

County Health Department Carries On Full Program

Nursing, Milk Inspection, Clinics, Are Some Of Activities

The Health Department of Macon County, organized in 1936, has made an excellent record and won the confidence of all citizens by its vigorous and efficient service during the four years since the work was begun.

The work of the department has been geared to keep pace with the National Defense Program which considers Public Health as important as airplanes, tanks and battleships, because manpower must be able-bodied and free from disease. From this standpoint the personnel of Macon's health department has equalized and improved the various services to meet the new requirements.

A Capable Personnel
From the beginning, the county has been fortunate in having a capable personnel. Dr. C. N. Sisk is District Health Officer with headquarters in Waynesville. Dr. E. N. Haller is county health officer, also serving Swain county, and the Indian Reservation, Miss Alma Kee, of Waynesville, is District Supervising health nurse. Macon County is fortunate to have the efficient and untiring service of Mrs. Josephine Dixon Gaines as public health nurse, who came to the work in July 1937. Her activities have maintained the highest standards in her profession and have improved conditions through countywide maternity, infant and tuberculosis work carried on as a visiting nurse in the homes. Mrs. Gaines is on temporary leave of absence to take a special course at the University of North Carolina.

Walter Hart, sanitary engineer, resident in Brevard, is sanitary officer for Macon and Transylvania counties. Mr. Hart succeeded H. H. Plennons. The Health Department officers are located in the Asher building, with Miss Elizabeth Love as office clerk.

Clinics And Health Care
Clinics have been a feature of far-reaching benefit to the county. The annual tuberculosis clinic is held each summer with a daily average of 35 patients examined; pre-school clinics are conducted each year, when children about to

enter school are examined and referred to specialists for correction of physical defects. Maternity and infant clinics are to be established at an early date.

In 1938 Angel Hospital and Dr. Frank M. Killian cooperated with school authorities and the health department in removing the tonsils of 125 children. A free diagnostic clinic for crippled children is conducted in Bryson City every third Saturday which serves Macon County also. The department carries on work of this kind in an advisory capacity with parents by reference to the family physician. The Department of Welfare has cooperated in some cases when necessary.

At present venereal disease clinics are conducted every Tuesday from 1 to 3, in the Franklin health office.

Disease Control
The control of contagious diseases is an invaluable activity of any health department, and it is accomplished by the prompt reporting of physicians; quarantine procedures; inoculations; by routine inspection and examination of the school children; and by the cooperation of parents and other individuals, with regard to the immediate isolation of the patient.

In Macon County, since 1936, the Health Department efforts to control contagious diseases, averaged per year as follows:

Typhoid vaccine to 2000 persons, mostly school children; smallpox vaccinations to 700 school children; diphtheria toxoid to 300 babies and young children; syphilis treatments—250 to twelve persons with syphilis; blood tests for syphilis to 350 persons; chest x-rays for tuberculosis to 100 persons.

Macon County, since 1936, is able to boast of a 60 per cent reduction in syphilis; fewer cases of tuberculosis, only an occasional case of typhoid, and now, with the State law requiring all infants to take the toxoid, diphtheria can be entirely eliminated.

Health Protection To Public
The Sanitation Inspection service to schools, to drinking water, supplies, to meat markets, to public eating places, to tourist homes and cabins, to dairies and milk plants, and to other enterprises utilized by the public, is equally important as a Health Department function.

An excellent grade of milk is now being produced in Macon

Macon County Health Department



Left to right, top row: Dr. E. N. Haller, county health officer; Miss Elizabeth Love, secretary; Walter Hart, sanitary engineer; bottom row: Mrs. Josephine D. Gaines, public health nurse; Miss Alma Kee, district supervising health nurse.

County by a modern and up-to-date dairy, which is under Health Department supervision. All dairies in the county serving the public are inspected by Mr. Hart and are required to conform to the U. S. Public Health Service Milk Code. All milk is analysed at regular intervals.

Meat markets, restaurants, and other public places, found to be unsanitary are now required to meet sanitary requirements or to close. This policy of cleanliness and safety places North Carolina and Macon County far above surrounding states with regard to health and sanitation, and includes tourist accommodations.

Child And Maternity Care
"Care of the expectant mother" by the Health Department has made definite progress in Macon County where plans are under way to set up prenatal clinics in suitable sections to provide medical supervision for all expectant mothers, and especially for those not running a normal course. This public health procedure, when approved by the local medical association, will positively save the lives of many mothers and babies who have to do without this care and attention because of lack of funds.

Of considerable importance to the county and the state is the law now requiring every expectant mother to take a blood test.

