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WESTMORLAND COUNTY COUNCIL



INSTITUTE OF SOCIAL
MEDICINE

10, PARKS ROAD,
OXFORD

ANNUAL REPORT

OF THE

COUNTY MEDICAL

OFFICER OF HEALTH.

THE YEAR 1944

66069



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WESTMORLAND COUNTY COUNCIL



ANNUAL REPORT

OF THE

COUNTY MEDICAL

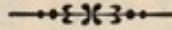
OFFICER OF HEALTH.

THE YEAR 1944

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County of Westmorland.



Public Health Department,

County Hall,

Kendal,

November, 1945.

To the Chairman and Members of the County Council.

Ladies and Gentlemen,

We beg to present our Annual Report for 1944. The work of the Department continues to expand, and this was temporarily increased by the Evacuation from London during the summer.

The increasing effort required from the members of the staff, both technical and clerical, to cope with this expansion deserves the highest praise, and our thanks are due to all who co-operate with us in this work.

We have the honour to be,

Your obedient servants,

J. WRIGHT,

J. F. DOW,

Joint County Medical Officers.

PUBLIC HEALTH OFFICERS OF THE AUTHORITY IN 1944.

Name.	Qualifications.	Office.	Whole or Part Time.	Other Offices.
J. M. L. Wright	L.R.C.P. & S. Ed., L.R.F.P. & S. Glas. } D.P.H.	Joint County Medical Officers	Whole	School Medical Officer, County of Westmorland
J. F. Dow	M.D., Ch.B.		Whole	School Medical Officer, Borough of Kendal
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.	Part	Senior Dental Officer (Education Dept).
W. McGregor Morton	L.D.S. (on Service)	Assist. Dental Officer.	Part	School Dental Officer, Borough of Kendal.
E. A. Weaver	L.D.S.	Assist. Dental Officer.	Part	
E. C. Woodall	M.A., Social Study Dip.	Social Worker	Whole	(Appointed June, 1944).

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 1944)	67,130
Total Rateable Value as on 1st April, 1944	£441,723 10 0
Estimated product of a Penny Rate (General County) for the financial year 1944-45	£1,756 0 0

EXTRACTS FROM VITAL STATISTICS IN THE YEAR 1944.

	Total.	Males.	Females.
Live Births—Legitimate	959	523	436
Illegitimate	91	42	49
	<hr/>	<hr/>	<hr/>
Total Births	1050	565	485
	<hr/>	<hr/>	<hr/>

Birth Rate per 1,000 of the estimated resident population, 15.64.

Birth Rate, England and Wales, 17.6.

	Total.	Males.	Females.
Stillbirths	29	17	12
Rate per 1,000 total live and stillbirths, 26.88.			

	Total.	Males.	Females.
Deaths	807	385	422

Death Rate per 1,000 of the estimated resident population, 12.02.

Death Rate, England and Wales, 11.6.

Deaths from Diseases and Accidents of Pregnancy or Childbirth:—

Puerperal Sepsis	2
Other Puerperal Causes	3

Rate per 1,000 total (live and still) births, for the purpose of calculating Maternal Mortality, 4.63.

Maternal Mortality Rate, England and Wales, per 1,000 total (live and still) births, 1.93.

Death Rate of Infants under 1 year of age:—

All infants per 1,000 total live births	45.71
Legitimate infants per 1,000 legitimate live births	44.83
Illegitimate infants per 1,000 illegitimate live births	54.94

Infantile Death Rate, England and Wales, 46.

	1943.	1944.
Deaths from Cancer (all ages) ...	149	124
" " Measles (all ages) ...	Nil	Nil
" " Whooping Cough (all ages) ...	1	1
" " Diarrhoea (under 2 years of age) ...	6	3

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

Year ...	1940.	1941.	1942.	1943.	1944.
No. of Births ...	854	898	950	989	1050

TABLE I.
DEATH RATE, 1942, 1943 and 1944.

Death Rate per 1,000 estimated average population.

District.	Death Rate		
	1942.	1943.	1944.
URBAN.			
Appleby ...	11.1	15.05	14.6
Kendal ...	10.7	14.3	11.7
Lakes ...	10.9	13.5	10.2
Windermere ...	12.7	12.6	11.4
RURAL.			
North Westmorland ...	10.4	12.2	12.9
South Westmorland ...	11.5	12.8	12.2
WESTMORLAND ...	11.1	13.1	12.02
ENGLAND & WALES ...	11.6	12.1	11.6

The chief causes of death in Westmorland in 1942, 1943 and 1944, in order of maximum fatality, were as follows:—

	No. of deaths in 1942.	No. of deaths in 1943.	No. of deaths in 1944.
Heart Disease ...	189	240	222
Cerebral Haemorrhage ...	113	110	129
Cancer ...	110	149	124
Other circulatory diseases ...	30	20	27
Digestive Diseases ...	17	28	26
Nephritis ...	36	43	25
Bronchitis ...	28	33	21
Deaths from violence ...	24	28	20
Pneumonia ...	21	22	19
Tuberculosis of respiratory system ...	20	14	19
Other forms of Tuberculosis ...	3	7	5

MATERNITY AND CHILD WELFARE.

TABLE II.

INFANTILE MORTALITY.

Rate per 1,000 Live Births.

District.	1942.	1943.	1944.
URBAN.			
Appleby	34.4	74.0	178.0
Kendal	57.5	55.0	50.0
Lakes	114.0	39.0	13.0
Windermere	47.6	87.0	40.0
RURAL.			
North Westmorland	46.9	50.0	47.0
South Westmorland	82.0	32.0	36.0
WESTMORLAND	63.1	49.5	45.71
ENGLAND & WALES	49.0	49.0	46.0

ILLEGITIMATE INFANT DEATH RATE.

Rate per 1,000 illegitimate Live Births.

	1942.	1943.	1944.
WESTMORLAND	175.4	95.2	54.94
ENGLAND & WALES	74.0	72.0	70

Causes of Death of Infants under 1 year in 1944, including
the Borough of Kendal.

