SEVENTEENTH ANNUAL REPORT
OF THE
UNIVERSITY OF ILLINOIS
HEALTH SERVICE
1932-1933
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HEALTH SERVICE

1932-1933
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To the President of the University

February 14, 1934

Dear Sir:

I have the honor to submit, herewith, the Seventeenth Annual Report of the activities of the Health Service for the academic year, 1932-1933.

There was a total of 44,548 visits to the Health Service Station during the year. Of these, 43,537 were by students, 923 by Civil Service employees, and 88 by miscellaneous visitors. This includes 3,131 calls as a result of the required physical examination upon entrance and 3,717 for re-examination. The number of visits per student registered was 3.76, there being 11,576 students enrolled in the University at Urbana-Champaign.

The men of the Class of 1936 called 14,115 times, an average of 6.65 visits per man; the women called 4,255 times, or an average of 4.21 visits per woman. The average for the Class was 5.78 visits per student. These figures include one visit for the required physical examination.

Physical Examination of Students

A total of 3,131 students were given complete physical examinations during the year. Of this number 2,121 were men and 1,010 were women. Examinations were given to 260 prospective students who did not matriculate or 8.1 per cent of those examined. This entailed an approximate cost of $92.82. There seems to be no way to avoid the expense of examining high school graduates who expect to become freshmen, but who do not. It would be more expensive to defer the examinations until a day or two before registration and then employ enough outside physicians to take care of the large peak load.

Of the new students examined, 1,941 men and 615 women were re-
called for conference and advice. This includes 1,715 who were reexamined. Whenever students were found to have defects, they were advised to consult their family physicians, specialists, or dentists. In many instances students had had their defects of vision corrected and had had dentists treat their teeth between the time they were examined and when they were recalled. This fact demonstrates the willingness of the average individual to improve his general health and efficiency when he has the information upon which to do so.

Recalls

During the last half of the year, we offered the seniors a special opportunity to have their physical defects, noted at the time of their original physical examination, rechecked and to confer with us concerning their health. Approximately three-fourths of the Class of 1933 took advantage of this. It was found that a number of these students had corrected their physical defects previously noted, the conditions of others had remained unchanged, become aggravated, or new conditions had developed since the original examination which thoroughly justified giving the members of this class a chance for conference and advice.

The advantages of being immunized against smallpox and typhoid fever were presented to the members of this class and many of them were inoculated against typhoid fever and vaccinated against smallpox by the members of the staff, local physicians, or family doctors. This gave these students increased protection at a time when foci of typhoid were present in many parts of the state.

In addition to the regular physical examination, 1,841 students, 1,344 men and 497 women, filled out a personal hygiene questionnaire which was a rather complete inventory of their health, habits, and mental attitudes. These were gone over carefully and a conference was had with each
student concerning any deviations from the normal that were noted. This
procedure has been most helpful in ascertaining the mental and physical
states of students, the conditions under which they live, and their re-
actions toward them. It has also made it possible in many instances to
remove fears, conflicts, and mental tensions which definitely handicapped
them in their work and in adjusting themselves to their environment.

"Follow-Up"

In following up students who were found to have defects at the
time of their physical examinations on matriculation, in addition to the
usual recall, 171 students with albuminuria (suggesting possible nephritis)
were seen repeatedly and careful urinalyses were made to determine whether
or not their conditions were functional or pathological. Of these, 95.3
per cent were apparently of a transient nature, while 4.7 per cent were
persistent and led to the students' being advised to consult their family
physicians or a urologist.

The maximum protection has been given 28 students who had frank:
cardiac insufficiency, arrhythmia, or hypertrophy of the heart. They have
been kept under observation, have received repeated examinations, and have
been given advice as to the protection of their hearts against unnecessary
strain.

A group of 29 students with signs or symptoms suggestive of in-
cipient tuberculosis has been seen many times during the year. Under
proper diet, adequate rest, hygienic regime, and graduated activity, most
of them have increased in weight and vigor and have been released from ob-
ervation. One student developed tuberculosis.

