

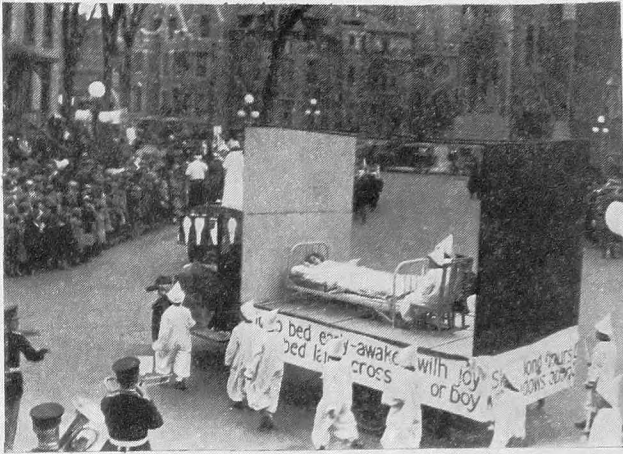
THE RURAL HEALTH DEMONSTRATION

The interest of the people of Cattaraugus County in the rural demonstration seems to have kept pace with the establishment there of New York State's first county-wide health program, administered by a County Board of Health. There are many evidences that the plan is taking definite shape in the minds of the people as, with the co-operation of the local official and voluntary agencies, the project develops. Every phase of activity in which the modern health officer, even in the most remote rural district, must engage and the principles upon which good public health work must be founded, were embodied in a course for health officers in Cattaraugus County, presented recently under the direction of the State Department of Health, in co-operation with the demonstration authorities.

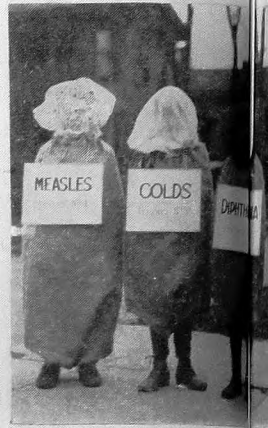
Course For County Health Officers

The course was in charge of Dr. Frederick W. Sears of Syracuse, District State Health Officer, who has had a wide experience extending over a number of years in conducting such courses for the State Department of Health. He was assisted by Dr. John J. Mahoney of Jamestown, State Health Officer for the district in which Cattaraugus County is included and by Dr. Leverett D. Bristol, County Health Officer and Director of the demonstration.

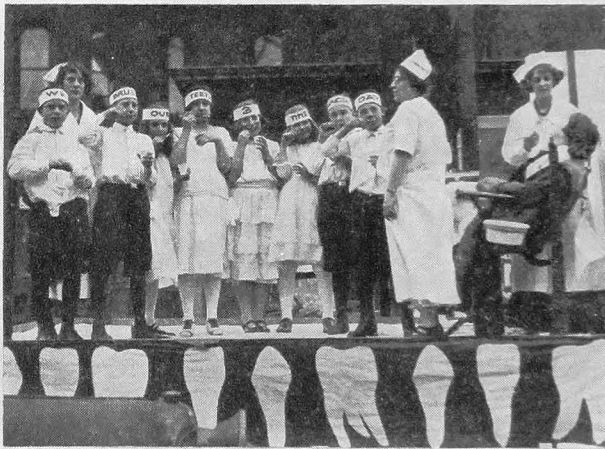
Twenty-three local health officers took the course, more than two-thirds of the total number in the county. In addition, several health officers from the neighboring counties of Allegany and Chautauqua attended the meetings, which were held in Olean and in Salamanca. Features of the course were joint sessions held in Rochester and in Perrysburg. Visits were made to the clinics and hospitals in the



"Go to bed early, awaken with joy,
Go to bed late, cross girl or boy."



Mr. Milk Bottle holds a program
Diphtheria, Measles and Colds



"We brush our teeth three times each day!"
— the children advertised.



THE big milk bottle
coffee pot

A health parade one mile in length, participated in by some 2,000 school children led by Mayor John R. Walrath and Health Commissioner Thomas P. Farmer, M. D., was a recent feature of the cam-



the Messrs. Scarlet Fever,
born enemies of child health.



“YOUNG America was represented in large numbers in
the crowd of onlookers lining the route of march.



s over the
pot.



KING Bath Tub of the cleanliness battalion
is followed by the toothbrush brigade.

paign of health education being conducted in Syracuse as a part of
the health demonstration there. Its many novel floats depicted the
health work being accomplished in the demonstration city

former city, and to the J. N. Adam Memorial Hospital in the latter; and the classes were addressed in the one instance by staff members of the Rochester Department of Health, and in the other by Dr. Edward R. Baldwin of Trudeau Sanatorium.

