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SPEECHES

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sub Speeches

SANITARY ENGINEER AND HIS WORK IN PUBLIC HEALTH

To NewYears Resolution Mtgs 27-28 Dec 48 // J.K. Bailey, TMGR

The Sanitary Engineer is not a doctor responsible for curing sickness and disease. His training is in engineering sciences with additional training in sanitary sciences. The sanitary engineer, with the cooperation of the medical profession, has the responsibility for the improvement of the environmental sanitary conditions of a country, thus preventing many diseases and the resulting deaths.

What is environmental sanitation? Briefly, it is the surrounding sanitary conditions or all the external sanitary conditions and influences, affecting the life and development of an individual. The air we breath, the food we eat, the water we drink, homes we live in, light, ventilation, and heat which we need to make these homes comfortable. As modern environment has become more complex, so has sanitation necessarily come to include a wider range of activities. The development and purification of water supplies, sewerage, and sewage disposal. While still important activities of the sanitary engineer by no means have the field to themselves as was formerly the case. Municipal and rural sanitation now include, in addition to water and sewage as mentioned above, such responsibilities as refuse collection and disposal, control of mosquitoes, flies and rodents, plumbing and housing inspections, school sanitation, and industrial hygiene.

The section of sanitary engineering or sanitation of the prefecture should be under the supervision of a sanitary engineer. This section should be called upon to approve all plans for sewer systems, sewage disposal plants, water distribution systems, water purification plants and major alterations to them. This requirement is needed to insure protection to the citizens and is a real service to smaller cities which may otherwise put money into worthless projects. Inspections are made of existing purification and sewage disposal plants. This section administers various sanitation laws. Engineering advice is given to other sections particularly the communicable disease in connection with epidemics. Service is rendered to local health departments. Other duties of this section include making sanitary surveys, organization of and the carrying out of demonstrations and campaigns against mosquitoes, rats, and flies and various research projects along varied lines of sanitation.

Several diseases with which the sanitary engineer is interested in preventing are those first connected with water - typhoid fever, cholera, and dysentery.

Rodents - plague, rat bite fever, trichinosis, infectious jaundice (Weil's Disease), and endemic typhus.

Flies have been associated with mechanical communication of every contagious disease the more important of these are typhoid fever, smallpox, dysentery, intestinal parasitic infections, and cholera.

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Fleas - plague, endemic typhus.

Lice - epidemic typhus, trench fever, and relapsing fever.

Mite - tsutsugamushi fever.

From the above list of diseases we can see that the Sanitary Engineer has a very great interest in public health.

By proper treatment of water supplies and disposal of sewage the diseases connected with water can be prevented or greatly reduced. Proper control of insects and rodents will tend to decrease the frequency of these diseases that are insect and rodent borne.

25% of the people in Japan receive their water from central municipal supplies, the remaining 75% obtain their water supplies from wells, springs or the flowing ditches near their homes. Surveys of the sanitary conditions of these wells reveal that 75% of them are polluted with bacteria from human origin. Less than 5% of the people in Japan are on collection systems of sewage disposal plants. The remaining 95% rely upon the outdoor privy for a means of disposing of human wastes. These wastes are later to be placed upon the fields for fertilizer and as the results of rains and storms with surface run offs finds its way back into the streams, manh of which are the source of your drinking water. To provide waterworks and sewage for the people of Japan is a very large undertaking the sanitary engineer.

Even with these conditions mentioned above, a lot has been accomplished during the last 3 years to improve environmental sanitation. This is true when you consider the decrease in the dysentery rate.

1946 - 152 per 100,000 people
1947 - 92 per 100,000 "
1948 - 20 per 100,000 "

But lets not be content with this accomplishment and become lax in our control programs but let us strengthen these controls and obtain even greater accomplishments with greater cooperation with the sanitary engineer and his work of disease prevention.

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12 November 1948

Cover Info Speech

SCHOOL SANITATION ASSOCIATION
General Meeting, 12 - 13 Nov 48.

SCHOOL SANITATION PROBLEMS

I. Introduction: I am here before you today to discuss some views on school sanitation, and the problems that you meet. I am honored that Dr. Kozuka, your president has asked me to speak, and I am pleased to have the opportunity to come before you; it is not often enough that we people who are in the Public Health Section have an opportunity of working with you who are in the Education Field; and it is my firm belief that we should endeavor to work more closely together.

A. You are producers of good public health, and that is, of course, my primary mission too.

B. To Produce optimum public health you must find the maximum sum of its essential factors: good sanitation and good hygiene; rather, I should say the maximum product, because these factors tend to propagate good public health in multiples rather than sums. For instance, a clean school latrine that is pleasant to use will cause students to want the same kind of cleanliness in their homes, in public places; and, as they grow older, the thought of and desire for such cleanliness will be imparted to many along their paths. In the end the teaching of one person to one other will eventually reach many persons.

C. Please remember at all times that you are dealing with the most highly impressionable of all people, the school-age children. They are desirous of learning, and they are eager to learn much, rapidly.

D. Recall, also, the fact that children are always fond of expounding their "new" learning; they love to tell those who will listen

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what they have "discovered", and who among you does not know a fond parent who will not listen? And again, who does not know a fond parent who will not tell his friends of what his child is learning?

E. To accomplish, then, our mission, yours and mine, we have in our hands the best possible medium that we can obtain, an always fresh publicity medium, better than the radio, better than the newspapers, and better than any less personalized medium.

F. Be pleased to remember that school-age children are particularly impressed by their surroundings, and most particularly those surroundings which affect them personally, and what could be more personal than the use of the latrine that I mentioned a few minutes ago. It is sound psychology to presume this personal effect on young children by their surroundings because they, adolescents and even youths, are still emerging from the introverted interest of their earlier years to the extroverted interests of the adult, and the outside world still impinges upon their consciousness most strongly.

II. What are some problems in the production of good public health?

A. There are many answers to that question, and they fall primarily into two categories; first is hygiene, which will be discussed by Dr. Versluis of the Tohoku Military Government Region this afternoon; second is sanitation, which I will discuss; my problem is the creation of an healthful environment; Dr. Versluis' problem is the creation of sound bodies for sound minds in the people who will occupy my salubriously prepared environment.

