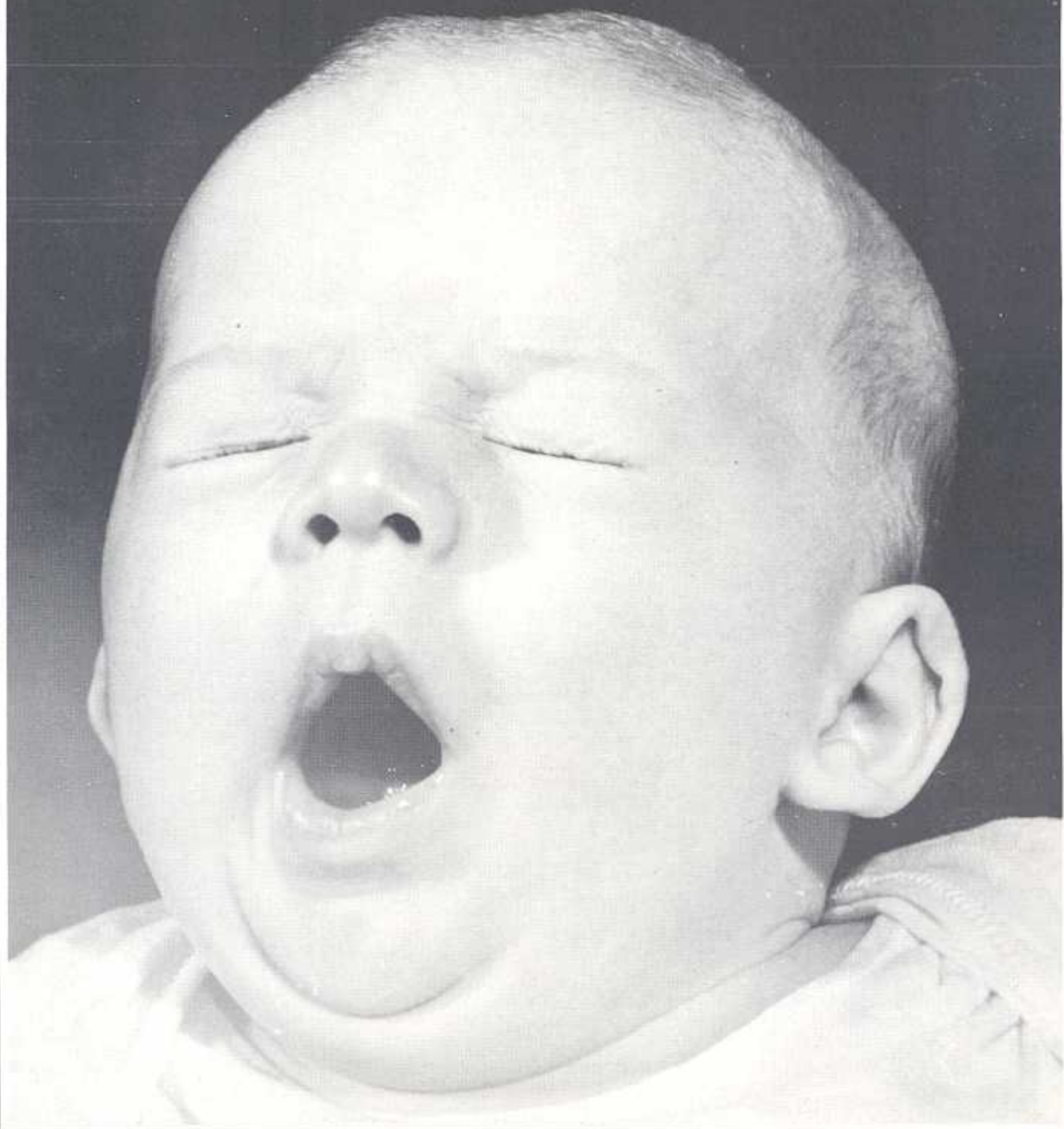


Annual Report - 1956

ACTION

COOK COUNTY DEPARTMENT OF PUBLIC HEALTH



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COOK COUNTY, ILLINOIS

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LETTERS

Sir:

Many, many thanks to your department for the splendid cooperation given me when I recently applied for a septic system approval. I wish to commend your engineer for his patience, helpfulness, cooperation and friendliness. It is a pleasure to know that the taxpaying public is getting that type of careful assistance in their needs.

Geena

P.A.A.

Sir:

In your annual report 1955 booklet I saw an article with pictures of various health pamphlets, which would be of great use in our sixth grade health class. I'd be very pleased if you would give me all necessary information on how I could get as many as possible of these pamphlets.

Maywood

D.S.

Sir:

Your record of progressive and forwarding looking public health activities is most encouraging to others in the field. The highlighting of newer programs concerned with accident prevention, the health of migrants, and polio immunization is particularly interesting.

Chicago

H.M.G.

Sir:

Our biology teacher is interested in nutrition education. He puts it this way, "I'd teach more in nutrition if I knew more—had fundamental facts". I'd like to see a pretest set up for the unit. Let's get at the poor eating habits and attitudes! What do you think.

