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Contributors

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ST. ALBANS RURAL DISTRICT COUNCIL



ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

W. NORMAN-TAYLOR, M.D. (LOND.), D.P.H., D.I.H., *F.R.S.H.*

AND

CHIEF PUBLIC HEALTH INSPECTOR

LESLIE LOWE, M.A.P.H.I.

FOR THE YEAR

1970

REPORT OF THE MEDICAL OFFICER OF HEALTH
PUBLIC HEALTH COMMITTEE

The Chairman and Councillors of the Rural District of St. Albans.
ST. ALBANS RURAL DISTRICT

Dear Sirs,
I have the honour to acknowledge the receipt of your letter of the 12th September 1970, as required by the Public Health Act, 1937, together with the Report of the Chief Public Health Officer, Mr. L. Lowe, dated 11th September 1970.
I took up my duties as Medical Officer of Health on the 7th September, 1970, Mr. Carl Burns having left on 28th June 1970. During the interim period the duties of Medical Officer of Health were discharged by your Deputy Medical Officer of Health, Dr. P. M. B. O'Reilly. I must record my thanks for the records relating to the period before I took office, and my acknowledgement of the fact that credit for a large amount of what is recorded in the following should go to them.

Councillor R. B. Sparrow, (Chairman)
Councillor W. Pitt, (Vice-Chairman)
Councillor J. Armstrong,
Councillor T.F. Biggs,
Councillor J. J. Cheal,
Councillor Mrs. C. M. Hadow,
Councillor W. Inglis,
Councillor D. J. Jeffrey,
Councillor R. Palmer,
Councillor R. N. B. Prior.

PUBLIC HEALTH OFFICERS

C. Burns, M.B., Ch.B., D.C.H., D.P.H., (Resigned 28.6.70)
Medical Officer of Health

W. Norman Taylor, M.D.(Lond.), D.P.H., D.I.H., F.R.S.H., (Appointed 7.9.70)
Medical Officer of Health

P. M. B. O'Reilly, M.R.C.S., L.R.C.P., D.P.H.,
Deputy Medical Officer of Health

L. Lowe, M.A.P.H.I.,
Chief Public Health Inspector

W. A. Beere, M.A.P.H.I., M.R.S.H.,
Deputy Public Health Inspector

D. J. Litherland, Dip: P.H.I. Educ-Board, (Resigned 12.4.70)
Additional Public Health Inspector

F. V. Jennings, (Resigned 28.2.70)
Additional Public Health Inspector

H. Sumner, M.A.P.H.I., A.R.S.H., (Appointed 1.5.70)
Additional Public Health Inspector

R. J. Murphy.
Student Public Health Inspector

Mrs. D. B. Jones,
Senior Clerical Assistant

Miss M. Berridge,
Junior Clerk

6. MEMBER STATES

- Government of the United Kingdom (Chairman)
- Government of the Netherlands
- Government of the Federal Republic of Germany
- Government of the United States of America
- Government of the Republic of France
- Government of the Republic of Italy
- Government of the Republic of Belgium
- Government of the Republic of Luxembourg

TECHNICAL EXPERTS

Dr. H. J. H. van den Broek, D.O.E., D.P.H.

Dr. H. J. H. van den Broek, D.O.E., D.P.H., Chairman

Dr. H. J. H. van den Broek, D.O.E., D.P.H.

Dr. H. J. H. van den Broek, D.O.E., D.P.H.

Dr. H. J. H. van den Broek, D.O.E., D.P.H.

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Dr. H. J. H. van den Broek, D.O.E., D.P.H.

Dr. H. J. H. van den Broek, D.O.E., D.P.H.

REPORT OF THE MEDICAL OFFICER OF HEALTH

To: The Chairman and Councillors of the Rural District of St. Albans.

Ladies and Gentlemen,

I have the honour to present my Annual Report for the Year 1970, as required by the Public Health Officers Regulations, 1959, together with the Report of your Chief Public Health Inspector, Mr. L. Lowe.

I took up my post as your Medical Officer of Health on the 7th September, your previous Medical Officer of Health, Dr. Carl Burns having left on 28th June on transfer to the London Borough of Islington. During the interim period the duties of Medical Officer of Health were exercised by your Deputy Medical Officer of Health, Dr. P. O'Reilly. To both these officers I must record my thanks for the records relating to the period before I took office, and my acknowledgement of the fact that credit for a large measure of what is recorded in the following pages, should go to them.

Recent years have witnessed a state of ferment in the field of public health. The previous government, and the present one, have been both agreed that it is time that the National Health Service was rationalised. A quarter of a century has passed since the great and, at that time, revolutionary National Health Service Act was passed. In some respects we have the finest health service in the world. Certainly it can be said that virtually no-one suffers for lack of medical attention. Our public health service too has always been in the van of progress and its pattern has been followed, or looked on with envy, by most of the rest of the world. Our system of supervising the health of the child population, of providing every general practitioner with a public-health-trained nurse (Health Visitor), of providing for the needs of expectant mothers, the old or the handicapped, of social rehabilitation of the mentally afflicted, is equalled in all respects by very few countries, on whatever side of the iron-curtain they may lie.

To our credit must now be added the fact that we have not been content to assume that there is no need for further progress. The most obvious weakness which needed to be rectified was the "tripartite" basis of the service: (1) the general practitioner, (2) the Hospital and (3) the public health service. Public Health itself was subdivided between Counties on the one hand and Districts on the other. The other weakness, in some people's minds, was the fact that social work, particularly those areas overlapping with mental health, care of the aged, and domestic help, seemed in danger of suffocation by being included in health administration. A third difficulty was that the geographical areas for hospital administration did not coincide with those for public health and social services administration.

Various committees and commissions have made suggestions for rectifying these faults. The previous Government produced two Green Papers on health service organisation, and also took the bold step of requiring Counties to set up separate Social Service Departments. The present Government has produced its White Paper on Local Government Re-organisation which states that public health (at least its medical aspects) will no longer be a function of local government. Its final pronouncement on the health service is (as I write)

still awaited but the amalgamation of the three parts of the service, under Health Boards covering areas which coincide with the upper tier authorities responsible for social services, can be assumed. The question still undecided is the "area" of the District General Hospital and the statutory responsibilities of any local committee that may be formed as far as health is concerned.

