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BOROUGH OF STAMFORD

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ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

AND THE

SENIOR PUBLIC HEALTH  
INSPECTOR

FOR THE

YEAR 1965.







## BOROUGH OF STAMFORD

### HEALTH COMMITTEE

Councillor G. W. Gray (Chairman)  
The Mayor (ex-officio)  
Councillor J. W. L. Whincup (Vice-Chairman)  
Alderman W. J. Aughton  
Councillor Mrs. G. M. Boyfield  
Councillor G. N. Riley  
Councillor F. H. Ladds  
Councillor Mrs. M. Nichols  
Councillor F. L. Hale  
Councillor T. N. Hart

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### HOUSING AND PROPERTY COMMITTEE

Councillor P. Bullard (Chairman)  
The Mayor (ex-officio)  
Councillor A. W. P. Liddle (Vice-Chairman)  
Alderman G. C. Swanson  
Councillor A. L. Nichols  
Councillor Mrs. G. M. Boyfield  
Councillor G. N. Riley  
Councillor F. H. Ladds  
Councillor E. H. Steele  
Councillor F. L. Hale  
Councillor A. T. Brodie

\*\*\*\*\*

### TOWN CLERK:

H. BEDFORD, ESQ., Solicitor

### PUBLIC HEALTH OFFICERS

#### Medical Officer of Health:

H. ELLIS SMITH, M.B., B.Ch., D.P.H.  
Town Hall, Stamford, Lincs. Tel: 2248, Ext. 14

#### Senior Public Health Inspector:

L. J. ROLL, A.R.S.H., Cert. S.I.B.  
Town Hall, Stamford, Lincs. Tel: 2248, Ext. 13

#### Additional Public Health Inspector:

A. R. BURT, A.R.S.H., Cert. S.I.B.  
Town Hall, Stamford, Lincs. Tel: 2248, Ext. 13

#### Pupil Public Health Inspector:

N. HIBBETT



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## BOROUGH OF STAMFORD

### Annual Report of the Medical Officer of Health for the Year 1965

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To the Mayor, Aldermen and Councillors  
of the Borough of Stamford

Mr. Mayor, Ladies and Gentlemen,

I have the honour to present my twelfth Annual Report on the  
Vital Statistics, Health and Living Conditions of the Borough.

#### STATISTICS AND SOCIAL CONDITIONS

Area in Acres	...	...	...	...	...	...	1918
Population (Census 1962)	...	...	...	...	...	...	11743
Population (Registrar General's estimate 31.12.65)	...	...	...	...	...	...	12710
Rateable Value	...	...	...	...	...	...	£404,445
Product of Penny Rate	...	...	...	...	...	...	£1,630
Number of inhabited houses from the rate book at 1.4.65	...	...	...	...	...	...	4043

#### Vital Statistics for the year 1965

##### Note: Birth and Death Rates

As the age and sex distribution of the population in different areas materially affects both the Birth and Death Rates of these areas, comparability factors allowing for this are issued by the Registrar General for each Local Government Unit. These factors may be used for calculating what are termed in this Report as "Net" rates and fairer comparisons are obtained if the latter are used when comparing rates with those of any other area (when these have been similarly adjusted) or with the rates for the Country as a whole.

These factors for Births and Deaths in respect of Stamford are 1.05 and 0.72 respectively. The corresponding figure when multiplied by the Crude rate (that is, for Births or Deaths as the case may be) will give the Net Rate.

	<u>M</u>	<u>F</u>	<u>TOTAL</u>
Total Live Births	99	114	213
Legitimate	96	111	207
Illegitimate	3	3	6
Crude Live Birth Rate per 1,000 of estimated population	-	-	16.76
Net Live Birth Rate per 1,000 of estimated population	-	-	17.60
Rate for England and Wales	-	-	18.1
Illegitimate Live Births per cent of Total Live Births	-	-	2.82



# STATISTICS OF HEALTH

	<u>M</u>	<u>F</u>	<u>TOTAL</u>
Still Births ... ..	1	2	3
Legitimate ... ..	1	2	3
Illegitimate ... ..	-	-	-
Total Live and Still Births ... ..		-	216
Still Birth Rate per 1,000 Live and Still Births		-	13.9
Rate for England and Wales		-	15.7

	<u>M</u>	<u>F</u>	<u>TOTAL</u>
Deaths ... ..	68	75	143
Crude Death Rate per 1,000 of estimated population		-	11.25
Net Death Rate per 1,000 of estimated population		-	8.1
Rate for England and Wales		-	11.5
Natural increase, i.e. Excess of live births over deaths		-	70

## Infantile Mortality - Deaths of Infants under one year

	<u>M</u>	<u>F</u>	<u>TOTAL</u>
Number of Deaths ... ..	-	1	1
Legitimate ... ..	-	1	1
Illegitimate ... ..	-	-	-

Infantile Mortality Rate per 1,000 Live Births	-	4.7
Rate for England and Wales	-	19.0

The number of deaths of infants under one year of age was  
1 in 1963 and 5 in 1964.

Infantile Mortality Rate per 1,000 Legitimate Live Births	-	4.83
Infantile Mortality Rate per 1,000 Illegitimate Live Births	-	Nil

	<u>M</u>	<u>F</u>	<u>TOTAL</u>
Neo-Natal Mortality i.e. Deaths of infants under four weeks of age	-	-	-
Neo-Natal Mortality Rate per 1,000 Live Births	-	-	Nil
Rate for England and Wales	-	-	13.8

	<u>M</u>	<u>F</u>	<u>TOTAL</u>
Early Neo-Natal Deaths i.e. Deaths of Infants under one week of age	-	-	-
Early Neo-Natal Mortality Rate per 1,000 Live Births	-	-	Nil
Rate for England and Wales	-	-	12.0

Peri-Natal Mortality Rate (i.e. Still Births and Deaths under one week combined) per 1,000 Total Live and Still Births	-	13.1
Rate for England and Wales	-	26.8

## Cause of Death Under One Year of Age

Acute Broncho Pneumonia (1 Female aged 3 months)

There was no case of Maternal Death i.e. a death due to Pregnancy, Childbirth or Abortion.  
Maternal Mortality Rate for England and Wales - 0.25



## MARRIAGES SOLEMNISED IN THE

### BOROUGH OF STAMFORD

1962	95
1963	101
1964	110
1965	102

Weddings this year showed a slight decline from the peak number of the previous year but were nonetheless the second highest figure since the war. These facts should be a warning and an incentive to those who are charged with the duty of planning the schools of the future for the Borough - particularly the infant and junior ones. If they start now they may just be in time. The average age at marriage incidentally continues to decline - the bridegroom is the one on the right.

The live birth rate at 17.6 was only fractionally lower than the National figure of 18.0, both showing a slight drop from the very high rate of 1964.

The three still births gave a rate of 13.9 which is relatively similar to the National one of 15.7.

Illegitimate births at six showed a 50 per cent drop from the previous year.

The Death Rate in the Borough was 8.1 compared with the National figure of 11.5. The local figure however is only arrived at after allowance has been made for the fact that there is a disproportionate number of elderly persons in the Borough compared with the Country as a whole. The higher birth rate and the influx of new population are trends which ought to correct the present imbalance for age and sex groups.

More than 50 per cent of the deaths occurred in those aged over seventy-five years, bearing witness to the fact of the longevity of the times. The twin facts of longer living and earlier and more universal retirement pose the problem of making these added years of leisure truly enjoyable, active and meaningful. Only careful preparation for them before they arrive can ensure this. The cultivation of an absorbing hobby and wide interests should be encouraged. It is no new problem for Cicero in his "De Senectute" B.C. 56 had this advice to give and it could not be more true today -

"But it is our duty, my young friends to resist old age; to compensate for its defects by a watchful care; to fight against it as we would fight against disease nor, indeed, are we to give our attention solely to the body; much greater care is due to the mind and the soul; for they, too, like lamps grow dim with time unless we keep them supplied with oil."



He continues -

"For old age is honoured, only on condition that it defends itself, maintains its rights, is subservient to no one, to the last breath rules over its own domain. For just as I approve of the young man in whom there is a touch of age, so I approve of the old man in whom there is some of the flavour of youth."

This leaves no more to be said!

For the eleventh successive year the Infantile Mortality Rate for England and Wales was the lowest ever previously recorded being 19.0 per 1,000 live births. Stamford improved greatly on this with a figure of 4.83, which is indicative of the skill and care which are given to the expectant mother and her child by those engaged in obstetrics and child health work, and by the enlightened attention which the mothers devote to their infants. It is interesting that only a bare fifteen full years ago the National figure for Infantile Mortality was 32 per 1,000 live births; so now thirteen more babies in every thousand can be expected to survive than at the time when the National Health Service came into being. There may be an implied non sequitur in this statement, but nonetheless it is a fact.



