

[Report 1937] / Medical Officer of Health, Westmorland County Council.

Contributors

Westmorland (England). County Council.

Publication/Creation

1937

Persistent URL

<https://wellcomecollection.org/works/ju532vy2>

License and attribution

You have permission to make copies of this work under a Creative Commons, Attribution license.

This licence permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. See the Legal Code for further information.

Image source should be attributed as specified in the full catalogue record. If no source is given the image should be attributed to Wellcome Collection.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

LIBRARY

Westmorland County Council



ANNUAL REPORT
of the
COUNTY MEDICAL
OFFICER OF HEALTH

THE YEAR 1937

Westmorland Gazette, Printers, Kendal.



Westmorland County Council



ANNUAL REPORT

of the

COUNTY MEDICAL OFFICER OF HEALTH

THE YEAR 1937

CONTENTS.

	Pages
Ambulance Facilities	28, 29
Antenatal and Postnatal Medical Supervision Scheme	16, 23
Area	6, 9
Births	7, 10
Blind Persons Act	38
Children Act	20, 21
Clinics and Centres	16, 19, 20
Deaths	7, 8, 11
Food and Drugs Acts	30—36
Health Visiting	15—20
Health Education	47, 48
Hospitals	27
Housing	29, 30
Infant Protection	20, 21
Infantile Mortality	12, 13, 14
Infectious Diseases	27, 37, 38
Laboratory Facilities	25, 26
Maternal Mortality	24
Maternity and Child Welfare	15—24
Midwives	17, 22, 23
Milk	30—36, 45, 46
Nursing Associations	15—24
Nutrition	25, 47
Ophthalmia Neonatorum	38
Orthopaedic Treatment	28, 39
Populations	9
Public Assistance Medical Relief	24
Public Health (V.D. Regulations)	46, 47
Tuberculosis	39—44
Tuberculosis Order, 1925	45
Vaccination	47
Vital Statistics	6, 7, 8

County of Westmorland.

Public Health and Housing Committee of the County Council.

Chairman: Major J. W. Cropper.

Armstrong, C. E.

Brindle, P.

Browne, Mrs. C. E.

Cochrane, Dr. J. L.

Crawdson, E.

Crosby, J.

Gibson, J.

Gregory, J. T.

Groves, H. L.

Hayes, R. W.

Hickling, A.

King, Rev. W.

Longrigg, W. F.

Mason, W.

Parkin, J.

Pattinson, G. H.

Shepherd, H. A.

Shorrocks, W. G.

Stanley, Lady Maureen

Thompson, G. E.

Wakefield, E. W.

Walker, G. H.

Wallace, W. H.

Maternity and Child Welfare Committee of the County Council.

Chairman: Major J. W. Cropper.

This Committee consists of all the Members of the Public Health and Housing Committee and the following co-opted members:—

Representing Maternity and Child Welfare Work, the County Nursing Association, etc.:—

Mrs. Crossland, Packway, Windermere.

Mrs. Chatfield, Bongate, Appleby.

Mrs. J. F. Whitehead, Appleby.

S. A. Moor, Esq., Vicarage Terrace, Kendal.

Mrs. Dent, Flass, Maulds Meaburn.
 Mrs. Gaddum, The Ghyll, Burneside.
 Mrs. J. L. O'Brien, Wraysholme, Ambleside.
 Mrs. J. Robinson, Upper Oak Street, Windermere.

Representing Medical Practitioners:—

Dr. W. D. Chapman, Helmwood, Windermere.
 Dr. J. F. Dow, Uplands, Arnside.

Sanatorium Benefit Sub-Committee.

Appointed by the County Council:—

Cropper, J. W.
 Cochrane, Dr. J. L.
 Crewdson, E.
 Greenall, C. E.
 Groves, H. L. (Chairman).
 Thomson, L. G.
 Wallace, W. H.

Appointed by the Westmorland County Insurance Committee:—

Craig, Dr. C. M.
 Graham, D.
 Johnston, Dr. G. A.
 MacLeod, Mrs.

County Milk Committee.

From County Public Health Committee:—

Cropper, J. W.
 Cochrane, Dr. J. L.
 King, Rev. W.
 Brindle, P.
 Shorrocks, W. G.

From Diseases of Animals Committee:—

Allen, J. V.
 Bainbridge, W.
 Cleasby, J.
 Dawson, R. J.
 Handley, J. (Chairman).

From Joint Agricultural Education Committee:—

Capstick, F. A.
 Gibson, J.

**PUBLIC HEALTH OFFICERS OF THE AUTHORITY
IN 1937**

Name.	Qualifications.	Office.	Whole or Part Time.	Other Offices.
W. E. Henderson	M.A., M.B., Ch.B., D.P.H.	County Medical Officer	Part	School Medical Officer, County of Westmorland and Borough of Kendal.
J. M. L. Wright	L.R.C.P., L.R.C.S., D.P.H.	Assist. do.	"	Assist. do. M. & C.W. & Inspector of Midwives.
J. Munro Campbell	M.B., Ch. B., D.P.H.	Tuberculosis Officer	"	Medical Superintendent, Meathop Sanatorium.
John Irvine	L.D.S.	County School Dental Surgeon.	"	School Dental Surgeon for Borough of Kendal.
A. Brownlie	M.B., Ch.B.	Dist. Medical Officer (Poor Law) and Public Vaccinator.	"	Private Practitioner.
A. E. Cochrane	M.B., Ch.B.	"	"	"
A. Wight	M.B., Ch.B.	"	"	"
G. A. Johnston	M.D., F.R.C.S.I.	"	"	"
R. G. Mathews	B.A., M.B., Ch.B.	"	"	"
J. R. Caldwell	M.B., Ch.B.	"	"	"
W. H. Robertson	M.B., C.M.	"	"	"
J. R. K. Thomson	M.R.C.S., L.R.C.P.	"	"	"
I. Bainbridge	M.B., B.S.	"	"	"
T. H. Gibson	M.D., M.B., C.M.	"	"	"
A. E. Ainscow	M.B., Ch.B.	"	"	"
C. H. Thackrah	L.R.C.P., L.R.C.S., L.F.P.S.	"	"	"
C. B. Byrd	M.R.C.S., L.R.C.P.	"	"	"
R. N. Gibson	M.D., M.B., Ch.B... ..	"	"	"
S. L. Sime	M.B., Ch.B.	"	"	"
J. S. Prentice	M.B., Ch.B.	"	"	"
L. A. Bull	B.Sc., M.B., Ch.B.	"	"	"
O. Stinson	M.R.C.V.S.	County Veterinary Officer	Whole	
C. J. H. Stock	B.Sc., F.I.C.	County Analyst.	Part	Public Analyst.
W. H. Fennell (J. Hodgson retired 1937)		Vaccination Officer	"	Registrar, and Relieving Officer.
A. O. Reed		"	"	"

PUBLIC HEALTH OFFICERS OF THE AUT IN 1937

Part	Office	Qualifications	Name
1	County Medical Officer	M.A., M.B., Ch.B., D.P.H.	W. E. Henderson ..
	Asst.	L.R.C.P., L.R.C.S., D.P.H.	J. M. L. Wright ..
	Asst. Tuberculosis Officer	M.B., Ch.B., D.P.H.	J. Munro Campbell ..
	County School Dental Surgeon	L.D.S.	John Irvine ..
	Medical Officer (Poor Law) and Public Vaccinator	M.B., Ch.B.	A. Brownlie ..
		M.B., Ch.B.	A. E. Cochrane ..
		M.B., Ch.B.	A. Wright ..
		M.D., F.R.C.S.I.	C. A. Johnston ..
		B.A., M.B., Ch.B.	R. G. Matthews ..
		M.B., Ch.B.	J. R. Caldwell ..
		M.B., Ch.B.	W. H. Robertson ..
		M.R.C.S., L.R.C.P.	J. R. K. Thomson ..
		M.B., B.S.	I. Bainbridge ..
		M.D., M.B., Ch.B.	T. H. Gibson ..
		M.B., Ch.B.	A. E. Ainscow ..
		L.R.C.P., L.R.C.S.	C. H. Thackrah ..
		L.F.S.	
		M.R.C.S., L.R.C.P.	C. B. Byrd ..
		M.D., M.B., Ch.B.	R. N. Gibson ..
		M.B., Ch.B.	S. I. Sime ..
		M.B., Ch.B.	J. S. Prentice ..
		B.Sc., M.B., Ch.B.	L. A. Bull ..
	County Veterinary Officer	M.R.C.V.S.	O. Stinson ..
	County Analyst	B.Sc., F.I.C.	C. J. H. Stock ..
	Vaccination Officer	(Hodgson retired 1937)	W. H. Fennell ..
			A. O. Reed ..

Blind Persons Act Committee.

Appointed by Westmorland County Council:—

Armstrong, C. E.
 Browne, Mrs. C. E.
 Crewdson, E.
 Duguid, G.
 Ellison, W.
 Greenall, C. E.
 Gregory, J. T.
 Hickling, A.
 Walker, G. H.
 Wallace, W. H.

