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COUNTY BOROUGH OF SOUTH SHIELDS



# ANNUAL REPORT

OF THE

Principal School Medical  
Officer

for the year 1956

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I. D. LEITCH, M.B., Ch.B., D.P.H.



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**I. D. LEITCH, M.B., Ch.B., D.P.H.**

*To the Chairman and Members of the Education Committee.*

MR. CHAIRMAN, LADIES AND GENTLEMEN,

I have the honour to submit the Annual Report on the work of the School Health Service for the year 1956.

Generally speaking it has been a satisfactory year for all sections of the service. Medical inspections were slightly diminished due to unavoidable delay following Dr. Bolt's retiral. Apart from this all other programmes including B.C.G., cleanliness and dental have been fully achieved. Incidence of Infectious disease amongst school children was at a moderate level although a number of children had to be excluded on account of dysentery. The problem of the borderline educationally sub-normal child in the large class reflected the general difficulties of limitations in teaching staff and classroom space, but there would appear to be a need for the establishment of special classes for these children in ordinary schools. A number of school buildings are long overdue for replacement and the new Open Air School now being built will meet a long felt need in this respect.

There have been a number of staff changes during the year. Dr. Evelyn Bolt retired after 16 years of devoted service and she will be remembered for her sincere interest in the individual pupils and the work of the schools generally. Her successor was Dr. D. T. James. In making this appointment it was decided to create a post, similar to that held by Dr. Wattie, in which the work would be divided equally between the maternity and child welfare services and the school health service. To preserve the total resources of school medical staff, an existing maternity and child welfare post (Dr. A. Jennings) was converted to a combined post. The result now is that three medical officers (Drs. Wattie, Jennings, and James) devote half of their time to school work and the other half to maternity and child welfare. Dr. Levy continues as full time school medical officer. The effect of the change has been very satisfactory and has promoted in many ways a close co-ordination between the two services.

The position with regard to securing places for handicapped pupils in residential special schools has been more

satisfactory and generally there have been fewer delays during the year.

I would like to thank the Committee for their support and Director of Education and his staff for their valuable assistance. I am particularly grateful to the teaching staffs for their continued willing co-operation and I commend the doctors, nurses and administrative staff of the service itself for their loyalty and excellent work.

I append below a historical note which may be of interest.

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In introducing this report, it is perhaps appropriate to mention that the School Health Service for the country as a whole had its beginnings in the passing of the Education (Administrative Provisions) Act of 1907. The Jubilee of the service thus falls in the present year, 1957. In South Shields the foundation was laid in 1909 with the appointment of the first School Medical Officer, the late Dr. A. Banks Raffle who took up his duties in May of that year. His Annual Reports for the years 1909-12 give an excellent picture of school health and welfare at that time and provide an interesting comparison with the findings of today. For example, of 5105 children examined in 1911, 64 had no boots or proper footwear. Presumably this want was met by the Shoeless Children's Fund to which Dr. Raffle pays tribute in a reference to the high cost of footwear. In 1956 the Shoeless Children's Fund after 54 years of valuable service to the community was in the process of being wound up happily as a result of its services no longer being required. The few cases who may still require help in this direction will be provided for by the Education Authority.

With regard to nutrition Dr. Raffle's comments in 1911 have still some significance, "it is not so much insufficient feeding as improper feeding . . . ignorance of the dietetic value of foods and pampering to the individual tastes of the children". But the heights and weights of boys and girls in 1956 in South Shields showed marked improvement over the 1910 figures.

In the same year Dr. Raffle thought that there was a much larger proportion of children with defective eyesight than there should have been yet bad eyesight is still one of the

most common defects found at routine medical inspection today. Little progress seems to have been made in preventing this condition. On the other hand free corrective treatment in the form of spectacles is universal today, in fact over 1,000 pupils were so provided with glasses in 1956; in 1910 only 60 children, out of the 300 children who really needed them, had free glasses provided by the Education Authority.

A similar position existed with regard to dental health; although he could do little about it Dr. Raffle found 61.7% of the children had dental caries. Almost 50 years later an equal if not greater incidence is found, but there is nowadays a school dental service and a general dental service both giving free treatment for caries and at least a fair proportion of teeth are saved before it is too late. The resources however of the school dental service although now expanded, are still inadequate to allow one inspection of each pupil per year and to offer all the necessary treatment which would result. The figures show that little has really been achieved in preventing this universal defect and it is no comfort to realise that the caries rate in 1910 and subsequently would probably have been higher but for the naturally occurring fluorine in South Shields water (the level of which in 1956 it will be noted is about 50% lower than it was a few years ago).

After securely laying the foundations of the school health service in South Shields, Dr. Raffle left the Corporation in 1913; joining the staff first of the Durham County Council and later the London County Council and apart from the war years he gave distinguished service as a public health medical officer in the London area until his untimely death in 1934. The school health service was amalgamated with the public health department in 1913 following Dr. Raffle's transfer to Durham.

I. D. LEITCH, M.B., Ch.B., D.P.H.,  
Principal School Medical Officer.

*Public Health Department,  
South Shields.  
May, 1957.*

**SCHOOL HEALTH SERVICE.**  
**ANNUAL REPORT**  
**OF THE PRINCIPAL SCHOOL MEDICAL OFFICER.**

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**Staff.**

The establishment of the School Health Services consists of one whole-time and three part-time school medical officers; one principal, two whole-time and one part-time dental surgeons; the equivalent of eight full-time school nurses; one school nurse at the Open Air School; two dental attendants and one assistant nurse.

The service is under the administrative control of the Medical Officer of Health who is the Principal School Medical Officer.

**Co-ordination.**

The work of the School Health Service is fully co-ordinated with other branches of the Public Health Department. The clerical work is centralised in the Health Department where there are three clerks specially employed in the various school clinics and in arranging routine medical inspections, special examinations and appointments for treatment, other attendances at the clinics, diphtheria immunisation, etc. Other administrative and clerical work incidental to the School Health Service is carried out by various members of the Health Department staff.

There is complete co-ordination between the school health service and the Council's other services.



## THE SCHOOL HEALTH SERVICE IN RELATION TO SCHOOLS MAINTAINED BY THE AUTHORITY.

	<i>Special schools.</i>	<i>Other schools.</i>
Number of children on registers at at the end of 1956 .....	242	18,012
Average attendance for the year	199	16,620
Percentage of average attendance for the year .....	84.3	92.5
Number of schools .....	2	30
Number of departments .....	2	48
Number of nursery classes and accommodation .....	2 classes with accom- modation for 60.	