	Number of Deaths.			
Prematurity	20
Infections	9
Congenital abnormalities	9
Debility	2
Traumatic conditions	1
Other causes	7

DISTRICT MIDWIFERY, INFANT WELFARE, HEALTH VISITING AND HOME NURSING.

During 1944 a grant of £7,693 1s. 8d. was made to the District Nursing Associations from the County Council in respect of the following duties undertaken on behalf of the Council:—

Maternity and Child Welfare Health Visiting.
Tuberculosis After Care Visiting.
School Nursing.
Midwives Act Services.

Health Visiting is carried out by 34 District Nurses, who are supplied with cars and who cover the whole county area.

Domiciliary Maternity Nursing.

	1944.	1943.	1942.
No. of Midwifery cases ...	188	194	186
No. of Maternity cases ...	248	246	275
	436	440	461
No. of Nurses who hold Analgesia Certificates ...			17
No. of Cases in which Gas-Air Analgesia was administered by Nurses ...			94

Infant Welfare.

	1944.	1943.	1942.
No. of Infants Visited ...	686	704	678
Total Health Visits to Infants ...	7365	6867	6391
Total Health Visits to children 1-5 years	7897	6813	7950

Immunisation of Pre-school Children against Diphtheria.

In December, 1944, it was estimated that of the total child population of Westmorland aged 0 to 5 excluding the Borough of Kendal, 60% had been immunised. Thus a high proportion of protected children is being maintained in the County area.

Infant Welfare Centres.

Nine clinics, at different centres, are held once a month with the assistance of the Nurses.

The clinics have been well attended, and they serve as very useful centres for Immunisation as well as for the distribution of fruit juices, cod liver oil, and, at some centres, dried milk.

Regular voluntary workers render valuable assistance at these centres.

Care of Illegitimate Children.

A scheme for the extension of this Service had been formed by the end of the year and is being put into action with the help of the Social Worker. It is intended to form a register of Foster Mothers in addition to the provision of Institutional care.

Care of Premature Infants.

Notification of prematurity has now been commenced, and these children are referred to the Health Visitor of the district at the earliest possible moment.

Attendances at Clinics.

	1944.	1943.	1942.
Under 1 year	978	869	886
Over 1 year	1157	1377	1311
Average for Session ...	21	22	21

School Nursing.

The Schools receive a routine visit by the Nurses once a term, when the children are weighed and measured and a cleanliness inspection is made. 336 visits were made to homes in respect of verminous heads. The Nurses assist at the Medical Inspection and Immunisation Clinics held at each school now each term.

The excellent combined health propaganda of the Teachers and Nurses had maintained the proportion of Immunised school children in December, 1944, at the gratifying level of 91%.

Tuberculosis Visiting and Infant Life Protection Visiting.

This is still being carried out satisfactorily in all county districts by the Nurses.

In Kendal, Tuberculosis Visiting is carried out by Nurse Williams, who also assists at the Weekly and Evening Clinics.

Supervision of the Work of Midwives and District Nurses.

Very valuable assistance in this work has again been rendered by Miss Gill, Non-Medical Supervisor, when she is not engaged in relief work for the Nurses.

No. of Visits to Nurses as Inspector of Midwives ... 66

Relief Work carried out by Miss Gill, S.R.N., S.C.M., in 1944.

No. of Districts relieved	14
No. of weeks of Relief Work	31
No. of Maternity Cases	9
No. of Health Visits	287
No. of Sick Nursing Visits	933

**Relief Work carried out in 1944 by Mrs. Sacré, S.R.N., S.C.M.
(County Council Midwife in Kendal).**

No. of Districts relieved	5
No. of weeks of Relief Work	10

J. WRIGHT,

Joint County Medical Officer.

**REGISTRATION OF NURSING HOMES
(Sections 187 to 194 of the Public Health Act, 1936).**

There were 6 Registered Homes at the end of the year, providing beds for 38 maternity patients and 46 other patients. They have been inspected and found to be satisfactorily run.

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

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

During 1944, reports on the number of women examined by their own medical practitioners under the scheme were as follows:—

No. of women antenatally examined.	No. of reports.
259	377

The results of the antenatal examinations on the 259 women were as follows:—

Cases to be undertaken by a midwife.	Abnormal cases to be undertaken by a doctor.	Cases to be admitted to Hospital for confinement.	Abnormal cases for extra antenatal visits.
162	14	83	5
Postnatal examinations.		Found to require special treatment.	
90		Nil.	

**DENTAL TREATMENT FOR EXPECTANT AND NURSING
MOTHERS.**

Senior Dental Officer's Report for Year ending 31-12-44.

During the year 1944, 44 patients were inspected by the Dental Officers. 43 of these were found to require treatment, and treatment was started in 38 cases. Only two patients were not eligible for treatment under the County Scheme. There was a much wider distribution of cases this year, patients being reported from many parts of Westmorland, although Kendal area cases were still in the majority.

14 patients only required conservative treatment or a few extractions, but the other 30 required either partial or full dentures. 18 dentures were provided, 9 for County patients, 4 for Kendal Borough patients and 5 for London evacuees.

29 patients were from the County, 11 from Kendal Borough and 4 were London evacuees.

56 sessions were devoted to M. and C.W. work by the Dental Officers during the year.

J. IRVINE,

Senior Dental Officer.

THE PUERPERAL PYREXIA REGULATIONS, 1939.

During 1944, 6 cases of Puerperal Pyrexia were notified (see Tables, Notifiable Diseases (page 18), 3 patients were admitted to the Lancaster Isolation Hospital for treatment, and 1 was admitted to Carlisle Infectious Diseases Hospital.

MATERNITY HOSPITAL ACCOMMODATION.

Westmorland County Hospital.

The Maternity block has 8 beds which serve for abnormal cases requiring special treatment, and as an overflow from Helme Chase Maternity Home, when required.