Blue Island

M.A.A.

Sir:

Thank you for your statement that I may use the services of your department. I have learned a great deal about water supply in the past year, and, no doubt, can use a lot more guidance in our development and expansion.

V.Y.

Glenview

Sir:

I would like any information and help you can give me concerning mentally retarded children. I am helping to organize a private nursery school for the exceptional child age 2½ to 6 and will be the senior teacher.

J.F.M.

Sir:

Send me your health education material. I am an elementary school teacher and also am taking a course in school health.

A.L.S.

Lemont

Sir:

We thank you and your department for assistance on a case involving cruelty to farm animals. Your veterinarian did an excellent piece of work in investigating the herd condition and in testifying to his findings in court.

J.J.S.

Chicago

Letters to the Editor should be addressed to: John B. Hall, M.D., M.P.H., Director, Cook County Department of Public Health, 737 S. Wolcott Avenue, Chicago 12, Illinois.

HEALTH DEPARTMENT LOCATIONS

Central Administrative Office
737 South Wolcott Ave., Chicago 12
CHesapeake 3-5833

West District
1907-09 Rice Street, Melrose Park
FIlmore 4-6052

North District
1062 Lee Street, Des Plaines
VAnderbilt 4-8182

Southwest District
3411 West 95th Street, Evergreen Park
GArden 2-7424

South District
51 East 154th Street, Harvey
EDison 3-0006

ACTION

Cook County Department of Public Health

ADMINISTRATION

Director..... John B. Hall, M.D., M.P.H.
Charles A. Lang, M.D., M.P.H., District Health
Officer;* Jessie Pierson, Administrative Clerk; Lee
Ellen, Custodial Worker.*

HEALTH EDUCATION

Chief..... Irene Fahey, M.P.H.

SECRETARIAL DIVISION

Chief..... Lorraine Johnson
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Irene Erickson, Josephine Iacuzzi, Rose Keenan, Fred-
rika Kirkling, Doreen Lambersky, Agnes Mulvihill,
Mary Louise Murphy,* Mollie Blanton, Mery J. Priebe,
Nanette Rechord, Cale Riffkind, Dolores Salvatore,
Jule Sullivan, Thelma Tarrant.

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PREVENTIVE MEDICINE AND EPIDEMIOLOGY

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

NUTRITION

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Chief..... Martha J. Thomason, M.S.

PUBLIC HEALTH NURSING

Chief..... Hertha Larson, M.A.
Assistant Chief..... Thelma Cline, Ph.B., B.S.
Educational Director..... Myrtle Sorenson, M.Litt.

SUPERVISING NURSES

Bridget M. Campbell, M.A., Supervisor; Maria Co-
burn, B.S., Assistant Supervisor; Esther Doyle, B.S.,
Supervisor;** Eleanor Fackler, Assistant Supervisor;
Alice Michalak, B.S., Supervisor; Elaine Nemoto,
B.S., Assistant Supervisor; Edith Nyden, B.S.,
Supervisor.

PHYSICAL THERAPISTS

Marjorie Hart, B.S., Alice Okrafosmart*

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B.S., Dorence Brooks, Eleanor Coghlan, B.S., Mary
Louise Graemer,* Mary Dawson, Goldie Durichek,
B.S.,* Annette Durrenberger, Rosella Fingert,** Cath-
erine D. Flaherty, Martha Grill,* Willa Mae Hinson,
Mary Jaros,* Lorain Kalbfell, Margaret Koenig, B.S.,
Faye Krauss, Dolores List, B.S.,* Mary Maloney, Mary
Jane McElligott, Irene O'Connor, May Omura, B.S.,
Frances Peterson, Beryl Rhoads, B.S., Eugenia Richard,
Gertrude Ruedanz, B.S., Rosella Slovan, B.S., Veron-
ica Starsnick, B.S.,* Margaret Stypul, B.S., Ardene
Taylor, Patricia Tynan, B.S., Frances Utsch,* Dolly
Wong, B.S., Wilma Wood.

MATERNAL AND CHILD HEALTH

Chief..... William M. Hanrahan, M.D., F.A.C.S.

COOPERATING PEDIATRICIANS

Eugene J. Ahern, M.D., John Hyde, M.D., Francis
Kodi, M.D., Anne C. Leonard, M.D., Alice Racher,
M.D., Helen L. Rhetta, M.D., W. M. Winston, M.D.,
Peter S. Pinto, M.D., George Tietz, M.D., Luis Trevino,
M.D., Ahmet Alibaz, M.D., M. L. Mabiligan, M.D.

COOPERATING OBSTETRICIANS

Miguel V. Gomez, M.D., Burwyn C. Albright, M.D.,
Jonas Kalpokas, M.D., W. C. Katel, M.D.

VETERINARY PUBLIC HEALTH

Chief..... Clarence Hostetler, D.V.M.

DENTAL

Seymour Gould, D.D.S., W. C. Lukaszewski, D.D.S.,
Frank Nuccio, Dental Assistant.