One thing remains clear, however, namely that there is a public health service in existence at the moment and that it is doing good and useful work, and its officers, doctors, inspectors and nurses, are fully stretched. This work will still have to be done, and, presumably, the same officers will continue to do it, though perhaps with different titles and reporting to different authorities. One can only hope that local involvement in health matters will not be lost in the reshuffle.

It is also clear that there are many fresh fields waiting to be entered by the public health service. Preventive work must take up new challenges; the prevention of cancer, heart disease, diabetes, and a thousand other afflictions, still await attention. Health education in the ways of healthy living must receive far more attention in this brave new world.

In the meantime, ladies and gentlemen, you continue to be responsible for safeguarding the health of the public in this District, and I and Mr. Lowe, are the officers charged with executing these duties for you. In the pages which follow we give an account of the health status of the inhabitants of this District and what we have done about it on your behalf.

W. Norman-Taylor,
Medical Officer of Health

Public Health Offices,
Bleak House,
Catherine Street,
St. Albans.

April 1971.

Section A

HEALTH STATISTICS AND SOCIAL CONDITIONS OF THE AREA

Registrar General's Estimate of Resident Population	44,210
Area (in acres)	32,084
Number of Inhabited Houses on the Rate Books	
Dwelling Houses	12,973
Shops with Living Accommodation	67
Licensed Premises with Living Accommodation	53
Rateable Value	£2,370,607

BIRTHS

	<u>Number</u>	<u>St. Albans R.D.C.</u>	<u>Herts</u>	<u>England & Wales</u>
Live Births - and Rate per 1,000 population	624	14.1	15.6	16.0
Illegitimate Live Births - and Rate % of total live births	27	4.0	5.6	8.0
Stillbirths - Rate per 1,000 total live and stillbirths	10	16.0	10.7	13.0
Infant deaths (deaths under one year) - Rate per 1,000 live births	8	13.0	14.1	18.0
Illegitimate Infant deaths - and Illegitimate infant death rate per 1,000 illegitimate live births	0	-	27.3	26.0
Neo-Natal Mortality rate (deaths under 4 weeks of age) and Rate per 1,000 total live births	7	11.0	10.7	12.0
Early Neo-Natal Mortality rate (deaths under 1 week) and Rate per 1,000 total live births	5	8.0	9.3	11.0
Peri-Natal Mortality rate (stillbirths and deaths under one week) - Rate per 1,000 total live and stillbirths.	15	24.0	20.0	23.0
Maternal Mortality (including abortion)	-	-	-	-

There was a small increase in the actual number of births (624) in the Rural District in 1970, and the birth rate showed a very slight increase from 14.0 live births per 1,000 population in 1969 to 14.1 in 1970. The adjusted comparable birth rate of 12.8 compares with 14.7 for the County of Hertfordshire and 16.0 for England and Wales.

There were 10 stillbirths in 1970, compared with 5 in 1969, giving a still-birth rate of 16.0 per 1,000 total live and stillbirths, compared with 8.0 in 1969.

Corrected Birth Rate (Crude rates multiplied by the "Comparability factor" to allow for differences in age and sex population as compared with country as a whole)

	<u>St. Albans R.D.C.</u>	<u>Factor</u>	<u>Herts.</u>	<u>Factor</u>	<u>England & Wales</u>
Crude Birth Rate	14.1	0.91	15.6	0.94	16
Corrected Birth Rate	12.8		14.7		16

Comments on Births

8 children died under the age of 1 compared with 6 in 1969, an increase of 2. This makes the infant mortality rate in 1970, 13.0, compared with 10.0 in 1969.

Breaking down the number of children who died under the age of 1 year, 5 children died in the first week of life the same as in 1969, giving an early neo-natal mortality rate of 8.0. In 1970 a total of 7 children died under the age of 1 month, compared with 5 children in 1969, giving a neo-natal mortality rate of 11.0 (8.0 in 1969).

There was one death of a child between 1 month and 1 year old in 1970, the same as the previous year. Considering together the stillbirths, and those children who died in the first week of life (that is, those children whose death resulted as a complication of pregnancy, and childbirth), the perinatal mortality rate was 24.0 compared with 16.0 in 1969. Although all these rates vary from the previous year, these differences are really very small and all could be due to chance variations. The national figures for England and Wales are given for comparison.

DEATHS

Number of Deaths: 583
 Death rate per 1,000 of the estimated population: 13.2

There were 583 deaths in the district in 1970, compared with 610 in 1969. This gives a death rate of 13.2 compared with a death rate of 13.8 in 1969. When these figures are corrected, the death rate treated in this way becomes 8.6 in 1970 and 10.1 in 1969. The death rate for England and Wales to be compared with this is 11.7

	<u>St.Albans R.D.C.</u>	<u>Factor</u>	<u>HERTS.</u>	<u>Factor</u>	<u>England & Wales</u>
Crude Death Rate	13.2	0.65	9.6	1.13	11.7
Corrected Death Rate	8.6		10.8		11.7

Death, Birth, Infant Mortality, Stillbirth and Perinatal Mortality Rates

<u>Year</u>	<u>Death Rate</u>	<u>Birth Rate</u>	<u>Infant Mortality Rate</u>	<u>Stillbirth Rate</u>	<u>Peri-natal Mortality Rate</u>
1947	9.2	16.5	54.0		
1948	7.0	14.5	18.1		
1949	8.2	14.8	22.2		
1950	7.7	13.2	22.5		
1951	7.7	13.3	29.1		
1952	6.8	12.8	8.1		
1953	18.1	14.5	28.6		
1954	17.7	14.5	16.6		
1955	19.1	15.2	15.3		
1956	19.3	14.4	19.8		
1957	16.0	15.3	17.8		
1958	13.6	17.3	18.5		
1959	12.1	17.7	23.5		
1960	12.4	17.6	22.9		
1961	12.3	17.4	16.5		
1962	12.7	18.7	20.4	19.2	35.4
1963	13.6	18.2	8.2	9.5	21.6
1964	10.7	17.9	9.5	12.2	14.9
1965	12.3	15.3	13.9	6.7	10.8
1966	13.0	14.7	8.0	12.2	22.9
1967	11.9	14.3	7.0	11.1	15.9
1968	13.5	14.2	17.8	8.0	11.0
1969	13.8	14.0	10.0	14.4	27.2
1970	13.2	14.1	13.0	8.0	16.0
				16.0	24.0

Causes of Death

(N.B. A new system of classification was introduced by the Registrar General three years ago so that these statistics are not directly comparable with those for the years previous to that).

