

MONTHLY BULLETIN

Indiana State Board of Health

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The MONTHLY BULLETIN will be sent to all health officers and deputies in the State. Health officers and deputies should carefully read and file each copy for future reference. This is very important, for we expect to print instructions, rules and general information, which it will be necessary for officers to preserve.

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BIRTHS FOR FEBRUARY, 1920.

Total births, 5,247 (stillbirths excluded); State rate, 21.4.
 Males numbered, 2,703; females, 2,544.
 White males, 2,648; white females, 2,494.
 Colored births, 105; males, 55; females, 50.
 Stillbirths, 210; white, 198; colored, 12.
 The Northern Sanitary Section, population 1,042,514,
 reports 1,998 births; rate, 22.9.
 The Central Sanitary Section, population 1,219,131, re-
 ports 2,094 births; rate, 20.6.
 The Southern Sanitary Section, population 686,443, re-
 ports 1,155 births; rate, 20.2.
 The highest birth rate, White County, rate, 39.5.
 The lowest birth rate, Ripley County, rate, 8.6.
 Total births to date for 1919, 9,220.
 Total births to date for 1920, 10,683.

ABSTRACT OF MORTALITY STATISTICS FOR FEBRUARY, 1920.

Total deaths reported 5,522; rate, 22.5. In the preced-
 ing month 3,691 deaths; rate, 15.0. In the same month
 last year, 3,425 deaths; rate, 13.9. Deaths by important
 ages were: Under 1 year of age, 618 or 11.1 per cent of
 total; 1 to 10, 531; 10 to 20, 291; 65 and over, 1,596 or
 28.9 per cent of total.

SANITARY SECTIONS: The Northern Sanitary Sec-
 tion: Population 1,042,514, reports 2,023 deaths; rate,
 23.3. In the preceding month, 1,572 deaths; rate, 18.1. In
 the same month last year, 1,157 deaths; rate, 13.3.

THE CENTRAL SANITARY SECTION: Population
 1,219,131, reports 2,405 deaths; rate, 26.6. In the preced-
 ing month, 1,430 deaths; rate, 14.1. In the same month
 last year, 1,497 deaths; rate, 14.7.

THE SOUTHERN SANITARY SECTION: Population
 686,443, reports 1,094 deaths; rate, 18.9. In the preceding
 month, 689 deaths; rate, 12.0. In the same month last
 year, 771 deaths; rate, 13.5.

REVIEW OF SECTIONS: The Central Section pre-
 sents the highest death rate, 26.6, which is 4.1 higher
 than that for the entire state. The Central Section also
 presents the highest death rate for scarlet fever, measles,
 lobar and bronchopneumonia, puerpal septicemia and
 cancer. The Northern Section presents the highest death
 rate for typhoid fever, diarrhea and enteritis, influenza,
 and external causes. The Southern Section presents the
 highest death rate for pulmonary tuberculosis, diphtheria,
 whooping cough, cerebrospinal fever and smallpox.

RURAL: Population 1,701,179, reports 2,826 deaths;
 rate, 19.9. In the preceding month 1,767 deaths; rate,
 12.5. In the same month last year 1,804 deaths; rate, 12.7.

URBAN: Population 1,246,909, reports 2,696 deaths;
 rate, 25.9. In the preceding month 1,924 deaths; rate, 18.5.
 In the same month last year, 1,621 deaths; rate, 15.6. The
 cities named present the following death rates: Indian-
 apolis, 27.4; Evansville, 23.3; Fort Wayne, 29.5; Terre
 Haute, 21.9; South Bend, 19.9; Gary, 21.9; East Chicago,
 22.9; Hammond, 32.3; Muncie, 37.5; Richmond, 24.0; An-
 derson, 36.8; Elkhart, 27.5; Michigan City, 24.2; Lafayette,
 38.8; Kokomo, 29.2; Logansport, 21.6; New Albany, 17.3;
 Marion, 39.6.

SUMMARY OF MORBIDITY AND MORTALITY FOR FEBRUARY, 1920.

Influenza as in the preceding month, was reported as
 the most prevalent infectious disease. The order of preva-
 lence was as follows: Influenza, measles, scarlet fever,
 pneumonia, smallpox, gonorrhoea, syphilis, diphtheria,
 tuberculosis, typhoid and meningitis.

SMALLPOX: 486 cases reported in 55 counties with 2

deaths. In the preceding month 790 cases in 50 counties with 1 death. In the same month last year 230 cases in 34 counties with no deaths. The counties reporting small-pox present were: Allen, 2; Bartholomew, 1; Boone, 1; Carroll, 4; Cass, 1; Clinton, 1; Crawford, 2; Dearborn, 9; Delaware, 6; Dubois, 3; Fayette, 4; Floyd, 1; Fountain, 13; Fulton, 2; Gibson, 27; Grant, 19; Greene, 1; Hancock, 1; Howard, 36; Huntington, 17; Jackson, 49; Jasper, 6; Jay, 1; Jennings, 2; Kosciusko, 1; Lake, 18; Lawrence, 1; Madison, 3; Marion, 39; Martin, 2; Monroe, 1; Montgomery, 1; Morgan, 2; Orange, 2; Parke, 8; Pike, 11; Porter, 5; Posey, 6; Putnam, 4; Rush, 3; Shelby, 4; Spencer, 15; St. Joseph, 49; Sullivan, 1; Tippecanoe, 8; Tipton, 3; Vanderburgh, 6; Vermillion, 2; Vigo, 6; Wabash, 28; Warren, 11; Warrick, 10; Wayne, 1; Wells, 5; White, 21.

