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Indiana State Board of Health

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Central Sanitary Section, population 1,114,087; rate, 20.8.

Southern Sanitary Section, population 659,560; rate, 24.6.

Highest rate, Dubois County, 37.4.

Lowest rate, Brown County, 10.6.

ABSTRACT OF MORTALITY STATISTICS FOR OCTOBER, 1911.

Total deaths, 2,674; rate, 11.6. Same month last year 2,761 deaths; rate, 11.5. In preceding month 2,409 deaths; rate, 10.8.

Deaths by certain ages: Under 1 year, 430, or 16 per cent. of total; 1 to 4, 176; 5 to 9, 67; 10 to 14, 55; 15 to 19, 75; 65 and over, 831, or 31 per cent. of total.

SANITARY SECTIONS: NORTHERN SECTION, population 927,229, reports 869 deaths; rate, 11. Same month last year 932 deaths; rate, 11.5. In preceding month 857 deaths; rate, 11.

CENTRAL SECTION, population 1,114,087, reports 1,157 deaths; rate, 12.2. Same month last year 1,116; rate, 11.5. Preceding month 1,027; rate, 11.2.

SOUTHERN SECTION, population 659,560, reports 648 deaths; rate, 11.5. Same month last year 713; rate, 11.8. Preceding month 524; rate, 9.6.

REVIEW OF SECTIONS: Highest death rate in Central Section. Southern shows highest consumption, typhoid, scarlet fever, diarrhea under 2 years, and poliomyelitis rates. Northern shows lowest total rate, but shows highest pneumonia rate, 59.6 per 100,000.

RURAL, population 1,553,599; deaths 1,364; rate, 10.3. Same month last year 1,431; rate, 10. Preceding month 1,234; rate, 9.6.

CITIES. Population 1,147,277; deaths 1,310; rate, 13.4. Same month last year 1,330; rate, 13.4. Preceding month 1,175; rate, 14.4. The cities named show following rates: Indianapolis, 14.4; Evansville, 16.5; Ft. Wayne, 12.6; Terre Haute, 14.5; South Bend, 15.9.

SUMMARY OF MORBIDITY AND MORTALITY FOR OCTOBER, 1911.

Typhoid fever the most prevalent serious disease. This was also true in September. Order of prevalence was as follows: Typhoid fever, bronchitis, scar-

The MONTHLY BULLETIN will be sent to all health officers and deputies in the State. Health officers and deputies should carefully read and file each copy for future reference. This is very important, for we expect to print instructions, rules and general information, which it will be necessary for officers to preserve.

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BIRTHS FOR SEPTEMBER, 1911.

Total births, 4,886 (stillbirths excluded).
Males, 2,481; females, 2,312.
White males, 2,424; white females, 2,276.
Colored males, 57; colored females, 36.
Stillbirths: White, 131; colored, 9.
Northern Sanitary Section, population 927,229; rate, 21.5.

let fever, tonsilitis, diphtheria, rheumatism, diarrhea, influenza, pneumonia, intermittent and remittent fever, malarial fever, poliomyelitis, dysentery, cholera morbus, inflammation of bowels, chickenpox, whooping cough, cholera infantum, erysipelas, measles, smallpox, cerebro-spinal meningitis, puerperal fever.

TYPHOID FEVER: 642 cases in 72 counties, with 91 deaths. Same month last year 701 cases in 78 counties, with 159 deaths. In preceding month 800 cases in 81 counties, with 158 deaths.

TUBERCULOSIS: 285 deaths, 226 pulmonary, 59 other forms. Males 139, females 146. Same month last year 326 deaths, males 159, females 167. Of the total, 24 were fathers in age period 18-40, and left 49 orphans under 12 years of age; 49 were mothers in same age period, and left 100 orphans under 12 years old. Total orphans under 12 years, 149. Number of homes invaded 277.

PNEUMONIA: 113 deaths; males 51, females 62. Same month last year 143 deaths; males 76, females 67. Tenth in prevalence and last year, same month, eleventh.

DIPHTHERIA: 2,437 cases in 69 counties, with 68 deaths. Same month last year 441 cases in 52 counties, with 46 deaths. Epidemic in following counties: Allen, Bartholomew, Clay, Decatur, Jefferson, Knox, Lake, Madison, Marion, Monroe, Montgomery, Newton, Pike, Putnam, St. Joseph, Vanderburgh, Vigo.

SMALLPOX: 13 cases in 5 counties, no deaths. Same month last year, 2 cases in 2 counties, no deaths. Counties reporting the disease were: Adams, 3 cases; Dearborn, 1; Howard, 1; Miami, 7; Randolph, 1.

POLIOMYELITIS: 33 cases were reported in 18 counties, with 16 deaths. In the preceding month, 21 cases, with 6 deaths. 125 cases of this disease have been reported since July 1st, in 43 counties of the State.

VIOLENCE: 205 deaths, rate 89.3 per 100,000. Same month last year, 202 deaths, rate 89.3. Murders 7, males 6, females 1. Suicides 42, males 30, females 12. Accidental 156, males 119, females 37.

Methods of murders: Shooting, 3; cutting throat, 1; blows on head, 3.

Methods of suicide: Shooting, 12; drowning, 3; hanging, 5; carbolic acid, 11; other poisons, 8; remainder by various methods.

Methods of accidents: Steam cars, 40; interurban cars, 3; street cars, 3; automobiles, 4; motorcycles, 1; machinery, 7; mining, 2; electricity, 5; crushing injuries, 17; burns and scalds, 12; drowned, 2; gunshots, 2; horses and vehicles, 11; falls, 27, and remainder by various methods.

REPORT OF THE DEPARTMENT OF FOOD AND DRUGS, INDIANA STATE BOARD OF HEALTH, FOR OCTOBER, 1911.

H. E. BARNARD, STATE FOOD AND DRUG COMMISSIONER.

Two hundred and nineteen samples of food were analyzed during the month of October, of which 149 samples were classed as legal and 70 samples as illegal. Twenty-three of the 55 milk samples examined were placed in the illegal list, for the most part because of the presence of visible dirt. Four of the six cream samples were classed as illegal for the same reason. Six of the 16 ice creams contained less than the required amount of butter fat. Eight of the 16 vinegars examined were illegal either because of misbranding or low acid content. Three samples of temperance beers were examined and all classed as illegal because of the fact that in each case the alcohol content was no lower than that usually found in standard beers. Sixteen of the 23 catsups examined were illegal, usually because of the presence of benzoate of soda, although several samples were condemned because made from inferior and decomposed raw material.

RESULTS OF ANALYSES OF FOODS AND DRUGS DURING THE MONTH OF OCTOBER, 1911.