The opening of the course was marked by the visit to Cattaraugus County of Dr. Matthias Nicoll, Jr., New York State Commissioner of Health, who not only lectured before both classes but spoke at meetings of citizens, to which he was welcomed. Similar addresses before the health officers and before interested laymen were made by Dr. Milton J. Rosenau, Director of the School of Public Health of Harvard University, by Professor Flora Rose of Cornell University, and by Miss Mathilde S. Kuhlman, Director of the Division of Public Health Nursing of the New York State Department of Health.

Other lecturers who were heard in the course were Dr. LeRoy Hubbard, Orthopedic Surgeon; Dr. E. S. Godfrey, Director, Division of Communicable Diseases; Dr. Joseph S. Lawrence, Director, Division of Venereal Diseases; Dr. Florence McKay, Director, Division of Maternity, Infancy and Child Welfare; and Dr. John Conway and Dr. Richard Slee, District State Health Officers; all of the New York State Department of Health. Dr. O. W. H. Mitchell, Professor of Hygiene, Syracuse University; Dr. Wardner S. Ayre, Practicing Physician, Syracuse; and Dr. V. A. Moore, Dean of the Veterinary College, Prof. H. N. Ogden, Dean of the Engineering College, and Prof. Robert Matheson, Director of the Department of Entomology, of Cornell University were heard; as were Dr. N. R. Chambers, Mem-

ber of the New York State Commission for Mental Defectives; Dr. C. A. Potter, Superintendent, and Dr. E. V. Gray, Assistant Superintendent, State Hospital for the Insane, (Gowanda, New York); Miss Hester Austin, Director, Rochester City Laboratory, Dr. Horace Lo Grasso, Superintendent, Perrysburg Hospital for Tuberculosis; Dr. J. P. Garen, Director, Cattaraugus County Laboratory; and Dr. C. A. Greenleaf, President, Cattaraugus County Tuberculosis and Public Health Association.

The Public Health Nursing Service

Approximately one-half of the personnel engaged locally in forwarding the rural demonstration in Cattaraugus County are public health nurses. The New York State law, under which the county health department there was established, authorizes a county to supplement neighborhood health work, when desirable and necessary. The aim of the statute is to make possible to rural communities a standard of health practice comparable to that available in most cities. It is in the rendering of this supplementary service throughout the six health districts of the county, that the services of so many public health nurses are required in Cattaraugus.

In addition to the Supervisor, Miss Laura A. Gamble, formerly Assistant Supervisor of Nurses in the Toronto Department of Health, recently appointed, there is an Assistant Supervisor and eight public health nurses on the staff of the County Department of Health. There are also eight other nurses, one the county school nurse and the others, nurses employed by voluntary health organizations, co-operating in the demonstration activities.

A senior staff nurse is assigned to each of the six district stations so that this service will be more easily available to the rural sections. With the assistance of the other staff



One of the leading summer recreation centers for children in Cattaraugus County is the Health Camp in Allegany State Park. This camp was very popular during the 1923 summer season when this photograph was made. It will be open throughout the present vacation period

and voluntary nurses, she lends valuable aid to the health officers in their work in the schools, and in their efforts for the prevention of diseases of maternity and infancy, and in the control of tuberculosis and of other communicable diseases.

It is not uncommon for the public health nurses to make trips of nine miles, and for this reason each one is supplied with an automobile, Ford coupes being used for this purpose. It is estimated that each nurse travels between 300 and 500 miles monthly, devoting approximately three-fourths of her time to this "field work." Where sections are more sparsely settled, the number of patients visited is naturally diminished. Some indication of the public health nursing service

can be gained from the following account of the visits of seven of the nurses during a recent month:

| | |
|---|-------|
| Total number of visits during April, 1924 | 1,007 |
| Visits to persons suffering from tuberculosis, or suspects..... | 152 |
| Visits to persons suffering with other communicable diseases..... | 40 |
| Visits to mothers, and expectant mothers..... | 93 |
| Visits to school children..... | 228 |
| Visits to children of pre-school age..... | 168 |
| Miscellaneous visits..... | 326 |

A Nutrition Study of 100 Families

Through an arrangement with the Home Economics Department of Cornell University, the nutrition study, outlined by the Advisory Committee on Nutrition, and being financed in part by Cornell University and in part from demonstration funds, has been inaugurated in Cattaraugus County. It is recognized that nutrition plays an important part in the control of tuberculosis, in the prevention of children's diseases, and generally in the promotion of health. The plan in Cattaraugus County is to observe the food habits of 100 individual families and to study what relation, if any, their health has to these habits.