B. Now, what is an healthful environment? It may be defined as one that is as free as possible from disease or conditions conducive to disease among the people.

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C. This broadly inclusive definition must be further analyzed for complete understanding. We must eliminate by comprehensive medical practice, using all phases of medical lore: pure medicine, dentistry, nursing, and other knowledge, and by education the occurrence of such as:

1. The major epidemic diseases, diseases such as the B-encephalitis and poliomyelitis that we needlessly, foolishly endured this past Summer. Those two are not all; there is also smallpox, typhoid fever, and now, soon to plague us for our immediate attention: diphtheria, pneumonia, other respiratory diseases, and those old scourges, the typhus fevers.

2. We must eliminate as far as possible tuberculosis and its concomitant secondary afflictions, again pneumonia, malnutrition, and others too numerous to mention. And this disease we must face fearlessly with unequivocal diagnosis both in life and at post mortem. There is too much hiding of this disease, and for good reason; most of the tuberculosis sanatoria that I have seen have been cheerless places where people go to die; they should be clean, happy places where people go to live again.

3. There are the venereal diseases that enter the picture in our environmental sanitation problems; and their incidence must be greatly reduced if we are to live in truly clean surroundings. These diseases we must search out from among us. Today it is estimated that some 10% of this population have one venereal disease or another, and this kind of environment is no place in which to rear children who are faced with a complex world that is struggling for a good life for all people, a world that demands the utmost that they can give.

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4. Another scourge among us is the dread leprosy. Too many lepers remain at large through-out the world, here in Japan, in the United States and in other places; yes, the United States too; we have uncovered cases where lepers have been at large among the people for years. Constant vigilance is necessary; not alone have we had problems with leprosy in the United States; we have had lamness occur among the people, and then epidemics, as of diphtheria or smallpox have occurred; to be sure these were limited, but they occurred when the vigilance relaxed. This menace of leprosy in our environment can only be reduced by constant vigilance and by education, and the best education is that which can be taught through school children. We must educate the populace not to hide this disease, and others such as tuberculosis which latter is the single greatest cause of death in Japan today.

5. Less dramatic, but of equal importance, are the communicable diseases not usually of major epidemic importance; these are such as the dysenteries and the worm infestations and others of the intestinal, and also of the respiratory diseases, the common cold, for example. These diseases do not often kill large numbers of people in a short time; they do not create fearful epidemics, but they do create a listless, undernourished, and before long, incompetent peoples because those who are afflicted with the so-called parasitic diseases waste their sustenance feeding life other than their own; and even in the diseases where there is no long-term parasitism, there is debilitation none the less.

6. I have already mentioned the typhus fevers, but I reiterate their names not only because of their immediate importance, but because they are representatives of another disease group, the insect-

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borne diseases. These are malaria and yellow fever; plague, tularemia, tsutsugamushi fever and the typhus fevers; yes, maybe also B-encephalitis and poliomyelitis. These can be deadly scourges in an environment, hiding, as they do, endemically, or raging, as they can, in epidemics. Living in an environment with such menaces is like living with TNT near your cook stove.

III. How do we go about solving the problems that stand between us and good public health? What solutions are pertinent to us here today?

A. First, we have the problem of creating and maintaining in our schools an healthful surroundings. I have mentioned the diseases that effect us, and it is true that sanitation alone will not prevent their occurrence 100%; good hygiene is a necessary adjunct, or is in some cases a primary prinicple. However, sanitation will provide a large share of control for these diseases.

1. Let us start with the latrines in our schools. I have personally looked at a few; others in my Health Section have looked at more; and people from our Education Section have inspected many. It has been a common experience to find these latrines generally unsatisfactory for healthful use or for teaching the principles of good public health. They have been dirty to the extent that fecal droppings were on the floors, not just near the actual benjos, but in corners and other places. Fly maggots were thick in many of the benjos, and it is these maggots that develop flies that will spread typhoid fever, dysentery and other intestinal diseases. Those flies will contaminate the food served in the schools; they will alight on students, and infect them directly. There is often not any suitable place for cleansing the hands after using

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the latrine. I have not personally seen any written instructions for students, telling them of the necessity for cleanliness after using the toilet, and that is an excellent chance to teach.

2. I have seen and have known of students being used for cleaning latrines and school buildings; the janitors were absent entirely or did not do the work. This is negative teaching of students unless they are very, very carefully supervised and instructed in the proper methods of sanitation, and why they do what they do. Students who learn negatively do not really learn.

3. I have seen and heard of school yards that are littered with trash, and I have seen trash and garbage piles that are long-standing, that breed flies and harbor other insects.

4. I have seen school yards in which standing water was so stagnant and uncared for that mosquitoes were breeding in those pools. These mosquitoes have been incriminated as the kind that may transmit B-encephalitis and perhaps poliomyelitis; they can also be possible vectors for other diseases.

5. I have seen, and so have you, children with unkempt clothing, unwashed bodies and uncut hair; they appear to harbor lice and fleas, and, when some of them have been examined closely, they do; this is not good sanitation or hygiene. Teaching proper cleanliness and setting a good example will eradicate this problem quickly.

6. I have seen school and have heard of others where the ventilation was inadequately managed, where there were either drafts in which the children sat or where there was insufficient fresh air; I have also observed students sweeping floors with no moistening or other manner of holding dust down; these things are conducive to respiratory

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disease epidemics or spread, if not epidemics. Tuberculosis germs are coughed onto the floors, and the dust carries those germs into the lungs of children; and this not true only for tuberculosis. Simple, apt teaching will cure this ill; you, the school nurses, school officials and school physicians are responsible and can do much.

7. Let every one in this association be alert to the problems of public health and let everyone in this association be resolved to do his or her utnost in the solution of the problems.

IV. Thank you for this opportunity to express just a few of my thoughts this morning. If I have sounded more pessimistic, more critical than is just, it is because I desire that you be good producers of good public health, and because I feel that sometimes we all drop into a state of lethargy when confronted with seemingly insurmountable problems. The problems are not insurmountable; you can solve them all by taking them apart and by taking a step at a time; the steps become more rapid and cover more ground as your teaching progresses.

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One of the most important branches of public health sanitation is public school sanitation. Children of school age are susceptible to numerous communicable diseases and often suffer from non-communicable diseases.