# CAUSES OF DEATH TABLE

	M	F	TOTAL
Tuberculosis, respiratory	-	-	-
Tuberculosis, other	-	-	-
Syphilitic disease	-	-	-
Diphtheria	-	-	-
Whooping Cough	-	-	-
Meningococcal Infections	-	-	-
Acute Poliomyelitis	-	-	-
Measles	-	-	-
Other infective and parasitic diseases	-	-	-
Malignant neoplasm, stomach	1	-	1
Malignant neoplasm, lung, bronchus	2	2	4
Malignant neoplasm, breast	-	-	-
Malignant neoplasm, uterus	-	1	1
Other malignant and lymphatic neoplasms	8	11	19
Leukaemia and Aleukaemia	1	1	2
Diabetes	-	-	-
Vascular Lesions of Nervous System	6	23	29
Coronary Disease, Angina	17	11	28
Hypertension with heart disease	-	1	1
Other Heart Disease	6	6	12
Other circulatory disease	4	3	7
Influenza	-	-	-
Pneumonia	4	8	12
Bronchitis	8	3	11
Other diseases of respiratory system	-	-	-
Ulcer of stomach and duodenum	1	1	2
Gastritis and enteritis and diarrhoea	-	-	-
Nephritis and Nephrosis	1	-	1
Hyperplasia of prostate	1	-	1
Pregnancy, childbirth, abortion	-	-	-
Congenital malformations	-	1	1
Other defined and ill-defined diseases	2	2	4
Motor vehicle accidents	1	-	1
All other accidents	5	-	5
Suicide	-	1	1
Homicide and operations of war	-	-	-
TOTALS	68	75	143



Diseases of the cardio-vascular system again head the list of causes of death claiming 77. Of these more than a third were due to Coronary Thrombosis. While the exact cause of this vascular catastrophe has not yet been unravelled it is a wise precaution to take adequate exercise, to avoid eating and drinking to excess and to keep a watch on that silhouette - it can be most informative for those who have eyes to see and absorb the lesson. Cigarette smoking has also been linked in the chain of cause and effect as it has been found that for those who smoke fifteen cigarettes a day the risk is three times that of the non-smoker and for those who consume twenty-five a day it is ten times.

Strokes were responsible for 29 deaths. It is inevitable that with longevity what it is and with the triumphs of preventive and therapeutic medicine that more will die from the degenerative diseases as Man is mortal. It does not in itself mean that there has been a real increase of Cerebro-Vascular disease in recent years if the age factor is taken into consideration.

Malignant growths return to unenviable second place with 27 of which 4 were cancer of the lung. It is tragic that this sacrifice on the altar of the cigarette should continue year after year. In 1900 two hundred deaths were attributable to lung cancer, in 1945 eight thousand and now there are over twenty-five thousand deaths annually due to this scourge. Recently an Expert of worldwide renown in chest diseases said

"The immediate outlook for improving early diagnosis is not good nor is the immediate outlook for improving the results of treatment. It is therefore all the more necessary to try harder to prevent this largely preventable disease, which is so difficult to detect in the early stages of its evolution."

This is a stern warning which ought to be heeded.

One death was due to malignant growth of the uterus. Cervical cytology, the new technique for early detection of certain forms of this disease, has now become an accepted screening procedure. It will soon be available to all women over thirty-five years of age, and arrangements are far advanced for a Stamford Clinic for the purpose. Whilst a most valuable weapon in the fight against cancer it must not be allowed to engender a false sense of security in the individual.

Diseases of the respiratory system were in third place with 23 and of these almost a half (11) were due to Bronchitis. This disease is mainly due to air pollution and costs thirty thousand lives a year and over £60 millions to the Country. As there is little air pollution from industry in this area and chest infections are quickly dealt with by antibiotics, the main culprit would again seem to be the cigarette. Bronchitis is the largest single cause of absenteeism from work in this Country.

Five deaths followed accidents in the home and four of these were due to falls involving men aged 68, 81, 85 and 87. The fifth was due to smothering in a boy aged 3 years. Additionally and tragically one death



in a young man was caused by a motor accident and a woman of seventy-six committed suicide using the domestic gas supply as the medium. What untold tragedy must lie behind the 5,500 who in England and Wales each year find Felo de Se the only way out of their misery. The Socio Medical Services and the Welfare State certainly have not all the answers!

## GENERAL PROVISIONS OF HEALTH SERVICES IN THE AREA

### Nursing in the Home

Under the County Council Scheme the Borough has one District Midwife, Miss Morris, Residence: Drift Road, Stamford. Telephone: Stamford 3591 and one District Nurse, Miss Warby, Residence: 9 Adelaide Street, Stamford. Telephone: Stamford 3218.

### Home Helps

Home Helps are provided for the town of Stamford and the neighbouring area of South Kesteven by the County Health Department from Barn Hill Clinic, Stamford. Application should be made to Mrs. I. M. Pepper, District Home Help Organiser, Barn Hill Clinic, Stamford.

Monday to	-	8.45 a.m. - 12.30 p.m.
Friday		1.30 p.m. - 5.15 p.m.

This service is engaged more and more in providing for the needs of the elderly and disabled, though it was started originally as a service to expectant mothers around the time of their confinement. 20 Home Helps are employed for work in the Borough and on an average there are 87 cases on the books at any one time, of which 81 are elderly persons.

### Welfare Foods

Welfare Foods can be obtained from the Barn Hill Clinic at the following times:

Monday to	-	8.45 a.m. - 12.30 p.m.
Friday		1.30 p.m. - 5.15 p.m.

### Health Visitors

Under the County Council scheme there is an establishment for two full time Health Visitors to serve the Borough and the parishes of the surrounding Rural District of South Kesteven. Both posts have been vacant since December, 1963. Meanwhile Miss Hetherington, Health Visitor Bourne, has had the impossible task of covering the essential work in three areas. Mrs. Stevenson, S.R.N., has however coped with the many Health Visitor duties in the Borough, both domiciliary and in the Clinic, most successfully. Towards the end of the year she was joined by Mrs. Dopson, S.R.N., S.C.M.



### Mental Welfare

Mr. D. Wray, Mental Welfare Officer, provides the link between the Family Doctor, the mentally ill patient and the Hospital Service. He also carries out the statutory duties laid down in the Mental Welfare Act of 1959 and does preventive work in this field; covering the Stamford area. Telephone No. Grantham 3590 and on Fridays Stamford 2906.

### Ambulance Service

This service is a County Council directly controlled one. There are three ambulances and one sitting case car with District Headquarters at Ryhall Road, Stamford. Telephone No. Stamford 2379.

### General Hospitals

Stamford and Rutland Hospital, Stamford, provides full facilities for general medical, surgical and maternity cases.

The Geriatric and more chronic cases are served by St. George's Hospital, Stamford.

Diseases of the chest are served by the Chest Hospital, Bourne.

Infectious persons requiring in-patient treatment are admitted to the Peterborough Isolation Hospital.

All these Hospitals are controlled by the East Anglian Regional Hospital Board.

The services to the mentally disordered patient are provided by the Sheffield Regional Hospital Board based on the Harmston Hall and Rauceby Hospitals.

### TREATMENT CENTRES AND CLINICS

#### (a) PROVIDED BY KESTIVEN COUNTY COUNCIL

### Child Welfare

Weekly Clinic - Friday	10 a.m. - 12 noon
Barn Hill House, Stamford	2 p.m. - 4 p.m.

This is staffed by a Health Visitor and a State Registered Nurse. Mrs. Grundy and her group of voluntary workers devote much time and energy in making baby foods and food supplements available, in helping with record keeping and making social contacts with those attending the Clinic. Much is owed to their generous services. The Doctor attends each Friday morning and the first, third and fifth Friday afternoons. The average attendance at these clinics has increased from 124 each Friday to 127 and the total attendance was 6,366. The extension of the premises is overdue as the activities have completely outstripped the present accommodation at Barn Hill House.

Routine testing of all infants for phenylketonurea continued but no case was found.



## Diphtheria Immunisation

A Diphtheria Immunisation clinic is held at Barn Hill House, Stamford, on the first Wednesday of each month from 2 p.m. to 4 p.m. Immunisation is also done at both the Friday morning and afternoon clinics if requested:

Numbers immunised during the year:

Primary Protection	154
Reinforcing Protection	304
	<hr/>
	458

In addition the following children living outside the Borough were immunised:

Primary Protection	29
Reinforcing Protection	37
	<hr/>
	66

79 children were immunised by the Family Doctors, 45 for Primary courses and 34 for Reinforcing Protection.

Help at the Barn Hill Immunisation Clinic has again been given by Mrs. Winterton and Mlle. Dauzou of the British Red Cross Society, to whom I would like to express my thanks.

## Mothercraft Classes

These are held on Tuesday afternoons and are primarily intended for women expecting their first baby. The course consists of eight lectures covering ante natal care, preparation for confinement and infant care. Relaxation exercises are also taught, films are shown and the occasion is made an enjoyably social one.

In the twelve months to 31st December, 1965, 69 mothers-to-be made an aggregate attendance of 599. There have been many expressions of warm thanks for the help and benefits which have been derived from the classes. The Club was run by Miss M. Hetherington, Health Visitor.

