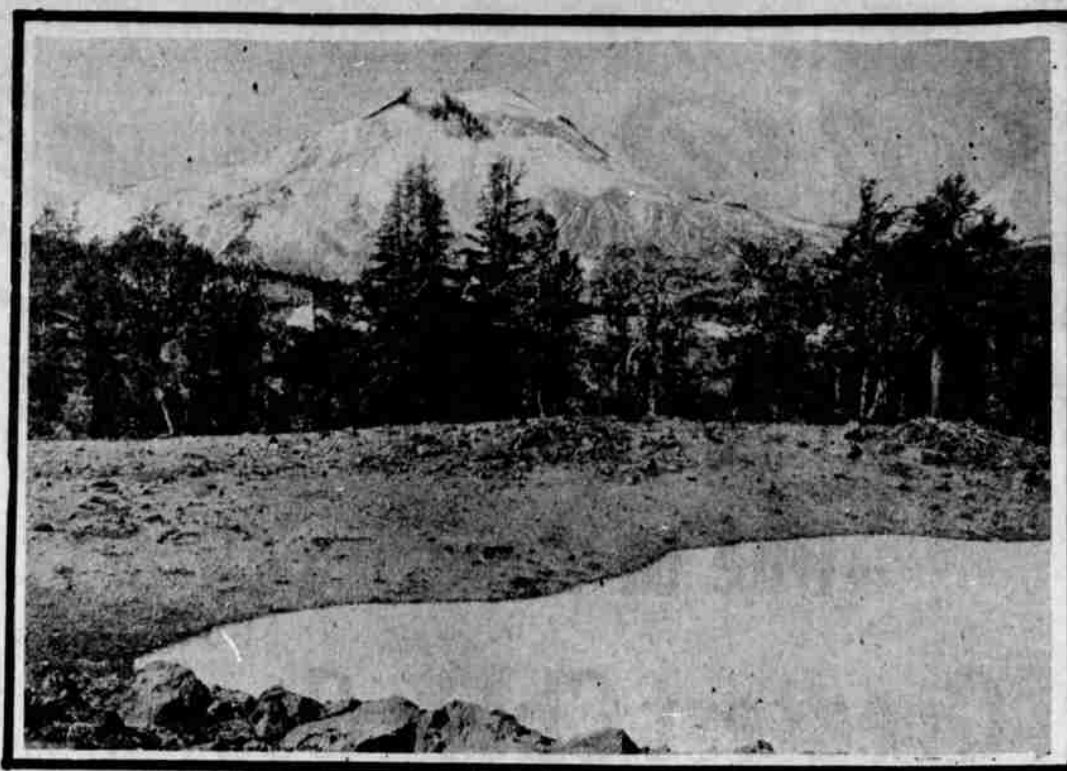


Oregon Cascades

WITHIN
REACH OF
ROSEBURG
BY CAR



South Sister



Snow in Jefferson Park Oct 2nd

—Photo Courtesy Oregon Journal

Crescent Lake and
Cowhorn Mountain.

Douglas County Health Unit Completes Year of Fine Work

(By Josephine Jones, County Health Nurse.)

The Douglas County Health Department financed by federal and state funds in co-operation with the county is an organization that aims to better health conditions in Douglas county.

The program is an educational one, wide in its scope, dealing with the health of the individual from infancy to adult life.

As the twig is bent so the tree will grow. Therefore we aim to help the little tots that they may get a good start in life, form good health habits in childhood that they may attain a high degree of usefulness and happiness in life.

Realizing that a child lives nine months before it is born we feel that the pre-natal period is probably the most important part of a baby's life.

A child has a right to be well born!

A mother who has proper pre-natal care not only brings a healthy, well-baby into the world, a baby who has a REAL chance in life, but also lessens the danger of childbirth for herself. In some

instances the life of the mother may be saved. In other years of suffering are avoided in later life if proper care is given.

