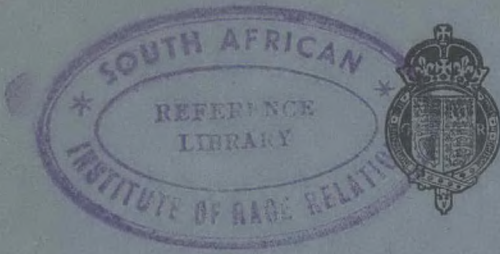


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BASUTOLAND

ANNUAL MEDICAL
AND PUBLIC HEALTH
REPORT

*For the Year ending
31st December 1942*

With the Compliments
of
The Director of Medical Services
Basutoland.

BASUTOLAND

Annual Medical and Public Health Report

For the Year ending 31st December 1942

SECTION I

PUBLIC HEALTH

General and Communicable Diseases

Enteric Group. 229 Cases were reported, of which 222 were admitted to Hospital, where the death rate was 16.7%. The most serious outbreak was at a Mission boarding school in the Qacha's Nek district, where 48 children were affected through fly-borne infection resulting from bad sanitary arrangements. This differs from the usual method of infection in Basutoland, which is from polluted surface pools and unprotected springs, as at Makopoi Api's in Maseru district, where 18 people in one village contracted the disease from the local village springs. Immunization by Typhoid Paratyphoid Endotoxin Vaccine very quickly terminated the outbreaks.

The incidence of this disease has fluctuated in the past five years from 255 cases in 1937 to the low figure of 76 cases in 1940.

Typhus Fever. 56 cases. After a period of comparative immunity from 1936 to 1940 the disease made its appearance in the highland district of Mokhotlong, where there were 69 cases in 1941 and 38 in the early part of 1942. A further 15 cases occurred in a group of villages in the Maseru district. The latter outbreak was traced to direct infection from the Mokhotlong district. Deverminization, by means of "Serbian barrels" soon terminated the epidemic, and during the latter half of 1942 no cases were reported.

Plague. In the early part of 1942 a small outbreak occurred in a group of three neighbouring villages near Thaba Bosiu, in the Maseru district. There were 10 cases with 4 deaths; of these 9 were Bubonic and 1 Septicaemic in type. Strict quarantine was established; all huts in the villages were treated with "Cynogas" to destroy rodents and fleas, and all inhabitants (385) were immunized by Live Avirulent Anti-Plague Vaccine, which was prepared and supplied by the South African Institute for Medical Research. Within eight days of inoculation no fresh cases occurred. A survey of the surrounding country revealed complete inactivity of gerbilles, undoubtedly as a result of plague among field rodents. As has been stated in previous reports, the Basuto throughout the lowlands, where gerbille infestation is widespread, use poisoned wheat bait extensively to protect their crops. This makes it difficult to know whether to ascribe absence of activity among field rodents to plague or to poisoning. 22,400 packets, each containing 500 grains of poisoned wheat, were dis-

tributed throughout the Territory during the year. The value of this method of protecting crops from destruction by field rodents is estimated at several thousand bags of cereals a year.

Smallpox. Following a period of many years of almost complete immunity in the Territory, smallpox appeared in November 1942 as an epidemic in the Leribe district. 121 cases were reported by the 31st December. A large proportion of the cases were so mild in character in the initial stages that the diagnosis was overlooked, and the fact that an epidemic of chicken-pox ran concurrently made the recognition even more complicated. The outbreak was widespread, but involved only a small number of people in each affected village. The persons affected were those who had evaded vaccination in the campaign of 1938-39. The epidemic was in due course carried by travellers to the Mokhotlong district. By the end of January 1943 it was under control in both affected districts. The total number of cases was 161 with 5 deaths. 145,137 vaccinations were performed.

