DEPARTMENT OF VISITING NURSING AND SOCIAL WELFARE

IN CHARGE OF
EDNA L. FOLEY, R.N.

THE following "Alphabet of Health," written by one of the Chicago Municipal Tuberculosis Nurses, was printed on postal cards for distribution at the Chicago Child Welfare Exhibit held in that city for two weeks in May. Rather than make the alphabet too full of gloomy forebodings, the writer has worked into it the idea of health and what makes children healthy, rather than too many "Don'ts" and "Antis." Copies of this postal may be obtained by nurses interested in it who will write to the editor of this department, Room 1513, 105 West Monroe Street, Chicago.

AN ALPHABET OF HEALTH

BY JANE FLANAGAN,
Visiting Tuberculosis Nurse, Chicago, Ill.

A—is for Adenoids, which no child should own
B—for right Breathing, to give the lungs tone
C—is for Coughs, which we should not neglect
D—for the Dentist who finds the defect
E—is for Evils of foul air and dirt
F—is for Fresh Air, too much cannot hurt
G—is for Gardens where boys and girls play
H—is for Hardiness gained in that way
I—is Infection from foul drinking cups
J—is for Joy in the bubbling taps
K—is for Knowledge of rules of good health
L—is for Lungs whose soundness is wealth
M—is for Milk, it should always be pure
N—is for Nurses, your health to insure
O—is for Oxygen, not found in a crowd
P—is for Pencils—in mouths not allowed
Q—is for Quiet, which sick people need
R—is for Rest, as part of our creed

S—is for Sunshine to drive germs away
T—is for Tooth Brush used three times a day
U—is for Useful Health Rules in the schools
V—is the Value of learning these rules
W—is Worry, which always does harm
X—is Xcess—indulge in no form
Y—is for Youth, the time to grow strong
Z—is for Zest. Help the good work along.

ITEMS

THE twenty-fifth annual report of the Philadelphia Visiting Nurse Society, Margaret Lehman, R.N., superintendent, is an interesting statement of good work accomplished and planned. The work of this society was started in 1886 with one chair, one table, one room, one nurse, and \$100. The staff now consists of thirty nurses, six working for the Metropolitan Insurance Company, and four nurses for special summer work in child hygiene. The following quotation tells its own story:

“Trying to teach an ignorant mother how to care for her baby is no easy task, especially when she has had several others, and seems to think she knows all there is to know concerning such a small thing, but the nurses never forgot that patience was the keynote to it all, and the results were more, much more, even than had been hoped for. Statistics show that there was 40 per cent. decrease in the death-rate of infants, as compared to that of last year in the same district, and when it is remembered that the campaign was the first great attempt in this particular work, that it was an experiment of only four months, that it dealt largely with the foreign element, who could speak almost no English, and that ignorance, poverty, and superstition reigned supreme among them, we wonder at any results in so short a time.”

Three nurses are doing tuberculosis work; one is endowed by Mrs. W. F. Jenks, as a memorial to William Furness Jenks.

From June 1 to October 1 two special nurses are supported by the Bureau of Municipal Research for special work in child hygiene. The society supports two special nurses for the same work. These four nurses devote their entire time to the infants in four of the most congested wards of the city. The Starr Centre Association supports one nurse for six months each year. The society hopes in the near future to take up factory work. It is trying to provide a better building for the nurses' use, and of the \$35,000 asked for, \$20,000 has been subscribed. The home, which will be occupied in November, will be on the old site, 1314 Lombard Street.

THE annual report of the Richmond, Virginia, Instructive Visiting Nurse Association is another splendid account of work well initiated by a visiting nurse association. A nurse was loaned to the public high school for three months, and at the end of that period the City Fathers decided that the work could not be included in the budget, so she was withdrawn. Public indignation waxed so hot, however, that a special ordinance was passed in the summer, creating the position of nurse for the high school. The association also loaned a nurse to the schools of Manchester, across the river, to help in the medical inspection work done by six young volunteer physicians. As a result, the Manchester School Board has asked the Council for two medical inspectors and four nurses. The report of the superintendent breathes co-operation, to the extent of wishing to loan a nurse to relieve at Pine Camp, a colony for tuberculosis patients, where many of the cases discovered by the visiting nurses are sent. It is this spirit of co-operation, felt so strongly throughout the entire report, that makes a visiting nurse association a strong influence for good in the community, and it is frequently because of the lack of it that some organizations are handicapped.

THE Sanitary Department has detailed two nurses from the Colon Hospital staff to the duty of district nursing in the poor sections of the city of Colon. The attention of the department had been directed to the high rate of infant mortality in that city, and investigation showed that it was due mainly to ignorance on the part of the mothers in caring for them. For convenience of administration, the city has been divided into two districts, and each nurse makes daily visits to the homes in her district where there are mothers with infants and young children, giving instructions in feeding, and preparing food for the babies, bathing and dressing them, and in the care of the sick. The department has issued a little book in Spanish and English for distribution in the city, containing simple rules for the care of infants and children. The work is under the direct supervision of the health department in Colon.—*Canal Record*, Ancon, Canal Zone.

THE Eleventh Annual Report of the Concord (N. H.) District Nursing Association tells its own story of much needed work well done. The Association was in a measure responsible for the employment by the Board of Education of a School Nurse, as its loan of a nurse to the schools for three months the previous year had so ably demonstrated the need of a regular School Nurse and school inspection. Close co-operation between the nurses and the secretary of the Charity Organization Society made the two associations more than mutually helpful.

