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WESTMORLAND COUNTY COUNCIL

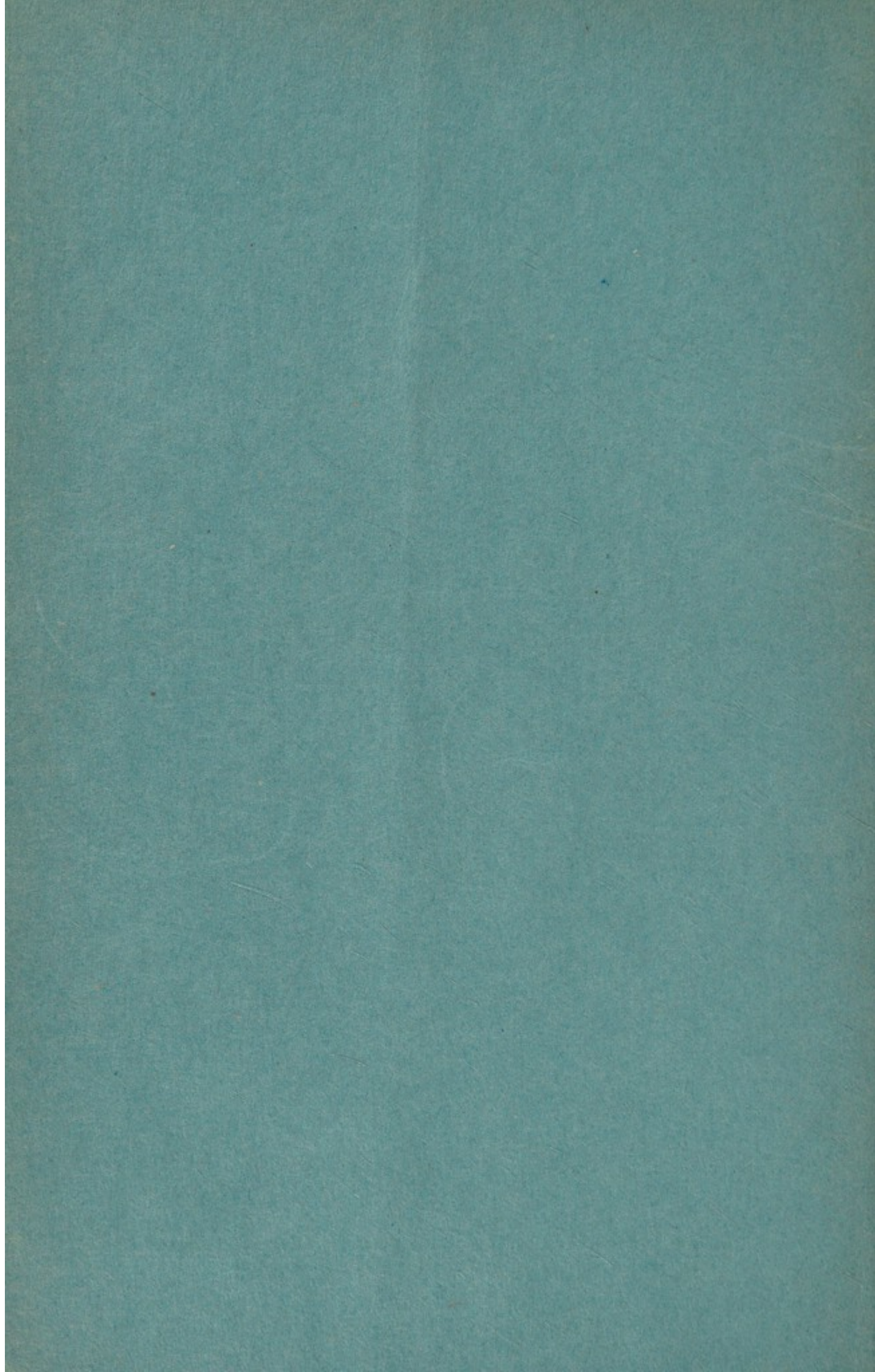


ANNUAL REPORT

of the

**COUNTY MEDICAL
OFFICER OF HEALTH**

THE YEAR 1938



WESTMORLAND COUNTY COUNCIL



ANNUAL REPORT

of the

**COUNTY MEDICAL
OFFICER OF HEALTH**

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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.
 Crewdson, E.
 Crosby, J.
 Dawson, J. R.
 Gibson, J.
 Gordon, C. F.
 Gregory, J. T.
 Groves, H. L.
 Hayes, R. W.
 Hickling, A.
 King, Rev. W.
 Mason, W.
 Parkin, J.
 Pattinson, G. H.
 Shepherd, H. A.
 Shorrock, W. G.
 Stanley, Lady Maureen
 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:—

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

From Diseases of Animals Committee:—

Allen, J. V.
 Bainbridge, W.
 Cleasby, J.
 Dawson, R. J.
 Handley, J.

From Joint Agricultural Education Committee:—

Capstick, F. A.
 Gibson, J.

PUBLIC HEALTH OFFICERS OF THE AUTHORITY IN 1938

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.	"	"	"
C. J. H. Stock	B.Sc., F.I.C.	County Analyst.	Part	Public Analyst.
W. H. Fennell		Vaccination Officer	"	Registrar, and Relieving Officer.
A. O. Reed		"	"	"

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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,

I beg to present the Annual Report on the health of the Administrative County of Westmorland.

STATISTICS AND SOCIAL CONDITIONS OF THE AREA.

Area (in acres, land and inland water)	...	504,917
Population (Registrar-General's Estimate, 1938)	...	63,450
Reduced Rateable Value as on 1st April, 1938,		£418,822/10
Estimated product of a Penny Rate (General County) for the financial year 1938-1939	...	£1,637

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

Boot and Shoe Making.

Domestic, Food and Distribution Trades.

Building and Works of Construction.

General Labourers.

On Roads.

Engineering.

Paper, Prints, Books.

Textile Manufactories.

Mines and Quarries.

In Laundries.

On Railways.

Professional Occupations.

During 1938 the average over the year of unemployment for total workers was about 5 per cent.

EXTRACTS FROM VITAL STATISTICS OF THE YEAR 1938.

	Total.	Males.	Females.
Live Births—Legitimate	... 843	... 450	... 393
Illegitimate	... 41	... 24	... 17
Total Births	... 884	474	410

Birth Rate, 13.9.

Birth Rate, England and Wales, 15.1.

	Total.	Males.	Females..
Stillbirths	... 27	... 13	... 14

Rate per 1,000 total live and still births, 29.6.