Nominated by:—

Appleby Town Council: A. E. P. Slack.
 Kendal Town Council: W. J. Miles.
 Carlisle Workshops for the Blind: A. J. Wetherell.
 Barrow and District Society for the Blind: F. H. Robinson.
 Westmorland Public Assistance Committee: Rev. W. King (Chairman) and Mrs. Somervell.

Ex-Officio:—

Chairman of the Public Health Committee (J. W. Cropper) and Chairman of the Education Committee (A. H. Willink).

District Medical Officer of Health.

<i>Name.</i>			<i>Urban District.</i>
W. Baron Cockill, M.D., D.P.H.	...		Appleby
"	"	"	Kendal
"	"	"	Lakes Urban
"	"	"	Windermere
			<i>Rural District.</i>
"	"	"	North Westmorland.
"	"	"	South Westmorland

**To the Chairman and Members of the County Public
Health and Housing Committee.**

My Lady, Ladies and Gentlemen,

In the absence, through illness, of Dr. W. E. Henderson, the County Medical Officer, I beg to present the Annual Report on the health of the Administrative County of Westmorland during the year 1937.

The report has been prepared on the lines of previous Reports, and observations and comments on the different subjects will be found following each statistical fact.

STATISTICS AND SOCIAL CONDITIONS OF THE AREA.

Area (in acres ,land and inland water)	...	504,917
Population (Registrar-General's Estimate, 1937)		63,770
Reduced Rateable Value as on 1st April, 1937	£414,818/10/0	
Estimated product of a Penny Rate (General County) for the financial year 1937-38	...	£1,629

The County of Westmorland is largely rural in character. The leading occupation is Agriculture, in which over 30% of the males engage. Then follow the following occupations in order of numbers employed:—

- Boot and Shoe Making.
- Building and Works of Construction.
- Domestic, Food and Distribution Trades.
- Paper, Prints, Books.
- On Railways.
- Mines and Quarries.
- Textile Manufactories.
- General Labourers.
- On Roads.
- Professional Occupations.

During 1937 the average over the year of unemployment for total workers was about 5%.

EXTRACTS FROM VITAL STATISTICS OF THE YEAR 1937.

	Total.	Males.	Females.
Live Births—Legitimate ...	822 ...	445 ...	377
Illegitimate ...	62 ...	37 ...	25
	—	—	—
Total Births ...	884	482	402
	—	—	—

Birth Rate, 13.9.

Birth Rate, England and Wales, 14.9.

	Total.	Males.	Female.
Stillbirths ...	41 ...	27 ...	14

Rate per 1,000 total live and still births, 44.3.

	Total.	Males.	Female.
Deaths ...	889 ...	418 ...	471

Crude Death Rate per 1,000 of the estimated resident population, 13.9.

Corrected Death Rate per 1,000 of the estimated resident population, 12.2.

Death Rate, England and Wales, 12.4.

Deaths from Diseases and Accidents of Pregnancy or Childbirth:—

Puerperal Sepsis ...	...	...	Nil
Other Puerperal Causes ...	...	...	4

Rate per 1,000 total (live and still) births, 4.3.

Maternal Mortality Rate, England & Wales, 3.1.

Death Rate of Infants under 1 year of age:—

All infants per 1,000 live births	...	...	46.4
Legitimate infants per 1,000 legitimate live births			43.8
Illegitimate infants per 1,000 illegitimate live births			80.6
Deaths from Cancer (all ages)	...	...	110
„ „ Measles (all ages)	...	...	Nil
„ „ Whooping Cough (all ages)	...	...	5
„ „ Diarrhoea (under 2 years of age)	...	...	1

POPULATION 1937.

DISTRICT.	Area in acres: (Land and Inland Water).	Population. Registrar General's estimate for 1937.
URBAN.		
Appleby	1,877	1,618
Lakes Urban ...	49,905	5,220
Kendal	3,691	17,450
Windermere ...	9,759	5,932
RURAL.		
North Westmorland	288,685	16,910
South Westmorland	151,000	16,640
Westmorland ...	504,917	63,770

BIRTH RATE 1937.

Birth rate per 1,000 population.

District.				No. of Births 1937.	Birth Rate 1937.
Urban.					
Appleby	..	..	..	21	12.9
Lakes	..	..	..	50	9.6
Kendal	..	..	..	249	14.3
Windermere	..	..	..	65	10.9
Rural.					
North Westmorland		..	..	270	15.9
South Westmorland		..	..	229	13.8
Westmorland	..	..	..	884	13.9
England & Wales	..	..	..		14.9

The Births registered in the last 5 years were as follows:

Year	...	1933	1934	1935	1936	1937
No. of Births		871	905	896	906	884

DEATH RATE, 1937.

Death Rates per 1,000 population.

District;	No. of Deaths 1937.	Death Rate 1937.	
		Crude.	Stand- ardised.
Urban.			
Appleby	30	18.5	15.35
Lakes	85	16.3	13.3
Kendal	238	13.6	12.6
Windermere	65	10.9	8.7
Rural.			
North Westmorland	223	13.2	11.6
South Westmorland	248	14.9	12.1
Westmorland	889	13.9	12.2
England & Wales	—	12.4	—

The chief causes of deaths in 1937, in order of fatality, were as follows:—

Cause.	Number of Deaths in 1937.	Average No. of Deaths (1932-1936)
Heart Disease ...	233	212
Cancer ...	110	107
Cerebral Haemorrhage ...	69	73
Other circulatory diseases ...	50	45
Influenza ...	44	(not recorded)
Pneumonia ...	39	39
Other deaths from Violence ...	38	33
Nephritis ...	33	37
Tuberculosis of respiratory system ...	29	32
Congenital Causes ...	23	31

INFANTILE MORTALITY, 1937.

Rate per 1,000 Births.

DISTRICT.	No. of Births in 1937	No. of Deaths in 1937.	Infant Mortality Rate in 1937.
Urban.			
Appleby	21	1	48
Lakes	50	2	40
Kendal	249	14	56
Windermere	65	—	—
Rural.			
N. Westmorland	270	11	40.7
S. Westmorland....	229	13	56
Westmorland	884	41	46.4
England & Wales	—	—	58

While it is satisfactory to note that the Infant Death Rate is lower this year than last, and that it is well below the rate for England and Wales, it will be observed from the following tables that the greatest number of deaths occur during the first week of life and that the cause of the greatest number of deaths is prematurity. This points to the need for vigilant antenatal supervision.

AGE INCIDENCE OF INFANTILE MORTALITY, 1937.

DISTRICTS.	1 week.	1-2 weeks.	2-3 weeks	3-4 weeks.	Under 1 month.	1-3 months.	3-6 months.	6-9 months.	9-12 months.	Total under 1 year.
URBAN										
Appleby	—	—	—	—	—	—	1	—	—	1
Kendal	4	1	—	—	5	3	3	1	2	14
Lakes	2	—	—	—	2	—	—	—	—	2
Windermere	—	—	—	—	—	—	—	—	—	—
RURAL										
N. Westmorland	5	1	—	—	6	5	—	—	—	11
S. Westmorland	6	1	2	2	11	1	—	—	1	13
Westmorland	17	3	2	2	24	9	4	1	3	41

Analysis of Causes of Death of Infants under 1 year in 1937.

DISTRICT.	Convulsions	Bronchitis	Pneumonia	Atrophy, Debility and Marasmus.	Congenital Malformation	Prematurity	Other Causes	TOTAL	Deaths in order of Fatality.
URBAN.									
Appleby ...	—	—	—	—	—	—	1	1	Prematurity .. 15
Kendal ...	—	1	5	1	2	4	1	14	Pneumonia .. 7
Lakes	—	—	—	1	1	—	—	2	Atrophy, Debility and Marasmus .. } 6
Windermere	—	—	—	—	—	—	—	—	Congenital Malformation
RURAL.									
N. Westmorland	1	—	1	1	2	5	1	11	Other Causes .. 5
S. Westmorland	—	—	1	3	1	6	2	13	Bronchitis .. } 1
Westmorland	1	1	7	6	6	15	5	41	Convulsions ..

MATERNITY AND CHILD WELFARE.

During 1937, 32 District Nursing Associations received payments from the County Council, amounting in all to £2,326 10s. 10d., allocated as follows:—

	£	s.	d.
Maternity and Child Welfare Health Visiting...	1698	0	10
Tuberculosis After-care Visiting ...	320	0	0
School Nursing ...	308	10	0

These payments are distributed by the County Nursing Association after careful consideration of the local circumstances of each District Association. In this work hearty thanks are due to the Chairman of the County Nursing Association, Major J. W. Cropper; to the Hon. Secretary, Mrs. Gaddum; and to the Hon. Treasurer, Mr. S. A. Moor, for their valued services. The County Nursing Association has established a Pensions Scheme for nurses. This truly admirable idea is meeting with the hearty support of the District Nursing Associations.

The following extract of my report to the County Nursing Association gives a summary of the work done by the District Nursing Associations for the County Council.