## School Health Service Clinic

This is situated at Barn Hill, Stamford, providing Ophthalmic, Physiotherapy, Speech Therapy Clinics. A minor ailment clinic is held from 9 a.m. - 10 a.m. on Mondays, Wednesdays and Fridays, attended by a Nurse.

A great event this year was the arrival of the new dental surgeon Mr. B. Parsons. He will fill what had for four years past been a great gap in the services to the school child and it is hoped his stay will be a long and happy one.



## Children's Department

The Area Child Care Officer, Mrs. E. W. Avison, assisted by Mr. W. B. Armitage and Mrs. Newell have their headquarters at Barn Hill. The close liaison which has sprung up between them and the members of the Medical, Nursing, Home Help and Mental Welfare Services who share the building has been further cemented during the year to the benefit of all. The full range of Children's Department Services are provided.

A family Advice Centre is open on Fridays from 1.30 p.m. to 4 p.m. to deal with all social problems involving children and young persons.

### (b) PROVIDED BY THE REGIONAL HOSPITAL BOARD

#### Tuberculosis

At Stamford Hospital  
Weekly Clinics

Tuesdays from 2 p.m.  
Fridays from 2 p.m.

Under Dr. G. Bernard Royce, Consulting Chest Physician, Peterborough Group of Hospitals.

#### Venereal Disease

Clinics are held at the Out Patients' Department, Memorial Hospital, Peterborough, under Dr. N. A. Ross.

	<u>Males</u>		<u>Females</u>
Mondays	4.30 - 6.30 p.m.	Tuesdays	10.30 - 12 noon
Wednesdays	5.30 - 7.00 p.m.	Thursdays	4.30 - 6 p.m.

### (c) PROVIDED BY THE MEDICAL RESEARCH COUNCIL

#### Laboratory Facilities

Bacteriological examinations are carried out by the Public Health Laboratory at Peterborough under the direction of Dr. E. J. Glencross. They include brucellosis and antibiotic examinations of milk, water samples and general bacteriological work. I would like to acknowledge gratefully the ever generous help, advice and courtesy which has been extended to us at all times by the Director and his Staff.

### (d) PROVIDED BY THE FAMILY PLANNING ASSOCIATION

#### Family Planning Clinic

Now in its fifth year it provides a service to the married who wish to plan their families and to the engaged wishing pre-marital advice. Instruction is also given on methods of contraception; medical help on sexual problems and advice in cases of sterility and infertility.

Oral methods of contraception have not been used and wisely so until the last suspicion of a connection with thrombosis or other long term complications has been allayed. The findings of the Medical Research Council in their investigations into the subject are awaited.



The Clinic is held by Dr. Anne Whiteley - Deputy County Medical Officer. She is assisted by a Health Visitor and a Committee of voluntary workers to whom I would like to express cordial thanks.

During the year 20 sessions were held. A total of 132 patients, of whom 45 were new, and there were 132 Medical Consultations. 19 were referred by Family Doctors, 3 by the Hospitals and the remainder from a wide variety of sources.

The Sessions are held:-

First Tuesday in each month 2.00 p.m. - 3.00 p.m.

Third Tuesday in each month 7.00 p.m. - 8.00 p.m.

### SANITARY CIRCUMSTANCES OF THE AREA

#### Water

The responsibility for the supply and distribution of water is that of the South Lincolnshire Water Board, on which the Borough is represented by three members. I am much indebted to Mr. Cameron Stobie, Engineer and Manager of the Board, for the following information on the work done during the year and his comments:-

"Supplies to Stamford were derived from Ryhall Road, Northfields, Bonemill, Wothorpe and Whitewater sources together with a greatly increased supply from Pilsgate via the Park Reservoir and Wittering Spheroid.

"Again during the year due to the size and condition of existing mains and lack of adequate storage, difficulties were at times experienced in the distribution system. It is expected that with the completion of the present works on the Northfields Reservoir and Booster Station coupled with the laying of a 12" diameter feeder main from Tallington, these difficulties should be eased by the end of 1966. Continued housing development will tend to partially offset this improvement in the immediate future until further mainlaying in the Borough is carried out to supplement the existing network of mains."

The following new mains were laid during the year:-

Pilsgate - Burghley Park Reservoir	4,013 yds. - 6"
Exeter Gardens	320 yds. - 4"
Waverley Gardens	30 yds. - 3"
High Park Reservoir - Sawbench	474 yds. - 8"
Off Green Lane	235 yds. - 3"
Kettering Road	228 yds. - 3"
Green Lane	330 yds. - 6"
Drift Road	146 yds. - 3"
Cherryholt Road	65 yds. - 3"
Casterton Road	938 yds. - 6"
Off Casterton Road	1,425 yds. - 3"
	445 yds. - 4"



Edinburgh Road	450 yds. - 3"
	40 yds. - 4"
	40 yds. - 6"
	184 yds. - 8"
Cambridge Road	20 yds. - 4"
Northfields Reservoir - Empingham Road	400 yds. - 12"
Totals:	2,579 yds. 3" diameter
	825 yds. 4" diameter
	5,321 yds. 6" diameter
	658 yds. 8" diameter
	400 yds. 12" diameter

The total water used during the year was 240,620,000 gallons or 11,000,000 gallons more than the year before, making an average daily consumption of 659,237 gallons per day or 52 gallons per head per day including industrial usage.

There are no properties supplied from standpipes.

Derived as it is from the gathering grounds on the Lincolnshire limestone the water is very hard as the housewife and the heating engineer know very well. There is no danger of plumbo solvency and no fluorine is present.

The Minister of Health has urged Local Health Authorities to arrange for the fluoridation of public water supplies. The majority of the constituent authorities of the Water Board have agreed and the scheme has the blessing of all informed medical and scientific opinion but it would appear that it may be some time before it can be put into operation. On the ethical issue which is sometimes raised there can be no better comment than that of the Minister himself:

"Some people object that fluoridation infringes personal liberties. But we must look at this in its proper perspective. Fluoridation is a tried and tested public health measure which cannot possibly hurt anyone, and which it is not practicable to provide other than by the public water supply. As has been said elsewhere, it is not the erosion of personal freedom which is at stake, but the erosion of millions of teeth and the resultant suffering and misery of thousands of children which fluoridation would go far to prevent. My support for fluoridation cloaks no sinister designs on personal liberties. The only consideration which has influenced me is the desire to ensure that no child is denied the benefits which those in some more fortunate parts of the country have always enjoyed, and which can now be made available to all."

There is evidence that fluorine in water and in the bony skeleton prevents the uptake of strontium-90 in bones and if this indeed be so it would provide another cogent reason for the addition of fluorine.

At the request of the Ministry of Health a typical chemical analysis of one of the sources of supply is included.



## CHEMICAL ANALYSIS (Whitewater Supply)

### Parts Per Million

pH	7.2
Chlorine present as Chloride	22.0
Hardness: Total	370.0
Carbonate	225.0
Non-Carbonate	145.0
Nitrate Nitrogen	4.9
Nitrite Nitrogen	Absent
Ammoniacal Nitrogen	Nil
Albuminoid Nitrogen	Nil
Oxygen Absorbed	0.20
Free Carbon Dioxide	30.0
Dissolved Solids dried at 180°C.	470.0
Alkalinity as Calcium Carbonate	225.0
Mineral Analysis:-	
Copper	Nil
Fluoride	Nil
Iron	Nil
Lead	Nil
Zinc	Nil

### Remarks

This sample is practically clear and bright in appearance, neutral in reaction and free from iron and other metals. The water is very hard in character though not excessively so and it contains no excess of mineral constituents. It is free from colour and of very satisfactory organic quality.

From the aspect of the chemical analysis these results are indicative of a pure and wholesome water suitable for public supply purposes.

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At the end of the year all the preliminary work had been carried out to make a start in the Spring on the new trunk sewer, which will be carried in a tunnel under the ground from Scotgate to the east end of St. Leonard's Street. This engineering feat will save the chaos throughout the town which would inevitably have accompanied open trench excavations. There are bound to be local annoyances from compressors and trucks as the works proceed but I am sure those affected will bear with this regrettable inconvenience in the knowledge that it is for the ultimate and lasting good of all; and that in doing so they are playing a part in modernising the town. It is an urgent necessity to ease the overloading and surcharging of the present system in the lower parts of the town.



With the rapid housing development it has become increasingly clear that radical extensions to the present Works, or more likely a new Sewage Disposal Works, will be required. Meantime the composting system which was introduced last year to deal with the sludge and the malodour therefrom has continued to be an unqualified success in its primary function and also produces a final product of considerable manurial value. With the River Boards insisting on irreproachable effluent standards and determined to get them, more and more authorities are finding it necessary to have the services of a sewage works chemist available locally on the spot - for analysis from experts at a distance has limited usefulness.