	Total.	Males.	Females..
Deaths	... 803	... 391	... 412

Crude Death Rate per 1,000 of the estimated resident population, 12.65.

Corrected Death Rate per 1,000 of the estimated resident population, 11.1.

Death Rate, England and Wales, 11.6.

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, 4.4.

Maternal Mortality Rate, England and Wales, 2.97.

Death Rate of infants under 1 year of age :—

All infants per 1,000 live births	...	...	55
Legitimate infants per 1,000 legitimate live births...			57
Illegitimate infants per 1,000 illegitimate live births			24
Infantile Death Rate, England and Wales		...	53
Deaths from Cancer (all ages)	...	...	126
„ „ Measles (all ages)	...	...	5
„ „ Whooping Cough (all ages)	...	...	1
„ „ Diarrhoea (under 2 years of age)		...	2

POPULATION, 1938.

DISTRICT.	Area in acres: (Land and Inland Water).	Population. Registrar General's estimate for 1938.
URBAN.		
Appleby	1,877	1,573
Lakes Urban ...	49,905	5,211
Kendal	3,691	17,470
Windermere ...	9,759	5,876
RURAL.		
North Westmorland	288,685	16,880
South Westmorland	151,000	16,440
Westmorland ...	5 04,917	63,450

BIRTH RATE, 1938.

Birth Rate per 1,000 population.

District.				No. of Births 1938.	Birth Rate 1938.
Urban.					
Appleby	..	..	..	29	18.4
Lakes	..	..	..	60	11.5
Kendal	..	..	..	233	13.3
Windermere	..	..	..	67	11.4
Rural.					
North Westmorland	..	..	..	271	16.05
South Westmorland	..	..	..	224	13.6
Westmorland	..	..	..	884	13.9
England & Wales	..	..	..		15.1

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

Year	...	1934	1935	1936	1937	1938
No. of Births		905	896	906	884	884

DEATH RATE, 1938.

Death rates per 1,000 population.

District:	No. of Deaths 1938.	Death Rate 1938.		
		Crude.	Stand- ardised.	
Urban.				
Appleby	23	14.6	12.1	
Lakes	66	12.7	10.4	
Kendal	216	12.4	11.5	
Windermere	82	13.95	11.16	
Rural.				
North Westmorland	197	11.7	10.2	
South Westmorland	219	13.3	11.7	
Westmorland	803	12.65	11.1	
England & Wales	—	11.6	—	

The chief causes of deaths in 1938, in order of fatality, were as follows :—

Cause.	Number. of Deaths in 1938.	Average No. of Deaths (1933-1937).
Heart Disease ...	208	219
Cancer ...	126	110
Other defined diseases ...	79	(not recorded)
Cerebral Haemorrhage ...	64	72
Other circulatory diseases ...	47	47
Congenital Causes ...	34	30
Senility ...	30	(not recorded)
Nephritis ...	29	40
Pneumonia ...	25	37
Other Deaths from Violence ...	24	37
Tuberculosis of Respiratory System	24	31

INFANTILE MORTALITY, 1938.

Rate per 1,000 Births.

DISTRICT.	No. of Births in 1938	No. of Deaths in 1938.	Infant Mortality Rate in 1938.
Urban.			
Appleby	29	1	34
Lakes	60	—	—
Kendal	233	11	47
Windermere	67	3	45
Rural.			
N. Westmorland	271	20	74
S. Westmorland....	224	14	62
Westmorland	884	49	55
England & Wales	—	—	53

AGE INCIDENCE OF INFANTILE MORTALITY, 1938.

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
URBAN										
Appleby	1	—	—	—	1	—	—	—	—	—
Kendal	8	—	—	—	8	—	2	—	1	11
Lakes	—	—	—	—	—	—	—	—	—	—
Windermere	1	—	1	—	2	1	—	—	—	3
RURAL										
N. Westmorland	9	4	—	—	13	2	—	1	4	20
S. Westmorland	11	1	2	—	14	—	—	—	—	14
Westmorland	30	5	3	—	38	3	2	1	5	49

Analysis of Causes of Death of Infants under 1 year in 1938.

DISTRICT.	Gastritis	Convulsions	Bronchitis	Pneumonia	Atrophy, Debility and Marasmus.	Congenital Malformation	Prematurity	Other Causes	TOTAL	Deaths in order of Fatality.
URBAN.										
Appleby ...	—	—	—	—	—	—	1	—	1	Prematurity .. 19
Kendal ...	1	—	—	2	1	1	6	—	11	Pneumonia .. 9
Lakes	—	—	—	—	—	—	—	—	—	Other Causes .. 8
Windermere	—	—	—	2	—	—	—	1	3	Atrophy, Debility and Marasmus .. 6
RURAL.										
N. Westmorland	—	1	—	2	5	—	7	5	20	Congenital Malformation 5
S. Westmorland	—	—	—	3	—	4	5	2	14	Gastritis } 1
Westmorland	1	1	—	9	6	5	19	8	49	Convulsions .. }

MATERNITY AND CHILD WELFARE.

During 1938 the following payments were made to the District Nursing Associations from the County Council:—

	£	s.	d.
Maternity and Child Welfare Health Visiting...	1310	0	0
Tuberculosis After-care Visiting	326	13	4
School Nursing	321	10	0
Midwives Act Services	1749	16	8
Total ...	£3708	0	0

An extract follows from a report by the Assistant County Medical Officer of Health to the County Nursing Association on the work done by the District Nursing Associations for the County Council.

Maternity and Child Welfare Work carried out by the District Nursing Associations in Westmorland in 1938.

There are 34 District Nurses working in Westmorland and all the domiciliary health services, under the direction of the local health authority are carried out by these nurses. Their services are now available in every part of the County, however remote, thanks to the careful planning and revision of areas undertaken by the County Nursing Association and the various District Committees.

The Nurses with large areas to cover have been provided with cars so that they are now, more or less, a mobile team which greatly increases the efficiency of the service, and allows for greater interchange of relief work among the Nurses.

Now that unqualified persons are prohibited from attending maternity cases in this area it is very necessary that the local Associations should form groups of at least three nurses for midwifery emergencies. A mutual relief arrangement between two nurses is not an efficient safeguard as each may be held up with a case at the same time.

The following is a summary of the health work of the nurses:—

Maternity.

