

County's Health Very Good During 1930, Says Douglas

FEW EPIDEMICS ARE REPORTED

Year bad From Standpoint Of Diphtheria Increase; Scarlet Fever Wanes

The County Health Unit has had a busy year during 1930. Any accomplishments in promoting public health for which the county may lay claim must necessarily form a picture of the coordinated efforts of doctors, dentists, nurses, teachers as well as parents and public health officials. After all the per capita expenditure for public health by a community is not so important as the good will enjoyed by the Health Department, which is merely a humble servant engaged in protecting public health with much the same underlying purpose as a well managed fire department or police department.

At this time of the year we naturally look backward to see what has been accomplished and ahead for evidences of new problems and obstacles.

1930 has been remarkably free of serious epidemics. It is true that there has been the usual number of measles, mumps, whooping cough, chickenpox cases reported. While whooping cough and measles are more serious in younger children than most people suppose, no deaths occurred due to these diseases. This has been due largely to the intelligent cooperation of parents in making use of all known facilities at hand to ward off complications which often follow.

Among the more serious diseases, there has been an unfortunate increase in one of them. 1930 was a "peak" year for diphtheria. The peak, however, was not high. 40 cases of this disease were reported during the year as compared with the previous peak six years ago of 265 cases. No deaths due to diphtheria occurred during 1930 and only two deaths have occurred during the last four years.

We are not proud of the small-pox situation in Marion county. Smallpox is an entirely preventable disease and in some countries the disease is practically unknown due to compulsory vaccination. There has, however, been a marked reduction in smallpox only twelve cases have been reported as compared to 36 the previous year. Some of these were very severe and one death occurred in a town which lies partly in Marion county and partly in Linn county. The death occurred on the Linn county side.

Scarlet fever, a disease which at the best is not easily controlled due to many unrecognized cases was not prevalent in 1930 as in former years. Only 39 cases were reported as compared to over 50 cases per year in previous years.

Typhoid fever disappears largely when water supplies are pure and sewage is properly disposed of. Only three cases of typhoid were known to have occurred during 1930 in Marion county. Two of these were in rural districts. One death occurred. In 1929 there were four cases with one death.

Tuberculosis continues to be a serious menace. 21 residents of Marion county died of tuberculosis during 1930. The seriousness of this disease will not be appreciated unless there is taken into account the long periods during which the patient is ill, the large number of contacts which are always involved as well as the fact that many of these people in the prime of life were breadwinners for families who may now become wards of charity.

The response of the children of the county to immunization against diphtheria and smallpox has been good. We wish every person in the county might be completely protected against these diseases. In 1930 over 2000 children received toxin anti-toxin and over 1500 were vaccinated against smallpox. The size of this job of immunizing children will be more clearly appreciated when it is understood that many of them can only be reached by visiting numerous small country schools which takes time, travel and patience. In the last five years nearly 10,000 children have been immunized against diphtheria and practically as many vaccinations have been done. The reduction in these two diseases is what always follows efforts in this direction.

Expectant Mothers Helped
Volume of work does not always bespeak quality. Reduced infant and mortality rates, however, mean that something has happened. The nurses have continued to give assistance to expectant mothers who are under a doctor's care. Nearly 1400 visits were made to mothers before and after the baby arrived. This has helped to prevent deaths of mothers and infants. The infant death rate during 1930 was the lowest ever reported in Marion county—less than 35 per 100 births as compared to 37 and higher in previous years. Only two maternal deaths have occurred during the year. This certainly speaks well for the high type of medical practices which the people of Marion county are receiving.

Infant and preschool clinics have continued to be well patronized. Nearly 1400 examinations of infant and preschool children were made during the year. The nurses have also made many calls to homes for educational purposes, such as, feeding problems, correction of defects and assisting mothers in many other ways. The work among school children takes much of the doctor's and nurses' time. During the year nearly 4500 school children were examined. The children especially in the larger towns are in very much better condition than several years ago. But serious defects continue to be found and

Standard Milk Ordinance Passed in '30 Gives Salem Splendid Product

Health Unit Extends Service to Community by Careful Dishes Used in Restaurants and Their Cleanliness

Some diseases, such as, scarlet fever, diphtheria, typhoid fever and tuberculosis, may be transmitted through milk or food. That is why it is important that milk and food coming from sources over which the consumer may have no control must be carefully watched by health officials.

During 1930 there were some important steps taken in advance in this respect in Marion county. Salem passed the standard milk ordinance of the United States Public Health Service during the spring. This is considered one of the most effective ordinances for the assuring of a pure milk supply. It has so far proved no exception in Salem. The milk sold in Salem during the last six months of 1930 can be considered the safest and most wholesome that has been consumed in Salem for many years. There is no doubt but what this will continue through coming months. Careful watch will continue to be made for just one small slip may be enough to cause a serious epidemic especially in milk which is not pasteurized as a last step before it reaches the consumer.

many of them are constantly being corrected.

