

MILBANK MEMORIAL FUND

# QUARTERLY BULLETIN

NEW YORK HEALTH DEMONSTRATIONS

The State Charities Aid Association (New York) is the organizing and supervisory agency for the Cattaraugus County (rural) and Syracuse (urban) health demonstrations. Operating responsibilities in the demonstration districts are in the hands of local health and educational authorities and of voluntary health and welfare agencies



---

VOL. II

JULY 1924

No. 2

---

## THE SYRACUSE HEALTH DEMONSTRATION

**T**HE Syracuse Health Demonstration has now been in operation for over a year. Actual work in carrying out the health program there began in May, 1923, the intervening time since the official inauguration of the demonstration in January of that year having been spent in initial surveys necessary for the organization of the several health projects under way there. The work during the first year has emphasized primarily the control of tuberculosis; the control of communicable diseases; school hygiene; and health education and health publicity. The Syracuse Department of Health, with the co-operation of health organizations including the Onondaga County Tuberculosis and Public Health Association and the Bureau of Health Supervision in the Department of Public Instruction, has been the chief local operating agency carrying out the activities of the demonstration.

---

The Milbank Memorial Fund QUARTERLY BULLETIN is published by the Milbank Memorial Fund, 49 Wall Street, New York.

*The Syracuse Health Department*

The Department of Health was organized as a separate department of the Syracuse city administration in January, 1920, local health activities having previously been administered through a bureau in the Department of Public Safety. Today the Department has twelve bureaus, and a thirteenth, a Bureau of Industrial Hygiene, is being planned. The existing bureaus are as follows:

THE BUREAU OF ADMINISTRATION  
BUREAU OF HEALTH EDUCATION  
BUREAU OF LABORATORIES  
BUREAU OF VENEREAL DISEASES  
BUREAU OF SCHOOL INSPECTION  
BUREAU OF PSYCHIATRY  
BUREAU OF TUBERCULOSIS  
BUREAU OF MILK AND MEAT INSPECTION  
BUREAU OF PLUMBING  
BUREAU OF COMMUNICABLE DISEASES  
BUREAU OF HEALTH SUPERVISION  
BUREAU OF CHILD HYGIENE

As activities have developed in connection with the demonstrations, the work of the Department of Health and its Bureaus has expanded and its personnel increased. The Bureau of Tuberculosis, for example, which formerly was largely confined to the activities of a clinic, is now a well functioning division of the city health administration, with its own administrative and clerical staff. The Bureau of Communicable Diseases, a year ago in charge of one worker, now engages the time of a director, a clerk and a staff of physicians and nurses. The Bureau of Health Education, organized in May, 1923, has since January occupied separate quarters for the conduct of its work.

*Tuberculosis*

In 1923, there were 683 new patients examined at the tuberculosis clinics as compared with 435 in 1922. By reviewing the records of tuberculous patients reported during the past fifteen years, the Bureau of Tuberculosis has recently brought under observation and control many cases with which it had been out of touch. The number of regular clinics has been increased from three to six weekly, and in addition, occasional neighborhood clinics are held in various sections of the city. Considerable publicity has been given this phase of the demonstration program. During February, March and April of 1924, there was a total clinic attendance of 436 tuberculous patients, as compared with 289 during the corresponding period of 1923. A new clinic is shortly to be opened in a made-over fire station in a section where there is a large, foreign born population. This building will also afford space for other health activities.

*Communicable Diseases*

Since the summer of 1923, more than 11,000 Syracuse children have been given the Schick test or have been immunized against diphtheria without preliminary testing. Save in exceptional instances, the toxin-antitoxin treatment has been given in cases where testing resulted in a positive reaction to diphtheria. This is the result of activities carried out in the public schools, the parochial schools, the clinics of the Department of Health and the children's institutions. Although the work has been in progress but a short time, the proportion of children immunized here is unusually large. It is too early to point to results, but it is encouraging to note that the mortality from diphtheria in 1923 was well below the average for the previous five years.

Laboratory supplies for performing the Dick test and

administering the Dochez serum are now available. The Dick test is similar to the Schick test for diphtheria in that by reaction within twenty-four hours it shows whether or not the individual is susceptible to scarlet fever. By use of the toxin in increasing quantities, the patient may be made immune to the disease. The Dochez serum is used in cases of scarlet fever in a manner analogous to that of toxin-antitoxin in diphtheria. Recent studies of scarlet fever cases by the Bureau of Communicable Diseases have resulted in the accumulation of important information about the source of the disease. The large number of secondary cases reported, caused by contact with patients, led to the advocacy by doctors and nurses, with the co-operation of local newspapers, of greater care in the isolation of patients.