Midwifery cases numbered 199. Maternity cases (with a doctor) 278. The average number of cases per Nurse is 14 but the returns show great variation in the numbers of maternity cases in the different districts. The Nurses in Clifton, Kirkby Lonsdale, Kirkby Thore, Shap, Staveley, Troutbeck and Windermere, have all dealt with 20 or more cases each and the Appleby and Tebay Nurses have each had 30 and over in the year. There is an increase from last year of 40 maternity cases, and it is encouraging to know that this year again there were no maternal deaths from puerperal fever in the County.

The Medical Ante-natal Supervision Scheme is being freely used by the midwives, for the benefit and safety of their patients. In addition to the maternity cases 81 ante-natal cases which had arranged to go to hospitals or out of the area, were supervised by our Nurses. This ante-natal care is a valuable part of their work.

Infant Welfare.

546 first visits were paid to infants under 1 year, and 6,521 total visits. 6,786 visits were paid to children between 1 and 5. All children are visited by the Nurses until they go to school.

Infant Protection Cases. (Registered foster children up to 9 years old).

These numbered 17 at the end of the year. All the reports were satisfactory.

Maternity and Child Welfare Clinics.

11 separate monthly clinics are held in different villages where there is a sufficient population to furnish an average attendance of 20-25. A new clinic has been established at Kirkby Lonsdale and the attendances have been good.

These clinics are run by a local committee of devoted workers, on a voluntary basis, with a little help from the County Council. The object is to foster an interest in mothercraft and to help to lighten the home visiting for the nurse.

The total number of children who attended the clinics was 154 under one year, and 472 over one year. The total attendances numbered 2685. These figures indicate a substantial increase in the year in actual children and attendances at clinics, and this is due partly to the influence of the Nurse in bringing her patients and dealing tactfully with mothers and children at the clinic and to the kindly treatment and welcome cups of tea provided by the invaluable voluntary workers.

The clinic days represent an afternoon of hard work for the Nurse and doctor, as well as for the helpers, and when the attendance gets into the region of 50, as has been the case in some clinics this year, it is felt to be getting even beyond what might be called a "howling success."

School Visiting.

821 visits were paid to schools, which includes assistance at the School Medical Inspection, and 2,099 visits to homes to follow up the treatment of defects in school children.

A.R.P.

Three courses of anti-gas training have been given for the Nurses in Westmorland by Dr. Delahunty, an official of the Home Office. Certificates have been gained by 28 Nurses, who have shown great keenness to take advantage of these opportunities of training for National Service. It is hoped that further group training will be available in the future.

The health work of the Nurses this year has been excellent in all respects.

ANNUAL REPORT OF THE COUNTY NURSING ASSOCIATION FOR 1938.

The Honorary Secretary for the County Nursing Association reports as follows:—

It is really very satisfactory to be able to report that in September, 1938, the last two District Nursing Associations required in Westmorland were formed—one at Brough and the other at Warcop.

During the year six cars have been supplied, and by the generosity of two Associations who had a balance in their Car Funds which they handed over, a seventh car—a good second-hand one—was able to be bought for a District whose car was in a bad way and costing a lot of money in repairs.

The question of finding suitable Nurses for holiday and relief work becomes increasingly difficult. It is very much to be hoped that as the supply of cars helps to open out districts, adjacent Associations will make every effort to help each other, if not for holidays, at least in times of sickness and for the quarterly week-ends which the Midwives Act recommends that Nurses should have.

Refresher Courses. Two Nurses were sent to the Winter School, held at Bedford College at the end of December. These were Nurse Thornborrow (Old and New Hutton and Natland) and Nurse Slack (Milnthorpe). Both Nurses appear to have appreciated being sent and to have enjoyed the Course, as well as finding it most instructive and helpful.

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	...	131
Number of children 1 to 5 years attending	...	184
	—	315
Number of consultations for babies...	...	1267
Number of consultations for children	...	1151
Number of consultations for mothers	...	271
Number of consultations for expectant mothers		299
Number of consultations for post-natal mothers		50
	—	3038
Average sessional attendances:—		
For babies	...	24.4
For children	...	22.2
For mothers	...	5.2
For expectant mothers	...	5.7
For post-natal mothers	...	0.9
	—	58.4
Number of mothers admitted to Hospital under the Maternity and Child Welfare Act	...	26

Summary of Nurse Metcalfe's Work.

First visits to babies under 1 year	...	236
Subsequent visits	...	1110
Visits to children 1 to 5 years	...	1630

In 1938, including the Borough of Kendal, the Nurses paid 2,795 visits to the homes in connection with school children. 2,455 children had dental treatment, 5,536 had dental inspection, and 3,291 had medical inspection. 616 children had special eye examinations.

During 1938, 9 children were in-patients at the Westmorland Sanatorium, Meathop, and 13 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 new Nursing Associations at Brough and Warcop, there are now 34 District Nursing Associations, so that the whole 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—18).

MIDWIVES ACTS, 1902, 1917 AND 1936.

Total number of Midwives practising at the end of the Year 46, of these District Nurses numbered 32.

Nurses in Institutions: 11, viz.:—

(a) Westmorland County Hospital	...	6
(b) St. Monica's Maternity Home, Kendal	...	1
(c) Public Assistance Institution, Kendal	...	1
(d) Private Nursing Homes	...	3

Salaried Midwives employed by the County Council: 2.
Midwives in private (domiciliary) practice: 1.

Midwives' Notification Forms received during 1938 were as follows:—

Notification of sending for Medical Aid	...	162
Notification of Artificial Feeding	...	17
Notification of Still Birth	...	3
Notification of Death	...	3
Notification of Laying Out a Dead Body	...	7
Notification of Liability to be a source of infection	...	9

The Midwives Act, 1936 is carried out in the County by the District Nursing Services and in the Borough of Kendal by the two Salaried Midwives employed directly by the County Council.

ANTENATAL AND POSTNATAL MEDICAL SUPERVISION SCHEME OF MIDWIVES' CASES.

This Scheme operates in the County of Westmorland and the Borough of Kendal.

During the year 1938 reports on the number of women examined were as follows:—

No. of women antenatally examined		No. of reports	
85	County of Westmorland	114	County of Westmorland
47	Borough of Kendal	58	Borough of Kendal
132		172	

The results of the antenatal examinations on the 132 women were as follows:—

	Normal cases to be undertaken by a midwife.	Abnormal cases to be undertaken by a doctor.	Abnormal cases to be admitted to Hospital for confinement.
County ...	70	9	6
Kendal ...	39	5	3
	109	14	9

In addition 1 case from the County was admitted to Hospital for antenatal medical treatment. X-ray examination was recommended for 1 Kendal patient. Extra nourishment was recommended and granted for 2 County Cases. There were 10 County and 7 Kendal cases recommended for Dental Treatment.