CLASSIFICATION.	Number Legal.	Number Illegal.	Total.
FOODS.			
Beers—Temperance.....	0	3	3
Beverages—			
Pops.....	3	0	3
Grape juices.....	4	0	4
Cider.....	0	1	1
Whisky.....	1	0	1
Coffee.....	4	0	4
Candy—Chocolate animals.....	0	1	1
German fried potatoes.....	0	1	1
Jellies.....	18	0	18
Milk Products—			
Butter.....	4	1	5
Cream.....	2	4	6
Ice cream.....	10	6	16
Milk.....	32	23	55
Tomatoes—			
Canned tomatoes.....	8	0	8
Tomato soup.....	3	0	3
Tomato pulp.....	26	3	29
Corn.....	4	0	4
Pork and beans.....	4	0	4
Sorghum.....	1	0	1
Catsups.....	7	15	23
Floor.....	4	0	4
Horse medicine.....	1	0	1
Preservatives.....	2	0	2
Rice.....	2	3	5
Vinegars—			
Cider.....	8	8	16
Distilled.....	1	0	1
Total.....	149	70	219
DRUGS.			
Acetic acid.....	1	0	1
Cocaine hydrochloride.....	0	2	2
Cough cures.....	1	0	1
Glycerine.....	0	1	1
Headache cures.....	3	0	3
Morphine sulphate tablet.....	1	0	1
Peroxide of hydrogen.....	0	4	4
Potassium iodide.....	2	1	3
Supposed poison.....	1	0	1
Sweet oil.....	2	1	3
Spirit of nitrous ether.....	9	2	11
Tr. of iodine.....	1	1	2
Spirit of camphor.....	0	1	1
Gonorrhoeal remedies.....	2	0	2
Total.....	14	13	27

Of the 27 drug samples examined, 13 were illegal and 14 legal. Two samples of cocaine hydrochloride were classed as illegal because the presence of the cocaine was not declared on the label. Four samples of peroxide of hydrogen were condemned because they contained less hydrogen than should have been present. Two samples of spirit of nitrous ether were also condemned because of the deficiency in the nitrous oxide content.

INSPECTORS' REPORT FOR THE MONTH OF OCTOBER, 1911.

During the month the inspectors visited 76 cities and towns and reported 1,241 sanitary inspections. Of this number 16 places were in excellent condition, 645 were in good condition, 519 were fair, 51 poor and 10 bad. As has always been the case the dairies were in much worse sanitary condition than any other establishments. Three of the five inspected were classed as bad, one poor and one fair. Two hundred and fifty-six grocery stores were classed as good, 177 fair, 19 poor, one bad and three were rated as excellent. One hundred and nine meat markets were in good condition, 99 fair, and 5 poor. None were classed as bad and one place was in excellent condition. As usual most of the drug stores visited were in good condition. Two were rated excellent, 102 good, 25 fair, and 4 poor. Seventy-three of the 161 bakeries and confectioneries were in good condition, 77 fair and 4 poor. Seven bakeries were in excellent condition. Ninety of the 168 hotels and restaurants were in fair condition. Only 7 were poor and 2 bad. Three restaurants were rated as in excellent condition and 66 were good.

Twenty-one poultry houses, 11 slaughter-houses, 12 fish markets, 9 creameries, and 12 ice cream factories were among the places inspected. None of these establishments were rated as in excellent condition,

SUMMARY OF INSPECTIONS MADE DURING THE MONTH OF OCTOBER, 1911.

INSPECTIONS.	No. Inspected.	No. Excellent.	No. Good.	No. Fair.	No. Poor.	No. Bad.
Dairies	5	0	0	1	1	3
Grocery stores	456	3	256	177	19	1
Meat markets	214	1	109	99	5	4
Drug stores	133	2	102	25	4	0
Bakeries and confectioneries	161	7	73	77	4	0
Hotels and restaurants	168	3	99	66	7	2
Poultry houses	21	0	5	10	5	1
Slaughter-houses	11	0	1	4	3	3
Fish markets	12	0	6	6	0	0
Creameries	9	0	6	3	0	0
Ice cream parlors	15	0	1	12	2	0
Ice cream factories	12	0	5	7	0	0
Fruit stands	3	0	1	1	0	0
Wholesale groceries	2	0	2	0	0	0
Flour mills	7	0	6	1	0	0
Bottling works	6	0	4	2	0	0
Brewing companies	2	0	1	1	0	0
Milk depot	1	0	1	0	0	0
Ice and cold storage plants	2	0	0	2	0	0
Oyster house	1	0	0	0	1	0
Fish and oyster house	1	0	0	1	0	0
Total	1,241	16	645	519	51	10

but most of them were placed in the good or fair class. In addition to the places enumerated, inspections were made of oyster houses, ice and cold storage plants, brewing companies, bottling works, etc.

Fifty-nine condemnation notices were issued during the month. Fifty-five places were condemned because of insanitary conditions. In addition to these conditions thirty were also of improper construction.

Twenty-five prosecutions were brought during the month and in each case a conviction was obtained. Four cases involved the sale of dirty milk. Three cases were brought against butchers for maintaining insanitary slaughter-houses; five against proprietors of dirty grocery stores; in two cases proprietors were fined for tolerating spitting on the floor of their places of business. Two cases involved the sale of rotten eggs. Two dealers were prosecuted for selling adulterated ice cream; one for selling a mis-