	<u>Male</u>	<u>Female</u>
Late Effects of Respiratory T.B.	2	-
Other Tuberculosis	1	-
Syphilis and its Sequelae	1	-
Other Infective and Parasitic Diseases	1	1
Cancer - Oesophagus	1	3
Cancer - Stomach	7	5
Cancer - Intestine	4	10
Cancer - Lung, Bronchus	17	7
Cancer - Breast	1	7
Cancer - Uterus	-	3
Cancer - Prostate	2	-
Leukaemia	-	2
Other Cancers, Etc.	9	10
Diabetes Mellitus	1	5
Other Endocrine, Etc. Diseases	1	-
Mental Disorders	1	3
Meningitis	-	1
Multiple Sclerosis	-	1
Other Diseases of Nervous System, Etc.	3	-
Chronic Rheumatic Heart Disease	-	3
Hypertensive Disease	4	12
Ischaemic Heart Disease (Coronary)	60	85
Other Forms of Heart Disease	7	19
Cerebrovascular Disease (Stroke)	26	44
Other Diseases of Circulatory System	5	14
Influenza	3	3
Pneumonia	24	67
Bronchitis and Emphysema	21	14
Other Diseases of Respiratory System	4	3
Peptic Ulcer	3	1
Intestinal Obstruction and Hernia	-	3
Other Diseases of Digestive System	5	1
Hyperplasia of Prostate	1	2
Other Diseases, Genito-Urinary System	2	6
Diseases of Musculo-Skeletal System	2	-
Congenital Anomalies	4	2
Birth Injury, Difficult Labour, Etc.	1	-
Other Causes of perinatal mortality	1	-
Motor Vehicle Accidents	2	1
All Other Accidents	5	7
Suicide and Self Inflicted Injuries	5	7
All Other External Causes	3	2
Total All Causes	235	348

It will be seen that the principal causes of death were, as has been usual in recent years, the following:-

	1970		1969		1968		1967	
	M.	F.	M.	F.	M.	F.	M.	F.
Cancer Lung	17	7	11	5	10	3	12	5
Cancer Stomach	7	5	6	3	7	5	3	1
Coronary	60	85	65	74	64	42	49	30
Stroke	26	44	23	44	20	31	13	34
Pneumonic	24	67	38	56	37	52	27	68
Bronchitis	21	14	22	10	11	7	11	8

Coronary and cancer of the lung are common in middle aged men and of the above totals, 10 men under 65 died of cancer of the lung and 23 died of coronary. Cancer of the stomach is not uncommon at this age, too, and 4 men under 65 died of this during the year. Only two persons died of tuberculosis, but the fact that this disease is still a major threat is shown in the figures for England and Wales below. Of the five suicides listed, all were under the age of 65.

Number of Deaths and Death Rates from Cancer and Tuberculosis, 1970, in England and Wales

The provisional number of deaths and death rates per million population for England and Wales during the year, 1970 are as follows:-

	Number			Rate/Million		
	Males	Females	Persons	Males	Females	Persons
Cancer of Lung and Bronchus	24,871	5,347	30,318	1,044	213	617
Other Cancer	38,373	48,494	86,867	1,610	1,928	1,773
Respiratory Tuberculosis	685	228	913	29	9	19
Other Tuberculosis	441	252	693	19	10	14

Deaths from coronary and from certain forms of cancer, particularly lung cancer, are on the increase and, while the infectious diseases, the major killers of an earlier generation, have largely been conquered by improved standards of living and hygiene, immunisation and modern methods of treatment with germ killing drugs, the degenerative and malignant diseases emerge as the great public health problem of the present. Much can be done by the individual to reduce his or her chances of succumbing prematurely to one of these conditions but unfortunately like so much good advice it is easier to give than to act upon. There is no doubt, nevertheless, that (1) dietary control to avoid overweight and intestinal stasis due to the consumption of refined foods, (2) the taking of regular exercise, and (3) the shunning of cigarettes would, if widely adopted have a dramatic effect on the figures quoted in these pages.

Section B

GENERAL PROVISIONS OF THE HEALTH SERVICES FOR THE AREA

Welfare Centres and Clinics

Bricket Wood - St. Luke's Church Hall

Infant Welfare 2nd and 4th Tuesdays - 2-4 p.m.
(Dr. Attends)
Vaccination & Immunisation 3rd Wednesdays - 9.30-11.30 a.m.

Colney Heath - The Pavilion

Infant Welfare 1st and 3rd Tuesdays - 2-4 p.m.
(Dr. Attends)

Harpenden - 40 Luton Road
(Tel: Harpenden 2040)

Ophthalmic Mondays - 9.30-11.15 a.m. (By appointment)

Vaccination & Immunisation 2nd & 4th Wednesday in month -
10.30-11.30 a.m. (Dr. Attends)

Speech Therapy Tuesdays & Thursdays - 9.30-12 noon,
2-4 p.m. (By Appointment)

Infant Welfare Wednesdays - 1.45-4.00 p.m.
(Dr. Attends)

Dental Monday } 9.30 - 12 noon
to }
Friday } 2-4 p.m.
(By Appointment)

Cytology Clinic Tuesdays and 2nd and 4th Thursday,
9.30 - 11.30 a.m. (By Appointment)

Harpenden - Batford J.M.I. School,
Pickford Hill

Infant Welfare 2nd & 4th Thursdays - 1.45-4.00 p.m.
(Dr. Attends)

Speech Therapy Tuesdays - 2-4 p.m.

