



ADMINISTRATION



MEDICAL



NURSING



MATERNAL &  
CHILD HYGIENE



NUTRITION



SANITATION



EDUCATION

1948

*Annual  
Report*

**COOK COUNTY  
DEPARTMENT OF PUBLIC HEALTH**

HL COX



# BOARD of HEALTH

COOK COUNTY  
ILLINOIS  
1948



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George A. Miller



Daniel Ryan



James F. Ashendon





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, present 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  
Administering 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. Piszczek, M.D., M.P.H.  
Administrative Secretary..... A. Victoria Kossak  
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

Lorraine Johnson..... Mildred Coughlin..... Patricia Kenealy

#### Cooperating Clinicians

Emile J. Bunata, M.D..... M. C. Higgins, M.D..... Hugo Long, M.D.  
W. M. Winston, M.D..... W. H. Young, M.D.

### DIVISION OF MATERNAL AND CHILD HYGIENE

Chief..... Robert Dessent, M.D., M.P.H.

#### Cooperating Pediatricians

George S. Frauenberger, M.D..... Richard Marks, M.D..... Maya S. Unno, M.D.  
Mildred Jackson, M.D..... Bruce Neuman, M.D..... W. M. Winston, M.D.  
Anne C. Leonard, M.D..... Franklin Munsey, M.D.

#### Cooperating Obstetricians

O. R. Ennis, M.D..... R. R. Whitlock, M.D.

### DIVISION OF NUTRITION

Chief..... Lillian Nash, B.S., M.S.  
Secretary..... Donna Kenealy

### DIVISION OF PUBLIC HEALTH NURSING

Chief..... Madeline Roessler, R.N., Ph.B., M.A.  
Assistant..... Thelma Cline, R.N., Ph.B., B.S.  
Assistant..... Myrtle Sorenson, R.N., B.S., M.Litt.

#### District Supervisors

Bridget M. Campbell, R.N., B.S..... Esther Doyle, R.N., B.S.  
Sibyl C. Davis, R.N., B.S., M.A..... Helen Keenan, R.N., B.S.

#### Consultants

Eileen Hewstone, R.P.T..... Esther Dahlstrom, R.N., R.P.T.

#### District Staff Nurses

Lorraine Bertolini, R.N..... Edith Heide, R.N..... Irene O'Connor, R.N.  
Caroline Blankshain, R.N., B.S..... Margaret Hogan, R.N., B.S..... Mary Olenicz, R.N., Ph.B.  
Gladys Bruce, R.N., B.S..... Mary S. Keller, R.N..... Margaret Phelan, R.N.  
Frances Bulger, R.N., B.S..... Evelyn Kuehnle, R.N..... Hilda Schulze, R.N., B.S.  
Margaret Celestine, R.N..... Olive MacDougall, R.N., B.S..... Dorothy Seeman, R.N.  
Eleanor Charles, R.N..... Lorraine Means, R.N., B.S..... Elizabeth G. Sirlin, R.N.  
Virginia Davis, R.N., B.S..... Mebel Murray, R.N., B.S..... Ruth Truebger, R.N.  
Luella Feezor, R.N..... Ilene Newel, R.N..... Myrtle Van Wert, R.N.  
Mary Flynn, R.N..... Devona Nichols, R.N..... Eunice Wickstrom, R.N., B.S.  
Irene Gregg, R.N., B.S..... Edith Nyden, R.N., B.S..... Martha Willis, R.N., B.S.  
Alice DeViney, R.N.

#### Secretaries

Mossie Perry..... Rose Keenan..... Catherine Lucas  
Mary Louise Murphy..... Vern A. McDonough

## ENVIRONMENTAL SANITATION DIVISION OF SANITARY ENGINEERING

Chief..... Benn J. Leland, B.S., M.S.

#### District Engineers

Louis Halla, B.S..... Robert de Jonge, B.S..... Steven Nichiporuk, B.S.  
Sanitarian..... Joseph Svec  
Secretary..... Helen Ligocki

## *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 immunization 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 biologics through the health department. 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.