REPORT OF THE ASSISTANT COUNTY MEDICAL OFFICER

On the Health Visiting carried out by the District Nurses under the headings: Infants, School Children, Infant Protection Cases, Tuberculosis, Antenatal and Maternity Cases.

Infant Welfare.

The Nurses are expected to make monthly visits to infants under a year and quarterly visits to children between the ages of 1 and 5. Mothercraft advice is given at these visits and the infants are weighed. Nurses are provided with Infant Feeding Charts from the Public Health Office, and records of the infants' progress are made by the nurses; these records are inspected twice a year, and eventually they are used at the first school medical inspection, when they are attached to the school medical record.

New Infants visited in 1937: 538.

Monthly visits to these infants: 5544.

Visits to children between 1 and 5: 5693.

Infant Protection cases visited: 18.

Maternity and Child Welfare Clinics.

Ten separate Clinics held monthly sessions during 1937. Barbon Clinic has ceased to exist on account of the small attendances. The Clinics answer several purposes. Their objects are to teach and foster an interest in mothercraft, to detect early and preventable abnormalities, to give the nurse an opportunity to discuss difficult cases with a doctor, and lastly to lighten the burden of home visiting in populous districts.

The number of Clinic Sessions was 88 (many had to be cancelled on account of epidemics and of bad weather).

Attendances of Infants: 853.

Attendances of Children (1—5): 1574.

Total number of children seen at Clinics: 575.

Total number of Expectant Mothers: 14.

School Visiting.

Visits to Schools: 605. Home Visits to School Children: 1706.

(i.e., to follow up defects found at the School Medical inspection or to follow up cases of uncleanness detected at school by the Nurse).

Maternity Nursing.

Midwifery Cases (without a doctor): 148. Maternity Nursing (with a doctor): 289. Expectant Mothers visited: 472.

The average number of cases per nurse is 14. All but six nurses had under 20 cases and only one had over 30.

The Westmorland County Council Antenatal Medical Supervision Scheme.

This came into force in 1937 and it enables midwives to take their cases to the local doctor to see if they are suitable cases to be undertaken by a midwife alone. The doctor's fee is paid by the County Council. This Scheme should be of great benefit to the Nurses, and many of them have already availed themselves of it, and it is hoped that the Nursing Associations will encourage their nurses to use the scheme in order to safeguard both the nurses and their patients.

Midwifery Lectures.

A branch of the Midwives Institute has been formed in Westmorland and a series of five lectures has been arranged, for which the branch is indebted to the Medical Practitioners of Kendal who have generously consented to give these talks. The lectures have been well attended by the nurses. The Matron of the County Hospital is the President, and by her permission the lectures are held in the Hospital.

The Nursing Association Committees can help greatly in this activity of the Midwives Institute by encouraging their nurses to attend these afternoon lectures when possible.

The district of Arnside is to be congratulated upon having formed a Nursing Association, and it has been fortunate in obtaining a Nurse with excellent qualifications and experience, who is proving by her popularity how much she is appreciated.

The standard of Health Visiting in the County is good and it is still improving. The nurses seem to be happier with the improved conditions, which have been introduced to lighten their work—cars for long distances, telephones, occasional week-end holidays, and the Superannuation Scheme—and their conscientiousness and zeal are still outstanding in their work.

Annual Report of the County Nursing Association for 1937.

Mrs. Gaddum, the Hon. Secretary, reports as follows:—

The Midwives Act, 1936, which came into operation on 1st July, 1937, has had a great influence in the running of District Nursing Associations throughout the country. From report and rumour the reactions to it have been many and varied. In Westmorland at the last Annual General Meeting it was resolved that the County Council should be asked to assume —working through the existing voluntary Associations — the financial responsibility of the Nursing Associations. This resolution was put before the Maternity and Child Welfare Committee of the County Council, and a Sub-Committee was appointed to go into the matter. It

was found that the County Council cannot take over the whole of the financial responsibility, as without legislation it is not possible for Sick Nursing to be undertaken. A Memorandum was compiled by Mr. Cropper and was passed by the County Council at their meeting in November.

By this Memorandum it is agreed that in future every Association shall be responsible only for the sum previously raised by subscriptions, donations, fees, and investments (if any). All other expenses connected with the running of a Nursing Association will be borne by the County Council, who also agree to supply cars in approved cases.

It must not be expected that the change over will run smoothly from the first. There are points such as relief duty, holiday duty and the question of cars, which will all have to be settled; but at least every Association will now know where its financial responsibility ends.

Meanwhile the work in the County has increased. A new Association started at Arnside on September 1st last, and Nurse Kerr has already been kept busy there. The Milnthorpe D.N.A. has handed over an area adjacent to Arnside which has made for more practical working for both Associations. Nurse Bruce, who was at Patterdale for many years, has retired, and Nurse Gregory has come in her place. Nurse Holloway left Witherslack in the spring, and Nurse Wallis is now at Witherslack. Nurse Parker has replaced Nurse Downen at Appleby, and Nurse Downen has married and is now Mrs. Robinson, and lives at Appleby.

Nurses' Reunion.

By the kind invitation of the Governors, the Annual Reunion was held this year at Meathop Sanatorium. Dr. Munro Campbell gave a most interesting lecture, with slides, on the modern treatment of tuberculosis. The reunion was attended by 21 nurses and several members of Nursing Associations.

Refresher Courses.

Nurse Dobson, Morland, attended the Winter School at Bedford College, London. Nurse Stoker, Staveley; Nurse Reed, Kirkby Thore; and Nurse Orr, Ambleside, attended the Post Graduate Midwives Course at Liverpool Maternity

Hospital during Whit week. The Midwives Act particularly stresses the importance of these Refresher Courses for District Nurses, and, judging by the enthusiastic letters received from the nurses after they have returned from them, they are certainly much appreciated.

Donations.

The thanks of the Association are due to Lady Henry Bentinck for again opening her garden to the public in aid of the funds, from which the sum of £7 7s. 0d. has been received.

The Hon. Treasurer of the Association, Mr. Moor, has been ill since the autumn, but it is good to be able to report that he is now very much better. Everybody will be glad to welcome him back again, but especially the Hon. Secretary, who has attempted his job, and Mr. Griffith, who kindly audits the Association's accounts.

In according the thanks due to Dr. Henderson, Dr. Wright and their staff for their helpful co-operation, the Association would like to take this opportunity of wishing Dr. Henderson a speedy recovery from his recent operation. It is nice to know that he is well on the way to convalescence.

In addition to the foregoing, the figures for the Borough of Kendal, as kindly supplied by Dr. Cockill, the Medical Officer of Health for the Westmorland Combined Districts, are added as follows:—

MATERNITY AND CHILD WELFARE CENTRE.

Number of times the Centre has been open	...	52
Number of babies under 1 year attending	... 150	
Number of children 1 to 5 years attending	... 106	
	—	256
Number of consultations for babies	... 1670	
Number of consultations for children	... 622	
Number of consultations for mothers	... 264	
Number of consultations for expectant mothers	295	
Number of consultations for postnatal mothers...	73	
	—	2924

Average no. of babies attending each session ...	32.1	
Average no. of children attending each session ...	11.9	
Average no. of mothers attending each session ...	5.	
Average no. of expectant mothers attending each session ...	5.7	
Average no. of postnatal mothers attending each session ...	1.4	
	—	56.1
Number of mothers admitted to Hospital under the Maternity and Child Welfare Act ...		25

Summary of Nurse Metcalfe's Work.

First visits to infants under 1 year ...	203	
Subsequent visits ...	1281	
Visits to children 1 to 5 years of age ...	1610	
First visits to expectant mothers ...	71	
Subsequent visits ...	154	
Still-birth enquiries ...	10	
Infant death enquiries ...	10	
Visits to Institutions ...	9	
Attendances at Centre ...	49	
	—	3397

Summary of Nurse Hughes' Work.

Visits to cases of Puerperal Pyrexia ...	57
--	----

CHILDREN ACT, 1908—PART I.

**as amended by Part V of the Children and Young Persons Act, 1932.
Infant Life Protection.**

Under the above Act the infant protection visitors are the various district nurses, who act under the direction of Dr. Wright.

This plan has proved of much value. The nurses report quarterly as to the care of the infants and furnish interim reports on any circumstances calling for immediate investigation.

In the County during 1937, the figures were as follows:—
Number of persons on the Register who were receiving children for reward at the end of the year ... 15

Number of children on the Register:—

(1) At the end of the year	...	...	18
(2) Who died during the year	...	...	Nil

It is gratifying to find that the majority of the children were in charge of worthy foster mothers who were bestowing adequate care upon their wards. The nurses in their capacity as infant protection visitors are welcomed by the foster mothers, who do their best to carry out the nurses' suggestions.

School Children.

The School Medical Service is in close touch with the Maternity and Child Welfare Work and Centres. The records of pre-school children are passed on to this Service as the child enters school life.

In 1937, including the Borough of Kendal, the nurses paid 3,188 visits to the homes in connection with school children. 2,629 children had dental treatment, 5,112 had dental inspection, and 3,530 had medical inspection. 670 children had special eye examinations.