The laboratory examinations of 3,131 students and 60 Civil Ser-
vice employees at the time of their physical examinations showed that 24
of the former and three of the latter had glycosuria. Seven students and one employee had frank diabetes; the others had only alimentary glycosuria.

Sustained efforts have been made to improve the mental health of students who have given histories of being subject to blues or worry, have had "nervous breakdowns", or have found difficulty in becoming adjusted to their environment. A total of 336 students stated that they had a tendency to worry and 210 said that they occasionally had the blues. A careful check of these cases showed that rarely did the condition influence the appetite, prevent sleep, or cause an inability to pursue academic work. With few exceptions, members of this group readily responded to friendly interest, suggestion, readjustment of their schedules of living, participation in extra-curricular activities, and medical treatment.

To the "shut-in" personality, an environment which will attract his interest is almost a specific. In many instances, this type has been drawn away from his isolation to adjustment and satisfaction in new surroundings by tactfully bringing him under the influence of work and social life outside of the classroom. The great variety of social, educational, and religious organizations about the campus contribute much to students' finding themselves. Agencies assisting students in obtaining employment and loan funds helping them over financial stresses are important factors in the relief of anxiety, the removal of worry, and the establishment of mental stability.

There was a total of 1873 students examined preliminary to participation in athletics. Of those, 1541 were men and 332 were women. Of the men, ten were rejected permanently on account of their physical defects which made participation in major athletics extra-hazardous. It was necessary to defer the participation of 17 students in major sports pending further study and tests. These, however, were later certified as able to
enter athletics.

Examination of High School Students

At the beginning of the school year, 85 high school students were examined, 38 boys and 47 girls. Fifty-five were re-examined; all were checked as to their physical ability to take the prescribed course in gymnastics. Of the total, only two had defects which required special physical training. They were so reported to the instructor in charge of the course.

Of this group, 46, or nearly 55 per cent had had their tonsils removed. Of the total, 24, or 28 per cent, had suffered severe injuries, and 57 (including tonsillectomies) had been operated upon. Of those examined, 14, or 16.4 per cent, were unvaccinated, 67 were well-developed, and 16 were classified as fair and two as poor. Laboratory tests showed that seven had albuminuria and one had glycosuria. Both conditions were transitory.

Civil Service Employees

Civil Service employees made 923 calls to the Health Service during the year of which 80 were for physical examinations at the beginning of employment. These were classified and were graded as follows: 69 good and 11 fair. Of the 80, 77 were men and three were women.

There have been 110 accidents to University employees in the line of duty. A total of 73 required minor surgical attention as a result of their injuries, and 37 were so severely injured that they were referred to outside surgeons, specialists, or radiologists. Of these, nine were hospitalized for a total of 83 days or an average of 9.2 days per patient.

The Superintendent of Buildings was killed in an automobile accident while in the line of duty and the driver of his automobile was severely injured. None of these injured were left with permanent disabilities which would interfere with their earning a livelihood or would render them
unable to resume their former occupations.

In the biennium 1929-1931 there were 396 accidents reported and in that of 1931-1933 there were 274 which is a decrease of 30.8 per cent. The decrease may be accounted for partially by the fact that there was a substantial decrease in the number of employees during the latter period.

**Communicable Disease**

The incidence of communicable disease during 1932-1933 reflected the low morbidity rate throughout the United States during this period. There developed in the student body during the year, ten cases of scarlet fever, one of measles, 14 of mumps, nine of chickenpox, one of undulant fever, one of diphtheria, and three of pneumonia which resulted in two deaths.

A total of 423 students were exposed to communicable disease other than influenza. Of this number, 41 were held in quarantine for the period required by law, and 382 were permitted to attend classes under daily observation.

Certificates were filed with the Health Service by 250 students immune to infectious diseases. Of this number, 12 had had smallpox, 30 had been vaccinated against smallpox, and 133 had had scarlet fever, two had had typhoid fever, 19 had been inoculated against typhoid, one had had diphtheria, one had received diphtheria serum, and 52 had had Dick tests.