The Council's Institution at Kendal and Kirkby Stephen each have 1 maternity ward. 10 maternity cases were 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. There are 13 beds, one Labour Ward and one Isolation Bed. This provision is in addition to the beds provided at the Westmorland County Hospital. During 1944, 296 patients were admitted to Helme Chase Maternity Home and 54 cases received a grant towards the cost of their maintenance under the County Council's Scheme. The rising number of applications for admission to this Home has thrown a great strain on the limited accommodation and staff.

St. Monica's Maternity Home for Unmarried Mothers. (Carlisle Diocesan Maternity Home).

The Home possesses 23 maternity beds. 55 maternity cases were admitted in 1944. 12 of these were Westmorland cases.

INFANT LIFE PROTECTION.

The Infant Life Protection Visitors are the various District Nurses. In the County during 1944 the figures were as follows:—

Number of persons on the Register who were receiving children for reward at end of the year:—

In private Homes	12
In Schools	2

Number of children on the Register:—

(a) At the end of the year—

In Private Homes	15
In Schools	33
			— 48

(b) Who died during the year ... Nil

Cases in Institutions.

	As Midwives without a doctor.	As Mater- nity Nurses with a doctor.
Westmorland County Hospital ...	29	50
Helme Chase Maternity Home ...	153	142
County Council Institutions ...	8	2
Private Nursing Homes ...	15	149
Trerose Maternity Home ...	135	—
	340	343

Gas-Air Analgesia.

During the year the Kendal Midwives have administered analgesia to 73 cases (Maternity cases 26, Midwifery cases 47).

Fourteen District Nurses, acting as Midwives, are now qualified to administer Gas-Air Analgesia, and 12 had been supplied with the necessary apparatus at the end of the year.

The policy of the County Nursing Association is to train as many midwives as possible to administer analgesia; those who have the largest number of cases and are anxious to qualify are selected first for the training courses.

SCHOOL WELFARE.

Home visits paid by School Nurses ...	1420
Dental Treatment ...	1688
Dental Inspection ...	5497
Medical Inspection ...	3145
Eye Examinations ...	276

A high standard of cleanliness, with a few exceptions, still exists in the schools in the County.

NUTRITION IN SCHOOL CHILDREN.

From the following table it can be seen that in spite of five years of war-restrictions on food, the standard of nutrition of our school children is high.

	Kendal.	Westmorland.
Excellent ...	55.8%	53.9%
Normal ...	37.8%	44.4%
Slightly Subnormal ...	6.2%	1.6%
Bad12	—

BLIND PERSONS ACT, 1929.

No. of persons certified by the Council's Certifying Medical Officer during the year—44.

No. referred for specialist treatment under the Prevention of Blindness Scheme—23.

Total No. of Blind Persons on the Roll in December, 1944—94.

ANNUAL REPORT OF THE COUNTY ANALYST.

(1) During the 12 months ended the 31st December, 1944, I have analysed 74 samples of Food and Drugs submitted by the Sampling Officers appointed for the County of Westmorland under the Food and Drugs Act, 1938, viz.:—

From the Appleby Division	37
From the Kendal Division	37
	—
	74
	—

This number of samples shows a very marked decline as compared with the total of 111 samples received during the 12 months ended the 31st December, 1943; in that period 74 samples of Milk were received for analysis, and 37 samples of articles other than Milk, while the total number of samples submitted during 1944 only equals 74.

To some extent this difference in numbers is accounted for by the fact that during 1943, 10 samples of Milk were taken as appeal samples, as against 1 sample as an appeal sample in 1944; nevertheless, and taking into consideration the fact that the number of samples of articles other than Milk are exactly the same in number, this does not make a satisfactory explanation for the very obvious decline in the total number of samples submitted.

(2) A summary of the results of the analysis of samples received during the 12 months ended the 31st December, 1944, and the action taken with regard to the samples is given hereunder:—

No. of milk samples submitted	44
No. of samples of other articles	30
	—
	74
	—
No. of samples adulterated or below standard	5
No. of samples of genuine quality but below standard	1
No. of samples of doubtful quality	0
No. of informal samples	0
No. of reference samples	1
No. of appeal samples	1
No. of persons cautioned	1
No. of persons summoned	2
No. of persons dismissed	1
No. of persons convicted	1
No. of persons in which no action was taken	1
No. of cases pending at end of year	0
No. of persons noted for further sampling	1
Amount of fines	£1 5 0
Amount of costs	£6 15 4

The percentage of adulteration for the year is 9.52; for the 12 months ended the 31st December, 1943, it was 14. In each case all samples below standard, excepting those which were shown to be of genuine quality even if below the limits of 8.5% for Non-fatty Solids, or 3.0% for Fat, according to the requirements of the Sale of Milk Regulations, 1939, are not included, excepting for the purpose of calculation in the total number.

(g) During the past year 44 samples of Milk were submitted for analysis; 4 of these were reported as being of lower than the necessary standard, 1 being of genuine quality but below standard, when judged by the freezing point, and 1 sample was taken as a reference sample, in course of delivery, and 1 as an appeal sample.

The number of samples of Milk received for analysis during the past period of 12 months is not very conclusive, but it is worth noting the composition of the 38 samples which were found to be of genuine quality, and in compliance with the requirements of the Sale of Milk Regulations, 1939, which gave:—

Non-fatty Solids.	Fat.
8.74%	3.84%

and for the year ended the 31st December, 1943, the results were:—

Non-fatty Solids.	Fat.
8.74%	3.86%

These results are well worth consideration, for they give a valuable index of the consequences of feeding value to-day, so far as dairy stock is concerned; barring cases in which it has been possible to say without doubt that there has been adulteration of Milk by the addition of water, there has been not the slightest indication that the quality of Milk has deteriorated through any restriction of imported feeding stuffs during the last years of the War.

While quantity may be curtailed, quality is certainly not affected, and the home-grown feeding stuffs which herds are given to-day will produce the highest quality of milk.

Proceedings were instituted in the case of only one sample of Milk during the year, in which there was a deficiency in fat but the case was dismissed.

The percentage of adulteration for Milk throughout 1944 is 2.4; for the 12 months ended the 31st Dec., 1943, it was 19.05 during which period 14 samples were reported as being adulterated or below standard apart from any samples found to be of genuine quality although below standard.

