

A MAGNIFICENT WORK.

Dr. U. C. Coe Describes Efforts Being Made to Stamp Out Tuberculosis.

NEW YORK CITY, April 20, 1909.—Editor Bend Bulletin, Bend, Or.—Dear Sir: I have not forgotten that I promised you to write The Bulletin during my absence, but have been so very busy that hitherto it has been impossible. Surgery, hospital and clinic work fill each day except Sundays from 8 a. m. until 9 p. m. Take out a little time for sight seeing, theatre, etc. and one has not much time for letter writing.

Aside from the great achievements in the science of surgery, the great strides of advancement now being made along the lines of preventive medicine are of the greatest import to all of humanity of this and future generations, and are not the least of the many great wonders of the scientific world today. Scientists and medical men are not only striving to find cures for the hitherto incurable diseases, but they are toiling ceaselessly to prevent the spread of the more common of the great plagues, that they may slowly but surely be stamped out completely in that way.

The crusade against tuberculosis—the disease which has been considered incurable and which is responsible for more deaths than any other to which humanity is heir—has been taken up in New York City and state more zealously than elsewhere.

The success of New York City and state in winning awards at the recent exhibition of the International Congress on Tuberculosis, which held its quinquennial meeting in Washington, has convinced the public of the activity of the city and state medical authorities in their endeavor to prevent the spread of the great white plague. At the exhibition, the New York Charity Organization received a \$500 cash prize for the best evidence of effective work in the prevention of the disease since the last congress. Gold medals were awarded to the Adirondack Cottage Sanitarium for the best treatment of curable cases; to the Manhattan Tuberculosis Dispensary of New York; to Dr. H. S. Goddard, New York City, for educational leaflets; to Liberty, N. Y., for its hospital for the treatment of advanced pulmonary consumption; to New York City for the best preventive measures and to other organization work for the amelioration of the disease.

One of the most gratifying activities in connection with the exhibit at Washington is that of Dr. Alfred Meyer, chairman of the New York state committee of the International Congress, on behalf of the Charity Organization Society of New York, to secure the exhibit for this city; which he did by raising \$30,000 necessary to guarantee its removal and installation in New York. This he did by a personal appeal before the aldermen, who promptly voted \$20,000, the balance being then readily assured. This exhibit, Dr. Meyer believes, will do more toward checking the ravages of consumption in the city than hundreds of demonstrations could accomplish. The Committee of the Charity Organization Society has worked unceasingly to convince the people of the harmfulness of the disease in those districts where the poor are crowded, and was co-operated with the Department of Health during its years of effective and aggressive work.

It is calculated that there are 30,000 sufferers from tuberculosis or consumption living in the congested tenements of New York City. In 1881, when the population was 1,244,511, there occurred 5,312 deaths from the disease; in 1907 with a population of 4,285,435, only 8,999 deaths occurred, an increase of less than 7 per cent, though the population had increased 300 per cent. In 1881 the death rate was 4.27 per thousand; in 1907 it was 2.10 per thousand—a reduction of more than 50 per cent.

In 1897 there were 1,000 beds appropriated for consumptives in the various hospitals; in 1907 there were 2,500.

These facts prove that New York is alive to the need of constant vigilance and activity in its work in behalf of the victims of the dread