During 1937, 13 children were in-patients at the Westmorland Sanatorium, Meathop, and 29 children were in residence at the Ethel Hedley Orthopaedic Hospital, Windermere. Further details of the work for school children will be found in my annual reports as School Medical Officer.

Nursing in the Home.

As a result of the formation of a new Nursing Association at Arnside there are now 32 District Nursing Associations, so that most of the County is covered. In this valuable work the Nursing Associations have been supported and encouraged by the County Nursing Association and by annual payments by the County Council. Our warmest thanks are due to these District Associations, to their Committees of devoted voluntary workers, and to their nurses. (See pages 15-19).

MIDWIVES ACTS, 1902, 1917 AND 1936.

Total number of notifications of Intention to Practise Midwifery in 1937: 62.

District Nurses who notified numbered 35.
Nurses in Institutions:—

- (a) Westmorland County Hospital: 6.
- (b) St. Monica's Maternity Home, Kendal: 4.
- (c) Public Assistance Institution, Kendal: 2.

Salaried Midwives employed by the County Council: 4.
Midwives in private practice: 11.

Midwives' Notification Forms received during 1937 were as follows:—

Notification of sending for Medical aid ...	... 104
Notification of Still Birth ...	... 1
Notification of Artificial Feeding ...	... 7
Notification of Laying out a Dead Body ...	... 1
Notification of Liability to be a source of Infection	5

The Midwives Act, 1936.

It was decided by the County Council that the above Act should be applied through the already existing Voluntary District Nursing Scheme, and proposals for the necessary adjustments were drawn up by the County Nursing Association and approved by the County Council.

As a result of the new scheme, each District is responsible to the County Council for an adequate midwifery service, and a uniform scale of midwifery fees has been adopted throughout the County. To facilitate the service the nurses are to have telephones, and motor cars are to be provided where large areas have to be covered.

Adjacent District Nursing Associations are being urged to form groups for relief emergency services.

In the only two areas where the nurses are not certificated midwives, arrangements have been made for the service of a neighbouring nurse who is provided with a motor car.

In the Brough and Warcop area and in Kendal, where the services of a District Nurse are not available, salaried midwives have been appointed by the County Council.

In return for this Midwifery Service by the District Nursing Associations, and to meet the requirements of the Act, the County Council has undertaken financial responsibility for approved expenditure incurred by these Associations in excess of their regular incomes from Membership Fees and Donations.

ANTENATAL AND POSTNATAL MEDICAL SUPERVISION SCHEME.

This Scheme was put into practice during 1937. It provides for three free medical examinations for expectant mothers on the recommendation of the midwife in charge of the case.

The object of the Scheme is early detection of abnormalities connected with pregnancy, and it should make for safer childbirth.

The co-operation of the doctors is greatly appreciated and is essential to the success of the scheme.

THE PUBLIC HEALTH (NOTIFICATION OF PUERPERAL FEVER & PUERPERAL PYREXIA) REGULATIONS, 1926.

During the year, 5 cases of Puerperal Fever and 8 cases of Puerperal Pyrexia were notified, making a total of 13 notifications.

The figures for previous years are as follows:—

Year.	Number of Notifications of Puerperal Pyrexia.	Number of Notifications of Puerperal Fever.	Deaths from Puerperal Sepsis.
1927	7	4	3
1928	2	1	0
1929	8	3	1
1930	11	3	2
1931	10	5	2
1932	9	1	0
1933	10	5	6
1934	4	5	2
1935	4	6	4
1936	11	4	2

MATERNAL MORTALITY.

In 1937, there were no deaths from Puerperal Sepsis. There were 4 deaths from other puerperal causes. The total rate is 4.3 per 1,000 total births, that of England and Wales being 3.1.

NURSING HOMES REGISTRATION ACT, 1927.

The 6 registered Nursing Homes were inspected. All are for maternity and general nursing. They were found to be housed, conducted and staffed satisfactorily.

CO-OPERATION WITH THE NATIONAL HEALTH INSURANCE.

This is secured in several ways. The County Council appoints 5 of its members to act as its representatives on the County Health Insurance Committee. The Chairman of the Medical Service Sub-Committee, as of the Pharmaceutical Sub-Committee, is the Rev. W. King, a member of the County Council.

The County Sanatorium Benefit Sub-Committee consists of 7 members of the County Council and 4 members appointed by the County Insurance Committee. This Sub-Committee deals in a practical and sympathetic way with the welfare of patients suffering from tuberculosis, many of whom are insured persons or their dependants.

Among the Governors of the Westmorland Sanatorium, Meathop, are representatives of the County Health Committee of the Insurance Committee.

Thanks are due to Mr. D. Webster, the Clerk of the Westmorland Insurance Committee, for his ever-ready co-operation in matters affecting our respective departments.

PUBLIC ASSISTANCE MEDICAL RELIEF.

For Public Assistance administration the County consists of two areas, South and North Westmorland. On 30th July, 1937, Dr. Bull was appointed District Medical Officer in the place of the late Dr. Graham. In the inset to page 4 will be found their names and the duties they undertake.

NUTRITION.

Westmorland remains relatively free from unemployment as compared with other areas. There is no evidence of increasing malnutrition. The Board of Education directed the School Medical Service to keep a close watch on the state of nutrition of school children. This was done during the year 1937, the school children being classified as directed by the Board as follows:—

Nutrition.		Kendal Children.		Rest of County.	
Excellent	...	...	30.4%	...	40.7%
Normal	...	...	57.9%	...	54.8%
Slightly Sub-normal	...	...	11.8%	...	4.4%
Bad	...	...	0%	...	0.04%

These percentages were struck on a total of 831 Kendal children, and 2,095 rest of County Children.

The subject of nutrition is further referred to (see page 47).

LABORATORY FACILITIES.

These consist of the following:—

1. The Westmorland Combined Districts maintain a laboratory under the direction of Dr. Cockill, the Medical Officer of Health for these Districts. This laboratory continues to serve a very useful purpose. Dr. Cockill kindly reports on the varied work undertaken in 1937 (page 26).

2. At the Westmorland Sanatorium, Meathop, sputum is examined for Tubercle Bacillus. Suitable containers are issued by the County Health Department to the doctors practising in the County.

3. Under the Public Health (V.D.) Regulations, blood and other specimens are examined at the Public Health Laboratory of Manchester University.

4. Samples of milk are examined for cleanliness by the Methylene Blue and B. Coli tests, and biologically for the Tubercle Bacillus at the Pathological Laboratory, Cumberland Infirmary, Carlisle.

5. Analyses in connection with the Sale of Food and Drugs Acts are conducted by the County Analyst at his Laboratory at Darlington.

COMBINED DISTRICTS LABORATORY REPORT, 1937.

DISTRICT.	Diphtheria.	Typhoid & Paratyphoid.		B. Abortus.	Tubercle (Sputum).	Cerebro-Spinal Fever.	Organisms.	Urine.		Water.		Milk.		Blood Disease	Gonorrhoea.	TOTALS.
		Agglutinations.	Organisms.					Bacilluria.	Deposit.	Analysis.	B. Coll.	Bacterial Count.	B. Coll.			
URBAN.	...	6	2	1	-	1	-	-	-	-	-	-	-	-	-	10
	Appleby	118	2	-	10	-	1	7	-	-	24	1	1	-	12	176
	Kendal	51	-	-	-	-	-	-	-	-	-	-	-	-	1	52
	Lakes	17	-	-	-	-	-	1	-	1	1	-	-	-	-	20
RURAL.	...	99	-	-	1	-	1	-	-	-	-	-	-	-	-	105
	N. Westmorland	53	2	-	1	1	-	3	1	7	8	-	-	9	2	87
S. Westmorland																
Total		344	6	4	12	2	2	11	1	833	1	1	1	9	15	450

HOSPITAL ACCOMMODATION.

General Hospital.

The Westmorland County Hospital continues to give its invaluable services to the County for medical and surgical cases. The Honorary Medical Staff has now been augmented by the appointment of 6 consultant specialists, among whom are an Ophthalmic Surgeon, a Laryngologist, an Orthopaedic Surgeon and a Gynaecologist.

The Maternity block has 8 beds and that these have been in regular use is proved by the fact that 126 Maternity cases have been admitted to these beds during the year. A maintenance charge is made for these maternity patients and a grant towards this cost to the patient, is allowed by the County Council in the case of women whose financial circumstances warrant it. The excellent work done by this hospital in the treatment of school children is of the greatest value in the School Medical Inspection Scheme, by which many of the defects are found.

The Council's Institutions at Kendal and Kirkby Stephen continue to serve their useful purpose, and necessitous cases, maternity and general, are undertaken by these hospitals.

Infectious Diseases.

These are treated in the Isolation Hospitals at Kendal, Windermere and Ormside.

The question of a new and improved service for Infectious Disease is still under discussion by the Council and it is hoped that a scheme will soon be decided upon.

Puerperal Fever Hospital Treatment.