Harpenden - Health Annexe,
Grove Road.

Infant Welfare Fridays - 2-4.30 p.m.
(Dr. Attends 2nd and 4th)

Speech Therapy Wednesday - 2-4 p.m.

London Colney - Community Centre,
Caledon Road.

Vaccination & Immunisation Fridays - 9.30-12 noon
(Dr. Attends)

Infant Welfare Thursdays - 1.45-4.30 p.m.
(Dr. Attends)

Redbourn - Congregational Hall
 Infant Welfare 2nd & 4th Tuesdays - 2.30-4.30 p.m.

St. Albans - Village Hall, Park Street
 Infant Welfare Mondays - 1.30-4 p.m.
 (Dr. Attends 2nd & 4th)
 Vaccination & Immunisation 1st Monday - 2-4 p.m.

St. Albans - Mandeville Health Centre,
 Mandeville Drive.
 Tel: St. Albans 50471
 Infant Welfare Thursdays - 2-4 p.m.
 (Dr. Attends)
 Dental Tuesdays } 9.30-12 noon
 Wednesdays } 2-4 p.m.
 (By Appointment)
 Immunisation & Vaccination 4th Thursday - 2-4 p.m.

St. Albans - Margaret Wix Health Centre,
 High Oaks.
 Tel: St. Albans 56994
 Infant Welfare Wednesdays - 1.30-4 p.m.
 (Dr. Attends 2nd and 4th)
 Speech Therapy Tuesdays - 2-4 p.m.
 Dental Mondays } a.m. and p.m.
 Thursdays }
 (By Appointment)

St. Albans - Principal Health Centre,
 Civic Centre,
 Tel: St. Albans 59211
 Immunisation & Vaccination Mondays - 9-12 noon
 (Dr. Attends 9.30 a.m.)
 Dental Monday, Tuesday, Wednesday, Thursday
 & Friday - 9.30-12.30 p.m. : 2-5 p.m.
 Saturdays - 9.30-12 noon (alternate)
 Orthoptic Monday - 9-12 noon : 2-4.30 p.m.
 Wednesday - 9-12 noon : 2-4.30 p.m.
 Thursday - 9.30-12 noon : 2-4.30 p.m.
 Friday - 9-12 noon : 2-4.30 p.m.
 (By Appointment)
 Ophthalmic Monday and Tuesday - 9.30-12.30 p.m.
 (By Appointment)
 Speech Tuesday - 9.30-12 noon : 1.30-4.30 p.m.
 Thursday - 1.30-4.30 p.m.
 (By Appointment)

St. Albans - Principal Health Centre (continued)

Ante-Natal Wednesday - 2-4 p.m.
Infant Welfare Tuesday & Friday - 1.30-4 p.m.
(Dr. Attends)
Foods issued Tuesday and Friday)
Audiometrician 2nd & 4th Tuesdays - 2-4.30 p.m.
Audiology Fridays - 2-4.30 p.m.
(By Appointment)
2nd & 4th Wednesdays - 9.30-12 noon
2-4 p.m.
(By Appointment)
Cytology Mondays - 6.30-9 p.m. } By
Fridays - 9.30-12 noon } Appointment

St. Albans - Cunningham Hill Health Centre
Cell Barnes Lane.
Tel: St. Albans 53025

Infant Welfare Mondays - 2-4.30 p.m.
Wednesdays - 2-4.30 p.m.
(Dr. Attends)
Immunisation & Vaccination 1st & 3rd Thursdays - 9.30-12 noon
(By Appointment)

St. Albans - Skyswood Health Centre,
Marshalswick Estate.
Tel: St. Albans 57041

Infant Welfare Monday & Friday - 2-4.30 p.m.
(Dr. Attends)
Immunisation & Vaccination Mondays - 2-4 p.m.
Speech Thursday - 9.30-12 noon
(By Appointment)
Dental Mondays - 10-12 noon : 2-4 p.m.
Tuesdays - 10.-12 noon : 2-4 p.m.
Wednesdays - 10-12 noon : 2-4 p.m.
Fridays - 10-12 noon : 2-4 p.m.
(By Appointment)

St. Albans City Hospital, Normandy Road Wing
Tel: St. Albans 52211

V.D. (Women) Thursdays - 1.30-3 p.m.
V.D. (Men) Tuesdays - 4-6 p.m.
Post-Natal Wednesdays - 11 a.m.
Chest Clinic Mondays - 9 a.m. (By Appointment)
Wednesdays - 9 a.m. (By Appointment)
Thursdays - 9 a.m. (By Appointment)

Sandridge - Parish Hall

Infant Weighing 2nd & 4th Wednesdays - 2.30-3.30 p.m.

Shenley - Village Hall

Infant Welfare

1st & 3rd Wednesdays - 2-4 p.m.
(Dr. Attends)

Wheathampstead - Mead Hall, East Lane.

Infant Welfare

2nd & 4th Fridays - 2.30-4 p.m.
(Dr. Attends 3.00 p.m.)

Some of the County Council premises are also used by other organisations principally the Family Planning Association who hold sessions at St. Albans, Borehamwood and Harpenden, and the Blood Transfusion Service who hold Donor Sessions at St. Albans Principal Health Centre.

Hospitals

I am indebted to Mr. K.S. Robson, Group Secretary, Mid-Herts. Group Hospital Management Committee, for the following information relating to Hill End, High Wick, and St. Albans City Hospitals.

