

The CATTARAUGUS COUNTY HEALTH CAMP
in ALLEGANY STATE PARK, NEW YORK

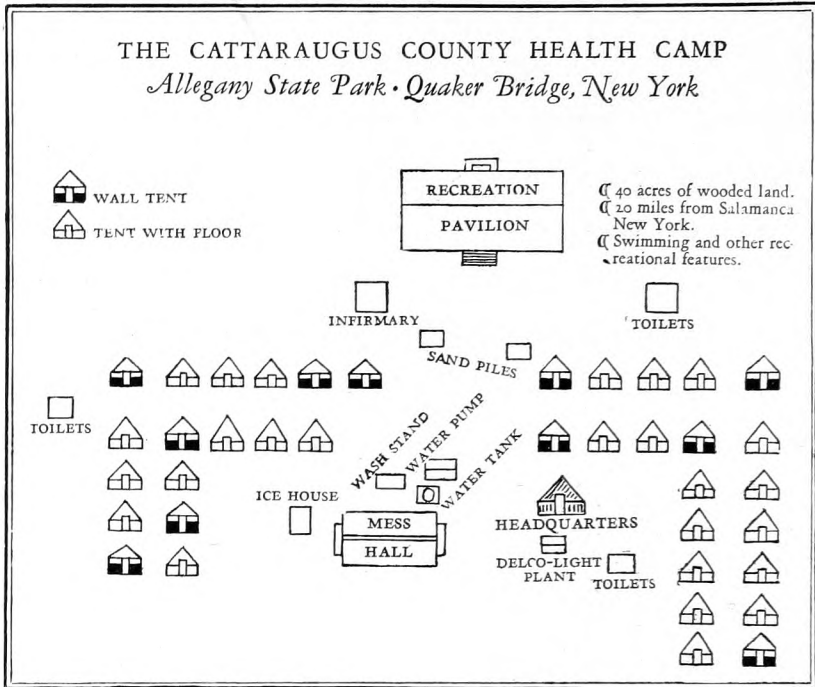


AN important adjunct to the summer vacation life of the children of Cattaraugus County, is the Health Camp in Allegany State Park. Located in southwestern New York on the dissected Allegheny plateau, with summit ridges averaging 2,400 feet, and valleys 1,500 feet above sea level, this State Park contains over 60,000 acres of wilderness forest. It is being improved with roads, trails, trail shelters, camp areas, artificial lakes and swimming pools on its numerous streams. The Cattaraugus County Health Camp is located on a mountain-side at Quaker Bridge, on one of the most desirable camp sites adjoining the Park headquarters.

The Camp is maintained solely for the purpose of building up the health and vitality of its guests, children between the ages of six and twelve. The children are chosen through the School Medical Service, each supervisor's district being privileged to send two children. Precedence is given to children who have been reported underweight in the school records, and to children especially requiring the open air and sun, the health and dietary routine which the Camp life affords.



FORTY acres of the Park have been set aside for the Camp. The permanent buildings include a recreation



pavilion, a mess hall, ice and pump houses and two permanent cabins used respectively as an infirmary and as an administration center. The children are housed in tents with wooden floors, but a campaign is under way to provide funds for the erection of permanent cabins. Basketball and volleyball courts, sand piles and swimming facilities are also provided. The arrangement of the buildings and tents is shown in the accompanying sketch.

The mess hall is equipped to serve one hundred and fifty

persons. It has an army stove, refrigerator, hot water tank, cooking utensils and an electric washing machine.

The recreation pavilion, of which illustrations are shown on pp. 37, 40 and 42, contains a general assembly room, a cement bathroom, two offices and a locker room. Its library contains over six hundred children's books, gifts of residents of the County. A piano was loaned last summer by the Park Commission, and a victrola is owned by the Camp. A Delco system furnishes the lighting.

BEFORE a given applicant is considered eligible to attend the Health Camp, he or she must have undergone a thorough medical examination. This is given at one of the general diagnostic clinics of the County Health Department. Consultation with the family physician looking towards the removal of defects likely to be causing mal-nutrition is urged upon the child's parents. Removal of such conditions as enlarged adenoids and diseased tonsils is a prerequisite to camp entry. Last summer toxin-antitoxin protective treatment against diphtheria was required of all campers under ten years of age. Parents of applicants requiring dental treatment were urged to have this condition remedied before Camp opened. When necessary in individual