During 1937 the County Hospital has found that the treatment of Puerperal Fever cases could not be undertaken and a temporary arrangement has been made accordingly, whereby these cases can be treated, provided accommodation permits, at Lancaster Isolation Hospital or at the City Fever Hospital, Carlisle.

When the new Isolation Hospital arrangements are completed provision will be made for the isolation and treat-

ment of these cases in our own county. The urgent need for the completion of an Isolation Hospital Scheme is made more apparent than ever by this added difficulty of dealing with Puerperal cases, with which we are now faced.

The institutional treatment of Mental Defectives is undertaken at Dovenby Hall, Cockermouth and at Milnthorpe and the after-care is carried out by the Cumberland and Westmorland Voluntary Mental Welfare Association.

Orthopaedic surgery for children is undertaken at the Ethel Hedley Hospital, Windermere, where there are 50 beds, and clinics are held at Kendal and Penrith.

The Hospital is approved by the Board of Education as a Hospital School. There, in 1937, 29 children were in residence, of whom 18 were the responsibility of the Education Authorities (13 County and 5 Kendal), 6 children were under the County Tuberculosis Scheme, and 5 under the County Maternity and Child Welfare Authority.

AMBULANCE FACILITIES.

The transport of sick and accident patients, organised and staffed by the St. John Ambulance Divisions in the County, continues to be well and expeditiously carried out. The arrangements have been detailed in previous reports. Our gratitude to the self sacrificing service of the men and women officers of the Westmorland Divisions is as deep as ever.

Dr. Cockill, Commissioner for the North West Area of the St. John Ambulance Association, kindly supplies the following figures for South Westmorland as to the extent of the transport undertaken in 1937:—

Ambulance Division.		Mileage covered in 1937.	
Ambleside	...	...	1,459 miles
Kendal	...	...	5,506 miles
Windermere	...	...	1,452 miles
		Total	8,417 miles

In addition, the following attendances on transport duty by the Nursing Divisions have been made:—

Nursing Division.	Number of Attendances.		
Ambleside	...	...	10
Kendal	...	...	146
			—
Total	...	...	156
			—

North Westmorland, Appleby and Penrith have their facilities for ambulance work provided by the Penrith Joint Ambulance Committee.

The ambulance service has proved to be adequate for the needs of the area.

Two motor ambulances are available (one at Kendal, the other at Ormside Isolation Hospital, North Westmorland) for the transport of the infectious sick.

THE HOUSING (RURAL WORKERS) ACT, 1931.

Increasing use is being made of the provisions of this Act. The applications submitted to your Committee receive careful consideration, it being insisted on that the occupants of the reconditioned cottages are genuine rural workers and not "week-end" immigrants.

In 1937 the following works were completed:—

No. of Cottages.	Situation.	Works carried out.	Grant.
2	Newbiggin	Conversion of Barn	£180
3	Kirkby Stephen	Reconstruction	255
1	Ravenstonedale	Conversion of Farm Buildings	100
1	Ormside	Reconstruction	80
1	Kaber	do.	80
1	Little Strickland	do.	80
1	Longmarton	do.	100
1	do.	do.	90
2	Great Musgrave	do.	180
1	Barton	Conversion of Barn	75
1	Clifton	Reconstruction	100

In 1937 the following works were started:

No. of Cottages.	Situation.	Works under construction.	Grant.
I	Ravenstonedale	Reconstruction	£90
I	Bolton	do.	80
I	do.	do.	100
I	do.	Conversion of Barn	100
I	Kings Meaburn	Reconstruction	100
I	Longmarton	do.	100
I	Great Asby	do.	100

FOOD AND DRUGS (ADULTERATION) ACT, 1928.

The Analyst for the County (excluding the Borough of Kendal) is Mr. C. J. H. Stock, B.Sc., F.I.C. The collection of the samples is in the hands of the County Police.

The County Analyst reports as follows for the year 1937:—

Annual Report of the County Analyst.

1. During the 12 months ended the 31st December, 1937, I have analysed 106 samples of Food and Drugs submitted by the Inspectors appointed under the Food and Drugs (Adulteration) Act, 1928, for the County of Westmorland, viz:—

From the Appleby Division	...	53
From the Kendal Division	...	53
		106

The number of samples shows a decrease of 1 as compared with the number submitted during the year 1936, which difference is accounted for by a decrease of 2 in the number of Milk samples, and an increase of 1 in the number of samples of other articles taken for analysis during the year.

2. The table given hereunder summarises the results of the analysis of these samples, and shows what action was taken in respect of those samples which were found not to be of genuine quality, and the outcome of such action:—

No. of Milk samples submitted	...	...	68
No. of samples of other articles	...	...	38
			106

No. of samples adulterated or below standard	...	...	7
No. of samples of genuine quality below standard	...	...	5
No. of samples of doubtful quality	...	...	0
No. of samples of abnormal quality	...	...	0
No. of samples taken in course of delivery (reference)	...	...	1
No. of samples taken on appeal to the cow	...	...	2
No. of persons cautioned	...	...	0
No. of persons summoned	...	...	2
No. of persons convicted	...	...	2
No. of persons to pay costs only	...	...	0
No. of cases withdrawn	...	...	0
No. of cases in which no action was taken	...	...	1
No. of persons noted for further sampling	...	...	4
No. of cases pending at end of year	...	...	0

Amount of Fines	...	...	£4 0 0
Amount of Costs	...	...	£13 14 2

The number of samples adulterated or below standard is exactly the same as during 1936, while it was 6 in 1935, a comparison which shows that the number of samples in connection with which adverse reports have been given maintains a very constant level.

3. The percentage of adulteration for the year is 6.79; for the 12 months ended the 31st December, 1936, it was 7.00. All samples reported as not being of genuine quality are included in these figures, and genuine samples below standard are taken into account in the total number for the purpose of calculation, but reference and appeal samples are not included.

4. The number of samples of Milk taken during the year in the ordinary course of inspection was 65, of which 6 samples were found to be adulterated or below standard, while 5 samples were returned as being below standard but of genuine quality.

In connection with the samples which were adulterated or below standard, 1 reference sample and 2 appeal samples were taken, all 3 of which were of genuine quality.

Altogether 54 samples were submitted which complied with the requirements of the Sale of Milk Regulations, 1901, and were, consequently, of genuine quality. The average composition of these genuine samples was:—

Non-fatty Solids	...	...	8.75%
Fat	...	...	3.95%

For the previous 12 months the average for 53 genuine samples was:—

Non-fatty Solids	...	...	8.87%
Fat	...	...	3.76%

Comparison of these figures shows that the general quality of the milk produced in the County maintains a high average for those samples which are genuine, and that there is little variation in composition from year to year.

There were 5 samples reported as being of genuine quality but below standard, and of these 4 samples were deficient in Non-fatty Solids only, and 1 sample was deficient both in Non-fatty Solids and in Fat. It is worth while to restate the analytical figures obtained in these cases, in order to show the value of the freezing point (Hortvet) test as an aid to the investigation of samples which fall below the limit of 8.50% for Non-fatty Solids in Milk, below which figure any sample is presumed to be adulterated by the addition of water under the Sale of Milk Regulations, 1901, unless the contrary is proved.

The figures found on analysis were as follows:—

Sample No.		Non-fatty Solids.		Fat.		Freezing Point (Hortvet).
V.1/37.		8.22%		2.95%		-.552° C.
V.2/37.		8.29%		3.45%		-.548° C.
T.3/37.		8.29%		3.80%		-.536° C.
ZW.2/37.		8.06%		3.50%		-.539° C.
W.7/37.		8.27%		3.30%		-.558° C.

The range of freezing point (Hortvet) generally recognised as being applicable to genuine, unwatered milk, is from -530 degrees C. to -560 degrees C., therefore any suggestion that these samples which fell below the 8.50% limit for Non-fatty Solids contained extraneous water could not be entertained.

By contrast, the figures afforded by a sample which was reported as containing additional water, and of the reference sample taken in connection with it, are of considerable interest:—

Sample No.	Non-fatty Solids.		Fat.		Freezing Point (Hortvet).
U.1/37.	8.33%		3.72%		-511° C.
U.4/37 (Reference sample).	8.83%		3.45%		-560° C.

These figures leave no possible doubt of the presence of water which was not natural to the milk in sample No. U.1/37, a conclusion at which the Magistrates arrived after hearing the evidence.

As already stated, 6 samples of milk were reported as being adulterated or below standard, one of which has been dealt with above, and the only one during the year which was found to contain extraneous water; the other 5 samples all disclosed deficiencies of Fat, 4 of which were so slight as to require no further action other than noting the names of the vendors for further sampling.

In the fifth case the sample was deficient in Fat to the extent of 20.0% when judged by the limit of 3.0% for Fat in Milk, set up in the Sale of Milk Regulations, 1901, and in connection with this sample, 2 appeal samples were taken, both of which were genuine, although in one the Non-fatty Solids were only 8.44%, but the freezing point (Hortvet) was -540 degrees C., showing that this deficiency was a natural one, while the Fat was 3.62% and 3.45% in the two samples respectively.

In this case the vendor was summoned and the Magistrates found the charge against him proved.