plague. Twenty-five years ago neither the medical profession nor the people appreciated the gravity of the disease, in regard to enforcing any preventive or reprehensive efforts. The Board of Health found it unwise to attempt anything more than an informative effort among the tenement dwellers. In 1894, however, the first definite steps were taken in adopting a system of notification, partly compulsory, partly voluntary in character—public institutions, hospitals, clinics, dispensaries, etc., being required to report all cases coming under their supervision within one week, while private physicians were requested to do so. Together with these educational and notifiable methods, the original plan provided for the plotting of all reported cases on maps, showing every house and lot in Manhattan and Bronx; each death reported and each case reported being plotted, and showing the date when each came under observation. Medical inspectors visited the premises where cases were reported and precautionary measures were initiated. On the occurrence of a death and when the premises became vacant the inspectors arranged for the removal of bedding, rugs, carpets, clothing, etc., for disinfection by steam, and for disinfection of the rooms, which were placarded if considered necessary, to forbid their occupation until the order requiring their renovation had been complied with. Provision was made for the free examination of the sputum from suspicious cases of tuberculosis, in the bacteriological laboratory of the Department. A complete system in regard to the conducting of these examinations, and the providing of facilities to physicians for the same, were afforded. It was believed that the examination of the sputum would materially assist in the early diagnosis of tuberculosis, and would encourage physicians to report cases.

The results were gratifying. During a period of 10 months more than 4,000 cases of pulmonary tuberculosis or consumption were reported; and about 500 specimens of sputum were sent for examination. Accurate data became for the first time available, thus enabling the Department to direct its campaign to advantage.

In 1907 the Department effected a great step in advance by requiring notifications in all cases of tuberculosis, both private and public. This action at once aroused hostility, and a war was waged by two of the leading medical societies of the city, against the Board. But after a time the opposition died and at the present time it is estimated that at least 90 per cent. of the recognized cases of the disease are reported in the boroughs of Manhattan and Bronx.

Another step was taken in 1902 when the Board required landlords and janitors of tenement and apartment houses to report to the Department the removal of any tenement suffering from tuberculosis so that proper disinfection could be made. Physicians were requested to notify the Department of the removal of patients from one address to another. Continuous effort was made to secure increased accuracy and attention to all measures initiated by the Department, with increasing beneficial results.

Pavilions were provided in 1901 in one of its hospitals for contagious diseases, at first the capacity being 48 beds, but which was soon increased to 200. Provision was also made for the services of a corps of trained nurses to aid the special medical inspectors in a closer inspection and supervision. The nurses visited cases in their homes, recording conditions, mode of living, physical and financial condition, observation of instructions, etc. Charitable assistance was recommended when apparently necessary. Inspection, removal, disinfection, or renovation of premises proceeded as usual.

The first clinic (dispensary) was opened in Manhattan by the Department in 1904 in a building specially constructed for the purpose. Similar pavilions were established in 1906 and 1907 in Brooklyn and Bronx. These clinics were properly equipped with attached nurses. They have become perfect clearing houses for the disposition of all reported cases. Between 1904 and 1907 other clinics were opened and operated under the patronage of the Tuberculosis Committee of the Charity Organization Society, with which the department is in constant affiliation, and an association of clinics was formed, comprising not only those in the department but all in the city complying with certain requirements, including the provision of nurses for visiting patients in their homes.

The city was, for the purpose, divided into districts, each clinic being in control of the district in its own immediate neighborhood. The clinics report their cases to the department; and patients attending a clinic outside of their districts are referred back to that of their home district. This plan has worked excellently, preventing wandering from one clinic to another in hope of finding relief; and has, as well, obviated duplication of work.

Then in 1906 the department obtained

a site for a tuberculosis sanitarium for incipient and early cases at Otisville, in the Shawangunk Mountains, 25 miles from the city. Thirteen hundred acres of land were secured, the elevation being from 900 to 1300 feet above sea level. The capacity of this sanitarium is at present less than 200 patients, only males being at present admitted. It is hoped to extend its capacity to 1,000 patients, to be housed in separate units of from 150 to 250 patients each. Treatment is free but restricted to patients from the clinics in New York.

This comprehends a brief summary of the efforts of the Department of Health of the city, in the combat of the plague. But it besides is waging an unwearied campaign of education, comprising every possible device for arousing the public to the condition of the city in regard to the disease. Lantern slides are also being used effectively.