No. of women Postnatally examined.		No. of reports.	
County ...	29		29
Kendal ...	31		31
	60		60

As a result of the postnatal examinations, treatment was recommended for various minor ailments (14 patients) and 1 operation was recommended.

Two County and 8 Kendal patients were recommended for Dental Treatment.

DENTAL TREATMENT FOR EXPECTANT AND NURSING MOTHERS

arising from the Antenatal and Postnatal Medical Supervision Scheme.

This Scheme was started during 1938 and operates in the County of Westmorland and the Borough of Kendal.

The patients are referred by the general practitioners under the Antenatal and Postnatal Medical Supervision Scheme, for urgent dental treatment only. Such cases referred are requested to render a statement of income, and if this falls within the County Council income scale, free treatment is allowed. The patient then visits her own private dental surgeon for examination. An estimate is rendered to the County Medical Officer, the fees on the same scale as the National Health Insurance Scale, and when this estimate has been approved treatment is proceeded with. The anaesthetist's fee in approved cases is also paid by the County Council.

Patients who require dentures and are unable to pay for them are referred to the Public Assistance Department. The Public Health Scheme does not include the provision of dentures. No applications for dentures were made to the Public Assistance Department during the year.

Dental treatment given during 1938 is as follows:—

	Antenatal.		Postnatal.	
Numbers referred under Scheme found to be in need of treatment	17	(10 County) (7 Kendal)	...	10 (2 County) (8 Kendal)
Numbers who received treatment	6	(3 County) (3 Kendal)	...	4 (2 County) (2 Kendal)

Numbers of treatments

(a) fillings	...	Nil	...	Nil
(b) number of teeth extracted	...	140 (63 County) (77 Kendal)	...	65 (42 County) (23 Kendal)
(c) Number of ad- ministrations of general an- aesthesia	...	5 (2 County) (3 Kendal)	...	4 (1 County) (3 Kendal)

Of the 11 antenatal (7 County and 4 Kendal), and 6 postnatal cases (all Kendal), who were referred under the Scheme and did not receive treatment, 6 County antenatal cases were over the scale for allowing free treatment, 2 (1 County, 1 Kendal) antenatal cases had treatment through their own National Health Insurance, and 3 Kendal antenatal cases had not had treatment at the end of the year. Of the 6 postnatal cases, 5 (Kendal) patients were over the scale and 1 (Kendal) had not turned up for treatment at the end of the year.

The benefits derived from the Antenatal and Postnatal Medical Supervision Scheme and the Dental Treatment Scheme are obvious from the foregoing report on the first year of the Scheme.

With the co-operation of the expectant mothers it is hoped that in future no expectant mother will pass through the antenatal and postnatal stage without one or more thorough medical examinations by her own doctor.

More applications are being received from these cases for dental treatment as a result of the doctor's advice, and it is hoped that a more complete scheme for this and for other treatment, may be undertaken in the near future.

The cost of dental treatment for cases in Kendal Borough is undertaken by the County Council which operates the Medical Supervision Scheme, but the Borough has been requested to consider undertaking responsibility for this within its own Maternity and Child Welfare Scheme.

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

During the year 2 cases of Puerperal Pyrexia were notified.

The figures for previous years are as follows:—

Year.	Number of Notifications of Puerperal Pyrexia.		Number of Notifications of Puerperal Fever.		Number of Deaths from Puerperal Sepsis.	
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
1937	...	8	...	5	...	0

SUPPLY OF MILK AND FOOD TO EXPECTANT AND NURSING MOTHERS AND INFANTS.

During the year 1938, 2,999 gallons of milk and 121 pounds of dried milk were supplied free to expectant and nursing mothers and infants. In addition, eggs were supplied to one expectant mother. 608 pounds of dried milk were sold at cost price at the various clinics.

This extra nourishment scheme is in accordance with the policy strongly advocated by the Ministry of Health.

HOME HELPS.

Home Helps were granted by the Council in 2 cases.

MATERNITY HOSPITAL TREATMENT.

Cases Assisted during 1938.

21 patients received the grant for the Maternity Ward of the Westmorland County Hospital, under the County Council Maternity Hospital Scheme. Also one patient was admitted to the Carlisle City General Maternity Hospital.

MATERNAL MORTALITY.

In 1938 there were no deaths from Puerperal Sepsis. Four deaths occurred from other puerperal causes.

The total mortality rate was 4.4 per 1,000 total births; that of England and Wales was 2.97.

NURSING HOMES REGISTRATION ACT, 1927.

There are 6 registered Nursing Homes for Maternity and General Nursing.

They have been inspected and were found to be conducted 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 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.

Copies of the record of a child's Infant and School Medical Schedules are forwarded to the Insurance Department on request by the Committee. These are applied for by the Practitioners when first taking a school-leaving child, who has obtained employment, on his panel.

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. At the end of the year Dr. Bull, District Medical Officer for Orton, removed from the County. Dr. Murray is to be appointed in his place. In the inset to page 4 will be found the doctors' 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 1938, the school children being classified as directed by the Board as follows:—

Nutrition.		Kendal Children.		Rest of County.	
Excellent	...	...	33.6	...	60.0
Normal	...	...	60.4	...	36.0
Slightly Sub-normal	...	...	5.9	...	3.9
Bad	...	...	.0	...	0.05

These percentages were struck on a total of 842 Kendal children, and 1,914 rest of County children.

The subject of nutrition is further referred to (see page 48).

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 1938 (page 27). Some of the work previously undertaken at this laboratory has, during the last two months of the year, been transferred to the Cumberland Pathological Laboratory, Carlisle.

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, 1938.

DISTRICT.		Diphtheria.	Tubercle (Sputum).	Typhoid & Paratyphoid.	Gonorrhoea.	Water.		Organisms.	Bacilluria.	B. Abortus.	Anemia	TOTALS.
						Analysis.	B. Coli.					
URBAN.												
Appleby	...	5	-	-	-	-	-	-	-	1	-	5
Kendal	...	112	7	-	12	-	24	8	7	-	-	171
Lakes	...	33	-	-	1	-	-	3	-	-	-	37
Windermere	...	14	-	6	-	-	-	1	-	-	-	21
RURAL.												
N. Westmorland		45	-	-	-	-	-	-	-	-	-	45
S. Westmorland		109	1	2	1	10	11	6	2	1	4	147
TOTAL		318	8	8	14	10	35	18	9	2	4	226

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 consists of 6 consultant specialists, among whom are an Ophthalmic Surgeon, a Laryngologist, an Orthopaedic Surgeon and a Gynaecologist.