(4) Other Samples.

Articles other than Milk, samples of which were submitted for analysis during the year comprised 21 different commodities, represented by 30 samples; all of these were either food, or commodities used in the preparation of food.

The descriptions and the number of the samples in question are given below:—

Bacon	1	Meat Paste	2
Baking Powder	1	Rice	1
Bi-carbonate of Soda	1	Sausages	1
Coffee	3	Semolina	1
Cornflour	1	Sugar	1
Custard Powder	1	Tea	2
Egg Powder	1	Treacle	1
Egg Substitute Powder	1	Vinegar	2
Flour, Self-raising	1	Whisky	1
Jam and Marmalade	3	Yeast	1
Margarine	3		

With the exception of a sample described as Egg Powder, and a sample of Whisky, the whole of these were in agreement with the requirements of the Food and Drugs Act, 1938, and in the case of those articles, comprising Baking Powder, Cornflour, Custard Powder, Egg Substitute Powder (now known as Golden Raising Powder), Self-raising Flour, Jam and Marmalade, Meat Paste and Sausages, which are the subject of Orders issued under the Defence (Sale of Food) Regulations, 1943, these also were genuine.

In the case of the sample of so-called Egg Powder, this was actually a Golden Raising Powder, with no relation whatsoever to Egg Powder, which is Dried Whole Egg; it appeared, however, that there had been a genuine misunderstanding owing, no doubt, to the loose way in which the term "Egg Powder" has been used in the past, consequently a caution was administered.

The Whisky was adulterated by the addition of rather more than 5 per cent. of water; proceedings were instituted and a small fine and costs were inflicted on the vendor.

CYRIL J. H. STOCK,
County Analyst.

NOTIFIABLE DISEASES, 1944.

	Smallpox	Scarlet Fever	Diphtheria	Enteric Fever.	Paratyphoid Fever.	Erysipelas	Pulmonary Tuberculosis	Other Forms of Tuberculosis	Pneumonia	Undulant Fever.	Poliomylitis	Malaria	Dysentery	Puerperal Pyrexia	Ophthalmia Neonatorum	Measles	Whooping Cough
Appleby	—	5	3	—	—	1	—	—	—	—	—	—	—	—	—	15	8
Kendal	—	45	12	2	1	4	19	3	1	2	1	—	—	1	1	82	2
Lakes	—	22	—	—	—	1	4	5	4	—	—	2	8	—	—	13	1
Windermere	—	6	—	—	—	—	7	2	2	—	3	—	—	1	—	10	4
North Westmorland ..	—	32	2	—	—	4	3	6	14	—	—	—	9	1	1	184	58
South Westmorland ..	—	56	6	1	—	5	15	5	12	—	2	1	—	3	1	237	36
Total	—	166	23	3	1	15	48	21	33	2	6	3	17	6	3	541	109

Notifiable Diseases (other than Tuberculosis) during the year 1944.

Ages.	Scarlet Fever.	Smallpox.	Diphtheria.	Enteric Fever.	Paratyphoid Fever.	Erysipelas.	Pneumonia.	Undulant Fever	Poliomyelitis.	Malaria	Dysentery	Puerperal Pyrexia.	Ophthalmia Neonatorum.	Measles	Whooping Cough
Under 1 year ..	—	—	1	—	—	—	—	—	—	—	—	—	3	12	12
1 " ..	3	—	—	—	—	—	—	—	1	—	—	—	—	36	11
2 " ..	3	—	—	—	—	—	—	—	1	—	—	—	—	31	12
3 " ..	8	—	1	—	—	—	1	—	—	—	—	—	—	44	20
4 " ..	9	—	1	—	—	—	2	—	—	—	—	—	—	44	11
5 " ..	50	—	5	—	—	—	2	—	2	—	4	—	—	267	38
10- " ..	54	—	3	—	—	—	3	—	1	—	12	—	—	76	2
15- " ..	33	—	3	2	—	—	4	—	—	—	—	1	—	16	—
20- " ..	3	—	3	—	1	1	1	—	—	3	—	5	—	7	1
35- " ..	1	—	2	—	—	5	5	1	1	—	—	—	—	5	1
45- " ..	2	—	3	1	—	6	8	1	—	—	1	—	—	3	—
65 and over ..	—	—	1	—	—	3	7	—	—	—	—	—	—	—	1
Total Cases notified	166	—	23	3	1	15	33	2	6	3	17	6	3	541	109
Cases admitted to Hospital ..	155	—	22	2	1	3	3	—	6	1	—	3	1	1	—
Total Deaths ..	—	—	1	—	—	—	4	—	1	—	—	—	—	—	—

NOTIFIABLE DISEASES.

A table will be found on page 18 detailing the incidence of these diseases in 1944. The Registrar-General has supplied figures as to the incidence per 1,000 of the estimated average population of notifications of certain diseases in 1944 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 resident population in 1943 and 1944.

	Westmorland.		England & Wales.	
	1943.	1944.	1943.	1944.
Typhoid Fever ...	0.01	0.04	0.01	0.01
Paratyphoid Fever ...	0.01	0.01	0.01	0.01
Cerebro Spinal Fever ...	0.03	—	0.08	0.05
Scarlet Fever ...	1.50	2.47	3.01	2.40
Whooping Cough ...	2.71	1.62	2.54	2.49
Diphtheria ...	1.10	0.34	0.88	0.58
Erysipelas ...	0.17	0.22	0.31	0.29
Smallpox ...	—	—	—	—
Measles ...	6.29	8.06	9.98	4.16
Pneumonia ...	0.79	0.49	1.34	0.97

There has been no epidemic of moment during the year. A slight increase has been recorded in scarlet fever and measles. There was a mild epidemic of influenza in the early part of the year.

The number of cases of Diphtheria has been reduced considerably. In the County Area only three cases occurred in children below the age of 15, and in each case the infection was very mild with good recovery. Two cases had been immunised.

