

FIFTH BIENNIAL REPORT

OF THE

STATE BOARD OF HEALTH

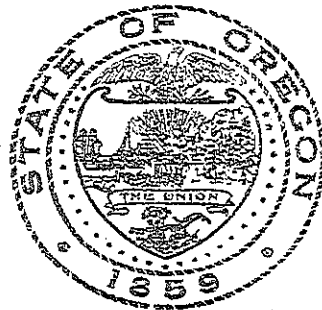
TO THE

GOVERNOR OF OREGON

AND THE

TWENTY-SEVENTH LEGISLATIVE ASSEMBLY
REGULAR SESSION.

1913



SALEM, OREGON
WILLIS S. DUNIWAY, STATE PRINTER
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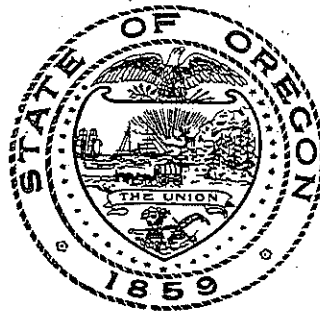
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REPORT

*To the Honorable, the Governor and the Legislative Assembly
of the State of Oregon:*

GENTLEMEN:—

We have the honor to herewith submit the report of activities and expenditures of the State Board of Health for the biennial period from September 30, 1910, to September 30, 1912, for your consideration and approval.

The increase appropriation granted by your honorable body during the Legislative Assembly of 1911 has enabled the Board to carry on a more extensive campaign in the interest of public health and against preventable and communicable diseases.

The particular activities would be classed under the following heads:

- Water supplies.
- Contagious Diseases.
- Fumigation.
- School Hygiene.
- Sanitary Education.
- Vital Statistics.
- Pollution of Streams.
- Health Officers.

WATER SUPPLIES.

At the annual meeting in December, 1911, the Board engaged the services of Louis C. Kelsey to make a preliminary survey and reconnaissance as to the feasibility and probable cost of bringing the water from Clear Lake which now belongs to the State of Oregon, and supplying the municipalities and institutions as follows: Albany, Brownsville, Coburg, Eugene, Harrisburg, Independence, Jefferson, Junction City, and Springfield, as well as all of the State institutions.

The value of this plan, could it be consummated, cannot be estimated in dollars and cents. We are submitting under separate cover the result of this survey, and ask your honorable body to carefully consider and, if possible, devise ways and means for the completion of this project.

Numerous other cities throughout the State have asked the assistance and co-operation of the State Board of Health in obtaining bountiful supplies of pure water. In many instances, gravity systems for mountain streams have been brought in and in some, notably Salem, Grants Pass, and Eugene, filter plants have been erected where the filtered water is treated by a solution of hypochlorite of lime that renders it practically sterile, and they have succeeded by this means in evading any cases of typhoid fever. While the Board hesitates to commend this as a permanent supply, yet in an emergency for a contaminated supply, its use is certainly of value.

The services of the Board have been called to Hood River where the springs supplying the city were shown to be easily susceptible to pollution, and the city is now erecting a gravity system with filter plant, but the Board believes this could have been avoided by obtaining water from the base of Mt. Hood that would not have necessitated any treatment for all time to come.

BIRTHS AND DEATHS.

There were reported during the biennial period, 19,062 births, an increase of 1,756 over the preceding biennial period.

During the same period, there were reported 11,706 deaths, as against 11,106 during the preceding period, an increase of 600.

Considering our rapidly increasing population and the increased number of births, the decreasing mortality rate is very apparent. These records have been classified as to age, nationality and cause of death, and this office is constantly furnishing certified copies to establish claims for life insurance, property rights, and inheritances, from other states and European countries.

MARRIAGES.

There were 11,407 marriages, an increase of 1,000 over the preceding period.

VITAL STATISTICS.

During the biennial period, there have been reported 845 cases of typhoid fever and 216 deaths, as against 1,608 cases

and 298 deaths during the preceding biennial period—a higher mortality than the preceding period, with less than one-half the number of cases. The most serious outbreaks occurred in Eugene and Klamath Falls.

There were 677 cases of diphtheria with 66 deaths, as against 1,201 cases and 168 deaths during the preceding biennial period. While it is difficult to definitely prove the assertion, yet there can be no doubt that the abolishment of the common drinking cup in September, 1910, has been in a great measure responsible for this reduction, particularly in the City of Portland.

There were 1,425 cases of scarlet fever with 55 deaths. Scarlet fever during the spring of 1911 was mildly epidemic throughout the schools, particularly in the Willamette Valley.