TUBERCULOSIS: 357 deaths, of which 319 were of the pulmonary form and 38 other forms. Males numbered 165, females, 192. Of the males, 37 were married in the age period 18 to 40 and left 74 orphans under 12 years of age. Of the females, 62 were married in the same age period as above and left 124 orphans under 12 years of age. Total number of orphans made in one month by this preventable disease, 198. Number of homes invaded, 343.

PNEUMONIA: 1,226 deaths; rate, 499.0 per 100,000. In the preceding month 602 deaths; rate, 245.0. In the same month last year 451 deaths; rate, 183.6. Of the pneumonia deaths, 611 were males and 615 females.

INFLUENZA: 18,217 cases in 81 counties with 1,232 deaths. In the preceding month 5,176 cases in 59 counties with 290 deaths. In the same month last year 5,661 cases in 78 counties with 19 deaths.

TYPHOID FEVER: 27 cases in 12 counties with 19 deaths. In the preceding month 23 cases in 7 counties with 15 deaths. In the same month last year 21 cases in 12 counties with 20 deaths.

DIPHTHERIA: 214 cases in 39 counties with 25 deaths. In the preceding month 176 cases in 35 counties with 41 deaths. In the same month last year 230 cases in 45 counties with 25 deaths.

SCARLET FEVER: 913 cases in 57 counties with 37 deaths. In the preceding month 809 cases in 53 counties with 16 deaths. In the same month last year 411 cases in 50 counties with 10 deaths.

MEASLES: 1,907 cases in 63 counties with 41 deaths. In the preceding month 1,673 cases in 57 counties with 15 deaths. In the same month last year 381 cases in 29 counties with 6 deaths.

SYPHILIS: 335 cases in 29 counties with 19 deaths. In the preceding month 449 cases in 33 counties with 15 deaths.

GONORRHEA: 360 cases in 32 counties. In the preceding month 549 cases reported from 55 counties.

EXTERNAL CAUSES: 145; males, 92; females, 53.

SUICIDES: 28; males, 17; females, 11.

Suicide by poison, 10; by asphyxia, 1; by hanging or strangulation, 6; by drowning, 2; by firearms, 7; by jumping from high places, 2.

ACCIDENTAL OR UNDEFINED: 115; males, 73; females, 42.

Poisoning by food, 1; other acute poisonings, 7; conflagration, 4; burns (conflagration excepted), 13; absorption of deleterious gases (conflagration excepted), 3; acci-

dental drowning, 1; traumatism by firearms, 2; traumatism by fall, 28; traumatism in mines, 9; traumatism by machines, 3; traumatism by other crushings, 1; railroad accidents and injuries, 13; street car accidents and injuries, 5; automobile accidents and injuries, 12; injuries by other vehicles, 1; excessive cold, 3; other external violence, 9.

HOMICIDES: 2; males, 2; females, 0.
Homicide by firearms, 2.

HEALTH OFFICERS, ATTENTION.

Delayed Birth and Death Returns.

Each month the statistical department receives certificates for births and deaths that have occurred during the preceding month, which are not sent to this department in time to be tabulated with the report for the current month. With the report for February, the following counties named below were delinquent in this matter:

BIRTHS.

Adams, 1; Allen, 12; Bartholomew, 1; Benton, 5; Boone, 1; Carroll, 13; Cass, 1; Clark, 10; Clinton, 12; Crawford, 2; Daviess, 13; Dearborn, 1; Dekalb, 4; Delaware, 6; Elkhart, 7; Fountain, 10; Gibson, 2; Grant, 7; Greene, 7; Hamilton, 1; Hancock, 2; Harrison, 7; Hendricks, 4; Henry, 7; Howard, 5; Huntington, 2; Jackson, 4; Jasper, 3; Jay, 2; Jefferson, 3; Johnson, 4; Knox, 4; Kosciusko, 6; Lagrange, 5; Lake, 18; Laporte, 7; Lawrence, 2; Madison, 2; Marion, 14; Marshall, 1; Martin, 2; Miami, 1; Monroe, 3; Morgan, 11; Noble, 1; Orange, 5; Owen, 2; Parke, 1; Pike, 3; Porter, 2; Posey, 2; Pulaski, 2; Randolph, 5; Ripley, 5; Rush, 1; Scott, 3; Spencer, 4; Steuben, 2; St. Joseph, 13; Sullivan, 12; Tippecanoe, 3; Tipton, 2; Union, 1; Vanderburgh, 5; Vermillion, 6; Vigo, 14; Wabash, 1; Warren, 4; Warrick, 18; Washington, 3; Wayne, 3; Wells, 7; Whitley, 2.

DEATHS.

Allen, 8; Benton, 1; Boone, 2; Brown, 1; Carroll, 1; Clark, 5; Clay, 2; Clinton, 1; Daviess, 3; Decatur, 1; Dekalb, 4; Delaware, 14; Dubois, 2; Elkhart, 6; Fountain, 4; Fulton, 1; Gibson, 5; Grant, 2; Greene, 4; Hamilton, 1; Harrison, 5; Hendricks, 5; Henry, 10; Jasper, 2; Jefferson, 1; Knox, 3; Kosciusko, 7; Lagrange, 6; Lake, 3; Lawrence, 2; Madison, 1; Marion, 3; Martin, 4; Monroe, 2; Montgomery, 1; Morgan, 10; Noble, 1; Orange, 3; Owen, 1; Pike, 1; Porter, 5; Posey, 1; Pulaski, 1; Randolph, 7; Scott, 1; Spencer, 2; St. Joseph, 3; Sullivan, 8; Tipton, 1; Vanderburgh, 2; Vermillion, 1; Vigo, 2; Warrick, 6; Wayne, 3; Wells, 3; Whitley, 1.