LIST OF PROSECUTIONS MADE DURING THE MONTH OF OCTOBER, 1911

COUNTY.	Lib. No.	Name and Address of Defendant.	Why Prosecuted.	Date of Trial.	Final Disposition.
Bartholomew		Albert W. Rutherford, Elizabethtown, Ind.	Insanitary slaughter-house.	10-11-11	Fined \$10 and costs.
Bartholomew		Howard J. Tooley, Columbus.	Dirty grocery.	10-11-11	Fined \$10 and costs.
Carrill		Frank Crone, Delhi.	Spitting on floor.	10-26-11	Fined \$10 and costs.
Clark		Charles Ruddle, Jeffersonville.	Selling dirty milk.	10-24-11	Fined \$10 and costs.
Clark		Daniel Stenler, Jeffersonville.	Selling dirty milk.	10-30-11	Fined \$10 and costs.
Clay		Robert Neal, Brazil.	Insanitary bakery.	10-2-11	Fined \$10 and costs.
Clay		Wm. H. Plumb, Brazil.	Insanitary bakery.	10-2-11	Fined \$10 and costs.
Clay		Hudson Bros., Brazil.	Insanitary slaughter-house.	10-17-11	Fined \$15 and costs.
Clay	6343B	Red Scharf, Brazil.	Adulterated ice cream.	10-16-11	Fined \$25 and costs.
Clay	6344B	Paul Lyon, Brazil.	Adulterated ice cream.	10-16-11	Fined \$20 and costs.
Clay		Samuel Ar buckle, Brazil.	Spitting on floor, grocery.	10-29-11	Fined \$10 and costs.
Clay		Dawster & McCann, Bowling Green.	Dirty grocery store.	10-25-11	Fined \$20 and costs.
Clay		Charles Taggart, Art.	Dirty grocery store.	10-25-11	Fined \$10 and costs.
Clay		Beno Chevalier, Brazil.	Dirty grocery store.	10-27-11	Fined \$10 and costs.
Clay		Thomas J. Durham, Brazil.	Dirty grocery store.	10-27-11	Fined \$10 and costs.
Clay		C. D. Low, Clay City.	Insanitary canning factory.	9-29-11	Fined \$10 and costs.
Clay		T. N. Rash, Greenswood.	Insanitary refrigerator.	10-11-11	Fined \$10 and costs.
Johnson		J. M. Scudder, Greenswood.	Dirty poultry and grocery.	10-10-11	Fined \$10 and costs.
Johnson		F. J. Dorsev, Edinburgh.	Insanitary slaughter-house.		Fined \$10 and costs.
Johnson		J. M. McLaughlin, Edinburgh.	Slaughtering meat under insanitary conditions.		Fined \$10 and costs.
Miami		Joseph Sumpster, Converse.	Selling rotten eggs.	10-19-11	Fined \$10 and costs.
Miami		J. D. Bryan, Converse.	Selling rotten eggs.	10-19-11	Fined \$10 and costs.
Miami	597D	Richard Wilson, Peru.	Selling dirty milk.	10-29-11	Fined \$10 and costs.
Porter	716P	Valparaiso Pure Dairy Product Co., Valparaiso.	Selling dirty milk.	10-10-11	Fined \$10 and costs.
Scott	1552A	V. J. Hardy, Lexington.	Misbranding drug.	10-25-11	Fined \$10 and costs.

branded drug; one for operating an insanitary canning factory and one for slaughtering meat under insanitary conditions.

Three cases involved the violation of the Pure Food Law and twenty-two cases for violation of the Sanitary Law or the sanitary requirements of the Pure Food Law. This report shows very clearly that the work of the field inspectors, and of the pure food department is becoming more and more a question of sanitation, and that the sale of adulterated foods and drugs by the use of substitutes, inferior material, make-weights, etc., is very largely a thing of the past.

The total fines and costs levied during the month amounted to \$549.25.

NOTICES OF CONDEMNATIONS DURING THE MONTH OF OCTOBER, 1911.

CLASSIFICATION.	Reasons for Condemnation.		Total.
	Unsanitary Conditions.	Improper Constructions.	
Bakeries.....	1	0	1
Bakery and confectionery.....	1	0	1
Candy department.....	0	1	1
Canning factories.....	7	6	13
Creameries.....	2	0	2
Dairy.....	3	3	6
Drug stores.....	3	0	3
Groceries.....	6	4	10
Grocery and bakeries.....	1	1	2
Groceries and meat markets.....	3	0	3
Hotels.....	3	1	4
Meat markets.....	11	6	17
Milk depot.....	1	1	2
Pickle factory.....	1	1	2
Poultry houses.....	3	3	6
Restaurants.....	6	1	7
Slaughter-houses.....	3	2	5
Total.....	55	30	85

REPORT OF BACTERIOLOGICAL LABORATORY FOR OCTOBER, 1911.

J. P. SIMONDS, SUPERINTENDENT.

Sputum for tubercle bacilli, positive 114, negative 222; throat cultures for diphtheria, positive 773, suspicious 490, negative 2,490, no growth 45, unsatisfactory 3; blood for Widal, positive 15, negative 143; blood for malaria, positive 1, negative 6; pus, 15; blood smears, 14; milk, 1; feces, 2; smears for spirochetes, negative 2; urine, 23; sarcoma, 1; carcinoma, 10; other pathological tissues, 36; pus for gonococci, males, positive 7, negative 11, unsatisfactory 1; females, positive 4, negative 11, doubtful 5; sex not given, positive 3; for rabies, dog's heads, positive 5, negative 4, unsatisfactory 1; cat's head, negative 1; Gasserian ganglia, 7; cabbage worm, 1; fly larvae for identification, 1. Total, 4,468.

Outfits sent out: Sputum, 653; diphtheria, 5,845; Widal, 242; special, 57; malaria, 13. Total, 6,810.

This has been the busiest month in the history of the Laboratory. The greater part of the work consisted in the examination of throat cultures. Epidemics of diphtheria of greater or less magnitude have existed at Greensburg, Greencastle, Bloomington, Crawfordsville, Goshen, Lyons, Perrysville,

Prairie Creek, South Bend and Brazil. Of special interest were two chickens and a cat sent from the vicinity of cases of poliomyelitis. The cat, sent by Dr. W. H. Sigmond of Crawfordsville, had complete paralysis and loss of sensation in its hind legs. At autopsy there was severe hemorrhage into the substance of the lumbar portion of the spinal cord with no evidence of any injury to the spinal column. Of the chickens sent by Dr. J. L. Warvel of Sidney, one showed paralysis and marked atrophy of the right leg, but no visible gross lesions of the spinal cord or vertebrae. The fowl showed generalized tuberculosis affecting chiefly the spleen, liver and intestines.

CIRCULAR LETTER No. 14.

SUBJECT: PECANS—COLORED, COATED AND POLISHED.

The attention of grocers and dealers in nuts is called to Paragraph 5 of Section 2 of the Pure Food Law which prohibits the sale of food which is colored, coated, polished, powdered or stained in a manner whereby damage or inferiority is concealed, or whereby it is made to appear better or of greater value than it really is. The practice of coloring, coating and polishing pecans is plainly in violation of this paragraph of the Pure Food Law. Pecans of first quality are not colored, coated or polished, and the practice is only resorted to for the purpose of improving the appearance and thereby increasing the sale of imperfect, immature, undersized nuts. The practice will not be tolerated except when pecans so treated are plainly and distinctly labeled "polished pecans," "colored pecans," or by some other phrase which conveys to the consumer the exact facts of such treatment.

County, City and Town Health Officers, State Food Inspectors, and all other officers whose duty it is to enforce the Pure Food and Sanitary Food Laws, will be governed by this notice in regulating the sale of pecans.

CIRCULAR LETTER No. 15.

SUBJECT: RICE—COATED AND POLISHED.

