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NORFOLK EDUCATION COMMITTEE

ANNUAL REPORT

of the

*School
Medical Officer
for 1944*

PREFACE.

The late publication of this abridged report is due to continued difficulties in connection with shortage of staff.

Every endeavour was made to carry out the Board of Education's suggested scheme of medical inspection but it was not possible to examine the appropriate groups at all schools. The policy of keeping under review, as a special war-time measure, the nutrition of the school population has again been followed. The results of surveys show that a satisfactory nutritional standard has been maintained. The provision of school meals, milk and extra nourishment, together with a public consciousness of simple health giving foods which probably have been used more under war conditions, is doubtless the reason.

The County was fairly free of epidemic illness in the early months, a moderate number of schools having to be closed on account of influenza, coughs and colds. Measles was prevalent later but did not assume large epidemic proportions.

The percentage of acceptances for dental treatment continued on the upward grade, a further increase of 4% being recorded. This result is very encouraging.

My thanks are again due for the loyal service of all the staff engaged in the School Medical Service.

T. RUDDOCK-WEST.

Public Health Department,
29, Thorpe Road, Norwich.
March, 1946.

ANNUAL REPORT

OF THE SCHOOL MEDICAL OFFICER

for 1944

STAFF.

The following changes have taken place :—

ASSISTANT MEDICAL OFFICERS.

Dr. Violet M. Jewson, M.A., M.B., Ch.B.—Appointed 1st May.

SCHOOL NURSES.

Mrs. B. A. Christie, S.R.N., S.C.M.—Appointed 11th September on a part-time basis.

DENTAL ATTENDANTS.

Mrs. G. M. C. Riches—Appointed 1st November.

ELEMENTARY SCHOOLS.

NUMBERS AND ATTENDANCES.

At the end of the year there were in the Elementary Education area of the Administrative County, 475 Public Elementary School Departments (238 Provided and 237 Non-Provided). In addition, there were 15 temporary schools mainly for the education of evacuated children.

There were 35,765 Norfolk children and 3882 evacuees on the school registers at the end of the year. The average attendance of Norfolk children for the year ended 31st March, 1945, was 30,084 a percentage of 86.5 and of all children, 32,951, a percentage of 86.6.

MEDICAL INSPECTION.

The Board of Education's requirements relative to medical inspection have, in general, been followed, examinations in the 8—9 age group being usually conducted for vision testing only. A number of children in this group have been given full routine examination, however, as, for instance, in cases where parents have attended in respect of other children and a request has been made for full inspection.

In a sparsely populated county like Norfolk, with a large number of small schools, the time saved by the omission of the second age group as a routine one is almost negligible, and the few minutes which may be saved on a one or two-day inspection do not permit of other useful work being undertaken.

The third age group is smaller than usual, due to the fact that final routine medical examinations take place between the ages of 13 and 14 years, instead of between 12 and 13 years which was the arrangement prior to February, 1943. If a child was examined at the age of 12 plus years he is not re-examined at 13 plus years of age.

FINDINGS OF MEDICAL INSPECTION.

7501 children had a routine inspection in 1944 and of these 1455 had defects (excluding defects of nutrition, uncleanness and dental diseases) for which treatment was considered necessary, a percentage of 19·39.

(a) Nutrition.

The following figures (given as percentages) indicate the nutritional state of the children who have had routine examinations each year since 1935. In 1944, the percentage of children with subnormal nutrition (C and D) was 15·3, whilst the corresponding figure for the last pre-war year (1938) was 15·2 :—

Year	A (Excellent).	B (Normal).	C (Slightly sub-normal).	D (Bad).
1935 ...	17·5	68·2	13·8	0·5
1936 ...	12·4	73·1	14·1	0·4
1937 ...	11·1	74·3	14·4	0·2
1938 ...	12·3	72·5	15·1	0·1
1939 ...	16·2	68·8	14·7	0·3
1940 ...	13·4	73·5	13·0	0·1
1941 ...	12·8	73·1	13·9	0·2
1942 ...	12·2	72·9	14·7	0·1
1943 ...	17·5	70·0	12·2	0·1
1944 ...	11·5	73·2	15·1	0·2

Nutrition surveys of 13,115 other children not having a routine examination showed that 16·48 had "C" and 0·11 "D" nutrition.