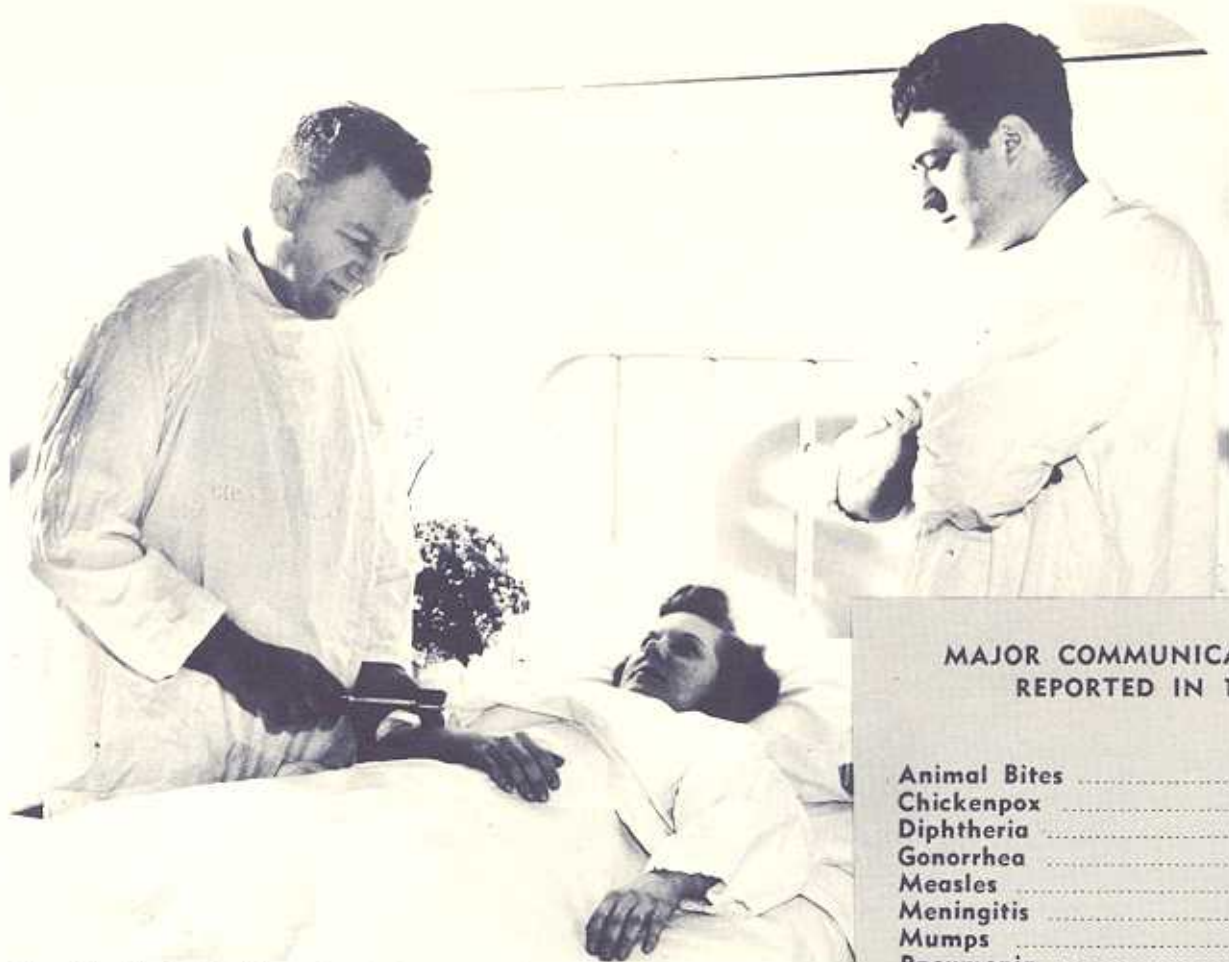
The control of tuberculosis in cases and contacts was facilitated by the use of a central registry which kept up-to-date information in a visible file. 345 new cases were reported to the health department and investigated in 1948. At the present time there are not sufficient hospital beds to care for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