ENVIRONMENTAL HEALTH

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

PROGRAM SUPERVISING ENGINEERS

Robert R. de Jonge, B.S., Steven W. Nick, B.S.,
Robert J. Wollschlaeger, M.S.

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B.S., Paul C. Levin, B.S., M.P.H.,* Edward C. Rubin,
B.S.,*

SANITARIANS

Morris Albaum, Anthony J. Garo,* Sylvan Kohn,
B.S., Bruno Mannella, Joseph W. Svoc, John F.
Schultz.*

*Resigned **Sick Leave

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A Blueprint for Health — Chiefs talk it over. Daniel Ryan, President, Board of Health and John B. Hall, M.D., Health Department Director.

DIRECTOR'S LETTER

Dear ACTION-Reader:

The tremendous growth of suburban Cook County since the end of World War II could hardly have been anticipated in 1940 when the Cook County Department of Public Health was organized and later established in 1945 by unanimous resolution of the Board of Commissioners of Cook County.

The pace with which families have invaded the once open spaces surrounding Chicago makes the growth of Jack's beanstalk one of snail's pace. At the time the health department was organized, some 500,000 residents fell heir to its health services. Today, more than 300,000 have been added, and by 1960, another 25 per cent increase is expected, with more than the million mark projected by 1975.

With the snowballing population of suburban Cook County, the need for more extensive health services becomes more apparent and immediate. While health is often considered an individual responsibility, human nature prompts us to take our health for granted until it is impaired. This is why personal and community health must be more than an individual responsibility. Preservation of good health must be the responsibility of an organization dedicated to reach the people and make them aware that good health doesn't just happen—it takes planning plus group and personal action.

The health needs of our communities have been measured, and are constantly re-measured, to eliminate as many gaps in service as possible. But, certain limita-

tions have become inevitable because of budgetary restrictions and the shortage of professional personnel in the health field.

We are grateful to the Board of Commissioners of Cook County who recognized the necessity of a health department, such as ours, and gave it legal authorization in the County Health Department Law of 1943 (The Searcy-Clabaugh Act) and a special amendment to this law in 1945.

We are grateful, too, for the splendid cooperation given us by other official and voluntary agencies dedicated to special phases of the health problem. Through the joint utilization of staffs, our services are broadened for the benefit of our communities.

There are no social or economic barriers in the delivery of our services—they are given wherever and whenever they are needed to provide everyone with an equal opportunity to his natural heritage of good health.

We of the Cook County Department of Public Health accept the challenge brought about by progress and prosperity and dedicate ourselves to the task which lies ahead in making our suburban communities healthier places in which to live.

Cordially yours,
John B. Hall M.D.

WHAT IS THE COOK COUNTY DEPARTMENT OF PUBLIC HEALTH?

A part of County government which concerns itself with the protection of all citizens against sickness and death caused by public health hazards, and with the general promotion of sound public health practices and procedures. The Cook County Department of Public Health was established in July, 1940 by resolution of the Board of Commissioners.

WHAT DOES THE HEALTH DEPARTMENT DO?

Prevents many communicable diseases by promoting immunization.

Works to bring about safe water, milk and food supplies. Promotes proper disposal of human and industrial waste. Encourages better sanitation in eating places, tourist camps, trailer camps, swimming pools, parks and other public places.

Aids in saving the lives of mothers and new-born babies.

Helps to prevent accidents.

Develops sound community dental health programs.

Collects and interprets vital statistics.

Assists in the prevention of chronic illness.

WHAT AREA DOES IT SERVE?

The Board of Health has jurisdiction throughout the entire county except within cities, villages or incorporated towns which maintain full-time health departments as defined by the Illinois Department of Public Health. Full-time approved health departments operate in Berwyn, Chicago, Evanston, Oak Park, Stickney, and Winnetka-Kenilworth-Glencoe and Northfield Villages.

HOW IS THE HEALTH DEPARTMENT FINANCED?

The budget of the department is paid from County, State and Federal funds. About two-thirds is from the County general fund and one-third from State-Federal allocation.

WHAT PERSONNEL SERVE ON THE STAFF OF THE HEALTH DEPARTMENT?

The staff is composed of professional and clerical workers. The professional staff is composed of public health physicians, public health nurses, sanitary engineers, sanitarians, nutritionists, health educators, veterinarian, dentists and physical therapists.

ACTION

Cook County Department of Public Health

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COUNTY AFFAIRS

THE COUNTY

New Faces

The sound of a lusty baby's cry reached the ears of the expectant father in the hospital waiting room—and before the day is over, the same event will be repeated 49 more times for residents of suburban Cook County.

Each day throughout the year, at least fifty new infant faces are added to suburban Cook County families, just one staggering example of the rapid growth the suburban areas are undergoing. The rate at which new babies arrive in suburban areas has caused the suburbs to be called a pediatrician's paradise, and understandably so.