### MEDICAL INSPECTION.

#### 1. PERIODIC MEDICAL INSPECTIONS.

	<i>Number of parents present.</i>	<i>Number of children inspected.</i>
Entrants .....	1,778	1,894
Other periodic inspections .....	1,244	1,431
Leavers .....	274	1,272
Total .....	3,296	4,597

#### 2. OTHER INSPECTIONS.

Number of special inspections .....	1,950
Number of re-inspections .....	2,837
Total .....	4,787

### General Condition.

The following is a classification of the general condition of the children examined at routine medical inspections.

	<i>Number.</i>	
Satisfactory .....	4,473	97.3 per cent.
Unsatisfactory .....	124	2.7 do.

The high standard of nutrition was well maintained during the year.

### Cleanliness Surveys.

The arrangements made for the examination and cleansing of infested pupils were given in detail in my Annual Report for 1953.

Two routine surveys were carried out throughout all schools in the town by the school nurses. Head Teachers were given lists of children who required attention and cleansing notices to this effect were posted to the parents concerned. At the end of each survey Head Teachers were informed of the results. The continuing improvement effected by this arrangement is very satisfactory.

18,200 children were examined at the first survey and 18,415 at the second. The percentages of children found to be unclean at these inspections were 5.1% and 4.2% respectively.

This compared with the previous nine years, is satisfactory, and shows a steady decline.

1947.....	22.9%	21.4%
1948.....	21.2%	20.1%
1949.....	19.9%	19.8%
1950.....	19.0%	18.1%
1951.....	10.8%	7.1%
1952.....	7.6%	7.1%
1953.....	8.2%	7.2%
1954.....	6.3%	5.8%
1955.....	5.9%	5.9%
1956.....	5.1%	4.2%

The average and extreme percentages of uncleanness in the departments during the year were as follows:—

<i>1st Survey.</i>	<i>Overall.</i>	<i>Best.</i>	<i>Worst.</i>
(a) Senior Boys .....	0.5%	0.3%	1.3%
(b) Senior Girls .....	2.9%	0.6%	6.2%
(c) Infants .....	4.4%	0.6%	8.8%
(d) Junior Mixed .....	5.9%	0.9%	19.7%
(e) Senior Mixed .....	6.3%	2.4%	17.7%
<i>2nd Survey.</i>			
(a) Senior Boys .....	1.0%	0.1%	2.7%
(b) Senior Girls .....	2.0%	0.4%	4.3%
(c) Infants .....	4.2%	0.7%	10.0%
(d) Senior Mixed .....	4.6%	1.4%	10.2%
(e) Junior Mixed .....	4.8%	0.8%	16.5%

The persistent efforts of those concerned in the struggle against uncleanness has even bettered last year's satisfactory figures. It is very pleasing to record that this year's percentage of 4.2% uncleanness is the best result ever obtained since inspections were commenced nearly 50 years ago. The school nurses are indeed to be praised for their valuable work. We are also indebted to the Teaching Staff for their constant co-operation.

### **MEDICAL TREATMENT.**

Number of children attending the school clinic in 1956 .....	1,725
Number of children treated .....	1,244

The total number of attendances was 9,473 as compared with 11,125 in 1955.

### **Eye Diseases, Defective Vision and Squint.**

During the year 213 cases were submitted for refraction to the School Medical Officer and 947 to other sources. 1,125 had spectacles prescribed of which 1,119 were supplied during the year. In addition 11 children had their squints corrected by operation at the Ingham Infirmary.

96 children attended the clinic for treatment or observation in other eye conditions.

### **Diseases and Defects of the Ear, Nose and Throat.**

Many cases were again dealt with by Mr. P. McMurray, the ear, nose and throat surgeon. He attended 37 sessions at the school clinic during the year. 336 children were referred to him by the school medical officers. These children made 506 attendances and 152 were referred by the surgeon for operations for middle ear disease, enlarged tonsils and adenoids, and sinus and antrum infections.

In all, 769 school children received treatment in hospitals, referred either by the School Health service or by the family doctor. In addition, 86 children received other forms of treatment for diseases of the ear, nose and throat at the clinic.

### **Orthopaedic and Postural Defects.**

During 1956, 110 cases were referred to the orthopaedic department at the Ingham Infirmary. This service is provided by the Local Hospital Board.

The cases treated were as follows:—

Foot defects .....	96
Torticollis or wry neck .....	3
Hernia rupture .....	1
Leg or knee deformities .....	3
Arm or hand deformities .....	5
Abnormalities of the spine ...	2
	<hr/>
Total .....	110
	<hr/>

As has been the case in recent years foot troubles form the main problem for the orthopaedic surgeon. Fortunately they were usually early cases and almost invariably they respond to physiotherapy and the wearing of special shoes. Certain other cases required an operation necessitating a stay in hospital followed by a period of supervision.

Again we must pay tribute to this important work carried out by the orthopaedic surgeon and his staff.

### Diseases of the Skin.

745 children received treatment at this clinic as follows:

Ringworm (scalp) .....	3
Ringworm (body) .....	17
Scabies .....	4
Impetigo .....	84
Other skin diseases .....	637

There was again a reduction in the total number of children attending with skin disorders.

Although there were rather more cases of ringworm they were chiefly of the skin and soon cleared up with local applications.

Thanks to the modern anti-biotics therapy the large number of cases of impetigo presented little difficulty and exclusion from school was rarely prolonged.

Figures for scabies which in recent years has diminished considerably are shown below:—

1942 .....	800
1943 .....	618
1944 .....	338
1945 .....	278
1946 .....	168
1947 .....	95
1948 .....	61
1949 .....	37
1950 .....	18
1951 .....	13
1952 .....	12
1954 .....	3
1955 .....	1
1956 .....	4

### Child Guidance Treatment.

28 children were referred to the Child Guidance Clinic in Sunderland during 1956. 22 were maladjusted, 4 were regarded as educationally sub-normal, and 2 enuretics. A number of these cases were sent by the Children's Officer, having been before the courts for stealing. By careful handling and understanding of the child's grievance and background, much can be achieved to help him to overcome his difficulties. We are again grateful for the valuable reports given by Dr. Robinson, and the able assistance of Miss Stirling and the staff of the Sunderland Education Authority Child Guidance Centre.