The percentage of adulteration for Milk during 1937 is 9.23, in which figure are included all samples adulterated or below standard, and in the total number genuine samples below standard, but reference and appeal samples are not included: the figure for the 12 months ended the 31st December, 1936, was 11.11.

Other Samples.

5. Articles other than Milk submitted for analysis during the year were represented by 38 samples comprising 25 different commodities, 24 of which were foodstuffs, and 1 was a drug.

The following table shows the nature and number of these articles:—

Almonds, Ground	...	...	2
Baking Powder	...	...	1
Butter	...	...	3
Cake	...	...	1
Camphorated Oil	...	...	1
Cheese	...	...	3
Cheese Spread	...	...	1
Coffee	...	...	2
Custard Powder	...	...	1
Fish Paste	...	...	1
Flour, Self-raising	...	...	1
Ice Cream	...	...	4
Lard	...	...	1
Margarine	...	...	3
Marmalade	...	...	1
Meat Paste	...	...	1
Mixed Spice	...	...	1
Peas, Tinned	...	...	1
Rice, Ground	...	...	1
Sauce	...	...	1
Sausage	...	...	1
Sausage, Preserved	...	...	1
Suet, Shredded	...	...	3
Tea	...	...	1
Wine, Non-Alcoholic	...	...	1

Only one of these samples was found not to be up to standard and that was a sample of Shredded Suet which contained only 82.28% of Fat, whereas it should have contained 83.0%, but subsequent samples of the same brand proved to be of genuine quality.

The whole of the remainder of the samples complied with their descriptions and were of satisfactory quality.

6. The work of the past 12 months presents no exceptional features and calls for no further comment.

Signed, CYRIL J. H. STOCK.

For the Borough of Kendal the analyst is Mr. W. H. Roberts, M.Sc., F.I.C., Liverpool.

The Medical Officer of Health in his Annual Report for 1937 for the Borough of Kendal includes the following information:—

Article.	No. of Samples	Result.	Remarks.
MILK	60	Genuine.	
MILK	1	2.82% Milk Fat 9.25% Non-Fatty Solids.	Deprived of 6% of its milk fat. Vendor warned. Further samples proved satisfactory.
MILK	1	2.65% Milk Fat 9.20% Non-Fatty Solids.	Deprived of 11% of its milk fat. Vendor warned. Further samples proved satisfactory.
MILK	1	2.87% Milk Fat. 9.13% Non-Fatty Solids	Deprived of 5% of its milk fat. Vendor warned. Further samples proved satisfactory.
MILK	1	2.32% Milk Fat 9.48% Non-Fatty Solids	Deprived of 22% of its milk fat. Vendor warned. Further samples proved satisfactory.
MILK	1	2.35% Milk Fat 8.91% Non-Fatty Solids	Deprived of 16% of its milk fat. Check sample taken at farm proved satisfactory. Farmer tendered an explanation of the probable cause of the deficiency and this was accepted in view of his previous good record.
MILK	1	9.90% Milk Fat 7.30% Non-Fatty Solids	} Abnormal quantities of milk fat due to carelessness in not adequately stirring the milk. Vendor warned but see following sample.
MILK	1	9.30% Milk Fat 7.80% Non-Fatty Solids.	
MILK	1	2.35% Milk Fat 8.91% Non-Fatty Solids.	Milk deprived of 21% of its milk fat. Legal proceedings taken and vendor fined 10/-.
CREAM	2	Genuine	
TINNED CREAM	1	"	
TEA	1	"	
EMPIRE BUTTER	4	"	
FARM BUTTER	1	"	
SAUSAGES	11	"	
"	1	"	Contained preservative which was correctly declared, and in accordance with Regulations.
COFFEE	1	"	
MARGARINE	1	"	
	91		

In the milks the highest fat content was 9.9% and the highest non-fatty solids content 9.5%

The average percentage of milk fat and non-fatty solids in all milks (genuine and non-genuine) was 3.99% and 8.94% respectively.

It is necessary to exercise care in the proper stirring of milk. A plunger (with a perforated disc) is the best device to use for this purpose.

PUBLIC HEALTH (MILK AND CREAM) REGULATIONS, 1912.

	Number of samples examined for presence of preservatives.		Number of samples which contained preservatives.	
Milk	...	68	...	Nil.
Cream	...	3	...	Nil.

NOTIFIABLE DISEASES.

	Smallpox	Scarlet Fever	Diphtheria	Paratyphoid Fever.	Erysipelas	Pulmonary Tuberculosis	Other Forms of Tuberculosis	Pneumonia	Encephalitis Lethargia	Acute Poliomyelitis	Acute Polioencephalitis	Cerebro-spinal Fever.	Relapsing Fever	Puerperal Pyrexia	Puerperal Fever	Ophthalmia Neonatorum
Appleby	—	5	1	—	—	2	—	1	—	—	—	1	—	—	—	—
Kendal	—	11	2	—	8	21	2	2	1	—	1	—	2	2	2	—
Lakes	—	5	3	—	2	7	2	7	—	—	—	—	—	2	—	1
Windermere	—	4	1	—	—	3	3	6	—	—	—	—	—	1	—	—
North Westmorland ..	—	87	10	1	5	7	8	43	—	9	—	—	1	2	2	2
South Westmorland ..	—	24	4	—	6	8	2	4	—	—	—	—	—	1	1	1
Total 1937 ⁴	—	136	21	1	21	48	17	63	1	9	1	1	3	8	5	4
Average notified 1926-30	—	175	24	—	23	56	14	94	4	1	—	—	—	6 1927-30	3	1

Notifiable Diseases (other than Tuberculosis) during the Year 1937.

Age.	Smallpox.	Scarlet Fever.	Diphtheria.	Paratyphoid Fever.	Puerperal Fever	Puerperal Pirexia.	Pneumonia.	Erysipelas.	Ophthalmia Neonatorum.	Encephalitis Lethargica	Cerebro-Spinal Fever.	Acute Poliomyelitis.	Acute Polio-encephalitis.	Relapsing Fever
Under 1 year ..	—	1	—	—	—	—	2	—	4	—	—	—	—	—
1 " ..	—	3	—	—	—	—	2	—	—	—	—	3	—	—
2 " ..	—	4	—	—	—	—	3	1	—	—	—	—	—	—
3 " ..	—	4	1	—	—	—	—	1	—	—	—	—	—	—
4 " ..	—	13	—	—	—	—	2	—	—	—	—	1	—	—
5 " ..	—	52	6	1	—	—	3	1	—	—	—	1	—	—
10 " ..	—	27	6	—	—	—	2	—	—	—	—	1	1	—
15 " ..	—	14	5	—	—	—	6	1	—	—	—	2	—	—
20 " ..	—	11	1	—	3	6	11	2	—	1	1	1	—	2
35 " ..	—	5	1	—	2	2	7	4	—	—	—	—	—	—
45 " ..	—	2	1	—	—	—	12	9	—	—	—	—	—	—
65 or over ..	—	—	—	—	—	—	13	2	—	—	—	—	—	1
Total Cases notified ..	—	136	21	1	5	8	63	21	4	1	1	8	1	3
Cases admitted to Hospital ..	—	123	13	1	2	2	—	4	1	1	1	8	1	2
Total Deaths ..	—	—	2	—	—	—	22	—	—	1	1	1	—	—

NOTIFIABLE DISEASES.

A table will be found on page 37 detailing the incidence of these diseases in 1937. The Registrar General has supplied figures as to the incidence per 1,000 population of notifications of certain diseases in 1937 in England and Wales. In the following table the incidence of notifications of these diseases in Westmorland is compared with that of England and Wales:—

Notification Rates per 1,000 of Population in 1937.

Disease.	Westmorland.	England and Wales.
Scarlet Fever	2.1	2.33
Diphtheria	0.32	1.49
Enteric Fever	Nil.	0.05
Erysipelas	0.32	0.37
Pneumonia	0.99	1.36

BLIND PERSONS ACT, 1920.

This Act is administered by a Committee appointed under a Scheme of date January 1st, 1932.

On page 5 will be found the names of the members of this Committee.

The examination and certification previous to the registration of a blind person is carried out by the Assistant County Medical Officer.

The Barrow and District Society for the Blind and the Carlisle Workshops for the Blind render most valuable help in all matters pertaining to the Blind.

Prevention of Blindness.

This subject is under consideration by the County Council.

The number of blind persons resident in the administrative county on the Register at the end of 1937 was 83.

Dr. C. Alston Hughes, of Rodney Street, Liverpool, is the appointed Referee. His help is much appreciated.

Ophthalmia Neonatorum.

In 1937, 4 cases of this disease were notified. No impairment of vision resulted owing to prompt treatment.

TUBERCULOSIS.

In the following Table are the figures for the notifications of and deaths from Tuberculosis in 1937.

TUBERCULOSIS IN 1937.