Numbers can only give a very imperfect picture of the amount of good which can be accomplished through the conscientious efforts of well trained nurses and doctors. As time goes by the best fits in reduced death and sickness rates will be clearly evident. Full returns will not be realized until the present generation of children have grown to adulthood.

Diseases are sometimes transmitted through other food supplies than milk and sometimes because dishes in restaurants are not washed thoroughly. To check upon dishes, the Health Unit during 1930 has been periodically examining at the laboratory dishes secured at restaurants in Salem to determine how well they have been washed and carefully handled afterwards. Nearly 125 samples of dishes and utensils were examined during the year. Some were clean and some were very dirty in which case attempts were made to correct the situation which produced the dirty dishes. This might be dirty dish water, soiled towels, contaminated hands, cracked dishes or just plain carelessness. It is hoped

that facilities may be at hand to continue this one important method of controlling cleanliness in food establishments during 1931. At present time only milk handlers are required to have an examination for communicable diseases. For the most part they have been a pretty healthy lot. About 300 were examined during the year. Among these, however, eight cases of serious communicable diseases were discovered. It is probable that among transient food handlers the percentage of infected individuals would run somewhat higher. There is no provision, however, at the present time for the examination of food handlers other than those handling milk. Vernon A. Douglas, M. D.

FRATERNUS GROUP GROWTH IS STEADY

Although only 14 months old, the Fraternus club of Salem has shown a remarkable growth during 1930, and its membership roster now contains more than twice the number of names counted at the inception of the organization in November, 1929, according to Ray Miller, secretary.

"We are more than satisfied with the gain shown by the organization this past year, and most optimistic concerning plans for 1931," he declared. As yet, Mr. Miller pointed out,

the Fraternus club has been in the process of formation, although its interest and activity in civic affairs already has been shown.

Present officers, who will be replaced at the election in January, are as follows: President, Walter Fuhrer; vice president, Luke Shields; secretary, Ray Miller; treasurer, Hugh Ward.

The Fraternus club, composed of Salem men between the ages of 21 and 35, meets each Thursday evening at the Spa.

FINE TO SEE
Beauty spots close to Salem are Silver Falls group; Breitenbush hot springs, foot of Cascades; Salem Indian school, few miles north; historic Champeez, 29 miles north, and Pacific ocean resorts, two hours' drive.

'Y' GAINS SHOW THROUGH 1930

Membership Larger; Activity More in Year, Business Men More Active

General activity of the Salem Y. M. C. A., which began its 29th fiscal year, October 1, has shown a large development in 1930, with prospects that work undertaken in 1931 will surpass that of any year of the organization's existence, it was declared recently by C. A. Kells, secretary of the unit here.

"All departments came through the present 12-month period with a nice increase, both in membership and activity," Mr. Kells stated, "and we are looking forward to another good year in 1931."

Business men more and more are coming to use the Y. M. C. A., while more boys than ever before also are registered, the secretary declared.

The completion of the 38th year of service of the Salem Y. M. C. A. October 1, was the cause for an extensive observance in which Salem business men as well as those in city and state offices joined in congratulations and appreciation.

FINAL FIGURES STATE CENSUS

Gain 21.8 per Cent Over 1920; Klamath Gain 235.2 per Cent

Final population figures for the state of Oregon have just been issued by the census bureau in bulletin form. As shown by the census of 1930, the total population was 953,786, representing an increase of 170,397, or 21.8 per cent over the enumeration in 1920. At the first census taken in 1850, its population, including the portion later taken to form a part of Washington territory, was 13,294. During the next 10 years, 1850 to 1860, a gain of 39,171, or 294.7 per cent, was made. In every census period the population of Oregon has shown a rate of increase greater than that of the United States as a whole. The total land area of the state is 95,607 square miles. The average number of inhabitants per square mile in 1930 was 10, as compared with 8.2 in 1920. Multnomah county, the smallest county in the state in area, but including the city of Portland, has the largest population with 338,241, and a density of 779.4 per square mile, while the largest county in area, Harney, comprising 9338 square miles, has the smallest population density with less than one person to the square mile.

26 Counties Make Gain
Of the 36 counties in Oregon, 26 increased in population between 1920 and 1930, while 10 showed decreases. Klamath was the most rapidly growing county in the state with an increase of 133.9 per cent. Lincoln county was second, with a growth of 62.3

per cent, and Jackson county was third, showing a gain of 61.3 per cent. Several of the counties declined in population during the decade. Jefferson county shows a decrease of 25.7 per cent, and Sherman county a loss of 22.2 per cent.