There were 2,450 cases of measles with 18 deaths.

Seven hundred and fifty-four cases of smallpox occurred, with seven deaths; four of the seven occurred in one family in Marion County.

Of all other contagious diseases, including erysipelas, chicken pox, whooping cough, etc., there were 503 cases with 48 deaths.

Tuberculosis apparently is increasing, either due to house infection in families already suffering with the disease, or from a mistaken belief of people in other states that this State offers a haven where it is possible to regain health. A study of the mortality rate from tuberculosis by counties is exceedingly interesting. While it is shown that in the counties west of the Cascade Mountains practically ten per cent of all deaths are due to tuberculosis, in certain sections in Eastern Oregon, notably Crook, Harney, Wheeler, Malheur, and Gilliam counties, less than two per cent of all deaths are due to this cause. A more careful investigation of the climatic effects in pulmonary tuberculosis is now being undertaken by the State Board.

The sanatoria established by your honorable body two years ago is yet in a formative stage, and the State Board of Health is recommending an amendment to the present tuberculosis law giving the State control over those seeking admission to the institution supported by the State. In addition to this, if you will grant us some power to compel the reporting of these cases and the disinfection and renovation of houses occupied by those infected with tuberculosis, we believe that we will take a long stride towards stamping out the White Plague.

The Board has devised and is furnishing gratuitously a

check on fumigation to establish whether or not it has been effectually done. Cultures sent in pervious envelopes from the laboratory of the State Board of Health to various parts of the State and returned to the laboratory after remaining in the fumigated house a day or so, show that in many instances the disinfection has been utterly useless. By this means we have been able to order a second disinfection that has been more effective.

SCHOOL HYGIENE.

We have attempted a broader education of teachers employed in our public schools in the fundamental principles of sanitary science as well as the inspection of school buildings and offered suggestions for the comfort and welfare of the teachers and pupils alike. With this object in view, the health officer has addressed teachers' institutes in the following cities: Marshfield, Port Orford, Oregon City, Dallas, Oak Grove, Hillsboro, Salem, Pendleton, and Portland.

The State Health Officer has also so far as feasible addressed the meetings of the county school directors and given practical instruction on water supplies, sewage disposal and sanitary care of school property.

The Board wishes to acknowledge with gratitude the hearty co-operation of the State Superintendent of Public Instruction, L. R. Alderman, who has always been willing and anxious to lend every assistance to the betterment of the public schools.

The drinking water from many of the public schools, has been analyzed in the laboratory, and in a great many instances has been found to be polluted. This from the reason that they depend upon shallow surface wells, improperly curbed, and too frequently in close proximity to the water closets or stable.

SANITARY EDUCATION.

With the purpose of acquainting the general public with the work of the State Board of Health and disseminating knowledge for the prevention of diseases, meetings have been held under the auspices of the women's club or of various religious and social organizations in the following cities, and at the Chautauqua assemblies in Oregon, where addresses have been given on such topics as "Communicable Diseases," "Vaccination," "Flies," "Pure Milk," "Water Supplies," "Foods," and "Tuberculosis": Scio, Lebanon, Gresham, Eugene, Portland, Hillsboro, Ashland, Medford, Beaverton, Oswego, Oregon

City, McMinnville, Vancouver, Pendleton, La Grande, Oakland Roseburg, Salem, Marshfield, North Bend, Gold Beach, Port Orford, Coquille, Myrtle Point, Klamath Falls, Hood River, Albany, Baker City, Riddle, Monmouth, Toledo, Dallas, Gaston, Corvallis, Enterprise, Bend, Woodburn, Gearhart.

Bulletins have been issued covering the following topics, and have been widely distributed:

"Smallpox," "Common Drinking Cup," "Contagious Diseases and Reporting Of," "Rabies," "Salmoning of Dogs," "Vital Statistics," "Dry Earth Closet," "Fumigation," "Tuberculosis," "Portland Milk Ordinance," "Sex Truths for Men," "How Best to Collect Vital Statistics," and "Prescription Fakes."

In September, 1911, the President and Secretary of the State Board of Health assisted the City of Portland in organizing a Society of Social Hygiene for the prevention of venereal diseases, and meetings have been held not only in the City of Portland, but in Salem, Astoria, Eugene, and various other parts of Oregon. Referring to our table of expenditures, you will note that practically \$2,000 of our money has been expended in this most worthy cause, and we believe that great good has been accomplished.

In March, 1912, a conference of city and county health officers of the State was held in Portland on the 28th and 29th, where a normal school of two days was conducted. Twenty-six of the 34 counties were represented by their health officers, and an interesting and instructive program was carried out and plans for better co-operation in reporting of vital statistics and quarantining of communicable diseases were agreed upon, and our records for 1912 are more nearly accurate than they have ever been since the establishment of this Board.

