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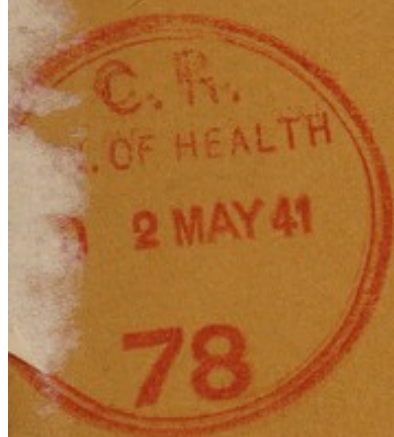
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WESTMORLAND COUNTY COUNCIL



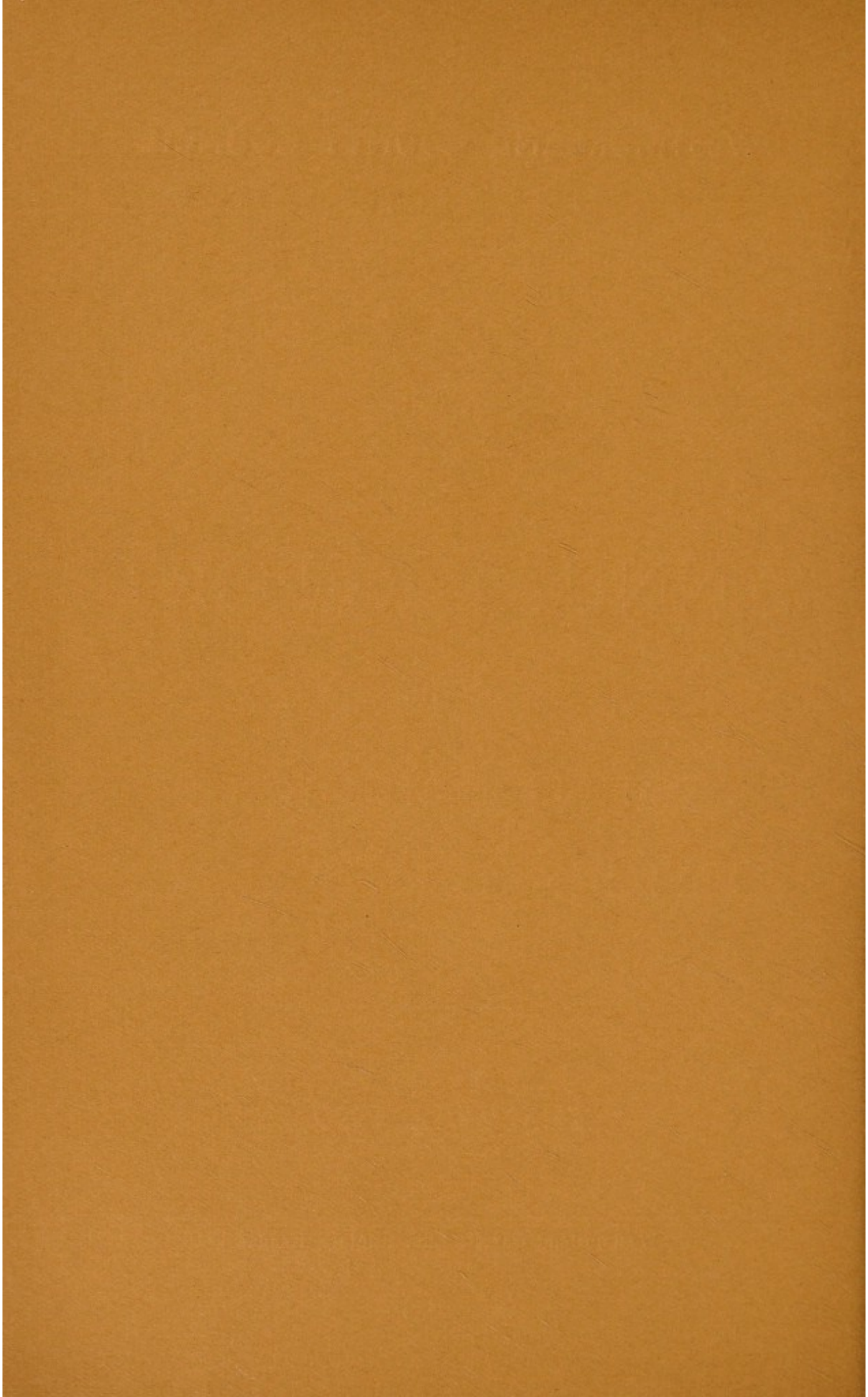
ANNUAL REPORT

of the

**COUNTY MEDICAL
OFFICER OF HEALTH**

THE YEAR 1939

Westmorland Gazette Ltd., Printers, Kendal.



WESTMORLAND COUNTY COUNCIL



ANNUAL REPORT

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**COUNTY MEDICAL
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THE YEAR 1939

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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.

Shorrocks, 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.

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. C. Robinson, Staveley.

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.
 Shorrock, 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 1939

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 Mid- wives.
J. F. Dow	M.D., Ch.B.	Staff Medical Officer in charge of A.R.P.	Whole	
J. Munro Campbell	M.B., Ch. B., D.P.H.	Tuberculosis Officer	Part	Medical Superintendent, Meathop Sanatorium.
John Irvine	L.D.S.	Senior Dental Officer.	Whole	
W. McGregor Morton	L.D.S.	Assist. Dental Officer.	Part	School Dental Officer 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.	"	"	"
W. S. Murray	M.B., B.S.	"	"	"
C. J. H. Stock	B.Sc., F.I.C.	County Analyst.	"	Public Analyst.
W. H. Roberts	M.Sc., F.I.C.	County Analyst for Borough of Kendal.	"	"
W. H. Fennell	"	Vaccination Officer	"	Registrar, and Relieving Officer.
A. O. Reed	"	"	"	"

PUBLIC HEALTH OFFICERS OF THE
IN 1939

Name	Qualifications	Office
W. E. Henderson ..	M.A., M.B., Ch.B., D.P.H.	County Medical Officer
J. M. L. Wright ..	L.R.C.P., L.R.C.S., D.P.H.	Asst. do.
J. F. Dow ..	M.D., Ch.B.	Star Medical Officer in charge of A.R.I.
J. Munro Campbell ..	M.B., Ch.B., D.P.H.	Tuberculosis Officer
A. Brownlie ..		Medical Officer (Inf.) and Public Vaccinator
A. E. Cochran ..		"
A. Wright ..		"
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., Ch.B.	"
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., Ch.B.	"
A. E. Ainscow ..	M.B., Ch.B.	"
C. H. Thaddeus ..	L.R.C.P., L.R.C.S.	"
C. B. Byrd ..	M.R.C.S., L.R.C.P.	"
R. N. Gibson ..	M.D., M.B., Ch.B.	"
S. L. Sims ..	M.B., Ch.B.	"
J. S. Prentice ..	M.B., Ch.B.	"
W. S. Murray ..	M.B., B.S.	"
C. J. H. Stock ..	B.Sc., F.I.C.	County Analyst
W. H. Roberts ..	M.Sc., F.I.C.	County Analyst for Bo of Kental
W. H. Fennell ..		Vaccination Officer
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. M. J. Ewan.