Many children die unnecessarily each year, and too many grow up without the benefits of physical and mental care. Too many reach maturity with physical handicaps that could have been prevented during childhood. The keynote of child health is prevention. Much emphasis should be placed on health preservation and disease prevention.

The school public health officials hold highly responsible positions in the public schools, not only as guardians of the child's health, but also as a teachers of health. It is hoped that the talk which I am about to give to you will help you officials to a better understanding of your duties and responsibilities in carrying out prevention, and control measures of communicable diseases, and diseases not due to infectious agents. Diseases may be grouped in two main categories:

1. Infectious diseases and communicable diseases caused by various infections and communicable agents such as bacteria, viruses, parasites, etc.

2. Non-infectious diseases manifested by a physical impairment of one or more parts of the body and caused by improper nutrition, bad habits, negligence on the part of responsible officials to provide suitable and essential environmental conditions for the school child.

In discussing communicable and infectious diseases we at once realize that the problems of sanitation and hygiene are numerous. Enforcement of the rules of sanitation and whole hearted cooperation by individuals or groups of individuals rests primarily on education. It is not sufficient to teach the individual child how to take care of itself, and what measures to take, it is highly essential that <u>reasons for doing so</u> be presented.

The health of a group of children in a school or even in a class room depends to a great extent upon the personal habits of the individual child and also the responsibility assumed by each family when there is sickness in the home.

An individual may resent quarantine. Often isolation of a sick child fails to accomplish the desired end, because certain individuals lack the proper health education and fail to appreciate the necessity for isolation and disinfection.

The teaching of hygiene and sanitation is a very essential part of a child's education. General health instructions can be given to the school children in the class room. The principles and practices of hygieneic living

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should not be taught during outbreaks of disease only, but at all times, so that the daily habits of the school child will serve as a defense mechanism against the invasion and spread of disease producing organisms.

Public health officials may completely and adequately control sanitary measures such as insect and rodent control, chlorination of water, screening of toilets, pasterization of milk, meat and dairy inspection, control and eradication of diseases of animals transmissible to man, yet often there are breaks or leaks in an individual area, which, unless corrected may be responsible for outbreaks of epidemics. Chlorination of water may not check an epidemic if the discharges of a typhoid potient are thrown upon the ground, where they seep into a spring or well whose water is used for drinking purposes, or by making such discharges accessible to flies, who, as mechanical carriers, transport these thyphoid germs to the dinner tables in the various homes.

Malaria control will not be complete if expensive engineering drains are installed in nearby marshes and swamps, and the careless individual permits the accumulation of rainwater in old, unused vats, barrels, or discarded cans.

The school child should be instructed in the following hygienic practices:

a. Washing of the hands before and after handling food and
b. After each bladder and bowel evacuation.
c. Avoiding the use of the common drinking cup,
d. Use individual towels and tooth brush.
e. Cover the mouth when sneezing or coughing
f. Refrain from expectorating in school rooms, school yards, trains or streets.
g. Thorough washing or peeling of fresh fruits and vegetables to be eaten uncooked.
h. Proper care of wounds, even though they seem insignificant at the time.

The school child should receive instructions pertaining the methods by which certain diseases spread from one individual to another, particularly diseases such as:

Ringworm, athletes foot, and other fungus diseases. The danger of harboring lice, and fleas, and the spread of typhus by these parasites. The methods by which the various types of intestinal parasites find their way into the body, and the potential danger to the health of the individual due to the presence of these parasites.

It should be brought to their attention the necessity for fresh air, proper ventilation, adequate rest, proper habits of sleeping and eating, the necessity for eating the proper kinds of food.

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In order to expect a child to observe and carry out, outside the school all he is taught, it is of primary importance that he finds these ideal conditions in the very school where he is being taught these hygieneic practices. Therefore the school health officials should concern herself with the following factors:

Sanitary environment:
proper removal of waste material - use of incinerator
toilets properly screened
adequate washing facilities
sanitary drinking facilities
safe water supply
suitable receptacles for waste material
frequent laboratory analysis of water supply
proper ventilation in class rooms
protection against drafts
adequate light in class rooms
general cleanliness of class rooms, hall ways, toilets, school yards, paying particular attention to places which invite theb breeding of mosquitoes.

Bring to the attention of the school principal any defects that are liable to endanger the health of the students.

Health of the students.

Frequent examination of the students, being especially on the look out for communicable diseases. If a student is found to be suffering from a communicable disease the following should be considered:

Send the student to a hospital or to his home. Notify the parents of the seriousness of the disease and give adequate instructions as to proper care. Report the case to proper health authorities. Keep in touch with the patient, do not permit return to school without proper authority, and only when completely out of danger. Arrange for disinfection of school room if so indicated. Check all contact cases in school room. Immunization of school children if indicated. When child is returned to school - make frequent examinations to determine if complications have set in, or any chronic form of the disease is present.

School children should be given dental examinations. Eye, ear, nose, and throat examinations should be given to detect defective hearing, defective eye sight, or nose and throat infections. Look for evidence of malnutrition - take corrective measures. Childrens- immunization records should be checked to insure that all necessary vaccinations have been given, at least those required by law.

In order to perform duties efficiently a school health official must discharge their duties conscientiously, it is essential that they have an adequate knowledge of the cause of the various diseases to which school children are susceptible, the source of infection, methods of spreading, incubation period, and period of communicability, and what action to take

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regarding isolation, quarantine, and immunization.

The maintaining of health is a matter of eternal vigilance on the part of every individual. Man's enemies can be found among the larger vertebrate animals, past the insects, down to the simplest forms of life such as protosoa and bacteria.

Among those that prey upon man, directly or indirectly, may be named the disease bearing bacteria, protosoa, intestinal parasites, mosquitoes, flies, rats and certain wild animals. Fortunately today we have means of controlling harmful bacteria and other disease producing parasites. Bacterial diseases are more or less well known.

Among them may be listed:

Measles, scarlet fever, whooping cough, diphtheria, tuberculosis, pneumonia, infantile paralysis, thphoid, parathphoid, typhus, etc., dysentery.

Protozoa are responsible for aemebic dysentery, malaria, yellow fever, sleeping sickness. Many of these are spred by flies and mosquitoes.