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



**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

**MAJOR COMMUNICABLE DISEASES  
REPORTED IN 1948-1947**

	1948	1947
Animal Bites .....	553	432
Chickenpox .....	2,775	2,403
Diphtheria .....	1	1
Gonorrhea .....	318	324
Measles .....	3,696	199
Meningitis .....	37	26
Mumps .....	2,585	1,236
Pneumonia .....	335	376
Poliomyelitis .....	97	81
Scarlet Fever .....	352	355
Smallpox .....	0	0
Syphilis .....	580	583
Tuberculosis .....	345	351
Typhoid Fever .....	2	5
Whooping Cough .....	184	461

In Suburban Cook County during 1948 over 24,000 persons were chest x-rayed in co-operation 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**



**VITAL CAPACITY**

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

**FLUOROSCOPY**

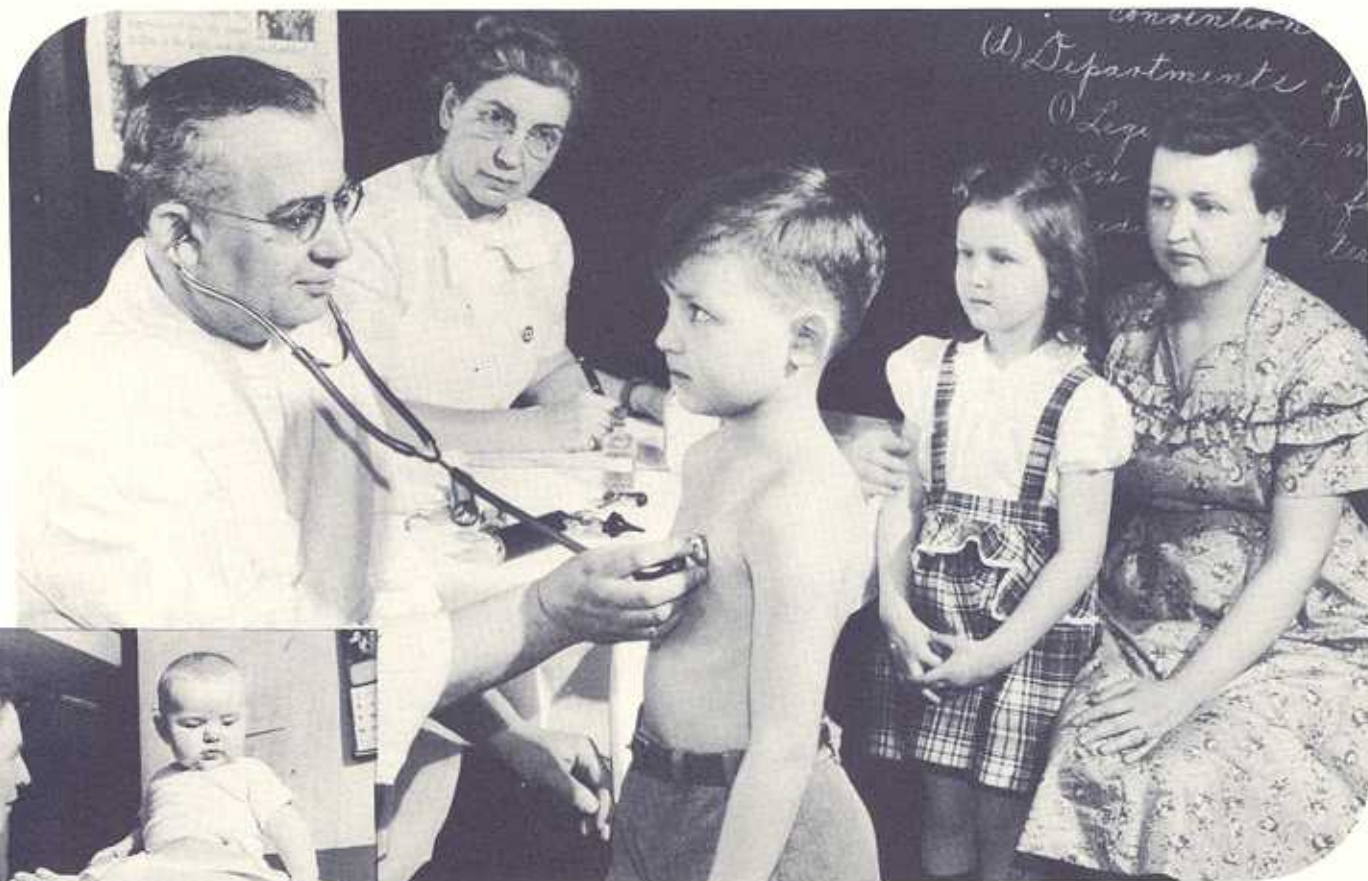


**PHYSICAL EXAMINATION**





*Division of*  
**MATERNAL AND CHILD HYGIENE**



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



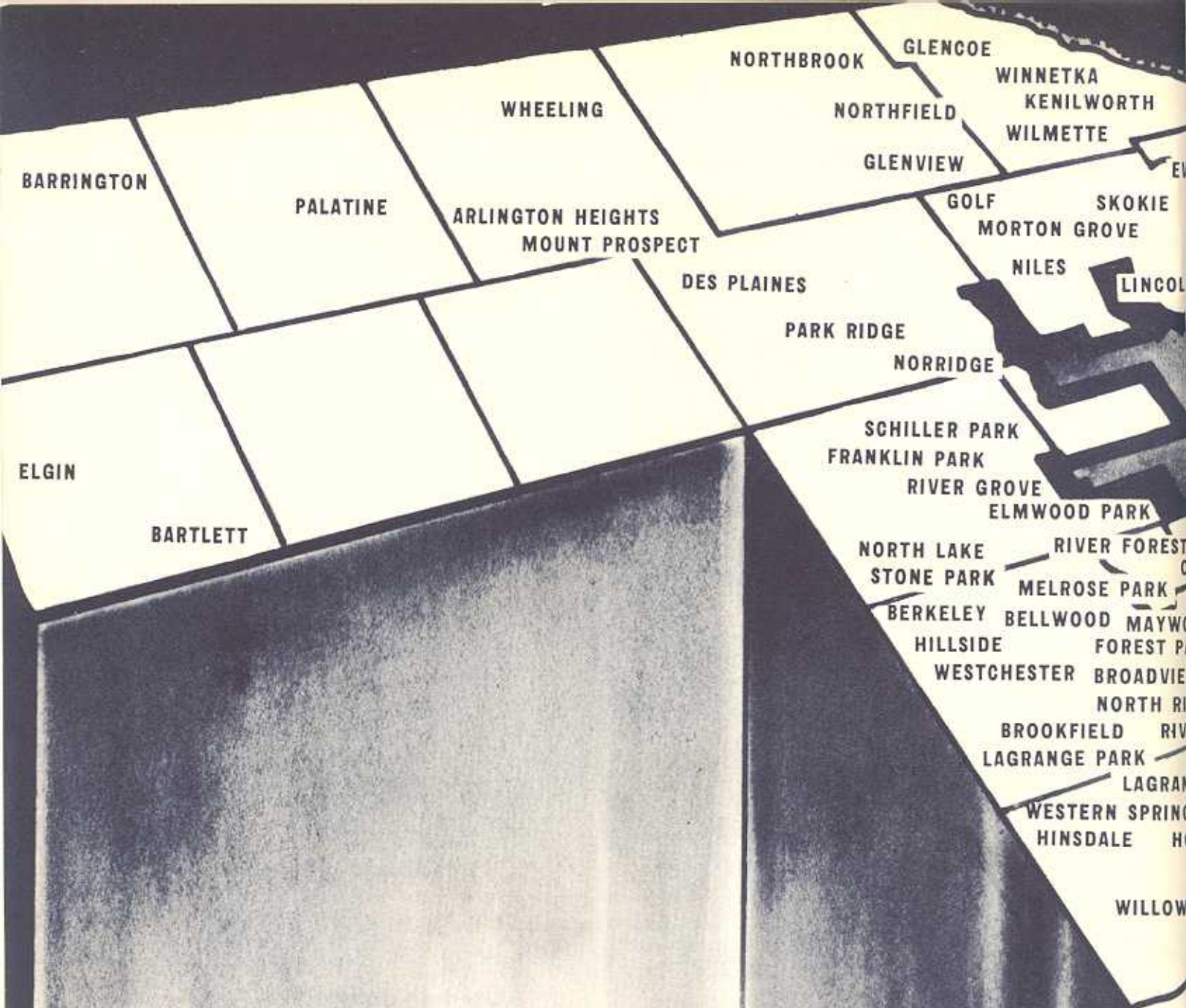
The volunteer helps the nurse in the child health conference