The attention of grocers and dealers in rice is called to Paragraph 5 of Section 2 of the Pure Food Law, which prohibits the sale of food which is colored, coated, polished, powdered or stained in a manner whereby damage or inferiority is concealed, or whereby it is made to appear better or of greater value than it really is, and also to Paragraph 6 of Section 2, if it contains any added poisonous or other added deleterious ingredient. Rice which is coated with talc, glucose or in any other manner by which its natural appearance is changed and by

which it is made to appear of better quality than it really is, or by which any added poisonous or other added deleterious ingredient is added thereto, shall not be sold, kept or offered for sale except when each package or container is plainly and distinctly labeled, "This rice is coated with Glucose and Talc, (or any other substance used in coating) and must be thoroughly washed before using."

County, City and Town Health Officers, State Food Inspectors, and all other officers whose duty it is to enforce the Pure Food and Sanitary Food Laws, will be governed by this notice in regulating the sale of rice.

A BIRTH CERTIFICATE DEMANDED: Mr. S. W. Smith, attorney at law, living at Port Allegheny, Pa., writes to the State Board of Health as follows:

"I desire to secure an official affirmation of fact in some form that the wife of Louis Charlet had a male child born to her at Gas City, Indiana, on October 10, 1894. The name of said child is Louis Charlet, Jr. The father says, 'A doctor named Vance attended the mother on the occasion of the birth.' It transpires that the son is now in Belgium with his mother and the authorities insist that he shall declare his citizenship or else leave the country. He desires to learn a trade in Belgium and not be forced from the country, and desires to remain at his will, but as an American citizen. He cannot be recognized as an American citizen unless he can give legal proof of his birth in this country."

Upon receipt of this letter we wrote to Dr. Vance at Gas City, who is still living and still practicing medicine there. In reply he says, "Public records were not kept at the time of the birth of this child. Herein find certificate of birth, the data being taken from my own office records." It was fortunate indeed that Dr. Vance was still living and that he could make out a birth certificate to which he could attach his oath. The said certificate has gone forward and due public record made of the report. We present this matter as the last instance occurring in this office showing the importance of accurate vital statistics.

* * *

PREVENTION OF SYPHILIS: "Syphilis and gonorrhoea can be entirely prevented in the army, and if health departments were given the means and the power, these diseases would be eradicated from the civilized portions of the globe in less than two decades."—Morse.

* * *

SICKNESS: "All sickness and disease must, we think, be ignorance, inability or unwillingness to apply proper preventive measures."—Henry.

ABOUT TEETH.

GOOD TEETH, GOOD HEALTH.

Without *Good Teeth* there can not be thorough
MASTICATION

Without thorough mastication there can not be perfect
DIGESTION

Without perfect digestion there can not be proper
ASSIMILATION

Without proper assimilation there can not be
NUTRITION

Without nutrition there can not be
HEALTH

Without health what is
LIFE?

NUMBER OF TEETH.

There are twenty teeth in the first or temporary set—10 upper and 10 lower. In the permanent or second set there are 32 teeth—16 upper and 16 lower.

THEIR PURPOSE.

The teeth are for ornamentation, for grinding the food, (thus preparing it for proper digestion), and assistance in talking. They should last to the end of life.

HOW LOST.

By decay and loosening. Decay is caused by allowing food to remain about the teeth and by poor health. Teeth become loose by a deposit on them at the edge of the gum, called tartar.

HOW CAN DECAYED TEETH AND DISEASED GUMS BE PREVENTED?

By cleaning the teeth with a tooth brush and water on arising in the morning and before going to bed at night. A quill toothpick, properly sharpened, should be used after each meal. A toothpowder used on the brush will assist in cleansing the teeth.

The essential ingredient in all good tooth powders is PRECIPITATED chalk. This may be flavored to suit the taste. The following formula is considered a good one:

Precipitated Chalk	3½ ounces.
Pulverized Castile Soap	½ ounce.
Garantos	1 grain.
Flavor with Oil of Peppermint, Sassafras, Wintergreen or Cinnamon.....	5 drops.

The slow and thorough chewing of the food helps to preserve the teeth and keep the mouth in a healthy condition.

Every person should have his teeth examined by a competent dentist several times a year.

Cleanliness is the best guard against disease.

THE NECESSARY EQUIPMENT OF A HEALTH OFFICER, AND HIS VALUE TO THE COMMUNITY.

The following paragraphs taken from an article by Dr. Geo. W. Goler, in the September issue of the *Journal American Public Health Association*, speaks the truth so forcibly that we take pleasure in quoting therefrom:

"In dealing with the child the health officer must be able to form concepts of what might come to pass in a new order of hygiene and sanitation when as much attention will be given to the health and life of the child as we now give to the preservation of the life and health of plants and animals."

"The modern health officer, aside from the scientific training in medicine and social service necessary to fit him for the practice of this arduous branch of the new medicine, must be possessed of the executive ability, that enthusiasm and judgment that shall enable him to conduct successfully an office so pregnant with possibilities for the good of his municipality."

"This man, on whose skill and judgment you rely for action in times of stress is the man who is usually the poorest paid and the most frequently damned citizen of your city. The worker in other lines has his compensation measured by the result he is able to accomplish, but it is not so with the health officer."

"To do his work well, he will not only have to exercise all the knowledge he has, but he will have constantly to accumulate new knowledge by frequently attending meetings and conventions of sanitary and social workers."

"He will also have to do a large amount of research work, both directly and through the labor of those in the laboratory. The equipment of the modern health office, the employment of laboratory workers, and the purchase of apparatus, all cost money, and in the beginning it may be difficult to get all the money necessary to man and equip the various divisions of the department where advanced work should be going on for the solution and interpretations of questions relating to the public health."

"To the city of his service he has usually given the best that is in him, and his labor has been of inestimable value to the life and health of the people of the community; but more than that, if well done, it has been of economic value by lessening the burden which the city has had to bear in caring for the sick, supporting the widowed, the orphaned, and the fatherless, in hospitals and other institutions, through private and public charities. Even more than this, the economic value of his work serves to attract attention to the city as a city of the well; and the ad-

vantages of a city where health is high and deaths relatively infrequent will be in the time to come, if not now, more than the advertising advantages of bill-boards and newspapers."

"Our cities are beginning to learn the lesson that our insurance companies are learning, and just as the insurance men have realized that it is better by care to keep their policy holders alive to pay the premiums, than it is to let them die and have the companies pay death claims, so our cities are learning that to grow in population and in importance it is not only necessary to attract new citizens, but it is necessary to take care of the health and lives of those they have."—Bulletin of Asheville, N. C., Health Department.