Families have been selected from rural sections, villages, and the cities in order to determine differences of dietaries in these places. Each family is expected to keep an accurate record of foods purchased and eaten for seven consecutive days. The first day an inventory will be made of all foods on hand. A record of food bought for each of the seven consecutive days will be kept. On the seventh day another inventory will be taken. The sum of the first inventory plus the foods purchased minus the last inventory will give the foods used and their cost. It can thus be determined whether or not the persons covered by the study are securing their money's worth. The study will show not only the total cost but the cost of each kind of food. A study of the diet will, therefore, make it possible to determine how to get

the greatest food value for the least money. The food value can be easily computed so that it can be determined if the family is getting the right food according to recognized dietetic standards. If there is lacking any one of the foods necessary for health, the deficiency will be apparent.

The Cattaraugus County Laboratory

Modern public health administration is dependent for best results on the highest type of laboratory service readily available at all times. In rural sections, especially those in which there are no large hospitals, diagnostic examinations are ordinarily secured only with great difficulty, if at all. To make available in connection with the demonstrations a general diagnostic laboratory service, the Cattaraugus County Laboratory was established in May, 1923, to be administered as a bureau of the County Department of Health. Before its establishment, examinations were made chiefly at the New York State Laboratory in Albany. This necessitated considerable delay in securing reports.

The County Laboratory is located in the City Building in Olean, its staff consisting of a director and an assistant.

Diagnostic outfits are prepared and are distributed regularly in various parts of the county. As a rule, specimens are sent to Olean for examination either by mail or messenger. A special collection station has been established at Salamanca, where there are regular collections of specimens left for examination. Reports to physicians are made by mail or telephone.

The total number of examinations made each month ordinarily varies between 350 and 500. In March, the total number was 451, in April, 426. More than one-half the speci-

mens are sent in from the City of Olean, although this represents somewhat less than one-third of the total population of the county. This would indicate that the physicians in the distant parts of the county were not using the facilities of the laboratory to the same extent as the physicians in Olean, due in part at least to the fact that it is difficult to forward specimens from outlying districts.

While the work of the laboratory is primarily concerned with those routine diagnostic examinations ordinarily made by public health laboratories, it has been found desirable in a rural county to make a certain number of routine clinical examinations not ordinarily performed by public health laboratories. Of the 426 examinations in April, 84 were for diphtheria, 98 for syphilis, 32 for tuberculosis, 20 for Vincent's Angina, 15 for examinations of smears for gonococci, 50 bacteriologic, and chemical, milk examinations, 10 for typhoid bacilli and the remainder miscellaneous, chiefly routine urine and blood examinations.

Medical Social Service Started

The social and medical problems of an individual or a family are often closely interwoven. In some instances, before adequate medical care can be provided it is necessary to help patients and their families solve certain economic and social problems. There are no social agencies in Cattaraugus County equipped to supplement thus the work of the public health officers and nurses. To render such assistance, there was recently appointed a trained social worker, who before coming to Cattaraugus County had done similar work in other rural counties. As a result, social problems of long standing, including among others, cases of improper guardianship, are being unearthed because it is

generally known that there is a trained worker whose assistance can be had in trying to correct them.

County School Hygiene District Established

Legislation was passed during the last session of the State Legislature permitting county boards of supervisors to form county school hygiene districts. This law makes possible the appointment of a county director of school hygiene and the organization of school inspection service and school health activities on a uniform county basis, an organization which has not hitherto been provided for by the laws of New York State. In effect this law makes official the school hygiene program which has been carried out as part of the demonstration entirely as a voluntary effort. Under the provisions of this law the Board of Supervisors met during the month of May and established Cattaraugus County as a County School Hygiene District, and appointed Dr. C. A. Greenleaf as Director.

As part of the Cattaraugus County Health Demonstration a limited amount of dental hygiene has been carried out in the rural schools since January first. One dental hygienist has been employed. During a period of three months children in 28 rural schools have been examined. The number of children receiving dental care in each rural school varied from 11 to 36, the total number treated during the three months being 430. The work includes not only the examination and cleansing of the teeth but educational work in the care of the teeth and follow-up work to secure treatment for children requiring it. It is planned to extend this care to rural schools in other districts during 1925.