The Maternity block has 8 beds, to which 151 maternity cases have been admitted 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 necessary 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.

Since the County Hospital has ceased to admit cases of Puerperal Fever these cases are treated, provided accommodation permits, at Lancaster Isolation Hospital or at the City Fever Hospital, Carlisle. Four such cases were treated at Carlisle and Lancaster during the year.

When new Isolation Hospital arrangements are completed, provision will be made for the isolation and treatment 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 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 1938, 19 children were in residence, of whom 10 were the responsibility of the Education Authorities (6 County and 4 Kendal), 4 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 for the voluntary service of the men and women officers of the Westmorland Divisions is as deep as ever.

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.

HOUSING (RURAL WORKERS) ACTS, 1926-1938.

In 1938 the following works were completed:—

No. of Cottages.	Situation.	Works carried out.	Grant.
2	Crosby Garrett	Reconstruction	£200
2	Kirkby Stephen....	do.	180
3	do.	do.	270
2	do.	do.	180
2	Newbiggin	Conversion of Barn	180
2	Great Musgrave....	Reconstruction	180
1	King's Meaburn	do.	100
1	Clifton	do.	100
1	Longmarton	do.	100
1	Bolton	do.	80
1	do.	Conversion of Barn	100
1	Soulby	Reconstruction	85
1	Ravenstonedale	do.	100
1	do.	do.	90
1	Shap	do.	75
1	Warcop	do.	100
2	Underbarrow	do.	£173/6/8
1	Grasmere	do.	100
2	Preston Richard	do.	50
10	do.	do.	450
4	Holme	do.	300†

In 1938 the following works were started:—

No. of Cottages.	Situation.	Works under construction.	Grant.
1	King's Meaburn....	Reconstruction	£56
1	Orton	do.	100
1	Dufton	Conversion of Smithy	100
1	Milburn	Reconstruction	100
1	do.	do.	100
1	Beetham	do.	100
2	Kirkby Stephen....	do.	200
4	do.	do.	400
1	do.	do.	90
1	do.	do.	100
1	Kirkby Lonsdale	do.	50
1	do.	do.	60
3	Brough	do.	300
1	Milnthorpe	do.	74
3	Bampton	do.	250
1	Hilton	do.	50
1	Ravenstonedale	do.	100
1	Sockbridge	do.	100

† £383 also advanced on loan.

FOOD AND DRUGS (ADULTERATION) ACT, 1928.

The Analyst for the County (excluding the Borough of Kendal) is Mr. C. H. J. 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 1938:—

Annual Report of the County Analyst.

During the 12 months ended the 31st December, 1938, I have analysed 104 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	...	...	49
From the Kendal Division	...	...	55
			104

There was a decrease of 2 in the number of samples submitted during 1938 as compared with the number received for analysis in 1937, a difference which may be accounted for by a decrease in the number of milk samples taken and a slight increase in the number of other articles submitted during the year.

The table appended hereto gives a summary of the results of the analysis of the samples received, and shows the action taken in respect of those samples which were found not to be of a genuine quality and the outcome of such action:—

No. of Milk samples submitted	...	...	...	65
No. of samples of other articles	...	...	...	39
				104
No. of samples adulterated or below standard	...	...	...	7
No. of samples of genuine quality below standard	...	...	...	0
No. of samples of doubtful quality	...	...	...	0
No. of samples of abnormal quality	...	...	...	0
No. of samples taken in course of delivery (reference)	...	...	...	0
No. of samples taken on appeal to the cow	...	...	...	2
No. of persons cautioned	...	...	...	2

No. of persons summoned	...	...	...	0
No. of persons convicted	...	...	...	0
No. of persons to pay costs only	...	...	...	0
No. of cases withdrawn	...	...	...	0
No. of persons in which no action was taken	...	...	...	3
No. of persons noted for further sampling	...	...	...	2
No. of cases pending at end of year	...	...	...	0
Amount of fines	...	...	...	None
Amount of costs	...	...	...	None

During 1938 the number of samples found to be adulterated or below standard, which was seven, is the same as during 1936 and 1937, and since the figures for the three years include all samples, either adulterated or below standard, which have not otherwise been shown to be of genuine quality, it is evident that there is no gross adulteration normally in the County.

The percentage of adulteration for the year is 6.86; for the 12 months ended the 31st December, 1937, it was 6.79, figures which are, for all intents and purposes, identical.

In these figures all samples reported as not being of genuine quality are included, and genuine samples below standard are always taken into account in the total number for the purpose of calculation, but reference and appeal samples are invariably excluded.

The number of samples of Milk taken in the ordinary course of inspection throughout the year was 63, of which 7 samples were found to be adulterated or below standard.

In connection with the samples reported as being adulterated or below standard, two appeal samples were taken, one of which was found to be slightly deficient in Non-fatty Solids, but with a freezing point (Hortvet) which was normal for genuine, unwatered milk, while the other appeal sample complied with the requirements of the Sale of Milk Regulations, 1901.

The number of Milk samples submitted which complied with the requirements of the above Regulations and were, therefore, of genuine quality was 56, and these samples had an average composition which is shown below:—

Non-fatty Solids	...	...	8.82%
Fat	...	...	3.71%

For the year 1937 the average composition of 54 genuine samples was:—

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

Once again comparison of the annual averages indicates that the general quality of the Milk produced in the County as represented by the genuine samples consistently maintains a satisfactory level and that, from year to year, there is but little variation.

Of the seven samples, all Milk, which were reported as being adulterated or below standard, one sample was deficient in Non-fatty Solids and in Fat, whilst the other six samples were all deficient in Fat, the lowest figure found being 2.70%, representing a deficiency of 10.0% of the amount of Fat which should have been present amongst these six samples.

An appeal taken from the same source of supply was genuine, and the vendor was cautioned.

In the case of the sample disclosing the deficiency in both Non-fatty Solids and in Fat, the freezing point (Hortvet) showed that the deficiency in Non-fatty Solids was due to some natural cause, and this was borne out by comparison with the appeal sample which was taken, also deficient in Non-fatty Solids but giving a normal freezing point (Hortvet).