### Speech Therapy.

Mrs. I. M. Salkeld, L.G.S.M., A.L.C.M. (Eloc.), L.C.S.T., Speech Therapist reports as follows:—

#### *School Visiting.*

Children found with speech difficulty—456 (Boys 328; Girls 128). These were made up as follows:—

	<i>Stammer.</i>	<i>Speech Defect.</i>	<i>Stammer and Speech Defect.</i>	<i>Total.</i>
Boys .....	74	248	6	328
Girls .....	10	118	—	128
	—	—	—	—
Total .....	84	366	6	456
	—	—	—	—

Advice and treatment was given in all these cases.

#### *Intensive Treatment at Speech Centre.*

	<i>Stammer.</i>	<i>Speech Defect.</i>	<i>Stammer and Speech Defect.</i>	<i>Total.</i>
Boys .....	49	15	30	94
Girls .....	10	17	4	31
	—	—	—	—
Total .....	59	32	34	125
	—	—	—	—

*Results.*

A. (Speech under control) .....	72
B. (Speech under control, but requiring further treatment) .....	27
C. (Still having speech difficulty and requiring further intensive treatment) .....	26
<hr/>	<hr/>
Total .....	125

During 1956 there were 5 courses of treatment (Double sessions of half-day periods) at the Speech Centre.

*School Visiting.*

50 schools were visited from Midsummer until the Autumn for the treatment of minor speech defects and of difficulties of young children not old enough to attend the Centre, and of former pupils with need for speech help. (456 cases).

Head Teachers, Teachers and many parents express gratitude to the Education Authority and School Medical Officers for the opportunity of having help with speech difficulties of their children—and for the interest taken in their welfare in that respect.

Such appreciation and encouragement is rewarding and most helpful to any success achieved.

**DENTAL INSPECTION AND TREATMENT.**

	1954	1955	1956
Pupils inspected .....	6,473	8,700	9,040
Found to require treatment .....	4,467	6,551	6,591
Actually treated .....	2,240	2,994	3,065
Attendances for treatment .....	6,050	6,752	7,288
Half-days devoted to (a) Inspection .....	67	64	51
(b) Treatment ...	979	1,121	1,007
Fillings—Permanent Teeth .....	2,174	2,841	3,376
Temporary Teeth .....	690	760	411
Extractions—Permanent Teeth .....	388	683	724
Temporary Teeth .....	1,763	3,195	3,278
General Anaesthetics for extraction ...	667	1,164	1,174
Other Operations—Permanent Teeth ...	766	1,443	1,801
Temporary Teeth ...	194	62	10

**Tuberculosis.**

There was a decrease in both respiratory and non-respiratory tuberculosis as compared with 1955. The figures below are a summary of the notifications of tuberculosis received by the medical officer of health, or otherwise ascertained.

Age-Group.	1955		1956	
	Respiratory.		Respiratory.	
	Boys	Girls	Boys	Girls
5—9 years .....	4	6	6	4
10—14 years .....	3	9	3	5
Total .....	22		18	
	Non-Respiratory.		Non-Respiratory.	
	Boys	Girls	Boys	Girls
	Boys	Girls	Boys	Girls
5—9 years .....	1	—	—	—
10—14 years .....	1	1	1	—
Total .....	3		1	

For the seventh year in succession no deaths occurred in these age groups from tuberculosis.

The following table shows the *average yearly* notifications of and deaths from tuberculosis among children of school age in five-year periods since 1921:—

	Respiratory.		Non-Respiratory.	
	Notifications.	Deaths.	Notifications.	Deaths.
1921-25 ...	62	17	62	14
1926-30 ..	49	13	71	14
1931-35 ...	35	11	65	16
1936-40 ...	21	3	40	6
1941-45 ...	25	2	30	5
1946-50 ...	27	1	15	3
1951-55 ...	27	—	7	—
1956 .....	18	—	1	—



### Mass Radiography.

During the year four Mass Radiography sessions were held in the borough. All scholars born in 1943 who were offered B.C.G. vaccination and on testing proved positive and those who refused testing, were offered X-Ray examination. In addition members of the teaching staffs were invited to attend.

### B.C.G. Vaccination of 13 year old scholars.

The results of B.C.G. testing and vaccination are given in the sub-joined table, together with a comparison of the figures for 1955.

It must be emphasised that this is probably the only opportunity most of the children will ever have of being protected from tuberculosis and certainly the period when the greatest number are eligible. Such protection will carry them over the years of their lives when they are most susceptible.

	1955	1956
No. of 13 year old children on registers .....	1,337	1,496
No. of children offered tuberculin testing and vaccination if necessary	1,337	1,496
No. of consents received .....	905	1,062
Percentage of consents .....	67.7%	71.0%
No. of refusals .....	196	249
No. not returned ...	220	157
No. vaccinated previously .....	5	9
No. already notified as tuberculous ...	11	19

	1955		1956	
	Boys	Girls	Boys	Girls
No. given first Tuberculin Test...	447	452	511	544
Positive .....	65	65	51	57
Percentage ...	14.5	14.4	10.0	10.5
Negative .....	375	385	451	477
Percentage ...	83.9	85.2	88.3	87.7
No. given second Tuberculin Test...	375	385	451	477
Positive .....	54	41	47	39
Percentage ...	12.1	9.1	9.2	7.2
Negative .....	315	338	384	417
Percentage ...	70.5	74.8	75.1	76.7
No. vaccinated with B.C.G. ....	313	338	384	416
Percentage .....	70.0	74.8	75.1	76.5
No. given third Tuberculin Test after vaccination (selected cases only) .....	52	51	47	30
Positive .....	52	51	47	30
Negative .....	—	—	—	—
Not ascertained	—	—	—	—
No. invited to be Mass X-rayed ...	319	322	316	284
No. actually Mass X-rayed .....	257	264	196	268
Found to be tuber- culous .....	1	1	—	—
Other defects found .....	4	10	4	4

(A selection of 77 who were tested 6 weeks after vaccination all proved to be positive).

The increasing high percentage of children giving a negative re-action 76%, is no doubt due to improved milk supplies and proves that the introduction of B.C.G. vaccination to young adolescents is timely.