In accordance with the recent ruling of the State Department of Public Health, students exposed to scarlet fever who are shown to have negative Dick tests are released from quarantine and permitted to attend school. Of the 213 students exposed to scarlet fever during the year, 56 had negative tests and 41 positive. The latter were quarantined for a week and the former were permitted to attend class, but were kept under daily observation. As the Dick test usually leads to the student's release from
quarantine within 24 hours, this represents a saving of 336 school days.

In addition, 18 of those exposed had filed certificates of having had scarlet fever which was a saving of 126 school days.

There were four cases of communicable disease reported in the families of employees of the University during the year and 18 cases in the homes of members of the faculty. There were nine cases of chickenpox, seven of mumps, one of undulant fever, one of intestinal flu, and four of whooping cough. Happily every case of communicable disease in the University population was kept within the confines of the immediate family.

The McKinley Hospital cared for 547 students with communicable disease for a total of 2,335 days or for an average of approximately four days each. Of this total 480 were cases of influenza occurring mainly at the time of a mild epidemic of the disease which visited the Middle-west. During the year only three students developed pneumonia; two of whom died.

The incidence of venereal disease in the student body remains quite low. Of the students seen during the year, both as a result of voluntarily calling and of a "follow-up" on the basis of reports, 34 were found to have gonorrhea and two were found to have syphilis. This is a rate of 3.2 per thousand which is very much lower than any of the estimates usually given for the same age group in the general population.

In the diagnosis and control of communicable disease 936 laboratory tests were made. No student was found to be a carrier of typhoid fever, two showed a positive test for syphilis, and 36 had Vincent's Angina.

Immunization Against Smallpox and Typhoid Fever

Of the Class of 1936, 20.6 per cent of the men and 20 per cent of the women were unvaccinated. Such a large percentage of young people susceptible to smallpox is a standing invitation to an epidemic of the disease. Sustained efforts have been made to reduce the number of students likely to
have smallpox by urging them to be vaccinated. Our persistence has resulted in a total of 1,375 vaccinations of the students by their family physicians, local doctors, and members of the Health Service staff.

Only 16.1 per cent of the Class of 1936 gives a history of inoculation against typhoid before matriculation in the University, 20.5 per cent of the men and 6.8 per cent of the women. While the per cent of students immunized against this disease prior to registration is still small, it is showing a steady increase and coincident with it, the number of freshmen who have had typhoid fever before entering the University is yearly decreasing. For example, of the members of the Class of 1930, 3.72 per cent had had typhoid fever and only 10.6 per cent had been inoculated against it. Of the Class of 1935, 2.21 per cent had had typhoid and 16.1 per cent had been immunized against it. As the students entering the University are a cross-section of the people of their age in the state, those data of immunization are encouraging and significant.

During the year, 1,122 students were completely immunized against typhoid fever by receiving three inoculations each. A large per cent of these were working or taking courses in University food-distributing agencies, were waiters in sororities, fraternities, or lunch-rooms, or were going to military camps.

**Supervision of Food-Handlers**

Prospective employees who would handle food products, students employed as food-handlers by the University, and those enrolled in courses in dairy manufacturing, lunch-room management, and meat courses were examined to determine whether or not they had communicable disease or were disease carriers. Food-handlers who had not been successfully vaccinated against smallpox within the last five years were re-vaccinated.

A careful history as to communicable disease, particularly
typhoid, was determined in the case of each prospective food-handler. If the employee or student gave a history of having typhoid fever or para-typhoid, three bacteriological examinations of the feces and urine taken a week apart were made. Specimens of blood were taken, Widal tests were made as a routine, and all food-handlers were immunized against typhoid fever in accordance with University regulations.

The following table shows the number and distribution of the food-handlers both in the employ of and taking courses in the University who were examined:

<table>
<thead>
<tr>
<th>Distribution of Food-Handlers</th>
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</thead>
<tbody>
<tr>
<td>Women's Residence Hall</td>
</tr>
<tr>
<td>Dairy Department</td>
</tr>
<tr>
<td>Cafeteria, Woman's Building</td>
</tr>
<tr>
<td>Davenport House</td>
</tr>
<tr>
<td><strong>Total</strong></td>
</tr>
</tbody>
</table>

This shows an increase of 28 or 16 per cent over the previous year.