A weekly refuse collection is given and disposal is by a controlled tipping system at Uffington. This tip, contrary to earlier hopes, is liable to be exhausted soon, so the hunt for a new site continues. The paper salvage scheme is very successful - an outcome of the co-operation of the public and the collectors alike with the advantage of the removal of highly inflammable material from the tip face. The Cleansing Services continue to maintain the high standard which has given rise to favourable comment by visitors during the years.

Action was taken under the Public Health Act following a complaint of excessive noise from a beat group. The noise was subsequently reduced and gave rise to no further complaints. Among other complaints received were excessive steam emanating from a launderette and a nuisance arising from litter louts dropping cartons from a hot drink vending machine all over the pavement in defiance of requests not to do so.

The Borough Swimming Baths provide a greatly appreciated amenity for the town and a wide surrounding area. All the Local Education Authority schools in town take advantage of them for educational and recreational purposes. On the opening day with water temperature only 50°F, it was not surprising that only 74 attended and only a hardy 38 swam. Temperatures remained low throughout July and August so it was hardly surprising that the total attendance during the season from 26th April to 18th September was only 42,610 compared with 64,448 of the previous year and the best figure of 97,007. A Minuteman Resuscitator is available at all times and is regularly overhauled to maintain its efficiency. It was used on three occasions during the season, but fortunately there was no serious accident. The provision of a washbasin and a hot water geyser in the first-aid room is applauded. A stretcher and blankets are maintained in readiness. Ten cases of hooliganism and seven of theft were reported.

Rules for Health and Cleanliness are displayed. Foot sprays are provided for use before entering the baths and the cubicles are swilled out with chlorinated water at frequent intervals to minimise the spread of verruca and athlete's foot.

76 samples of the water from the Baths were taken for bacteriological examination during the season at weekly intervals. Some difficulty was found in maintaining a low plate count, particularly in the paddling pool.



A season such as this more than ever emphasises the desirability in our undependable climate, for a heated swimming bath. Will 1972 see this amenity provided?

As the Mortuary previously provided by the Council was not used during the year it was decided to close it and enter into an agreement with the Hospital Authority to use theirs on occasion of need and this was accordingly done.

Stamford has a Joint Burial Board and during the year there were 93 interments. The nearest Crematorium is at Marholm near Peterborough and this is being used increasingly as an alternative to burial.

There was no reported case of house infestation by vermin during the twelve months.



THE PREVENTION AND CONTROL OF  
INFECTIOUS AND OTHER DISEASES

ANALYSIS OF CASES OF INFECTIOUS DISEASE  
UNDER AGE GROUPS

	Scarlet Fever	Puerperal Pyrexia	Pneumonia	Food Poisoning	Cerebro Spinal Fever	Measles	Whooping Cough	Erysipelas	Dysentery
0-	-	-	-	-	-	2	-	-	-
1-	1	-	1	-	-	12	-	-	-
2-	1	-	-	-	-	15	1	-	-
3-	2	-	-	-	-	14	-	-	-
4-	2	-	-	-	-	10	-	-	-
5-	12	-	2	-	-	22	4	-	1
10-	2	-	1	-	-	1	-	-	-
15-	1	-	1	-	-	-	-	-	-
20-	1	-	1	-	-	-	-	-	-
25-	-	-	1	-	-	-	-	-	-
35-	-	-	5	-	-	2	-	-	-
45-	-	-	1	-	-	-	-	-	-
55-	-	-	9	-	-	-	-	-	-
65 and over	-	-	6	-	-	-	-	-	-
Age Unknown	-	-	6	-	-	2	-	-	-
TOTALS	22	-	34	-	-	80	5	-	1

The total incidence of notifiable disease - excluding Tuberculosis was down on the previous year being 142 compared with 427 in 1964 and 118 in 1963. This fall was largely due to a decrease in the incidence of Measles though this disease accounted for 80 out of the total. These occurred in the early months of the year while the epidemic was burning itself out. Will the introduction of the new Measles vaccine alter



the usual biennial outbreaks of this disease? It is to be hoped it will. Though measles may be regarded by some as a necessary evil in the path through infancy it is still a serious infection which causes over a hundred deaths a year and one in twenty patients with Measles can be expected to suffer from complications such as Pneumonia, ear infections or central nervous system involvement. Anything that can be done to prevent it is obviously to be applauded and practised. However the present vaccine has yet to prove itself to be without unpleasant side effects before it is put in wide general use.

In the gastro-intestinal group of diseases there was one case of Dysentery but fortunately none of Food Poisoning. With eating out now an established way of life for so many it is only by the most scrupulous attention to all the rules of hygienic food handling in catering establishments that this freedom from the unpleasant sequelae of food poisoning can be maintained. Great care with reheated dishes in the home should also be observed.

Ten years have now passed since a case of Poliomyelitis occurred in the town. This is a telling tribute to the success of the vaccination scheme against this crippling and dangerous disease.

It is twenty years since Diphtheria last attacked anyone in this Borough. Two decades of immunity must not be allowed to lull parents into apathy about this killing disease. Only by ensuring that every child is immunised in its first year can our defences hold secure. A triple vaccine giving simultaneously protection against Whooping Cough, Tetanus and Diphtheria is used almost universally. Were it not for this fortunately effective combination I shudder to think how many would now be persuaded to seek the protection of a Diphtheria prophylactic on its own.

In last year's report the question was raised whether it would be possible to have access at all hours throughout the year to a central record of immunisations. This would do much to settle the quandary of the Doctor who has to deal with an accident case in which he does not know whether his patient has been actively immunised against Tetanus or not and there is no one to enlighten him. With a highly mobile population it is a problem but not an insurmountable one.

Scarlet Fever (22 cases) occurred sporadically over the year. Its main significance is in the case of the foodhandler or the midwife.

All Council employees who are liable to come into contact with rat-contaminated water at sewage disposal works, drains, sewers and refuse tips are given a card of precautions against contracting Weil's Disease. Any employer who has personnel who may similarly be at risk can have copies of these cards on request.

During the course of the year 112 children of school age and under were vaccinated against Smallpox either by their Family Doctor or at the Barnhill Clinic. There was a steady demand for revaccination of adults, mostly to comply with International travelling requirements. May I appeal again that this should not be left to the eve of departure on holiday or business.



Twenty-three new cases of Venereal Disease were reported this year compared with thirteen in the previous year. Sexual promiscuity still exacts its penalties.

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## TUBERCULOSIS

One new case of Pulmonary Tuberculosis in a male aged 67 years was reported during the year, the same incidence as in the two previous years. This underlines the oft repeated plea that when the Mass Radiography Unit visits those in the older age groups should take the opportunity to have a chest x-ray. Often a nidus of infection in a community is found in the chest of someone over pensionable age, who has had a cough for a long time and has dismissed it as a concomitant of ageing or of bronchitis. No age group is immune. There was no new case of the non-pulmonary form of the disease. It is also satisfying that no one died of either form during the year.

Respiratory Tuberculosis is still very much a cause for concern. At the Stamford Chest Clinic last year there were 53 men, 55 women and 3 children under treatment or supervision and of these 5 had positive sputums at some time during the twelve months. The careful follow-up of all known cases and their contacts is as important as ever it was.

The B.C.G. Vaccination Scheme for school children continued as usual. 201 children were Heaf tested and of these 169 were found to be negative and were given B.C.G. 7 were absent from the reading. There were 25 who subsequently had chest x-rays and all but one of their radiographs were clear. One girl was sent for further examination but no active Tuberculosis was found.

The Council have always given very sympathetic consideration to the housing needs of anyone suffering from Pulmonary Tuberculosis.

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## HOUSING

### PROVISION OF NEW HOUSES

Statistics of new houses erected in the Borough during 1965:

Built by Local Authority

Traditional Brick Houses	(1 bedroom)	18
"	"	"
"	(2 bedrooms)	1
"	"	"
"	(3 bedrooms)	4
Flats	(1 bedroom)	16

Houses in course of erection at end of year	40
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Built by Private Enterprise

Traditional Brick Houses (3 bedrooms)	129
Houses in course of erection at end of year	83

APPLICANTS FOR COUNCIL HOUSES

(As supplied by the Housing Department at December, 1965)

Effective Housing List	259
Old Persons Dwelling Applicants	84
Miscellaneous Applicants	11

The Council's Slum Clearance Programme as submitted to the Ministry of Housing and Local Government in 1955 involved 91 houses which it was estimated would be dealt with in ten years. By 31st December, 1965, at the conclusion of this ten year period 161 had been dealt with - 9 during the year as follows:

Closing Orders 8      Demolition Order 1

In addition 12 Undertakings were given and 1 Undertaking was cancelled during the year.

At the end of the year all twelve dwellings included in the Foundry Road Clearance Area were still occupied, but it was clear that most of the tenants would be rehoused by the spring, after which redevelopment could take place.

The very imaginative plan produced by Mr. Marshall Sisson for the redevelopment of the properties on the east side of High Street, St. Martin's unfortunately proved too expensive and had to be abandoned in its original form. The possibility of modifying the plans so as to combine the aesthetic requirements of the situation with dwelling houses which would prove economic to let, is to try and marry two incompatible but it is sincerely trusted that a way will be found. In the meantime of the worst of the properties the tenants of all but one have been rehoused.



