EIGHTEENTH ANNUAL REPORT
OF THE
UNIVERSITY OF ILLINOIS
HEALTH SERVICE

1933-1934
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To the President of the University

Dear Sir:

I have the honor to submit, herewith, the Eighteenth Annual Report of the activities of the Health Service for the academic year, 1933-1934.

There was a total of 55,436 visits to the Health Service Station in 1933-1934 as compared with 44,548 visits last year; an increase of 24.44 per cent. Of these, 54,231 were by students and 1,207 by Civil Service employees. This includes 3,728 calls as a result of the required physical examination upon entrance and 3,131 for re-examination. The number of visits per student registered was 5.0, there being 10,892 students enrolled in the University at Urbana-Champaign.

The men of the Class of 1937 called 18,299 times, an average of 7.27 visits per man; the women called 6,404 times, or an average of 5.28 visits per woman. The average for the Class was 6.63 visits per student. These figures include one visit for the required physical examination.

PHYSICAL EXAMINATION FOR STUDENTS

A total of 3,728 students was given complete physical examinations during the year, an increase over last year of 597, or 19.07 per cent. Of this number, 2,515 were men and 1,213 were women, representing an increase of 18.58 per cent for men and 20.1 per cent for women. Examinations were given to 361 prospective students who did not matriculate, as compared with 260 in 1932-1933, or an increase of 38.85 per cent. This necessitated an approximate cost of $128.88. There seems to be no way to avoid the expense of examining high school students who expect to become freshmen, but for some unforeseen reason do not do so. It is cheaper to
give these examinations when the students present themselves and request them during the summer than it would be to defer them until during registration and then employ enough outside physicians to take care of the peak load.

Of the new students examined, 1,761 men and 625 women were recalled for conference and advice. This includes 1,945 who were re-examined. 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 members of the senior class a special opportunity to have their physical defects, noted at the time they received their physical examinations, rechecked and to confer with members of the staff concerning their health. Many members of the Class of 1934 took advantage of the chance, and were, on request, immunized against typhoid fever and smallpox, and were given certain clinical tests.

In addition to the regular physical examination, 2,488 students, 1,763 men and 725 women, filled out personal hygiene questionnaires which were rather complete inventories 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
reactions 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 their adjustment to their environments.

"FOLLOW-UP"

In following up students who were found to have defects at the time of their physical examinations, 397 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, 94.9 per cent had conditions which were apparently of a transient nature, while 5.1 per cent required the attention of their family physicians or urologists.

The maximum safeguard has been placed around 74 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 41 students, 37 of whom had been in intimate contact with tuberculosis in their homes and four who had had the disease and had succeeded in having it arrested were kept under observation during the year. Under proper diet, a hygienic regime, and graduated activity all of them went through the year without showing any signs of active tuberculosis. Most of them increased in weight and vigor and have been released from observation after being thoroughly informed as to the precautions they should exercise at all times. Active infection with the tubercle bacillus in the sputum occurred in two students, - one a negro and the other a Caucasian. These men withdrew from the University promptly to undergo treatment.

Laboratory examinations of 3,728 students and 75 Civil Service
employees at the time of their physical examinations showed that 143 of the former and eight of the latter had albuminuria. Of these 86.75 per cent had a condition which was transient and only 13.25 per cent had persistent albuminuria. Of the total urinalyses, 13 students showed a positive test for sugar; in nine it was alimentary in nature, and four had diabetes.

A careful watch has been kept throughout the year over the mental health of students. Those who have given histories of being subject to blues or worry, have had "nervous breakdown", or have shown difficulty in becoming adjusted to college life have been seen repeatedly. A total of 242 stated that they had a tendency to worry and 230 that they occasionally had the blues. A careful study of their cases revealed that their conditions rarely influenced their appetites, prevented sleep, or handicapped them in their academic work. With rare exception, members of this group responded promptly to a rearrangement of their schedules of living, participation in extra-curricular activities, and friendly interest. The great variety of social, educational, and religious organizations about the campus is most helpful to students' finding themselves. Loan funds, the F.E.R.A., and the sustained efforts of the University employment agency to find work for students have contributed much toward the reduction of the anxiety and nervous tension which affect the mental health and well-being of those who feel acutely the lack of an adequate financial reserve.

There was a total of 1,910 students examined preliminary to participation in athletics. Of these, 1,285 were men and 625 were women. Of the men, 12 were rejected permanently on account of physical defects which made participation in major athletics extra-hazardous. It was necessary to defer the participation of 66 men in major sports pending
further study and tests. Those, however, were later certified as able to enter athletics.