600 children of this age group who were 'positive' on testing or had refused testing were later invited to be X-rayed by the Mass Radiography Unit. 464 were actually X-rayed. Eight showed abnormal conditions, four of which were referred to the Chest Clinic and were subsequently found to be non-tuberculous.

These results were highly satisfactory and should help towards an ultimate reduction of the incidence of tuberculosis in the 15/24 age group which at present has the highest attack-rate—27% of all cases notified.

### School Contacts.

In addition to the above vaccinations, scholars who were in contact with cases at home were offered vaccination by the Chest Physician and the numbers so vaccinated were as follows:—

1951	.....	5 children.
1952	.....	31 „
1953	.....	16 „
1954	.....	16 „
1955	.....	42 „
1956	.....	34 „

### Health Visiting.

The health visitors paid 436 visits to homes of school children to ascertain whether the necessary treatment was being obtained. 16 visits in connection with uncleanliness, 907 visits after surgical and dental treatment, 95 in connection with orthopaedic cases, 360 regarding educationally sub-normal children, 102 in connection with child guidance cases.

72 regarding children for B.C.G. vaccination and 861 follow-up visits on discharge from hospitals.

In addition 141 visits were paid to the schools for routine medical inspections apart from 574 visits to the schools in connection with cleanliness surveys.

The health visitors and school nurses also attended 508 sessions at the general school clinics, 40 sessions at the dental clinics, 199 sessions for artificial sunlight treatment, 84 sessions for immunisation, 36 sessions at the ear, nose and throat clinic, 46 sessions for B.C.G. vaccination, and 5 sessions in connection with vaccination against poliomyelitis. In addition the health visitors attend child welfare and other clinics.

### Ultra-Violet Ray Therapy.

87 children of school age made 849 attendances for treatment by ultra-violet radiation, including treatment by the Kromayer Lamp.

The following is a summary of the conditions treated:—

	<i>Improved</i>	<i>Ceased attending</i>	<i>Still attending</i>	<i>Total</i>
Debility .....	36	1	13	50
Bronchitis .....	14	—	5	19
Enuresis .....	5	—	—	5
Alopecia .....	6	—	2	8
Psoriasis .....	2	—	—	2
Anaemia .....	1	—	—	1
Asthma .....	1	—	—	1
Rheumatism .....	1	—	—	1
	<hr/> 66	<hr/> 1	<hr/> 20	<hr/> 87

It is evident that the parents now realise the usefulness of this treatment as only one child ceased attending before his treatment was completed.

### **Diphtheria Immunisation.**

58 children of school age were immunised for the first time during the past year by the medical staff of the Health Department or by private medical attendants as under:—

<i>Age</i>	<i>Number.</i>	<i>Age</i>	<i>Number.</i>
5 .....	22	10 .....	1
6 .....	16	11 .....	6
7 .....	8	12 .....	2
8 .....	—	13 .....	—
9 .....	3	14 .....	—

In addition, 1,477 children under five years were immunised.

It was estimated that at the end of 1956, 87.5 per cent. of the school children in the Borough had been immunised, and 60.2 per cent. of the children under five years of age.

1,692 school children received reinforcing or "boosting" injections during the year.

### **Physical Education.**

The following is the report of the Physical Education Organisers, Mr. W. Yelder and Miss J. W. Thomson:—

In the schools, routine work in physical education has proceeded satisfactorily and without interruption. There is a national shortage of qualified teachers of physical education for Secondary Schools at the present time, and this shortage is being felt in our own schools. Very few teachers with the advanced certificate of physical education are coming from the Training Colleges, and the position will become more acute in the next few years as the number of children in the Secondary Schools increases unless more qualified teachers are forthcoming.

Much research has been done, and is still being done, by a committee into the special requirements of E.S.N. children. Certain findings stressed the great benefit these children could derive from physical education and recommended

that the children should be taught to use climbing and agility apparatus. It is therefore pleasing to report that St. Stephen's School is now equipped with apparatus which already is proving most useful and is very popular with the children of all ages.

The various School Sports Associations once again did valuable work in encouraging games and sports out of school hours. The success of their efforts is dependent on the co-operation of a large number of teachers who voluntarily devote their time in the evenings and on Saturday mornings to coach teams and supervise and referee matches. All these willing helpers see the reward of their voluntary efforts in the enthusiasm of the children and the obvious enjoyment they derive from their games.

The Schools Football Association had five leagues functioning, catering for boys from eleven to fifteen years of age, and about 550 boys were engaged in league matches every Saturday morning. The team which represented the town in the English Schools Shield had a great run of success and reached the quarter finals of this national competition. The Schools Rugby Association had a full programme of friendly matches and the Cricket Association managed to complete their fixtures in the three leagues in spite of a very wet summer. The Swimming Association organised a successful gala, and the Athletic Association held their annual inter-school meeting and sent a team to compete in the Durham County Championships.

The Netball Association had, as usual, a most successful year, all schools playing many matches both within the Borough and in neighbouring towns. Three town tournaments were held, two for Secondary Schools and one for Primary Schools, and the Secondary girls took part in the inter-town tournament which was held in Newcastle-upon-Tyne. The town was also well represented at the County Tournament and Trials, and nine girls were chosen for county teams.

It is gratifying that hockey is now becoming a more popular game, and whilst owing to lack of facilities it is more limited, much progress has been made.

Rounders still continues to be the most popular summer game.

One of the main features of the year was the Festival of Dance, which was held at Redwell School each evening for one week in March. About 1,800 children of all ages and from practically all schools in the town took part. A different programme was arranged each evening, in which Infant, Junior and Secondary Schools participated. Many and varied were the types of dance performed, and the standard reached was most gratifying. The appearance of the children, whether in the costume of the country whose dance they were portraying or in normal dress, was a great credit to both school and parents. The hall was filled to capacity each evening and the audience was most appreciative.

