, sunshine, etc., at Melton Mowbray, which is in the centre of your district throughout the year. The year 1906 was remarkable for its salubrity, the mildness of its temperature in the winter months, the dryness, but not too great heat, of the summer, and withal an average rainfall.

I am, Gentlemen,

Your obedient Servant,

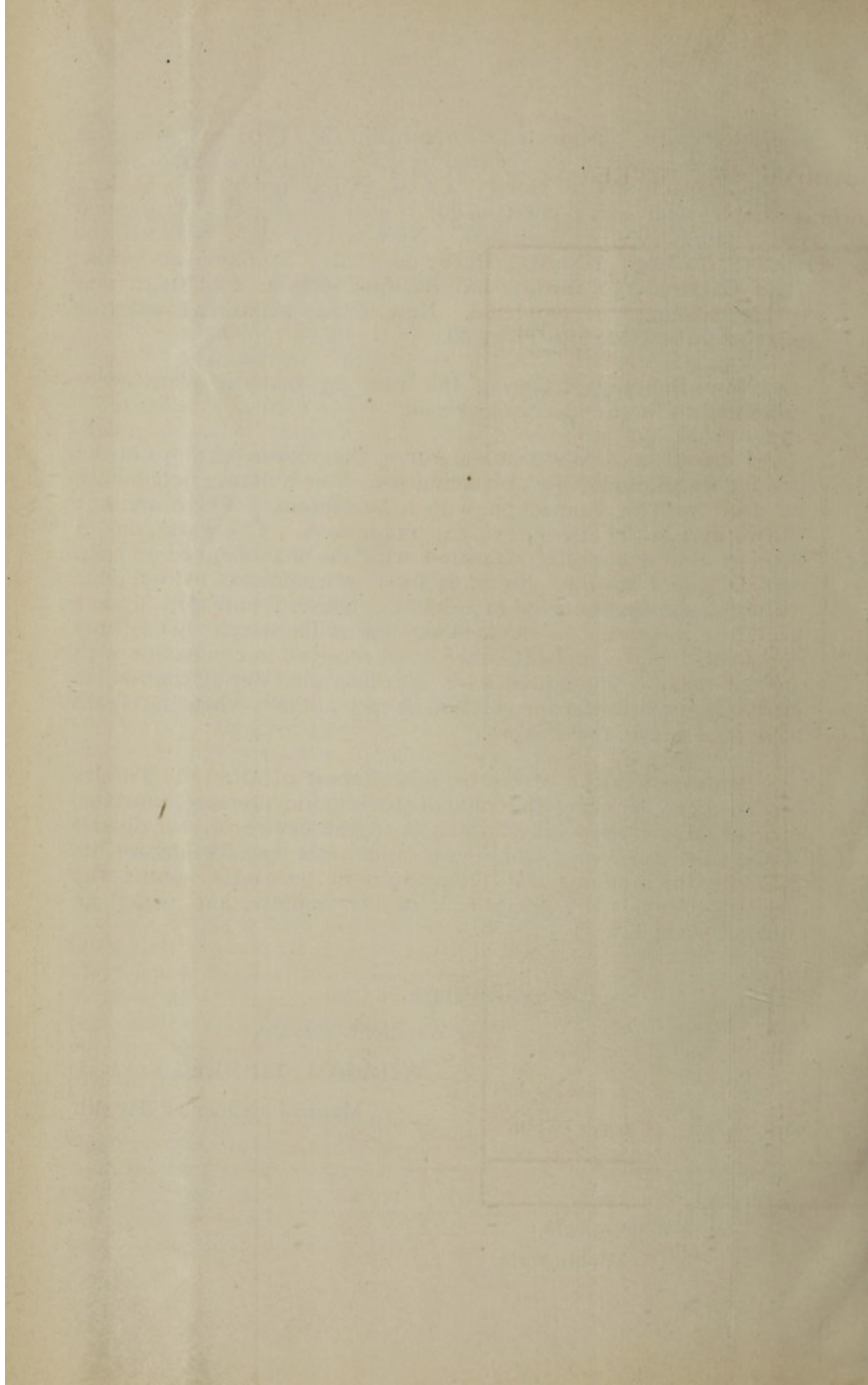
WILLIAM TIBBLES,

Medical Officer of Health

January 26th, 1907,

4, The Ropewalk,

Nottingham.