The Health Service cooperated with fraternities, sororities, and student boarding clubs to give them the benefit of the same protection that the University has for its food-distributing agencies. To this end, 623 Widal tests were made on student waiters, dish-washers, and cooks, and a total of 23 bacteriological examinations of the excreta were made.

These tests should be applied to food-handlers of all lunch-rooms catering to student patronage. Unfortunately there are no ordinances in the two towns requiring a health standard for persons handling food. The above cooperation was entirely voluntary and offered a considerable protection because not only were the carrier states determined, but the waiters etc. were immunized against both typhoid and smallpox. This is an advantage to the student who has to support himself, to the community, and to the group which he serves.
Hospitalization

The McKinley Hospital cared for 1,158 students for a total of 4,444 days, an average of 3.84 days per patient, which is in marked contrast to a decade ago when the average hospitalization was 7.5 days. While the average stay of a student in the hospital has been low and we have been able to get them into the hospital with considerable promptness, we have been handicapped by the fact that many students who become ill were not members of the Hospital Association and were very reluctant to seek admission because of the lack of funds.

The Burnham and Mercy Hospitals admitted 214 students for a total of 1,254 days, an average of 5.8 days per patient. It should be noted that students remain on the average about two days longer in other local hospitals than in the McKinley Hospital. This is due to the McKinley Hospital's not admitting patients known to require surgery, more particularly major surgery. Although the McKinley Hospital cared for 84.5 per cent of all students hospitalized and the other hospitals only 15.5 per cent, the former had the benefit of student patronage for only 78 per cent of the hospital days while the latter served them for 22 per cent of the time.

The hospitals served 22.9 per cent less students this year than last which is another result of the unprecedented low morbidity rate during 1932-1933. Of the 11,576 students registered at Urbana during the year, 11.9 per cent or one out of every 8.4 enrolled, was hospitalized during the year. This clearly demonstrates the need of infirmary facilities even in an extraordinarily healthful year.

Students, faculty, staff members, and employees joining the Hospital Association during the first semester numbered 3,789 and the second semester 2,801 as compared with 5,513 and 4,012 for the first and second semesters, 1931-1932. Because of the increased morbidity associated
with winter and early spring, there are usually more students admitted to
the hospitals in the second than in the first semester. During the first
semester of this academic year admissions to the hospital exceeded those
of the second semester by 47.6 per cent. This is unusual for it is normal
to hospitalize a greater number of students the second than the first se-

temester. A sustained effort should be made to increase the percentage of
membership of the Hospital Association for a lack of membership in the
Hospital Association increases the difficulty of controlling communicable
disease among students and causes many of them when ill to assume risks
which often jeopardize their health and that of their associates.

Choice of Attending Physicians

There were 1372 students admitted to the local hospitals during
the year. Of this number 273 were sent from the Health Service Station to
local physicians of their own choice, and 1100 were sent to the hospitals
by the local doctors themselves. The 273 students who went to the hospi-
tals from the Health Service chose 54 different members of the local pro-
fession to care for them. Except in two or three instances where the
reason is obvious, proper, or inevitable, the students who went to the
hospitals from the Health Service Station and those who were sent to them
by local physicians proportionately show little variation in their selec-
tion of a medical attendant. This demonstrates that no University agency
is materially influencing students in the exercise of their inalienable
right to select their own doctors.

Chauffeurs' Examinations and Car Permits

A total of 27 faculty members and employees who were to drive
University automobiles were examined with special reference to acuity of
vision, color blindness, hearing, reflex action, and their general health.
Because of marked defects of vision, it was necessary to recommend that
seven prospective drivers have their eyes examined and be required to wear glasses. Of those examined, two were color-blind and it was recommended that they not be permitted to drive a University car. The vision of all applicants was above the minimum recommended by the Committee on Physical Standards for Drivers of Motor Vehicles of the Section on Ophthalmology of the American Medical Association.

