1948
Annual Report
COOK COUNTY DEPARTMENT OF PUBLIC HEALTH
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COOK COUNTY
ILLINOIS
1948

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William N. Erickson (right), President, Board of Health, and Edward A. Piszczek (left), M.D., M.P.H., Director, Cook County Department of Public Health, presented to the people of suburban Cook County a report of the activities of the health department for the year 1948.

RAISING THE HEALTH STANDARDS AND LOWERING THE DEATH RATE IN SUBURBAN COOK COUNTY HAS BEEN A MOTIVATING FACTOR IN THE 1948 CAMPAIGN FOR BETTER HEALTH BEING CARRIED ON BY THE COOK COUNTY DEPARTMENT OF PUBLIC HEALTH

PREVENTION OUR WATCHWORD
COOPERATION OUR THEME
HEALTHFUL LIVING OUR GOAL
Cook County
Department of Public Health

ADMINISTRATION

Planning health activities based on community health needs
Administrating the health program
Keeping statistical records
Measuring progress in health promotion

Communicable disease control through immunizations and vaccinations for smallpox, typhoid fever, diphtheria—

Tuberculosis control—diagnosis, x-ray, education
Venereal disease control—diagnosis, out-patient treatment, education
Provide public health nursing services in clinics, homes, and schools
Physical examinations to school children
Conduct health programs for mothers and children
Provide nutrition education in the homes, schools and clinics
Safeguard water, milk and food supplies
Inspect sanitation in public places—restaurants, tourist and trailer camps, swimming pools, public restrooms, hospitals and nursing homes

Conduct control programs to eliminate rodents and disease-carrying insects
Assist communities and industries in preventing stream pollution
Survey housing conditions and assist in planning better housing
Work with the State health department in programs on dental care

Provide information—pamphlets, posters, charts, and answering inquiries on personal and community health, and assist in health education.
The Staff

ADMINISTRATION
Director Edward A. Piszczer, M.D., M.P.H.
Administrative Secretary A. Victoria Konak
Administrative Clerk Milton Breault
Receptionist Margaret Mary Collins

DIVISION OF HEALTH EDUCATION
Chief Irene Fahey, Ph.B., M.P.H.
Film Technician Arthur J. Fox

MEDICAL
DIVISION OF COMMUNICABLE DISEASE
Chief John B. Hall, M.D., M.P.H.
Secretaries Mildred Coughlin
Lorraine Johnson
Emile J. Runatz, M.D.
W. M. Winston, M.D.
Cooperating Clinicians M. C. Higgins, M.D.
John F. Hall, M.D.
W. H. Young, M.D.
Cooperating Obstetricians R. R. Whitlock, M.D.

DIVISION OF MATERNAL AND CHILD HYGIENE
Chief Robert Dessant, M.D., M.P.H.
Cooperating Pediatricians
George S. Frauenberg, M.D.
Mildred Jackson, M.D.
Anne C. Leonard, M.D.
O. R. Ennis, M.D.

DIVISION OF NUTRITION
Chief Lillian Nash, B.S., M.S.
Secretary Donna Kennedy

DIVISION OF PUBLIC HEALTH NURSING
Chief Madeline Roessler, R.N., Ph.B., M.A.
Assistant J. Thelma Cline, R.N., Ph.B., B.S.
Assistant Myrtle Serenson, R.N., B.S., M.L.H.
District Supervisors
Bridget M. Campbell, R.N., B.S.
Sibyl C. Davis, R.N., B.S., M.A.
Eileen Hewston, R.P.T.
Consultants
Edith Heida, R.N.
Margaret Hogan, R.N., B.S.
Mary S. Keller, R.N.
Evelyn Kuhlnes, R.N.
Oliver MacDouall, R.N., B.S.
Lorraine Manz, R.N., B.S.
Eveline Newel, R.N.
Dorothy Nichols, R.N.
Edith Nyden, R.N., B.S.
District Staff Nurses
Irene O'Connor, R.N.
Mary O'Brien, R.N.
Margaret Phelan, R.N.
Mildred Schulte, R.N., B.S.
Dorothy Seeman, R.N.
Elizabeth G. Silfun, R.N.
Ruth Trueblood, R.N.
Myrtle Van Wart, R.N.
Eusica Wickstrom, R.N., B.S.
Martha Willis, R.N., B.S.
Secretaries Rose Keenan

ENVIRONMENTAL SANITATION
DIVISION OF SANITARY ENGINEERING
Chief Buns J. Lelend, B.S., M.S.
District Engineers
Louis Halla, B.S.
D. de Jorga, B.S.
Sanitary Engineering
Helen Ligocki
Joseph Swiec
Division of
MEDICAL SERVICES
Aiding in the prevention and control of communicable disease
by immunization and education
Consulting service to physicians, hospitals, and schools
Distributing drugs and biologicals
Demonstration projects in the field of preventive medicine

Controlling the spread of communicable diseases revolves around a program of
prompt diagnosis, isolation, quarantine of contacts and initiation of treatment when
necessary.