Fleas, lice, flies, rats and other vermin may act as carriers of disease. Rats and fleas spread bubonic plague, and cholera. Snails, and fish may carry harmful parasites and bacteria.

Contact between individuals may also serve to spread bacteria and other parasites. Diseases caused by fungi such as ringworm is distributed most often where people congregate in swimming pools, gymnasiums, golf and other clubs, athletic clubs, or common dressing rooms.

People can become infected at any age. No matter how careful you are you cannot always keep disease germs out of your body. If your body is in good working order, your resistance may protect you against many diseases, on the other hand if your body is low in resistance the germs begin to multiply and attack the body tissues, where the tissues become damaged we then say the body is ill.

The body resistance to germs may breakdown for one or more reasons:

1. After an illness the body is weakened and resistance is low.
2. The food eating is not of the proper kind and not sufficient in quantity.
3. Perhaps the body is tired due to an insufficient amount of rest and sleep.
4. If you are worried or unhappy your mental condition may make you ill. Worry, fear, sadness, all make your resistance low, so that your body can't fight back.

The medical profession and public health officials recognize today the need for public support in the great battle that lie ahead against heart disease, cancer, accidents, and diseases involving the nervous system.

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Medicine needs the support of understanding people who participate with their gifts, and with their hours of work, because they have been inspired by ideals of humanity to join, the voluntary, organized mass attack, against disease.

You have taken upon yourself the duty to develop these young growing bodies into fine physicial specimens so that they may grow up into fine men and women. While they are young and do not realize the many dangers to which their bodies are exposed it is obvious they are constantly in need of your help and guidance, so that they may develop strong bodies that will be capable of throwing off the ravages of disease.

It has become your responsibility to watch over them, to protect them, to guide them, to prevent these diseases from killing or crippling them.

How can you do this; simply by seeing to it that every child entrusted to you for teaching and training receives the proper medical care and medical supervision.

Each child should receive a thorough physicial examination, to make sure that it, is not suffering from some disease that is apt to become worse if permitted to go untreated. You can take definite steps to insure that all children are vaccinated against diseases to which they are vulnerable, diseases such as; small pox, typhoid fever, diphtheria, whooping cough, tuberculosis, and many others.

When properly protected against all these diseases they can look forward to developing a clean and healthy body and a sound mind, or that they may enjoy their years in later life, rather than live in misery as a result of handicaps caused by diseases. They, these yound people will owe you a debt of gratitude to great for words to express.

If you will make provisions to see to it that they get a good start in life, and help those that have the misfortune of being ill, and get them on the road back to health before it is too late you will have served your community well. They young peoples happiness lies in your hands.

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Talk before the Miyagi Prefecture
Assembly, December 1948

PUBLIC HEALTH
and
THE BOARD OF HEALTH PLAN

Mr. Takahashi, Gentlemen of the Assembly, I am before you to discuss public health affairs, and to propose a modification of your present system of public health management.

It is my opinion that there is insufficient attention devoted to these vital affairs by this busy Assembly. However, I do not believe that you alone are responsible for this inattention; neither is the Governor nor the Health Director solely at fault. The Governor, like yourselves, is deluged with many perplexing situations; the Health Director is fully occuppied with problems of health administration, and his staff is busy putting his plans into practice.

There are many things about which you ought to be fully aware in order adequately to administer the needs of your community. The health of the community is extremely important among these things if you are to perform surpassingly the duties entrusted to you.

You undoubtedly recognize the need for healthy individuals to maintain the complex operations of your society. You know, I am sure, that if your people are sickly your prefecture will be poor and mean in proportion. You know that if the people are unwell, your public functioning will be costly in proportion. People who are ridden with parasitic diseases, for example, will not be energetic in their daily tasks. They will not farm busily, nor quickly construct houses, nor create as actively in any crafts as they could if they were not plagued by bacteria, protozoa, worms, viruses, insects, and the multitudinous

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other pests of man that public health work is designed to eradicate or diminish. If it takes a hale, hearty man a day to dig a section of ditch 10 meters long, it may take a sickly man 2 or even 3 days; therefore, instead of ¥200, you may pay ¥400 or even ¥600 for this length of ditch. Your funds are thus rapidly depleted to little avail.

Money spent on public health works is wisely spent. With healthy people you can exert the full force of your great native strength to the betterment of your nation; you can have the happiness and exuberance of great good feeling; and more than these, you can have greater mental alertness and better psychological attitudes among the people.

To date I feel that you have spent a too small share of your available funds on public health activity. Perhaps this is because you have not been completely informed about the needs of your community. You may have glanced at the over-all picture, and have said to yourselves: "Miyagi-ken is in good condition; our disease rates have been lowered; true, we had epidemics of encephalitis and poliomyelitis, but they were accidents; the whole aspect of decreasing rates is encouraging. If the Health Department has done so well with what we have allowed, why give that department more?" If you reason this way, the reasoning is not complete. For this fiscal year you allowed the Health Department 2.6% of the budget; when the floods came you took from the Health Department and gave to the engineers part of the public health funds, reducing the public health budget to 1.56%. Now, 5% of the total budget is the minimum recommended share for Health Department functions. There are prefectures that allow 10%. To your detriment you are slighting one of

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your most important functions. Unhealthy people are a restless people and have unhealthy attitudes. They will replace you with anyone offering more for their personal well-being.

What are some aspects of public health with which you should be well-acquainted? They are so numerous that I will give you only a few.

1. The nutritional status of the people is imminently important; you must know how well they are fed, what dietary changes may be necessary, what you might legislate in order to improve the feeding of the populace and to relieve their hunger, if such exists.

2. You must understand preventive medical measures which will insure that epidemics do not exist and can not occur; that your electorate shall not be ridden with the fear of plagues; that they shall not, for example, suffer any longer from widespread infection with tuberculosis or leprosy; that adequate, clean, light, confidence-inspiring sanatoria shall be made available for those afflicted with these chronic diseases; that each individual is given the opportunity to be vaccinated for whatever diseases vaccinations are possible; that all preventive medical measures be practiced assiduously.