EXAMINATION OF STUDENTS OF THE UNIVERSITY HIGH SCHOOL

At the beginning of the school year, 75 high school students were examined, 39 boys and 36 girls, and 16 were re-examined; all were checked as to their physical ability to take the prescribed course in gymnastics. Of the total, four had defects which required special physical training and one had to be permanently excused from required physical activity. They were so reported to the instructor in charge of the course.

Of this group, 38 or nearly 50.66 per cent had had their tonsils removed. Of the total, 20, or 26.66 per cent had suffered severe injuries, and 65 had been operated upon (including tonsillectomies). Of those examined, 20, or 26.66 per cent, were unvaccinated, 58 were well-developed, 14 were classified as fair and two as poor. Laboratory tests showed that eight had albuminuria which was transitory.

CIVIL SERVICE EMPLOYEES

During the year, Civil Service employees made 1,207 calls to the Health Service Station of which 75 were for physical examinations at the beginning of employment. These were classified and were graded as follows: 64 good and 11 fair. Of the 75, 67 were men and eight were women.

There have been 113 accidents to University employees in the line of duty. A total of 85 required minor surgical attention as a result of their injuries, and 26 were so severely injured that they were referred to outside surgeons, specialists, or radiologists for prolonged treatment or roentograms. Of these, nine were hospitalized for a total of 30 days or an average of 3.33 days per patient.
Of the total only one of the injured was left with a permanent disability which would interfere with his earning a livelihood.

In the biennium 1932-1934, there were 221 accidents reported and in that of 1930-1932 there were 344 which is a decrease of 35.8 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 1933-1934 reflected the rising morbidity rate in the registration area of the United States. A total of 1,798 students was exposed to communicable disease other than influenza. Of this number, 162 were held in quarantine for the period required by law and 223 were permitted to attend classes under daily observation. There developed in the student body during the year 18 cases of scarlet fever, 199 of measles, seven of mumps, 13 of chickenpox, one of undulant fever, three of diphtheria, one of typhoid, one of smallpox, eight of Vincent's Angina, one of Amoebic dysentery, and one of pneumonia.

We had a small epidemic of German measles which probably immunized most of the susceptibles in the student body. Because this disease is very mild, causes the patient little inconvenience, and is many times not suspected until the eruption appears, it is almost impossible to prevent exposures. For this reason, the state regulations for quarantine for German measles are most elastic and liberal and keep the student out of class for only three days.

Of the total number of 23 quarantines of students for scarlet fever, a disease which existed in the Twin Cities in rather active form throughout the academic year, only 18 were due to a student's having the
disease. In other words, 21.74 per cent of the quarantine of students for this disease was not due to a student's having it. This shows how much the health of the students is dependent upon conditions of morbidity in Champaign-Urbana.

Certificates were filed with the Health Service by 182 students immune to infectious diseases. Of this number, 12 had had smallpox, 32 had been vaccinated against smallpox, and 98 had had scarlet fever; three had had typhoid fever, 25 had been inoculated against typhoid, and 12 had had Dick tests which were negative.

Of the 385 students exposed to scarlet fever during the year, 223 had negative tests and 118 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 1,338 school days. In addition, 24 of those exposed had filed certificates of having had scarlet fever which saved them from a loss of a total of 168 school days.

There were 15 cases of communicable disease reported in the families of employees of the University during the year and 45 cases in the homes of members of the faculty. There were nine cases of chickenpox, 12 of scarlet fever, and 39 of measles. With the possible exception of measles, cases of communicable disease in the University population were kept within the confines of the immediate family.

The hospitals cared for 224 students with communicable disease for a total of 1,178 days or for an average of approximately 5.2 days each. Of this total 149 were cases of German measles occurring mainly during April and May at the time of an epidemic of the disease.

The incidence of venereal disease in the student body remains
quite low. Of the students seen during the year, both as a result of voluntary calling and of a "follow-up" on the basis of reports, 35 were found to have gonorrhea and four were found to have syphilis. This is a rate of 3.21 per thousand for the former and of .37 for the latter.

In the diagnosis and control of communicable disease 1,163 laboratory tests were made. No student was found to be a carrier of typhoid fever, four showed a positive test for syphilis, eight for Vincent's Angina, and one for undulant fever.

During the year, 1,218 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 or para-typhoid fever, 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. This year there was an increase of 3.48 per cent in this group of employees over last year.

Distribution of Food-Handlers

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<tr>
<td>Women's Residence Hall</td>
<td>49</td>
</tr>
<tr>
<td>Dairy Department</td>
<td>79</td>
</tr>
<tr>
<td>Cafeteria, Women's Building</td>
<td>71</td>
</tr>
<tr>
<td>Davenport House</td>
<td>9</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>208</td>
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</tbody>
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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, 295 Widal tests were made on student waiters, dish-washers, and cooks, and a total of 45 bacteriological examinations of the excreta were made.