(b) Uncleanness.

157 cases of uncleanness of the head or body were found at routine inspections during the year.

(c) Minor Ailments and Diseases of the Skin.

79 of the children referred for treatment on account of skin conditions were suffering from scabies and 11 from impetigo.

(d) Visual Defects and External Eye Disease.

201 cases of defective vision and 78 of squint were referred for treatment during 1944. Amongst the 8—9 age group (examined primarily for visual defects and classified as "specials") 242 children were referred for treatment of defective vision and 54 for squint.

(e) Nose and Throat Defects.

Treatment was recommended for 40 cases of chronic tonsillitis, 81 adenoids, 240 chronic tonsillitis and adenoids and 68 other nose and throat conditions amongst children seen as "routines".

FOLLOWING UP.

The Head Teachers and Local Care Committees continue to render most valuable help in connection with cases referred for treatment. Without adequate following up, the benefit of medical inspection would be lost, and there is always with us the procrastinating type of parent.

WORK OF THE NURSES.

The School Nurses carry on their duties as previously in connection with uncleanness. The distribution of extra nourishment continues, and treatment of minor ailments at schools, clinics and homes.

MEDICAL TREATMENT.

Under Education Committee's Scheme.

(i.) Minor Ailments treated at School Clinics.

Disease.	Attendances for Treatment
Impetigo	367
Scabies	122
Ringworm of Scalp	15
" " Body	24
Other Skin Diseases	558
Minor Injuries	1262
Discharging Ears	129
Other Ear Diseases	85
Blepharitis	62
Conjunctivitis	34
Other Eye Diseases	100
Enlarged Glands	102
Verminous	353
Miscellaneous	1023
TOTAL	4236

(ii.) Minor Ailments treated at School or Home.

Disease.	No. of cases followed up
Impetigo	755
Scabies	542
Ringworm of Scalp	55
" " Body	47
Other Skin Diseases	475
Ear Diseases	107
Eye Diseases	231
Minor Injuries	893
Miscellaneous	759
TOTAL	3864

(iii.) Defective Vision.

The Assistant Medical Officers dealt with 337 cases of refraction during the year. 48 of these were referred to Specialists. 288 prescriptions were issued and by the end of the year glasses had been supplied in 228 cases.

228 cases were examined by Eye Specialists and 1 case by a general practitioner. Glasses were prescribed in 159 cases and of these 146 had received spectacles at the end of the year.

1 child was referred to an Eye Specialist for an opinion as to suitability for admission to a Special School.

(iv.) Nose and Throat Defects.

124 vouchers were issued authorising operations for enlarged tonsils and adenoids at general hospitals and 73 were issued on general practitioners.

178 such operations were carried out during 1944.

(v.) Ear Disease and Defective Hearing.

27 children with ear disease or defective hearing were referred to the Consulting Aural Surgeons for advice.

1 child suffering from otorrhoea has been treated by a District Nurse under an arrangement made with the Norfolk Nursing Federation.

(vi.) Ringworm of the Scalp.

8 children had X-ray treatment.

DENTAL TREATMENT:

The Committee's dental scheme at present comprises inspection and treatment of all children attending elementary and secondary schools. Therefore, treatment is available for elementary pupils up to 14 years of age, and for secondary pupils to an average of 16 years—by which the latter are at an advantage.

The greater part of the treatment is carried out in lightly equipped trailer vans, supplemented by fixed clinics held at short intervals at the main centres.

The aim of the dental scheme is to provide an annual routine inspection and treatment for every pupil; but this, with the present staff, can only be accomplished with difficulty. It is worth noting, however, that in the case of two schools where treatment has been deliberately carried out at six-monthly intervals, it was found that the best results were obtained.

55.82% of the children required treatment and 66.46% of these were actually treated. These steadily improving results are encouraging, as they indicate an increasingly favourable attitude of both parents and children to the dental officer and his work.