SARAH HELBERT, R.N., completed in February the report of her first year's work in the public and parochial schools of Cincinnati, in all she gave lectures before 130 schools, clubs, and factories. After each lecture tuberculosis circulars were distributed, and it will be impossible to estimate the enormous amount of good these lectures must have done.

The superintendent of the Carthage public schools sent the following note to the officers of the Cincinnati Anti-Tuberculosis League:

"There has not come to our schools anything which has been of more practical value to the children than these talks on hygiene and the prevention of tuberculosis; they should be given in every school in the community.

"Miss Helbert visited the various departments of our public schools and gave to the pupils the most interesting and instructive talk on hygiene which I have ever heard. Her talks deal with the every-day practices of life and point out, in an alarming manner, the dangers that lurk on every hand."

SEATTLE, Washington, sends an interesting report of the Anti-Tuberculosis Work of King County, Mrs. Bessie Davies, supervising nurse.

Seattle is a widely spread city, and the time spent waiting for and on cars seemed endless, but considering that time is also given to dispensary work the amount of outside work is especially commendable.

The following quotation from Mrs. Davies's letter shows that the tuberculosis situation in Seattle is not unlike that in other parts of the country.

"Our relief department is continually being drained, but like the widow's cruise there is always a little left and we have never had to turn away a case yet. Our funds as far as we could see, might be lacking, but, unlike Mr. Micawber, who always waited for something to turn up, we went out and hustled and something did turn up.

"There is no hospital accommodation outside of the County Hospital that admits advanced cases, and the sanatorium alluded to in the report is a private sanatorium for improvable and curable ones, so many of our advanced cases are being cared for in the home."

THE first report of the Lexington and Fayette County, Kentucky, Association for the Prevention of Tuberculosis has been published and of particular interest is the Report of the Supervising Nurse, Chloe Jackson, R.N., Mercy Hospital, Chicago.

"The five months' work was principally that of making investigations and the securing of necessary supplies for carrying forward the work—such as charts for the dispensary work, files, literature to be placed in the hands of patients, the printing of circulars for school children, the securing of literature through the State Board of Health for distribution to the general public and the fitting up of offices for headquarters.

"One week in August was spent in conducting an exhibit at the Blue Grass Fair. During this time many circulars on tuberculosis were distributed."

Miss Jackson went to Lexington last August; no field tuberculosis work had been done and she may well be proud of this five months' record. Having finished the course of lectures in the public schools of Lexington, Miss Jackson is now working in the county schools, which will necessitate driving about 500 miles before all are covered.

AFTER June 1 the address of the nurses of the Chicago Municipal Tuberculosis Sanitarium, Out-Patient Department, will be 1513 Fort Dearborn Building, 105 W. Monroe Street, Chicago.

The staff has recently been increased to twenty-one nurses, and the results of the Civil Service examination held in March have been alike gratifying to friends of Civil Service Reform and to the friends of the work itself.

The work of the tuberculosis nurse is daily growing in interest and in responsibility, and the Chicago tuberculosis nurses take this opportunity of inviting old friends and all nurses who become friends of the movement to visit them at any time in their new quarters in the Fort Dearborn Building. The latch string is always out for the nurses, and the dispensary system and work always open to their inspection.

As a large number of visiting nurses will be in Boston at the time of the Associated Alumnae meeting, it will be of great advantage to hold an informal conference on this special branch. The time and place is to be announced later. Any one having special suggestions for this meeting may send them to Miss Fulmer, Chicago.

THE annual meeting of the Connecticut State Association of Visiting Nurses was held at 200 Orange Street, New Haven, Conn., April 25. The following officers were elected: president, Martha Ball, Middletown; vice-presidents, A. H. McCormac, Hartford, Henrietta VanCleft, Lakeville; secretary and treasurer, Mary Grace Hills, New Haven.

The Hartford Visiting Nurse Association is co-operating with the Hartford Dispensary in the care of sick babies. A milk clinic has been established, where milk can be procured and instruction in preparing feedings given to all cases sent from the dispensary. The association also plans to co-operate with the Babies' Hospital this summer in the after-care of all patients discharged, in order to prevent the recurrence of disease.

The New Haven Visiting Nurse Association has added a visiting housekeeper to its staff, and finds the experiment very successful.

SIMULTANEOUSLY with the announcement of its next annual meeting in Denver, June 20 and 21, the National Association for the Study and Prevention of Tuberculosis presents statistics which show the results of the crusade against consumption in the United States for the last ten years.

The seventh annual meeting of the National Association in Denver will be held just before the annual meeting of the American Medical Association in Los Angeles. The tuberculosis workers' convention will be divided into three sections under the direction of Dr. William H. Welch, of Baltimore, president. Dr. William Charles White, of Pittsburgh, will be chairman of the Advisory Council of the association, which will meet at the same time. The three sections are, the Sociological, with Alexander M. Wilson, of Philadelphia, as chairman; the Clinical, with Dr. Charles L. Greene, of St. Paul, as chairman; and the Pathological, with Dr. William Ophuels, of San Francisco, as chairman. The report of the executive secretary, Dr. Livingston Farrand, will be incorporated in a statement of the results of the crusade against tuberculosis in the United States for the last ten years, which will be transmitted to the International Congress on Tuberculosis in Rome, next September.