In the Borough of Kendal there were 6 cases with a positive swab; 3 of these were immunised and 2 of them took it very lightly; the third was rather more severe owing to late admission to hospital for treatment. Of the non-immunised cases two were very severe cases; the third, an infant under the age of one, was rather less severe.

CANCER ACT, 1939.

Arrangements were made by the County Council under Section 1 of the above Act and were approved by the Ministry of Health on the 29th June, 1942.

Provision has been made for:—

- (a) a clinic for diagnosis and observation after treatment, to be held at the County Hospital, Kendal, once each month, conducted by the Director of the Holt Radium Institute, Manchester;

- (b) radio-therapeutic treatment and in-patient accommodation at the Holt Radium Institute;
- (c) surgical treatment and in-patient accommodation at the County Hospital, Kendal, and the Christie Hospital and Holt Radium Institute, Manchester.

The first Cancer Clinic was held at the Westmorland County Hospital, Kendal, on the 1st August, 1942, in charge of Dr. Nuttall, of the Christie Hospital and Holt Radium Institute, Manchester.

No. of clinics held at Kendal for the year ending the 31st December, 1944	12
No. of new cases seen	73
No. of follow-up cases seen	143
No. of cases admitted to the County Hospital:—					
New cases	15
Follow-up cases	1
No. of cases admitted to the Christie Hospital, Manchester:—					
New cases	28
Follow-up cases	4
No. of cases attending for out-patient treatment at the Christie Hospital, Manchester:—					
New cases	2
Follow-up cases	—

It is most satisfactory to report that this clinic, which was one of the first to be instituted in the country under a County Council, is proving a great help and is being used by practitioners throughout the County. The scheme is approved annually by the Ministry of Health on the report of the County Medical Officer of Health and has been so approved. From enquiries received from various parts of the Country it is evident that our step forward in this direction has caused some interest. We are much indebted to the County Hospital, Kendal, and the Christie Hospital, Manchester, for the successful working of the scheme, and for the universal support of the medical practitioners in the County.

Deaths from Cancer, 1943 and 1944.

	1943.			1944.		
	Males.	Females.	Total.	Males.	Females.	Total.
Urban Districts	... 41	46	87	... 27	33	60
Rural Districts	... 26	36	62	... 21	43	64
Grand Total	...	149	Grand Total	...	124	

TUBERCULOSIS.

In the following table are the figures for the notifications of, and deaths from, Tuberculosis in 1944.

TUBERCULOSIS IN 1944.

Age Periods.	NEW CASES.				DEATHS.			
	Respiratory.		Non-Respiratory.		Respiratory.		Non-Respiratory.	
	M.	F.	M.	F.	M.	F.	M.	F.
0	—	—	1	—	—	—	1	—
1	—	—	3	2	—	—	—	1
5	1	2	3	5	—	—	—	—
15	6	10	2	3	2	2	—	—
25	4	8	—	—	3	2	—	—
35	4	3	—	—	2	1	—	—
45	3	2	—	—	3	1	—	1
55	2	1	—	1	3	1	—	1
65	—	2	—	1	—	1	—	—
TOTAL	20	28	9	12	13	8	1	3
1943	32	29	10	14	8	5	3	3

In 1944, 41 patients were admitted to the Westmorland Sanatorium, Meathop (see page 23), and 2 to Oubas House Sanatorium, Ulverston.

Nine patients suffering from surgical tuberculosis of the bones or joints received in-patient treatment as follows:—

In the Ethel Hedley Orthopaedic Hospital	1
In the Oswestry Hospital	6
In Wrightington Hospital	2

PULMONARY TUBERCULOSIS—GRANTS.

The Council's Scheme was inaugurated on the 1st July, 1943, and 3 new applications for grants were received and allowed from the 1st January, 1944, to the 31st December, 1944. Five cases are at present receiving grants.

The scheme has been working satisfactorily in all ways. For the above period the following grants were made:—

Maintenance Allowances.	Discretionary Allowances.	Special Payments.	Total.
£442 2 4	£3 10 0	£16 10 0	£462 2 4

We should like to express the opinion that the limitation of the grants to certain types of lung tuberculosis is unsatisfactory and we should prefer it to include not only all cases of lung tuberculosis but also those of surgical tuberculosis.

The report which follows has been prepared by Dr. J. Munro Campbell, the Clinical Tuberculosis Officer, who is also Medical Superintendent of the Westmorland Sanatorium, Meathop, and to whom our thanks and appreciation are expressed for his very helpful co-operation.

COUNTY OF WESTMORLAND TUBERCULOSIS SCHEME.

Under this scheme the Medical Superintendent of the Sanatorium acts as Clinical Tuberculosis Officer for the County. There are Dispensaries at Meathop, Kendal and Appleby, and during the past year attendances there numbered 688. Owing to the many country districts not conveniently situated to any nearby centre, domiciliary visits and consultation at the homes of patients form a comparatively large proportion of the work (234 visits), though in 1944, for various unavoidable reasons, the figure is lower than usual.

A total of 269 patients were seen for the first time, and amongst these there were 74 (including "transferred in" cases) suffering from tuberculosis.

	Pulmonary.				Non-Pulmonary				Total
	Male	Female	Male Children	Female Children	Male	Female	Male Children	Female Children	
Patients on register 1/1/44	98	103	13	12	8	26	16	12	288
Patients "transferred in"	11	8	2	0	0	2	0	0	23
Lost sight of and cases returned dur- ing year	1	0	0	0	0	0	0	0	1
New Cases T.B.—	2	5	1	2	0	0	0	0	10
New Cases T.B. + Non-Pulmonary	6	14	0	0	0	0	0	0	20
	—	—	—	—	2	5	6	7	20
Recovered	7	9	0	4	1	3	6	2	32
Died	12	10	0	0	0	2	1	0	25
Removed	9	10	1	0	0	2	1	2	25
Lost sight of, etc.	5	2	0	0	0	2	0	0	9
On register 31/12/44	85	99	15	10	9	24	14	15	271

There were a few non-pulmonary cases treated at Calgarth Hospital and Oswestry Orthopaedic Hospital.