After three years without building the Council completed 23 houses and 16 flats in 1965 and at the year's end had a further 40 houses under construction. Private enterprise also had a good year producing 129 with a further 83 underway at the close of the period. The numbers on the Council's Housing List increased again this year by the addition of 72 to a total of 354. The demand for Elderly Persons accommodation continues as insistently as ever; of the 354 on the Housing List 84 require this type of home, being 24 per cent of the total.

This year saw the opening and full occupation of the Council's first Grouped Elderly Persons Dwelling Scheme with a Warden in charge, at Foundry Road. The list of first tenants was drawn up with meticulous care having regard to those in greatest need from the rehousing and health aspects. A balance was also maintained between those who might need a little assistance from their near neighbours and those able to provide it - a very necessary requirement in such a scheme. Ultimately so much depends on the tact and understanding of the Warden in making of the Group a happy Community and those who have visited and seen the community spirit which has already been established amongst the tenants drawn from all parts of the town, can have no doubt of the resounding success of this project.

Though these 31 dwellings were a great asset in meeting the demand yet it was patently obvious that there were many others who needed the same type of accommodation. It is therefore most gratifying that it has been decided to build another Grouped Scheme of 45 dwellings on the ground to the eastward of St. George's Hospital. This will be destined to bring great happiness and security to many more of our senior citizens and will be ideally situated. Nationally, there are now 40,000 elderly living in warden served homes and it is hoped to increase this to 140,000 in the next five years. The possibility of some form of warning system for the Orchard Close group of houses was discussed but the practical difficulties could not be overcome. The placebo for such contingencies as arose there must be a leavening of younger tenants.

The Council's Caravan Site on Empingham Road is licensed for 18 vans. It is hoped in time however to run this down and redevelop the site. There are two other private sites accommodating a further 4 vans.

The Council operate a Points Scheme and during the year thirty-three applications were received for priority rehousing or changing of tenancies on the grounds of ill-health or socio-medical crisis. In each instance a personal visit was made by the writer and a full investigation carried out before a recommendation was made. I acknowledge gratefully the assistance I receive from my Family Doctor colleagues in these appraisals which are the only equitable way of equating housing to greatest need.

There are no Common Lodging houses in the Borough.



The steady process of rejuvenation of the town's legacy of almshouses has continued. Fryer's Callis has made four fine new dwellings and work is far advanced on the reconstruction of the Burghley Almshouses with the assistance of Improvement Grants. This should produce a further twelve modern homes.

The Council continue to encourage the owners of suitable properties to bring them up to modern standards. During the year 5 Discretionary and 15 Standard Grants were awarded. Only one application was refused and this was in respect of a house in the provisional Slum Clearance programme.

Though no Statutory case of Overcrowding came to light there was a twenty-two foot four berth caravan occupied by a couple and their twenty-two, fifteen and twelve year old sons. Why have no standards of overcrowding ever been laid down for caravans, whereas they have for every other type of living accommodation?

There are still ten Council houses without bathrooms but these are gradually being provided as tenants vacate the houses.

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#### INSPECTION AND SUPERVISION OF FOOD

The Municipal Slaughterhouse has managed to maintain an adequate service to the town and the neighbouring areas and though hard pressed at times the Staff have managed to cope with the highest throughputs. The scheme for a new abattoir has had to be postponed for the time being and doubtless the impending decisions of the Government on Slaughterhouse policy will decide its fate.

There are the most cogent reasons for the registration of all food premises so that their suitability could be ensured at the start, their routine inspection be facilitated and a comprehensive list would at all times be available for reference. This latter would be valuable in food poisoning incidents.

The Food Hygiene Regulations are now well observed, but the routine friendly visit of the Health Inspector to detect unsuspected lapses plays a necessary part in the safeguarding of the food we eat.

Mr. Hawley, Chief Inspector under the Food and Drugs Act, 1955, for Kesteven in his usual contribution to this report says:-

#### "Food Additives"

"Food additives, as distinct from residues, fall into two main groups, namely, (1) those which are added to fortify and enrich foodstuffs and (2) those whose purpose is purely commercial. Although a small minority may be against what they term 'mass medication', most people agree that the addition of vitamins, minerals and other nutrient



"factors to certain foods is a commendable practice. In a quite different category, however, is the addition of colouring matter, antioxidants, preservatives, stabilisers, maturing agents and similar substances, because they have nothing whatever to do with nutrition and are used merely to improve the appearance or extend the 'shelf-life' of certain foods.

### "Food Preservation

"Although the layman may inveigh against the excessive use of food additives, the fact remains that food preservation must be practised on a vast scale if the country's population is to be properly fed. Rotten food can be very much more dangerous than preserved food, provided the method of preservation is subject to proper control. All methods of food preservation have the same objective - the destruction or inhibition of micro organisms. The heat-treatment of milk and of canned goods destroys bacteria which, left to develop naturally, would cause putrefaction in a relatively short time. Refrigeration inhibits bacterial growth, but does not actually destroy the micro organisms; nor do the chemical preservatives such as benzoic acid, sulphur dioxide or orthophenylphenol. Moisture and warmth are both conducive to bacterial growth and thus dehydration as well as refrigeration will slow down the natural deterioration of perishable foods. All these methods are practised by food manufacturers and it is the duty of sampling officers to ensure that where a chemical preservative is prohibited (as in the case of milk) or is permitted at a certain level (as in the case of sausages), the law is not flouted.

"During the year 46 samples were taken and the articles were as follows:-

Baby food	1	Milk	24
Butter	2	Milk (condensed)	3
Cereals	1	Milk (flavoured)	1
Cheese	2	Preserves	1
Coffee	2	Sauces	1
Cream	1	Stewed steak (tinned)	2
Drugs	1	Vegetables (tinned)	2
Fish Cakes	1	Vinegar	1

### "Quality of Milk

"Cows' milk remains a staple food, some say the perfect food, for young and old alike and the consumption of liquid milk in one form or another is of prime importance so far as the nation's health is concerned. It is essential, therefore, that milk production should be maintained at a high level and that quality rather than quantity should be the overriding priority. The new wholesale marketing prices of cows' milk make the production of low-grade milk uneconomic, since quite punitive deductions are made by the Milk Marketing Board in cases where the total solids fail to reach and maintain a monthly average of 12.0 per cent. There is no fixed standard for milk, although the



"Sale of Milk Regulations require that it should be sold 'as it comes from the cow' with nothing added and nothing taken away; and that where the butterfat and other non-fatty solids fall below 3.0 per cent and 8.5 per cent respectively, it shall be presumed to be adulterated unless the contrary can be proved. In Kesteven, poor quality milk is rare and the county average is well above these minima.

"Homogenised milk which was introduced in some of the larger towns recently, has made little impact on the rural population and it may well be that the next step forward will be the new aseptic milk. This new 'long life' milk is processed at temperatures well above the boiling point of milk and it is claimed that it will keep unrefrigerated for six months in any climate. It is not yet on sale to the public in the United Kingdom, but one dairy company is selling it abroad. It may well become a valuable export item, taking all the health-giving properties of liquid milk to isolated communities throughout the world.

"Under the Channel Islands and South Devon Milk Regulations, milk from cows of these breeds, if so designated, must contain a minimum of 4.0 per cent butterfat. This is an absolute standard and must be maintained at all times. In return, the producer gets a premium of not less than 8d. per gallon and a further premium if the milk is bottled on the farm.

#### "Butter

"By definition, butter must be made exclusively from milk, with or without salt and with or without certain permitted colouring matters. It must not contain preservatives (other than salt) and not more than 16 per cent water, although, under the Antioxidants in Food Regulations, 1958, it may contain certain permitted antioxidants. These are substances which '...delay, retard or prevent the development of rancidity or other flavour deterioration.....' and since most fats become rancid on exposure to air and light, the addition of antioxidants is permitted by law to extend the 'shelf-life' of butter, margarine and cooking fats. The Food Standards Committee is currently reviewing these Regulations as part of a larger survey of all food additives and it is encouraging to know that on the question of antioxidants they have already said:-

'.....we have borne in mind in our review the general principle that an antioxidant should only be used in food when there is evidence of real need - NOT MERELY SOME MINOR COMMERCIAL ADVANTAGE - and when it can be shown that its use is likely to benefit the consumer without presenting a foreseeable hazard to health.'

"The two samples of butter obtained during the year were both satisfactory.



## "Cream

"Cream has increased in popularity enormously during the last few years and most dairymen report considerable weekend sales of 'double' or thick cream. In addition, a great deal of tinned sterilised cream is imported from abroad, but 'single' or coffee cream has never become as popular in England as it is in America. The statutory butterfat minima for these three grades of cream are 48, 23 and 18 per cent respectively and in no instance was this infringed.