There was no unusual incidence of any disease during 1948. Much of the effort in
preventing the spread of common communicable diseases was directed towards immu-
nization and education. Immunization begins in the first year of life. At all child health
conferences infants were immunized routinely against whooping cough, diphtheria and
tetanus, and vaccinated against smallpox. This policy was recommended to all private
physicians who were furnished with the necessary biologicals through the health depart-
ment. Immune globulin was also furnished to private physicians for the prevention of measles.
This immunization will prevent contraction of the disease, or, if given after an exposure,
will minimize the severity of the attack. In areas where sanitation is poor and water
supplies frequently flooded, typhoid fever immunization clinics were held yearly.

Infantile paralysis showed an increase during the year 1948. In 1947, there were 81
cases and no deaths in Suburban Cook County. In 1948, there were 97 cases and 6 deaths.
The disease was more severe during the year 1948 in not only the total number of
deaths, but in the residual paralysis which remained after the attack.

The control of tuberculosis in cases and contacts was facilitated by the use of a central
registry which kept up-to-date information in a visible file. 345 new cases were report-
ed to the health department and investigated in 1948. At the present time there are not
sufficient hospital beds to care for the tuberculosis patients in the Cook County area.

A yearly chest x-ray for every adult is an important measure for the control of tuber-
culosis

Biologics for all types of immunizations are
furnished free to physicians upon request
The Medical Division furnishes consultant services to physicians upon request for all communicable diseases.

In Suburban Cook County during 1948 over 24,000 persons were chest x-rayed in cooperation with the Tuberculosis Institute of Chicago and Cook County. Approximately 130 cases of tuberculosis were discovered through community x-ray programs. The important fact was that 75 per cent were discovered in the early stage, when treatment was more effective and before the infection was spread widely.

The venereal disease program was based on the early and immediate treatment of all infectious cases. Early infectious cases of syphilis were referred to the Chicago Intensive Therapy Center for treatment whenever possible. Of vital importance was the discovery and examination of sex contacts. The newer methods of treatment using penicillin have shortened the period of treatment to two weeks, where previously it lasted one-and-one-half to two years.

The number of positive animal heads examined in the Illinois Department of Public Health, Division of Laboratories, during 1948, indicated rabies to be a potential menace in the Suburban Cook County area. There were 553 animal bites and 62 cases of animal rabies reported to the health department. Due to the increased number of cases, ten townships in Suburban Cook County were placed under rabies quarantine. Village officials, law enforcement officers and health authorities were enlisted in the campaign to prevent the further spread of rabies.
MEDICAL  Continued

An acute outbreak of six cases of dysentery occurred in a subdivision in Worth Township. An investigation of this outbreak indicated that it was due to poor sanitation in the area. Efforts are being made to introduce a sanitary sewer system.

An investigation of a food poisoning outbreak, that occurred in a school lunchroom, revealed that some of the food served in the lunchroom was contaminated. Instructions were given to the school officials in the proper preparation, storage and refrigeration of food.

RHEUMATIC FEVER

The first Rheumatic Fever Clinic in Suburban Cook County was held at St. James Hospital, Chicago Heights, in February, 1948. It was set up to serve the South and Southwest area where the need was found to be greatest. All cases examined at the clinic were referred by a physician, and appointment made through the health department. In order that patients could receive all the necessary diagnostic services only twelve to fifteen appointments were scheduled per clinic. The clinic was conducted by a pediatrician skilled in the diagnosis and treatment of rheumatic fever. The physician also examined children with congenital heart disease, and referred these patients for surgery whenever indicated. The clinics were conducted jointly by the Division of Services for Crippled Children, University of Illinois, and the Cook County Department of Public Health. Professional personnel serving at the clinic included, medical, social service, nutrition, and nursing.

ELECTROCARDIOGRAM

Every child admitted to the Rheumatic Fever Clinic is given a complete physical examination including laboratory tests

VITAL CAPACITY

FLUOROSCOPY

PHYSICAL EXAMINATION
Division of
MATERNAL AND CHILD HYGIENE

The physician, nurse and family talk over the school health examination

The volunteer helps the nurse in the child health conference

The use of teaching aids in the nurse's home visit

Checking the growth of the child
The COOK COUNTY DEPARTMENT OF PUBLIC HEALTH extends its services to more than 700,000 people in an area of 735 square miles. Since the establishment of the health department eight years ago, it is estimated that there has been an increase of 100,000 population in the suburban areas of the county. There is an ever increasing demand on the staff of the health department for additional services to this population.