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

**HOSPITALIZATION**

The McKinley Hospital cared for 1,449 students for a total of 5,419 days, an average of 3.74 days per patient, which is in marked contrast to thirteen years ago when the average hospitalization was 7.25 days. While the average stay of a student in the hospital has been short and

*Hospital cases and days as of June 1, 1934.*
we have been able to get them into the hospital with considerable promptness, we have been handicapped by the fact that many students who became ill were not members of the Hospital Association, had only small funds for medical care, and were therefore very reluctant to seek admission. Such a situation promotes the spread of communicable disease and the occurrence of epidemics because such sick students will not seek the advice of a physician until they become quite ill or their condition becomes so alarming that the doctor is called by their roommates or landladies. In the meantime, many contacts have been made and infection has been spread.

The Burnham and Mercy Hospitals admitted 195 students for a total of 941 days, an average of 4.83 days per patient. It should be noted that students remain on the average about one day 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. The McKinley Hospital cared for 55.14 per cent of all students hospitalized and the other hospitals only 11.86 per cent, but the former had the benefit of student patronage for only 35.13 per cent of the hospital total days.

The hospitals served 19.83 per cent more students this year than last. Of the 10,892 students registered at Urbana during the year, 15.08 per cent or one out of every 6.63 enrolled, was hospitalized during the year. This clearly demonstrates the need of infirmary facilities.

Students, faculty, staff members, and employees joining the voluntary Mutual Hospital Association during the first semester numbered 3,443 and the second semester, 2,715. Students joining the Hospital Association during the first semester numbered 3,260 and the second semester 2,534 which was respectively 29.93 per cent and 23.26 per cent of the student body for 1933-1934. In 1926-1927, the totals were for the
first semester 58.2 per cent and for the second semester 45.3 per cent. The effect of the depression is clearly reflected in the decreased number of students joining the Hospital Association.

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 second semester of this academic year, admissions to the hospital exceeded those of the first semester by 27.39 per cent, but the number of hospital memberships decreased 22.27 per cent. Increase in the membership of the Hospital Association is imperative if control of communicable disease among students is to be effective and many of them when ill are not to assume risks which often jeopardize their own health and that of their associates.

CHOICE OF ATTENDING PHYSICIANS

There were 1,644 students admitted to the local hospitals during the year. Of this number 305 were sent from the Health Service Station to local physicians of their own choice, and 1,339 were sent to the hospitals by the local doctors themselves. The 305 students who went to the hospitals from the Health Service chose 62 different members of the local profession to care for them. Except in two or three instances where the reason is obvious, or proper, 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 selection of a medical attendant. This demonstrates that no University agency is materially influencing students in the exercise of their irremovable right to select their own doctors.

CHAUFFEURS' EXAMINATIONS AND CAR PERMITS

A total of 46 faculty members and employees and ten FERA workers
who were to drive University automobiles were examined with special refer-
ence to acuity of vision, color-blindness, hearing, reflex action, and
their general health. Because of marked defects of vision, it was neces-
sary to recommend that four prospective drivers have their eyes examined
and be required to wear glasses. Of those examined, one was color-blind
and three were definitely deaf and it was recommended that they not be per-
mitted 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, ten students requesting permits from the Com-
mittee on Student Affairs for the use of a motor vehicle on the basis of
physical disability were examined. Of these, five 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,
most of which were temporary and for the protection of the student, were
as follows: heart lesion, one; temporary illness, one; injured ankle,
one; chronic sinusitis, one; and eczema of face, scalp, and neck, one.

COOPERATION WITH THE DEPARTMENTS OF MILITARY AND PHYSICAL EDUCATION

To protect students participating in major athletics, 1,898
examinations were made, 66 rejected temporarily and 12 permanently. During
the year, 294 men were assigned to Individual Gymnastics for special
physical training.

Because of marked physical abnormalities or organic diseases,
11 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. Of these, three had diabetes, three were paralyzed, two had marked organic heart disease, and three had amputated extremities.

A total of 60 students was given temporary excuses from Military, Physical Education, or both; 26 from Military and Physical Education, 18 from Military only, and 16 from Physical Education. They had undergone recent operations, were convalescent, or had lost so much time on account of illness that they were unable to complete satisfactorily the work for the semester.

During the year, 21\frac{1}{4} 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 of risk of injury and with maximum protection of their associates against infection.