3. It is imperative that those whom you charge with nursing affairs be given every opportunity and all available means of determining that each expectant mother, every infant and every child has the benefit of modern, scientific care in order that your death rates among mothers, infants and children be lowered. There is entirely too much puerperal fever, diarrhea of infants, and trachoma in children; and these diseases may kill or maim for life. Good public health nursing can

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eliminate these disasters from among your people, but to do that requires personnel, training, equipment, and places in which to practice. Public health nurses also need transportation, such as bicycles in order to make home visits for the education and help of mothers and children, especially in the poorer families with rude backgrounds.

4. Sanitary engineering activities must be increased in quantity, quality and breadth of coverage. How often are water samples tested bacteriologically? Altogether too infrequently! Many of you have bad water supplies, but they could so easily be improved. Your night-soil disposal is not always properly controlled; for instance, I have personally observed farmers putting raw, fresh night-soil directly on their land, and from these places you may have eaten contaminated foods. Insects and rodents must be controlled or else you will suffer more epidemics of the preventable diseases such as you did this past Summer.

5. You must know the training that your young health workers are receiving. In this respect you should cooperate with the medical, dental or nursing association. You can determine legislation which might facilitate the better training and practice of these important young people. National standards and regulations have been established, but these can be further implemented, supplemented or enhanced by your well-advised local legislation. This would be in accordance with the best concepts for employing the Local Autonomy Law. In any case, you should know the kind, quality and quantity of fundamental training that doctors, dentists and nurses receive because they will treat you and your people, and I'm sure that you want nothing but the best.

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6. It is commendable that you have already approved the construction of a Miyagi-ken Central Laboratory, and that you have proven yourselves generous in that budgetary allocation. However, your work must not stop with this provision. It is your duty and your right to determine that the laboratory has all of the necessary equipment, well-trained personnel, and that it performs all work needed in the best possible manner; that water from public and private sources is tested regularly and frequently; that milk, meat and other food products are examined for your protection; and that other important functions are performed dilligently, regularly, frequently.

Constant vigilance and well-directed activity is the key to good public health; and good public health, Gentlemen, is a great part of your shield against public disfavor and reaction.

Besides an active, alert, well-equipped Health Department, supplied with adequate funds, what else can you do to achieve for yourselves good public health?

I believe that a tenable answer would be to establish a Board of Health. This is not a novel and untried, but a tested, proven device for furthering the public health. It has operated extensively and successfully in communities through-out the United States.

Now, What is a Board of Health? It is a group of carefully selected citizens who are the best available representatives of their respective vocations. It is usually an appointed body with specified terms of office for the members. It should have one permanent, salaried secretary.

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PUBLIC HEALTH and
THE BOARD OF HEALTH PLAN

How can a Board of Health help you, and why should you have one? Will it not be adding undue expense to an already heavy financial load?

No. It need not burden your budget. The Board of Health that I suggest is composed of citizens who donate their services to the common good, being paid only for necessary costs incidental to specific problems. It is an economically practical device.

A Board of Health can improve your public health administration in such ways as these:

First, it should be used to give you and the Governor advice on referred subjects. It is manifestly true that you are capable men who represent the popular will; however, it is equally true that you are an heterogeneous group, subject to change, and it is highly unlikely that you will always contain qualified experts in the many diverse fields pertinent to public health problems.

You have so many different things to consider that, even if you had all of the necessary experts within your Assembly, you could not devote the required time to the complete, immediate study of public health problems. You can and should use a body of experts to advise you on these matters.

Second, the Board of Health should initiate advice on public health matters. In as much as the board is designed to contain a wide range of representative persons, the members would be well-equipped to advise you on the health needs among large segments of the population.

Because your Board of Health should contain the very best medical specialists, dentists, nurses, pharmacists, lawyers, business men,

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engineers, educators, construction specialists, housewives and others, it will command not only your respect but popular respect. This respect should and must be the power of the board. When you can say to your electoral constituents: "We have received a plan from the Health Department that requires the spending of much money, legal clarification, medical approval, construction and other special considerations, and we have submitted this plan for study to the Board of Health, which body has approved the plan------." then you can with equanimity proclaim that you have legislated this expertly approved plan into existence. The citizens will approve, and your good work will be better for this approval.

In other words, if you can and do legislate on public health matters with the aid of highly qualified specialists you resolve complications before they arise; you will know the medical, legal, engineering, financial and other facts before you have made expensive errors, or have incurred expensive, time-consuming litigation.

The board will, as has been true elsewhere, become the natural recipient of public complaints, and will discover popular demands pertinent to public health that you and your health officials might easily overlook. While the board's advice may not be accepted, you will undoubtedly consider seriously its suggestions, and benefit thereby.

The board should not have any administrative powers, and must not be allowed to interfere directly in the operation of your health department. The Health Director should sit as a non-voting, ex-officio member, and would therefore know the workings and desires of the members.

Now, how should such a board be formed? It is my belief that s[redacted]

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since the board will not legislate or direct, but only advise, and is what you might choose to further the public good under the Local Autonomy Law, it should be appointed. It is my opinion that the Governor should appoint the members with your approval. This board should be for the common use of the executive and legislative branches.

I have indicated the type of membership for the board --- exemplary representatives of diverse specialties. It should have approximately 35 or 40 members, perhaps a few more. There should be at least one non-voting, ex-officio member, the Health Director, and, if you desire, a few more, say 3 or 4 other non-voting, ex-officio members by whom the board may be advised on governmental matters. It should have a single, permanent, paid secretary, or more if necessary in the future.

The voting members should be appointed for a specified time, say 2 years, but rather than have the entire membership changed all at once, I suggest that you should appoint the original members for staggered lengths of time, with subsequent replacements being appointed for two years. I would also suggest that, by virtue of their positions, the presidents of the medical, dental, and nursing associations, and when there is a pharmaceutical association, its president, be appointed automatically for the duration of their tenures of office.

This board should function as a unit, acting when an established quorum is present. It should elect within itself a chairman and secretary, and should then appoint committees for the study of special problems such as tuberculosis control, venereal disease control, maternal - infant and child care, new construction, general sanitation, public education.

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PUBLIC HEALTH and
THE BOARD OF HEALTH PLAN

With this plan, if you wisely loosen your purse-strings, I believe that you will immeasurably advance the public health of this prefecture. The City of Sendai Assembly has resolved to adopt such a board; I hope that boards or councils of health will be adopted in others of the large communities. However, the Miyagi-ken Board of Health should be the standard bearer and pace setter for maintaining the best public health in the prefecture, and perhaps even in Japan.