Our law says "any county health officer who fails in the performance of his duty may be removed by the State Board of Health upon certain conditions." Inasmuch as this has necessitated a meeting of the State Board in the county seat and before the county judge of the offending health officer, this has not been tried. We are hoping by education and by suasion to get better co-operation from all of the counties, but at the present time the returns from Gilliam, Klamath, Malheur, and Wheeler counties are woefully inaccurate.

POLLUTION OF STREAMS.

The Board has carried on an active campaign against the pollution of streams, and one injunction suit has been brought

in the circuit court under the present statutes. This we were not able to get a decision on for the reason that the city offending has agreed to abate the nuisance at once. The growing habit of dumping untreated sewage into all of the streams and waterways of the State is going to result in injury to the coming generation, and we are asking your honorable body to so amend the law as to make the punishment for this offense one not to be lightly regarded.

In Eastern Oregon where the streams must be used for irrigation as well as for domestic purposes, unless the sewage can be treated—for instance, the Umatilla River—the large West End project will become a hotbed of typhoid.

The area furnished by the DesChutes River in Central Oregon has been carefully protected, and no intentional violation of the law passed by your body in 1911 has been noted with the exception of the Warm Springs Indian Agency, and this was promptly abated by order from the Secretary of the Interior.

There still remain many of our smaller streams west of the Cascade Mountains that are being used for sewage disposal that sooner or later must be abated, and in the interest of the health and welfare of the public this should be done at once.

WORK OF LABORATORY.

When the funds appropriated in 1911 were available, the Board equipped an efficient and highly gratifying laboratory in the Selling building, and during the biennial period the following examinations have been made:

Water as to its fitness for domestic use.....	1553
Sputum for the presence or absence of tubercle bacilli.....	614
Blood for the presence or absence of typhoid.....	373
Blood for the presence or absence of syphilis.....	61
Urine for the presence or absence of tubercle bacilli.....	69
Fæces for amœba.....	3
Swabs for diphtheria.....	135
Heads of animals for rabies.....	70
Milk as to its fitness for food.....	182
Miscellaneous for various disease-producing organisms.....	324
Total.....	3384

The Board has carried on an educational campaign in the interests of pure milk, and has furnished certificates and permits to sell certified milk to two dairies supplying the City

of Portland. These have been frequently inspected by the State Veterinarian and the State Health Officer, and examinations of the products are made every thirty days.

THE EXPENDITURES OF THE BOARD.

The expenditures of the State Board of Health for the biennial period have been as follows:

EXPENSES OF STATE BOARD OF HEALTH DURING BIENNIAL PERIOD FROM SEPTEMBER 30, 1910, TO SEPTEMBER 30, 1912.

Maintenance of laboratory, including expenses of equipping laboratory in Selling building and Board of Livestock for experimental purposes	\$ 2,051.41
Expenses re stereoptican, including slides, etc.	66.55
Expenses of members of Board during meetings, etc.	545.30
Rent of offices	1,719.50
Salaries—	
Secretary	\$ 7,126.79
Bacteriologist, including expenses traveling, etc.	3,447.20
Assistant bacteriologist	1,292.80
Clerk	1,780.00
Assistant clerk	776.70
	14,423.49
Salary, Social Hygiene Secretary	1,610.50
Expenses of Secretary incurred traveling, etc.	1,050.25
Printing, binding, engraving, etc.	729.93
Office supplies, including typewriter, dictaphone, etc.	621.90
Rent of telephones	228.45
Printing, binding, etc., for social hygiene bulletins	329.83
Postage, express, telegrams, etc.	463.25
Expenses moving offices to Selling building	62.27
L. C. Kelsey, for survey and drawings of proposed Clear Lake water supply for Willamette Valley	1,000.00
	14,423.49
Grand total	\$24,965.63

The amount appropriated has been ample for the preceding two years, and a greater amount than our former deficiency has been left in the hands of the State Treasurer.

The appropriation will be ample to suffice for all of our just needs for years to come.

All of which is respectfully submitted.

C. J. SMITH, M. D., *President*,
 ALFRED KINNEY, M. D., *Vice-President*,
 ANDREW C. SMITH, M. D.,
 E. A. PIERCE, M. D.,
 W. B. MORSE, M. D.,
 E. B. PICKEL, M. D.,
 E. F. PERNOT, M. S., *Bacteriologist*.
 CALVIN S. WHITE, M. D., *Secretary*
and State Health Officer.