## "Foreign bodies in Food

"Perhaps the most interesting complaint came from Stamford where a housewife complained that a wrapped loaf purchased locally, but baked at Lincoln, appeared to be contaminated with a substance which looked like red lead. Expert examination revealed that the red substance was in fact a culture of *Monilia Sitophila* or Red Bread Mould, an extremely rare infection of bread, but one which spreads with extreme rapidity. It attacks wrapped and, particularly, sliced bread, for it develops most rapidly on the soft, non-crust bread, while the hermetic wrapping ensures the 'hay-box' conditions in which it flourishes best. As this was obviously a public health matter, the case was reported to the Lincoln Health Authority.

"Another interesting case was the finding in a packet of a well-known Baby Food (purchased in Stamford by a young Stamford mother) of a piece of metal shaped like a fish-hook. The manufacturers were extremely concerned and went to great lengths to explain the various devices used to detect magnetic metal of this sort. It was also confirmed that the husband of the young mother worked at a local garage. As in so many of these cases, it was difficult to reconcile the evidence of the Mother with the equally impressive evidence of the manufacturers and after a frank discussion with both parties, it was decided that a written caution would achieve a better and more lasting result.

"A third case also occurred in Stamford. This concerned the finding of a 'maggot' in a quarter of a pound of sliced ham. Here, the 'maggot' was identified as the larva of the common Warehouse Moth, an insect which normally feeds on dry substances. As the Public Analyst pointed out, it might have been in the complainant's shopping basket or in her own larder, because it is a fairly common moth. In the circumstances, it was felt that the doubts in the case should be resolved in favour of the grocer, who was cautioned in writing to exercise more care in displaying cut rashers and similar food."

I am very grateful to Mr. Hawley for his observations and for all his ready co-operation with your Health Department throughout the year.

Milk is such an important food for the young, the elderly and the debilitated that it requires every effort to ensure its safety. Unfortunately it is subject to hazards for penicillin given to cows



with mastitis - and other antibiotics can be excreted in the milk. This could possibly cause sensitisation in the consumer and assist in the production of resistant organisms. Accordingly periodic sampling of milk is done to detect traces of penicillin but fortunately none were found in the Borough.

Similarly cows can excrete the organism which causes undulant fever in man and all un-heat-treated milk is subject to this risk. Though causing trouble in a neighbouring area, no positive was found in the thirteen routine samples taken.

#### FOOD POISONING

No cases of Food Poisoning were reported during the year.

#### NATIONAL ASSISTANCE ACT, 1948, Section 47

In one instance it was necessary to remove compulsorily from her home an elderly woman. She was aged eighty-six years and had been in bed for several months. She was quite unable to attend to herself or her needs and in fact was not in a mental state to appreciate them. She was suffering from cardio vascular failure. Her husband, aged eighty-one, and the only other person in the house had to attend to all her requirements. Due to age and physical incapacity he was quite unable to look after her adequately. His efforts and anxiety were wearing him down.

She refused to listen to her Family Doctor, the Welfare Officer or myself and was accordingly removed to Hospital on a Compulsory Order. Naturally only in the most patent need and after every voluntary effort has failed is such a step justified.

#### HEALTH EDUCATION

The Council gives generous support to the Central Council for Health Education and made full use of their propaganda material in support of health educational themes during the year. However valuable this may be it is the personal approach to the individual and particularly the school child whilst he is still in a formative stage and before set attitudes of mind have been taken up that really counts. One field in which more could be done is in the sphere of prevention of accidents in the home and particularly in those of the elderly. Old people should be given more individual advice, instruction and help over safety measures - not only by Doctors but also by Health Visitors, Home Helps, Public Health Inspectors and others trained in accident prevention. In this way only can the annual toll be reduced.



### MISCELLANY

One of the most exciting ideas projected during the year, was that of a possible Health Centre for Stamford. This would allow Doctors and Ancillary Workers in the fields of therapeutic and preventive medicine to work under a common roof. Only by integration and streamlining of the medical and socio-medical services can the best use be made of the trained personnel who already are, and for the foreseeable future will be, desperately short. The schism created by the National Health Service Act must be healed and this could well be a fundamental first step.

There are numerous instances where the bitter wind of adversity blows chill through the protective mantle of the Welfare State. The Health Department is often faced with the problem of attempting to alleviate the rigours of the situation for these cases, either through the Statutory or the Voluntary Services.

There was the family of two adults and five children aged from ten to one year living in two bedrooms of a house belonging to a coloured immigrant, of whom the mother was greatly afraid. She was almost demented through worry and anxiety.

There was the couple whose house was kept in a deplorable manner due to their inability to maintain any reasonable standard of domestic management. Three children were in the care of another Council and the one remaining was the cause of concern. Such families require every possible help from all the social services if they are to be held together.

There was the Latvian vagrant who collapsed in the centre of Stamford. He was admitted to Hospital suffering from exposure and subsequently, as he had no place to go, his transfer to a Reception Centre at Leicester was arranged. This occurred during the darkest days of winter.

There was the old lady of eighty, who in spite of self neglect, poor household management and two fires within fifteen months, stubbornly refused all offers of help. It was a great relief when she was persuaded to live with relatives.

These are just a few illustrations of the human drama which is never far from sight. There were twenty such cases in the period of this review.

The Home Help Service has continued to bring that support and help in the home which has saved many a problem family from disruption with the consequent removal of the children into care at great cost to the community and to the denial of their inalienable right - to be members of a family unit. The majority of the work lies however in the sphere of care of the elderly permitting so many to remain happily in their own homes and to maintain their highly cherished independence. Assistance is also given in domestic emergencies arising from illness or other incapacity of the housewife. This service has been



reinforced by the Good Neighbour one, whose staff is drawn from those who are able and willing to help a neighbour with small chores, to keep an eye on their needs and to pop in and maintain social contact with those who may be lonely. The accent is on informality, and for their pains the County Council will pay them a gratuity.

These Services have flourished happily during the past year under the kindly and painstaking care of Mrs. Pepper at the Barnhill Clinic.

The many voluntary endeavours to make the lot of the elderly a better one have continued. The Meals on Wheels Service of the W.V.S. carried its humanitarian work to many an elderly person's home bringing a hot meal several times a week. The visits are eagerly awaited as the expectant look on the face of the recipient testifies. The Meal has become a part of life for these people and has become a mainstay in keeping up an adequate standard of nutrition for them. This evolution having taken place it must be considered whether in fact the School Meal - excellent as it always is - is the ideal one for the elderly, and whether some appropriate adjustment for their special dietetic needs should be made to it. The abundant success of the scheme inevitably creates new problems for and demands on it. 4,229 meals were provided from the Central School Kitchen and during the school holidays 674 from Blackstones, making a total of 4,903, compared with 4,302 in 1964 and 4,114 in 1963.

The writer is still of the opinion that the diversion of the free milk supply from the over eleven year old school child to the over seventy year old pensioner, would not hurt the former in any way and would be an enormously beneficial dietetic asset to the elderly person. It was in fact disturbing that the dairying industry as a whole had resolved to abandon the half-pint sized milk bottle, as this was popular with the elderly person who lived alone. It is to be hoped that long keeping milk will be made available to replace it.

The Darby and Joan Club makes a big contribution to the lives of many elderly who look forward to their weekly meetings at it. The morning rendez-vous for those over retirement age held at the Darby and Joan Hall has its small nucleus of regulars but deserves a much bigger membership than it has. At it tea, coffee and biscuits are made available by a rota of ladies drawn from the organisations affiliated to the Old People's Welfare Committee.

Toc H and the Old People's Welfare Committee arranged the customary Christmas parcel distribution. Again this year it had to be limited to single persons or couples living alone who were over pensionable age. 366 parcels of over thirteen shillings value were packed on the Saturday and distributed on the Sunday prior to Christmas. Many letters of appreciation gave expression to the pleasure which the recipients derived from them. It is good for the community that so many voluntary workers still prefer 'Ich Dien' as their motto to the more fashionable 'Facio'.



The Co-ordinating Committee for the Welfare of the Elderly on which sit Representatives of the National Assistance Boards, the District Welfare Officer, the Meals on Wheels Organiser, the Home Help Organiser, the Health Visitors, the Housing Officer, the Consultant Physician to the Peterborough Hospital Group, a Family Doctor, the Matron of the elderly and chronic sick Hospital at St. George's and the writer; has again proved this year to be enormously worthwhile. It channels the maximum amount of help to the needy with a minimum of visitors from the various agencies charged with their care. Twenty-five cases from the Borough received this case conference treatment during the year.

The Day Hospital Centre now in its second year and under the wise and humane guidance of Dr. Jackson, continues to act as a half-way-house for those who still need hospital care, rehabilitation, occupational therapy and physiotherapy and yet are capable of sleeping at home. It prevents the long-term patient from getting the hospital ward complex, eases the bed situation and yet takes no small weight of the burden of care off the relatives. It is a great addition to the Geriatric Services which already owe so much to Dr. Jackson, for no elderly person in real medical need is ever refused admission to the wards of the Hospital; this is a measure of his achievement.