Your consideration and argument is invited. Thank you for your attention.

John D. Flintjer

JOHN D. FLINTJER
Captain MSC
Chief Health Sec

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Speech to Miyagi Dental Association 13 June 48

Also to the Miyagi-ken Medical Assoc in July.

I. Introdution:

A. Why an Association?

(1) Work for mutual benefits.
(2) Share knowledge-<u>No one man knows it all</u>!

a. Learn new techiques from each other.
b. Learn each others patient-problems, and discover new solutions to those problems.
c. Discussion produces thought, and thought, ideas; ideas,-- new concepts, and other products of thought-stimulated research.
d. The more that is learned, the more active is progress in any field.

(3) <u>A strong association</u> can <u>establish a set of standards</u> for the profession, and can by demanding that these standards be met, create a more active faculty in the dental college
(4) **A <u>strong association</u>** can set standards not only for the student courses, but <u>can establish professional specialties</u> for the protection of patients and the profession.
(5) A strong association, with high ideals and with the conviction to carry out those ideals will become a powerful force toward democracy
(6) A free association that honors professional ability, and strives always to create a fine professional service will automtically honor its members; and the members as well as the association will lead the community.
(7) An association, <u>democratically founded</u>, and <u>dedicated to the propostion that</u> always in the profession <u>service and honesty come before self and avarice</u> will command the respect of all people, and will make membership in the association very popular and nearly moraly mandatory. When that happens, the association can act to "police" the profession, and by its actions persuade unethical practioners to either reform or cease practice. Eventually, exclusion from membership in the association will cease the general public to boycott the non-member. Exculsion from the association <u>for just and ethical reasons</u> will be a serious hindranceto, if not causing a cessation of, an offensive practitioner's practice.
(8) Having an association to help each other and to maintain professional ethics and standards is like lifting yourselves by your bootstraps, you cause each other to rise in professional standing.
(9) An association <u>can afford</u>

a. Reasearch institutes
b. Its own professional publications
c. To give scholarships to deserving students who show promise of advancing professional interests,
d. Many another worthy project.

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II. Dental Affairs Section -- Public Health Department.

A. Why this section?

1. To promote good dental health
2. To represent the profession in government functions.
3. To help the dental profession accomplish its mission-- A Healthy nation.

B. What the section does:

1. Teaches school children good dental hygiene by direct teaching thru dentists and nurses.
2. Teaches dental hygiene to adults by public postevs, public lectures, thru lay literature.
3. Inspects all public workers for dental health in the health centers--as for example National employees of the Occupation. Requires employees to obtain dental care when it is needed.
4. Creates an understanding among the general population of the need to preserve good dental health, thereby stimulating the practice of the entire professional group.
5. Teaches the prevention and control of disease--as, for example, Vincent's Infection, by maintaining rigid rules of sanitation for public dining rooms, coffee shops, etc.
6. Provides dental care for the indigent and institutionalized people.
7. By disseminating knowledge and a desire for good dental health, the Dental Affairs section creates a demand for dental service that private doctors will provide.

III. Miyagi Prefecture and National Plans

A. In schools

1. To examine 100% of students in primary and high schools periodically, and to suggest dental care where needed.
2. To teach dental hygiene directly or indirectly.
3. To provide dental care for indigents.

B. In the community.

1. To promote dental hygiene among adults.
2. To provide a dental clinics in health centers -- for observation - recommendations, and, where necessary, treatment.

C. In the health center:

1. Especially in the model health center we ask full cooperation from the dental association and from practicioners indevidually.
2. We ask the competent practicioners participate to give lectures, demonstrations and even services to promote

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the greatest public interest in the profession.

Because Public Health Centers in the United States promoted Dental Affairs with the cooperation of the Dental Association and individual members, there is now a tremenduous popular demand for good dentist, for dental specialists, and for the means to good dental health. Advertisements in any United States magazine demonstrate this fact.
We created "Dental Consciousness."

IV. Avoid Pitfalls -- Conclusion

A. I give you some "Dos" and "Don'ts"

1. Do -- create a domocratic organization in which there is freedom of thought and speech and a free exchange of ideas --- venerate Ability, Knowledge, Ethical Practice -- Deplore unethical practice.

2. Don't - be fendalistic O Don't create an heirarchy of Big Professors, Middle Profs, Little Profs; Don't exclude the Student -- Don't be Disdainful of One Another Because You May Be From Different Schools or Social Level.

3. Do Cooperate - Do Create High Standards.

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住む人々の心がけ次第
皆協力して清潔に
軍政府 集團住宅視察

宮城軍政府のフレンチヤー大尉（保健課主任）オーバーストリート中尉らは婦太強化委員会議長、鶴田予防課長、西村兒童福祉課長、仙台市衛生委員、渡辺厚生課長らと二十六日午後二時から仙台市小田原母子寮、原町苦竹白菊寮、通町田町の三ケ所を巡回とくに衛生、火災予防、住居状態について綿密かつ親切な指導をおこなつた

小田原母子寮 元兵舎を利用した九棟のうち中央二棟に二十九世帯四十八人が収容されておりうち二十六人、いずれも父親のない母子ばかり十九歳を頭に六人というのが一世帯平均の三人に比べ子供が多いのが目立つ

コンクリートの厚い壁で日光を防ぐ為め窓も電気のついている隣に火事場のあと、一棟に十四世帯ずつが住んでいるが水道の蛇口は入口に二ヶ所三ヶ所には有るが一ヶ所のポンプから水はけが悪いのが一番悩みの種であつた

白菊寮 棟太瓶校舎が十棟あるがたびたび爆撃、市から何ら向上を図つたにかかわらずよくなつていないと注意があつた

追廻住宅 現在三千人約五百戸が住み、すでに腸チフス四、小兒まひ一が出ているが、爆、市衛生当局の指導と住民の協力により水たまりや下水が一段と改善位であつた、ごみの整理も割合よくD・D・Tや乳剤をまいたのでとの事で蚊やはえの発生が一番よくなつている、しかし一部には便所のふたのないのや下水の排水もよくないのがいくらかあり衛生からの蚊の発生はマラリヤや日本脳炎を媒介するし多分小兒まひも伝染させると思われるので注意がいる、三ケ所のうちでは最も清潔で好適であつたこれらの調査の結果市民はとくに住居について高度の注意が肝要との事で