DRAFTS AND COLDS. The *British Medical Journal* coincides with Benjamin Franklin in regard to the origin of coughs and colds. It says: "Drafts do not cause colds unless the bacteria of colds are in evidence; and in clean, well ventilated rooms, such bacteria seldom appear. An endeavor to escape drafts only favors the growth of bacteria and renders dangerous a draft that otherwise would be quite harmless. It is in stuffy, dirty rooms and places of assembly such as schools, churches and lodge rooms that drafts are most to be feared, for the reason that in such places the air, as a rule, is bad. Because the air is sometimes bad, drafts may play a part in the production of colds; but as drafts are easily deprived of their dangers, they should be favored rather than feared. The skin is meant to be exposed to moving currents of air and to vicissitudes of heat and cold and to have a blood-supply that ebbs and flows according to the thermal needs of the tissues; it is meant to perspire and to transpire. Therefore, to shut it off from wind currents and to enclose it in a motionless layer of moist air is to depart very far from the ways of physiological righteousness. The bracing effects of dry air and of sea-side breezes are largely due to their stimulating effects on the excretory and reflex functions of the skin; and the man who endeavors to escape colds by avoiding all drafts will not only catch more than his share of colds, but will possess much less than his rightful share of bodily health and vigor."

* * *

PRUDERY AND APATHY, (neither is a virtue) have heretofore prevented even the discussion of preventing the poisoning of pure women with syphilis and gonorrhoea.

Away with prudery, which is mock modesty. Prudes should be sterilized lest they breed more prudes to retard progress toward more rational living.

THE SECRET OF HEALTH.

Don't worry.

Don't hurry. Too swift arrives as tardy as too slow.

Simplify! Simplify! Simplify!

Be regular. Be systematic. "Order is heaven's first law."

Don't overeat. Don't starve. "Let your moderation be known to all men."

Sleep and rest abundantly. Sleep is "nature's sweet restorer."

Court the fresh air day and night. Learn how to breathe. The "breath of life" is in the air.

Leave a margin of nervous energy for tomorrow. Don't spend faster than you make.

Be cheerful. "A light heart lives long."

Work like a man, but don't be worked to death.

Avoid passion and excitement. A moment's anger may cause life long misery.

"Seek peace and pursue it."

Think only healthful thoughts. "As a man thinketh in his heart so is he." Forget yourself in living for others.

Look for the good in everybody and everything. You will find what you habitually look for.

So live in body, soul and spirit that you will radiate health. Health is contagious as well as disease.

Don't carry the whole earth on your shoulders. Still less the universe. Trust the Eternal.

Finally—learn to wait in the "patience of hope."
"God is in His world."

"If ye know these things, happy are ye if ye do them."
—Exchange.

A MODEL REPORT. Dr. H. W. Sigmund, health commissioner of Montgomery County, makes the following excellent report:

"Yesterday I visited Waveland and inspected the schools. I found the old building where the principal part of the school is held, in good condition, considering everything. But I found that the kindergarten department of the school was being conducted in the Sunday school room of the Christian Church, and here I found things to be in a bad condition.

"I found the children using a bucket and cup for drinking purposes. I immediately ordered the school closed, and told the trustee not to open the school again until he had a tank which would give a good flowing stream when the faucet was open. He promised me he would do so, and I told him if he did not, I would prosecute him.

"The light in this room is a very serious proposition. As you know, all church windows to be made pretty have various colored glass in them. It seems that red is the predominating color in these windows, and the light is very hard on the children's eyes.

"Then another thing is the way they heat this room. They have a stove in the middle of the room, and when part of the room is too warm for the children, part is too cold.

"The trustee claims that he is unable to remedy this trouble, on account of the fact that the main school is so crowded they have to rent this room for the kindergarten, and the school trustees had paid the rent on this building for a year, in order that the town board of Waveland could be abolished and the Waveland school turned over to the township trustee. You remember that they are having their plans for a big new building next year, and all of this has necessitated this change, which has handicapped them a great deal.

"Now what must I do with this school? Shall I close that room and require them to give other grades half sessions? Or shall I permit them to continue in this one room? It is a question that I feel like I should at least have your advice and instruction before acting on it, as it will make quite a disturbance in the town if I close this school.

"I want to know I am exactly right and that I have the co-operation of the State Board of Health with me. You either write to Mr. Fullenwider, Township Trustee, Waveland, Ind., or write to me what to do, as I told Mr. Fullenwider I would take this case up with you. Answer me as soon as possible."

* * *

SAN FRANCISCO: The monthly bulletin of the City of San Francisco for September, 1911, gives the following figures concerning medical inspection of school children in that city. Cases of pediculosis found, 507; cases of impetigo, 140; cases of ringworm, 45; cases of eczema, 9; cases of eye diseases and defects, 129; cases of infected wounds, 15; cases of scabies, 25; dressings, 453; treatments, 360; exclusions, 55.

In Indiana, except in a very few cities, afflicted school children are not attended to. The majority of parents know no more about protecting their children against disease and inefficiency than they do of educating them. The State imposes education because so many parents would neglect the matter. Should the State save children from disease and suffering because parents neglect this duty?

* * *

HARD TO IMAGINE. Try to imagine if you can any one of the great prophets or philosophers in spike-tailed coat, expansive diamond-bedecked shirt front, drinking cocktails and champagne and glut-tonizing a Chicago beefsteak two inches thick, after attending the theatre. If they had done so—what kind of thinking would have followed?

FLY-SONG.

Ten little flies
 All in a line;
 One got a swat!
 Then there were * * * * *

Nine little flies
 Grimly sedate,
 Licking their chops—
 Swat! There were * * * * *

Eight little flies.
 Raising some more—
 Swat! Swat! Swat! Swat!
 Then there were * * * *

Four little flies
 Colored green-blue;
 Swat! (Ain't it easy!)
 Then there were * *

Two little flies
 Dodged the civilian—
 Early next day
 There were a million!

—*Buffalo News.*

An important meeting of The Indiana State Civic Union is to be held in Indianapolis at the Y. M. C. A. Auditorium, December 26-27. The Indiana State Civic Union is not only interested in moral reform but in the social and physical welfare of the people. It has a department of sanitation and physical welfare. Under this head, the literature of The Civic Union specifies, disposition of sewage and garbage, safe-guarding food and water supply, clean streets and alleys, the tenement house problem, child and woman labor, prevention of disease, intelligent co-operation with health authorities and supervision of play-centers, gymnasiums, baths and public parks. The program to be presented will cover the many pertinent topics coming within the scope of the Civic Union movement, and will be presented by well known specialists. The Civic Union is a valuable and much needed educational movement, having for its aim improved legislation and better conformity to our health laws by the people. No class of the citizens are likely to give more encouragement and co-operation in this work than the physicians of our State. It is hoped the Civic Union will improve, among other things, the popular intelligence and conscience in matters pertaining to the health of the people and make the people see that prevention is more economical, humane and moral than cure.

* * *

DEATH: "People die through their ignorance of the laws which govern their existence, and also from their inability or indisposition to obey those laws with which they are acquainted."—Hammond.