The results in swimming and life saving were again very good. The total of 1,554 Education Authority Certificates awarded maintained the high standard reached in the past few years. In life saving the boys and girls won, for the fourth year in succession, the William Henry Trophy of the Northumberland and Durham branch of the Royal Life Saving Society with a total of 853 awards. This trophy is awarded to the Association gaining the highest total of awards of all classes during the year. The details of these awards are as follows:—

<b>Education Authority Certificates</b>	
Honours .....	17
1st Class .....	289
2nd Class .....	382
3rd Class .....	529
4th Class .....	337
	<hr/>
	1554
	<hr/>

### Royal Life Saving Society Awards

Bar to Award of Merit .....	1
Award of Merit .....	7
Bar to Bronze Cross .....	11
Bronze Cross .....	56
Instructors Certificate .....	2
Bar to Bronze Medallion .....	20
Bronze Medallion .....	248
Intermediate Certificate .....	254
Elementary Certificate .....	254
	853

### School Baths.

The attendance of children at the Baths in school parties during 1956 was as follows:—

Boys .....	32,270
Girls .....	17,918
	50,188

### Average Heights and Weights of School Children 1956.

Age	Number of Children	Height (in ins.)		Weight (in lbs.)	
		Boys	Girls	Boys	Girls
5-6	1,702	44.03	43.78	44.77	43.15
10-11	1,316	53.95	54.56	73.74	75.00
14-15	1,196	63.71	60.68	108.90	110.71

### PROVISION OF MEALS AND MILK

**Free Meals**—Dinner only.

Total number of meals supplied to children during the year 1956—217,917.

Number of individual children supplied—1,130.



Total cost (food only)—£8,570.

Number of Centres—31 (6 of which are open during school holidays).

**Free Milk.**

Number of individual children supplied—14,995 (approx).

Total quantity supplied (third pints)—2,850,361—118,765 galls.

Total cost (milk only)—£26,844.

**HANDICAPPED CHILDREN**

The ascertainment of handicapped children has been helped by the records of Health Visitors of children under school age, returns from the School Attendance Department of all children removed from the registers on account of prolonged illness of children who were otherwise not in attendance at school and notification from hospitals and family doctors of such children. The records of the Tuberculosis Clinic have also been searched. 25 children "physically handicapped" are cases in hospital or sanatorium.

It is perhaps not realised that the ascertainment of handicapped children according to the provisions of the Education Act is of untold benefit and advantage to these boys and girls particularly in later life. Now that the system is in full operation, it means that there is one agency which is specially concerned with their health and educational problems and with their well-being both in and out of school.

Some of the children have been receiving education in hospital schools by arrangement with the Education Department and 11 are receiving tuition by special teachers (at homes of children).

A number of delicate children now attending ordinary schools have been withdrawn from the Open Air School by their parents, or for poor attendance. Some have refused Open Air School education.

The following tables summarise the numbers by age group and disability as in January, 1957 and includes children of 2 years and upwards:—

### HANDICAPPED CHILDREN BY DISABILITY

Category Disability	In Special Schools		Awaiting Admission to Special Schools		In Ordinary Schools		In Independent Schools		Receiving Home Tuition		Not at School		In Hospitals or Sanatoria		Total	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
(1) Blind.....	1	...	...	...	...	...	...	...	...	...	...	1	...	...	1	1
(2) Partially sighted .	1	2	...	...	...	...	...	...	...	...	...	...	...	...	1	2
(3) Deaf.....	6	9	...	...	...	...	...	...	...	...	...	...	...	...	6	9
(4) Partially Deaf .....	4	...	1	1	...	...	...	...	...	...	...	...	...	5	1	
(5) Delicate .....	41	55	...	...	...	...	...	...	...	...	...	...	...	41	55	
(6) Physically Handicapped .....	13	9	1	...	1	...	...	...	6	4	3	...	11	35	27	
(7) Educationally Sub-normal .....	70	55	...	2	69	29	...	...	1	...	10	9	...	150	95	
(8) Maladjusted .....	3	...	1	...	10	1	7	2	...	...	...	1	...	21	4	
(9) Epileptic .....	4	3	...	...	...	...	...	...	...	...	...	...	...	4	3	
Totals.....	143	133	2	2	81	31	7	2	7	4	13	11	11	264	197	

**HANDICAPPED CHILDREN BY AGE GROUP**

Age	In Special Schools		Awaiting Admission to Special Schools		In Ordinary Schools		In Independent Schools		Receiving Home Tuition		Not at School		In Hospitals or Sanatoria		Total	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
2+	...	...	...	...	...	...	...	...	...	...	...	...	...	...	1	...
3+	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	5
4+	...	...	...	...	...	...	...	...	...	...	...	...	...	...	4	3
5+	2	2	...	1	...	1	...	...	...	...	...	...	...	...	7	4
6+	5	9	...	1	...	1	...	...	...	...	...	...	...	...	12	5
7+	7	4	...	3	...	3	...	...	...	...	...	...	...	...	13	12
8+	8	13	...	2	...	10	...	...	...	...	...	...	...	...	13	7
9+	17	17	...	11	...	11	...	...	...	...	...	...	...	...	31	17
10+	17	15	...	13	...	13	...	...	...	...	...	...	...	...	30	20
11+	21	25	...	12	...	12	...	...	...	...	...	...	...	...	39	16
12+	22	25	...	2	...	14	...	...	...	...	...	...	...	...	38	33
13+	19	25	...	1	...	13	...	...	...	...	...	...	...	...	35	33
14+	14	13	...	...	...	9	...	...	...	...	...	...	...	...	28	28
15+	11	10	...	...	...	3	...	...	...	...	...	...	...	...	13	14
16+	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...
Total.....	143	133	2	2	81	31	7	2	4	13	11	14	264	197		

### Educationally Sub-Normal.

During 1956, 73 children who were reported by the head teachers or brought to notice in other ways as very much retarded in educational progress, were specially examined by the assistant school medical officers, whose recommendations are summarised below.

Educationally sub-normal:—

	<i>Boys.</i>	<i>Girls.</i>	<i>Total.</i>
1. For ordinary school with special provision .....	13	3	16
2. For special day school .....	23	6	29
3. For special boarding school	1	3	4
Referred to Child Guidance Clinic	3	1	4
Referred for further examination (scholars) .....	7	3	10
Referred for further examination (under 5) .....	4	6	10

Fourteen children were recommended to be reported to the Local Health Authority with a view to their being sent to hospital or to being kept under supervision or guardianship.