In 1923 statistics showed that the U. S. had a higher maternal death rate than any other country except Chile and Belgium. We lose one mother for every 154 live births.

Proper care will greatly lessen this death rate.

Some ways in which the public health nurse may help! Home visits to the expectant mother. Advises her first to put herself immediately under the care of her physician.

Second: Urinalysis once a month until last six weeks of pregnancy, then every two weeks. (Symptoms of coming trouble may be detected by these examinations and corrected before too far developed.)

Third: By co-operating with the doctor and the patient can help the mother to put into effect the doctor's advice as to diet, rest, exercise, etc.

Fourth: She may be of assistance to the mother in getting ready

proper supplies and proper clothing for the baby.

When one finds some young mother who has finished the edge of the diapers with pink crochet, we realize that the comfort of the baby wasn't her first thought and that there is room for education in this line.

Infant Care.

The problem of feeding and proper care of infants is by no means a small one. A mother needs good advice here and not the advice of every neighbor, each of whom has a different remedy to offer. All babies cannot be treated by the same rule. Each baby is an individual.

The infant death rate of the United States in 1923: 75 babies per 1,000 live births died under one year of age.

Sweden, Australia, Norway and New Zealand have a lower death rate than the United States.

During the year 1920: 75,104 deaths of infants under one year due to natal and pre-natal causes.

23,151 deaths of infants under one year due to gastric and intestinal causes.

26,144, due to respiratory diseases.

September, 1920, 6,248 babies died under 2 years of age.

October, 1920, 4,589 babies died under 2 years of age.

December, 1920, 1,618 babies died under 2 years of age.

Your baby is an INDIVIDUAL!

PUT HIM UNDER A DOCTOR'S CARE.

Public Health Nurse to Mother: "Have you taken your baby to a doctor?"

Mother: "I did, but he was experimenting with him."

Nurse: "Just what are you doing for your baby?"

Mother: "Well, I've tried three patent foods and they didn't agree with him so Mrs. Brown told me to give him another food. Her baby is the same age as mine and a big fat baby. I just don't see why my baby doesn't gain on the same food."

Who was experimenting?

Preschool Age.

Clinics for pre-school age children have been held at the following places:

Place	No. Held	Attend.
Elkton	1	26
Reedsport	2	120
Elkton	1	20
Pioneer Mill	1	11
Drain	1	23
Yoncalla	1	22
Sutherlin	1	48
Roseburg	4	198

Glendale 1 66

Total 13 564

The clinician in charge of the clinic gives physical examination of the child, advice on diet, and care of children is given. Advises parent to carry their children to the family physician for diagnosis and treatment if any abnormal condition is found.

Literature is always given the mothers free of charge if they wish it.

School Children Health Rules.

1. Take a full bath oftener than once a week.
2. Brush the teeth at least twice daily.
3. Sleep ten to twelve hours with windows open.
4. Drink one pint to one quart of milk daily. No coffee or tea.
5. Drink at least four glasses of water daily between meals.
6. Do not eat sweets between meals.
7. Eat cooked cereal, vegetables and fruit every day.
8. Play out of doors every day.

A physical examination is given each child in school. A note is sent to the parent if an abnormal condition is found advising a doctor's diagnosis and care. If a very serious condition is noted the nurse makes a home visit to the parent and gives what assistance she can.

A little deaf girl nine years old was found upon a visit to another member of the family. She had

work October 1, 1925, to December 1, 1925:

No. schools visited	76
No. classroom talks	52
No. visits to schools	103
No. pupils examined	1,677
No. pupils not defective	312
No. old defects corrected	186
No. weighed and measured	1,687

Defects as follows:

Eyes (inflamed eyelids)	28
Vision	249
Hearing	18
Ears (discharging)	13
Teeth	489
Tonsils	652
Glands	99
Cotter	255
Adenoids (suspected)	145
Skin eruption	13
Orthopedic	489
20 per cent or more over weight	74
10 per cent or more under weight	298
Heart	28
Lungs	2

Some very pleasing results have been obtained from this work.