The Children at Risk Co-ordinating Committee for the southern Districts also continued to meet quarterly, dealing with the more difficult problems along the same lines as that for the elderly. Nineteen cases from the Borough were reviewed during the year.

Though every effort is taken by the Council to make Stamford a happy, healthy place in which to live and many improvements are effected annually, it is depressing that vandalism should still mar this progress. Toilets, life-saving apparatus along the Welland, noticeboards, telephone kiosks - all come in for their share of unwelcome attention and the culprits get away. Surely they thrive due to adult apathy in observing and reporting incidents which cannot always occur unnoticed. They must share part of the blame just as must the parents whose lack of concern for self-discipline and for inculcating it in their children has so largely created the climate in which this vandalism is flourishing.

The illegitimate births are down this year but the number of new cases of venereal disease is up. This is indicative of the disturbingly high incidence of sexual promiscuity. Parents are adjured to teach their toddlers sex, schools are urged to provide instruction in sex. From every cinema poster, news-stand and bookstall sex is flaunted. High power salesmanship has sold sex cynically and uninhibitedly to the teenager with all the weapons at its command. Books, plays and entertainment generally are largely dedicated to the same theme. Is it much wonder that sex has been debased, reduced to dynamics and stripped of the ethical and moral values which alone should enshrine and contain it? The Country is suffering from sexomania - sex on the brain - the worst possible place to have it. Surely the procreative forces should be put back into their proper perspective within a civilized society.



The spate of new health and social legislation continues unabated and leads one to wonder whether Western Civilization is going to follow the pattern of Ancient Rome and its own dissolution by too many laws and rules. Certainly it is hard to find time to digest it all and apply it relevantly.

The writer has been chided for being gloomy in these miscellany paragraphs in former years. This is not so; he only believes in 'knowing your enemy' whilst remaining a firm believer in the inherent goodness of the individual and holding a reverence for Life.

In drawing this report to a close I wish to refer to the death of Mr. R. H. Bentley, the District Welfare Officer. He was highly regarded and respected by very many throughout the town and he will be greatly missed especially by its older citizens.

I wish to express my sincere thanks to Councillor Gray and the other Members of the Health Committee for their steadfast interest and support, and also to the other Members of the Council.

I am indebted to Mr. Roll and his Staff for their ready help throughout the year and to Mrs. Elmer for her unfailing cheerfulness and efficiency at all times, culminating in the production of this report.

In conclusion I wish to thank the Town Clerk for his able advice and my other colleagues in the Town Hall for their full co-operation and Dr. Mackey for kindly standing by for me during my absences.

I am, Mr. Mayor, Ladies and Gentlemen,

Your obedient Servant,

*H. Ellis Smith*







SENIOR PUBLIC HEALTH INSPECTOR'S ANNUAL REPORT  
FOR THE YEAR 1965

TABULAR STATEMENT OF INSPECTIONS

Meat and Foods	431
Housing and Overcrowding	124
Infectious Diseases	39
Shops and Factories	111
Water Supplies	76
Rodent Control	344
Miscellaneous	147
Total	1272

NOTICES SERVED

	<u>Issued</u>	<u>Complied With</u>
Informal	25	17
Statutory	19	18

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MEAT INSPECTION

The number of animals slaughtered at the Municipal Abattoir totalled 13,134, another all-time record. With the greatly increasing use of the premises the ultimate limit of capacity will be reached. In the meantime pending the outcome of yet another Commission of Enquiry into the future of the meat trade little can be done except to keep the premises functioning as well as possible. Following the decision not to proceed with new premises a good deal has had to be done in the way of repairs as the premises had been to some extent deliberately 'run down' in anticipation of an early removal. Part of the cattle lairage has been rebuilt and additional offal hanging racks provided in the hanging room.

One hundred per cent meat inspection has again been maintained and the total weight of meat condemned was 23,825 lbs. It is worthy of comment that only one case of Tuberculosis was found in cattle during the whole year although the incidence continues fairly high in pigs. The high percentage of animals affected with some condition other than Tuberculosis is largely accounted for by the presence of pneumonia and parasites in lungs and of abscesses in bovine livers. The lone cow slaughtered was an emergency case which resulted in total condemnation but for statistical purposes gives a hundred per cent figure for condemnation of cow beef!



TABLE 1

	CATTLE				
	excluding Cows	Cows	CALVES	SHEEP	PIGS
No. of Animals Inspected	1318	1	3	6101	5711
<u>TUBERCULOSIS ONLY</u>					
No. of Whole Carcasses and Offals condemned	-	-	-	-	-
No. of Carcasses of which some part or organ was condemned	1	-	-	-	454
Percentage of Animals affected with T.B.	0.076%	-	-	-	7.95%
<u>DISEASES OTHER THAN T.B.</u>					
No. of Whole Carcasses and Offals condemned	3	1	-	7	8
No. of Carcasses of which some part or organ was condemned	409	-	1	416	2005
Percentage of Animals with diseases other than T.B.	31.26%	100%	33.3%	6.93%	35.25%
<u>CYSTICERCOSIS</u>					
Whole Carcasses condemned	-	-	-	-	-
Carcasses of which some part or organ was condemned	8	-	-	-	-
Carcasses submitted to treatment by refrigeration	8	-	-	-	-
Percentage of Animals affected with Cysticercosis	0.62%	-	-	-	-



TABLE 2

DETAILS OF CONDEMNED MEAT SHOWN IN TABLE 1

MEAT CONDEMNED	BEEF	MUTTON	PORK	VEAL
Whole Carcasses and Offals	4	7	8	-
Heads	15	1	330	-
Tongues	15	1	330	-
Pairs of Lungs	205	321	1475	-
Livers	163	74	174	-
Plucks (Complete)	-	3	51	-
Fats (Mesenteric)	4	-	264	-
Spleens	12	1	69	-
Hearts	20	6	179	-
Kidneys	27	-	363	-
Forequarters (part)	2	-	30	-
Hindquarters (part)	3	-	21	1
Other Parts of Carcasses	75	19	4	-

OTHER FOODSTUFFS

The following foodstuffs other than butchers' meat have also been condemned as unfit for human consumption. Once again the Table shows the diversity of foodstuffs which can now be pre-packed.

Arising from inspections, informal action was taken to secure provision of additional equipment at a grocer's shop and for a general cleaning and removal of rubbish from a greengrocers. The most interesting complaint related to a loaf of bread apparently contaminated with a foreign body but which proved ultimately to be infested with the red bread mould. Two other cases subsequently came to notice and the matter was referred to the bakery at Lincoln from which the bread emanated. There has been happily no recurrence of the complaints.

OTHER MEATS

Beef Burgers	9 pkts.	Ox Tongue	4 tins
Chicken Cakes	7	Pork	34 tins
Chipolatas	41 pkts.	Pork Sausages	28 lbs.
Corned Beef	8 tins	Steaks	46 pkts.
Ham	13 tins	Steak and kidney pies	23
Jellied Veal	9 tins	Veal, ham & egg pie	4

FISH (Wet)

Haddock	51 lbs.
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### FISH (Packaged)

Cod	25 pkts.	Pilchards	13 pkts.
Crab paste	1 jar	Plaice	18 pkts.
Fishcakes and fingers	104 pkts.	Sardines	1 tin
Haddock	10 pkts.	Salmon Cakes	13
Kippers	6 pkts.	Tuna	2 tins

### FRUIT AND PRESERVES

Apricots	34 tins	Pears	35 tins
Fruit Cocktail	67 tins	Pineapple	18 tins
Gooseberries	1 tin	Plums	4 tins
Grapefruit	16 tins	Raspberries	5 tins
Oranges	34 tins	Tomatoes	327 tins
Peaches	53 tins		

### VEGETABLES

Baked Beans	57 tins	Peas	202 pkts.
Broad Beans	21 tins	Peas	5 tins
Brussel sprouts	44 pkts.	Potatoes	16 pkts.
Carrots	13 tins		

### MISCELLANEOUS

Cheese	8 pkts.	Sausage Rolls	7 pkts.
Cornish Pasties	8 pkts.	Soup	20 tins
Evaporated Milk	6 tins		

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### ICE CREAM

There are no alterations to the Register of premises licensed for the sale of Ice Cream this year.

### PRESERVED FOOD ETC., FOOD AND DRUGS ACT

Three premises were removed from the Register, comprising a general butchers, a pork butchers and a bakehouse following the closure of the businesses.

### MILK AND DAIRIES

There are no changes in the Register to report this year.

I have been notified of the following results of samples taken by the County Public Health Inspector under the Milk Special Designation Regulations.

<u>Type of Milk</u>	<u>No. of Samples</u>	<u>Satisfactory</u>	<u>Unsatisfactory</u>
Pasteurised	18	18	-
Untreated	13	12	1

One sample of Untreated Milk failed to pass the methylene blue test.



### WATER SUPPLIES

Routine sampling of the water supplies of the Borough is now undertaken by the South Lincolnshire Water Board and during the year 513 samples were taken for bacteriological examination and all those from the supply mains were satisfactory.

