

**THE PUBLIC HEALTH**

Harriet Fulmer R. N.

**HEALTH AND HOME HYGIENE**

Questions relating to health, hygiene, sanitation and prevention of disease will be answered in this column. Articles and items of interest relating to health will appear each week.

Some very interesting things are happening in our Outer-belt territory this week as evidenced by reports brought in by the Rural Public Health nurses.

Nurse from Division No. 3 says "Our town council bought a garbage wagon this week." Another one says "everyone in my township is going to vote for Good Roads Bonds so the Public nurse can go on her rounds more quickly in the Ford the County Board is going to get her this fall." From Division No. 3 we hear that "Desplaines and Arlington Heights had a fine attendance at the Travelling Clinic and that the people liked Dr. Abbott very much." Lemont is going to have a wonderful public health exhibit this week. From Division No. 1 it is reported that the following Health ordinances have been enacted.

**Health Ordinance No. 1**

Be it enacted that after January, 1920, that after death or removal of a person with consumption any house or building used for residential purposes shall be thoroughly disinfected and cleaned before again being rented. And that any landlord or his agent who fails to comply with this enactment, shall be subject to a fine of not less than \$15 nor more than \$100.

**Health Ordinance No. 2**

Be it enacted that before June 1, 1920, all privies and toilets shall be put in clean and sanitary condition and that all excreta from such shall be covered and made fly proof. Any occupant of premises who fails to comply with this ordinance shall be fined \$5.00.

**Health Ordinance No. 3**

Be it enacted that any person spitting upon the sidewalks or steps or in buildings or public halls shall be subject to a fine of not less than \$5.

**Do You Know?**

1. Where to send a tuberculosis patient for treatment?
  2. How to get a patient admitted to an institution?
  3. Where to go for examination?
  4. Which institutions are free?
  5. Which are public institutions and which are private institutions?
- Consult your Public Health nurse.

At a public hearing in Chicago on the practices of treating the "flu" epidemic startling testimony was produced, startling for this day and hour. The health department during the holiday week made an investigation of 741,825 prescriptions written by physicians during the height of the epidemic and of that number it was asserted by reputable authorities 104,101 provided for opium or its derivatives.

In reply to the question "How is the Rural Public Health Nursing Service supported?" Four nurses are supported by taxation and fifteen assigned to special towns which contribute money for part time service. The following table will show the various agencies, which pay for two and one-half days service per week amounting to \$50 a month. The

other two and one-half days are paid for by the Chicago Tuberculosis Institute, a philanthropic organization interested in the promotion of Public Health measures.

West Hammond, half time service paid for by popular subscription.

Barrington, half time service paid for by popular subscription.

Blue Island, half time service paid for by popular subscription.

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La Grange, half time service paid for by popular subscription.

Lyons, half time service paid for by popular subscription.

Gross Point, half time paid for by Board of Education.

Maywood-Melrose, half time service paid for by Board of Education.

Niles Township, half time service paid for by Women's Committee of Council of National Defense.

Wheeling Township, half time service paid for by Mrs. Lilly, Crane Farm.

Dolton, half time service paid for by Village Board.

Steger, half time service paid for by Village Board.

Cicero, half time service paid for by Town Board.

Desplaines, half time service paid for by School District.

**Ten Commandments For Disease Prevention**

1. Honor thy city and keep its sanitary laws.
2. Remember thy cleaning day and keep it wholly.
3. Thou shalt love thy children, and provide for them decent homes and playgrounds.
4. Thou shalt keep fresh air in thy house day and night.
5. Thou shalt keep clean and in order, thy alleys, thy back yard, thy halls and stairways.
6. Thou shalt not kill thine own, nor thy neighbor's bodies, with poisonous air and disease breeding filth.
7. Thou shalt not let the filthy fly live.
8. Thou shalt not steal thy children's happiness, from them by neglecting their health.
9. Thou shalt not bear filthy, decayed teeth in thy mouth, nor tolerate them in the mouths of those about thee.
10. Thou shalt not spit on the sidewalks nor on the floor, nor in the street, nor in any public place whatsoever.

**YES, INDEED**

What a pot of money a newspaper man would have if he got paid for everything he does for the benefit of the community in which he re-

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