In two very populous districts, the children attending infants' and junior schools were treated at the central school clinic, and all parents were not only invited *but requested* to accompany them. The interest of the parents was thus aroused and, in consequence, a friendly contact, so essential to the success of the scheme, has been permanently established between them and the dentist.

INFECTIOUS DISEASE.

43 school departments were closed on account of outbreaks of the following :—

Disease.	No. of Closures	No. of School days closed.
Influenza, coughs and colds	26	126½
Measles	31	240½
Whooping cough	5	37
Chicken pox	2	15½
Scarlet fever	5	18
	69	437½

SCABIES.

There has been considerable incidence of this disease under continued war conditions, and school nurses have followed up reported and suspected cases at schools and homes. Preparations such as "Benzevan" and "Ascabiol" are issued for the parents' use in many cases. Some District Councils also issue benzyl benzoate preparations, and close touch is maintained with District Medical Officers of Health and Sanitary Inspectors.

ORTHOPÆDIC TREATMENT.

(i.) Ascertainment.

364 new cases were added to the register during the year and 94 cases have been transferred from the Maternity and Child Welfare section of the scheme, having commenced school attendance or attained the age of 5 years.

(ii.) Clinics held by the Orthopædic Surgeon.

34 examination clinics were held during the year, 23 at the Jenny Lind Hospital and 11 at King's Lynn. 145 new cases were examined and 368 re-examinations made, making a total of 513 examinations by the Surgeon.

(iii.) Hospital Treatment.

11 cases were receiving treatment at the commencement of the year and 47 others were admitted during the year. 17 cases were in hospitals at the end of the year.

The 58 children treated in hospitals occupied beds for a total of 7247 days.

(iv.) Supply of Surgical Apparatus.

61 vouchers for the supply, alteration and repair of special boots, leg instruments, spinal supports and other splints have been issued. 1 child was supplied with a pair of artificial limbs through the Ministry of Pensions' scheme.

(v.) Services of Orthopædic Nurses.

A total number of 2975 examinations and treatments were given to children of school age. 5037 examinations and treatments were given to all patients under the scheme.

(vi.) **Cases on the Register.**

There were 1682 cases on the current register at the end of the year, 74 of these being evacuees.

(vii.) **Cases Discontinued.**

302 cases have been discharged from the scheme during the year as follows :—

Cured	...	...	...	...	...	40
Much improved—no further treatment required						91
Left school—no further treatment necessary						73
Treatment would not benefit	...	...	...	...	...	2
Treatment not necessary	...	...	...	...	...	25
Removed from County	...	...	...	...	...	39
Treatment refused	...	...	...	...	...	17
Private treatment	...	...	...	...	...	3
Died	...	...	...	...	...	5
Untraceable	...	...	...	...	...	7
						302

PHYSICAL EDUCATION.

The Organisers report as follows :—

1. General.

STAFF. During 1944 the following changes occurred on the Physical Education Staff. Miss E. Dye resigned at the end of December, 1943, and Miss L. E. Turner, who was appointed as her successor in the Fakenham area, commenced duty on 1st September, 1944. Mrs. J. Guilian, whose appointment in the Diss area took effect from the 1st May, 1944, unfortunately had to resign after only three months' service in the county.

2. Elementary Schools.

(a) **SCHOOL VISITS.** Visits were continued by all members of the staff, emphasis being laid on correct teaching technique and the improvisation of small equipment to supplement stocks which were deteriorating rapidly.

(b) **SWIMMING.** The accumulative difficulties of war time affected this branch of school work more heavily than any other and only one school was able to make satisfactory arrangements for swimming instruction.

(c) **SPORTS EQUIPMENT AND PLIMSOLLS.** The issue of sports equipment and plimsolls under the Ministry of Education's permit scheme continued on a proportionate basis. By the end of 1944 every school had received, in the past two years' allocations, some form of equipment.

Plimsolls, which have been of poor quality and very limited in number, were issued in accordance with the Ministry's instructions only to schools with suitable playground or indoor accommodation.