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 of Resident Population, Mid-1939)		63,440
(Average population appropriate to the calculation of Death Rates)		65,970
Reduced Rateable Value as on 1st April, 1939,	£423,203 10s.	
Estimated product of a Penny Rate (General County) for the financial year 1939-40	...	£1,628

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.

No figures were available as to the extent of unemployment.

EXTRACTS FROM VITAL STATISTICS OF THE YEAR 1939.

	Total.	Males.	Females.
Live Births—Legitimate	... 850	... 413	... 437
Illegitimate	... 52	... 25	... 27
	—	—	—
Total Births	... 902	438	464
	—	—	—

Birth Rate, 14.2.

Birth Rate, England and Wales, 15.0.

	Total.	Males.	Females.
Stillbirths	... 34	... 15	... 19

Rate per 1,000 total live and still births, 36.3.

	Total.	Males.	Females.
Deaths	... 815	... 385	... 430

Death Rate per 1,000 of the estimated average population, 10.8.

Death Rate, England and Wales, 12.1.

Deaths from Diseases and Accidents of Pregnancy or Childbirth:—

Puerperal Sepsis	...	...	... Nil
Other Puerperal Causes	...	...	... 3

Rate per 1,000 total (live and still) births, for the purpose of calculating Maternal Mortality, 3.1.

Maternal Mortality Rate, England and Wales, per 1,000 total (live and still) births, 2.82.

Death Rate of infants under 1 year of age:—

All infants per 1,000 total live births	...	...	57
Legitimate infants per 1,000 legitimate live births...			56
Illegitimate infants per 1,000 illegitimate live births			73
Infantile Death Rate, England and Wales		...	50

Deaths from Cancer (all ages)	...	...	...	110
„ „ Measles (all ages)	...	...	...	Nil
„ „ Whooping Cough (all ages)	...	...	...	Nil
„ „ Diarrhoea (under 2 years of age)			...	1

POPULATION, 1939.

DISTRICT.	Area in acres (Land and Inland Water).	Population.		
		Registrar General's estimate of Resident Population Mid.-1939.	Average Popula- tion appropriate to the calculation of Death Rates.	
URBAN.				
Appleby	1,877	1,575	1,673	
Lakes Urban ...	49,917	5,233	5,623	
Kendal	3,705	17,520	18,120	
Windermere ...	9,723	5,792	6,164	
RURAL.				
North Westmorland	288,688	16,810	17,140	
South Westmorland	151,007	16,510	17,250	
Westmorland ...	504,917	63,440	65,970	

BIRTH RATE, 1939.

Birth Rate per 1,000 estimated resident population.

District.				No. of Births 1939.	Birth Rate 1939.
Urban.					
Appleby	..	..	..	29	18.4
Kendal	..	..	..	226	12.9
Lakes	..	..	..	67	12.8
Windermere	..	..	..	59	10.2
Rural.					
North Westmorland	..	..	..	287	17.0
South Westmorland	..	..	..	234	14.2
Westmorland	..	..	..	902	14.2
England & Wales	..	..	..	—	15.0

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

Year	...	1935	1936	1937	1938	1939
No. of Births		896	906	884	884	902

DEATH RATE, 1939.

Death rates per 1,000 estimated average population.

District:	No. of Deaths in 1939.	Death Rate 1939
Urban.		
Appleby	29	14.3
Kendal	221	11.3
Lakes	62	9.0
Windermere	77	10.0
Rural.		
North Westmorland	204	10.4
South Westmorland	222	11.3
Westmorland	815	10.8
England & Wales	—	12.1

The chief causes of deaths in 1939, in order of fatality, were as follows:—

Cause.	Number of Deaths in 1939.	Average No. of Deaths (1934-1938).
Heart Disease ...	217	221
Cancer ...	110	114
Other defined diseases ...	82	(not recorded)
Cerebral Haemorrhage ...	76	69
Other circulatory diseases ...	54	48
Congenital causes ...	38	28
Senility ...	35	(not recorded)
Other deaths from violence ...	30	33
Pneumonia ...	26	34
Nephritis ...	21	38
Tuberculosis of respiratory system...	20	27
Bronchitis ...	20	(not recorded)

INFANTILE MORTALITY, 1939.

Rate per 1,000 Births for the purpose of calculating Infant Mortality.

DISTRICT.	No. of Births in 1939 (for the purpose of calculating Infantile mortality)	No. of Deaths in 1939.	Infant Mortality Rate in 1939.
Urban.			
Appleby	29	3	103
Kendal	238	18	76
Lakes	69	3	43
Windermere	62	1	16
Rural.			
N. Westmorland	289	15	52
S. Westmorland....	235	13	55
Westmorland	922	53	57
England & Wales	—	—	50

AGE INCIDENCE OF INFANTILE MORTALITY, 1939.

DISTRICTS.	under 1 week.	1-2 weeks.	2-3 weeks	3-4 weeks.	Under 1 month.	1-3 months.	3-6 months.	6-9 months.	9 months.	Total
URBAN										
Appleby	3	—	—	—	3	—	—	—	—	3
Kendal	6	1	1	1	9	3	5	—	1	18
Lakes	1	—	1	—	2	1	—	—	—	3
Windermere	—	—	—	—	—	—	1	—	—	1
RURAL										
N. Westmorland	7	1	1	2	11	3	—	1	—	15
S. Westmorland	11	—	—	1	12	1	—	—	—	13
Westmorland	28	2	3	4	37	8	6	1	1	53

Analysis of Causes of Death of Infants under 1 year in 1939.

DISTRICT.	Gastritis	Convulsions	Bronchitis	Pneumonia	Atrophy, Debility and Marasmus.	Congenital Malformation	Prematurity	Other Causes	TOTAL	Deaths in order of Fatality.
URBAN.										
Appleby ...	—	—	—	—	—	—	1	2	3	Prematurity .. 23
Kendal ...	—	3	1	3	2	1	5	3	18	Other Causes .. 9
Lakes	—	—	—	—	2	1	—	—	3	Convulsions .. 6
Windermere	—	—	—	1	—	—	—	—	1	Pneumonia .. 5
RURAL.										
N. Westmorland	—	1	—	1	1	2	6	4	15	Atrophy, Debility and Marasmus .. 5
S. Westmorland	—	2	—	—	—	—	11	—	13	Congenital Malformation 4
Westmorland	—	6	1	5	5	4	23	9	53	Bronchitis .. 1

MATERNITY AND CHILD WELFARE.

During 1939 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 ...	340	0	0
School Nursing ...	344	10	0
Midwives Act Services ...	1837	10	0
	£3832 0 0		

A report follows made 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.

REPORT ON THE HEALTH WORK OF THE DISTRICT NURSES IN 1939.

Maternity Nursing.

Midwifery cases, 196.

Maternity cases (with a doctor), 328.

The scheme for carrying out the Midwives Act through the District Nursing Associations is working efficiently.

Infant Welfare Health Visiting.

Actual infants visited numbered 691, and 5,913 total visits were paid to these infants in their homes. 7,631 visits were paid to children between the ages of one and five.

This regular supervision by the nurse of the infants' health and progress is of great importance, and the records made by the nurse are proving to be interesting and valuable at the School Medical Inspection.