HILL END HOSPITAL

No. of Beds	793	Psychiatric
No. of Discharges	1,108	
<u>Out-Patients</u>		
No. of New Patients	171	
No. of Attendances	1,659	
<u>Day-Patients</u>		
No. of New Patients	203	
No. of Attendances	8,101	
X-Ray Department	3,469	Units
Physiotherapy Department	3,646	Attendances

HIGH WICK

Regional Unit for Psychotic and Maladjusted Children

Beds	18
Discharges	4
Waiting List	12

ST. ALBANS CITY HOSPITAL

	Beds Allocated	In-Patient Discharges	Out-Patients	
			New	Total Attendances
General Medicine	68	1,318	697	4,726
Paediatrics	20	457	362	2,304
Infectious Diseases	9	38		
Diseases of the Chest	4		848	3,991
Dermatology		1	514	1,654
Neurology			82	215
Physical Medicine			344	3,248
V.D.			359	956
Geriatrics	84	179		
General Surgery	66	1,882	1,743	6,067
E.N.T. (T. & A.))		155) 1,137	2,753
E.N.T. (Other))	8	169		
Trau. and Orth. Surgery	44	975	1,686	4,783
Ophthalmology	6	282	829	3,409
Radiotherapy			72	550
Thoracic Surgery			12	61
Dentistry		16	664	2,744
Neurosurgery			15	25
Gynaecology	24	868	905	2,702
Obstetrics - Ante-Natal)	35	983	845	6,945
- Post-Natal)			599	599
Special Care Baby Unit	12	87		
Mental Illness			226	1,019
Allergy			225	226
Private Section 1	6			
" " 4	6			
Other Medical			748	1,357
Totals	392	7,411	12,912	50,334
Accident & Emergency			13,723	24,312

Maternity:

Live Births 838
Still Births 8

X-Ray Department:

63,453 Units

Physiotherapy Department:

21,446 In-Patient Treatments
3,773 Group Exercises (In-Patients)
27,189 Out-Patient Treatments
5,290 Group Exercises (Out-Patients)

Section C

PREVALENCE OF AND CONTROL OVER INFECTIOUS DISEASES

ST. ALBANS RURAL DISTRICT

Scarlet Fever	5
Whooping Cough	6
Measles	120
Food Poisoning	4
Infective Hepatitis	8
Dysentery	5
Ophthalmia Neonatorum	2

Food Poisoning

Four cases of food poisoning were reported in the Rural District during 1970. 2 of the cases were sporadic, and there was one small outbreak in which two members of the family were involved. Salmonella infections were found to be the causative agent in 3 of the cases and in the remaining one case the cause of the infection was not traced.

TUBERCULOSIS 1970

During 1970 the following new cases of tuberculosis were notified in the Rural District.

Age Group	Respiratory		Non-Respiratory		Total	
	M	F	M	F	M	F
Under 5 years	1	-	-	-	1	-
5 - 14 years	3	1	-	-	3	1
15 - 24 years	-	-	-	-	-	-
25 - 44 years	1	-	-	1	1	1
45 - 64 years	2	-	-	-	2	-
65 years and over	1	1	1	-	2	1
Total	8	2	1	1	9	3

During the year 22 cases were removed from the register, and there was 1 respiratory (female) case transferred into the Area.

The state of the tuberculosis register at the 31st December, 1970, was as follows:-

<u>Respiratory</u>		<u>Non-Respiratory</u>		<u>Total</u>
<u>Males</u>	<u>Females</u>	<u>Males</u>	<u>Females</u>	
173	113	16	22	324

PREVALENCE OF AND CONTROL OVER INFECTIOUS DISEASES

ST. ALBANS HEALTH DISTRICT

Specialist	Total		Non-Bacteriolytic		Bacteriolytic	
	M	F	M	F	M	F
Accident & Emergencies	2	2	1	1	1	1
Totals	5	7	3	4	4	5
Other Medical	1	1	1	1	1	1
Private Section	1	3	1	2	1	2
Allergy	1	1	1	1	1	1
Mental Illness	1	1	1	1	1	1
Special Care Bed	1	1	1	1	1	1
Obstetric - Ante-Natal	1	1	1	1	1	1
Gynaecology	1	1	1	1	1	1
Neurosurgeon	1	1	1	1	1	1
Dentistry	1	1	1	1	1	1
Thoracic Surgery	1	1	1	1	1	1
Radiotherapy	1	1	1	1	1	1
Ophthalmology	1	1	1	1	1	1
Trav. Unit	1	1	1	1	1	1
General Practitioner	1	1	1	1	1	1
Geriatrics	1	1	1	1	1	1
V.D.	1	1	1	1	1	1
Physical Medicine	1	1	1	1	1	1
Neurology	1	1	1	1	1	1
Dermatology	1	1	1	1	1	1
Diseases of the Chest	1	1	1	1	1	1
Infectious Diseases	1	1	1	1	1	1
Paediatrics	1	1	1	1	1	1
General Medicine	1	1	1	1	1	1

During the year 25 cases were removed from the register, and there was 1 bacteriolytic (female) case transferred into the area.

The state of the tuberculosis register at the 31st December, 1970, was as follows:-

Sex	Total	Non-Bacteriolytic	Bacteriolytic
Male	117	16	101
Female	52	22	30
Total	169	38	131

ST. ALBANS RURAL DISTRICT COUNCIL

REPORT OF THE CHIEF PUBLIC HEALTH INSPECTOR TO THE CHAIRMAN AND
MEMBERS OF THE ST. ALBANS RURAL DISTRICT COUNCIL

Mr. Chairman, Ladies and Gentlemen,

I have the honour to present my report on the work carried out by the Council's Public Health Department during 1970.

The year was a quiet one with no serious public health problems emerging. One would like to think this is due to sound day-to-day routine and constant vigilance.

The year was the first full year of operation of the Housing Act, 1969. The new grant provisions have stimulated interest in improvements, though national publicity has over-simplified matters to a point where ratepayers are genuinely aggrieved when their particular case is found, on investigation, not to fall for grant. The concessions to landlords of property let at controlled rents has resulted in better maintenance in order for the owners to qualify for the enhanced rents.

I would like to record my sincere appreciation of the work carried out by members of the staff, and also to thank fellow officers of the Council for their co-operation throughout the year. To the Chairman of the Public Health, Lighting and Safety Committee, and all councillors, I would like to express my thanks for their support and enlightened understanding of local public health problems.