Two children from the same family were found to be over 15 per cent underweight. One was a suspected tuberculosis case. A home visit was made by the nurse. Advice as to rest and diet was given. Arrangements made for the child to go home from school each day and rest. (This was merely suspected tuberculosis but not yet an active case as would have been taken out of school.) Vision was found to be poor. Glasses were paid for by Red Cross. When the child put on glasses she was delighted to be able to see flowers. Said she had never really seen them before.

Two children were found to be malnourished. Mother worked out and was not able to give the children proper food.

One had diseased tonsils and adenoids.

Red Cross furnished one pint of milk a day. Tonsils and adenoids were removed. Children are up to weight now and in good physical condition.

Child with cross eyes and almost blind. Glasses were procured for her. She is now doing good school work.

A little deaf girl nine years old was found upon a visit to another member of the family. She had

never been to school. Her parents were urged to send her to the state school for the deaf and are now quite pleased that she is so well satisfied and doing so well in school.

A school girl was found to have a very bad exophthalmic goiter. Three visits were made to the home before the parents would even consent to take the child to a physician. Finally did consent. She was badly in need of medical attention. She is improving rapidly. Has had vision corrected also. The parents are quite pleased to have had the advice of the nurse with this case.

One child was found with valvular leakage of the heart, had diseased tonsils and adenoids, enlarged glands, very poor appetite. Tonsils and adenoids were removed before going to school. Special attention to diet was given. Appetite is much improved, child is up to weight. Still goes to doctor occasionally for advice.

Cooperating with the Red Cross, Public Health Association, juvenile officer and other organizations a number of children are materially aided.

Four pair of glasses have been bought for children who needed them quite badly.

Eleven pupils have had tonsils and adenoid operations.

Cod liver oil, milk and clothing have been furnished to a number who were in need of things.

One instance, a mother with seven children had pneumonia; was reported through her physician. The father was an epileptic. The children were sleeping on the floor wrapped in gunny sacks. The first visit was a general nursing visit. Mother had been in bed three weeks, had not been bathed and still had on the dirty underwear she had on when she went to bed. She was given a bath, clean linen from the loan closet was put on the bed. A neighbor was taught how to bathe the patient in bed. Second visit more neighbors came in and were taught to care for the patient. They also agreed to do her laundry. The New Idea Club gave bed clothes. The children, when was furnished them during the illness from the loan closet.

Four new wells have been dug in the county at schools where the

water was found to be polluted. A number of others have been cleaned out and made safe for drinking purposes.

One school of eleven pupils was examined. 17 defects of the eleven children were found—eleven of these were corrected immediately. The other six were defects of weight and require time to overcome. Some of them are gaining in weight and this school may be 100 per cent.

One little girl earned the money to pay for her own corrections by selling wool from some sheep she owned. She had a vision test and some glasses, tonsils and adenoid operation and teeth put in good condition.

Little mothers' classes are being held at Glendale, Myrtle Creek and Looking Glass.

These are classes for girls between 14 and 18 years of age.

Personal hygiene, hygiene of diet, exercise, etc., are taught them.

An effort is made to get them to learn and put into practice good health habits.

The girls are very much interested and good results are being obtained.

Nutrition Classes.

Pupils who are 17 per cent or more underweight or 20 per cent or more overweight are selected for these classes.

They will be weighed once a month and weight record kept.

A thorough physical examination will be made and defects that may cause the underweight condition corrected.

Home visits will be made to the parents. The absolute cooperation of the parents will be needed if the child is to receive any benefits from the classes.

Have you ever climbed Silver Peak and done a nose dive with your flivver when only four hundred feet from the bottom?

Have you ever visited a home three times, opening seven gates each going in and each coming out? Only to find after the last visit that there was another road that didn't have any gates?

Have you ever been fussed at about expense accounts?

Have you been cursed for what you did and cursed for what you

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