The jurisdiction of the department extends throughout Cook County with the exception of Evanston, Winnetka-Kenilworth-Glencoe, Oak Park, and Chicago.
Division of

PUBLIC HEALTH NURSING

Nursing care and health guidance to individuals and families ... at home, school, work, and at medical and health centers
Collaboration with other professions and citizen groups in studying, planning, and putting into action the community health program
Participation in educational programs for nurses, allied professional workers, and community groups

The nursing program was closely integrated with the medical, nutrition, environmental sanitation, and health education divisions through the central and district offices. Supervision and guidance was offered to other official and voluntary agencies conducting a nursing program to coordinate services in the county.

Nurses provided special supervision to premature infants. During the prenatal and postnatal period the nurse assisted the family to secure early medical care, to follow medical instruction and teach the care of the new baby and mother. The follow-up program is carried on until the child reaches the age of twelve. The nurses assisted at the Maternal Clinic in Robbins, where mothers were instructed in better care for themselves and in planning for delivery. The Maternal Clinic serves as a training center for staff nurses and students.

Visits were made to all newborn infants and instruction given to parents in the need for early immunization and regular medical and dental care. At child health conferences the nurse assisted the mother to plan a healthful daily routine for the child. The trend in providing a normal environment and wholesome family relationship included integration of mental health in the nursing program. A committee representing the medical, nursing and nutrition divisions revised the educational material for this program. Demonstration child health conferences are being set up to serve as models and training centers for professional personnel.

All the nurses participated in case-finding and follow-up of the handicapped, advising in rehabilitation and special medical referral. The nursing staff assisted at the Rheumatic

Teaching the patient how to give an insulin injection

Teacher-Nurse conference
Fever Clinics sponsored by the University of Illinois, Division of Services for Crippled Children, and the Cook County Department of Public Health. Follow-up plans are part of the family health supervision. Two physical therapists, provided by the National Foundation for Infantile Paralysis, Cook County Chapter, working under doctors' orders, gave treatments to patients in the home, or at one of the six physical therapy treatment centers.

The nurse served both public and parochial schools contributing to the health service, sanitary environment, and health teaching in the classroom. The past year has been one of transition, applying and modifying basic principles and techniques to individual schools. Constant health supervision of the child was accomplished through the efforts of the teacher, parent and nurse. The nurse assisted in planning with school and community groups for regular screening tests, physical and dental examinations and adequate follow-up. She instructed the teacher in the early recognition of disease and handicaps.

The nurse assisted in the case-finding and supervision of tuberculosis patients and contacts, through community chest x-ray surveys, programs of case-finding in home visits, contacts in child health conferences, and in the school. Assistance was given to patients and contacts in securing medical and hospital care. Families were taught how to prevent the spread of tuberculosis and how to care for the tuberculosis patient.

The nursing staff assisted at the venereal disease clinics and supervised these patients as a part of the family health service. In the public health nursing program case-finding and the supervision of early infectious venereal disease cases and contacts was stressed. The nurse taught them what they must do for their own safety as well as that of the community.

Nursing homes for the convalescent or chronically ill were inspected and supervised in cooperation with other health department staff. Care of the sick in the home continues to be an important service, and teaching the patient or family to give nursing treatment provides them better opportunities for healthful living. Every opportunity that was provided found the nurse giving health supervision to adults in the home or in the clinic.
Nutrition education in the classroom

A good school lunch program
Division of
NUTRITION

Teaching nutrition to children and adults
Assisting families with marketing, meal planning and budgeting
Helping mothers with feeding problems
Assisting with school lunch program
Encouraging nutrition education in the classroom

The child health conferences were an excellent place to give nutrition instruction to mothers about infant feeding, food preparation, marketing, meal planning, and budgeting. Infant feeding problems were discussed with the physician and the nutritionist.

In the school lunch program the nutritionist gave consultant service in menu planning, and the purchase and preparation of food. The child was taught what to eat and why, as a part of the lunch program. The nutritionist participated in two conferences for school lunchroom personnel, school administrators, Parent-Teacher Association members, and others.

Teachers requested consultant service in planning nutrition education programs. The nutritionist met with individuals or groups of teachers as well as administrators to plan these programs.

The Northbrook School Health Council and the Cook County Department of Public Health sponsored a community-wide good lunch campaign in the town of Northbrook. A survey showed that the children’s lunches had improved considerably as a result of this nutrition education.

The Rheumatic Fever Clinics were serviced by the nutritionist. Maintaining a good state of nutrition is one important phase in the treatment of rheumatic fever.

The nutritionist participated in department staff education by providing nutrition materials and information. Talks and materials were also given to other county groups.

A graduate nutrition student from Western Reserve University was assigned to this division for one month of supervised field work in public health nutrition. Fifty student dieticians from Hines and Cook County Hospital spent one day in the department for orientation in the field of public health.