Add to the nearly 18,000 newborn babes every year the number of families who move to the suburbs, away from the hustle and bustle of the big city to enjoy the highly-rated advantages of suburban living. A home of their own, the promise of a better community in which to live and raise their children—these are but a few of the dreams of the newcomers. Here we have a population, constantly growing, with constantly growing needs.

New Problems

A recent survey shows that 20 areas in Chicago and suburbs have experienced an increase in housing units of 100 per cent or more since 1950, some over 200 per cent. There is every indication to believe that the migration into suburbs will continue at a similar pace for some years to come.

While many of the new suburbanites are realizing their hopeful dreams, they are facing other problems for which they may not have bargained. Such speedy growth has given rise to shortages, and in some cases, complete lack of schools, churches, hospitals, youth centers and other establishments and services required for a healthy, enterprising, progressive people.

Let's take a look at the hospital shortage. These suburban areas with young couples of child-bearing age are the very ones which are faced with hospital facilities inadequate to care for their rapidly-arriving babies. The Chicago Hospital Council has called the bed shortage critical.



Isn't he a strong handsome baby? The health department will help you keep him that way.

Indeed it is. A requirement of 4.5 beds per 1,000 population is considered the standard need. Although a few suburbs are drafting plans for new hospitals, last year there were only 3,392 beds in suburban Cook County as compared to a need of 7,075. One area, with a population of 56,000 people and a need for 141 beds, has none. In another area with over 27,000 family-raising young people, there are no beds. And, so the sad story goes, with even those areas fortunate enough to have hospital beds adequate to meet their own particular community's needs, being invaded by patients from nearby suburbs.

\$10,000 Per Bed

At the cost of one million dollars for 100 beds, the building of a hospital be-

comes a community enterprise. The federal government contributes but a third of the cost; the rest must be paid for out of the pockets of business, industry, and residents.

In view of the strategic hospital shortage, the importance of public health services is vastly increased. Health protection becomes the keynote, through education and services available to every segment of the suburban population. In addition to the resources of the health department itself are the combined services of the department and other official and voluntary agencies, all of which can make great inroads toward the protection and preservation of the good health of suburban Cook County families.



Life begins in an incubator for the premature arrival.

MATERNAL AND CHILD CARE

The suburban baby boom has done a great deal more than merely increase population figures. Among the obvious, more mothers per capita are faced with the problems of raising children—an endeavor which often requires outside help.

While 99 per cent of mother-baby care is fendered by the private physician, one per cent of the 18,000 suburban babies born each year receive services of the Cook County Department of Public Health.

Modern medical practices have eliminated many of the complications which formerly accompanied childbirth. Nevertheless, much of the birth success depends upon the mother and the care she receives before the baby arrives.

Prenatal Pitfalls

The period prior to the birth of her baby can be one of anxiety, uncertainty and confusion for the expectant mother. In one area of the county where the need is great, a prenatal clinic is sponsored by the health department. Because of the increased number of expectant mothers requesting clinic care, a new plan for admission went into effect this year which requires registration in advance of every expectant mother. Some 400 patients a year are given a complete physical examination. Prenatal instruction is given by the public health nurse and nutritionist in preparation for the big event. The expectant mother's weight, a matter of undisputed concern, receives attention. Advice is also given on how to keep well during pregnancy.

Early Arrivals

Complications of nature sometimes take the upper hand and bring the child into the world before the expected date. About 900 babies a year arrive prematurely to suburban Cook County residents, bringing with them special medical and nursing problems. They may be speeded by the County Sheriff's Police to hospitals equipped for their care in specially designed incubators provided by the health department. Once at the hospital, they receive the competent care of hospital nurses whose training has been intense in the premature field.

Premature births are reported immediately by the seven hospitals within the health department's jurisdiction. This information guides the public health nurses in their home visits, both before and after the infants are sent home from the hospital, by helping to prepare the mother and family in the care of the new baby.

Carriage Trade

While the general care of the baby is primarily the mother's responsibility, she finds help and information in special services which have been established to overcome certain unexpected problems.

The births of all infants are reported regularly to the health department by the hospitals or local health departments in the area. Home visits are then made on a selective basis by health department nurses.

Other tips on infant care which have proved valuable to many questioning mothers is derived through a cooperative arrangement with the Mental Health Authority. A copy of the list of newborn

babies is sent to the Illinois Department of Public Health in Springfield, which in turn, sends to the parents a series of twelve letters. The letters give guidance in the physical, mental and emotional development of children.

Tips on Tots

Pre-school years are of vital importance to the future development of every child. Mothers of well children, ranging in age from birth to four years who are not under the care of a private physician, may receive counseling and a continuing appraisal of their child's health in any one of the 29 child health conferences sponsored each month. Mothers are helped to understand feeding problems, as well as physical and emotional development of growing children. Complete immunizations are given against whooping cough, smallpox, diphtheria, tetanus and other communicable diseases. These conferences are staffed by pediatricians assisted by public health nurses.

Professional Eyes

New ways and means to protect the health and safety of mother and child are constantly being sought by the medical profession. The voluntary Suburban Cook County Maternal and Infant Welfare Committee is dedicated to raising obstetric standards and improving maternal and newborn care.