3. Secondary Schools.

(a) **GYMNASTIC COMPETITIONS.** The Physical Education Staff were again able to assist in judging the inter-form gymnastic competitions at three of the Secondary Schools.

(b) **EQUIPMENT.** From the total permits available to the Authority a proportion was allocated to all Secondary Schools, although the limitation of supplies necessitated a curtailment of their requests.

4. Training of Teachers.

(a) **CONFERENCES.** In July, 1944, three full day conferences held at Norwich, Dereham and King's Lynn, were attended by 442 teachers. At each centre the programme included an address by H.M.I. Mr. J. Bruce Harris, demonstrations of work by classes of infant, primary and senior children, film exhibitions and discussions.

(b) **RESIDENTIAL WEEK-END COURSES.** Cancellation of the week-end course planned for June was necessitated by the sudden cessation of regular transport services prior to D-Day.

(c) **COURSES ORGANISED BY OTHER AUTHORITIES.** Three teachers attended courses in other areas and the Committee's Woman Organiser of Physical Education was seconded to the West Suffolk Education Committee to assist on the staff of a week's residential Teachers' Training Course in August.

5. Physical Recreation with Adolescents and Adults.

(a) ACTIVITIES WITH YOUNG PEOPLE.

(i.) *Sports, Games and Recreative Sessions.* Sessions in Physical Recreation arranged by the Physical Education Staff were held at twelve different centres. In addition, weekly Games Evenings were organised during the Summer by members of the Committee's teaching staff and other interested adults. Junior cricket and football leagues continued to function in Mid-Norfolk and in North Norfolk a Rounders Tournament, attended by 100 girls, was held.

(ii.) *Physical Recreation Rallies.* In the early Summer, Physical Recreation Rallies were held at three centres, Norwich, Wymondham and King's Lynn, and were attended by 96, 136 and 120 young people respectively, representing in all 44 teams from Youth Organisations. The programme for each Rally included displays of Physical Recreation, Games, Potted Sports, and American Square Dancing.

(iii.) *Training of Young Leaders.* Fourteen week-end courses of training for Young Leaders were planned to cover various forms of Physical Recreation, including Boys' Activities, Camping and Preparation for the Rallies.

(iv.) *General Activities.* In addition to sessions catering specifically for Physical Recreation, the Physical Education Staff assisted at two Sunday Conferences, sixteen week-end Youth Service Courses and four residential Weeks' Courses. At each of the three Area Youth Festivals held in December, the Physical Recreation Sessions included displays of Boys' Activities, Girls' National Dancing and competitive games.

(b) TRAINING OF ADULT LEADERS.

(i.) *National Courses.* Four of the Committee's teaching staff attended National Courses in Physical Recreation, grants being made in each case towards tuition fees.

(ii.) *Norfolk Education Committee Courses.* Owing to enemy action it was considered inadvisable to go forward with arrangements for a proposed adult training course.

(c) **PHYSICAL RECREATION CLASSES.** Under the Committee's Evening Institute and Panel of Instructors' Scheme, 82 classes were held covering a variety of activities, Keep Fit Work, Dancing, Boxing, etc.

(d) **EQUIPMENT.** A large number of organisations were able to obtain sports equipment from the allocation of permits set aside for Youth Service purposes. The Committee continued their policy of giving financial assistance where possible.

6. Conclusion.

The difficulties of maintaining a reasonable standard of work during the war years must not be overlooked. The whole-hearted co-operation of both Head Teachers and Staffs of schools, together with that of others helping with recreative work, has been a very real encouragement.

M. W. SEGGER.

J. WILKINSON.

PROVISION OF MEALS.

Milk and Meals.

In October 67.3 per cent. of the children on the registers were having milk at school and 27.8 per cent. were having meals. These figures do not include evacuees nor pupils attending Secondary Schools.

Other forms of extra nourishment.

The provision of supplies of extra nourishment free and at cost price continues as before in cases where there is a recommendation on medical grounds, distribution being carried out by School Nurses. Free supplies were granted as follows :—

Preparation.	No. of Cases.	Amount supplied.
Cod Liver Oil	7	130 ozs.
Maltoline	140	569 lbs.
Maltoline with Iron	58	197 lbs.
Parrish's Food	6	110 ozs.
Virol	34	114 lbs.
Vitamins A and D	2	168 capsules
Vitamin C	2	200 tablets
Bemax	11	16 lbs.