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



Checking the growth of the child

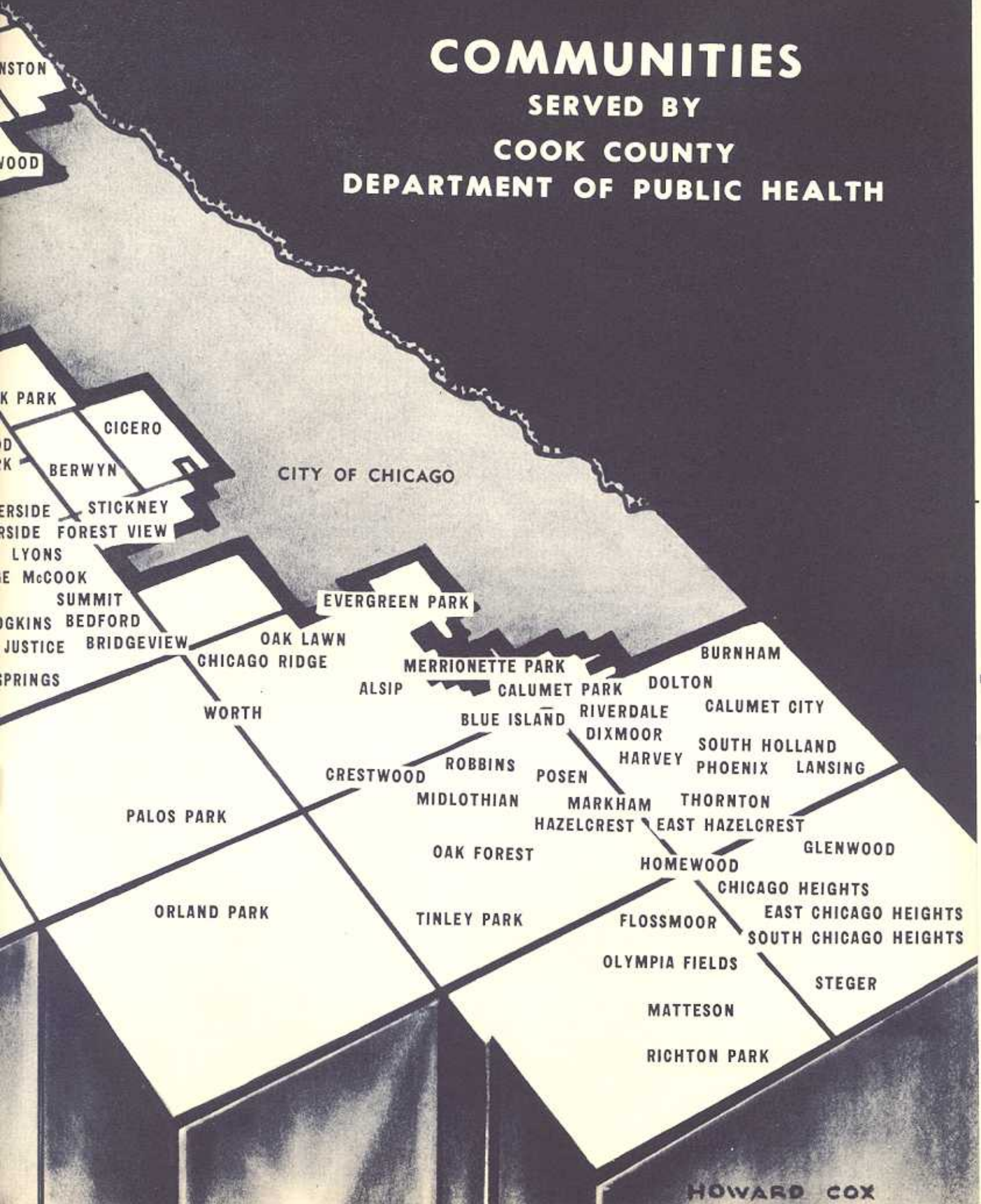




The **COOK COUNTY DEPARTMENT OF PUBLIC HEALTH** extends its services to more than 700,000 people in an area of 735 square miles. Since the establishment of the health department eight years ago, it is estimated that there has been an increase of 100,000 population in the suburban areas of the county. 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.