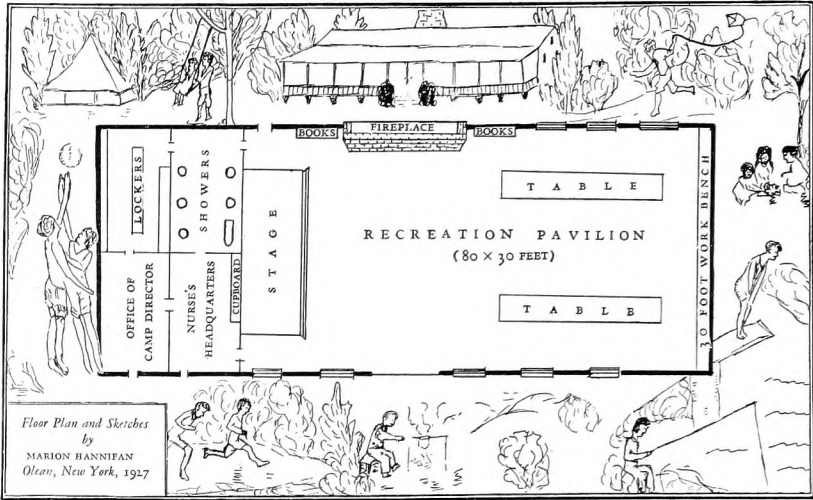
cases arrangements were made to help defray the cost of the preliminary correctional service required.



HAVING entered the Camp the boys and girls find themselves members of a large family, where the acquisition of "good health habits" is made a matter of serious moment. Each camper receives a copy of the Camp rules:

- ☞ *Brush your teeth twice a day.*
- ☞ *Drink at least three glasses of water every day.*
- ☞ *Have a bowel movement at a regular time every day.*
- ☞ *Eat fruit daily.*
- ☞ *Eat bread and breakfast foods made of the whole grains.*
- ☞ *Drink two cups of milk every day. The rest of the quart recommended is in your food, or on your food.*
- ☞ *Observe a regular rest hour daily, and rest a few minutes as often as possible during the day.*





Floor Plan and Sketches
by
MARION HANNIFAN
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☞ Eat two servings of vegetables every day and eat green vegetables six times a week.

☞ Eat candy or sweets, only for desserts and never between meals.

☞ Go to bed at eight o'clock.

Seven o'clock breakfast is followed by an hour for health inspection each morning. Tents are then put in order, prizes going later to the boy and the girl whose tents have most often received pennants for tidiness. A lunch of crackers and milk is served at eleven o'clock. Vocational work occupies the balance of the forenoon. A two-hour rest period follows dinner. The remainder of the afternoon is devoted to swimming, to vocational work or to nature study. Following supper, an opportunity is provided for free play, and there

are frequent camp fire gatherings with stunts and stories. "Taps" is sung at eight o'clock and the signal for "lights out" is given a half-hour later.

A TRAINED nurse is in attendance at the Camp, and physicians on the staff of the County Health Department are on call. During the third and sixth weeks of the 1926 session, diagnostic clinics were conducted at the Camp. A dentist made weekly visits, examined the children's mouths and teeth, cleaned their teeth and rendered any necessary emergency service.

Balanced meals were planned by the nutrition specialist on the staff of the County Board of Health. Frequent talks, given

while the children were eating, included discussion not only of the food eaten, but of the manner in which it was eaten. Scores on the dietary habits of the children were kept, and the influence of the routine on children learning for the first time to eat whole wheat bread and proper amounts of fruits and vegetables, was watched with interest. The regular camp diet was supplemented by treats of jelly, preserves, canned fruits and ice cream, contributed by residents of the County.

Each child is weighed once a week, and prizes are given to the girl and boy making the greatest gain in weight during their camp stay. Last summer the entire group gained a total of 465 pounds while in camp. This was an average gain of 3.63 pounds per child. A girl of twelve, one of the prize winners, gained eleven and one-half pounds during the six weeks' camp.



CAMP over, an attempt is made to have the children carry home with them such benefits as they may have derived from their

outdoor life and training. An account of their camp work is sent to their parents. Results of the medical examinations are forwarded to the public health nurses in the districts where the children reside, and copies are placed on file in the County Health Department. The cooperation of dentists in the home communities is sought in serving children whose parents may not be able to pay for needed dental work. When deemed necessary, children are urged to have a medical examination later in the year, if not by their physician, at one of the Health Department clinics.



DURING the 1926 season of six weeks, 141 children were enrolled in the Camp. Ninety-one were there during the entire period of forty-two days. Following the program for progressive development of the Camp, instituted when it was established in the Park, accommodations for 150 children have been provided in plans for the 1927 camp. The total cost of operating the Camp was \$2,852.07 for the season. This was a daily cost per child of 59 cents. The cost per meal was 19 $\frac{2}{3}$ cents.

The Camp is maintained by the Cattaraugus County Tuberculosis and Public Health Association, of which Rowan Whealdon is Executive Secretary. Mrs. Ella M. Finch, Field Secretary of the Asso-

ciation, is Camp Director. Funds for the Camp are secured through the sale of Christmas seals. An annual spring donation day is made the occasion for solicitation of additional funds and of camp supplies, including food, games and camp equipment. Voluntary contributions are also received during the year. The only

direct charge made for Camp entry is a registration fee of one dollar, which is used for incidental expenses. Parents who can afford to pay for their children's stay are asked to do so by purchasing the Seals. As has been stated before funds are being raised for the erection of permanent cabins to replace the tents now in use at the Camp. Ten such cabins are now in the course of construction.