The complaint in this case was owing to a considerable deficiency in Fat, an appeal sample which was taken containing the satisfactory amount of 3.60% of Fat, but as the milk from which the original sample was purchased was bottled milk, and the actual cows yielding the milk could not be traced, the only action was to administer a caution.

The percentage of adulteration for Milk during 1938 was 11.11, and for the twelve months ended the 31st December, 1937, it was 9.23, and in 1936 it was 11.11.

Other Samples.

Samples of articles other than Milk submitted for analysis during the year were represented by 39 samples comprising 27 different commodities, 26 of which were either food-stuffs or articles used in the preparation of food, and one is more properly described as a drug since it is included in the British Pharmacopoeia, ed. 1932 under the synonym of Cream of Tartar.

The nature and number of these articles is given in the table below:—

Almonds Ground	...	1	Margarine	...	1
Baking Powder	...	1	Meat Paste	...	2
Butter	...	2	Milk, Full Cream		
Cheese	...	2	Sweetened Condensed		1
Cornflour	...	1	Olive Oil	...	1
Cream, Tinned	...	1	Rice, Ground	...	1
Cream of Tartar	...	3	Sausage	...	2
Curry Powder	...	1	Semolina	...	1
Custard Powder	...	1	Suet, Flaked	...	1
Flour, Self-Raising	...	1	Suet, Shredded	...	2
Ice Cream	...	4	Sugar	...	1
Jam	...	1	Sweets	...	1
Lard	...	1	Tea	...	3
Lemon Squash	...	1	Vinegar	...	1

All these samples were found to be of genuine quality and complied with their descriptions.

The incidence of sampling, as exemplified by the sub-joined analysis of the figures given above, is of some interest.

Number of articles sampled once	...	19
Number of articles sampled twice	...	5
Number of articles sampled three times		2
Number of articles sampled four times...		1

Arising from this aspect is the fact that the largest number of samples of any one article taken during the year were those of Ice Cream, and the next largest number was taken from the Cream of Tartar and Tea, while of Butter, Cheese, Meat Paste, Sausage and Shredded Suet, only two samples each were taken.

Apart from the above observations, the work of the past year has been of the usual character, and calls for no further comment.

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 1938 for the Borough of Kendal includes the following information:—

Article.			No. of Samples	Result.	Remarks.
MILK			49	Genuine.	
"			2	"	Both Pasteurised.
"			1	3.25% Milk Fat. 8.07% Non-fatty solids.	Analyst reported milk was properly pasteurised.
"			1	5.30% Milk Fat. 8.50% Non-fatty solids.	Genuine milk of abnormal composition.
"			1	2.60% Milk Fat. 9.25% Non-fatty solids.	Analyst reported "very rich."
"			1	1.65% Milk Fat. 9.30% Non-fatty solids.	Letter of warning to retailer to stir milk more frequently.
"			1	2.60% Milk Fat. 9.25% Non-fatty solids.	Deprived of 6% of its milk fat.
"			1	1.65% Milk Fat. 9.30% Non-fatty solids.	Letter of warning to vendor.
"			1	1.65% Milk Fat. 9.30% Non-fatty solids.	Deprived of 45% of its milk fat.
"			1	1.65% Milk Fat. 9.30% Non-fatty solids.	Legal proceedings taken and vendor fined £5.
BUTTER			7	Genuine.	
SAUSAGES			13	"	
"			1	Deficient in meat to the extent of 5%.	Vendor warned by letter.
"			1	Deficient in meat to the extent of 6%.	Vendor warned by letter.
"			2	Contained preservative incorrectly labelled.	Both vendors warned by letter.
BRAWN			3	Genuine.	
COFFEE			3	"	
PEPPER			1	"	
MARGARINE			2	"	
TINNED CREAM			1	"	
CONDENSED MILK			1	"	Correctly labelled.
			90		

In the milks the highest fat content was 5.30%, and the highest non-fatty solids content was 9.50%.

The average percentage of milk fat and non-fatty solids in all milks (genuine and non-genuine) was 3.64% and 8.86% respectively.

Greater care has been exercised by milk vendors in the stirring of milk. This point cannot be stressed too strongly.

PUBLIC HEALTH (MILK AND CREAM) REGULATIONS, 1912.

	No. of samples examined for presence of preservative.		No. of samples in which preservative was found.	
Milk	...	56	...	Nil
Cream	...	1	...	Nil

NOTIFIABLE DISEASES.

[illegible]

Notifiable Diseases (other than Tuberculosis) during the Year 1938.

Ages.	Smallpox.	Scarlet Fever.	Diphtheria.	Enteric Fever.	Paratyphoid Fever.	Erysipelas.	Pneumonia.	Encephalitis Lethargica.	Poliomyelitis.	Cerebro-Spinal Fever.	Relapsing Fever.	Puerperal Pyrexia.	Ophthalmia Neonatorum.
Under 1 year ..	—	1	—	—	—	—	2	—	—	—	—	—	6
1 " ..	—	1	—	—	—	—	1	—	—	—	—	—	—
2 " ..	—	9	—	—	—	—	2	—	—	—	—	—	—
3 " ..	—	15	2	—	—	—	1	—	—	—	—	—	—
4 " ..	—	20	—	—	—	—	—	—	—	—	—	—	—
5 " ..	—	78	2	—	—	—	2	—	—	—	—	—	—
10 " ..	—	39	1	—	—	1	1	—	—	—	—	—	—
15 " ..	—	10	—	—	—	4	2	—	—	—	—	—	—
20 " ..	—	14	1	—	—	4	8	—	1	2	1	2	—
35 " ..	—	6	—	—	—	9	2	—	—	—	—	1	—
45 " ..	—	—	1	—	1	6	9	1	—	—	1	—	—
65 and over ..	—	—	—	—	—	5	5	—	—	—	—	—	—
Total Cases notified ..	—	193	7	—	1	29	35	1	1	2	2	3	6
Cases admitted to Hospital ..	—	169	7	—	1	4	1	—	1	2	—	2	1
Total Deaths ..	—	1	—	—	—	1	6	1	—	1	—	—	—

NOTIFIABLE DISEASES.

A table will be found on page 37 detailing the incidence of these diseases in 1938. The Registrar-General has supplied figures as to the incidence per 1,000 population of notifications of certain diseases in 1938 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 1938.

Disease.	Westmorland.	England and Wales.
Scarlet Fever	... 3.04 ...	2.41
Diphtheria	11 ...	1.58
Enteric Fever	015 (Paratyphoid)	.03
Erysipelas	46 ...	.40
Pneumonia	55 ...	1.10
Smallpox	... Nil ...	0.00

BLIND PERSONS ACT, 1920.