### *School Health Work*

The first year of school health work was completed in June, the period having been a particularly difficult one, owing to an epidemic of scarlet fever. There were over 1,000 cases of the disease in the City, 437 of the patients being public school children. During the year, the medical, nursing and dental staffs have been augmented by the appointment of six additional nurses, three dental hygienists and a medical inspector. This increased staff has made it more possible for nurses to visit the homes of patients, 1,848 such visits having been made during the months of April and May alone.

Of the 25,875 public school children examined during the year, 16 per cent were found to have goiter. The condition seemed to be most prevalent among high school girls, there being 646 cases discovered among the 1,978 students of this group examined, a percentage of 32.6. A total of 2,409 pupils in the schools is receiving the treatment prescribed

which, as has been elsewhere described, consists of organic iodide in small doses at regular intervals. Medical examinations made at the close of the school year, indicated a marked improvement in many of the cases under care



As a part of the Syracuse Health Demonstration, all school children are receiving periodical medical examinations. These are boys of the St. Vincent de Paul's Parochial School

The campaign for immunization against diphtheria by the administration of the toxin-antitoxin treatment was continued up to the close of the school year. Of the 4,358 public school children who were given the Schick test in 1923, 2,736 were given toxin-antitoxin. Plans are under way for the continuance of this preventive work during the coming school year.

Important phases of the school health work are the health clubs, nutrition and open-air classes being conducted as a

### Health Alphabet

By MARGARET MABEL MADDEN  
Teacher First Grade, Gere Public School

**A** is ALWAYS, myself to keep clean.  
**B** is to BATH, so that clean I'll be seen.  
**C** is for COMFORT, when clean I shall be.  
**D** is for DIRT, from which I'll keep free  
**E** is to EAT well and chew every bite.  
**F** is for FRESH AIR at day and at night  
**G** is to GO out of doors when I play.  
**H** is for HABITS of health every day.  
**I** is to INJURE neither body nor mind  
**J** is for JUICY, ripe fruits that we find.  
**K** is for KEEPING my body real fit.  
**L** is for LIFE, make good use of it.  
**M** is for MILK that makes muscle and bone.  
**N** is for NO coffee, tea let alone.  
**O** is to OPEN my windows each night.  
**P** is for PEARLY teeth, shining and white.  
**Q** is for QUEST, good health e'er to seek.  
**R** is for RED blood to flow in my cheek.  
**S** is for SWEETS, sometimes as a treat.  
**T** is for TEETH to clean when I eat.  
**U** is for USE of towels that are clean,  
**V** is for VEGETABLES, healthful and green.  
**W** is for WEIGHT, let's grow strong and tall  
**X** is for "EXTRA" care, don't slip or fall.  
**Y** is for YOUTH through many long years  
 Then no needless worry, grieving nor tears  
**Z** is for ZEAL, to keep my good health.  
 Which means MORE to me than riches or  
 wealth.

The teaching of health principles to the children in the schools is an important part of the Syracuse Health Demonstration program. One of the public school teachers there recently prepared this health alphabet in rhyme

not able to buy it. Similar efforts are being made for the promotion of health education in the parochial schools, where a special study is being made of the weight and measurement of pupils.

A new milk code, providing that raw milk sold in the city must either come from tuberculin tested cows or be pasteurized has recently been put into effect in Syracuse. A part of the new Sanitary Code of the Department of Health, the new milk law outlines stringent regulations for handling and distributing the city's milk supply.

part of the demonstration program. In seven schools in Syracuse, there is a total of forty health clubs which have as their purpose the inculcation of correct health habits among their members, composed of children. Seven nutrition classes started during the past winter have had an attendance of 150 children; and the open-air classes have had an enrollment of 123. In all of the public schools, undernourished children are encouraged to drink one glass of milk daily during the morning session, free milk being furnished through funds supplied by the Syracuse Community Chest to pupils who are



### Health Education

As the demonstration progresses, increased public interest in the project is being created. The Bureau of Health Education, under the directorship of Dr. O. W. H. Mitchell, is carrying out a campaign of popular education which seeks to enlist the co-operation of Syracuse men, women and children of all ages in the conservation of their own personal health. An "official" demonstration seal has been adopted, bearing the slogan, "Syracuse Wishes You Well." The phrase aptly expresses the motive behind the activities of this Bureau, the popular educational measures of which include the issuing of a weekly health bulletin; a bi-monthly magazine, entitled "Better Health"; and articles in the local newspapers.