Seventy-six samples of water were taken from the two swimming baths in the town.

### PET ANIMALS ACT, 1951

No additional applications for licences were received during the year.

### INFECTIOUS DISEASES, DISINFECTION AND DISINFESTATION

Enquiries were made in respect of 22 cases of Scarlet Fever and adequate measures of disinfection were carried out where appropriate.

### MOVEABLE DWELLINGS, PUBLIC HEALTH ACT 1936, Sec. 269

No new licences were issued during the year. Only minor complaints have been received from unauthorised camping in the Brownlow Street/Cherryholt Lane area following the fencing in of the greater part of the area.

### RAG FLOCK ACT, 1951

The single registration of premises under the Act remains in force.

### PEST CONTROL

146 complaints were received of which 89 were in respect of rats, 7 in respect of mice, 48 in respect of wasps, 1 in respect of cockroaches and 1 in respect of ants. 22 of the complaints were in respect of business premises. Once again, the ratio of complaints of business to private premises is almost exactly 1:3. As the total number of complaints has remained stationary it appears at any rate our rat population is not increasing.

### CLEAN AIR ACT

There have been no serious complaints from smoke nuisance this year. Sporadic complaints have apparently been due to bad stoking technique.

### HOUSING INSPECTION

Reasonable progress has been made during the year but with the next stage of the Council house Edinburgh Road extension scheme getting underway, statistics for 1966 will probably show a further improvement.



On the other hand it is disappointing to note that the cost of the High Street St. Martin's reconstruction scheme has proved prohibitive and this area still remains a problem. The remaining houses in Conduit Terrace and Exeters Court have been dealt with by individual action and there are now very few areas as distinct from individual houses remaining to be dealt with.

There is a steady demand for both Standard and Discretionary Grants and during the year 22 applications for Grants were received resulting in the award of 15 Standard Grants and 4 Discretionary Grants while 2 applications were withdrawn and 1 was refused as not complying with the conditions to qualify for Grant Aid. During the year 7 Discretionary and 10 Standard Grant schemes were satisfactorily completed. One application was received from a tenant to invoke the provisions relating to the powers to compel a landlord to carry out a Grant Aided Scheme, but in this case the landlord in fact applied for a Grant without the Council having to enforce its powers of compulsion.

Action was taken in respect of 3 premises in multiple occupation to secure the provision of adequate amenities or a reduction in the number of occupying families, and the Notices were complied with in all cases.

No. of Visits	...	...	...	...	...	...	124
No. of Houses inspected	...	...	...	...	...	...	94
No. of Houses inspected and recorded	...	...	...	...	...	...	66
No. of Visits made for the purpose	...	...	...	...	...	...	96
No. of Houses unfit for habitation	...	...	...	...	...	...	18
No. of Houses not in all respects fit	...	...	...	...	...	...	48
No. of cases of Statutory Overcrowding discovered	...	...	...	...	...	...	Nil
No. of cases of Statutory Overcrowding abated	...	...	...	...	...	...	Nil

#### Remedy of Defects

No. of Houses closed as a result of Closing Orders	...	...	...	...	...	...	6
No. of Houses closed by accepting undertakings from owners not to use for habitation	...	...	...	...	...	...	7
No. of Houses vacated in respect of which Demolition Orders were made	...	...	...	...	...	...	3
No. of Houses in respect of which new Closing Orders were made	...	...	...	...	...	...	5
No. of Houses in respect of which undertakings not to relet have been given	...	...	...	...	...	...	7
No. of Houses in respect of which Closing Orders were made in respect of part of the dwelling	...	...	...	...	...	...	1
No. of Houses made fit as a result of Informal Action	...	...	...	...	...	...	32

<u>Proceedings Under Public Health Acts</u>	...	...	...	...	...	...	Nil
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# OFFICES, SHOPS AND RAILWAY PREMISES ACT, 1963

The statistical information required under Section 60 of the Offices, Shops and Railway Premises Act, 1963, appears in the accompanying Tables.

TABLE A REGISTRATIONS AND GENERAL INSPECTIONS	Offices	2	69	21
	Retail Shops	11	113	36
	Wholesale Shops, Warehouses	-	8	5
	Catering Establish- ments Open to the Public, Canteens	-	17	15
	Fuel Storage Depots	-	-	-
	(1) Class of Premises	(2) No. of prem- ises Regis- tered during the year	(3) Total No. of Regis- tered Premises at end of year	(4) No. of Registered Premises receiving a general inspection during the year

Number of visits of all kinds by Inspector to Registered Premises - 111

TABLE C  ANALYSIS OF PERSONS EMPLOYED IN REGISTERED PREMISES BY WORKPLACE	Class of Workplace	Number of Persons Employed
	(1)	(2)
	Offices	575
	Retail Shops	629
	Wholesale Departments, Warehouses	69
	Catering Establishments Open to the Public	175
	Canteens	1
	Fuel Storage Depots	-
	Total	1449
	Total Males	630
	Total Females	819



TABLE D - EXEMPTIONS

Part I	-	Space (Section 5 (2))	-	Nil
Part II	-	Temperature (Section 6)	-	Nil
Part III	-	Sanitary Conveniences (Section 9)	-	Nil
Part IV	-	Washing Facilities (Section 10)	-	Nil

TABLE D - PROSECUTIONS

Nil

TABLE F - INSPECTORS

Number of Inspectors appointed under Section 52 (1) or (5) of the Act	-	2
Number of other staff employed for most of their time on work in connection with the Act		Nil

With regard to the special report requested in respect of lighting standards, the following are my general observations in respect of premises inspected in the last quarter of 1965.

In shops it is rare to find sole reliance placed on natural lighting. Almost invariably the standard in selling areas is considerably higher than in store-rooms, staircases, washplaces etc.

Examples of poor lighting included a shop where reliance was placed on individual lighting points rather than strip-lighting. This gave widely differing readings of intensity of illumination in different parts of the shop.

No specific standards in terms of lumens have been recommended to occupiers.

No instance of excessive glare has been discovered.

No. of Office Premises found where lighting, either natural or artificial, in lumens per square foot, measured at the working place where work is done, e.g. desk, filing cabinet, etc. was:-	less than 5	more than 5 but less than 10	more than 10 but less than 15	more than 15 but less than 25	more than 25
	0	0	2	3	1

PREMISES INSPECTED DURING THE MONTH OF NOVEMBER, 1965 (L.A. Circ. 9,  
Supplement No. 1 Para. 3)



Standards of lighting in selling areas varied from 16 - 34 lumens but in stock-rooms in no case exceeded 8 lumens with a lowest reading of 2 lumens. It would therefore appear that some statutory minimum standard should be prescribed for parts of shop premises other than selling areas.

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Some progress has been made with the operation of the above Act during the year and statistical information is given in the accompanying Tables. The Act has brought to the Public Health Inspector one entirely new side to his multifarious duties i.e. the investigation of accidents and infringement of safety regulations in shops analogous to the provisions which have been applicable to factories and enforced by H.M. Factory Inspectorate for many years. No major accidents have been brought to my notice during the year but it should be borne in mind that only accidents in which some injury occurs are reported and therefore there is not much evidence as to the actual number of accidents which do occur. It is however apparent that the principal causes are dropped articles and falls.

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Finally, I have been privileged to enjoy the same happy state of co-operation within the Health Department as hitherto and the complete loyalty and devotion of the members of my own Staff for which I am deeply grateful. I need say no more.

L. J. ROLL

Senior Public Health Inspector

Town Hall,  
Stamford,  
Lincs.

June, 1966.



# FACTORIES ACTS, 1937 to 1959

## IN RESPECT OF THE YEAR 1965

1. Inspections for purposes of provisions as to health  
(including inspections made by the Health Inspector).

Premises	Number on Register	Inspections	Number of Written Notices	Occupiers Prosecuted
(1) Factories in which section 1, 2,3, 4 & 6, are to be enforced by the Local Authority	14	21	-	-
(2) Factories not included in (1) in which section 7 is enforced by the Local Authority	77	35	-	-
(3) Other premises in which section 7 is enforced by the Local Authority (including out-workers' premises)	-	-	-	-
TOTALS	91	56	-	-



2. Cases in which defects were found.

Particulars	Number of cases in which defects were found				
	Found	Remedied	Referred		No. of cases in which prosecutions were instituted
			To H.M. Inspector	By H.M. Inspector	
Want of Cleanliness (S.1.)	-	-	-	-	-
Overcrowding (S.2.)	-	-	-	-	-
Inadequate temperature (S.3.)	-	-	-	-	-
Ineffective drainage (S.6.)	-	-	-	-	-
Sanitary Conveniences (S.7.)					
(a) Insufficient	-	-	-	-	-
(b) Unsuitable or defective	-	-	-	-	-
(c) Not separate for sexes	-	-	-	-	-
Other offences against the Act (not including Outwork)	-	-	-	-	-
TOTALS	-	-	-	-	-

There were no Outworkers listed during the year.