I am,

Your obedient servant,

LESLIE LOWE

Chief Public Health Inspector

GENERAL SANITATION

WATER SUPPLIES

(a) Public

The supplies of water distributed in the area by the statutory undertakers have been satisfactory in quality, and sufficient in quantity, and

there is no evidence that the water is liable to plumbo-solvency. The statutory undertakers sample the water regularly, and keep the department fully informed of the results of the examinations.

(b) Private

There are no dwelling houses within the district served by stand pipes, but 120 houses still rely on private bores or wells, of which there are now 76. These 120 dwelling houses are located as follows:-

	<u>With wells or bores</u>
Colney Heath	8
Harpenden Rural	6
London Colney	2
Redbourn	7
St. Michael	2
St. Stephen	22
Sandridge	32
Wheathampstead	41
	<hr style="width: 100px; margin-left: auto; margin-right: 0;"/>
	120

Three houses within the district are supplied by a private well situated in the area of a neighbouring Authority. A further three bores are in use to supply Institutions, the two largest of these supplies being properly chlorinated.

In all, a total of 87 samples of well water were sent to the Public Health Laboratory at Luton for examination. The results of these examinations show all well water in the district to be of uniformly high quality.

SWIMMING POOLS

The popularity of swimming as a recreation continues in the district no less than in other parts of the country. The Council has no swimming pools under its management, but, nevertheless, the department maintains close contact with the managements of all pools in the area. Technical advice is freely given, and the pools regularly visited during the summer months. In addition to instant pool-side tests, a total of 148 samples of swimming pool water were taken and submitted for bacteriological examination.

COMMON LODGING HOUSES

There are no common lodging houses within the district.

AIR POLLUTION

The department continued to operate its station for measuring atmospheric pollution at the Council's London Colney Depot. The station has now been

operating at this site for over two years, and, whilst this is a relatively short period over which to evaluate, a preliminary assessment of the results so far to hand suggest that the sulphur content of the air in London Colney is higher than would normally be expected in a predominantly residential area. It is, in fact, comparable with that of Wheathampstead, where one particular factory is thought to be making a major contribution to the sulphur content of the air.

ANIMAL BOARDING ESTABLISHMENTS ACT 1963

At the end of the year, there were seven premises licensed under the above Act within the district. Conditions at these Boarding Establishments are extremely good, the licencees being very concerned with the health and welfare of the animals in their temporary care.

CONTROL OF REFUSE DISPOSAL

Refuse collection and disposal is undertaken by the Council's Engineer and Surveyor, but a considerable volume of refuse from the Greater London area, and also from neighbouring districts, is disposed of by tipping within the St. Albans Rural District area. Such tipping is under the joint control of the Council and the County Council, and is being carried out in disused gravel pits. The tipping sites are regularly inspected and closely supervised, but, nevertheless, do give rise to occasional nuisance. During the spring of 1970, a considerable amount of refuse was strewn about the countryside by the large vehicles approaching the tips. I am pleased to record that when approached, the Companies concerned co-operated to the full, and a considerable improvement was effected.

ARRANGEMENTS FOR SEWERAGE AND SEWAGE DISPOSAL

Mr. H. Wilkinson, Engineer and Surveyor to the Council, has kindly supplied the following note on arrangements for sewerage and sewage disposal.

"All the principal centres of population, containing about 95% of the dwellings in the district, are served by public sewers varying in diameter from 6" to 15", and having a total length of approximately 65 miles.

The Council has approved in principle sewer extensions to serve a further 70 dwellings in less densely populated areas.

The Rural District Council is a constituent authority member of the West Hertfordshire Main Drainage Authority with whose trunk sewers most of the public sewers connect. The Authority's treatment works is at Maple Cross, near Rickmansworth.

Agreements with neighbouring local authorities provide for the inter-communication of sewers, resulting in an efficient and economic sewerage system in areas near to the Rural District's boundary.

The Council's only sewage disposal works is situated at Wheathampstead, and treats an average dry weather flow of approximately 180,000 gallons per

day. The effluent from the works is discharged into the River Lee, the Catchment Board imposing a 10/10 p.p.m. standard for suspended solids and 5 day Biochemical Oxygen demand.

Being conscious of the importance of protecting the high quality of of the water in the River Lee, and to ensure the standard of the effluent being maintained as development takes place in the future, a scheme for the extension of the sewage works has been submitted to the Department of the Environment. Progress in obtaining approval has been slow, due to the Lee Conservancy Catchment Board's protracted investigations into the presence of pesticides in the sewage."

SANITATION

(a) Cesspools

In addition to the public sewerage system, approximately 490 houses in the area have a water carriage system of sanitation incorporating the use of cesspools. These are emptied regularly by the Council, two specialised vehicles being provided for this purpose.

(b) Pail Closets

The number of dwellings within the district with pail closet sanitation is now only 7. The dwellings concerned are located as follows:-

Wheathampstead	2
St. Stephen	2
Harpenden Rural	2
Colney Heath	1

None of the premises concerned is within reasonable distance of sewers, and hence formal action for abolition of the pail closets cannot be undertaken.

NUISANCES

A total of 334 complaints alleging nuisance were made to the department during 1970, and these were fully investigated, and appropriate action taken.

WASPS

The Council continued their policy of undertaking the destruction of wasps' nests free of charge. During the summer season of 1970, a total of 147 nests were destroyed. This service is one which is greatly appreciated by residents throughout the district.

RODENT CONTROL

Prevention of Damage by Pests Act 1949

The Council is responsible for the administration of the Prevention of Damage by Pests Act, 1949, within their district, and since the coming into operation of this Act, it has been the Council's policy to carry out free

treatment at domestic premises. In the case of commercial premises and agricultural holdings, charges are made on a scale regarded as sufficient to cover the cost involved, the department being prepared to quote for either single treatments, or for a contract period of one year. On 31st December, 1970, forty-five contracts were running, with an annual value of £472.5.0d. Of these, twenty-five were in respect of farms, and twenty in respect of industrial premises.