Age Periods.	NEW CASES.				DEATHS.			
	Pulmonary.		Non-Pulmonary.		Pulmonary.		Non-Pulmonary.	
	M.	F.	M.	F.	M.	F.	M.	F.
0— ..	—	—	—	—	—	—	—	—
1— ..	—	—	—	2	—	—	—	2
5— ..	4	2	2	2	—	1	1	1
15— ..	6	6	2	4	—	3	1	—
25— ..	5	9	—	—	3	5	—	—
35— ..	4	—	2	1	6	2	—	—
45— ..	4	3	1	—	2	4	—	—
55— ..	3	2	—	1	2	2	—	1
65— ..	—	—	—	—	—	—	—	—
TOTALS ..	26	22	7	10	13	17	2	4

In 1937, 48 patients, of whom 9 were observation cases, were admitted to the Westmorland Sanatorium Meathop, (see page 43, table xiv).

Eight patients suffering from surgical tuberculosis received in-patient treatment as follows:—

In the Ethel Hedley Orthopaedic Hospital, 6 (two doubtful cases).

In the Oswestry Hospital 1

In the Manchester Hospital for Skin Diseases 1

The report which follows (pages 40-44) has been prepared by Dr. J. Munro Campbell, the Clinical Tuberculosis Officer, who is also Medical Superintendent of the Westmorland Sanatorium Meathop.

**CLINICAL TUBERCULOSIS OFFICER'S REPORT,
FOR THE YEAR 1937.**

Dispensaries.

Fellside School, Kendal—Every Friday, 11 a.m. to 12 noon.

Fellside School, Kendal—1st Tuesday in each month, 6 p.m.
to 7 p.m.

Briardene, Appleby — 1st Saturday in February, May,
August and November, from
1-30 p.m. to 3 p.m.

Meathop, Grange-over-Sands—By appointment.

Consultations are carried out at any time, by arrangement.

The Tuberculosis scheme for the County of Westmorland is administratively controlled by the County Medical Officer of Health, and the clinical work is carried out by the Medical Superintendent of Westmorland Sanatorium, for whose services the County Council pay the Governors of the Sanatorium.

The figures as shown in Table XI, pages 41 and 42, show very little change as a whole. The number of patients on the Dispensary Register is 260 now, as compared to 263 a year ago. The only marked changes are the increased figures under the headings Dispensary attendances, X-Ray examinations, and specimens of sputum sent for examination—these are all to the good.

Table XI.

Diagnosis.	Pulmonary.				Non-pulmonary.				Total.				Grand Total
	Adults.		Children.		Adults.		Children.		Adults.		Children.		
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	
A.—New Cases examined during the year (excluding contacts):													
(a) Definitely tuberculous ..	17	15	2	1	5	3	3	2	22	18	5	3	48
(b) Diagnosis not completed ..	—	—	—	—	—	—	—	—	4	3	—	—	7
(c) Non-tuberculous ..	—	—	—	—	—	—	—	—	32	23	6	4	65
B.—Contacts examined during the year:—													
(a) Definitely tuberculous ..	1	—	2	1	—	—	—	—	1	—	2	1	4
(b) Diagnosis not complete ..	—	—	—	—	—	—	—	—	—	—	1	—	1
(c) Non-tuberculous ..	—	—	—	—	—	—	—	—	5	9	7	7	28
C.—Cases written off the Dispensary Register as													
(a) Recovered ..	2	3	1	—	2	1	3	3	4	4	4	3	15
(b) Non-tuberculous (including any such cases previously diagnosed and entered on the Dispensary Register as tuberculous)	—	—	—	—	—	—	—	—	40	34	16	11	101
D.—Number of Persons on Dispensary Register on Dec. 31st:—													
(a) Definitely tuberculous ..	99	84	17	10	12	15	11	6	111	99	28	16	254
(b) Diagnosis not completed ..	—	—	—	—	—	—	—	—	4	3	1	—	8

1. Number of cases on Dispensary Register on January, 1st 260	2. Number of cases transferred from other areas and cases returned after discharge under Head 3 in previous years 7
3. Number of cases transferred to other areas, cases not desiring further assistance under the scheme, and cases "lost sight of" 22	4. Cases written off during the year as Dead (all causes) 20
5. Number of attendances at the Dispensary (including Contacts) 479	6. Number of Insured Persons under Domiciliary Treatment on the 31st December 9
7. Number of consultations with medical practitioners: (a) Personal 58 (b) Other 62	8. Number of visits by Tuberculosis Officers to homes (including personal consultations) 215
9. Number of visits by Nurses or Health Visitors to homes for Dispensary purposes 1274	10. Number of :— (a) Specimens of sputum, examined 146 (b) X-Ray examinations made in connexion with Dispensary work 234
11. Number of "Recovered" cases restored to Dispensary Register, and included in A (a) and A (b) above .. 1	12. Number of "T.B. plus" cases on Dispensary Register on December 31st .. 109

The results of treatment of the Westmorland patients are shown in Table XII, and expresses the condition on discharge.

Table XII.

Classification on admission to the Institution.		Condition at time of discharge.	Duration of Residential Treatment in the Institution.															
			Under 3 months, but exceeding 28 days.			3-6 months.			6-12 months.			More than 12 months.			Total.	Less than 28 days.		
			M.	F.	Ch	M.	F.	Ch	M.	F.	Ch	M.	F.	Ch		M.	F.	Ch
Pulmonary Tuberculosis	Class T.B. minus. 11 cases.	Quiescent	1	-	-	2	3	-	-	2	2	-	-	-	10	-	-	-
		Not Quiescent	-	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Class T.B. plus Group 1.	Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Not Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Class T.B. plus Group 2 12 cases.	Quiescent	-	-	-	-	1	-	1	-	-	-	-	-	2	-	-	-
		Not Quiescent	-	-	-	2	-	-	3	1	-	1	2	-	9	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	1	-	-	1	-	-	-
	Class T.B. plus Group 3 13 cases.	Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Not Quiescent	-	1	-	3	-	-	-	-	-	1	-	-	5	-	-	-
		Died in Institution ..	1	-	-	1	-	-	1	2	-	1	-	-	7	-	1	-
Non-Pulmonary Tuberculosis	9 cases.	Quiescent	-	-	-	1	-	-	-	1	5	-	-	-	8	-	-	-
		Not Quiescent	-	-	-	-	-	-	-	-	-	1	-	-	1	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL ..															44	-	1	-

The results of treatment of the Westmorland shown in Table XII, and expresses the condition

Tabelle XII.

Classification on admission to the institution.	Condition at time of discharge.	Duration of stay						Total
		Under 3 months	3-6 months	6-9 months	9-12 months	Over 12 months	Not stated	
Pulmonary Tuberculosis	Died in Institution ..							
	Not Quiescent ..							
	Quiescent ..							
	Total ..							
Non-Pulmonary Tuberculosis	Died in Institution ..							
	Not Quiescent ..							
	Quiescent ..							
	Total ..							

In addition to the cases tabulated there have also been non-pulmonary cases at the Ethel Hedley Hospital, Calgarth, Windermere.

OBSERVATION CASES.

Table XIII.

Diagnosis on discharge from observation.	For Pulmonary Tuberculosis.						For Non-Pulmonary Tuberculosis.						Total		
	Stay under 4 weeks			Stay over 4 weeks			Stay under 4 weeks			Stay over 4 weeks					
	M	F	Ch	M	F	Ch	M	F	Ch	M	F	Ch	M	F	Ch
Tuberculous ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Non-Tuberculous	3	1	1	1	-	1	-	-	-	-	-	-	4	1	2
Doubtful	-	-	-	1	-	-	-	-	-	-	-	-	1	-	-
Totals	3	1	1	2	-	1	-	-	-	-	-	-	5	1	2

Table XIV.

			In Institutions on Jan. 1.	Admitted during the year.	Discharged during the year	Died in the Institution	In Institutions on Dec. 31.
Number of Patients.	Adults	M.	12	17	17	5	7
		F.	9	17	12	3	11
	Ch'd'n		5	5	7	—	3
Number of Observation Cases.	Adults	M.	—	5	5	—	—
		F.	—	1	1	—	—
	Ch'd'n		—	3	2	—	—
Total			26	48	44	8	22

Dental treatment carried out on patients admitted to the Sanatorium is shown in the following table:—

Table XV.

				1937
Extractions	..	..	..	40
Fillings	..	..	..	10
Scalings	..	..	..	—
Dentures Repaired	..	..		1
Dentures (part) supplied			}	5
Dentures (full) supplied				
Consultations	..	..		39
No. of patients treated				11

The Westmorland County Council have nine shelters which can be loaned to patients for their use on some suitable site near their home. The present locations of these shelters are:—Kendal, Grasmere, Milnthorpe (2), Bowness, Cliburn, Burton, Patterdale and Kirkby Lonsdale.

The Dispensary attendances remain fairly steady, and the monthly evening dispensary at Kendal remains popular and probably has the highest average attendance. The home visiting and general keeping in touch with notified cases continues to be satisfactorily carried out by the respective nurses, and my sincere thanks are due to them for their reports and records, particularly in the cases of Nurse Hinde and Nurse Parker, who also assist me at the Kendal and Appleby Dispensaries respectively.