The pulmonary cases were treated at Westmorland Sanatorium, and the following table shows the admissions and discharges.

			In Institutions on Jan. 1.	Admitted during the year.	Discharged during the year	Died in the Institution	In Insti- tutions on Dec. 31.
Number of Patients.	Adults	M.	11	13	9	10	5
		F.	10	19	14	2	13
	Ch'd'n		6	3	6	—	3
Number of Observation Cases.	Adults	M.	—	2	2	—	—
		F.	—	2	2	—	—
	Ch'd'n		0	2	0	—	2
Total			27	41	33	12	23

Specimens of sputum can be sent by practitioners in the County to the Sanatorium Laboratory for examination, and 123 specimens have been examined and reported on. By the use of the V.C.P. it has been found possible to get patients to the Sanatorium for X-ray who could not possibly have attended by the ordinary services of public transport. X-ray films to the number of 445 have been taken in connection with the County work. In connection with patients coming for treatment (428 refills have been given to Westmorland out-patients) the position would again have been impossible but for the excellent services of the W.V.S. who organise the V.C.P.

The District Nurses who carry out the Tuberculosis Work in their own districts, continue to prove entirely satisfactory in keeping one in touch with patients. My thanks are due to them and also to Nurses Williams and Brigg who attend the Kendal and Appleby Dispensaries respectively.

Despite the extra difficulties occasioned by war-time measures, depleted staff and illness, the Sanatorium can show an entirely satisfactory record of work in 1944. For this I have to thank my assistants (especially Dr. Fraser who shouldered the burden whilst I was ill), the Secretary and Clerk, the Matron, the Senior Nursing Staff, and in fact all who have faithfully stood by the Sanatorium and in spite of trials have persevered and won through.

I am deeply grateful to them all.

I am,

Your obedient Servant,

J. MUNRO CAMPBELL,

Medical Superintendent and

County Clinical Tuberculosis Officer.

BOVINE TUBERCULOSIS.

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

During the period 1st January—31st December, 1944, 28 animals were slaughtered under the above Order as follows:—

Cows in Milk—

3 suffered from tuberculous udders.

15 suffered from chronic cough.

Dry Cows or Heifers—

8 suffered from chronic cough.

1 suffered from emaciation.

1 suffered from T.B. udder.

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

Continued attention has been paid to the occurrence of Bovine Tuberculosis, and every endeavour has been taken to provide either a pasteurised or tuberculin-tested milk supply to the schools. In this respect considerable progress has been made and it is hoped that we shall in time have all schools on this basis.

We 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 1st January, 1944, to 31st December, 1944:—

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

Period.	Total Cows.	Samples reported on.	T.B.	
			Neg.	Pos
1st January, 1944 to 31st December, 1944	3976	202	196	6

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 1/100 m.		
						1 tube	2 tubes	3 tubes
Non-designated Producers	8543	462	233	229	183	46	23	210

(of the 462 samples taken 88 were repeat samples—Result: 21 satisfactory, 67 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 202 samples, representing the milk from 3,976 cows, 6 samples were positive.

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 of 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.

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, inform 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.

One is still dissatisfied with the results of the Methylene Blue Tests for cleanliness.

Your Medical Officer was co-opted on the Milk Committee of the War Agricultural Committee and has appreciated the difficulties with which they also are faced. There are various reasons for the unsatisfactory results; one of the main reasons appears to be lack of water to ensure proper cooling, and for this reason the County Council is anxious to see better water supplies throughout the County. There are certain cases in which carelessness is responsible, but these are a small minority.

WATER SUPPLIES.

Appleby Borough Council.

There has been no extension in Water Supplies. No analyses of water have been taken.

Kendal Borough Council.

The total rainfall at Fisher Tarn was 54.31 inches.

At the commencement of the year there was 164 days' supply; 35½ million gallons were supplied from Mints Feet; at the close of the year there was 177 days' supply in hand.

By-washing from Fisher Tarn took place from 25th January to 9th February and from 17th December to the end of the year.

Bolefoot Tank was cleaned out and Mints Feet Well weeded once. The Chlorination Plants worked satisfactorily.

Following a complaint of suspected metallic contamination of the water obtained from the public supply, a sample was taken for analysis, and the examination showed that lead, copper and iron were not present in detectable amounts.

Monthly bacteriological examinations of the public supplies have been made, and these have been satisfactory.

Lakes Urban District Council.

All public supplies under the control of the Lakes Urban District Council were maintained in a satisfactory and efficient condition; no new work was carried out; the supplies were abundant. From public supplies 58% of the houses in the area are supplied.

Windermere Urban District Council.

No new extensions have been made. Three analyses have been carried out and were found to be satisfactory. 98% of the houses are supplied from public sources.

North Westmorland Rural District Council.

No extensive alterations have been made to any of the public water supplies in the District during the year, but several joint service pipes have been connected to the Council's mains for the purpose of supplying small groups of farms. Most of these have been laid as the result of financial assistance under the Ministry of Agriculture's Scheme operated by the Westmorland War Agricultural Executive Committee, and on the Regional Scheme an extension of main was carried out with 800 yards of asbestos cement pipes and labour from P.O.W. Camp to serve places on the east side of Asby.

This (Regional) Supply was eased somewhat in the latter part of the year when reductions took place among the Forces quartered in the Area of the supply, but shortage is felt in some parts—due to the large trade demand for milk production and cooling; while this has developed, the storage capacity of our reservoirs is scarcely equal to one day's consumption; storage or balancing reservoirs would meet the difficulty.

Investigations of this supply have been made into the cause of internal corrosion of galvanised iron service pipes supplied from the Regional Extension Main which has occurred at one or two parts of the District, and a possible cause of the trouble may be due to the acid nature of the water; to correct this, lime and chalk is now added to the water at the Filter House twice weekly instead of weekly.

Installing meters at the dairy farms has made slow progress during the year, owing to the difficulty in getting meters and also to shortage of labour and staff.