The Charity Organization Society's committee has also carried on a vigorous educational campaign, issuing 600 "Don't cards," which have done good work all over the city. Lectures and other educational methods have been effectively initiated. Twenty thousand dollars were contributed early in 1906 by eight men to enable the committee on the prevention of tuberculosis to co-operate more effectively with the dispensaries in supplying the patients with special diet, by making good the loss of wages resulting from the absence of the

sufferer from profitable employment while in a sanitarium or hospital. When the patient was willing to follow the advice of the committee and go to the hospital, the committee stood ready to care for the patient's family during his absence. The committee's main efforts are directed to home treatment, day camp treatment, country treatment, sanitarium treatment, and the establishment of a proper system of tuberculosis dispensaries. One hundred and twenty seven patients not able to go to hospitals were treated at home, with marked benefit; the average cost per patient being \$2.97 per week.

The day camp treatment, for which the old Staten Island ferry boat, Southfield, was utilized, has been of much benefit. In 69 per cent of cases the 30 days' treatment was followed by improvement, as against 51 per cent who improved under home treatment. The sanitarium treatment furnished an even better result, for of 47 cases, 83 per cent improved. The day camp treatment cost each patient 40 cents per day, and the sanitarium \$2.97 per week.

Realizing the infectiousness of tuberculosis that makes it so terrible and that it is spread rapidly by the sputum of the diseased, every effort has been made to prevent its spread, and great care has been taken to prevent the sputum from being distributed promiscuously about, as the germs of the disease are rife in the latter, soon becoming dried, the

The First National Bank of Bend

Bend, Oregon

No. 9363

DR. U. C. COE, President E. A. SATHER, Vice Pres. C. S. HUDSON, Cashier

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Stockholders liability, \$25,000.00

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DIRECTORS:

DR. U. C. COE E. A. SATHER, Merchant F. F. SMITH, Lumber
H. C. ELLIS, County Judge C. S. HUDSON, Cashier

Statement of The First National Bank of Bend, Oregon

As rendered to the Treasury Department of the United States
Washington, D. C., April 28, 1909

ASSETS	LIABILITIES
Money loaned out, \$26,528.39	Capital paid in full, \$25,000.00
Overdrafts, 179.18	Deposits, 53,379.33
Expense, 58.54	
Bank Building and Lot, 3,800.00	
Furniture and Fixtures, 1,200.00	
U. S. Bonds and Premiums, 6,326.55	
CASH ON HAND AND DUE FROM BANKS, 40,286.57	
\$78,379.33	\$78,379.33

MONEY TO LOAN ON APPROVED SECURITY INTEREST PAID ON TIME DEPOSITS.

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To discontinue an ad. while you still have goods on your shelves or vitality in your brains to produce something means one of two things—either that you have made your fortune and are ready to retire or that the business is retrograding and degenerating. "Some Pitfalls of Advertising," Missoula, (Mont.) Herald.

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microbe is carried into the air and may thus gain lodgment in the lungs of an individual.

Because of its dissemination in the transmission of the bovine tubercular germ, by means of milk from infected cows, the Department of Health has done much effective work to prevent its spread in that way. The milk consumption of New York City amounts to 1,750,000 quarts daily, is derived from 35,000 farms, and shipped from 700 creameries, located in six states.

The Health Department has waged its campaign for pure milk so assiduously that now the majority of the city's milk dealers incorporate in their contracts with the farmers supplying them, the rules and regulations of the Board of Health. The premises of every man who supplies milk to New York City must be examined. If he does not follow the rules laid down for him, he may as well go out of business, as far as New York is concerned.

In short there is a uniform effort on the part of both the board of health and the medical profession in general to prevent the spread and ravages of this disease in every possible way. It is safe to say if this noble effort on the part of New York could be aided by the pure air and unexcelled climatic conditions which Central Oregon affords, it would be only a matter of a comparatively short time until the disease would be unknown as far as New York herself was concerned.

Next week I will spend some time at the Carnegie Institute, an institution devoted entirely to experimental research work along medical and surgical lines. Already many wonderful and important discoveries have been made there.

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