The Health Visiting side of the nurse's work is apt to suffer when she has an increased amount of sickness in her area which calls for nursing, but it is hoped that the local committees will keep in mind the value of preventive work and when necessary consider any steps which could be taken to make it possible for the nurse to keep up her health visiting, even when the district is large and the work heavy.

It is possible that a neighbouring nurse with a lighter district might be asked from time to time to help in this work.

Infant Life Protection Cases.

These registered foster children are carefully watched and reported on by the nurse of the district, and this scheme continues to be satisfactory.

The cases numbered 14 at the end of the year, and they are visited at least once a quarter.

Infant Welfare Clinics.

The 11 monthly clinics continue to be well attended, and the numbers were increased for a short time in some areas by the presence of pre-school evacuee children and their mothers.

Total attendances at all clinics	...	2874
Average attendance per session	...	25
New cases during the year	...	233

Considerable disturbance was caused by the appropriation of some of the clinic premises by the Education Department for use as temporary schools for evacuees. Other rooms have now been secured and the clinics are being carried on as usual, although epidemics of measles and weather conditions have interfered considerably with the work.

Diphtheria Immunisation.

The clinics have provided a valuable centre for this treatment offered free by the County Council to school and pre-school children over one year of age, and the appreciation of its value shown by so many of the parents in accepting the treatment for the toddlers has been largely the result of the influence of the district nurse and her excellent propaganda among them.

In areas where no clinic is held the toddlers have been treated, or will be treated, at the local school.

The immunisation campaign has given the nurses a lot of extra work in distributing and collecting the consent forms and arranging for the immunisation clinic.

The work has been carried out with great zeal, and every parent has had an opportunity to accept the treatment. The scheme is new and it was expected that there

might be considerable opposition from parents, but the result has proved the contrary and the acceptances have been much higher than was expected.

The considerable task of immunising the children all over the county is not yet complete, and therefore exact figures are not available. 4,177 acceptances were received for all children, pre-school and school, excluding Kendal, and so far 2,476 treatments have been completed.

In some areas the local doctors have generously assisted in the task of immunising in order to expedite the work. Teachers, nurses and local doctors have all given splendid support to the scheme, and it is hoped that the reward will be the absence from the county of the most fatal disease of childhood.

School Nursing.

The advent of the evacuees has made this a heavy task in some areas, and in order to cope with it it has been necessary to open temporary school inspection clinics where minor ailments and unclean heads could be treated.

Volunteers from the Civil Nursing Reserve and from the St. John Ambulance and the Red Cross Society have stood by the nurses in running these clinics and have helped with the general nursing. This extra work for the evacuation undertaken by the nurses and their helpers has been a real war service and the results have been excellent.

There is one more war emergency service undertaken by some of the district nurses that deserves mention and encouragement, and that is the 50 hours' training in practical home nursing of volunteers for the Civil Nursing Reserve. This has been completed for several volunteers in various districts, and these Nursing Auxiliaries are now registered for National Service, and their help to the nurses may yet be invaluable should further evacuation take place. It would be a wise precaution to have at least one voluntary Nursing Auxiliary in every district who could be called upon to help if the course of the war should throw a further strain on our already hard-worked district nurses.

**EXTRACT FROM THE ANNUAL REPORT OF THE COUNTY
NURSING ASSOCIATION FOR 1939.**

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

The influx of evacuees on the outbreak of war caused a good deal of worry, and a lot of extra work to nearly all the district nurses, and it should be placed on record that they all met this great increase in their work in the most truly British spirit. The services of a district nurse from South Shields have been available since November, and it is to be hoped that she will be able to stay in Westmorland as long as there are any of her charges in the County, and so help to give our nurses a welcome and well-earned respite—even if it only be a long week-end.

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	...	167
Number of children 1 to 5 years attending	...	170
		337
Number of attendances of babies	...	1203
Number of attendances of children	...	1293
Number of attendances of mothers	...	219
Number of attendances of expectant mothers	...	306
Number of attendances of postnatal mothers	...	64
		3085
Average sessional attendances:—		
For babies	...	23.1
For children	...	24.9
For mothers	...	4.2
For expectant mothers	...	5.9
For postnatal mothers	...	1.4
		59.5
Number of mothers admitted to Hospital under the Maternity and Child Welfare Act	...	31

Summary of Nurse Metcalfe's Work.

First visits to babies under 1 year	...	209
Subsequent visits	...	1290
Visits to children 1 to 5 years of age	...	1594

First visits to expectant mothers	...	...	77	
Subsequent visits	...	...	203	
Still birth enquiries	...	...	8	
Infant death enquiries	...	...	14	
Visits to institutions	...	...	10	
Attendance at Centre	...	...	49	
Attendance at Mothers' Clinic	...	...	30	
			—	3484
Home Nurse's attendances	...	...		Nil

PUBLIC HEALTH ACT, 1936.

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 1939 the figures were as follows:—

Number of persons on the Register who were receiving children for reward at end of the year	...	14
---	-----	----

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.

Teresa Nursery.

This Home, consisting of 25 children, run by Miss Teresa Merz, O.B.E., J.P., of Newcastle, was transferred on 2nd September, 1939, to a country house, Heugh Folds, Grasmere, belonging to Miss Merz's family. The 25 children were there housed under a staff consisting of a matron and sister—both State Registered Nurses, and 3 probationers Dr. B. R. Johnston, of Grasmere, is the Medical Officer. As Miss Merz takes these children for "reward" she is in effect

a "foster mother," and the Home, therefore, comes within the scope (part 7) of the Public Health Act, 1936, relating to Child Life Protection. The Home is visited once a month by Miss Merz. Our District Health Visitor also visits the Nursery from time to time. The 25 children were still in residence at the end of the year.

School Children and Infant Welfare Work.

The School Medical Service is in close touch with the Maternity and Child Welfare Work and Centres. Under the Maternity and Child Welfare Scheme infants are visited by the district nurses once a month up to 12 months, and once a quarter up to the time the child is due to enter school life. The Infant Welfare Record Card, detailing these visits and recording any disease or abnormality and treatment given, is attached to the School Medical Schedule when the child is due for first School Medical Inspection.

In 1939, including the Borough of Kendal, the Nurses paid 2963 visits to the homes in connection with school children, 2896 children had dental treatment, 6926 had dental inspection, and 2857 had medical inspection, and 583 children had special eye examinations.

During 1939, 9 children were in-patients at the Westmorland Sanatorium, Meathop, and 17 children were in residence at the Ethel Hedley Orthopaedic Hospital, Windermere. Further details of the work for school children will be found in the School Medical Reports.

In addition to the above 3 children below school age were in residence at the Ethel Hedley Orthopaedic Hospital, Windermere. These cases were as follows:—1 tuberculous spine, 1 poliomyelitis and 1 congenital absence of the left hand.

NURSING IN THE HOME.

There are 34 District Nursing Associations in the County, thereby covering the whole of the County area.

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 15-17).

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	...	5
(b) St. Monica's Maternity Home, Kendal	...	2
(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 1939 were as follows:—

Notification of sending for Medical Aid	...	153
Notification of Artificial Feeding	...	12
Notification of Still Birth	...	6
Notification of Death	...	6
Notification of Laying Out a Dead Body	...	4
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.