METEOROLOGICAL OBSERVATIONS FOR 1906.

MELTON MOWBRAY, 250 FEET ABOVE SEA-LEVEL.

By John T. Tibbles, M.R.C.S., Eng.; F.R. Met. Soc., "St. Monans," Melton Mowbray.

BAROMETER REDUCED TO SEA LEVEL & 32 deg. FAHR.						TEMPERATURE.									Mean amount of cloud at 9 a.m.	RAINFALL.			
Month	Mean of Month	Highest	Date	Lowest	Date	MEANS.					EXTREMES.					Rain in inches	No. of Days on which Rain fell	Greatest Fall in 24 hours	
						9 a.m.	Max.	Min.	Range	Mean	Max.	Date	Min.	Date				Inches	Date
JANUARY	29.872	30.663	23rd	28.870	6th	38°1	44°5	32°7	11°8	38°6	53°	27th	23°	23rd	7.5	3.14	19	0.25	5th
FEBRUARY ...	29.712	30.328	7th	28.865	11th	34°9	38°4	24°4	14°0	31°4	48°	10th	20°	14th	5.8	2.16	16	0.57	27th
MARCH	29.979	30.364	3rd	29.315	12th	39°8	47°1	31°5	15°6	39°3	62°	17th	22°	3rd	8.1	1.78	17	0.24	11th
APRIL	30.087	30.694	9th	29.083	29th	45°2	54°5	37°4	17°1	45°8	70°	12th	23°	20th	4.4	0.49	7	0.20	28th
MAY	30.322	30.052	13th	29.435	16th	52°2	61°6	41°8	19°8	51°7	73°	8th	27°	18th	7.1	2.27	17	0.28	16th
JUNE	30.056	30.360	5th	29.852	27th	59°1	67°0	44°8	22°2	55°9	77°	19th	30°	5th	7.4	3.33	11	0.70	15th
JULY	30.002	30.225	9th	29.780	19th	64°7	72°6	48°5	24°1	60°5	80°	30th	38°	12th	5.8	0.81	6	0.24	28th
AUGUST	29.917	30.375	28th	29.570	14th	64°6	75°8	50°4	25°4	63°1	91°	31st	42°	30th	6.0	0.98	13	0.25	24th
SEPTEMBER	29.868	30.581	24th	29.675	14th	54°0	68°8	46°2	22°6	57°5	93°	2nd	29°	28th	4.9	1.35	10	0.39	14th
OCTOBER	29.757	30.332	25th	29.180	30th	50°9	56°2	41°8	14°4	49°0	68°	1st	29°	21st	7.5	4.82	22	1.14	18th
NOVEMBER ...	29.803	30.459	12th	29.080	19th	44°2	49°1	38°3	10°8	43°7	61°	22nd	24°	19th	7.9	3.37	16	0.98	8th
DECEMBER ...	29.891	30.520	21st	29.060	26th	34°6	40°2	28°2	12°0	34°2	52°	4th	13°	30th	7.6	3.12	18	0.55	25th

TOTAL RAINFALL FOR 1906—27.62 INCHES ON 172 DAYS.

TABLE I			
Year	1900	1901	1902
Jan	100	100	100
Feb	100	100	100
Mar	100	100	100
Apr	100	100	100
May	100	100	100
Jun	100	100	100
Jul	100	100	100
Aug	100	100	100
Sep	100	100	100
Oct	100	100	100
Nov	100	100	100
Dec	100	100	100