Tuberculosis. Government Medical Officers report 378 cases of the Pulmonary type and 345 of other organs, making a total of 723 cases, compared with 537 cases in 1941 (297 Pulmonary and 240 other forms). This increase, following a period of four consecutive years of decreasing incidence, is disturbing, but it may be significant that in 1942 there has been an increase in the death rate from disease among Basuto working on the Mines. A possible explanation is that since 1941 a large number of Basuto Mine labourers at the end of the usual contracts of six or nine months have renewed their contracts on the Mines without returning to their homes for recuperation, and accordingly have a lowered resistance. Whilst the evidence to support such an impression is slender, the question merits vigilance.

Leprosy. The number of patients in the Leper Settlement on the 31st December was 659, compared with 615 on the 31st December 1941. During the year there were 163 admissions, made up as follows: new admissions 114, recurrences 40, re-admitted deserters 9. The comparative figures for 1941 were: new admissions 92, recurrences 26, re-admitted deserters 21, total 139. There were 119 discharged (deaths 63, desertions 14, disease arrested 63) compared with 213 discharges in 1941 (deaths 69, desertions 17, and disease arrested 127). Of the new admissions 69.4% had the disease under twelve months, 14.8% from twelve to twenty-four months, and 15.8% over two years—among new admissions 75% (81) were of the Neural type and 25% (27) Lepromatous. The higher admission rate is explained by intensified and excellent work by the Leprosy Inspectors of the Leribe and Berea districts. The number of recurrences is not surprising in that during the past three years 301 arrested cases have been discharged, compared with 180 in the previous three years. The greater discharge rate is due to the more liberal policy, whereby neural cases, who show no bacilli in several months' tests, are discharged more freely than was formerly done. Five of this year's re-admissions were because of trophic ulcers, and not active lesions.

No organized Leprosy surveys have been made since 1938, but in certain districts the Inspectors have examined all the inhabitants of certain hamlets. Figures obtained by this measure, from July 1940 to the end of 1942, show that of 73,839 persons examined there were 70 suspected

cases. But as all suspect lepers do not in fact have the disease, the incidence is less than .9 per thousand.

Syphilis. 7,078 persons were treated for syphilis at the Government Dispensaries, compared with 7,714 in 1941 (Primary state 419, Secondary 3,689, Tertiary 1,718, Hereditary 1,193, stage not defined 59). At Mission Hospitals a further 1,290 were treated. A total of 27,238 injections of arsenical or Bismuth preparations were given at Government and Mission clinics. Partly because the patients have to travel long distances to the clinics, and partly because visible manifestations disappear after two or three injections, the majority of patients stop attending the clinics after the fourth or fifth injection. Only about 30% continue treatment after five injections.

Gonorrhoea. 1,858 cases were reported, compared with 1,853 in 1941. Sexual promiscuity and the increasing number of beer shops run by loose women, many of whom are riddled with venereal disease, are the chief factors in spreading the disease.

Other Infectious Diseases. There was the usual annual incidence among children, of diarrhoea, whooping cough, measles, chicken-pox, and mumps, none of which require special comment.

General and Other Diseases. Pellagra among adults, 967 cases and *Avitaminosis* among children, 230 cases, are an indication of maladjusted diets. The increasing use of refined maize meal and the inadequacy of milk for children are without doubt the chief causes.

In an Appendix to this report will be seen the other diseases from which the Basuto mostly suffer. Of the various groups, *Diseases of the Digestive System* is by far the largest, and of these dyspepsia and constipation are the most common—particularly among women of middle age, most of whom eat more than is necessary or indeed good for them, whose diet consists mostly of stodgey maize meal porridge, and who do not take enough exercise.

SECTION II

SANITATION AND HYGIENE

Water Supplies. The work of protecting village springs by Government continues, but owing to the shortage of materials and labour, due to the war, only 90 springs were dealt with during the year. This brings the total of springs protected throughout the Territory to 842 (Maseru district 235, Leribe 199, Mafeteng 123, Berea 108, Mohale's Hoek 85, Quthing 47, Butha Buthe 45).