Cases attended during 1939 are as follows:—

Domiciliary Cases.

	As midwives without a doctor.	As Mater- nity Nurses with a doctor.
In the County of Westmorland by the District Nurses	... 196	... 328
In the Borough of Kendal by the County Council Midwives	... 72	... 47
In the County and Borough by Midwives in Private Practice...	8	6
	276	381

Cases in Institutions.

Public Assistance Institution	...	4	...	1
Voluntary Hospitals	...	110	...	90
Private Nursing Homes	...	18	...	32
		132		123
Grand Total	...	408		504

**ANTENATAL AND POSTNATAL MEDICAL SUPERVISION
SCHEME OF MIDWIVES' CASES.**

This Scheme provides 2 antenatal examinations and 1 postnatal examination by a Medical Practitioner of a midwife's case.

The Scheme was started in 1937, and is now working very well, thanks to the co-operation of the Medical Practitioners. The patients benefit considerably by these examinations—details are given below of the conditions found and treatment recommended. The cases referred for dental treatment are dealt with under a separate item (see pages 23-24). The nurses also receive valuable help in their work—details of the doctor's report being forwarded to them in each case.

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

During 1939 reports on the number of women examined were as follows:—

No. of women antenatally examined.	No. of reports.
116	180

The results of the antenatal examinations on the 116 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.	Admitted to Hospital (home conditions).
93	14	6	3

One of these patients was admitted to Hospital for antenatal medical treatment. X-ray examination was carried out in one case.

No. of women postnatally examined.	Found to require medical treatment.
55	8

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, for patients whose incomes fall below the County Council's scale.

The work was carried out by the private dental surgeons until the end of November, 1939, when it was transferred to the School Dental Officers. It was decided on the 12th April, 1939, that the Maternity and Child Welfare Committee would be responsible for the provision of dentures for patients who had teeth extracted under the Scheme. The treatment previously allowed was urgent dental treatment only. Up to the end of November, 1939 there were no extractions for patients but 9 patients were provided with dentures (8 full upper and lower, and 1 partial).

In addition follows a report by the Senior Dental Officer on the work done since November, 1939.

COUNTY DENTAL OFFICER'S REPORT, 1939.

By arrangement with the Education Committee, it was decided that the School Dental Officers should undertake the work of the Maternity and Child Welfare Committee for patients (arising out of the Antenatal and Postnatal Medical Supervision Scheme) from the beginning of September. Owing, however, to the increased amount of school work as the result of the evacuation scheme this was not found to be practicable, and it was not until the end of November that the first cases were undertaken. This report, then, only covers the last month of 1939. Assuming that the number of cases will steadily increase it is expected that approximately one session per week of the Dental Officer's time will be necessary to perform the work. At present there is no scheme for differentiating between County cases and those resident in Kendal, and all cases are treated by the County Dental Officers.

No. of cases inspected—Antenatal ...	1
Postnatal ...	4
	—
Total ...	5
	—
No. of cases for extraction ...	2
No. of cases edentulous ...	3

Treatment

Extractions	...	...	48
Local Anaesthetics	...	...	5
Full Dentures	...	...	2 upper 2 lower
Total attendances for treatment	...	...	18
Half days devoted to M. and C. W. work			4

J. IRVINE,
Senior Dental Officer.

THE PUERPERAL PYREXIA REGULATIONS, 1939.

These Regulations came into force in the County of Westmorland on the 1st April, 1939, thereby rescinding the Public Health (Notification of Puerperal Fever and Puerperal Pyrexia) Regulations, 1926 and 1928. The Welfare Authority is empowered to make provision for the special treatment of women suffering from Puerperal Pyrexia, for consultation with an obstetric specialist, for skilled nursing, or for institutional accommodation. Professor Leyland Robinson of Liverpool has acted as consulting Obstetrician for the County of Westmorland since May, 1937. Institutional accommodation for patients suffering from Puerperal Pyrexia is obtained at Lancaster Isolation Hospital and Carlisle City Fever Hospital (see page 29).

During 1939, 16 cases of Puerperal Pyrexia were notified (see Tables, Notifiable Diseases, pages 37-38). 6 of these patients were admitted to the Lancaster Isolation Hospital for treatment. 2 consultations were also arranged. There were no deaths from Puerperal Sepsis during the year.

MATERNITY HOSPITAL TREATMENT.**Cases assisted during 1939.**

19 patients received the grant for the Maternity Ward of the Westmorland County Hospital, under the County Council Maternity Hospital Scheme. In addition 2 patients were admitted to the Carlisle City General Hospital and 1 to the Liverpool Maternity Hospital.

MATERNAL MORTALITY.

In 1939 there were no deaths from Puerperal Sepsis. Three deaths occurred from other puerperal causes.

The total mortality rate was 3.1 per 1,000 total (live and still) births: that of England and Wales was 2.82.

SUPPLY OF MILK TO EXPECTANT AND NURSING MOTHERS AND INFANTS.

During the year 3,338 gallons of milk and 128 pounds of dried milk were supplied free to expectant and nursing mothers and infants. In addition 423 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.

REGISTRATION OF NURSING HOMES

(Sections 187 to 194 of the Public Health Act, 1936).

There was one new home registered during the year, providing 3 maternity beds and 12 other beds. 2 homes have ceased to exist. There were 5 Registered Homes at the end of the year, providing beds for 14 maternity patients and 37 other patients. 6 inspections were made to these homes which 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 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 Insurance Committee.

Extracts from the records of 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. In the inset to page 5 will be found the doctors' names and the duties they undertake.

NUTRITION.

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 1939, the school children being classified as directed by the Board as follows:—

Nutrition.		Kendal Children.		Rest of County.
Excellent	...	37.21	...	46.99
Normal	...	59.04	...	49.65
Slightly Sub-normal	...	3.73	...	3.29
Bad	...	—	...	0.05

These percentages were struck on a total of 669 Kendal children, and 1,732 rest of County children.

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 1939 (page 27). Examination of specimens for the Westmorland Combined Districts is also carried out at the Cumberland Pathological Laboratory, Cumberland Infirmary, 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 Food and Drugs Act, 1938, are conducted for the County by the County Analyst at his Laboratory at Darlington, and for the Borough, by the Borough Analyst at his Laboratory at Liverpool.

COMBINED DISTRICTS LABORATORY REPORT, 1939.

DISTRICT.		Diphtheria.	Typhoid & Paratyphoid Agglutinations.	Organisms.	Bacilluria.	Water.		Gonorrhoea.	B. Abortus.	TOTALS.
						Analysis.	B. Coli.			
URBAN.										
Appleby	...	3	18	-	-	-	-	-	-	21
Kendal	...	90	149	10	3	-	25	3	2	282
Lakes	...	50	-	7	-	-	-	-	-	57
Windermere	...	16	1	3	-	-	-	-	-	20
RURAL.										
N. Westmorland		27	7	12	-	-	-	-	-	46
S. Westmorland		69	20	23	1	21	28	1	-	163
TOTAL		255	195	55	4	21	53	4	2	589

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 154 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 necessitous cases, maternity and general, are undertaken by these hospitals.

Helme Chase Maternity Home.