TO STAY THE VENEREALS. The only manner possible for the stay of the venereals lies in the education of the masses, who must know the dangers of this, to them, uncharted sea of sexuality, for it is only through knowledge of these hidden perils that the pilot may avoid shipwreck, or, better yet, sail his bark in fairer seas than those sought by the sailors of this era. This education must come down to the laity through the profession, and ere it may so trickle down the medical mass itself must have felt the leaven with thoroughness. Allow the quotation of three expert writers:—Bogart.

"The whole subject of physiology should be taught not—as at present—only in part, and that imperfectly. The truth should be taught, and that is that there are two great functions of the organism, namely, the preservation of the individual and perpetuation of the race; that the functions of the various organs of the body are subsidiary to one or other of these great functions."—DeLancey Rochester, M.D., Buffalo, N. Y.

"A young man said to me: 'If my father had given me ten minutes of sound advice and warning, I should have been saved years of sickness. As it was, I knew nothing; it was a question of guessing. I kept on guessing until I found out by bitter experience.' What can be reasonably expected from this hygienic education? It will constitute a safeguard and a valuable safeguard against venereal exposure. Fournier says: 'Many young men thus instructed will expose themselves, but they will expose themselves less often, less readily, less recklessly, less foolishly, and thus a greater number of contaminations will be prevented.'"—Prince A. Morrow, M. D., New York City.

* * *

TO ALL CITY FATHERS IN INDIANA, GREETINGS:

The kind of city a city is may be known by the alleys it keeps.

The kind of city a city is may be known by the number of the flies it keeps.

The kind of city a city is may be known by the amount of spit on its sidewalks.

The kind of city a city is may be known by the number and size of the manure piles it keeps.

The kind of city a city is may be known by the number of dilapidated, foul smelling privies it keeps.

The kind of city a city is may be known by the ratty, unsanitary schoolhouses it keeps.

The kind of city a city is may be known by the amount of garbage it don't collect and dispose of in a sanitary way.

The kind of city a city is may be known by the number of its loafers and spitters.

CHART SHOWING GEOGRAPHICAL DISTRIBUTION OF DEATHS FROM CERTAIN COMMUNICABLE DISEASES FOR OCTOBER, 1911.

NORTHERN SANITARY SECTION.

Total population	927,229
Total deaths	889
Death rate per 1,000	11.0
Pulmonary Tuberculosis, rate per 100,000	68.5
Typhoid, rate per 100,000	38.1
Diphtheria, rate per 100,000	20.3
Scarlet fever, rate per 100,000	1.2
Diarrheal diseases, rate per 100,000	77.4

CENTRAL SANITARY SECTION.

Total population	1,114,087
Total deaths	1,167
Death rate per 1,000	12.2
Pulmonary Tuberculosis, rate per 100,000	107.8
Typhoid, rate per 100,000	32.7
Diphtheria, rate per 100,000	35.9
Scarlet fever, rate per 100,000	2.1
Diarrheal diseases, rate per 100,000	78.2

SOUTHERN SANITARY SECTION.

Total population	659,560
Total deaths	648
Death rate per 1,000	11.5
Pulmonary Tuberculosis, rate per 100,000	124.9
Typhoid, rate per 100,000	53.5
Diphtheria, rate per 100,000	32.1
Scarlet fever, rate per 100,000	7.1
Diarrheal diseases, rate per 100,000	99.9

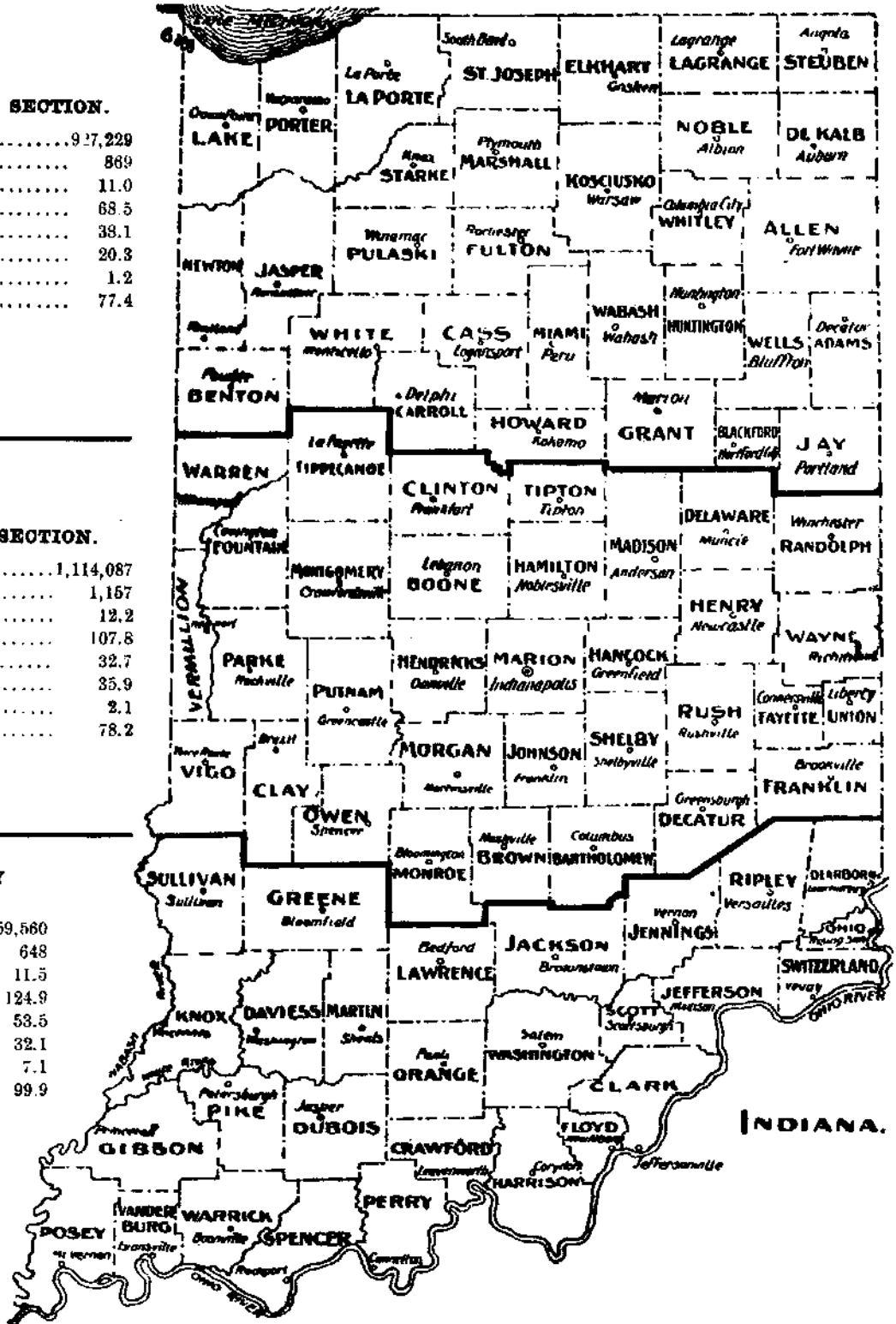


TABLE 2. Deaths in Indiana by Cities During the Month of October, 1911. (Stillbirths excluded.)