REPORT OF BACTERIOLOGICAL LABORATORY INDIANA STATE BOARD OF HEALTH FOR NOVEMBER, 1920.

WILL SHIMER, M. D., Superintendent.

Sputum for tubercle bacilli—		
Positive	152	
Negative	430	
		582
Urine for tubercle bacilli—		
Negative	2	
		2
Feces for tubercle bacilli—		
Negative	2	
		2

Pleural fluid for tubercle bacilli—		
Negative	2	
	—	2
Throat cultures for diphtheria bacilli—		
Positive	66	
Suspicious	9	
Negative	187	
Unsatisfactory	5	
	—	267
Widal tests for typhoid fever—		
Positive	6	
Negative	30	
	—	36
Widal tests for paratyphoid fever "A"—		
Negative	1	
	—	1
Widal tests for paratyphoid fever "B"—		
Negative	1	
	—	1
Wassermann tests for syphilis—		
Positive	182	
Anticomplimentary	7	
Negative	869	
	—	1058
Brains for rabies—		
Dogs:		
Positive	3	
Cows:		
Positive	2	
	—	5
Blood for counts.....	5	
	—	5
Blood for malaria plasmodia—		
Negative	3	
	—	3
Pus for gonococci—		
Females:		
Positive	199	
Suspicious	39	
Negative	125	
Unsatisfactory	60	
	—	
Males:		
Positive	160	
Suspicious	14	
Negative	59	
Unsatisfactory	27	
Sex not given:		
Positive	1	
Negative	1	
Unsatisfactory	2	
	—	687
Pus miscellaneous	8	
	—	8
Pathological tissues—		
Carcinoma:		
Carcinoma of lip.....	1	
Carcinoma of neck.....	1	
Carcinoma of prostate gland.....	1	
Carcinoma of cervix.....	1	
Carcinoma, location not given.....	1	
Sarcoma of jaw.....	1	
Sarcoma of jaw.....	1	
Sarcoma of neck.....	1	
	—	7

Urine for general analysis.....	12	
	—	12
Feces miscellaneous	2	
	—	2
Pleural fluid, miscellaneous	1	
	—	1
		—
Total number examinations made.....	2681	
Guinea pigs inoculated for virulent diphtheria bacilli, positive	1	
	—	1
		—
		36
OUTFITS PREPARED AND SENT OUT DURING NOVEMBER, 1920.		
Tuberculosis	875	
Diphtheria	599	
Widals	72	
Wassermanns	1135	
Malaria	6	
Blood counts	2	
Gonococci	898	
	—	
Total number	3587	

THINGS OF INTEREST FROM THE LABORATORY.

The old Public Health sought the cause of epidemics and the method of abating them. The new Public Health is interested in preventing rather than abating epidemics.

It is usual to apply methods that have been successful in preventing one disease, to other diseases. It is those diseases that have causative organisms of the same nature, the same sources of infection and modes of transmission for which the same methods of prevention may be used more or less successfully. Typhoid fever, pneumonia, pulmonary tuberculosis and malaria require very different preventative measures.

The science that studies the causes and methods of prevention of epidemics is called epidemiology. An epidemic is disease in mass and is usually applied to diseases caused by pathogenic bacteria.

Three conditions are necessary for epidemics to arise:

1. Bacteria capable of producing disease.
2. Persons capable of being infected.
3. Modes of transmission such that large numbers of susceptible persons are exposed to infection within a short period of time.

The various factors that are necessary for an epidemiologist to know for each disease he is attempting to prevent are:

- HUMAN HOST:—**(degree Susceptibility (factors—increasing decreasing)
- INVADER—**Pathogenic bacteria:—
- Virulence—Ability to cause active resistance to invasion (symptoms).
 - Infectivity—Ability to produce disease (symptoms).
 - Resistance to injury—Internal to host. External to host.
 - Number and frequency of contact of invader and host necessary to produce disease.
 - Life history inside and outside of host.

Sources of infection:—

- Diseased persons—Clinically sick.
 - Atypical cases.
 - Carriers—Convalescent.
 - Contact.
 - Chronic.
 - Acute.
 - Continuous.
 - Intermittent.
- Sources—Saliva.
- Urine.
- Feces.
- Clothing.
- Houses.
- Insects.

Modes of transmission—Water.

- Milk.
- Hands.
- Clothing.
- Eating utensils.
- Trade—travel.

Epidemics—Character of—Rapid or slow spread.

- Proportion of population affected.
- Age groups.
- Sex.
- Immunity — permanent or transitory.
 - Partial or complete.

EPIDEMIC—Other factors influencing.

- Character of—Climate—Heat.
- Cold.
- Wet.
- Dry.
- Soil—Sandy.
- Wet.
- Population — Personal habits.
- Inherent resistance to disease.
- Previous exposure.

All of the above factors must be known and in addition it is necessary to know the most practical methods of preventing each disease.

A knowledge of the above data for typhoid fever would lead one to believe that sterilization of feces and urine of all persons infected with typhoid bacilli would be the most successful preventive method. However, the most practical methods of prevention are sterilization of milk and water and vaccination of all susceptible persons.