This home is administered by a joint committee of representatives of the Westmorland County Hospital and the County Council. It was opened on the 4th December, 1939, and during the month admitted 6 patients. There are 13 beds provided, together with one Labour Ward and one Isolation Bed. This provision is in addition to the 8 beds provided at the Westmorland County Hospital.

St. Monica's Maternity Home.

(Carlisle Diocesan Maternity Home).

The Home possesses 20 maternity beds. 40 maternity cases were admitted in 1939.

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.

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.

The Hospital accommodation for evacuees is dealt with under a separate item (see page 49).

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. 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 1939 the following works were completed:—

No. of Cottages.	Situation.	Works carried out.	Grant.
1	King's Meaburn	Reconstruction	£56
1	Orton	Improvement	100
1	Milburn	do.	100
1	do.	do.	100
1	Beetham	do.	100
2	Preston Richard	do.	50
10	do.	do.	450
2	Kirkby Stephen....	do.	200
1	do.	Conversion of 2 cottages into 1	90
1	Kirkby Lonsdale	Improvement	50
3	Brough	do.	300
1	Milnthorpe	do.	74
4	Kirkby Stephen....	Conversion of 6 cottages into 4	400
3	Bampton	Improvement	250
4	Holme	do.	300
1	Kirkby Stephen....	do.	100
1	Kirkby Lonsdale	do.	60
1	Ravenstonedale	do.	100
1	Sockbridge	Reconstruction	100
1	Strickland Roger	Conversion of Shippon	100
1	Kirkby Lonsdale	Conversion of 2 cottages into 1	90
1	Holme	Improvement	70
1	Burton	do.	59-11-4
2	Burton	Improvement of Dwelling and conversion of Barn, &c.	200
2	do.	Improvement	144-10-0
1	Natland	do.	100
2	Orton	do.	150

In 1939 the following works were started:—

No. of Cottages.	Situation.	Works under construction.	Grant.
1	Hilton	Improvement	£50
3	Natland	do.	300
1	do.	do.	100
3	Old Hutton	do.	300
12	Low Biggins, Kirkby Lonsdale	do.	1090-15-0

With the outbreak of war, all housing work, except that already commenced, was suspended for the duration of the war.

FOOD AND DRUGS ACT, 1938.

This Act came into operation in October, 1939. The County Council are the Authority for the whole of Westmorland. In the case of Kendal the County Council pay £50 per annum to the Kendal Corporation for carrying out work under this Act.

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.

ANNUAL REPORT OF THE COUNTY ANALYST.

During the 12 months ended the 31st December, 1939, I have analysed 102 samples of Food and Drugs submitted by the Inspectors appointed for the County of Westmorland under the Food and Drugs (Adulteration) Act, 1928, and the Food and Drugs Act, 1938, viz.:—

From the Appleby Division ...	49
From the Kendal Division ...	53
	102

The table hereunder shows a summary of the results of the analysis of samples received, and the action 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 ...	65
No. of samples of other articles ...	37
	102

Samples adulterated or below standard ...	3
Samples of genuine quality below standard ...	2
Appeal samples ...	2
Persons summoned ...	1
Persons discharged ...	1
Persons noted for further sampling ...	2

The number of samples found to be adulterated or below standard during 1939 was 3, while in 1938 the number was 7, a result which is highly satisfactory.

The percentage of adulteration for the year is 3.0; for the 12 months ended the 31st December, 1938, it was 6.86. In these figures all samples reported as not being of genuine quality are included, 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.

During the ordinary course of inspection, 63 samples of Milk were taken, the same number as in 1938, and of these, 3 samples were found to be adulterated or below standard, while 2 samples were below standard but were, nevertheless, of genuine quality.

Arising from these samples, 1 appeal sample was taken which showed that the cows concerned were yielding milk of genuine quality, while another appeal sample showed that the cows in question were giving milk naturally deficient in fat.

There were 58 samples which complied with the requirements of the Sale of Milk Regulations, 1901 and 1939, and these samples were, therefore, of genuine quality with the average composition shown hereunder:—

Non-fatty solids	...	9.01%
Fat	...	3.80%

For the year ended the 31st December, 1938, the average composition of 56 samples of Milk of genuine quality was:—

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

Although the figure for Non-fatty Solids is higher than it was in 1938, the figure for Fat, which is also somewhat higher than in the previous year, takes up a position midway between the average figures for 1937 and 1938.

To show how consistent the quality of the Milk complying with the Sale of Milk Regulations, and produced in the County, is, the average figures for the last five years are given below:—

	Non-fatty Solids.	Fat.
1935	... 8.82%	3.80%
1936	... 8.87%	3.76%
1937	... 8.75%	3.95%
1938	... 8.82%	3.71%
1939	... 9.01%	3.80%

Of the three samples reported as being adulterated or below standard, all of which were found to be deficient in Fat, only one was the subject of proceedings, and, although the defendant admitted the sale of milk not of the quality demanded, the Bench accepted his explanation accounting for the deficiency, and the case was dismissed.

In one of the samples reported as being of genuine quality but below standard, there was a deficiency in Non-fatty Solids, but the freezing point of 0.559°C . (Hortvet) showed that the sample was not deficient owing to the addition of water, while in the other case, as already mentioned, it was shown that the cows were producing milk which was below standard in Fat.

The percentage of adulteration for Milk in 1939 was 4.76, and for the 12 months ended the 31st December, 1938, it was 11.11.

Other Samples.

Samples of articles other than milk submitted for analysis during 1939 were 37 in number, representing 27 different articles.

Of these articles 23 were either food or commodities used in the preparation of food, and 5 samples were drugs.

The nature and number of the samples is given in the following table:—

Apricots, Dried	...	2	Jam	...	1
Baking Powder	...	1	Meat Paste	...	1
Butter	...	1	Meat, Potted	...	1
Camphorated Oil	...	1	Olive Oil	...	1
Cod Liver Oil and			Prunes	...	1
Malt Extract	...	1	Sausage	...	2
Coffee	...	2	Semolina	...	3
Cream of Tartar	...	1	Suet, Shredded	...	1
Curry Powder	...	1	Sugar	...	3
Dates	...	1	Sugar, Brown	...	1
Dripping	...	3	Sugar, Icing	...	1
Epsom Salts	...	2	Sweets	...	1
Fruits, Dried	...	1	Tea	...	1
Ice Cream	...	1	Zinc Ointment	...	1

All these samples were found to be of perfectly satisfactory quality, complying with their descriptions in every respect.

The figures given above are worth some degree of consideration in relation to the incidence of sampling as shown by the subjoined table:—

Number of articles sampled once	... 20
Number of articles sampled twice	... 4
Number of articles sampled three times	... 3

The number of articles submitted which are the subject of statutory regulations or other authoritative standards was 20; two articles were sampled three times, three articles were sampled twice, and 15 articles were sampled once each.

Considering that such articles as Butter, Camphorated Oil, Jam, Potted Meat and Meat Paste, Prunes and Sugar were only sampled once throughout the 12 months shows that the selection of articles for sampling is somewhat ill-balanced.

Apart from the above observations, the work of the past 12 months has been of the usual character and calls for no further observation.