The rodent population in the district showed no marked change during the year. There is no evidence at present of Warfarin resistance of rats in the area, and this rodenticide continues to be our first choice in dealing with rat complaints. In the case of mice, however, Warfarin appears to have lost its efficacy, but these can be controlled by the selective use of poisons as indicated after inspection of the site of infestation.

Statistics in respect of rodent control works are shown below.

	TYPE OF PROPERTY	
	Non-Agricultural	Agricultural
1. Number of properties in district	14597	367
2.(a) Total number of properties (including nearby premises) inspected following notification.	383	23
(b) Number infested by (i) Rats	292	23
(ii) Mice	78	8
3.(a) Total number of properties inspected for rats and/or mice for reasons other than notification.	248	46
(b) Number infested by (i) Rats	7	2
(ii) Mice	4	-

HOUSING

There is a very good standard of housing within the district generally, more than half the dwellings being of post-war construction.

The following summary gives details of formal action relative to property within the district.

1.	Number of representations made to the Local Authority with a view to the making of demolition or closing orders.	5
2.	Number of demolition or closing orders made, and undertakings accepted:-	
	(a) Demolition Orders.	3
	(b) Closing Orders, whole premises.	2
	(c) Undertakings accepted that houses would be made fit..	2
	(d) Undertakings carried out to the satisfaction of the Council.	1
3.	Number of houses demolished:-	
	(a) As a result of Demolition Orders.	3
	(b) In Clearance Areas.	3
4.	(a) Number of Discretionary Improvement Grants approved by the Council.	35
	(b) Number of applications formally refused.	2
5.	Number of Standard Grants approved by the Council.	48
6.	Number of Special Grants approved by the Council.	-

SLUM CLEARANCE

There are no areas within the district which warrant action by way of slum clearance areas, such unsatisfactory properties as exist being best dealt with as individually unfit houses as and when circumstances permit. There are probably only about two dozen such properties now standing.

IMPROVEMENT OF HOUSES

As previously stated, the Housing Act 1969 has aroused considerable interest in the improvement of houses. The Council continued its policy of encouraging improvements, and the number of grants approved during the year increased almost threefold.

There are now thought to be less than 250 houses in the area lacking one or more of the standard amenities.

QUALIFICATION CERTIFICATES

In addition to the improvement provisions, the Housing Act 1969 enables

landlords with controlled tenants to seek rent increases in certain circumstances. A pre-requisite is that the house shall be in reasonably good repair and have all the standard amenities. The local authority signifies these conditions are met upon application by the issue of a Qualification Certificate.

A total of 73 applications were received during the year.

COUNCIL HOUSES

At the end of 1970, the Council had a total of 2827 council houses under its control.

CARAVAN SITES (CONTROL OF DEVELOPMENT) ACT 1960

Eighty-five caravans are licensed on private sites in the district under the above Act, fifty-three being used as permanent residences, and thirty-two for holidays and week-end use. In addition, the Council own two sites, one for sixty-nine caravans, and one for twenty-nine caravans.

FOOD AND FOOD PREMISES

MEAT INSPECTION

The slaughter of cattle, calves, sheep, and pigs for human consumption continued to be carried out at two licensed slaughterhouses in Wheathampstead and London Colney respectively. The London Colney slaughterhouse is, additionally, licensed for the slaughter of horses for human consumption. Again, all carcasses and their associated offals were inspected during the year.

No *Cysticercus Bovis* was detected in cattle, which, in general, were found to be of extremely high quality. Liver spoilage due to parasitic conditions in pigs and sheep continued to be relatively high.

CARCASES AND OFFAL INSPECTED AND CONDEMNED IN WHOLE OR IN PART FOR THE YEAR 1970

	Cattle exclud- ing Cows	Cows	Calves	Sheep	Pigs	Horses
Number killed	662	301	314	1524	2670	62
Number inspected	662	301	314	1524	2670	62
<u>All diseases except Tuberculosis and Cysticerci</u>						
Whole carcasses condemned	1	2	6	-	2	-
Carcasses of which some part or organ was condemned	75	97	18	44	167	14
<u>Tuberculosis only</u>						
Whole carcasses condemned	-	-	-	-	-	-
Carcasses of which some part or organ was condemned	-	3	-	2	11	-
<u>Cysticercosis</u>						
Carcasses of which some part or organ was condemned	-	-	-	-	-	-
Carcasses submitted to treatment by refrigeration	-	-	-	-	-	-
Generalised and totally condemned	-	-	-	-	-	-

The Meat Inspection (Amendment) Regulations, 1966

The hours for slaughtering prescribed by the Council under the above Regulations proved quite workable once again, although some small amount of overtime work was called upon from the Inspectors.

Imported Food Regulations 1968

These regulations permit foodstuffs to be imported direct to inland areas without prior inspection at the dockside. There are suitable safeguards as to notification of movement of the foodstuffs, and the receiving

authority is responsible for inspection before distribution. Several consignments of meat were received into this district under this procedure during 1970.

FOOD HYGIENE

FOOD AND DRUGS ACT 1955

Registrations under Section 16

Sixty-seven premises are registered in connection with the manufacture and sale of ice-cream and preserved foods, etc. Of these, fifty are registered for the storage and sale of ice-cream.

(a) Milk Supplies

(i) Ten distributors are registered under Regulation 8 of the Milk and Dairies (General) Regulations, 1959.

(ii) Brucella Abortus

Two Pasteurisation Orders were in operation in the district on two farms where Brucella Abortus had been found earlier.

(b) The Liquid Egg (Pasteurisation) Regulations 1963

There are no egg pasteurisation plants in the district.

(c) Food Hygiene (General) Regulations 1960

A total of 240 premises in the district are subject to the Food Hygiene (General) Regulations, 1960. The table which follows shows the grouping according to the categories of trade carried on in these premises, the number of premises fitted to comply with Regulation 16, and the number of premises affected by Regulation 19.