The recently formed group is made up of obstetricians, general practitioners and pediatricians from 13 hospitals in suburban Cook County, and five public health officers including one representative from the health department. Members meet regularly to review maternal and perinatal deaths and make recommendations based on conclusive discussions.

PUBLIC HEALTH BOOKKEEPING

Statistics may appear dull in black and white, but without accurate registration of births and deaths, a community cannot clearly see where to direct its activities.

Through birth records, future plans can be made by using them as a gauge in planning for such community projects as road and sewer developments, new schools and health services. Death registrations can pinpoint areas in which certain diseases need special attention.

The health department Director acts as Registrar of births and deaths occurring in most of suburban Cook County. Approximately 5,000 birth, death and still-birth certificates are registered each year. Certified copies are made for the County Clerk and the files of the health department, as well as for persons having a legitimate interest in these records. A fee of one dollar per certificate is charged and turned over to the County Treasurer.

COMMUNICABLE DISEASE CONTROL PROGRAM

Tag Days

Earlier in this century, the quarantine placard tacked on the door of a home was a common sight. However, modern medicine and practices, and better control measures, have overtaken the placard, making it a symbol of the past.

Control of communicable diseases requires the preventive work of the health department, along with the work of the private physician, to see that the whole community is properly immunized and that carriers of infectious diseases are withdrawn from employment which might lead to the spread of the disease to the public.

The year 1956 saw the most complete reporting in some areas of communicable diseases in the history of the department. When a case of communicable disease is reported an appropriate pamphlet describing the disease is sent to the family with suggestions for home care of the sick.

Polio Punch

Several years earlier, the dramatic polio outbreak in Chicago during 1956 would have created widespread panic. However, the Salk vaccine replaced panic with hope.

A stepped-up program of polio vaccination took place in both Chicago and suburbs. Free clinics were conducted at four district health department offices, strategically located to cover all areas of Cook County. Vaccine was also supplied to suburban hospitals whose physicians staffed free vaccination centers. Children in two schools in areas where the population is made up of low income families were immunized by physicians from the health department.

In addition, some 78,300 cc of polio vaccine were distributed through these centers, while another 462,000 cc were distributed to physicians in private practice for the immunization of children between the ages of six months through 19 years and pregnant women.

During the polio season, 221 cases were reported in suburban Cook County, a decrease of almost a third from the previous year. It is estimated that four out of five children in the suburban area received two injections of polio vaccine.

Although the threat of polio lies dormant in the public's mind until next season, a continuing vaccination program has been set up to provide protection. Families receiving assistance from the Cook County Department of Welfare, and children attending child health conferences are eligible. The goal of the polio program is to immunize all susceptible persons starting with the most susceptible group, infants through 19 years of age and pregnant women.



Flu shots for County employees.

To help guide the future program and analyze the past polio activities, a detailed report is in the works, based on findings of a study made by the health department and the United States Public Health Service.

People Vs. TB

Just as the quarantine placard is a symbol of the past, tuberculosis is no longer synonymous with death. Instead, medical discoveries and modern drug treatment have led to an attitude of public apathy, which, if not counteracted, can hamper complete control.

Tuberculosis is still too much of a threat to be ignored, and periodic chest X-ray examinations are encouraged for every adult. TB detection is carried on through community, industrial and high school chest X-ray programs. The health department, The Suburban Cook County Tuberculosis Sanitarium District, and The Tuberculosis Institute cooperate in the sponsorship.

Sleuthing Suspects

About one out of every hundred individuals X-rayed is found to have "suspicious" signs of TB. In the event that a suspect case does not report for further examination at the Sanitarium's request, nurses from the health department contact the individual to encourage him to submit to further examination.

Medical supervision and treatment is the responsibility of the Sanitarium District, although health department nurses cooperate by making home visits to patients, both before hospital admission and after discharge.

Detection of exposure to TB among children can reveal neighborhood areas

of high incidence and lead to locating adults who have the disease without knowing it. Consequently, a tuberculin testing program is conducted in some suburban elementary schools. Each child whose test shows a positive TB reaction is examined further, and members of his family are X-rayed to determine if active TB is present.

Pets and Miscellaneous

Love and companionship rank among the major rewards of owning a pet, yet the human-animal relationship is not without health hazards.

Yearly inoculation against rabies is required of each dog, and the fact that only one case of rabies was reported in 1956 indicates dog owners' compliance. Free anti-rabic vaccine is furnished to physicians by the health department and records are kept of all animal bites reported. Laboratory examination is made of all animal heads to rule out the possibility of rabies.

Birds, another popular pet, transmit psittacosis to humans. National figures show an 82 per cent increase of psittacosis almost entirely among parakeet lovers. All cases and suspect cases of this disease are investigated, and the source of supply and sale of the birds involved is traced by the health department veterinarian.

As in tuberculosis, medical discoveries have removed many of the terrifying connotations of venereal disease. However, detection and counsel are important, and the public health nurse plays an important role in counseling and referring suspect victims to the private physician. A working and approved program of payment has been set up to help venereal disease patients unable to pay for private medical care.