Men fully acquainted with malaria advocate isolation of infected, the oiling and draining of swamps, screening of houses, quinine sterilization of infected persons and the most probable successful method, the use of mosquito bar over the bed at night.

It is thus that the epidemiologist must put to a practical test his scientific knowledge of disease, always keeping a sharp lookout for new facts and an open mind toward new methods of prevention.

PATIENTS TAKING "PASTEUR" TREATMENT, FEBRUARY, 1920

Name	Town	County	Age	Sex	Treatment began	Treatment finished
W. B. Ervin	St. Louis Crossing	Bartholomew	41	M	2- 1-20	2-18-20
Ernest Nading	St. Louis Crossing	Bartholomew	37	M	2- 1-20	2-18-20
Merl Edward	Markle	Huntington	17	M	2-21-20	3- 9-20

REPORT ON "NEOSALVARSAN" SENT TO THE CLINICS DURING THE MONTH OF FEBRUARY, 1920

U.S.P.H.S. Clinics	.15 gr.	.3 gr.	.45 gr.	.6 gr.	.9 gr.	1.5 gr.	1.8 gr.	3 gr.	Total
Anderson	0	0	0	65	15	2	2	7	81
Brazil	0	0	0	10	0	0	0	0	10
Columbus	0	0	0	0	0	0	0	0	0
East Chicago	0	0	0	30	5	5	5	0	45
Evansville	0	10	20	95	45	0	0	23	193
Fort Wayne	0	0	0	0	0	0	0	0	0
Hammond	0	0	0	0	0	0	0	0	0
Indianapolis Clinic	0	0	0	25	0	0	0	50	75
Indianapolis Hospital	0	0	0	0	0	0	0	0	0
Jeffersonville	0	0	0	5	1	0	1	3	10
Kokomo	0	0	0	20	30	10	10	0	70
Madison	0	10	0	10	0	0	0	0	20
Marion	0	0	0	0	0	0	0	0	0
Michigan City	0	0	0	20	15	0	0	0	35
Muncie	0	0	0	0	0	0	0	0	0
New Castle	10	0	0	0	0	0	0	0	10
South Bend	0	0	0	36	24	12	12	0	84
Terre Haute	0	20	20	20	0	0	0	50	110
Total to Clinics	10	40	40	326	135	20	30	133	743
Miscellaneous sent	0	2	2	8	3	0	0	0	15
Total	10	42	42	334	138	20	30	133	758

REPORT OF THE DEPARTMENT OF FOOD AND DRUGS FOR THE MONTH OF FEBRUARY, 1920.

I. L. Miller, State Food and Drug Commissioner.

The February report of the food and drug division shows a total of 1,324 inspections of food handling establishments ordered to make changes during the previous month. Of the "follow-up" inspections 23 were given approval by inspectors and 15 were allowed five days in which to conform to the sanitary requirements or answer to affidavits charging violation of the state pure food and drug laws.

For February there were 83 condemnation notices issued because of insanitary conditions and 46 because of improperly constructed establishments. Of these 28 were dismissed upon compliance with orders. Of the condemnation notices 22 were because of unlabeled bread, which did not show the name of the baker, or the weight of the loaf, as required by the Indiana law, and 5 were because of the bakers' failure to furnish health certificates as required by the same statute.

There were 98 analysis of foodstuffs during the month. Of these 23 were found illegal. Ten of the illegal samples were of milk, and 4 of pop and 3 of frankfurters.

Drug analysis included 2 legal samples.

The department conducted one successful prosecution for the month, that of Vincent Padermo, of Gary, for handling meat in an insanitary manner. He was fined \$10.00 and costs.

The following tables indicate the work of the division for the month:

SUMMARY OF SANITARY INSPECTIONS MADE DURING THE MONTH OF FEBRUARY, 1920

CLASSIFICATIONS	Number Inspected	Number Excellent	Number Good	Number Fair	Number Poor	Number Bad
Bakeries.....	153	0	65	75	17	1
Bottling Works.....	9	0	5	4	0	0
Canning Factories.....	4	0	4	0	0	0
Confectioneries.....	121	1	92	24	2	2
Creameries.....	9	0	5	3	1	0
Cream Stations.....	70	0	43	18	8	1
Dairies.....	3	0	1	1	1	0
Drug Stores.....	74	2	51	15	6	0
Fruits and Vegetables.....	14	0	6	8	0	0
Flour Mills.....	8	0	6	2	0	0
Grocers (Retail).....	376	0	244	113	17	2
Hotels and Restaurants.....	181	0	78	89	14	0
Ice Plants.....	9	0	8	1	0	0
Ice Cream Factories.....	11	0	3	3	0	0
Ice Cream Parlors.....	22	0	6	14	2	0
Meat Markets.....	173	0	101	61	11	0
Milk Plants.....	14	0	11	3	0	0
Poultry and Produce.....	17	0	8	6	3	0
Slaughter Houses.....	3	0	3	0	0	0
Soft Drink Parlors.....	42	0	7	19	16	0
Miscellaneous.....	6	0	5	0	1	0
Total.....	1,324	3	757	459	98	6
Total follow up.....	38					
Total.....	1,362					