# COMMUNITIES SERVED BY COOK COUNTY DEPARTMENT OF PUBLIC HEALTH



## *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**



## NURSING ACTIVITIES

<b>Field and Office Visits</b>	
Infant and Preschool .....	6,057
School Health .....	24,228
Communicable Disease .....	3,405
Morbidity .....	4,478
Maternity .....	3,108
Orthopedic .....	3,258
Tuberculosis .....	2,053
Venereal Disease .....	807
Physical Therapy .....	1,930
<b>Conferences and Clinics</b>	
Child Health .....	10,054
Teacher-Nurse .....	12,594
Maternal .....	606
Venereal Disease .....	6,776
Rheumatic Fever .....	117
Crippled Children .....	473
<b>Visits to Schools</b>	
Physical Examinations .....	8,786
Hearing Tests .....	9,636
Vision Measurements .....	12,521
Dental Examinations .....	23,008
Growth Programs .....	7,973



The physician and nurse help the mother understand child health and development

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.

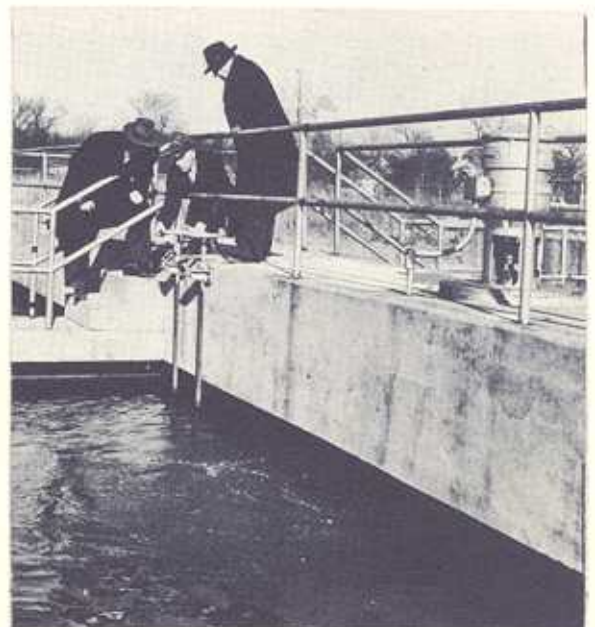
Members of the sanitary engineering staff have worked on various committees aimed at solving certain of the pressing sanitation problems in the county, such as stream pollution, County building code, garbage and refuse disposal, Lake Michigan Bathing Water Survey and the fly-free program.

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.

**A situation that requires emergency action  
from the Sanitary Engineering Division**



**Advisory service in the operation of sewage  
treatment works**







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.

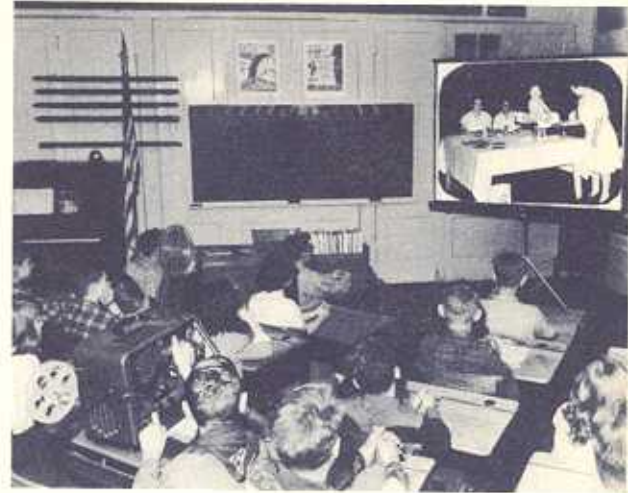
During 1948 the health educator gave assistance to groups in planning health education programs including: organization of community chest x-ray surveys, guidance in the development of a school health council; promotion of a community adult health education campaign; development of materials and techniques 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.