	<i>Boys.</i>	<i>Girls.</i>	<i>Total.</i>
(a) Under Section 57(3) Education Act, 1944 (incapable of receiving education at school) .....	4	4	8
(b) Under Section 57(5) Education Act, 1944 (requiring supervision on leaving school) .....	3	3	6

At the end of 1956, there were 245 educationally sub-normal children under the jurisdiction of the Education Committee, as under:—

	<i>Boys.</i>	<i>Girls.</i>	<i>Total.</i>
In special schools .....	65	48	113
In special residential schools ...	5	7	12
Awaiting admission to residential school .....	—	2	2
In maintained schools .....	69	29	98
In independent schools .....	—	—	—
Receiving home tuition .....	1	—	1
Not at school .....	10	9	19

### Special Day (E.S.N.) School.

The curriculum of the school was the same as described in previous reports. There is accommodation for 120 children and at the end of the year, there were 103 children in attendance. 29 were admitted and 18 left. Of those leaving; two were sent to special schools, five were recommended for further supervision, four were reported to the Local Health Authority as ineducable, one was a Jarrow case, and the remaining six were placed in employment.

### Cleaddon Park Special School (Delicate and Partially Sighted and Physically Handicapped).

The school accommodates 150 children in five classes of 30.

During the year the following children attended:—

	<i>Boys.</i>	<i>Girls.</i>	<i>Total.</i>
On 1st January, 1956 .....	68	77	145
Entrants .....	9	5	14
Leavers .....	18	9	27
On 31st December, 1956 .....	59	73	132

The pupils are classified as follows:—

	<b>Boys.</b>	<b>Girls.</b>
Partially deaf .....	—	1
Malnutrition .....	2	1
Anaemia .....	—	1
Non-infectious tuberculosis .....	3	5
Bronchitis and asthma .....	4	3
Heart diseases .....	3	1
Bronchitis .....	8	10
Crippling defects .....	6	6
Debility .....	23	34
Nervous defects .....	8	6
Partially sighted .....	1	2
Epilepsy .....	1	3

### **Nursery Classes.**

There are 2 classes of 30 children each accommodated at Harton Infants' Department. Each class has a certificated teacher who is assisted in her tasks by a nursery assistant and one or more trainees.

The health of these children is supervised by the periodic visits of the medical officer. It is pleasing to note that defects were of a minor character and very few. The physique and clothing were of a high standard and there is no doubt that these children will in the near future be an asset to the proper infants department.

### **Teacher and Teacher Candidates.**

11 Teachers, 8 males and 3 females, and 62 Teacher candidates, 14 males and 48 females were examined and X-rayed according to regulations. Of the teachers 8 had defective vision and one had a chest deformity.

The defects discovered among the teacher candidates were as follows:—

Defective vision .....	30
Dental Caries .....	6
Speech defect .....	1
Heart disease .....	1
Varicose veins .....	2
Hearing defect .....	1

All the teachers were regarded as fit for their profession and all the teacher candidates were allowed to proceed to college.

### **Other Examinations.**

15 children were medically examined for the stage. All were granted the necessary certificate.

341 children temporarily employed out of school hours were examined in accordance with local Byelaws and none were found to be unfit.

### Shoeless Children's Fund.

This fund has now been wound up after 54 years for providing boots or shoes to necessitous cases. This function is now provided for under the Education Act.

### Deaths among School Children.

The following is a statement of the causes of death during 1956 of children of school age (5 to 14):—

Causes of Death	Boys		Girls		Total
	5—9 Years	10—14 Years	5—9 Years	10—14 Years	
Leukaemia .....	1	1	—	—	2
Cerebral tumour .....	—	1	—	—	1
Aplastic anaemia .....	—	—	1	—	1
Self hanging .....	—	1	—	—	1
Severe burns .....	—	—	1	—	1
Totals .....	1	3	2	—	6

The *average annual deaths* among school children and pre-school children since 1901 were as follows:—

Quinquennium	Under 1	1/4 yrs.	5/14 yrs.	Average Annual Deaths.
1901-5	539	302	101	942
1906-10	455	266	82	803
1911-15	440	268	94	802
1916-20	388	251	136	775
1921-25	318	202	92	612
1926-30	240	146	88	474
1931-35	186	100	72	358
1936-40	136	59	53	248
1941-45	127	38	36	200
1946-50	105	23	15	143
1951-55	68	12	8	88
1956	40	3	6	49

This remarkable saving in child life is an index of the efficacy of maternity and child welfare services and later the school health services, together with the modern treatment of illness by both medical practitioners and hospitals, whilst the reduction of infectious diseases in childhood also contributes to this wonderful achievement.

### **Mental Health Clinic.**

Dr. George McCoull, Superintendent of Prudhoe and Monkton Hospital held 10 sessions during the year and examined 18 children as well as adults and ~~five~~ school children, referred by the School Medical Staff, the Duly Authorised Officers and General Practitioners. These cases were mental defectives, and the low grades were usually recommended for institutional care. We are pleased to report that the placing of these patients is now somewhat easier. During 1956, 5 children were admitted to hospital and only one case is now on the waiting list for an institution.

### **ROUTINE DENTAL INSPECTION AND TREATMENT.**

#### **Staff.**

Chief Dental Officer: Mr. J. G. Walton, B.D.S.

Dental Officers: Mr. A. C. K. Barnes, B.D.S.

Mr. V. Prague, L.D.S.

(Part-time, resigned, 30th April, 1956)

Mr. A. A. Ebrahim, L.D.S.

(Part-time, commenced, 22nd Nov. 1956)

The total staff for the year, allocated to the School Health Service, has been equivalent to 1.94 dental officers as compared with 2.25 for the previous year. Two dental attendants are employed.

#### **Inspections.**

The total number of children inspected during the year was 9,040 out of a school population of 18,254. Of the children inspected 72.8% were found to be in need of treatment



Children inspected are divided into two groups:—

- (a) Those receiving periodic inspections in school.
- (b) Those having a special examination at the clinic.

The total number of children referred by parents, teachers, doctors and nurses for special examination at the Clinic was 1,272 which is an increase of 323 on the previous year. Most of those making up this group are children brought by the parents for the relief of toothache.

As many children have been inspected as staffing would allow, an annual inspection for each school child is not a practicable possibility at the moment. The allocation of staffing to the School Health Service has meant that one dental officer is responsible for approximately 9,410 children. This is well below the national minimum standard of staffing which as recommended by the Minister of Education should be one dentist to 3,000 children.