ANALYSIS OF FOODS AND DRUGS DURING THE MONTH OF FEBRUARY, 1920

CLASSIFICATION	Number legal	Number illegal	Total
Beverages—			
Plant Extract.....	1		1
Pop.....	2	4	6
Bread—			
Wheat Bread.....	1	2	3
Candy.....	1		1
Canned Goods—			
Peas.....		1	1
Flour—			
Wheat flour.....	1		1
Horseradish.....	1		1
Milk Products—			
Butter.....	2	1	3
Cream.....	5		5
Cream Cheese.....	1		1
Ice Cream.....	12		12
Milk.....	25	10	35
Milk (Mother's).....	3		3
Meat Products—			
Lard.....		1	1
Frankfurters.....		3	3
Sausage.....	14	1	15
Sugar.....	3		3
Soap Chips.....	3		3
Total.....	75	23	98
ANALYSIS OF DRUGS			
Drugs—			
Strychnine Tablets 1/4 gr.....	1		1
Miracle Motor Tablets.....	1		1
Total.....	2		2
Total of foods.....	75	23	98
Total.....	77	23	100

SUMMARY OF FOLLOW UP INSPECTIONS MADE DURING THE MONTH OF FEBRUARY, 1920

CLASSIFICATIONS	Number Inspected	Number O. K.	Number N. S.
Bakeries.....	6	1	5
Confectioneries.....	1	0	1
Cream Stations.....	10	6	4
Dairies.....	2	0	2
Drug Stores.....	4	4	0
Hotels and Restaurants.....	5	1	1
Meat Markets.....	4	3	2
Soft Drink Parlors.....	8	8	0
Total.....	38	23	15

LIST OF PROSECUTIONS DURING THE MONTH OF FEBRUARY, 1920

COUNTIES	Names and addresses of defendants.	Why prosecuted	Date of trials	Final disposition.
Lake.....	Vincent Paderno, Gary, Indiana.	Handling meats in an unsanitary manner	2-10-20	Fined \$20.00

A SICK FARMER.

The farmer who came into my office that day was plainly sick, it was unnecessary for him to say he was sick, for any person would have immediately perceived it. He was very thin, dry skin, lack luster eyes, pale lips, pasty complexion, languid tired manner, and a breath with an odor like a dead rat. I could see he had almost lost hope. "I am fifty-two," he said, "and I began breaking down at forty-two. I haven't done real work for all that time. Indeed I haven't been worth a cent on the farm for four or five years." It was found he was constipated most of the time, but occasionally had diarrhea. His stomach was sour and he had "stomach trouble." His "kidneys didn't work right" or at least he thought so. He had bilious attacks and frequent headaches. His "liver wasn't right." He "couldn't remember well," had no interest in reading books or papers, had an almost continuous roaring in his ears and rheumatism bothered him. "I guess hard work broke me down, I don't know what else could have done it," he said. "Yes," he said, "I've taken many kinds of patent medicines and have taken lots

SUMMARY OF CONDEMNATION NOTICES ISSUED DURING THE MONTH OF FEBRUARY 1920

CLASSIFICATION	Reasons for Condemnation		Total	Orders Complied with, and cases closed
	Unsanitary conditions	Improper construction		
Bakeries.....	34	29	63	3
Bottling Works.....	2	0	2	0
Confectioneries.....	2	3	5	0
Cream Stations.....	6	3	9	6
Drug Stores.....	2	0	2	2
Grocery.....	7	4	11	1
Grocery and Meat Market.....	1	0	1	1
Meat Market.....	6	1	7	3
Restaurant.....	12	6	18	4
Soft Drink Parlor.....	11	0	11	8
Total.....	83	45	129	28

During month 22 condemnations were sent to bakers because bread was not labeled as to weight and name of baker.
5 condemnations were issued because of no health certificates.

of doctors' medicines." This dry eruption on my hands bothers me. I have treated it weeks at a time with lotions and ointments, and all with no results."

"You are greatly discouraged, are you not?" I asked. "Yes, indeed," he replied. "Perhaps you never thought of suicide but possibly you have often thought you might as well be dead." "Yes, that's just it," he said.

"What has been your central diet?" "Oh, I eat almost anything. "Yes, but haven't you lived for years on an almost unchangeable diet of fat meat, light bread, corn bread, potatoes, batter cakes, flour gravy, noodles, dressing, molasses and coffee?" He thought a moment and said: "Yes, those things have mainly composed my food for years." He said he only occasionally ate fruit, apples, oranges, etc., but not often. Nor did he often eat beets, cabbage, tomatoes, parsnips, carrots and like vegetables. His symptoms and the diet he confessed to told his disease—it was pellagra.

This is a dietary disease. The man had lived almost entirely on carbohydrates, that is, starches and sugar. Fresh meat, eggs, milk, vegetables and fruits were occasionally eaten. Had he used these last articles he would not have broken down at forty-two.

It is easy to find farmers who have "broken down" early, and who think too hard work had done the mischief. It is true a child can be broken and stunted by hard work, but an adult rarely. When he gets tired an adult rests and he has his growth, which is a matter of importance; but a child is usually given a task and can't rest at will like a grown person. And not having his growth, hard work beyond his strength breaks him.

Medicines won't cure pellagra, the carbohydrate disease, but proper diet will, and the obvious way to do is to live on a plain diet of cereals, fruits and vegetables, with fat meat not oftener than three times a week, fresh meat about three times a week and milk and butter at each meal. Eggs, of course, are good, but don't fry them, for frying kills about half their food values. Soft boil or poach eggs, and eat very sparingly of fried foods. The frying pan is a great maker of stomach trouble. It has been truly said: "Man is what he eats, how much he eats and how he eats it." A balanced ration is good for man or beast.

SUMMER COLDS.