Sewage. Owing to war economies and shortage of building materials no important works were undertaken.

Diet. In 1942, throughout most of the Territory, the main cereal crops, maize, kaffir corn (millet), and wheat, were below average owing to lack of rain in the sowing season (spring and early summer) of 1941. Similar conditions occurred throughout the whole of South Africa. Fortunately many Basuto had stored sufficient supplies from the previous year to carry them through to the next crop, thus averting the serious food position which occurred elsewhere in South Africa.

SECTION III

HOSPITALS AND DISPENSARIES**General**

During 1942 no new developments, either in hospitals or dispensaries, were undertaken. Plans for post-war expansion are being prepared to augment the existing inadequate medical services in the Territory.

Hospitals

The following table shows the distribution of beds at present available at Government Hospitals and the number of patients treated in them in 1942.

Districts	Beds		Number of In-patients 1942
	Native	European	
Maseru	66	6	1,839*
Leribe	50	2	1,062
Mafeteng	44	2	1,005
Mohale's Hoek	22	2	494
Qacha's Nek	32	1	449
Quthing	26	—	570
Teyateyaneng	6	—	83
Mokhotlong	8	—	146
TOTAL	254	13	5,648

* Includes 394 admissions to the Maternity wards.

There were 344 deaths, giving a mortality rate of 6%. 3,265 operations were performed. Of these 746 were major operations. Since the introduction of sulphapyridin (M & B 693) in the treatment of Gonorrhoea, operative measures in the treatment of inflammatory conditions of the internal female organs have greatly decreased.

Of the 394 admissions to the Maternity wards of the Maseru Hospital, there were 314 deliveries, 40 of which required operative intervention. There were 792 first attendances, and 1,492 subsequent attendances at the ante-natal clinic, which is conducted in conjunction with the maternity wards.

Training of Native Nurses

There are at present 16 Probationers in training, 4 in midwifery, 2 in the third year, 5 in the second year, and 5 in the first year. At the end of 1942 six Probationer Nurses completed the prescribed three years' course of General Nursing and all successfully passed the final examination. One Midwife Probationer qualified in Midwifery. Of the six Nurses who completed the General Training Course four have remained for training in Midwifery and two have been given employment in Government institutions.

Mission Hospitals

These institutions are a valuable adjunct to the Medical Services of the Territory, and useful co-operation and collaboration exist between Medical Missions and Government. Government supplies them with the drugs required for the treatment of Venereal Diseases, in addition to certain financial subsidies. The following table summarizes the hospital accommodation available at Mission Hospitals and the number of patients treated during the year.

Hospital	Beds	In-patients treated in 1941
Roma Hospital (Roman Catholic)	28	444
Scott Hospital, Morija (French Protestant)	30	484
Paray Hospital, Ntaote's (Roman Catholic)	16	288
TOTAL	74	1,216

Dispensaries

The out-patient attendances for 1942 at Government Dispensaries were 156,103, an increase of over 3,000 on 1941, and at Mission Hospitals 32,269, an increase of 2,000 over those of the previous year.

The majority of out-patients attend for minor complaints, chiefly dyspepsia, constipation, and catarrhal conditions of the upper air passages. The attendances at Venereal Disease clinics at Government and Mission Dispensaries have risen from 23,781 in 1941 to 27,238.

The following two tables show the number of out-patients treated at Government and Mission Dispensaries in 1942.

GOVERNMENT DISPENSARIES

District	First Attendances	Subsequent Attendances	Injections for Syphilis	Total
Maseru	18,498	10,324	5,115	33,937 (a)
Leribe	14,734	7,027	4,236	25,997
Mafeteng	12,567	6,165	2,669	21,401
Mohale's Hoek	9,499	7,277	2,644	19,420
Qacha's Nek	5,620	4,407	1,813	11,840
Quthing	8,572	5,458	2,601	16,631
Teyateyaneng	13,610	4,841	1,372	19,823
Mokhotlong	2,618	2,603	774	5,995
Butha Buthe	—	—	—	1,059 (b)
TOTAL	85,718	48,102	21,224	156,103

(a) Includes attendances at the ante-natal clinic, Maseru.