Helping the housewife plan her meals
An adequate diet—one important step in the treatment of rheumatic fever
Division of SANITARY ENGINEERING

Inspecting water supply and sewage systems, institutions, schools, swimming pools, trailer camps and restaurants. Offering technical advice on design and operation of public and private sanitary facilities, and encouraging their installation.

Responsibility of the sanitary engineers of the Cook County Department of Public Health is to improve and safeguard the health of the people through good sanitation.

The Sanitary Engineering Division, with a staff of four sanitary engineers and one sanitarian, was able to provide only an emergency type of service during 1948. Certain institutions that, by law, must be inspected annually prior to relicensing were inspected; these include nursing homes, maternity hospitals, and private mental hospitals. The division was entrusted with the enforcement of the ordinance, passed during 1948 by the Board of Health, regulating the sale of horsemeat.

Members of the sanitary engineering staff have worked on various committees aimed at solving certain of the pressing sanitation problems in the county, such as stream pollution, County building code, garbage and refuse disposal, Lake Michigan Bathing Water Survey and the fly-free program.

In support of the specific programs outlined, there was a routine program in connection with the other activities previously listed. Much of this was directed at the "trouble spots": the public water supply that suddenly began to show bad analyses results; the overcrowded trailer camp; the sewage polluted creek, the swimming pool operator who wanted to install new filters; the odorous, fly-breeding and rat-breeding garbage dump.
Reviewing the plans submitted by consulting engineers

Insuring a sanitary environment for trailer camp residents

Only properly pasteurized milk can be sold in Cook County
DIVISION OF
HEALTH EDUCATION

Coordination of the health education activities of the health department and community resources. Aid in the planning, development, and conduct of training programs in health agencies and schools. Organize and operate an informational service. Assist in the development and use of health education materials.

Health education is recognized as an essential part of the public health program in Cook County. The broad educational functions are part of the responsibility of all staff members. However, the health educator serves to stimulate public action and individual participation in preventive health activities through organized community effort.

During 1948 the health educator gave assistance to groups in planning health education programs including: organization of community chest x-ray surveys, guidance in the development of a school health council; promotion of a community adult health education campaign; development of materials and techniques for the conduct of food handlers' classes; planning of a teacher institute for Cook County teachers; and assistance with the educational program of the Lake Michigan Bathing Water Survey.

Health education materials were prepared, selected and assembled. An extensive library of pamphlets and posters were made available to professional and lay groups on request. Special kits of materials were prepared for teachers as supplementary teaching aids in classroom health instruction programs. Motion pictures on infant care, dental hygiene, cancer, tuberculosis, and mental hygiene were shown to schools, clubs and community organizations.

The health department booth at the Cook County Fair attracted considerable attention with its HEALTH QUIZ exhibit. About 10,000 persons took the test which consisted of twenty health information questions. Members of the staff were in attendance at the booth to assist with the quiz, and gave health information to over 12,000 persons.

The annual report was prepared cooperatively by the division chiefs of the department and edited by the health educator. The report serves as a record of accomplishments, and a medium of interpretation of the services of the department.

A close cooperative working relationship has been established between agencies contributing to health education through participation by the health educator on committees, assistance with program planning, and providing consultant service.
COOK COUNTY DEPARTMENT OF PUBLIC HEALTH

CHICAGO
Central Administrative Office
737 South Wolcott Avenue
CHESAPEAKE 3-5833

DES PLAINES
North District Office
1044 Lee Street
DES PLAINES 1131

GLENVIEW
Crippled Children’s Diagnostic Clinic
1930 Prairie Avenue
Glenview 1700

MAYWOOD
West District Office
Venereal Disease Clinic
1900 St. Charles Road
Maywood 6052

EVERGREEN PARK
Southwest District Office
3411 West 95th Street
Crippled Children’s Diagnostic Clinic
2800 West 95th Street
Evergreen Park 7424

BERWYN
Venereal Disease Clinic
Physical Therapy Treatment Center
6600 West 26th Street
Stanley 6600

ROBBINS
Venereal Disease Clinic
Maternal Clinic
Tuberculosis Clinic
139th & St. Louis Avenue
Blue Island 4251

CHICAGO HEIGHTS
Venereal Disease Clinic
Physical Therapy Treatment Center
Crippled Children’s Diagnostic Clinic
Rheumatic Fever Clinic
1423 Chicago Road
Chicago Heights 3200

NURSING 34.6
ADMINISTRATION & CLERICAL 12.7
SANITARY ENGINEERING 9.2
NUTRITION 1.6
MEDICAL 15.5
SUPPLIES 4.7
HEALTH EDUCATION 1.6

DISTRIBUTION OF
COOK COUNTY HEALTH DEPARTMENT DOLLAR

BUDGET
COOK COUNTY $138,955.00
STATE-FEDERAL 118,657.00
OTHER 14,400.00
TOTAL $272,012.00