"Summer colds," like colds of any and all seasons, are caused by microbes. These microbes are transmitted from one person to another. A person who does not show the symptoms of a cold may be a carrier of cold germs. He is immune and his cells hold off the germs, but if he coughs, sneezes or spits, he distributes the pesky things and others who breathe his spray, if not immune, will go down with a cold. Every person, everywhere and every time, should hold a paper or cloth handkerchief over his mouth and nose when he coughs or sneezes. And if he must spit, be sure the excretion is deposited in a cuspidor, gutter, pocket spit flask or cup, or into a paper or cloth handkerchief. Colds run their course. They are severe or mild, short or long, according as the germs the patient happens to take on, are weak or strong resistance. Relief may be had from sprays and gargles, and also from

heart depressing coal tar drugs, but nature only can cure. We can help nature by conforming to the conditions under which she effects cure. Open the bowels, soak feet in hot water, take a sweat, spray throat and nose with a dilute antiseptic, but don't take coal tar drugs.

DRUG ADDICTION is a problem very hard to solve. The New York City Department of Health established a "Narcotic Clinic," and after considerable experience makes the following announcement: "The public narcotic clinic is a new thing. In fact, there are only a very few in existence and, if we may judge from our experience, they are not desirable, and do not satisfactorily deal with this problem. We have given the clinic a careful and thorough as well as a lengthy trial and we honestly believe it is unwise to maintain it longer." This conclusion is indeed of great importance, and the end of the clinic might have been foretold. The drug addict is necessarily a miserable creature, and any effort to reform him will almost certainly fail. This is because there is no reformation left in him. Another conclusion arrived at by the Department of Health was expressed as follows: "While it was the current opinion to think that addicts existed in vast numbers—estimated by some as 1 per cent of the community, and even 2 and 3 per cent by others,—we, today, think that this is greatly overestimated."

AMERICAN PUBLIC HEALTH ASSOCIATION TO CELEBRATE FIFTIETH ANNIVERSARY.

Next year the American Public Health Association will conduct its fiftieth annual meeting. An interesting circumstance is that Dr. Stephen Smith, the founder and first president of the Association, will at that time be approaching his ninety-ninth birthday. Dr. Smith is still hale and hearty and possesses his faculties to a remarkable degree. It is his intention to read a paper at the meeting referred to. His vigor at a ripe old age exemplifies the results of sane living.

The American Public Health Association was founded at New York City in 1872. Until a few years ago it remained a strictly scientific body, somewhat on the order of the royal societies of Europe. More recently the membership has been broadened so that those may join who have a more general interest in public health, including such workers as health officers, laboratory men, school medical inspectors, industrial hygienists, public health nurses, physicians interested in preventive medicine, etc.

Members of the Association receive the American Journal of Public Health and the A. P. H. A. News Letter monthly, together with the customary Association advantages. Dues are \$5 per year.

The American Public Health Association stands as an honored institution which during the years has been tremendously influential in bringing the new methods of public health into use. Certainly no health worker can afford not to be a member, or to miss its publications.

MILK ANALYSES are being made together with dairy inspections at South Bend. A recent issue of the South Bend Tribune gives a table of analyses, or samples of milk from 22 dairies supplying milk to South Bend. These analyses give the percentage of fat, also the number of bacteria, also whether or not any "visible dirt." Eight samples were found to contain dirt "manure", and, of course, were illegal. The Indiana food law says visible dirt condemns milk on sight. The South Bend Board of Health is entitled to great credit for its efficient dairy inspections and helpful laboratory analyses of milk samples.

Sixty-one years is the age of Mr. John C. F. Graves of Pennville, Jay county, Indiana. He writes: "I am a dotting father, 61 years of age, with my first baby 4 months old. My wife and I would appreciate a copy of the 'Indiana Mothers Baby Book.'" Of course, the Baby Book was forwarded without delay. We only wish we could have known the conditions earlier, so that the book could have been sent when the mother was in the prenatal stage for the chapter upon the "Hygiene of Mother Parentage," which covers information of value, we wish to disseminate throughout the State.

THE CARE OF THE BABY.

(1) The following articles for baby's care should be collected or prepared at least a month before its birth is expected.

A shallow basket to hold the articles.

Six wash cloths.

A pin cushion containing assorted sizes of common and safety pins.

A cake of castile soap.

Six soft towels.

One box baby powder.

A baby hair brush and comb.

A bottle or tube of vaseline.

Several pieces of old linen, clean and sterile.

One bath thermometer.

One small hot water bag.

Clothing should be loose, its texture according to the season. The articles coming next to the skin should be soft and not in the least irritating. Cloth made of fine wool with enough cotton to prevent shrinking is desirable.

Twenty-four diapers, 20 by 40 inches. These are folded to 20 inches square and then folded diagonally when used.

Six soft flannel abdominal bands with shoulder straps.

Six soft wool and cotton shirts.

Six skirts with shoulder supports.

Six dresses.

Six nightgowns with draw strings at bottom.

Six pairs stockings.

Four soft wool blankets.

Parents who cannot buy all of the above articles should buy as many as possible.

Baby's clothing should be changed daily. At night, remove all day clothing and put on a nightdress. Place soiled diapers in a covered pail containing water, to each gallon of which an ounce of sal soda has been added. Baking soda may be used. Diapers must be washed in strong soap suds, then rinsed several times, using fresh water each time, then boiled, rinsed again, and if possible dried in the open air. The hands should be thor-

oughly washed with carbolic soap after washing diapers. This is to prevent the possible transference of pollution in any way.