CO-OPERATION OF PARENTS, TEACHERS, SCHOOL ATTENDANCE OFFICERS AND VOLUNTARY BODIES.

The active co-operation of all who are concerned with the health of the school child is essential if the school medical service is to achieve the purpose for which it was brought into being. Parents are becoming increasingly aware of the value of the service and more willing to take advantage of the available facilities.

Although the normal work has brought its quota of war-time difficulties and in spite of the many non-teaching duties which they have been called upon to shoulder, Head Teachers and their Staffs have given yeoman service to the cause of the physical as well as the mental well-being of the children in their care.

Members of Local Care Committees have been active in emphasising the need for parents to adopt the recommendations of the medical, dental and nursing staffs. Where this advice has not been heeded or where the general home conditions have been bad, the local Inspectors of the N.S.P.C.C. have given valuable assistance.

BLIND, DEAF, DEFECTIVE AND EPILEPTIC CHILDREN.

1 deaf child was admitted to the East Anglian School for Blind and Deaf Children. At the end of the year 22 Norfolk children were on the books of that school.

28 children between the ages of 7 and 16 years were notified to the Local Authority under the Mental Deficiency (Notification of Children) Regulations, 1928. They were:—

		Male.		Female.
Incapable of receiving benefit from instruction in a Special School	Idiots	1	...	1
	Imbeciles	5	...	3
	Others	8	...	10
		—		—
		14		14
		—		—

3 feeble-minded children were admitted to Special Schools and 7 were being maintained at the end of the year.

1 epileptic child was admitted to a Special School. 4 such children were being maintained at the close of 1944.

SECONDARY SCHOOLS.

At the end of 1944 there were 11 Norfolk Secondary Schools, (5 provided by the Authority and 6 aided), 1 evacuated Secondary School working as a separate unit but using the premises of a Norfolk Secondary School and 1 evacuated Secondary School using separate premises.

MEDICAL INSPECTION.

Medical Inspection of all Secondary Schools was carried out with the exception of one Mixed Secondary School, one Boys' Grammar School and the boys at another Mixed Secondary School.

The Assistant School Medical Officers now visit the Secondary Schools once only each year. Pupils have a routine examination as soon as possible after admission and during their last year of attendance. If, during the intervening period, parents or teachers ask for additional examinations, these are fitted in. Pupils with defects are examined at each visit.

MEDICAL TREATMENT.

The same facilities are available as for children at Elementary Schools.

42 pupils were dealt with at Eye Clinics held by Assistant Medical Officers, and 22 cases were seen by Ophthalmic Surgeons during the year. Spectacles were prescribed in 52 cases and of these 38 had been supplied with spectacles by 31st December.

DENTAL TREATMENT.

1806 pupils were inspected during the year, of whom 1024 were advised treatment, and 673 actually treated.

MEDICAL INSPECTION AND TREATMENT RETURNS.

ELEMENTARY SCHOOLS.

TABLE I.—RETURN OF MEDICAL INSPECTIONS.

Year ended 31st December, 1944.

A.—Routine Medical Inspections.

Number of Inspections in the prescribed Groups—

Entrants	5024
Second Age Group	—
Third Age Group	2477
TOTAL	7501

Number of other Routine Inspections —

GRAND TOTAL 7501

B.—Other Inspections.

Number of Special Inspections and Re-Inspections ... 24474

TABLE II.—CLASSIFICATION OF THE NUTRITION OF CHILDREN INSPECTED DURING THE YEAR IN THE ROUTINE AGE GROUPS.

Age-groups.	Number of Children Inspected.	A (Excellent)		B (Normal)		C (Slightly subnormal)		D (Bad)	
		No.	%	No.	%	No.	%	No.	%
Entrants	5024	520	10·35	3686	73·37	809	16·10	9	0·18
Second Age-group	...	...	...	..	...	...	...	..	...
Third Age group...	2477	342	13·81	1801	72·71	325	13·12	9	0·36
TOTALS	7501	862	11·49	5487	73·15	1134	15·12	18	0·24

TABLE III.—RETURN OF DEFECTS TREATED DURING 1944.