DETAILS OF FOOD PREMISES AS AT THE 31st DECEMBER, 1970, GROUPED IN
TRADE CATEGORIES, TOGETHER WITH OTHER RELEVANT INFORMATION

Type of Food Premises	Total No. of Premises	Number of Premises fitted to comply with Regulation 16	Number of Premises to which Regulation 19 applies	Number of Premises fitted to comply with Regulation 19
1. Grocery, Provisions & General	42	42	42	42
2. Grocery, Provisions, Butcher	2	2	2	2
3. Butcher	11	11	11	11
4. Baker's shop	6	6	6	6
5. Bakeries	4	4	4	4
6. Sweets, Confectionery and/or ice-cream	17	17	17	17
7. Greengrocery	12	12	12	12
8. Fish	2	2	2	2
9. Fish & Greengrocery	-	-	-	-
10. Food Factories/ Wholesale Food	11	11	11	11
11. Schools & Institutions	27	27	27	27
12. Hospitals & Nursing Homes	6	6	6	6
13. Factory Canteens	22	22	22	22
14. Cafes including Clubs & Licensed Restaurants	20	20	20	20
15. Licensed Hotel/ Restaurant	8	8	8	8
16. Off Licences	5	5	3	3
17. Public Houses	46	46	46	46
TOTALS	240	240	238	238

In general, a good standard is to be found in food premises within the district, with most food workers anxious to carry out the spirit of the Regulations.

HEALTH EDUCATION

During the spring, a ten-lecture course in food hygiene in preparation for the appropriate certificate of the Royal Institute of Public Health and Hygiene was held at the St. Albans College of Further Education, the Deputy Chief Public Health Inspector contributing some of the lectures. Of candidates successful in the examination, two are employed within the Rural District.

POULTRY INSPECTION

The two poultry processing establishments in the District operated irregularly during the year, and by the years end both were closed down. No accurate slaughter figures are available, but none of the poultry was inspected by Inspectors from the department.

OFFICES, SHOPS AND RAILWAY PREMISES REGULATIONS 1963

The number of infringements under the Regulations noted during the year was 12, being mostly of a minor nature. No prosecutions were undertaken in connection with the infringements, which were all remedied after informal action.

There were no notifications of accidents during 1970.

Class of Workplace	Number of persons employed	
	Males	Females
Offices	241	135
Retail Shops	102	252
Wholesale departments; warehouses	2	1
Catering Establishments open to the public; Canteens	41	25
Fuel Storage depots	28	22
TOTALS	414	463

OFFICES, SHOPS AND RAILWAY PREMISES ACT 1963

(I) PARTICULARS of Registrations and Inspections

Class of Premises	Number of premises registered during the year	Total number of registered premises at end of year	Number of premises receiving a general inspection during the year
Offices	1	39	10
Retail Shops	3	108	46
Wholesale Shops, Warehouses	-	2	1
Catering Establishments open to the public; canteens	1	11	3
Fuel Storage Depots	2	1	2
TOTALS	7	161	62

(II) ANALYSIS of persons employed in registered premises by workplace

Class of Workplace	Number of persons employed		
	Males	Females	Totals
Offices	241	135	376
Retail Shops	102	252	354
Wholesale departments; warehouses	2	1	3
Catering Establishments open to the public; Canteens	41	55	96
Fuel Storage depots	28	22	50
TOTALS	414	465	879

ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH IN RESPECT OF THE YEAR 1970
FOR THE RURAL DISTRICT OF ST. ALBANS IN THE COUNTY OF HERTFORD

Prescribed Particulars on the Administration of the Factories Act 1961

PART I OF THE ACT

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

Premises	Number on Register	Number of		
		Inspections	Written Notices	Occupiers Prosecuted
(i) Factories in which Sections 1, 2.3, 4, and 6 are to be enforced by Local Authorities	3	3	-	-
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority	91	45	2	-
(iii) Other Premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	8	6	-	-
TOTALS	102	54	2	-

2. Cases in which DEFECTS were found

Particulars (1)	Number of cases in which defects were found				Number of cases in which prosecutions were instituted (6)
	Found (2)	Remedied (3)	Referred		
			To H.M. Inspector (4)	By H.M. Inspector (5)	
Want of cleanliness (s.1)	-	-	-	-	-
Overcrowding (S.2)	-	-	-	-	-
Unreasonable temperature (S.3)	-	-	-	-	-
Inadequate ventilation (S.4)	-	-	-	-	-
Ineffective drainage of floors (S.6)	-	-	-	-	-
Sanitary Conveniences (S.7)					
(a) Insufficient	1	-	-	1	-
(b) Unsuitable or defective	1	1	-	-	-
(c) Not separate for sexes	-	-	-	-	-
Other offences against the Act (not including offences relating to Out-work)	-	-	-	-	-
TOTALS	2	1	-	1	-

PUBLIC HEALTH INSPECTION OF AREA

The following is a summary of visits and inspections carried out during the year. It does not include work carried out by the Rodent Operator, or Student Public Health Inspector.

GENERAL SANITATION

Public Health Acts

Primary Inspections.	149
Re-visits.	269
Infectious Diseases (including Food Poisoning).	158
Water supply and sampling.	145
Drainage.	86
Keeping of Animals.	21
Refuse Disposal	61
Pest Control	57
Atmospheric Pollution	142
Noise Nuisances	9
Animal Boarding Establishments Act 1963	29
Housing Acts (All purposes, including grants and Qualification Certificates)	589
Immigrants	41
Food Premises	247
Food vehicles.	15
Caravans and Caravan Sites	41
Miscellaneous Visits (including unsuccessful visits)	197
Miscellaneous Food Visits.	30
Meat Inspection	519
Offices, Shops, and Railway Premises Act	107
Factories Act	54
	2966

APPENDIX III

NOTICES

The following notices were served during the year.

Informal Notices served	27
Invormal Notices complied with	23
Formal Notices served	4
Formal Notices complied with	2*

* In the case of one Notice, an appeal against the Notice was pending, and in the case of the others the time allowed had not expired on 31st December, 1970.