### **Equipment.**

In the latter part of the year an X-Ray unit was installed. This has considerably aided diagnosis: previously patients had to be referred to the local hospital.

New cabinets have been installed in all surgeries.

### **Treatment.**

#### (a) CONSERVATIVE TREATMENT.

This year has shown a decrease in the number of deciduous fillings undertaken, from 760 in 1955 to 411 in 1956. This conforms to the policy of concentrating on the conservation of the permanent teeth, a necessary policy when staffing is limited. Because of this more fillings have been inserted in permanent teeth, 535 more than in 1955.

Approximately 1 permanent tooth is extracted for 4 permanent teeth conserved.

(b) EXTRACTIONS.

For the purpose of extractions of teeth, 1,174 general anaesthetics were administered. This is the first complete year when the Department has had the services of a Consultant Anaesthetist for one session per week. This 'weekly general anaesthetic session' has been of great value, it has allowed part of the available manpower to be released for purely dental matters. Nevertheless, a considerable number of general anaesthetics are still administered by the dental officers, the one session per week with the Consultant Anaesthetist does not meet all needs.

(c) ORTHODONTIC TREATMENT.

During the year the demand for orthodontic treatment increased. Care is taken as to those patients likely to benefit from such treatment. The parent is informed of the exact nature of the treatment, and the high degree of co-operation which is required. In spite of this 20 cases were discontinued during the year, sometimes because of the lack of co-operation on the part of the child, sometimes because the parent did not wish it to be continued, and at other times because the child had moved out of the district. By and large the children have co-operated very well, as have the parents, and 41 cases were completed during the year. In all 202 appliances were fitted, an increase of 66 over the previous year.

As before complicated cases have been referred to the Newcastle-on-Tyne Dental Hospital for specialist opinion and the Local Authority dental officers have endeavoured to carry out the advice given.

(d) ARTIFICIAL DENTURES.

The number of dentures supplied has remained fairly static, all cases this year being supplied for the loss of anterior teeth.

### **General Remarks.**

It is difficult to say how many patients receive **regular** dental treatment through either the School Service, or the General Dental Service. At some schools a fairly high proportion of the scholars appear to receive regular treatment through the General Dental Service, this is particularly noticeable amongst the older pupils of the Grammar-Technical Schools. At other schools, on the other hand, the number seems negligible. It is disappointing to note that many who indicated "private" treatment at earlier inspections have not in fact availed themselves of such treatment. It can only be assumed that in such cases there is no interest in dental health, that dental facilities are only used as an emergency measure to relieve toothache. Nevertheless, it is encouraging to note that more do seem to be receiving regular dental treatment through the School and General Dental Services than in the past, although this number is still probably very small compared with the total population requiring treatment.

The rapidity of the carious process is alarming, and the number of children in need of dental treatment leaves no grounds for complacency. 72.8% of the children examined require treatment, or have some dental defect. This figure is around the national average. Until recently South Shields could be regarded as fortunate in that the drinking water contained a reasonable proportion of fluorine, occurring naturally. The preventive nature of this fluorine as regards dental caries is generally known, and is well authenticated by scientific observation. During recent years the amount of fluorine in the South Shields drinking water has been reduced due to the addition of upland surface water. The drinking water now contains on average 0.5 p.p.m. of fluorine, a few years ago this figure was 0.9 to 1.0 p.p.m., probably a significant reduction!

### **Dental Mechanic.**

All prosthetic and orthodontic appliances are supplied by an independent dental mechanic.

**Table I.—Medical Inspection of Pupils attending Maintained Primary and Secondary Schools.**

**A.—PERIODIC MEDICAL INSPECTIONS.**

Number of Inspections in the prescribed Groups.

Entrants .....	1,894
Other periodic .....	1,431
Leavers .....	1,272

Total .....	4,597
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Additional periodic inspections .....	—
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Grand Total .....	4,597
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**B.—OTHER INSPECTIONS.**

Number of Special Inspections .....	1,950
Number of Re-Inspections .....	2,837

Total .....	4,787
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**C.—PUPILS FOUND TO REQUIRE TREATMENT.**

Number of Individual pupils found at Periodic Medical Inspection to require treatment (excluding Dental Diseases and Infestation with Vermin).

Group. (1)	For defective vision (excluding squint). (2)	For any of the other conditions recorded in Table III. (3)	Total individual pupils. (4)
Entrants .....	6	480	413
Other periodic	82	188	205
Leavers .....	41	117	137
Total .....	129	785	755
Additional Periodic Inspections ..	—	—	—
Grand Total ...	129	785	755

D.—CLASSIFICATION OF THE PHYSICAL CONDITION OF PUPILS INSPECTED IN THE AGE GROUPS, RECORDED IN SECTION A.

Age Groups	Number of Pupils Inspected	Satisfactory		Unsatisfactory	
		No.	% of Col. 2	No.	% of Col. 2
(1)	(2)	(3)	(4)	(5)	(6)
Entrants .....	1,894	1,834	96.8	60	3.2
Other Periodic .....	1,431	1,375	96.1	56	3.9
Leavers .....	1,272	1,264	99.4	8	0.6
Additional .....	....	....	....	....	....
Total .....	4,597	4,473	97.3	124	2.7

Table II.—Infestation with Vermin.

	1st Survey	2nd Survey
(i) Total number of examinations in the schools by the school nurse or other authorised persons .....	19,448	19,421
<i>Individual</i> pupils examined .....	18,200	18,415
(ii) Total number of <i>individual</i> pupils found to be infested .....	814	679
(iii) Number of individual pupils in respect of whom cleansing notices were issued (Section 54(2) Education Act, 1944) .....	919	769
(iv) Number of individual pupils in respect of whom cleansing orders were issued (Section 54(3), Education Act, 1944) .....	2	2