TREATMENT TABLES.

Group I.—Minor Ailments (excluding uncleanness, for which see Table V.)

Total number of Defects treated or under treatment during the year under the Authority's Scheme ... 7820

Group II.—Defective Vision and Squint (excluding Minor Eye Defects treated as Minor Ailments included in Group I).

	Under the Authority's Scheme.
ERRORS OF REFRACTION (including squint) ...	563
No. of Children for whom spectacles were	
(a) Prescribed ...	444
(b) Obtained ...	397

Group III.—Treatment of Defects of Nose and Throat.

	Under the Authority's Scheme.
Operative treatment ...	179
Other forms of treatment ...	—
TOTAL ...	179

TABLE IV.—DENTAL INSPECTION AND TREATMENT.

1. Number of Children inspected by the Dentists :—						
(a) Routine age-groups	...	...	...	...	...	29846
(b) Specials	...	...	...	...	...	188
(c) TOTAL (Routine and Specials)	...	...	...	...	...	30034
2. Number found to require treatment	...	...	...	...	...	16765
3. Number actually treated	...	...	...	...	...	11123
4. Attendances made by children for treatment	...	...	...	...	...	13016
5. Half-days devoted to :—						
Inspection	...	...	...	...	...	791
Treatment	...	...	...	...	...	1743
	Total	...	...	...	...	2534
6. Fillings :—						
Permanent Teeth	...	...	...	...	...	4979
Temporary Teeth	...	...	...	...	...	219
	Total	...	...	...	...	5198
7. Extractions :—						
Permanent Teeth	...	...	...	...	...	1326
Temporary Teeth	...	...	...	...	...	14065
	Total	...	...	...	...	15391
8. Administrations of general anæsthetics for extractions	...	...	...	...	...	687
9. Other Operations :—						
Permanent Teeth	...	...	...	...	...	19606
Temporary Teeth	...	...	...	...	...	3541
	Total	...	...	...	...	23147

TABLE V.—VERMINOUS CONDITIONS.

(i) Average number of visits per school made during the year by the School Nurses	...	...	...	...	6.3
(ii) Total number of examinations of children in the schools by School Nurses	...	...	...	...	193100
(iii) Number of individual children found unclean	...	...	...	...	1364
(iv) Number of individual children cleansed under Section 87 (2) and (3) of the Education Act, 1921	...	...	...	...	—
(v) Number of cases in which legal proceedings were taken :—					
(a) Under the Education Act, 1921	...	...	...	...	—
(b) Under School Attendance Byelaws	...	...	...	...	—

40000

TABLE IV—DENTAL INSPECTION AND TREATMENT

Number of Children Inspected by the Dentist	
(a) Routine examinations	29816
(b) Special	148
(c) Total (Routine and Special)	30064
Number found to require treatment	
(1) Number actually treated	10765
(2) Attention made for children for treatment	11120
(3) Health-care given to children requiring dental care	10016
(4) Inspectors	181
(5) Treatment	1747
(6) Total	2004
Extractions	
(1) Permanent Teeth	1070
(2) Temporary Teeth	219
(3) Total	6192
Restorations	
(1) Permanent Teeth	1308
(2) Temporary Teeth	14063
(3) Total	15371
Additional number of dental appointments for extractions	
(1) Number actually treated	887
(2) Other Operations	1000
(3) Permanent Teeth	851
(4) Temporary Teeth	2017
(5) Total	3868

TABLE V—VERMINOUS CONDITIONS

(1) Average number of verminous children during the year	4.8
(2) Total number of examinations of children in the school by School Nurses	168100
(3) Number of individual children found verminous	1881
(4) Number of verminous children reported under Section 7 (2) and (3) of the Education Act, 1944	1881
(5) Number of cases in which legal proceedings were taken	1881
(6) Under the Education Act, 1944	1881
(7) Under School Attendance Orders	1881