This Act is administered by a Committee appointed under a Scheme of date 1st January, 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 valuable help in all matters pertaining to the Blind.

Prevention of Blindness.

The number of blind persons resident in the administrative county on the Register at the end of 1938 was 84.

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

Ophthalmia Neonatorum.

In 1938, 4 cases of this disease were notified. Impairment of vision resulted in 1 case. In the other 3 cases there was no impairment of vision.

TUBERCULOSIS.

In the following Table are the figures for the notifications of, and deaths from, Tuberculosis in 1938:—

TUBERCULOSIS IN 1938.

Age Periods.	NEW CASES.				DEATHS.			
	Respiratory.		Non-Respiratory.		Respiratory.		Non-Respiratory.	
	M.	F.	M.	F.	M.	F.	M.	F.
0	—	—	—	—	—	—	—	—
1	—	—	1	2	—	—	1	—
5	3	2	4	2	—	1	—	—
15	8	12	2	3	2	3	1	—
25	5	4	—	1	1	4	—	—
35	2	3	—	—	6	1	—	—
45	3	3	—	—	3	—	1	—
55	—	2	—	—	1	—	—	1
65	1	1	—	—	1	1	—	—
TOTAL	22	27	7	8	14	10	3	1

In 1938 45 patients, of whom 7 were observation cases, were admitted to the Westmorland Sanatorium, Meathop (see page 44, table XVII).

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

In the Ethel Hedley Orthopaedic Hospital, 4.

In the Oswestry Hospital, 4 (one observation case).

The report which follows (pages 40—45) 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 1938.

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 in Table XIV (page 42) show in detail the general work done in regard to Tuberculosis in the County of Westmorland. Though the number of new patients seen is considerably higher than the previous year, the number of patients seen and found to be suffering from tuberculosis is only increased by four. And the balance, after accounting for those recovered, died or transferred out, and new patients and those transferred in gives a total of 262 (increase of 6) definite cases of tuberculosis on the register.

Table XIII has been inserted this year to show the work during the past ten years in comparative form.

Though there has been a gradual increase of patients on the register, up to the last 3 years, which have been steady, I think this is probably due to personal methods rather than any serious actual increase.

Again the increase of new "tuberculous" cases may be, to some extent, due to a larger flow to the dispensary and this view is strengthened by noting the large increase of new patients regarded as non-tuberculous—a number which was equal to or below the first figure but is now double—an indication that the dispensary as a centre for "chest diseases" as apart from tuberculosis only is being more widely recognised and the fact made use of.

Table XIII.

	No. of Patients on Dispensary Register.	New Cases seen during the year.		Dispensary Attendances	Domiciliary visits by T.O.	Domiciliary visits by Nurses.
		Tuberculous	Non-Tuberculous			
1929	218	35	56	279	81	819
1930	142	57	38	203	98	1260
1931	159	51	44	308	172	1073
1932	188	52	79	322	251	1237
1933	196	75	98	352	294	1436
1934	220	70	112	305	299	1207
1935	224	60	114	481	269	1585
1936	263	48	92	442	218	1287
1937	260	52	101	479	215	1274
1938	262	56	126	500	201	1187

Table XIV.

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 ..	18	23	5	3	0	2	2	1	18	25	7	4	54
(b) Diagnosis not completed ..	—	—	—	—	—	—	—	—	3	2	1	0	6
(c) Non-tuberculous ..	—	—	—	—	—	—	—	—	30	45	6	6	87
B.—Contacts examined during the year :—													
(a) Definitely tuberculous ..	—	—	1	1	—	—	—	—	—	—	1	1	2
(b) Diagnosis not complete ..	—	—	—	—	—	—	—	—	—	—	—	—	—
(c) Non-tuberculous ..	—	—	—	—	—	—	—	—	10	11	8	5	34
C.—Cases written off the Dispensary Register as													
(a) Recovered ..	6	2	3	1	1	1	2	2	7	3	5	3	18
(b) Non-tuberculous (including any such cases previously diagnosed and entered on the Dispensary Register as tuberculous)	—	—	—	—	—	—	—	—	43	58	14	11	126
D.—Number of Persons on Dispensary Register on Dec. 31st :—													
(a) Definitely tuberculous ..	89	99	20	11	10	16	11	6	99	115	31	17	262
(b) Diagnosis not completed ..	—	—	—	—	—	—	—	—	3	2	2	—	7

1. Number of cases on Dispensary Register on January, 1st 262	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" 14	4. Cases written off during the year as Dead (all causes) 25
5. Number of attendances at the Dispensary (including Contacts) 500	6. Number of Insured Persons under Domiciliary Treatment on the 31st December 6
7. Number of consultations with medical practitioners: (a) Personal 36 (b) Other 121	8. Number of visits by Tuberculosis Officers to homes (including personal consultations) 201
9. Number of visits by Nurses or Health Visitors to homes for Dispensary purposes 1187	10. Number of :— (a) Specimens of sputum, examined 137 (b) X-Ray examinations made in connexion with Dispensary work 294
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 .. 104

In addition to the cases tabulated, there have been cases of non-pulmonary tuberculosis at the Ethel Hedley Hospital, Calgarth, Windermere, and also at Shropshire Orthopaedic Hospital, Oswestry.

OBSERVATION CASES.

Table XVI

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	-	1	-	-	1	-	-	-	-	-	-	-	-	2	-
Doubtful	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-
Totals	1	1	-	-	1	-	-	-	-	-	-	-	1	2	-

Table XVII.

			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.	7	16	12	1	10
		F.	11	19	15	3	12
	Ch'd'n		3	3	5	—	1
Number of Observation Cases.	Adults	M.	—	1	1	—	—
		F.	—	4	2	—	2
	Ch'd'n		1	2	1	—	2
Total			22	45	36	4	27

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

Table XV.