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 1939 for the Borough of Kendal includes the following information:—

Article.	No. of Samples	Result.	Remarks.
MILK	35	Genuine.	
"	1	"	Pasteurized. Analyst reported properly pasteurized.
"	1	2.10% Milk Fat. 8.94% Non-fatty Solids.	Proceedings taken.
"	2	2.60% Milk Fat. 8.70% Non-fatty Solids.	} Fined 5s. in each case.
"		2.72% Milk Fat. 8.85% Non-fatty Solids.	
"	1	2.70% Milk Fat. 2.54% Non-fatty Solids.	Fined 10/-.
"	1	2.85% Milk Fat. 9.12% Non-fatty Solids.	5% Deficient in Fat. Vendor warned.
"	1	2.80% Milk Fat. 8.94% Non-fatty Solids.	6% Deficient in Fat. Vendor warned.
"	1	2.40% Milk Fat. 9.20% Non-fatty Solids.	Deficient in Fat to extent of 20%.
"	1	2.70% Milk Fat. 8.99% Non-fatty Solids.	Deficient in Fat to extent of 10%. Appeal to the Cow samples.
"	1	3.43% Milk Fat. 9.07% Non-fatty Solids.	Genuine.
"	1	2.83% Milk Fat. 8.71 Non-fatty Solids.	Deficient in Fat.
"	1	2.75% Milk Fat. 8.84% Non-fatty Solids.	Deficient in Fat.
BUTTER	8	Genuine.	
SAUSAGES	14	"	
"	2	"	Contained preservatives. Correctly labelled.
BRAWN	2	"	Contained preservative within prescribed limits.
	73		

Article.	No. of Samples	Result.	Remarks.
<i>Forward</i>	73	Genuine	Correctly labelled.
MARGARINE	3		
PEPPER	4		
COFFEE	2		
CREAM	8		
CONDENSED MILK	3		
NUTMEGS	1		
LARD	1		
CORNFLOUR	1		
TINNED PRAWNS	1		
POWDERED			
GLUCOSE	1		
CINNAMON	1		
GROUND ALMONDS	1		
MINT SAUCE	1		
	101		

In the milks the highest fat content was 4.85% and the highest non-fatty content was 9.65%.

The average percentage of milk fats and non-fatty solids in all milks (genuine and non-genuine) was 3.14% and 8.75% respectively.

PUBLIC HEALTH (MILK AND CREAM) REGULATIONS, 1912.

	No. of samples examined for presence of preservative.	No. of samples in which preservative was found.
Milk	... 47	Nil
Cream	... 8	Nil

NOTIFIABLE DISEASES.

	Smallpox	Scarlet Fever	Diphtheria	Enteric Fever.	Paratyphoid Fever.	Erysipelas	Pulmonary Tuberculosis	Other Forms of Tuberculosis	Pneumonia	Encephalitis Lethargica	Poliomyelitis	Cerebro-spinal Fever.	Relapsing Fever	Puerperal Pyrexia	Ophthalmia Neonatorum	Measles	Whooping Cough
Appleby	—	15	3	—	—	—	1	1	2	—	—	—	—	—	—	—	—
Kendal	—	15	3	3	—	5	25	3	—	1	—	1	—	5	—	167	2
Lakes	—	6	2	—	—	3	5	1	12	1	—	—	—	1	—	24	1
Windermere	—	20	1	—	—	1	5	3	2	—	—	—	—	2	—	5	—
North Westmorland ..	—	78	2	1	—	10	4	7	19	1	1	—	1	1	1	3	2
South Westmorland ..	—	28	1	—	1	13	8	5	4	—	—	1	—	7	—	100	3
Total	—	162	12	4	1	32	48	20	39	3	1	2	1	16	1	299	8

Notifiable Diseases (other than Tuberculosis) during the Year 1939.

Ages.	Scarlet Fever.	Smallpox.	Diphtheria.	Enteric Fever.	Paratyphoid Fever.	Erysipelas.	Pneumonia.	Encephalitis Lethargica.	Polio-myelitis.	Cerebro-Spinal Fever.	Relapsing Fever	Puerperal Pyrexia.	Ophthalmia Neonatorum.	Measles	Whooping Cough
Under 1 year ..	—	—	1	—	—	—	2	—	—	1	—	—	1	6	1
1 " ..	1	—	—	—	—	1	1	—	—	—	—	—	—	21	—
2 " ..	8	—	—	—	—	—	3	—	—	—	—	—	—	19	1
3 " ..	5	—	—	—	—	—	—	—	—	—	—	—	—	31	2
4 " ..	9	—	2	—	—	1	—	—	1	—	—	—	—	22	1
5 " ..	65	—	5	—	1	—	6	—	—	—	—	—	—	147	1
10- " ..	40	—	4	1	—	—	2	—	—	—	—	—	—	36	—
15- " ..	15	—	—	—	—	1	2	—	—	—	—	2	—	10	1
20- " ..	13	—	—	1	—	4	5	1	—	—	—	13	—	7	—
35- " ..	5	—	—	1	—	11	3	1	—	1	1	1	—	—	—
45- " ..	1	—	—	—	—	9	11	—	—	—	—	—	—	—	1
65 and over ..	—	—	—	1	—	5	4	1	—	—	—	—	—	—	—
Total Cases notified ..	162	—	12	4	1	32	39	3	1	2	1	16	1	299	8
Cases admitted to Hospital ..	139	—	9	4	1	4	1	2	—	—	1	8	—	1	—
Total Deaths ..	—	—	—	—	—	—	2	1	—	1	—	—	—	—	—

NOTIFIABLE DISEASES.

A table will be found on page 38 detailing the incidence of these diseases in 1939. The Registrar-General has supplied figures as to the incidence per 1,000 of the estimated average population of notifications of certain diseases in 1939 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 the estimated average population in 1939 (for the purpose of calculating Infectious Diseases Notification Rates).

Disease.	Westmorland.	England & Wales.
Scarlet Fever ...	2.46	1.89
Diphtheria ...	0.18	1.14
Enteric Fever ...	0.06	0.04
Erysipelas ...	0.49	0.34
Pneumonia ...	0.59	1.02
Smallpox ...	Nil	0.00

BLIND PERSONS ACT, 1929.

This Act is administered by a Committee the names of the members of which will be found on page 5.

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. The number of Blind Persons resident in the administrative county on the Register at the end of 1939 was 86.

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

An arrangement has been made with the Preston Royal Infirmary, and St. Joseph's Hospital, Preston, for the treatment of such Certified Blind Persons as are likely to recover their sight as a result of treatment. These cases are referred by Dr. Wright and seen in Kendal by Mr. Sumner, Honorary Surgeon to these hospitals.

Ophthalmia Neonatorum.

In 1939, 1 case of this disease was notified. There was no impairment of vision.

CANCER ACT, 1939.

A Sub-Committee of the Public Health Committee was appointed to confer with the representatives of the Westmorland County Hospital and the Westmorland Branch of the British Medical Association, in order to draw up a scheme to submit to the Minister, for the carrying out of the above Act.

A circular dated 16th October, 1939 was received from the Ministry of Health, extending the period in which local authorities may submit their arrangements to the Minister, until 31st March, 1941.

Deaths from Cancer, 1939.