【写真】一関町白鴎寮を視察する軍政府のフレンチヤー氏一行

一、爆撃に適してゐるかどうか
二、蚊やはえなどの発生がないか
三、住居として適当かどうか

これらの條件をみたすことのできない不適な人々には共同炊爨や一般の協力、関心によつてそれを改善することが望まれ、施設としての目的が果されるよう努力することが大切である

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PRESS RELEASES

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Civil Info
sub Newspaper Clippings

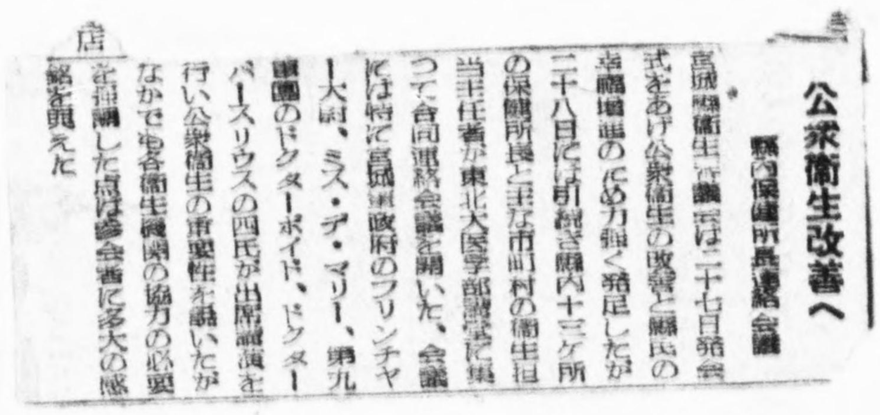
IMPROVEMENT OF THE PUBLIC HEALTH

The Joint Meeting of Directors of

The Health Center In Miyagi Ken

The Miyagi Ken Board of Health held its opening meeting on 27th of December for the purpose of improving the public health and promoting the general welfare of people. On 28th, 13 directors of the health center in Miyagi Ken and the Mayors of major towns and villages got together at the Tohoku University Hospital Hall and held a conference. At this conference Capt. Flintjer, Miss Des Marais from M M G T and Dr. Boid, Dr. Verscilius and Mr. Baily had delivered the special lectures in regard to the importance of public health. Speeches were very impressive as they were stressed upon the need of coorperation and coordination between the various health agencies.

Translated from "The Kahoku Shinpo" Dec. 30



公衆衛生改善へ

縣内保健所長連絡会議

宮城縣衛生會議は二十七日第會式をあげ公衆衛生の改善と縣民の幸福増進のため力強く発足したが二十八日には引続き縣内十三ケ所の保健所長と主な市町村の衛生担当主任者が東北大医学部講堂に集つて合同連絡会議を開いた、会議には特に宮城縣政府のフリンチヤー大尉、ミス・デ・マリー、第九軍團のドクターボイド、ドクターバースリウスの四氏が出席講演を行い公衆衛生の重要性を説いたがなかでも各衛生機関の協力の必要を指摘した点は参会者に多大の感銘を與えた

店

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Depends upon the Intention of Dwellers
Lets Cooperate and Make Clean
MG Took Inspection Tour Group
Housing Area

(from Yukan Tohoku, 27 Aug 48)

Capt. Flintjer, the chief of MG Health Section, Lt. Overstreet, Dr. Fujita and Mr. Dazai from Kencho and a group of newspapermen took inspection tour on three group housing area in Sendai in regard to the sanitary facilities, the fire preventing equipment and living conditions of the dwellers.

Otawara-Boshi-Ryo: There are nine concrete building which were formerly used for the arms factory. Two of them are occupied by twenty-nine repatriation families. The manager of this housing area explained that in this area more than 850 people are dwelling and about 80% of them are repatriations and the rest are the people who have lost their homes by the air-raid. The most them are earning their living, but on account of financial difficulty some are not able to pay even their house rent. Majority of them are supported by the brotherhood relief association and the community chest. Each building is separated into several appartments by a simple wooden partitions. Inside of rooms many things are scattered around and as the sun-light shut off by a thick concrete wall, and the ventilation system is not properly installed, an offensive smell greated the nose. We found much of standing water around the houses as the swege system is not properly installed. Trashes and garbage piles are found everywhere around the houses. Although Kencho and Sendai city urged the people to keep a good sanitary condition, they did not comply.

Shiragiku-Ryo is the worst place to live in Sendai. About 19 repatriation families are living. This Ryo is the reconstruction of kitchen huts, so that is is not properly fixed for people to live in. Since it is situated in the midst of low rice field, the drainage is particularly bad.

Oimawashi-Housing Area: At present 3,000 pepple are living in this area. Although four cases of typhoid and one case of poleomelitis have occurred, the general sanitary conditions were greatly improved. Since then mosquitos and flies are noticeably diminished. "This sanitary improvements", said Capt. Flintjer, "have done by efforts of Sendai city and Jutaku Eidan with the cooperation of the people living in this area." After having taken inspections on three group housing area, we wish to advice to the citizens in Sendai as whole the following points:

1) Are our houses fitted to maintain our health?
2) Is there no mosquito or fly breeding spot around our houses?
3) Are our house suitable to live in?

Above all the most important thing for us to remember is that every individual is responsible to its dwelling place not depending upon others.