VETERINARY PUBLIC HEALTH

Man and Beast

The convenience of modern super marts and the wide variety of packaged goods have eliminated much of the doubt of the early 20th Century housewife. She finds her meats packaged in transparent wrappings, marked with price and weight for her easy selection.

But, before these items have reached the super mart, the health department has played a behind-the-scene role which insures the quality of the meat she buys. For, although diseases transmitted from cattle are no longer as prevalent as earlier in the century, they have not been wiped out completely, and periodic examination of the 20,000 cattle in the county must be made.

Every cattle herd is tested for brucellosis and every infected animal removed. Later tests are made at regular intervals until the herd is found free from the disease on two successive 60 day tests. Calves are also vaccinated to prevent their infection.

Test Tube Cattle

Another disease, tuberculosis, can be transmitted from cattle to human, and a careful program of tuberculin testing protects the consumer. All breeding cattle are tested at least every three years—infected animals are promptly removed. For further protection, the premises are disinfected and infected herds placed under proper supervision until the disease is wiped out.

Animal fanciers may also take comfort in the safety of association with animals vying for championship at the two yearly 4-H Fairs. Each animal is tested and prohibited entry if a clean bill of health is not revealed.



The 3 R's plus periodic physicals add up to good school care.

SCHOOL HEALTH

Pupil Protection

When the school bell tolls each week day to signal school's in session, some 10 to 35 percent more children herd into the classrooms than just ten years ago.

Packed school rooms and limited public health nursing personnel have necessitated a shift in emphasis from direct school health services to one of advisory service and health counseling to school personnel.

Throughout the school year, the public health nurse meets with the school administrator and faculty to help lay school health plans. She helps prepare them for emergencies, first aid, physical and dental examinations, and meets in teacher-nurse conferences. Throughout the year, she helps with various screening programs, and the health needs of children with special physical and emotional handicaps.

With the valuable aid of volunteer workers recruited from the community, the school child's health receives excellent and continuing attention.

An Apple A Day...

Chances are, the lunch box carried by most school children contains a healthful, nourishing lunch, based on suggestions from the health department's nutritionist. Special surveys of food habits promote new programs designed to point up nutritional needs. Four such surveys of eating habits were conducted in grade schools during 1956, as well as four weight control programs in high schools.

To be effective, the school health program cannot remain static; it must meet the needs of each school according to particular problems. Two conferences were held in 1956, planned by the County Superintendent of Schools, Noble J. Puffer, and the health department. One brought together all nurses serving suburban schools, the other school administrators. Through these meetings, modern school health practices were reviewed, with emphasis on ways in which public health personnel and educators can improve and strengthen programs.



Along with 19,999 fellow bovines, this cow receives periodic health tests.

ENVIRONMENTAL HEALTH

The World Around Us

Within the home, food refrigeration, personal hygiene and other precautionary health measures classify as individual responsibilities. But, outside the confines of home, the very air we breathe, the water we drink, the bathing and recreational areas we visit—all have to be regulated for the protection of the entire community.

Sewage Saga

One family, perhaps not typical but an example of what can happen without proper supervision, moved into a new suburban home recently. A few weeks later, their dreams were shattered. Raw sewage began backing up in their bathroom. What happened? Faulty septic system.

This catastrophe could have been avoided had the system been installed in strict accordance with the plans. Some 2,031 builders last year consulted the department about designs for individual septic tank systems. Sanitary engineers reviewed all septic tank plans, making corrective suggestions when the plans are not approved for installation.

Water samples from public and private water supply systems, private wells and Forest Preserve wells are analyzed periodically for the protection of users. Thousands of citizens benefit yearly from the routine inspections, consultations and technical advice on design and operation of public and private sanitary facilities.

Pools and Places

Nothing can be more refreshing or fun during the summer than a lazy swim—nothing, that is, unless the water is polluted. To protect the summer swimmers, the health department inspects 46 outdoor swimming pools, in the area periodically, including investigation of pool facilities, dressing rooms, water treatment and general operations.

For those living in trailer, cabin and motel units, the health department is also a watchdog. Here, the department cooperates in the enforcement of ordinances covering such units, and in some cases, regulates operation by enforcing the ordinances.

The safety of the milk which suburban residents drink is insured by the health department's enforcement of the milk

pasteurization law and sampling program of milk supplies. Samples are collected monthly or oftener from 14 dairy plants and 170 milk producers in the area.

However, there is no county-wide ordinance for regulation of sanitation of food handling establishments. Some communities have their own ordinances, in which case, the health department serves in an advisory capacity. Upon request, it makes surveys of food handling establishments and conducts classes for food handlers, emphasizing sanitary practices.

Curtailling Nuisances

A vigilant caretaker, the health department protects other phases of community living by investigating many environmental nuisances. Garbage and refuse dumps, air and smoke pollution are investigated, and when public health hazards are revealed, corrective action is requested. Failure to secure voluntary correction may necessitate advising the State's Attorney and County Courts for enforcement.