(b) Attendances by District Surgeon at Butha Buthe, given to Government employees stationed there.

MEDICAL MISSION DISPENSARIES

Mission	First Attendances	Subsequent Attendances	Injections for Syphilis	Total
Roma Hospital	3,724	3,942	3,464	11,100
Scott Hospital	10,133	3,207	2,187	15,527
Paray Hospital	3,770	1,509	363	5,642
TOTAL	17,627	8,658	6,014	32,269

War Services

In addition to the foregoing out-patient work, Government Medical Officers have examined several thousand Basuto recruits for Military Service in the African Auxiliary Pioneer Corps, and have co-operated with the Military in other matters connected with the medical requirements of the recruiting and training depot at Maseru.

Medical Supplies

Notwithstanding the serious problem connected with shipping it is note-worthy that supplies of drugs and dressings from overseas have been adequate for the requirements of the Department. The greatest economy in the use of drugs and dressings is observed.

SECTION IV

STAFF

Despite the release of two Medical Officers for Military Service and difficulty in maintaining an adequate staff of European Sisters, all hospitals and dispensaries have functioned to their full capacity. At certain hospitals vacancies caused by resignations of European Nurses have been temporarily filled by trained African Nurses, but even they are not always available because of the great demand in Native hospitals in the Unions

SECTION V

FINANCIAL**Revenue 1941-42**

Hospital, Dispensary, and other fees £ 4,985 11s. 0d.

Expenditure 1941-42

Personal Emoluments, Medical	£17,202	13s.	1d.
Personal Emoluments, Leper Settlement	6,441	6	4
Other Charges, Medical	16,020	4	0
Other Charges, Leper Settlement	14,322	19	10
Sanitation	2,833	11	7

TOTAL £56,820 14s. 10d.

The daily cost per in-patient at Government Hospitals in 1942 was 4s. 5d., compared with 4s. 1d. in 1941. In this calculation the salaries of Medical Officers are excluded.

PRISONS AND ASYLUMS**Prisons**

The daily average number of prisoners throughout the Territory in 1942 was 379.57. The daily average reporting sick was 6.60, this being a sick rate of 1.7%. 30 prisoners were admitted to hospital. There were 5 deaths from natural causes. 7 judicial hangings were carried out. All gaols are inspected once a week by district Medical Officers. The diets, sanitation, and hygienic conditions are satisfactory.

Asylums

As there are no asylums for lunatics, mentally deranged persons who are dangerous or destructive are sent for treatment to Mental Institutions in the Union, where the cost of 2s. 6d. per diem is paid for by the Basutoland Government. On the 31st December 49 lunatics from the Territory were in Union Mental Institutes.

GENERAL

Dr. W. H. K. Kauntze, C.M.G., M.B.E., Assistant Medical Adviser to the Secretary of State for the Colonies, visited the Territory in July, an honour and service which was greatly esteemed and valued.

In conclusion I wish to record my sincere thanks to the European and African personnel of the Medical Department for their loyal co-operation and willing service throughout a year during which the work has been unusually exacting, owing to shortage of trained staff and additional burdens which have been imposed as a result of war conditions.