CITIES.	Population According to U. S. Census, 1910.	Total Deaths Reported for October, 1911. (Stillbirths Excluded.)	Annual Death Rate per 1,000 Population.	Important Ages.					Deaths from Important Causes.																						
				Under 1 Year.	1 to 4, inclusive.	5 to 9, inclusive.	10 to 14, inclusive.	15 to 19, inclusive.	25 Years and over.	Pulmonary Tuberculosis.	Other Forms of Tuberculosis.	Typhoid Fever.	Diphtheria.	Croup.	Scarlet Fever.	Measles.	Whooping-Cough.	Lobar and Broncho Pneumonia.	Diarrhea and Enteritis, under 2.	Cerebro-spinal Fever.	Poliomyelitis.	Influenza.	Puerperal Septicemia.	Cancer.	Violence.	Smallpox.	Deaths in Institutions.				
Cities of First Class. Population 100,000 and over	233,650	286	14.4	48	20	7	8	8	63	23	13	9	16			1	16	14		1	1	3	15	19					67		
Indianapolis	233,650	286	14.4	48	20	7	8	8	63	23	13	9	16			1	16	14		1	1	3	15	19					67		
Cities of Second Class. Population 45,000 to 100,000	245,421	312	14.9	67	17	7	3	12	69	22	5	9	9				16	25		1	1	1	20	30					51		
Evansville	69,647	98	16.5	35	6	5	3	5	59	11	3	3	4				4	10				6	8						21		
Ft. Wayne	63,933	69	12.6	10	3			1	12	3	1	4	1				3	3				1	10	10					15		
Terre Haute	58,167	72	14.5	12	4			4	15	3	1	1	2				3	4				4	2	7					12		
South Bend	54,684	73	15.0	20		3	2		15	8		2					1	8				2	8	5					7		
Cities of Third Class. Population 20,000 to 45,000	130,440	129	11.5	18	8			4	35	12	6	2	4				7	5		1		9	15							21	
Muncie	24,005	24	11.7	3	2			1	7	2	1						1	1				3	2	1							
Anderson	22,476	18	9.4	2	3			1	5	3	2						1	1				1	4	4							
Richmond	22,324	24	12.7	3	4			1	5	3	3						1	1				1	4	2							
Hammond	20,925	18	10.1	7				1	4	1	4						1	1				1	2	2							
New Albany	20,629	23	13.1	1				1	6	1	4						1	1				1	4	4							
Lafayette	20,091	22	12.8	3	1			1	9	2	2						1	1				2	2	2						13	
Cities of Fourth Class. Population 10,000 to 20,000	208,556	238	13.3	45	21	4	4	5	48	16	4	6	8	1	1	1	19	21		1		4	10	27						21	
Marion	19,359	23	13.9	2	1	1	1		7	1	1	2	2				1	3				2	2	1						3	
Elkhart	19,282	15	9.1	1				1	6	1	1	2	2				3	2				1	1	2						1	
East Chicago	19,098	30	18.4	16	4				5	3	3						6	3				1	2	2						1	
Logansport	19,050	18	11.3	3	3		1		6	2	1	1	1				2	2				2	1	1						2	
Michigan City	19,027	19	11.7	4	1				3	3							3	2				1	1	2						2	
Kokomo	17,010	10	6.8	2		2			2	1	1	2	1				1	1				1	1	2						1	
Gary	16,802	30	21.0	3	4				1	2	1	1	1				5	5				2	10	2						4	
Vincennes	14,895	22	17.3	3	2			2	6	4	2						3	2				1	1	1						3	
Mishawaka	11,886	15	14.8	4	1				2	1	2						2	2					1	1						1	
Elwood	11,028	9	9.6	1	1				2	1	2						2	2					1	1						1	
Peru	10,910	13	14.0				2		8	1	1						1	1					4	1						1	
Laporte	10,525	9	9.9						3	1	1						1	1					1	1						1	
Jacksonville	10,412	12	13.5	3	1				3	3	1						1	1				1	1	1						2	
Huntington	10,272	13	14.8			1			4	1							3	3					1	1							
Cities of Fifth Class. Population under 10,000	328,210	345	12.3	58	27	8	10	13	108	40	4	10	12				10	29		3	1	2	26	24						7	
Brazil	9,540	11	13.5	1					2	7	1	1	1					3				1	1	1							1
Shelbyville	8,500	14	17.3						7	4	1	1	1					2				1	2	2							
New Castle	8,446	17	21.2	4	1				4	3	2	2	2				2	3				1	1	1							
Crawfordsville	8,371	12	15.1	1					4	2	1	1	1				1	3				1	1	1							1
Bloomington	8,538	9	11.9	3	2				2	2	1	1	1					3			1	1	1	1							
Columbus	8,813	14	18.7	1	2		2		2	1	1	4	1				1	1				1	1	1							
Bedford	8,710	8	10.8						2	3	1	1	1				1	1					1	1							
Wabash	8,687	10	14.0	3					3	4	1	1	1				1	1					1	1							3
Frankfort	8,634	3	13.6						3	4	1	1	1				1	1					1	1							
Goshen	8,514	3	11.0	1			1		3	1	2						1	1					1	1							
Washington	7,854	7	10.5						2	3	1	1	1				1	1					1	1							
Connersville	7,738	12	18.2	3					6	5	1	1	1				1	1				3	1	1							
Vespersville	6,987	5	8.4						5	4	1	1	1				1	1					1	1							
Madison	6,934	11	23.8	2					4	4	1	1	1				2	2				3	3	1							1
Whiting	6,587	3	12.5			1			5	4	1	1	1				2	2					1	1							
Princeton	6,448	5	9.4	1					2	2	1	1	1				1	1					1	1							
Seymour	6,305	5	9.3	2					1	2	1	1	1				1	1					1	1							
Clinton	6,229	1	1.8						1	1	1	1	1				1	1					1	1							
Hartford City	6,187	8	15.2	1	1				5	1	1	1	1				1	1					1	1							
Linton	5,908	No R	0.0						1	1	1	1	1				1	1					1	1							
Mt. Vernon	5,563	5	16.9		1				2	3	1	1	1				1	1					1	1							
Lebanon	5,474	4	8.6	1					3	2	1	1	1				1	1					1	1							
Greensburg	5,420	8	17.3		1	2	1		3	1	1	2					1	1					1	1							
Portland	5,130	1	11.5				1		1	1	1	1	1				1	1					1	1							
Alexandria	5,096	2	4.6						1	1	1	1	1				1	1					1	1							
Nobleseville	5,073	2	13.9						2	1	1	1	1				1	1					1	1							
Bluffton	4,987	1	16.5				3		1	1																					

Mortality of Indiana for October, 1911. (Stillbirths excluded.)