Classification on admission to the Institution.		Condition at time of discharge.	Duration of Residential Treatment in the Institution.												Total.	Less than 28 days.		
			Under 3 months, but exceeding 28 days.			3-6 months.			6-12 months.			More than 12 months.						
			M.	F.	Ch	M.	F.	Ch	M.	F.	Ch	M.	F.	Ch		M.	F.	Ch
Pulmonary Tuberculosis	Class T.B. minus. 13 cases.	Quiescent	1	1	-	5	4	-	-	1	1	-	-	-	13	-	-	-
		Not Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Class T.B. plus Group 1.	Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Not Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Class T.B. plus Group 2 13 cases.	Quiescent	-	-	-	-	-	-	-	2	1	-	-	-	3	-	-	-
		Not Quiescent	1	1	-	2	-	1	2	2	-	-	-	-	9	-	-	-
		Died in Institution ..	-	-	-	-	1	-	-	-	-	-	-	-	1	-	-	-
	Class T.B. plus Group 3 8 cases.	Quiescent	-	-	-	-	-	-	-	-	-	-	1	-	1	-	-	-
		Not Quiescent	-	-	-	-	-	-	1	1	1	1	-	-	4	-	-	-
		Died in Institution ..	-	1	-	1	1	-	-	-	-	-	-	-	3	-	-	-
Non-Pulmonary Tuberculosis	3 cases.	Quiescent	-	-	-	-	-	-	-	1	2	-	-	-	3	-	-	-
		Not Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL ..															37	-	-	-

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

Table XVIII.

				1938
Extractions	..	..	..	54
Fillings	..	..	..	—
Scalings	..	..	..	—
Dentures Repaired	..	..		1
Dentures (part) supplied	}		..	6
Dentures (full) supplied				
Consultations	..	..		39
No. of patients treated				13

The shelters loaned out by the Westmorland County Council are at present in use in the following places:—Kendal (2), Milnthorpe (2), Underbarrow, Cliburn, Burton, Patterdale and Kirkby Lonsdale.

The Kendal Dispensary remains the chief centre for keeping in touch with the patients, as about half of those on the register are within easy reach of this Dispensary, and a session is held every Friday morning, with an evening session once a month. Nurse Caldecott acts as Dispensary Nurse here and also does the domiciliary visiting for Kendal.

A quarterly dispensary is held at Appleby for patients in that neighbourhood. Here Nurse Parker, the District Nurse for Appleby, helps.

To these dispensaries nurses and also those in the district who keep me in touch with the condition and welfare of patients, I am very grateful for their help.

In conclusion, I am pleased to record the cordial and co-operative spirit with which I have always been received by those medical practitioners with whom I have come in contact during my period of work in Westmorland.

BOVINE TUBERCULOSIS.

The Milk Special Designations Order, 1938, is carried out by the Divisional Inspector, Ministry of Agriculture and Fisheries, in co-operation with the County Agricultural Officer and the County Police.

In 1938 18 animals were destroyed as follows:—

Cows in milk ...	9
Other Cows or Heifers ...	7
Other Bovines ...	2
	—
	18
	—

The compensation paid in 1938 to owners was £42 18s. 9d. With regard to the 9 cows in milk 2 showed emaciation and 7 had chronic cough.

I desire to thank the Divisional Inspector 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, 1938.

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., 1937	30889	...	2225	...	2204 21
1st Jan., 1938 to					
31st Dec., 1938	4349	...	312	...	310 2
	—		—	—	—
	35238		2537		2514 23
	—		—	—	—

BACTERIOLOGICAL EXAMINATION OF MILK IN 1938. (Methylene Blue Test for Cleanliness).

	Total Cows.	No. of bulk Samples.	No. of Satis- Unsatis- Neg.			Coliform Bacilli present in m/l		
			fac- tory.	fac- tory.	for B.Coli.	1 tube	2 tubes	3 tubes
Non-Accredited								
Producers	5063	364	152	209	131	37	44	149

(Of the 364 samples taken 3 were tested by the phosphatase test and two were found to be satisfactory).

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 the 2537 bulk samples representing the milk from 35,238 cows, 23 samples contained the germ.

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. 1937.	No. of these Births duly entered by 31st Jan., 1939, in Columns I, II, IV & V of the "Vaccination Register" (Birth List Sheets), viz. :—					No. of these Births which on 31st Jan., 1939, remained unentered in the "Vaccination Register" on account (as shown by "Report Book") of			No. of these Births remaining on 31st Jan., 1939, 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 1938.	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, 1938.
		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.			
S'th. West'd. Ambleside ..	112	57	—	—	38	2	2	1	—	12	51	49
Kendal ..	347	88	—	—	181	11	2	8	2	55	58	198
Ky. Lonsdale	41	19	—	—	13	5	—	—	—	4	39	53
Milnthorpe ..	101	43	1	—	39	3	—	1	—	14		
N'th West'd. Appleby	79	21	2	—	47	—	—	2	5	2	17	56
Ky. Stephen	63	19	—	—	41	1	—	2	—	—	16	37
Orton ..	40	7	—	—	28	5	—	—	—	—	6	29
Lowther ..	43	14	1	—	19	3	—	1	5	—	—	—
Morland ..	37	4	1	—	28	3	—	—	1	—	—	—
merged into Shap district as from 1.10.37												
Shap ..	15	—	1	—	8	1	—	—	5	—	21	50
created 1.10.37												
	878	272	6	—	442	34	4	15	18	87	208	472

Immediately on receipt of a positive Laboratory report on a sample the Divisional Inspector is informed and makes arrangements for the examination of the herds involved, for the excluding from the milk herd any suspected cows, for the taking of individual samples from such cows for biological examination, and for a bulk sample being taken 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, and at the Cumberland Infirmary, Carlisle.

17 new patients underwent treatment at the clinics in 1938, of whom 15 were suffering from Gonorrhoea, 1 from Syphilis and 1 from other conditions. The total attendances of patients, old and new, numbered 175.

All applicants, before admission to St. Monica's Maternity Home for unmarried mothers, have the Wassermann test applied. Should any prove positive they are admitted to the Hope Maternity Hospital, Leeds, for appropriate treatment. There were no patients admitted to this Hospital during 1938.

One patient was admitted to the North Lonsdale Hospital, Barrow-in-Furness.

In 1938, 113 blood specimens were sent to the Public Health Laboratory, Manchester, of which 10 were positive and 101 were negative and 2 doubtful. 20 other tests were made. Drugs were supplied to Private Practitioners for 6 patients.

VACCINATION ACTS.

On the inset facing this page will be found a summary of the returns of the Vaccination Officers. There were, in 1938, 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.

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.

I record my deep indebtedness to Dr. Wright, the Assistant County Medical Officer of Health. During my long absence on sick leave Dr. Wright acted as my Deputy with great zeal and efficiency. My thanks are due 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, and to Dr. Cockill, the Medical Officer of Health for the Westmorland Combined Districts whose help is greatly valued.

My special thanks are due again 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 have the honour to be,

Yours obedient Servant,

W. E. HENDERSON,

County Medical Officer of Health.