HEALTH INSPECTION of school children comprises two things: first, limited medical inspection for detecting and controlling contagious diseases, and second, physical and mental examinations to determine the stage of a pupil's development, physical defects, noncontagious diseases and the like. There is a growing consensus of opinion that while the former may be placed under the control of the board of health, the latter should be under the control of the educational authorities, or at least conducted with their full co-operation. In any case there should be concentration of authority and responsibility in the hands of competent experts, and adequate records should be kept.

The latter form of health inspection should be made much more thoroughgoing than is now customary. The results of recent investigations in child hygiene indicate that the aim and character of elementary education should be revolutionized and the emphasis placed especially on health, normal development, spontaneous motor activities, plays, voice drill and the like; that if the work of the school is to be done successfully in later years special care should be taken at this period to put the child's physical organism in the best condition possible for healthful development. This is the time to care for the development of the vital organs of the body, to protect the sense organs, and to develop habits of healthful activity in the widest sense.

If the hygienist could have his way, the first year of school life, or perhaps the first two years, would be a trial school, in which the teachers would be physicians and hygienists; and the aim for this year would be to determine the child's stage of development, his physical defects, etc., and as far as possible to remedy these defects and to foster normal development by ample opportunity for play and other forms of spontaneous motor activity.

FRESH AIR.

(Marching Song to the tune of "Marching Through Georgia")

Open windows wide, my friends, and let the breezes blow,
Good fresh air is just the thing to make the children grow.
Sleep with open windows and no doctor will you know,
Breathing, breathing fresh air!

Chorus:

Fresh air! Fresh air!

We breathe it night and day.

Fresh air! Fresh air!

In work or rest or play.

Send the slogan all along your happy, healthy day,

Here's to the fresh air of morning!

R. N. YAGER,

P. S. 132, Manhattan.

HEALTH LAW VIOLATIONS don't pay. M. G. Boyer of South Bend violated the quarantine imposed by the City Health Officer and refused to go to the isolation hospital for the treatment of smallpox. The matter was presented in due form before Judge Frank Gilmer, and Mr. Boyer was fined fifty dollars and costs. Evidence showed that Boyer had remained on the streets and eaten at a public restaurant after his case had been diagnosed as smallpox and he had been put under legal quarantine by Dr. Freyermuth, City Health Officer.

CHART SHOWING GEOGRAPHICAL DISTRIBUTION OF DEATHS FROM IMPORTANT CAUSES FOR FEBRUARY, 1920.

NORTHERN SANITARY SECTION.

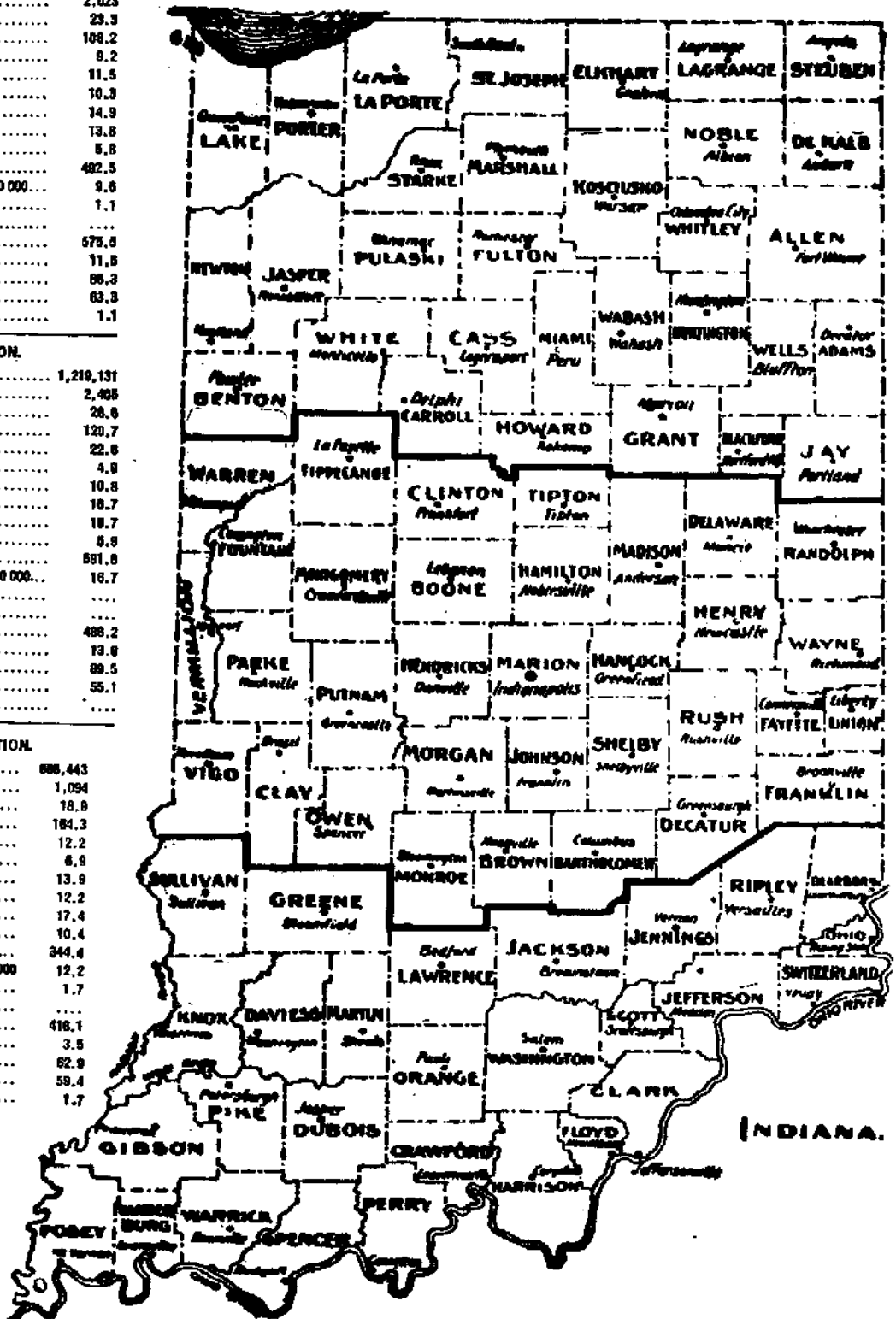
Total population.....	1,042,874
Total deaths.....	2,023
Death rate per 1 000.....	23.9
Pulmonary Tuberculosis rate per 100 000.....	108.2
Other forms of Tuberculosis rate per 100 000.....	8.2
Typhoid Fever rate per 100 000.....	11.5
Diphtheria and Croup rate per 100 000.....	10.3
Scarlet Fever rate per 100 000.....	14.9
Measles rate per 100 000.....	13.8
Whooping Cough rate per 100 000.....	8.8
Lobar and Broncho-Pneumonia rate per 100 000.....	482.5
Diarrhoea and Enteritis (under 2 yrs.) rate per 100 000.....	9.6
Cerebro-Spinal Fever rate per 100 000.....	1.1
Acute Anterior Poliomyelitis rate per 100 000.....
Influenza rate per 100 000.....	575.5
Puerperal Septicemia rate per 100 000.....	11.8
Cancer rate per 100 000.....	66.3
External causes rate per 100 000.....	63.3
Smallpox rate per 100 000.....	1.1