It is estimated that 85% of the houses in the Eastern Division (excluding the parishes of Stainmore, Ravenstonedale, Hartley, Mallerstang and Wharton) are provided with piped supplies from the Council's water mains: Of the remaining 15%, at least half are provided with piped supplies from private sources.

In the Western Division the percentage of the number of houses supplied direct from public sources must be very high out of 23 parishes; only Martindale is without a public supply; here all houses have ample sources favourably situated in their vicinity.

Continuous chlorination of the Regional and the Kirkby Stephen water supplies has been carried out for the past four years.

Samples have been taken from the following public water supplies and submitted to the County Analyst for bacteriological examination:—

Bleatarn, Dufton, Hilton, Kaber, Kirkby Thore, Close Houses, Warcop, Milburn, Murton, Newbiggin and Temple Sowberby, Tebay, Orton and Shap, the latter three being unsatisfactory.

South Westmorland Rural District Council.

Quarterly bacteriological examinations of the public water supplies have been made and the results have been generally satisfactory.

Lupton Reservoir. The rainfall for the year was 56.7 inches and above average. The supply from the reservoir has been abundant. Chlorination of the Lupton water supply for the year has been more effective and the reports on the Bacteriological Examinations of the supply have in every test been satisfactory.

Burton-Heron Syke. A new main has been laid to these cottages and a satisfactory water supply provided.

Summerlands, Endmoor. The supply to the Merchant Navy Seamen's Welfare Centre and properties adjoining has been satisfactorily provided for by extending a new water main for the area.

Stainton. Work is now in progress for providing a water supply to Stainton Village.

Hutton Roof. Complaints of the inadequate water supply to Hutton Roof continue. Improvement of supply is included in the Post-war Water Supply Schemes.

Six houses were connected to the mains of the Manchester Corporation Thirlmere Supply.

Three samples of water were obtained from private supplies and submitted for chemical and bacteriological examination, two of which were reported as being unsatisfactory.

PUBLIC HEALTH (VENEREAL DISEASES) REGULATIONS.

Westmorland cases treated at the following Centres for the year ended 31st December, 1944, are as follows:—

Centre.	NEW CASES.				Total No. of attendances of all patients residing in West'land.
	Syphilis.	Soft Chancre.	Gonorrhoea.	Non-Veneral and un-diagnosed conditions.	
Lancaster (from June, 1944)	... 4	—	9	—	112
Preston	... 3	—	4	—	134
Carlisle	... 3	—	2	16	117
Barrow	... —	—	—	—	13
Liverpool	... 1	—	—	1	22
	—	—	—	—	—
Total	... 11	—	15	17	398
	—	—	—	—	—

This is independent of cases treated by patients' own doctors.

For the year ending the 31st December, 1944, two double references under Regulation 33B were received, and the Statutory Notice served in one case where a Clearance Certificate was subsequently issued. As the other case was residing in an adjoining county, the appropriate forms were forwarded to such county for action. These cases are always followed up by our Social Worker.

All applicants, before admission to St. Monica's Maternity Home, Kendal, for unmarried mothers, have the Wassermann Test applied. Should any prove positive, they are admitted to the Hope Hospital, Leeds, for appropriate treatment. No patients were admitted to this Hospital during 1944.

In 1944, 135 blood specimens were sent to the Public Health Laboratory, Manchester, of which 10 were positive, 122 negative, and 3 doubtful. Drugs were supplied to private practitioners where required.

The Lancashire County Council Venereal Diseases Clinic at Lancaster has proved increasingly useful. It appears, however, that quite a number of cases of gonorrhoea never reach the clinics, but are treated by the general practitioners. A complete record of the cases of Venereal Diseases occurring in the County could only be obtained by notification. This appears to be a correct solution if only for informative purposes.

MENTAL AND NERVOUS DISORDERS CLINIC.

This clinic was commenced at the Fellside Dispensary, Kendal, on Thursday, the 30th November, 1944, and thereafter fortnightly from 11 a.m. to 1 p.m. and from 2 p.m. to 4 p.m. The clinic is being conducted by Dr. Joseph Braithwaite, M.B., D.P.H., Superintendent of the Cumberland and Westmorland Mental Hospital, Garlands, Carlisle. Dr. Braithwaite advises:—

1. As to whether the patients would benefit by institutional treatment, either on certificate or voluntarily.
2. As to whether he can help by seeing patients regularly at the clinic over a period.

It is hoped that this clinic will fulfil a very useful purpose. It has only been running for a month, and it is impossible to state as to what use will be made of it. Experience shows that if a good clinic is initiated it is very soon made use of.

EMERGENCY MEDICAL SERVICES.

Trerose Maternity Home, Arnside.

This Maternity Home was opened in July, 1942, to accommodate 10 lying-in cases, for the reception of expectant mothers from Barrow-in-Furness. Westmorland cases can also be admitted at a fee of £3 3s. 0d. per week. During the past 12 months the following cases have been dealt with:—

Barrow	74 deliveries.
Lancashire	9 „
Westmorland	17 „
Evacuees	35 „

Total ... 135

Admissions	140
Stillbirths	1
Infant Deaths	1
Born before arrival	1

The Senior Regional Officer of the Ministry of Health stated that it had been decided to carry on the above Maternity Home as an Emergency Maternity Home under the Government Evacuation Scheme pending further arrangements to be made between the Council and his department's Regional Finance Officer. In the meantime, it was agreed that the sending Authority should be charged

a fee of £3 13s. 6d. per week in respect of all patients received into Trerose other than evacuees from the South. This new arrangement to have effect as from the 1st January, 1945.

The evacuation from London in July, 1944, brought into the County a considerable number of expectant mothers. As soon as possible a list of such mothers was prepared and all were examined ante-natally. All cases which were normal were subsequently admitted to the Trerose Maternity Home. During the year there were no cases of maternal deaths nor of puerperal pyrexia.

Dungarth Ante-natal Hostel, Arnside.