During the year eight students requesting permits for the use of a motor vehicle from the Committee on Student Affairs on the basis of physical disability were examined. Of these, three were found to have physical defects sufficiently handicapping to make the use of a car to attend classes desirable. Five were obviously able to attend classes without a car.

The reasons for recommendation of the granting of permits were as follows: recent hernia operation, one; sprained ankle (having a long distance to walk to the campus), one; acute physical disability, one.

Cooperation With the Departments of Military and Physical Education

To protect students participating in major athletics, 1,541 examinations were made. During the year 408 students were re-examined to determine their physical condition to take Military and Regular Gymnastics. Of these, 287 were assigned to Individual Gymnastics with special physical training.

Because of marked physical abnormalities or organic diseases, seven students were not classified as able to take either Physical Education or Military. Their conditions were such as to make it too great a risk or discomfort to require any form of activity of them.

A total of 44 temporary excuses were recommended for students who had undergone recent operations, who were convalescent, or who had lost so much time on account of illness that they were unable to complete satisfactorily the work in Physical Education for the semester.
It was found that the students recovering from influenza showed such a rapid heart rate after slight exercise that a number of them had to be temporarily excused from physical training for a week or ten days. This precautionary measure offers a great protection to hearts which usually will become rapidly normal, but have not yet completely recovered from the toxemia incidental to an attack of la grippe.

During the year 303 prescriptions were issued to students whose physical conditions made it desirable for them to change from one course in Physical Education to another or to modify their programs of exercise. By this procedure, students who had sinusitis, infection of the middle ear, or perforation of the drum were transferred from swimming, which would aggravate their conditions, to a form of exercise without an unusual hazard. By such transfers those who had ringworm of the feet, boils, or who had undergone operations were able to take exercise with a minimum risk of injury and with maximum protection of their associates against infection.

A total of 14 students were permanently excused from Military because of their failure to meet the minimum requirements of the Medical Department of the Army; 59 students below the minimum physical requirements for commission but who desired to take Military were assigned to it. Their physical conditions were such that it was not unsafe for them to undergo a training which they very much wished to have.

At the request of the Military Department and in accordance with the practice of previous years, the Health Service inoculated 181 students against typhoid fever and of this number vaccinated those students against smallpox who had never been successfully vaccinated and those whose scars were more than five years old, preparatory to their going to camps for members of the Reserve Officers Training Corps. Our laboratory gave urinalysis examinations for 187 students who were being given special physical exam-
in nations by army doctors in connection with their registration for advanced military work.

**Sanitation**

The Health Service has continued its policy of making sanitary inspections on the campus, in student lodging houses, boarding clubs, and lunch rooms. By special request, four inspections were made. A great many more complaints were investigated to determine the sanitary conditions under which students were living. Landladies in general have been cooperative and have usually made efforts to correct unsatisfactory conditions when they have been brought to their attention.

The University is very much handicapped in dealing with the conditions under which the students live due to the fact that it has no police power in the local municipalities. The situation, however, can be and has been improved from time to time by persistent efforts in calling the attention of the local boards of health to insanitary conditions, by campaigns, and by education as to the value of pasteurized milk, the patronage of clean lunch-rooms, the supervision of food-handlers, the features of approved lodging houses, etc.

The swimming pools of the University have been maintained in a good sanitary condition throughout the year. With the able assistance of the staff of the State Water Survey, the Sanitary Engineer of the University, and the Departments of Physical Education, the users of the pools have been required to observe the standard sanitary regulations for swimmers, daily bacteriological tests have been made, the residual chlorine of the water has been determined twice a day, the loads of the pools have been controlled, and systematic efforts have been made to care for the pools in accordance with the standards of the American Public Health Association and Conference of State Sanitary Engineers.
Colon bacilli were found three times in the samples of water taken from the pools daily for examination. A total of 22 high counts of bacteria were noted. These occurrences, upon investigation, were found usually to be due to some temporary mechanical difficulty, life-saving practice in street clothes, over-loads, or other factors which were readily controlled by appropriate action.