URBAN.	Ages.	0-	1-	2-	5-	15-	25-	35-	45-	55-	65-	75-	Total
Males	..	—	—	—	—	—	—	1	3	6	8	7	25
Females	..	—	—	—	1	—	—	2	5	7	9	9	33
Total	..	—	—	—	1	—	—	3	8	13	17	16	58
RURAL													
Males	..	—	—	—	—	—	—	—	2	4	9	4	19
Females	..	—	—	—	—	—	1	1	—	9	10	12	33
Total	..	—	—	—	—	—	1	1	2	13	19	16	52
Grand Total		—	—	—	1	—	1	4	10	26	36	32	110

TUBERCULOSIS.

In the following Table are the figures for the notifications of, and deaths from, Tuberculosis in 1939.

TUBERCULOSIS IN 1939.

Age Periods.	NEW CASES.				DEATHS.			
	Respiratory.		Non-Respiratory.		Respiratory.		Non-Respiratory.	
	M.	F.	M.	F.	M.	F.	M.	F.
0	—	—	—	—	—	—	—	—
1	—	—	—	1	—	—	—	—
5	4	2	3	5	—	—	1	—
15	10	6	1	3	2	2	—	1
25	4	2	—	—	2	3	1	—
35	4	3	3	1	5	2	2	—
45	3	2	—	1	2	1	—	—
55	4	3	1	1	2	—	—	—
65	—	1	—	—	—	1	—	—
TOTAL	29	19	8	12	13	9	4	1

In 1939, 41 patients, of whom 7 were observation cases, were admitted to the Westmorland Sanatorium, Meathop. (See page 45, Table XV).

Nine patients suffering from surgical tuberculosis received in-patient treatment at Papworth Training Colony, received in-patient treatment as follows:—

In the Ethel Hedley Orthopaedic Hospital, 6.

In the Oswestry Hospital, 3.

One patient suffering from Pulmonary Tuberculosis re-Papworth Hall, near Cambridge.

The report which follows (pages 42-45) 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 1939.**

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 special Sub-Committee of the County Council meets every two months. 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.

Instead of the usual official Annual Return, which has been used to give information in my reports too, the Ministry of Health now require a quarterly return on a revised form. Table XII is drawn up on the basis of this new form but the figures given represent the work for the year 1939.

Table XII.

Return relating to the work of the Dispensaries
during the year 1939.

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.—Number of definite cases of Tuberculosis on the Dispensary Register at the beginning of the year ..	89	99	20	11	10	16	11	6	99	115	31	17	262
B.—Number of New Cases diagnosed as Tuberculosis during the year ..													
(1) Class T.B. minus ..	9	12	1	2	2	2	2	3	17	19	3	5	44
(2) Class T.B. plus ..	6	5	0	0									
C.—Number of Cases included in A and B written off the Dispensary Register during the year ..													
1. Recovered ..	8	9	4	2	1	2	0	0	9	11	4	2	28
2. Dead (all causes) ..	11	9	1	0	—	—	—	—	11	9	1	0	21
3. Removed to other Areas ..	6	2	1	1	—	—	—	—	6	2	1	1	10
4. For other reasons ..	10	9	1	1	2	1	0	1	12	10	1	2	25
D.—Number of definite cases of Tuberculosis on the Dispensary Register at the end of the year ..	71	88	17	11	9	16	14	7	80	104	31	18	233

The next Table shows some comparative figures for the past few years. In addition to these figures it is of interest to record that 317 X-Ray examinations have been made in connection with County work and also that general practitioners have sent 132 specimens of sputum for examination at the Laboratory.

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			
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
1939	233	44	136	450	181	1360

In addition to the patients recorded in Tables XIV to XVI there have been 6 Non-Pulmonary cases treated at the Ethel Hedley Hospital, Calgarth, and 3 at the Shropshire Orthopaedic Hospital, Oswestry. One patient suffering from Pulmonary Tuberculosis has been treated at the Papworth Training Colony, Cambridge.

OBSERVATION CASES.

Table XIV.

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 ..	-	-	-	-	1	-	-	1	-	-	-	1	-	2	1
Non-Tuberculous	-	2	-	-	2	2	-	-	-	-	-	-	-	4	2
Doubtful	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Totals	-	2	-	-	3	2	-	1	-	-	-	1	-	6	3

Table XV.

			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.	10	17	13	4	10
		F.	12	13	10	3	12
	Ch'd'n		1	4	3	—	2
Number of Observation Cases.	Adults	M.	—	—	—	—	—
		F.	2	4	6	—	—
	Ch'd'n		2	3	4	—	1
Total			27	41	36	7	25

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 Police.

In 1939, 37 animals were slaughtered under this Order as follows:—

- 25 cows in milk:—
 - 2 produced tuberculous milk.
 - 1 suffered from T.B. udder.
 - 18 suffered from chronic cough, etc.
 - 4 suffered from emaciation.
- 9 other cows or heifers:—
 - 4 suffered from chronic cough, etc.
 - 5 suffered from emaciation.
- 3 other bovines:—
 - All suffered from emaciation.

The compensation to owners is now paid direct by the Ministry of Agriculture and Fisheries.

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, 1939:—

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., 1938	... 35238	... 2537	...	2514	23	
1st Jan., 1939, to 31st Dec., 1939	... 2535	... 153	...	152	1	
	37773	2690		2666	24	

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

Table XVI.

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. 12 cases.	Quiescent	-	1	-	3	2	-	1	1	3	-	-	-	11	-	-	-
		Not Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-
	Class T.B. plus Group 1.	Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Not Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Class T.B. plus Group 2 14 cases.	Quiescent	-	-	-	1	-	-	1	2	-	1	-	-	5	-	-	-
		Not Quiescent	-	-	-	1	1	-	2	-	-	-	2	-	6	-	-	-
		Died in Institution ..	-	1	-	-	-	-	1	-	-	-	1	-	3	-	-	-
	Class T.B. plus Group 3 7 cases.	Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Not Quiescent	-	-	-	1	-	-	1	1	-	-	-	-	3	1	-	-
		Died in Institution ..	-	-	-	1	-	-	1	1	-	-	-	-	3	-	-	-
Non-Pulmonary Tuberculosis	1 case.	Quiescent	-	-	-	-	1	-	-	-	-	-	-	1	-	-	-	
		Not Quiescent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		Died in Institution ..	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL ..															32	2	-	-

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

Total. Cows.	No. of bulk Samples.	Satis- fac- tory.	Unsatis- fac- tory.	Neg. for B.Coli.	Coliform Bacilli present in m/1			
					1 tube	2 tubes	3 tubes	
Non-Designated Producers	4145	232	70	160	66	15	22	127

(Of the 232 samples taken 2 were tested by the phosphatase test and were found to be satisfactory, and 79 were repeat samples—result: 21 satisfactory, 58 unsatisfactory).

The regular supervision of Tuberculin Tested and 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 2,690 bulk samples representing the milk from 37,773 cows, 24 samples contained the germ.

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.