Films shown as part of the classroom health instruction program



Posters, films, exhibits and displays available for public use

Pamphlets, health information news releases, radio and television carry the health message to the community



# COOK COUNTY DEPARTMENT OF PUBLIC HEALTH

## CHICAGO

Central Administrative Office  
737 South Wolcott Avenue  
CHESAPEAKE 3-5833

## MAYWOOD

West District Office  
Venereal Disease Clinic  
Physical Therapy Treatment Center  
1900 St. Charles Road  
Maywood 6052

## HARVEY

South District Office  
Venereal Disease Clinic  
Physical Therapy Treatment Center  
15430 Park Avenue  
Harvey 6

## DESPLAINES

North District Office  
Physical Therapy Treatment Center  
1044 Lee Street  
DES PLAINES 1131

## EVERGREEN PARK

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

## CHICAGO HEIGHTS

Venereal Disease Clinic  
Physical Therapy Treatment Center  
Crippled Children's Diagnostic Clinic  
Rheumatic Fever Clinic  
1423 Chicago Road  
Chicago Height 3200

## GLENVIEW

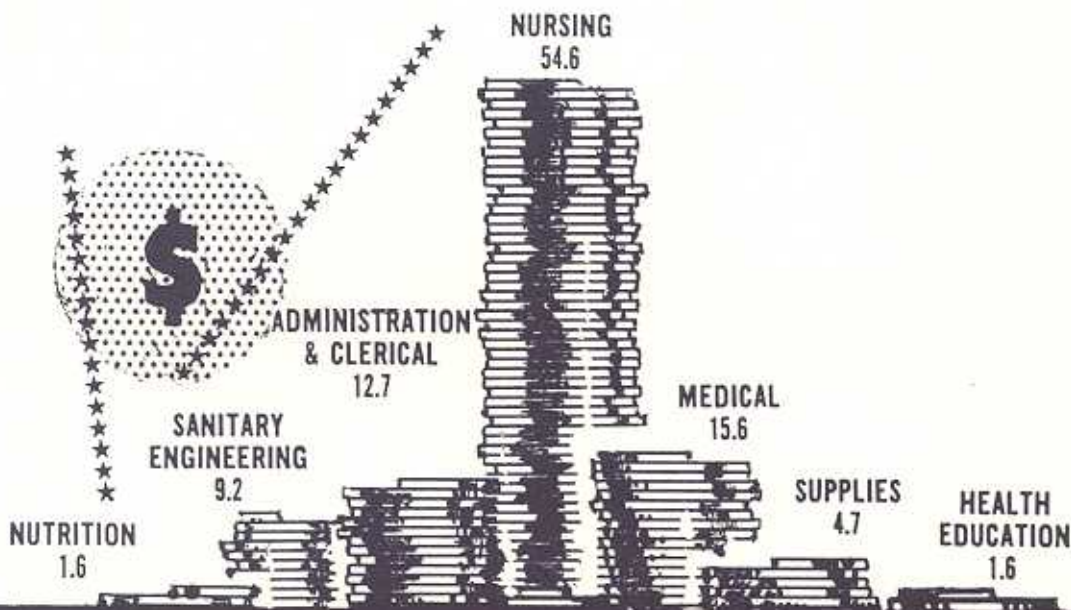
Crippled Children's Diagnostic Clinic  
1930 Prairie Avenue  
Glenview 1700

## ROBBINS

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

## BERWYN

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



## DISTRIBUTION OF COOK COUNTY HEALTH DEPARTMENT DOLLAR

### BUDGET

COOK COUNTY .....	\$138,955.00
STATE-FEDERAL .....	118,657.00
OTHER .....	14,400.00
<b>TOTAL .....</b>	<b>\$272,012.00</b>

# TOWARD A REASONABLE EVIDENCE-BASED PRACTICE