H. W. DYKE,
Director of Medical Services.

Maseru, 1st May 1943

T A B L E

SHOWING THE MAIN CAUSES OF MORBIDITY AMONG IN-PATIENTS AND OUT-PATIENTS AT GOVERNMENT HOSPITALS AND DISPENSARIES IN 1942

Diseases	In-Patients		Out-Patients
	Total Cases treated	Deaths	First Attenuances Total Number
<i>I. Epidemic, Endemic, and Infectious Diseases</i>			
Enteric Group	222	37	229
Typhus	3	2	56
Tick Typhus	1	—	—
Malaria	2	—	—
Smallpox	—	—	121
Measles	1	—	143
Scarlet Fever	1	1	7
Whooping-cough	7	2	753
Diphtheria	4	2	6
Influenza	156	2	813
Mumps	—	—	171
Dysentery	29	3	35
Plague	—	—	10
Tuberculosis, Pulmonary	68	24	378
Other Forms of Tuberculosis	116	9	347
Syphilis : (a) Primary	3	—	419
(b) Secondary	5	—	3689
(c) Tertiary	14	1	1718
(d) Hereditary	5	—	1193
(e) Stage not defined	3	—	59
Gonorrhoea	43	—	1858
Other Infectious Diseases	8	—	417
<i>II. General Diseases</i>			
Cancer and Other Malignant Tumours	43	9	45
Tumours Non-Malignant	82	1	376
Acute Rheumatism	83	—	1272
Chronic Rheumatism	42	—	2722
Scurvy	10	2	—
Pellagra	78	4	967
Other General Diseases	40	6	732
<i>III. Affections of the Nervous System and Organs of the Senses</i>			
Diseases (Organic and Functional) of the Brain, Spinal Cord, and Nerves	108	10	1113
Affections of the Organs of Vision and Hearing	147	1	3569
<i>IV. Affections of the Circulatory System</i>			
Diseases of the Heart	120	30	887
Diseases of the Arteries and Veins	18	—	164
Diseases of the Lymphatic System	34	1	553
<i>V. Affections of the Respiratory System</i>			
Diseases of Nasal Passage (incl. Coryza)	10	—	2287
Laryngitis	4	—	351
Bronchitis	115	4	5882
Pneumonia and Broncho-Pneumonia	268	28	224
Other Affections of the Lungs	20	—	457

Diseases	In-Patients		Out-Patients
	Total Cases treated	Deaths	First Attendances Total Number
<i>VI. Diseases of the Digestive System</i>			
Diseases of Gums and Teeth	67	1	3155
Diseases of Tonsils and Pharynx	286	1	2811
Diseases of the Stomach: Gastritis	38	1	362
Dyspepsia	207	—	8574
Diarrhoea and Enteritis (under 2 years)	39	12	2325
Diarrhoea and Enteritis (over 2 years)	48	3	1641
Intestinal Parasites	5	—	460
Appendicitis	34	1	57
Hernia	11	—	61
Affections of the Intestines: Constipation	55	1	6916
Affections of the Liver	29	4	67
Other Affections of the Digestive System	31	4	487
<i>VII. Diseases of the Genito-Urinary System (Non-Venereal)</i>			
Affections of the Kidneys	72	15	171
Affections of the Bladder and Urethra	72	9	592
Affections (non-venereal) of the Male Genital Organs	40	1	181
Affections of the Female Genital Organs: Salpingitis	193	1	1545
Other Affections of the Female Genital Organs	246	2	7358
<i>VIII. Puerperal State</i>			
Normal Labour	402	3	530
Other Affections of the Puerperal State	298	31	2296
<i>IX. Affections of the Skin and Cellular Tissues</i>			
Boils, Cellulitis, Abscesses, etc.	181	6	2153
Other Affections of the Skin	65	1	4832
<i>X. Diseases of Bones and Organs of Locomotion (Non-Tuberculous)</i>			
	170	3	844
<i>XI. Malformations</i>			
	11	1	38
<i>XII. Diseases of Infancy</i>			
Avitaminosis	25	8	230
Other Diseases of Infancy	36	6	217
<i>XIII. Affections of Old Age</i>			
	—	—	493
<i>XIV. Affections produced by External Causes</i>			
Burns	112	14	302
Wounds by Cutting or Stabbing	235	2	479
Fractures	366	24	485
Other External Injuries	311	8	2191
<i>XV. Ill-defined Diseases</i>			
	28	2	1141

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