Return showing the numbers of persons successfully vaccinated and re-vaccinated at the cost of the rates by the Medical Officers of Institutions and the Public Vaccinators during the year ended 30th September, 1939:—

Vaccination District.	Numbers of successful Primary Vaccinations of persons :—			Number of Successful Re-vaccinations, <i>i.e.</i> , successful vaccinations of persons who had been successfully vaccinated at some previous time.
	Under one year of age.	One year and upwards.	TOTAL.	
South Westmorland	95	12	107	Nil
North Westmorland	51	6	57	1
TOTALS	146	18	164	1

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.

12 new patients underwent treatment at the clinics in 1939, of whom 7 were suffering from Gonorrhoea, 3 from Syphilis and 2 from other conditions. The total attendances of patients, old and new, numbered 86.

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 1939.

One patient was discharged from the North Lonsdale Hospital, Barrow-in-Furness.

In 1939, 112 blood specimens were sent to the Public Health Laboratory, Manchester, of which 18 were positive, 91 negative and 3 doubtful. 13 other tests were made. Drugs were supplied to private practitioners for 9 patients.

VACCINATION RETURNS.

Registration Sub-Districts comprised in the Vaccination Officers' District.	No. of Births returned in the "Birth List Sheets" as registered from 1st Jan. to 31st Dec. 1938.	No. of these Births duly entered by 31st Jan., 1940, in Columns I, II, IV & V of the "Vaccination Register" (Birth List Sheets), viz. :—					No. of these Births which on 31st Jan., 1940, remained unentered in the "Vaccination Register" on account (as shown by "Report Book") of			No. of these Births remaining on 31st Jan., 1940, 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 1939.	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, 1939.
		Col. I.	Col. II.		Col. IV.	Col. V.	Postpone-ment by medical certificate.	Removal to Districts the vaccination officers of which have been duly apprised	Removal to places unknown, or which cannot be reached, and cases not having been found.			
		Successfully vaccinated.	Insus-ceptible of Vaccination.	Had Small-pox.	No. in respect of whom Statutory Declarations of Conscientious objection have been received.	Died unvaccinated.						
S'th. West'd.												
Kendal ..	423	68	—	—	214	21	6	14	4	96	66	216
Lakes ..	113	53	—	—	46	3	3	2	—	6	45	58
Milnthorpe ..	105	45	—	—	42	5	1	—	—	12	60	53
N'th West'd.												
Appleby ..	86	17	—	—	59	4	1	1	4	—	33	50
Ky. Stephen ..	50	8	—	—	38	3	—	—	1	—	18	49
Shap ..	103	25	1	—	53	7	3	5	6	3	4	53
Orton ..	36	7	1	—	26	—	1	—	1	—		25
	916	223	2	—	478	43	15	22	16	117	252	504

VACCINATION ACTS.

On the inset facing this page will be found a summary of the returns of the Vaccination Officers. There were, in 1939, 17 Public Vaccinators and 2 Vaccination Officers.

EVACUATION, SEPTEMBER, 1939.

When early in September war appeared imminent Westmorland, as a Reception Area, received some 5,000 school children from Newcastle and South Shields. This mass evacuation suddenly brought with it many urgent problems. Occurring as it did at the end of the school summer holiday, it was not surprising that a large proportion of the children were suffering from verminous and unclean conditions. An attempt was made to examine the children on arrival, but it was, of course, impossible to cope adequately with such numbers. Temporary School Clinics were therefore set up in various parts of the County, and school teachers were invited to refer children requiring treatment or observation.

It was to be anticipated that many problems would arise through the mingling of urban and rural children on such a scale, and fears of outbreaks of diphtheria and measles were entertained. Plans were immediately put into effect for the immunisation of the children against diphtheria, and a scheme in charge of Dr. Wright (see page 50) was well advanced by the end of the year.

It was soon realised that other problems, such as bed-wetting, cases of scabies and "difficult" children, would have to be faced. In order to accommodate cases of contagious skin diseases and the minor infectious diseases, a house was taken over by the Windermere Urban District Authority called Tarn Rigg, and thanks to the generosity of the late Lady Henry Bentinck, Underley Hall, Kirkby Lonsdale, was placed at the disposal of the County for use as a Sick Bay for evacuated children suffering from minor ailments.

The evacuees were not confined to children of school age. A number of infants (including a privately evacuated nursery of 25 children from Newcastle) and 28 expectant mothers arrived from South Shields. The majority of the latter, however, returned home during the next few weeks, but 10 were confined in the Westmorland County Hospital Maternity Block or in the Helme Chase Maternity Home, up to the end of the year.

In order to cope with the influx of Maternity cases sanction was obtained from the Ministry of Health to open an Emergency Maternity Unit, and on 3rd December, 1939, Helme Chase Maternity Home was opened for this purpose.

Application was made to the Evacuating Authorities for the loan of staff to cope with the extra work, and a School Dental Officer and Attendant and one School Nurse from Newcastle and one School Nurse from South Shields were sent to augment our Staff.

AIR RAID PRECAUTIONS.

In order to cope with the work of the Air Raid Precautions Casualty Services this work was separated from the general work of the Health Department. It was decided to appoint a Staff Medical Officer specially for this branch of work, and in September Dr. J. F. Dow, M.D., Ch.B., was appointed to take charge of the organisation of First Aid Posts, Points and First Aid Parties.

IMMUNISATION AGAINST DIPHTHERIA.

In anticipation of the increased danger of an outbreak of diphtheria following on the reception of evacuated children from Newcastle and South Shields, an Immunisation campaign was commenced in October.

The Scheme was made known by means of explanatory leaflets given out in all Elementary Schools, and good propaganda was carried out by the Teachers and District Nurses throughout the County.

The Local Medical Practitioners volunteered to assist, and this valuable help was gratefully accepted.

The Scheme did not include the official evacuees, all of whom had had an opportunity of being immunised in their own schools, at Newcastle and South Shields. Free immunisation was offered to all children between the age of one and fourteen, and the Prophylactic used was Alum Precipitated Toxoid, given in two doses at intervals of 4 weeks.

The response by the parents was excellent, amounting to approximately 5,000 children. The treatments were commenced in November and were carried out in the schools, and in the Infant Welfare Clinics by Dr. Wright and Dr. Dow, and some of the local doctors. No serious reactions have occurred in any of the children treated. A further report will be given when the work is completed in 1940.

In conclusion I desire to offer my apologies for the tardy appearance of this Report for 1939. Taking over, as I did, at the beginning of 1940, the ever increasing problems arising out of the evacuation and war-time conditions generally have given me little opportunity for the quiet contemplation which a well presented report merits.

The form of the Report has not been greatly altered (except by curtailment where possible). Indeed it would not have been incumbent upon me to have done so, for it covers a period when my predecessor, Dr. Henderson, was in office.

Dr. Henderson, who retired at the end of the year, will long be remembered for his work in the County. Appointed as School Medical Officer in 1908, he became, in addition, County Medical Officer of Health in 1911. He thus completed 31 years of faithful service. As one who met him on but few occasions it is difficult to express adequate appreciation, but the keen interest which he showed, particularly in the school children, is still evident, and in his going he will be missed by many, both young and old, for his kind and sympathetic manner.

Finally, my sincere thanks are due to the members of the Health Department staff and to Dr. Cockill, Medical Officer of Health for the Combined Districts, for their collaboration in this Report.

I have the honour to be,

Your obedient servant,

WILLIAM ALCOCK.