Whatever the sanitation problem, the health department is on tap for consultation. Individual homeowners, contractors, engineers and public officials may call for professional advice.



Observing operation of sewage treatment facilities at trailer park.

PUBLIC HEALTH VOLUNTEER

From Home to Community

The public spirited interest of community volunteers helps the public health program roll along with efficiency. Recruited from each community, the volunteer meets with the public health nurse to learn her duties in the services designed for the good health of her child and her neighbor's.

In the school she assists with records and routine duties in vision and hearing screening tests. Her concern and activities serve more than the school itself; through her familiarity with community health problems, she is in a position to inspire community action among other groups in the community to which she might belong.

Mother and children attending child health conferences also meet the volunteer worker who assists with records and general duties.



"I am here to help" is the motto of volunteers.



Growing Golden Age

Census figures show that in each decade, the number of grandparents who are living to become great-grandparents is increasing. This growing segment of our population demands that more attention and services be devoted to the aging.

Centralized housing is provided by 52 nursing homes in suburban areas. Through these homes, many of the older age group receive service from the public health nurse, nutritionist and sanitary engineer. Special diets, agreeable with the older generation's appetite and needs, receive the planning assistance of the nutritionist. General home conditions, such as lighting, ventilation, plumbing and refrigeration are inspected by the engineer. The nurse gives further advice and in general, assures the nursing home residents of the quality of nursing care.

And after the card game, a nutritious meal.

Co-operation Produces

As he sits in the waiting room of the private physician, it is doubtful the patient considers the doctor in any role other than that concerning himself. However, some 800 private physicians in the suburban area cooperate with the county health department to give greater health protection to the entire community.

The arrangement between the health department and physician is reciprocal. Patients may be referred by the private physician for special physical therapy at one of the treatment centers, or the services of a public health nurse may be enlisted for home visits. On the other hand, the health department encourages consultation with the private physician regularly, and persuades prospective mothers to place themselves under doctor's care early in pregnancy.

The private physician and health department work diligently together on immunization programs, special communicable disease programs, and other preventive measures designed to better general public health.

Migrant Headaches

More than 5,000 migrant workers swarm into Cook County each year during the truck farming season to earn the only kind of living for which they are equipped or familiar. Because their stay is brief, terminating with the end of the season, they represent a unique problem to health authorities.

New ways to improve their health, housing and sanitation are currently being explored by health department personnel. In the meantime, every effort is being made to give them better health through nutrition education, immunization, physical examinations, dental care and family counseling.

From Portal to Portal

Once again, personnel limitations interfere with a complete program, but as much service is rendered as possible. The public health nurse may visit the home at the request of a private physician, clinic or family member; the type of care is prescribed by the physician. During her visit, she gives nursing care to the patient and instructs family members how to provide adequate care, offering as much supervision as time permits.

Serious or prolonged illness in the home causes many hardships, not only to the one who is ill, but to the family as well. Earlier hospital discharge, lack of hospital beds, plus the rising cost of professional medical care, have created a greater demand than ever before for home nursing services.

Restoration

Once the illness itself has been conquered, attention must be devoted to any after-effects so that the person will be able to return to a useful, productive life. Two physical therapists, subsidized by the county chapter of the National Foundation for Infantile Paralysis, help restore patients through special therapy services. The program may be carried on in the home, or for those who are ambulatory, at treatment centers.

Other special programs are also conducted to meet the needs of diabetics, rheumatic fever patients, those interested in weight control, Civil Defense and industrial health.

A Word to the Wise, Et al.

While a health department engages in activities designed for the wellbeing of its community, it cannot achieve its goal without education of the public.

Rarely a day passes that the radio, television or newspapers, don't carry a message regarding health, be it disease, sanitation or some other information regarding disease and death prevention.

These media represent excellent tools with which to reach the masses. But, specific health education goes on constantly, conducted by every member of the health department staff. Through clinics and home visits certain segments of the population are reached; special meetings of women's groups, medical and dental societies offer still other avenues for health education.

Whatever epidemic, disaster or emergency arises, the health department is on hand to coordinate resources in the community and to offer information on what needs to be done and how it should be done to protect the community and individual.

Tooth Talk

Advertising claims of toothpaste manufacturers tend to build a false dental security. But, in spite of the countless improvements in tooth cleansers, youngsters still have dental problems which require additional attention.

With dental health education and corrective services, the health department is helping counteract faulty tooth development. Dental services are given to children in fifteen school districts where families cannot afford private dental care. Clinics are located in health centers and schools. For the harder-to-reach residents of rural areas, a mobile dental unit travels about, providing complete dental care for children from two to 16 years.