Finally I would record with thanks my appreciation of the cordial co-operation of the medical practitioners in the County of Westmorland and neighbouring districts.

BOVINE TUBERCULOSIS.

The Tuberculosis Order, 1925, is carried out by the County Veterinary Officer in co-operation with the County Agricultural Officer and the County Police.

In 1937, 25 animals were destroyed as follows:—

Cows in milk	...	...	10
Other Cows or Heifers	...	...	15
Other Bovine	...	...	0
			25

The total compensation paid in 1937 to owners was £81 17s. 6d. With regard to the 10 cows in milk, 2 had tuberculosis of the udder, 6 showed emaciation and 2 had chronic cough. Both cows with udder tuberculosis were found by the bulk milk biological examination which proved positive for T.B.

I desire to thank Mr. Stinson, County Veterinary Officer, for his ever ready and valued help in investigating bovine tuberculosis.

BACTERIOLOGICAL AND BIOLOGICAL EXAMINATION OF MILK.

The systematic examination of milk samples for the bacterial count and for the presence of *Bacillus Tuberculosis* was commenced in November, 1932.

The following figures deal with the period November, 1932, to 31st December, 1937:—

BIOLOGICAL EXAMINATION OF MILK
(For the presence of *Bacillus Tuberculosis*).

Period.	Total Cows.	Samples reported on.		T.B.	
				Neg.	Pos.
14th Nov., 1932, to 31st Dec., 1936	.. 25236	..	1847	.. 1831	16
1st Jan., 1937 to 31st Dec., 1937	.. 5653	..	378	.. 373	5
Total ..	30889		2225	2204	21

BACTERIOLOGICAL EXAMINATION OF MILK IN 1937

(Methylene Blue Test for Cleanliness).

	Total Cows.	No. of bulk samples.	Satis- fact- ory.	satis- fact- ory.	Neg. for B. Coli.	Coliform Bacilli present in m/l.		
						1 tube.	2 tubes	3 tubes.
Non-Accredited Producers ..	5420	367	117	250	111	21	48	181

The regular supervision of accredited milk is carried out by the County Agricultural Organiser.

The foregoing figures show that in the biological examination of Milk for *Bacillus Tuberculosis*, of 2,225 bulk samples representing the milk from 30,889 cows, 21 samples contained the germ.

Immediately on receipt of a positive Laboratory report on a sample the County Veterinary Officer examines the herds involved, excludes from the milk herd any suspected cows, takes individual samples from such cows for biological examination, and a bulk sample from the rest of the herd. Cows proved to be yielding the germ in their milk are destroyed.

As regards the Methylene Blue Test and the B. Coli tests for cleanliness, the above figures show that a considerable number of the samples are not of a high standard of cleanliness.

A duplicate copy of the laboratory report on each sample is passed to the Medical Officer of Health of the Westmorland Combined Districts, who, through the various Sanitary Inspectors, informs the milk producer. When an unsatisfactory report is received steps are taken to encourage the producer in question to overhaul his methods and to secure cleaner milk. The active co-operation of the County Agricultural Organiser is invaluable here.

PUBLIC HEALTH (VENEREAL DISEASES) REGULATIONS.

Westmorland patients are treated at the V.D. Clinic at the North Lonsdale Hospital, Barrow-in-Furness, at the Cumberland Infirmary, Carlisle, and from time to time at the Preston Royal Infirmary and at the Darlington Clinic.

25 new patients underwent treatment at the clinics in

RETURN

[illegible]

VACCINATION RETURNS.

Registration Sub-Districts comprised in the Vaccination Officer's District.	No. of Births returned in the "Birth List Sheets" as registered from 1st Jan. to 31st Dec. 1936.	No. of these Births duly entered by 31st Jan., 1938, in Columns I, II, IV & V of the "Vaccination Register" (Birth List Sheets), viz. :—					No. of these Births which on 31st Jan., 1938, remained unentered in the "Vaccination Register" on account (as shown by "Report Book") of			No. of these Births remaining on 31st Jan., 1938, neither duly entered in the "Vaccination Register" (columns 3, 4, 5, 6 & 7, of this Return) nor temporarily accounted for in the "Report Book" (columns 8, 9 & 10 of this Return).	Total number of certificates and copies of certificates of successful Primary vaccination of children under 14 received during the calendar year 1937.	No. of Statutory Declarations of Conscientious Objection actually received by the V.O. irrespective of the dates of birth of the children to which they relate, during the calendar year, 1937.
		Col. I. Successfully vaccinated.	Col. II. Insus-ceptible of Vaccination.	Had Small-pox.	Col. IV. No. in respect of whom Statutory Declarations of Conscientious objection have been received.	Col. V. Died unvaccinated.	Postpone-ment by medical certificate.	Removal to Districts the vaccin-ation officers of which have been duly apprised	Removal to places un-known, or which cannot be reached, and cases not having been found.			
Milnthorpe ..	89	41	—	—	26	5	2	—	—	15	48	37
Ky. Lonsdale ..	48	23	—	—	12	3	2	—	—	8	28	12
Ambleside ..	127	53	1	—	57	2	—	1	—	13	59	43
Kendal ..	369	88	1	—	188	15	4	7	5	61	94	193
Lowther ..	61	23	1	—	12	4	8	3	5	5	19	13
Morland ..	62	13	—	—	28	3	4	2	6	6	7	25
Appleby ..	83	24	—	—	52	1	2	—	1	3	25	44
Ky. Stephen ..	60	16	—	—	40	4	—	—	—	—	16	43
Orton ..	43	8	—	—	28	2	1	1	3	—	8	25
Shap ..	(Created on 1st October, 1937, by the merger of Lowther and Morland).											4
	942	289	3	—	443	39	23	14	20	111	304	439

1937, of whom 14 were suffering from Gonorrhoea, 5 from Syphilis and 6 from other conditions. The total attendances of patients, old and new, numbered 235.

All applicants, before admission to St. Monica's Maternity Home for unmarried mothers, have the Wasserman test applied. Should any prove positive they are admitted to the Hope Maternity Hospital, Leeds, for appropriate treatment. One patient was treated there in 1937.

One patient was admitted to the City General Hospital, Newcastle-on-Tyne, and 1 patient to the North Lonsdale Hospital, Barrow-in-Furness.

In 1937, 94 blood specimens were sent to the Public Health Laboratory, Manchester, of which 10 were positive and 83 were negative and 1 doubtful.

VACCINATION ACTS.

On the inset facing this page will be found a summary of the returns of the Vaccination officers. There were, in 1937, 17 Public Vaccinators and 2 Vaccination Officers.

HEALTH EDUCATION.

Every opportunity is taken to hand on health news by the Health Visitors in the homes, at the Maternity and Child Welfare Centres, and by means of health lectures at the meetings of such organisations as the Women's Institute, Mothers' Unions, Scouts and Guides.

The Board of Education Syllabus on Health and Hygiene is taught in the schools, and the medical inspection visit often concludes with a health talk to the pupils. Modern physical training is conducted in the schools under the able direction of Miss Woodger, the County Physical Training Organiser. All this is in line with the Government's Physical Fitness Campaign.

In 1937 many talks were given by both Medical Officers. The health subjects treated at meetings for adults have been, for the most part, connected with the much-discussed question of nutrition, such as "Food and Fitness," "Protective Foods," "Clean Milk," etc.

The Ministry's Health Posters and Leaflets have been generously distributed to every available group; Factories, Libraries, Women's Institutes, Schools, Clinics have all been helpful in co-operating in the Health Propaganda drive.

Leaflets on Infant Feeding, and diet sheets for the expectant mother, have been prepared and given to the mothers at the Clinics in the County, and to the nurses and Health Visitors.

We are grateful to the Health and Cleanliness Council and to the Dental Board for the free supply of their admirable posters.

I beg to record, on behalf of Dr. Henderson and myself, our deep indebtedness to our colleagues for their valued help; to Dr. Munro Campbell, the County Tuberculosis Officer, who most ably co-operates with us and with the doctors, whose confidence he has long ago secured; to Dr. Cockill, the Medical Officer of Health, for the Westmorland Combined Districts, we are daily indebted for helpful co-operation; to Mr. Stinson, the County Veterinary Surgeon, I tender special thanks for his able and effective co-operation; and to Mr. Irvine, the School Dental Surgeon.

Again thanks are due to the Doctors practising in the County for their valued co-operation in the many aspects of our work and for their ready acceptance of the Antenatal Supervision Scheme.

My special thanks are due to the two members of our clerical staff, Miss Clark and Miss Huck, whose assistance throughout the year in dealing with the ever-increasing clerical work and in the preparation of this and other reports, has been invaluable.

I should like to close this report with a personal reference to the absence of our Medical Officer, Dr. Henderson, whose sudden and serious illness at the beginning of the year, caused the deepest concern to his many friends.

The good news of his satisfactory convalescence is welcome to us all, and, in company with the other members of his staff, I wish him a complete recovery and restoration of health.

I have the honour to be,

Your obedient servant,

JESSIE M. L. WRIGHT,

Assistant County Medical Officer of Health.