Under the direction of the Bureau, a children's health parade was recently staged in the city. Behind a "Health Queen" and her six attendants, "Fresh Air," "Sunshine," "Exercise,"



A recent issue of *Better Health*, published by the Department of Health of the City of Syracuse for the purpose of acquainting the public with the numerous health activities in the city. Various voluntary health agencies taking part in the Syracuse Health Demonstration are co-operating in the publication of the magazine. Its editors have expressed the hope that *Better Health* will act as a co-ordinator of these mutual interests and aid in making Syracuse a "health city" of enviable record. The magazine which started in March, is published every alternate month. It is obtainable without charge on application at the branch office of the City Department of Health, 314 East Fayette Street, Syracuse, New York

“Wholesome Food,” “Cleanliness” and “Happiness,” 2,000 children marched, led by a health clown and his health battalion—a group of boys and girls in togas of Turkish toweling, carrying the “symbols of their order,” basins and soap. The aim of the parade, photographs of which are shown in this issue of the *Quarterly Bulletin*, was to stimulate popular interest in the general objectives of the demonstration. In presenting it, the Bureau of Health Education had the co-operation of the Syracuse Department of Public Instruction and of local organizations supported by the Community Chest, including the Onondaga County Tuberculosis and Public Health Association, the Young Women’s Christian Association, the American Red Cross, the Americanization League, the Boy Scouts, the Campfire Girls, the Catholic Youths’ Camp, the Child Health Committee, the Girl Scouts, the Jewish Communal Home, the Junior League, the Home Bureau, the Young Men’s Christian Association, the Young Women’s Hebrew Association, the Young Men’s Hebrew Association, the Onondaga Orphans’ Home, the Visiting Nurse Association, and the House of Providence.

A committee of representative colored men and women was formed recently to promote health work among the Negro population of the city, which numbers some 2,000. This committee has received assurances of willingness to cooperate in the demonstration from several local Negro organizations, including a mothers’ club and the local Campfire Girls council. The employment of a public health nurse to assist in carrying on the health activities of the colored population is being considered.

To its industrial policyholders in Syracuse, the Metropolitan Life Insurance Company is addressing special literature enlisting individual support of the demonstration by co-



operation in taking precautions for the preservation of personal and family health. A leaflet, "An Ounce of Prevention," outlining preventive measures being especially stressed by the Syracuse Department of Health, in charge of the demonstration, is being sent by the insurance company to all of its subscribers there.

The program of health education being carried out by the Onondaga County Tuberculosis and Public Health Association, of which Arthur W. Towne was recently made General Secretary, supplements that of the Department of Health. Through public addresses, the display of posters, the distribution of literature, and through newspaper articles, the Association has been giving instruction on cancer control and has been advocating periodic medical examinations, and especially immunization against diphtheria. A number of the addresses was given by the Syracuse Health Commissioner, Dr. Thomas P. Farmer, who is also Chairman of the district committee of the American Society for the Control of Cancer. Dr. W. D. Alsever, Syracuse physician, recently accepted the chairmanship of the County Association's committee on Education and Publicity.

### *Dr. Ruhland Made Deputy Health Commissioner*

Announcement was made recently by the Syracuse Health Commissioner, Dr. Farmer, of the appointment as Deputy Health Commissioner there, of Dr. George C. Ruhland, Health Commissioner of Milwaukee.

As assistant to the Commissioner, Dr. Ruhland, who has had over a decade of experience as a successful health officer, makes a valuable addition to the personnel of the local demonstrations.

In the ten years which he served as Health Commissioner of Milwaukee, that City has increased its appropriation for public health from thirty-one to ninety-four cents per capita, from an annual appropriation of \$126,000 to \$461,000; and, for this increased expenditure, has added 3.3 years to the average life, which, for that city of 450,000 population, means the adding each year of 1,485,000 years of life to the population of the city, or, in simpler figures, means the giving of a life of fifty years to 29,000 individuals. During Dr. Ruhland's administration, the city has multiplied its infant welfare stations from 1 to 19; now pasteurizes 93 per cent of its milk supply, and has lowered its infant mortality from 145 to 75; all dairy cattle are now tuberculin tested; tuberculosis clinics have been multiplied by three; an adequate number of sanatorium beds is available for its tuberculosis population; the tuberculosis death rate, as a result of these measures, has dropped from 89 to 50; the typhoid death rate has been cut from 8.0 to 0.8; the sanitary inspection force has been reduced by one-half, resulting in a saving of \$100,000; the city was one of the first to abandon terminal disinfection, saving thereby \$70,000 a year. Milwaukee has one of the best centralized nursing organizations in the country; has one of the most complete and effective systems of school medical inspection, embracing both public and parochial schools; its control of communicable diseases is exceptionally well organized.