**TABLE III.—RETURN OF DEFECTS FOUND BY MEDICAL INSPECTION IN THE YEAR ENDED 31st DECEMBER, 1956.**

Defect Code No.	Defect or Disease.	(A) PERIODIC INSPECTIONS SPECIAL						TOTAL.			(B) SPECIAL INSPECTIONS.	
		Entrants.			Leavers.			Requiring treatment (7)	Requiring observation (8)	Requiring treatment (9)	Requiring observation (10)	
		Requiring treatment (3)	Requiring observation (4)	Requiring treatment (5)	Requiring observation (6)							
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)			
4	Skin .....	39	12	21	11	24	41	745	2			
5	Eyes— <i>a.</i> Vision...	6	3	41	15	82	100	253	—			
	<i>b.</i> Squint...	18	15	9	5	11	20	7	—			
	<i>c.</i> Other...	2	3	6	1	9	24	95	1			
6	Ears— <i>a.</i> Hearing	5	7	1	1	6	5	22	18			
	<i>b.</i> Otitis											
	<i>Media...</i>	6	3	2	2	2	11	8	4			
	<i>c.</i> Other ...	12	2	1	3	3	3	67	19			
7	Nose or Throat ...	117	234	24	52	48	141	109	70			
8	Speech .....	18	14	—	3	—	6	4	—			
9	Lymphatic											
	Glands .....	60	124	2	20	2	55	4	1			
10	Heart .....	12	16	4	11	1	19	4	—			
11	Lungs .....	16	33	2	8	3	22	10	6			
12	Developmental											
	<i>a.</i> Hernia .....	2	—	—	—	2	2	1	—			
	<i>b.</i> Other .....	9	4	—	1	8	13	—	—			
13	Orthopaedic—											
	<i>a.</i> Posture ...	3	8	—	3	3	12	1	—			
	<i>b.</i> Feet .....	94	50	9	37	28	14	15	3			
	<i>c.</i> Other .....	35	44	26	25	34	37	66	27			
14	Nervous System—											
	<i>a.</i> Epilepsy ...	—	—	—	1	1	1	—	—			
	<i>b.</i> Other .....	1	1	—	3	2	13	7	2			
15	Psychological—											
	<i>a.</i> Development	1	14	—	5	—	4	1	—			
	<i>b.</i> Stability ...	1	8	1	—	—	4	2	—			
16	Abdomen .....	—	2	—	1	—	—	—	—			
17	Other	9	3	9	9	1	17	322	—		128	

**Table IV.—Treatment of Pupils attending maintained Primary and Secondary Schools.**

GROUP 1.—EYE DISEASES, DEFECTIVE VISION AND SQUINT.

	<i>Number of cases dealt with by the Authority. Otherwise.</i>	
External and other, excluding errors of refraction and squint	96	4
Errors of Refraction (including squint) .....	* 213	947
	<hr/>	<hr/>
Total .....	309	951
	<hr/>	<hr/>

Number of pupils for whom spectacles were prescribed ... \* 178 947

\* Including cases dealt with under arrangements with the Supplementary Ophthalmic Services.

GROUP 2.—DISEASES AND DEFECTS OF EAR, NOSE AND THROAT.

	<i>Number of cases known to have been treated by the Authority. Otherwise.</i>	
Received operative treatment:—		
(a) for diseases of the ear ...	—	24
(b) for adenoids and chronic tonsillitis .....	—	619
(c) for other nose and throat conditions .....	—	117
Received other forms of treatment .....	86	9
	<hr/>	<hr/>
Total .....	86	769
	<hr/>	<hr/>

Total number of pupils in schools who are known to have been provided with hearing aids:

(a) In 1956 .....	—	1
(b) In previous year .....	—	—

## GROUP 3.—ORTHOPAEDIC AND POSTURAL DEFECTS.

Number of pupils known to have been treated at clinics or out-patient departments .....	110
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## GROUP 4.—DISEASES OF THE SKIN (excluding uncleanliness, for which see Table II).

	<i>Number of cases treated or under treatment during the year by the Authority.</i>
Ringworm—(i) Scalp .....	3
(ii) Body .....	17
Scabies .....	4
Impetigo .....	84
Other skin diseases .....	367
	<hr/>
Total .....	745
	<hr/>

## GROUP 5.—CHILD GUIDANCE TREATMENT.

Number of Pupils treated at Child Guidance Clinics under arrangements made by the Authority .....	28
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## GROUP 6.—SPEECH THERAPY.

Number of pupils treated by Speech Therapists under arrangements made by the Authority .....	581
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## GROUP 7.—OTHER TREATMENT GIVEN.

(a) Number of cases of miscellaneous minor ailments treated by the Authority .....	16
(b) Pupils who received convalescent treatment under School Health Service arrangements ...	1
(c) Pupils who received B.C.G. vaccination .....	800
(d) Other than above:	
Injuries .....	58
Debility .....	41
Cough .....	38
Observation .....	28
Stomach Upset .....	20
Enuresis .....	18
Ganglion .....	5
Rheumatism .....	2
Fibrositis .....	1
	<hr/>
Total .....	1,026
	<hr/>

**Table V.—Dental Inspection and Treatment.**

(1) Number of pupils inspected by the Authority's Dental Officers:—	
(a) Periodic age groups .....	7,768
(b) Specials .....	1,272
	<hr/>
(c) Total (Periodic and Specials) .....	9,046
	<hr/>
(2) Number found to require treatment .....	6,591
(3) Number offered treatment .....	4,906
(4) Number actually treated .....	3,065
(5) Number of attendances made by pupils for treatment, including those at heading II (h) ...	7,288
	<hr/>

(6) Half-days devoted to:	(a) Inspection .....	51
	(b) Treatment .....	1,007
	Total (a) and (b) .....	<u>1,058</u>
(7) Fillings .....	Permanent Teeth .....	3,376
	Temporary Teeth .....	411
	Total .....	<u>3,787</u>
(8) Number of Teeth filled:—	Permanent Teeth .....	2,999
	Temporary Teeth .....	396
	Total .....	<u>3,395</u>
(9) Extractions .....	Permanent Teeth .....	724
	Temporary Teeth .....	3,278
	Total .....	<u>4,002</u>
(10) Administration of general anaesthetic for Extraction .....		<u>1,174</u>
(11) Orthodontics:		
	(a) Cases commenced during the year .....	135
	(b) Cases carried forward from previous year ...	77
	(c) Cases completed during year .....	41
	(d) Cases discontinued during year .....	20
	(e) Pupils treated with appliances .....	163
	(f) Removable appliances fitted .....	202
	(g) Fixed appliances fitted .....	—
	(h) Total attendances .....	1,207
(12) Number of pupils supplied with artificial dentures		47
(13) Other operations:		
	Permanent Teeth .....	1,801
	Temporary Teeth .....	10
	Total .....	<u>1,811</u>