There are six cities in Oregon which had a population of 10,000 or more in 1930. Portland, the largest city, has 301,515 inhabitants, or practically one-third of the entire population of the state. Its increase was 43,527, or 14.9 per cent. Salem, the capital city, is second, with a population of 26,266; which is a gain of 8587, or 48.6 per cent, during the past 10 years. Eugene is the third largest city, with 18,901 inhabitants, showing 6308, or 73.4 per cent, more than in 1920. The

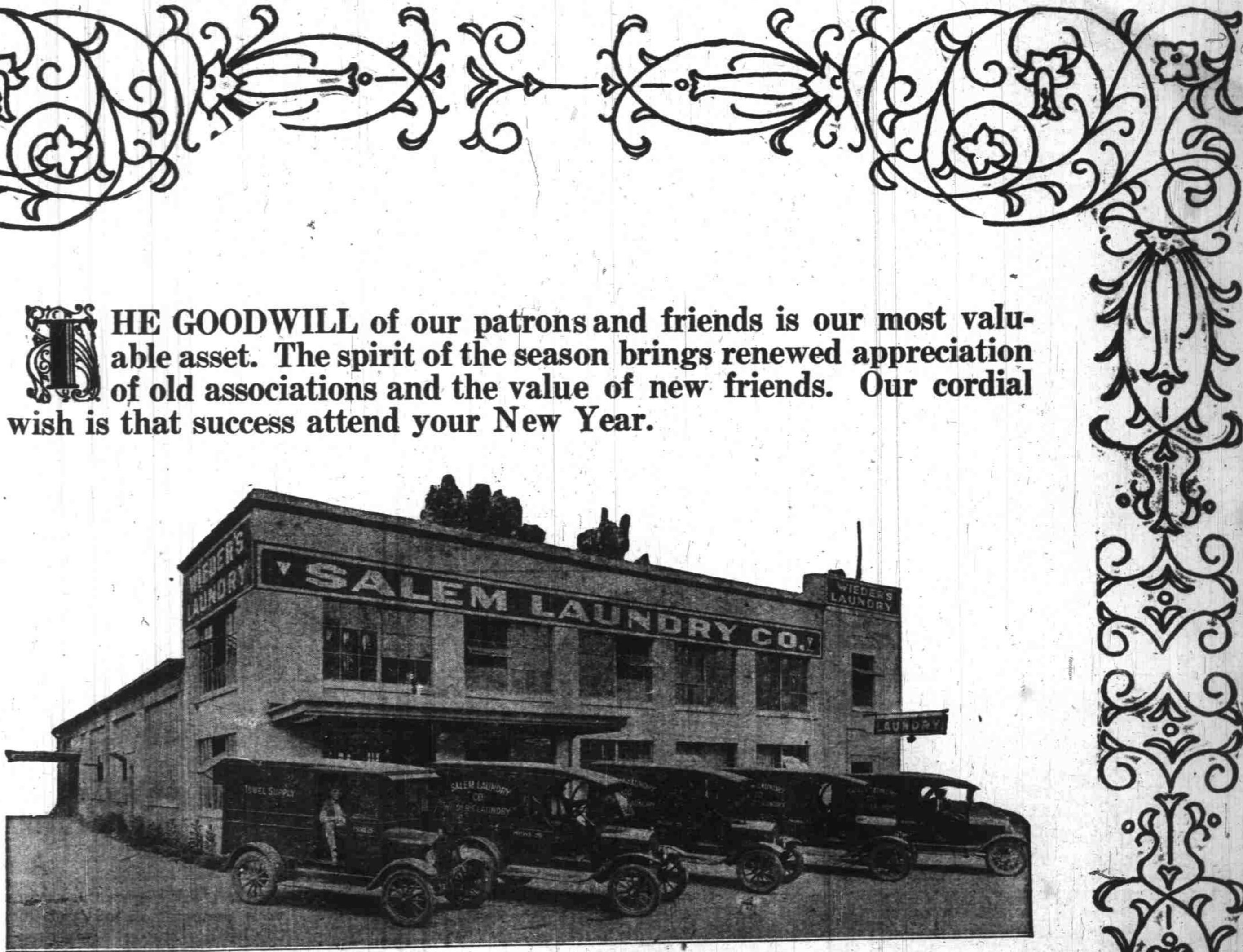
other cities in this class, ranking in point of population, are Klamath Falls, Medford, and Astoria. Of these cities, Klamath Falls shows the highest rate of increase, having gained 235.2 per cent in the past decade.

Cornucopia Smallest Town
There are 204 incorporated places in Oregon, of which nine have been organized since 1920, and their population is shown for the first time in this bulletin. The largest of these newly incorporated towns is Chiloquin, in Klamath county, with 481 inhabitants, and the smallest is Cornucopia in Washington county, with ten residents. The smallest of all the incorporated places in the state is Bourne, in Baker county, with one inhabitant.

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