Cooperation With Attending Physicians

The cooperation of local doctors and other physicians in the state in caring for the students has been most generous and helpful. A total of 191 letters has been received at the Health Service Station concerning the physical conditions of students who are or have been former patients of the doctors. In addition, family physicians have certified that 42 students were immune to smallpox and that 185 students were immune to scarlet fever, a total of 227. This correspondence is of great assistance in advising students as it provides information and gives a better perspective of their medical records and physical conditions.

Hygiene

Elementary hygiene was taught to 1,143 students the first semester. Of these, 876 were men and 267 were women. The registration the second semester was 630 men and 230 women, a total of 860. There were 19 sections for men the first semester and 18 sections the second semester. The women were taught in six sections each semester. The advanced course in hygiene had a registration of 28 students the first semester and 26 students the second semester. A total of 98 students passed the proficiency test in hygiene, were excused from the subject, and received credit in it.

Student Deaths

I deeply regret to have to report that five students died during
the year: from pneumonia, two; from automobile accidents, two; as the result of falling from a moving automobile and suffering a fracture of the skull, one.

**Laboratory Service**

The following table shows the necessary laboratory service given students and employees during the year, a part of which was essential in making effective the regulation of the University concerning food-handlers.

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Widal tests</td>
<td>733</td>
</tr>
<tr>
<td>Bacteriological examinations of excreta for typhoid fever</td>
<td>44</td>
</tr>
<tr>
<td>Bacteriological examinations of excreta for tape worm</td>
<td>1</td>
</tr>
<tr>
<td>Sputum examinations</td>
<td>61</td>
</tr>
<tr>
<td>Throat cultures</td>
<td>135</td>
</tr>
<tr>
<td>Agglutination tests for undulant fever</td>
<td>2</td>
</tr>
<tr>
<td>X-ray examinations</td>
<td>27</td>
</tr>
<tr>
<td>Blood examinations</td>
<td>35</td>
</tr>
<tr>
<td>Basal metabolism tests</td>
<td>34</td>
</tr>
<tr>
<td>Urinalyses</td>
<td>6448</td>
</tr>
<tr>
<td>Kahn tests</td>
<td>123</td>
</tr>
</tbody>
</table>

**First Aid Cabinets**

The first aid cabinets now being maintained in the various buildings on the campus are 102 in number. Three additional ones were installed during the year on the request and requisition of the departments expecting to use them. These cabinets are visited weekly or twice weekly depending upon their location, and supplies are replaced as needed.

**Changes Affecting the Health Service**

There have been during the year two general factors tending to reduce the demand upon the Health Service: (1) the lowest morbidity rate experienced since the establishment of federal or state bureaus of statistics and (2) a 12.1 per cent decrease in registration of 1932-1933 over 1931-1932. Notwithstanding these conditions, the decrease in the calls at the Health Service was only 3.5 per cent. This situation is due to students' coming in earlier for conferences because of the fear of becoming ill and having to undergo the expense of hospital and medical care. Such
an attitude reduces illness and absence from the classroom to the minimum; it is foresight not peculiar to students of the University of Illinois but is associated with the economic depression in every city or state in the Union.

In 1931-1932 the number of visits per student enrolled was 3.2, in 1932-1933, 3.8; for the freshmen in 1931-1932, the number of visits per student was 5.3 and in 1932-1933, 5.8. The new students make more visits to the Health Service Station than do the upper classmen who are better able to take care of themselves, have been classified for physical education and military, and are better adjusted to their environment.

As of September 1, 1932, the medical staff of the Health Service was reduced 16.7 per cent (the Women's Division 25 per cent; the Men's 12.5 per cent). The registration of students decreased only 12.1 per cent and the calls at the Health Service Station decreased only 3.5 per cent. Under such circumstances, the department has had to pursue a policy of rigid retrenchment throughout the year. Although every non-essential activity has been eliminated, no service necessary to control disease among students has been sacrificed. A point has been reached, however, where further restrictions of its functions will inevitably prove a serious handicap in the use of effective measures to prevent the spread of disease in the University population.

Respectfully submitted,

J. Howard Board, M. D.
University Health Officer