CENTRAL SANITARY SECTION.

Total population.....	1,219,131
Total deaths.....	2,405
Death rate per 1 000.....	28.6
Pulmonary Tuberculosis rate per 100 000.....	120.7
Other forms of Tuberculosis rate per 100 000.....	22.6
Typhoid Fever rate per 100 000.....	4.9
Diphtheria and Croup rate per 100 000.....	10.8
Scarlet Fever rate per 100 000.....	16.7
Measles rate per 100 000.....	18.7
Whooping Cough rate per 100 000.....	8.9
Lobar and Broncho-Pneumonia rate per 100 000.....	591.8
Diarrhoea and Enteritis (under 2 yrs.) rate per 100 000.....	16.7
Cerebro-Spinal Fever rate per 100 000.....
Acute Anterior Poliomyelitis rate per 100 000.....
Influenza rate per 100 000.....	486.2
Puerperal Septicemia rate per 100 000.....	13.8
Cancer rate per 100 000.....	89.5
External causes rate per 100 000.....	55.1
Smallpox rate per 100 000.....

SOUTHERN SANITARY SECTION.

Total population.....	688,443
Total deaths.....	1,094
Death rate per 1 000.....	18.9
Pulmonary Tuberculosis rate per 100 000.....	184.3
Other forms of Tuberculosis rate per 100 000.....	12.2
Typhoid Fever rate per 100 000.....	8.9
Diphtheria and Croup rate per 100 000.....	13.9
Scarlet Fever rate per 100 000.....	12.2
Measles rate per 100 000.....	17.4
Whooping Cough rate per 100 000.....	10.4
Lobar and Broncho-Pneumonia rate per 100 000.....	344.4
Diarrhoea and Enteritis (under 2 yrs.) rate per 100 000.....	12.2
Cerebro-Spinal Fever rate per 100 000.....	1.7
Acute Anterior Poliomyelitis rate per 100 000.....
Influenza rate per 100 000.....	416.1
Puerperal Septicemia rate per 100 000.....	3.8
Cancer rate per 100 000.....	82.9
External causes rate per 100 000.....	59.4
Smallpox rate per 100 000.....	1.7



U. S. Department of Agriculture, Weather Bureau. Condensed Summary for Month of February, 1920.

TEMPERATURE—IN DEGREES FAHRENHEIT.

Section Average.	Departure from the Normal.‡	Temperature extremes.					
		Station.*	Highest.	Date†	Station.*	Lowest.	Date.†
29.2	-5.9	Rome.....	88	2	Two.....	-6	15-16

PRECIPITATION—IN INCHES AND HUNDRETHS.

Section Average.	Departure from the Normal.‡	Precipitation extremes.			
		Station.*	Greatest monthly Amount.	Station.*	Least monthly Amount.
0.90	1.98	Bloomington.....	8.13	Wheatfield.....	8.1

†Always use plus sign (+) before positive departures. *When more than one station reports the same, state, in figures, the number of stations. †If more than one date, use the earliest placing a dagger after it.

(Signature) E. W. HOLCOMBE,
Observer, Temporarily in charge.

CHEERFUL LIFE. There is no real life but cheerful life.

---Addison.

KIND WORDS are the music of the world.---Fiber.

WHAT DO WE LIVE FOR, if it is not to make life less difficult to each other?---G. Elliott.

HAVE A HEART that never hardens, a temper that never tires, and a touch that never hurts.---Dickens.

GLUTTONY is born of ignorance, conceit and weak will.

---Anon.

BE YE NOT AMONG WINE BIBBERS, among riotous eaters of flesh.---Solomon.

FROM PARADISE first, if I shall not lie, was man outchased for his gluttony.---Chaucer.