This Hostel, for the accommodation of 20 cases, was also established in July, 1942, in conjunction with Trerose Maternity Home, for ante-natal cases. It was kept on a care and maintenance basis until August, 1944, when cases were admitted. London evacuees have greatly appreciated the care they received, and the return to London of expectant mothers was less than expected and a great deal less than from other areas. Up to the 31st December, 1944, 31 cases were dealt with. It was closed on the 31st January, 1945, and arrangements were made for the return of the equipment to Central Stores, and when this has been done this Hostel will be de-requisitioned.

There were times when Trerose Maternity Home was full and Dungarth had waiting patients, but it was always possible to deal with the situation.

Quarry Garth War-time Nursery, Windermere.

This Nursery was opened on the 19th September, 1942, for children of working women. It has accommodation for 51 children—17 residential and 34 day children from 0-5. At the end of the year there were 14 resident children and 3 day children in this Nursery. The number of resident children admitted during the past year was 95, and the number of non-resident children 20.

The London Evacuation increased the work here considerably, as a number of children whose mothers were having babies at Trerose were admitted. At times the Nursery was full to capacity. With a considerable number returning towards the end of the year, the work lessened considerably and the staff were reduced.

There were no cases of serious illness during the year nor any outbreak of contagious disease.

Marton House Nursery Unit, Longmarton.

This Nursery Unit was opened in July, 1943, for the maximum accommodation of 12 children, but there were never more than 9 in the Nursery. Under the care of the owner of the house (Mrs. Baker-Courtenay) and two Nursery Assistants it formed a very happy and successful little unit. It was closed at the end of the year as no longer required.

Ibbotsholme, Windermere.

These premises had been used as a Sick Bay during 1940-43, when they were closed as redundant and remained on a care and maintenance basis. In July, 1944, on account of renewed enemy activity in the South East of England, an enquiry was received from the Ministry of Health as to whether these premises could be opened as a Residential Nursery to receive The Mount Nursery which had been evacuated to South Godstone, Surrey, as this situation was now in the direct course of the Flying Bombs that were passing over to London. After a week of intense preparation the Nursery was completely equipped and ready for the reception of the Mount Nursery. This result could never have been achieved but for the willing help of the Windermere W.V.S. and the W.A.A.F. Unit stationed at Bowness-on-Windermere. 41 children and a staff of 15 arrived on the 15th July and remained until early November. During this period there was not a single case that required medical attention, and the health and happiness of this Nursery was most excellent. It is pleasing to be able to recall such a successful result.

The London Evacuation.

In July, 1944, the third evacuation took place from London. On this occasion the Evacuating Authority was the London County Council, and, profiting by past experience, the whole system of arrangement was very much improved. On this occasion it was decided to open Rest Centres where the evacuees would be accommodated for the first night of their arrival. The provision of these Rest Centres was in the hands of the Social Welfare Officer and the billeting arrangements under the Local Authorities. This was our first experience in the use of Rest Centres, and the greatest credit is due to the Social Welfare Department, the W.V.S. and the many helpers for the outstanding success.

During the period 11th July—9th August, 1944, 14 Rest Centres were opened, and a total of 534 women and 1,040 children passed through the centres.

The staff of the Public Health Department supervised the Centres, and the situation proved to be considerably easier than on previous evacuations.

There were practically no cases of vermin or contagious disease. The Billeting Authorities were considerably handicapped in not knowing in advance whether the incoming trains carried unaccompanied school children or mothers and children; indeed, they were prepared for the former class and with the provision of school meals, did not anticipate the difficulties which had arisen. However, the response of the householders was good and all were successfully billeted with the exception of a small number of mothers with large families who wished to be kept together and for whom accommodation was found in empty houses.

Throughout the whole evacuation a most satisfactory liaison was established with the Local Authorities, and the help and advice of this department in all health matters arising was willingly given. By the end of the year a considerable number had returned.

During the year hostels for difficult or backward children have been maintained by the various Local Authorities at West Bank and Brantholme, Kendal; Hincaster House, Longmarton and Yanwath. This department has kept in touch with these hostels and afforded them advice on the health and treatment of the children.

SCABIES.

Cases have been treated at the Kendal and Appleby First Aid Posts from the 1st January, 1944, to the 31st December, 1944, as follows:—

	Cases Treated.	Baths Given.	Cases attending last Clinic.
Kendal	172	602	2
Appleby	86	210	1
	—	—	—
	258	812	3
	—	—	—

Adults were also treated at these clinics.

It is satisfactory to report that this disease is definitely under control. The clinics were maintained and with the London Evacuation it was expected that their need would again become increased, but this did not prove to be the case and by the end of the year there were only 3 cases for treatment. The treatment which we adopted during the previous years with benzyl benzoate was continued and has proved most successful.

CASUALTY BUREAU.

The usual duties in connection with the Casualty Bureau are being carried out as heretofore, and returns of Service sick and empty beds are made to the Ministry of Health in accordance with information received from the County Hospital and Morland Hall Convalescent Hospital. Reports have been made of injuries received by A.R.P. Personnel, and in the event of any local air activity full arrangements have been made for reporting casualties according to instructions.

It should be appreciated that Service men from a varied number of units come into our hospitals, and reports have to be made to their units and the Ministry of Health on their admission and discharge.

During the summer months daily telephonic reports of bed-states in hospitals were again initiated. The Civil Defence Committee again helped us considerably with the use of their ambulances for transfer of cases to and from hospital.

CIVIL NURSING RESERVE.

Westmorland may take credit for the response of the young women of the County to the appeal for nurses. By the end of 1944 the numbers serving in hospitals were as follows:—

Trained Nurses	8
Assistant Nurses	7
Nursing Auxiliaries	54

They are mostly employed in hospitals in the North-West Region.

During the year there were only a few applications to join the Civil Nursing Reserve and applicants were encouraged to take up nursing as a profession rather than a temporary job. We were successful in placing several nurses in hospitals for full training.

A high tribute should be paid to the Matron and staff of the County Hospital for the kindness and patience they have displayed in training these girls.

It may also be remarked that quite a number have found nursing so fascinating that they have left the reserve and decided to take up full training.