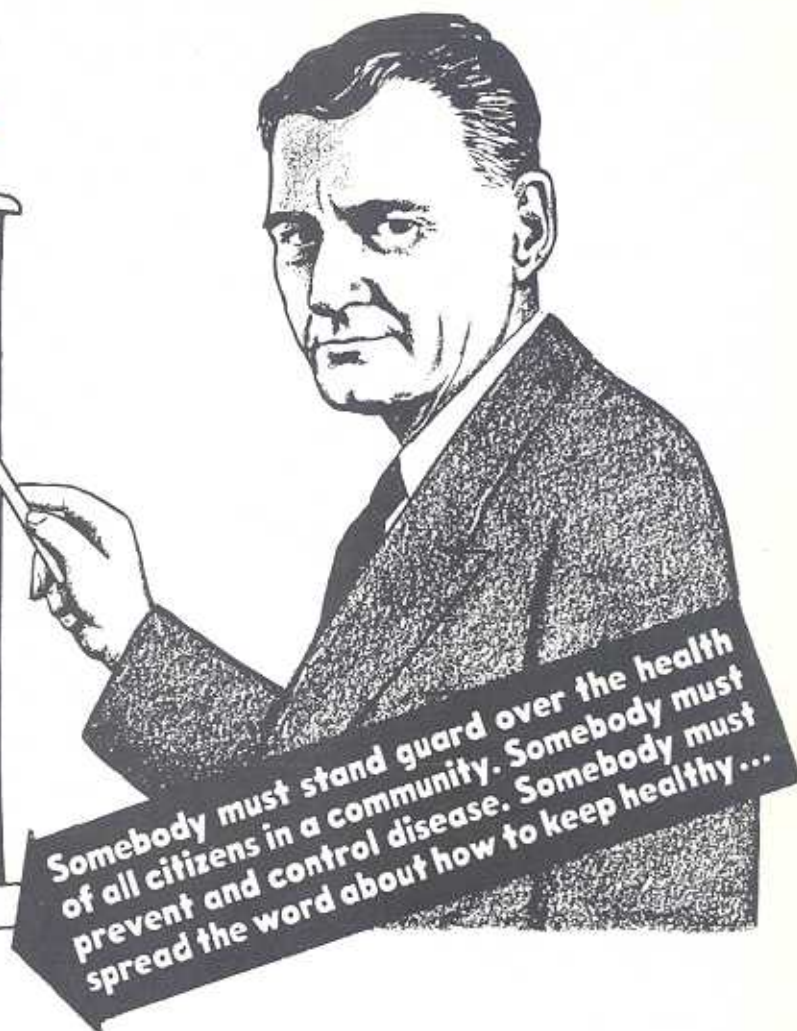
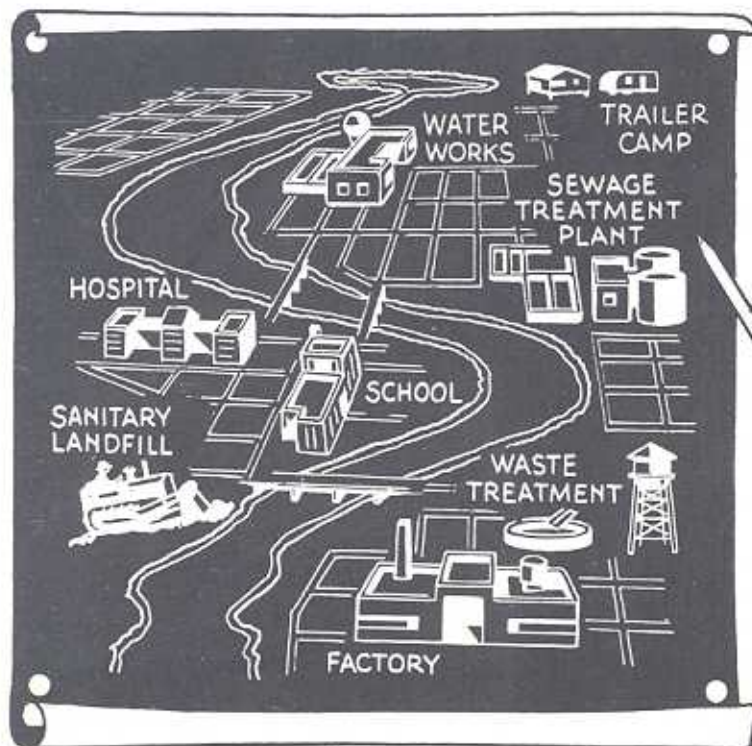
An ounce of prevention is worth the life of a child.

Vigilance, Not Vaccine

Public sentiment responds instantly to any widespread disaster. And yet, accidents, the major cause of death among children, usually receive little more than a sympathetic sigh and are soon forgotten by the disinterested outsider.

Nearly half of the childhood deaths caused by accidents occur in the home. Removal of accident hazards depends on the adults within the home, and much attention is focused on potential accident hazards by the public health nurse in her home visits and child health conferences. Unfortunately, there is no "vaccine" to prevent accidents—their prevention requires full-time caution.

Somebody must . . .



Somebody must stand guard over the health of all citizens in a community. Somebody must prevent and control disease. Somebody must spread the word about how to keep healthy . . .

**In Suburban Cook County
that somebody is the
Cook County Department
of Public Health**

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