A total of 12\frac{1}{4} students were permanently excused from Military because of their failure to meet the minimum requirements of the Medical Department of the Army; 21 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, the Health Service administered 513 doses of vaccine to 171 students to immunize them against typhoid fever. Those students who were unvaccinated against smallpox and
those whose scars were more than five years old were vaccinated preparatory to their going to camps for members of the Reserve Officers' Training Corps. Our laboratory made 211 urinalyses upon students who were being given special physical examinations by members of the Medical Corps of the Army 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, nine inspections were made. A great many 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, and by education as to the danger of unpasteurized milk, the patronage of insanitary lunch-rooms, the failure to supervise food-handlers, and the features of approved lodging houses.

The swimming pools of the University have been maintained in a good sanitary condition throughout the year. With the fine cooperation 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 not found in any of the samples of water taken from the pools daily for examination during the year. A total of 16 high counts of bacteria was noted. Those 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 307 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 12 students were immune to smallpox and that 98 students have had scarlet fever, and that 341 have been given the Dick test. This assistance is of great value in advising students as it provides information and gives a better perspective of their medical records and physical conditions.

**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.

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<tr>
<th>Test</th>
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<tbody>
<tr>
<td>Widal tests</td>
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<tr>
<td>Bacteriological examination of excreta for typhoid fever</td>
<td>45</td>
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<tr>
<td>Sputum examinations</td>
<td>41</td>
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<tr>
<td>Throat cultures</td>
<td>170</td>
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<tr>
<td>Agglutination tests for undulant fever</td>
<td>2</td>
</tr>
<tr>
<td>X-ray examinations</td>
<td>10</td>
</tr>
<tr>
<td>Blood examinations</td>
<td>31</td>
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<td>--------------------</td>
<td>----</td>
</tr>
<tr>
<td>Basal metabolism tests</td>
<td>28</td>
</tr>
<tr>
<td>Urinalyses</td>
<td>6,132</td>
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<tr>
<td>Kahn tests</td>
<td>182</td>
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</table>

**FIRST AID CABINETS**

There are 103 first aid cabinets now being maintained in the various buildings on the campus. These cabinets are visited weekly or twice weekly depending upon their location, and supplies are replaced as needed.

In 1932-1933 the number of visits per student enrolled was 3.8; in 1933-1934, 4.9; for the freshmen in 1932-1933, the number of visits per student was 5.8 and in 1933-1934, 7.71. The new students make more visits to the Health Service 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.

**HYGIENE**

Elementary hygiene was taught to 1,380 students the first semester. Of these, 1,027 were men and 353 women. The registration the second semester was 736 men and 372 women, a total of 1,108. There were 20 sections for men during both the first and second semesters. The women were taught in seven sections each semester. The advanced course in hygiene had a registration of 22 students the first semester and 26 students the second semester. A total of 83 students passed the proficiency test in hygiene, were excused from the subject, and received credit in it. This test at the beginning of each semester has a three-fold advantage: it saves the student from repeating work with which he may be familiar; it reduces the teaching load of the University; and, promotes health education in the high schools of the State, where it is very much needed.
STUDENT DEATHS

I deeply regret to have to report that seven undergraduates and one graduate died during the year. The causes of deaths were: ulcer of the stomach, one; throat infection, one; died following emergency operations, two; accidents in connection with motor vehicles, three; pneumonia, one; unclassified, one. A prospective student who had taken the physical examination, but had not as yet registered, became ill before matriculation and was taken to her home where she died. The actual cause of death was not determined. Dr. Vergil Martha G. Wheeler of the Woman's Division of the Health Service died during the year at her home at Monticello, Illinois.

CHANGES AFFECTING THE HEALTH SERVICE

During the year, a number of conditions increased the demands upon the Health Service: (1) A rising morbidity rate throughout the registration area, (2) an increase in the occurrence of certain exanthemata, namely scarlet fever and German measles. The former reached a higher rate in this state than in any period during the last decade, (3) an increase of 19.07 per cent in the registration of new students, (4) a sustained agitation against military training, (5) a wide tendency on the part of the public to seek immunization against smallpox, typhoid fever, diphtheria and scarlet fever, and (6) the continuation of the depression. This situation has produced an increase of 24.14 per cent in the total number of calls at the Health Service Station over that of last year.

Under such circumstances, the Health Service has had a very busy year and has had to pursue a policy of rigid retrenchment. No service necessary to control disease among students has been omitted. However, with so many factors over which it has no control, operating to increase
demands upon its reduced medical staff and budget, it is at a disadva-
tage in rendering highly efficient service and in using every effective
measure to prevent the spreading of disease in the University population.

Respectfully submitted,

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