POPULATION BY GEOGRAPHICAL SECTIONS AND AS URBAN AND RURAL.	Population According to U. S. Census, 1910.	Total Deaths Reported for (October 1911, births excluded.)	Annual Death Rate per 1,000 Population.	Important Ages.												Deaths and Annual Death Rates per 100,000 Population from Important Causes.									
				Under 1.		1 to 4.		5 to 9.		10 to 14.		15 to 19.		25 and Over.		Pulmonary Tuberculosis.		Other Forms Tuberculosis.		Typhoid Fever.		Diphtheria.		Croup.	
				Number.	Per Cent.	Number.	Per Cent.	Number.	Per Cent.	Number.	Per Cent.	Number.	Per Cent.	Number.	Per Cent.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.
State.....	2,700,876	2,574	11.6	430	16.0	176	6.5	67	2.5	55	2.0	75	2.8	331	31.0	226	38.5	56	25.7	91	39.6	68	25.6	2	.8
Northern Counties.....	927,399	859	11.0	155	17.8	45	5.5	21	2.4	22	2.5	31	3.4	282	32.4	54	68.5	9	11.4	29	38.1	19	20.3		
Central Counties.....	1,111,687	1,157	12.2	199	19.4	72	6.4	24	2.0	23	1.9	28	2.4	377	32.5	102	107.8	33	34.8	31	32.7	21	15.6		
Southern Counties.....	659,989	648	11.2	56	13.1	18	8.6	22	3.2	11	1.6	26	4.0	172	26.5	70	121.9	17	30.3	30	53.5	18	32.1	3	3.5
All Cities.....	1,147,277	1,310	13.4	236	18.0	92	7.0	26	1.9	25	1.9	42	3.2	323	24.6	118	121.0	32	32.8	36	35.9	47	48.2	1	1.0
Over 100,000.....	333,650	286	14.4	48	16.7	20	6.9	7	2.4	8	2.7	5	2.7	63	17.4	28	141.0	13	55.4	9	48.3	16	50.6		
45,000 to 100,000.....	243,424	312	14.9	67	21.4	17	5.3	7	2.8	3	9	12	12	69	22.1	22	105.5	5	33.9	9	43.1	9	43.1		
20,000 to 45,000.....	130,446	125	11.1	18	15.9	4	18.9	1	1.6	1	1.6	1	1.6	35	27.1	12	108.8	6	54.1	2	19.0	4	36.1		
10,000 to 20,000.....	396,586	278	13.2	45	18.9	14	11.6	4	1.6	4	1.6	5	1.6	48	29.1	16	89.8	4	22.4	6	33.7	6	33.7	1	5.6
Under 10,000.....	328,310	315	12.3	53	16.2	10	10.8	3	3.8	10	2.6	13	3.3	108	31.3	40	143.5	4	14.3	10	35.8	12	12.0		
Country.....	1,553,599	1,364	10.3	194	14.3	39	6.0	41	3.6	30	2.2	33	2.2	508	32.2	108	81.8	27	26.4	55	41.6	21	17.9	1	.7

POPULATION BY GEOGRAPHICAL SECTIONS AND AS URBAN AND RURAL.	Deaths and Annual Death Rates per 100,000 Population from Important Causes.																							
	Scarlet Fever.		Measles.		Whooping-Cough.		Lobar and Broncho Pneumonia.		Diarrhea and Enteritis (Under 2 Yrs).		Cerebro Spinal Fever.		Poliomyelitis.		Influenza.		Puerperal Septicemia.		Cancer.		Violence.		Smallpox.	
	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.	Number.	Death Rate.
State.....	7	3.0	1	.4	4	1.7	113	29.2	191	23.2	1	.4	16	6.8	7	3.0	19	8.2	156	68.0	205	89.3		
Northern Counties.....	1	1.2	1	1.2	1	1.2	47	59.6	61	77.4			3	3.8	1	1.2	9	10.1	56	71.1	72	91.4		
Central Counties.....	1	1.1			1	1.0	35	42.8	71	78.2	1	1.0	6	6.3	4	4.2	6	9.3	70	73.9	87	91.9		
Southern Counties.....	1	1.1			2	3.5	21	27.4	59	99.9			7	12.4	2	3.5	5	8.9	30	51.5	46	82.1		
All Cities.....	1	1.0	1	1.0	1	1.0	68	69.7	84	96.4			7	7.1	3	3.0	11	11.2	74	75.9	115	117.9		
Over 100,000.....					1	5.0	16	50.6	14	70.5			1	5.0	1	5.0	3	15.1	15	75.5	19	95.7		
45,000 to 100,000.....							16	78.7	25	119.9			1	4.7	1	4.7	20	95.9	30	143.8	87	91.9		
20,000 to 45,000.....							7	62.1	5	45.1			1	9.0			1	9.0	9	81.2	15	135.4		
10,000 to 20,000.....	1	5.6	1	5.6			15	106.7	21	117.9			1	5.6			4	22.4	10	56.1	27	151.6		
Under 10,000.....							10	35.8	29	104.0			3	10.7	1	3.5	2	7.1	20	71.7	24	86.1		
Country.....	6	4.5			3	2.2	45	34.1	97	78.5	1	.7	9	6.6	4	3.0	8	6.0	82	62.1	90	68.2		

U. S. Department of Agriculture, Weather Bureau. Condensed Summary for Month of October, 1911.

V. H. CHURCH, SECTION DIRECTOR, INDIANAPOLIS, IND.

TEMPERATURE—IN DEGREES FAHRENHEIT.

Section average.	Departure from the normal.	Extremes.								
		Station.				Station.				
		Highest.	Date.	Lowest.	Date.	Highest.	Date.	Lowest.	Date.	
54.7	0.0	Huntingburg.....	92	3	Auburn.....	23	28	Cambridge City.....	23	29

PRECIPITATION—IN INCHES AND HUNDREDTHS.

Section average.	Departure from the normal.	Extremes.			
		Station.		Station.	
		Greatest monthly amount.	Least monthly amount.	Greatest monthly amount.	Least monthly amount.
4.07	-1.51	Vevay.....	9.20	Mt. Vernon.....	1.50