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病菌はこんな処にも

汚水に蚊の巣

集團住宅 衛生視察 追廻だけが合格

二十六日現在ついに日本脳炎八十名、ことしに入つてからの赤痢患者は百五名と天高馬肥の秋風にそむいて宮城縣下はおそろしい傳染病の襲來にさらされているがこんなところにもあつた、これは二十六日午後一時宮城縣衛生部保健課主任ブレンチヤー氏、オーヴアストリート中尉、ミセス・ジョーンズ等といつしよに小田原豊子寮、樺太無線放送局員白菊寮、退廻住宅など仙台市内三つの社會事業施設を抜き打ち的に視察、退廻住宅だけが一つ、他はいずれも言葉にこそ出さないが傳染病の巣窟になりそうな不潔さで一行のまゆをひそめさせた【寫眞】この水は？と藤田縣予防課長を呼ぶフ氏、水中には得体のしれぬ虫がうごめく（白菊寮で）

小田原豊子寮 寫眞を見ると分るようにこんでいるけれども一見清潔な感じを與えるが、ここは北に面した一間半の廊下に沿つて二十九世帶百三人の女子供ばかりの町がある、ただ感心なのはその見かけばかり、なかへ一歩踏み入れればそれはただ上面を仕切つて夕タミをそこへしいただけ、両側に小さな部屋をならべて寢ン中のろくかは眞つくらである、この各は月毎にララのオーソアーをもらい、さきごろはまたくつが一足ずつ配給されたなどは予防課長は語つていた

白菊寮 仙石線の沿線、田ンぼの眞ン中に見える退廻小屋が白菊寮、樺太引揚無線故者十九世帶六十八名がいる昨秋以來無線故者を收容しているが、二むねの寮のあいだは流れぬドブ、通路の眞ン中の風ろおけにうすきたない水がいつぱいにたまつて得体のしれぬ虫がおよぎまわつている、フレンチヤー氏はさつそくこれに眼をとめて藤田予防課長に小ぜんでくんで捨てさせるなど衛生課のグレイ重置がここへは五回もやつて來てきれいにしろと口をすつぱくして注意しているが今きてみてもこの通り、全然向上のあとはみえぬ

フレンチヤー氏もつぶやくようにいう、都まの便所「これはハエの立派な養成所である」——フレンチヤー氏の言葉、そのさらに眞ン豚小屋でとろにゃふんともつかぬものがあふれ出している

退廻住宅 三十名の住民がおり、四八の腸チフス保菌者と二人の小兒マヒ患者が出たのはついきごろのこと、たが縣市や當局で住民たちも手つだつてこれこの通り立派になつた、

フレンチヤー氏のいう通り、退の周囲にはきれいなミゾがあつて、しかもかはサラサラとみな流れている、かにわるの家のおかみさんが一ミゾがきてから家では〆カヤをもらぬくらい……」

退廻しがうつくしくなつたのは蠅や市にD・D・Tをまいたことよりも住民が積極的にのり出したおかげである

フレンチヤー氏はくりかえした

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(Translation from "Kahoku")
Aug. 27, 1948

Dirty Water Courses Mosquito

Sanitary Inspection, Group housing Area
Oimawashi passed in Inspection.

Againsting the healthy season, there have already 80 cases B encephalitis and 105 typhoid cases occurred up to 26th August in Miyagi Prefecture. As we are facing this serious matter spending whole after-noon yesterday we made inspection tour sponsard by Social Welfare section of Kencho with coorperation of Capt. Flintjer, Lieut.Overstreet and Mrs. Jones of M.G. health section.

Otawara Bashi-ryo

To the north little distant area from Sendai there stand several concrete buildings which have been used for arms manufactory during the war time. Looking from outside it is stately or imposing building but steping into the building we find many dirty small rooms both sides of corridor, separated by a simple wood partitions. Nevertheless, 29 families, including about 300 mothers and children are living.

As to the sanitation there we find a quite mount work to be done. Capt. Flintjer pointed out to the manager how to be fixed the "Benjo" and why and how to be cleaned the ditches etc.

Shiragiku-Ryo

Along the Senseki Rail Road Line in the midst of rice fields there find a several log cabins. There are the residences that are kindly provided by Prefecture for the repatcratures, including 19 families and 68 people who have no relatives in Japan. In spite of Sgt. Gray have given them warnings, visiting by several time, people did not comply in respect to the improvement of sanitary facilities. However Capt. Flintjer and Dr. Fujita from Kencho indicated to the dwellers a few important items regarding to sanitation. From the stand point of sanitation this is the worst place in Sendai.

Oimawashi Housing Area

Though there have occured four cases of typhoid and one paleomilitis in this area, the sanitary condition of this area seemed dairly good. "This the effort of Kencho and Sendai City with the co-operation of Jutaku Eidan and the inhabitants themselves", said Capt. Flintjer.

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FOR THE PRESS CONFERENCE: 24 August 1948

I. HEALTH OF THE COMMUNITY IS THE PARTIAL RESPONSIBILITY OF NEWSPAPERS.

A. During the summer months, the health of the community is more imperilled than at other times by the acute, contagious diseases that occur in epidemic form.

B. At the present time, there are few cases of the enteric diseases, as compared with other years, especially 1945, 46 and 47; however, any case of an enteric disease is one case too many.

C. At the present time, there are many too many cases of poliomyelitis and of Japanese B Encephalitis. To date there have been thirty (30) cases of poliomyelitis and forty-eight (48) cases of Japanese B Encephalitis reported by the doctors of Miyagi-ken. These numbers of cases represent epidemics of both diseases. The epidemics are fortunately not severe, but no epidemic can be overlooked; any epidemic, especially of insect-borne diseases, can and does spread all too rapidly.

D. The places where certain cases of enteric diseases, typhoid notably, and where some of the brain disease cases have occurred are in the slum-lik housing areas of the larger communities. We have had four cases of typhoid fever and one case of poliomyelitis reported from the Oimawashi Housing area in Sendai, for example.

E. If the newspapers will give some publicity to the poor conditions that exist in some of these housing areas, along with the solutions to the problems, the simple readily applied solutions, and reasonable critiques, then the public will begin to demand of its democratically elected representatives better service in public health. When the service is improved in public health, then there will be less and less disease.

II. SOME SIMPLE WAYS TO BETTER THE HEALTH OF THE COMMUNITY:

A. To rid a community of the enteric diseases, the following simple devices may be used:

1. Teach people good hygienic habits, such as washing themselves after using the toilet.

2. Teach people not to defecate or urinate in public places; this practice is just as dangerous to public health as the practice of tubercular persons spitting on the sidewalks and streets.

3. Teach people to boil water before use, and not to use contaminated water in the first place.

4. Have the health departments test all water bacteriologically as well as chemically before it is used as a public source.

5. Chlorinate all public water supplies, and even private wells.

B. To rid a community of the insect-borne diseases, such as malaria, poliomyelitis, Japanese B Encephalitis, plague, and others, the following simple procedures will suffice:

PRESS RELEASES, PRESS CONFERENCES.