Infants and pre-school children are receiving more attention each

County Physician



Dr. W. A. Rogers, county physician and examiner of draftees; also examiner of NYA workers.

year from the Health Department personnel. Proper feeding, protective inoculations, and care of the new born babies are procedures being stressed at all times, as the high infant death rate is attributed partly to neglect of the infant and pre-school child. Fortunately all babies, when six months old, are now required by law to have the diphtheria toxoid.

For the school children, provision is made by the Health Department, wherever possible, to have all physical defects corrected. Dentists, bone surgeons, eye specialists, local physicians, throat specialists and others participate in this program to improve the health status of the children in school. The protective inoculations are made available at all times, and the routine physical examination is made at regular intervals. Recent new features of the school program were the free dental examination by the local profession to the high school students, and the blood tests for seniors by the Health Department.

Births and deaths are reported better now, but the reporting of contagious diseases is being neglected. Epidemics can be controlled satisfactorily only if the first cases of sickness are reported immediately to the Health Department so that quarantine regulations can be promptly put into effect.

The Macon County Health Department has been able to accomplish so much because of the friendly and respectful attitude of the people, and the cooperation of the Educational Department, local officials, civic groups, and other organizations.

Fatalities In U. S. From Traffic Accidents

Highlights based on official reports from the 48 states, include the following interesting facts concerning traffic deaths:

Exceeding the speed limit was responsible for 40 per cent of the fatalities and 26 per cent of the injuries in 1940.

Every third victim of a fatal traffic accident last year was a pedestrian.

More than 97 per cent of all drivers involved in accidents had a year or more of operating experience.

Almost 86 per cent of all fatal accidents occurred in clear weather and almost 78 per cent happened when the road surface was dry.

A composite picture of 1940's typical accident driver would show that he was an experienced, middle-aged male and that he was driving a passenger car in good mechanical condition in clear weather during the early evening hours of a Saturday or a Sunday.

An outstanding feature of the booklet is a section devoted to what the editor calls "the traffic disaster of October 4." Several pages are devoted to a vivid description of the traffic "disaster" which swept the nation on that day when 85 persons were killed and 1,496 were critically injured. Almost 1,350 daily newspapers were used in making this unique study of one day's accidents.

Home Demonstration Clubs Conduct Many Activities

Six Years Show Progress In Home Making, Marketing

The year 1941 is the beginning of the sixth year in which the rural women of Macon county have been organized into home demonstration clubs. There are 14 clubs with an enrollment of 410 active members. These clubs are as follows: Holly Springs, Walnut Creek, Otto, Cullasaja, Otter Creek, Sealy, Iotla, Oak Grove, Stiles-Tellico, Patton, Cartoogechaye, Union, Hickory Knoll and West's Mill.

The program of work for these clubs is planned and approved by a county council of 45 members. These council members are the officers of each local club. For the year 1941 Mrs. Robert Bennett, of Iotla, is the council president; Mrs. Jim Gray, of Hickory Knoll, is vice-president; Mrs. Zeb Conley, of Cartoogechaye, is secretary and treasurer.

Franklin Curb Market
The county council sponsors such activities as the local curb market located on Main street where the club members sell farm products; as dressed chickens, eggs, dairy products, vegetables, pies, canned fruits, and various crafts. Nine regular sellers is the usual number on the market each Saturday. The total amount of products sold amounted to \$1,271.34 from December 1, 1939 to December 1, 1940. Mrs. Ed Byrd, of Stiles-Tellico club, is chairman of the curb market, and it is largely through her efforts and plans, with the cooperation of other members, that the present building has been enlarged and enclosed for use the entire year.

Craft Center
The craft center in Franklin was sponsored by the county council in cooperation with Mrs. Carl Slagle, instructor of Industrial Education. Thursday of each week Mrs. Slagle gives instruction at the center over Reeves Hardware store with the assistance of a voluntary leader, Mrs. Hunter Calloway. During 1940, 43 pupils were given lessons as a means of increasing their income or as an interesting hobby.

The organization and carrying out of the mattress project in cooperation with other Federal Agencies has meant that 1169 cotton

mattresses have been made by farm families in Macon county. The project center at Otter Creek was sponsored by the council and Otter Creek home demonstration club.

Home Improvement Program
The individual club members carry out the program of work through home beautification, foods and nutrition, house furnishings, kitchen improvement and improved health of the family.

Mrs. Paul Swafford of Iotla made great improvement in her kitchen. The cabinets as shown above were constructed and painted with the total cost of \$25. These cabinets are built along one side of the kitchen which is done in ivory and brown with touches of green and red to give color. The Swaffords have a model improved farm kitchen.

The women report that 45 homes have taken definite steps within the last year to improve the home through reseeding the lawn, planting shrubs and trees, and transplanting shrubs.

Through pressure cookers being placed in the farm homes it has meant that a variety of non-acid vegetables may be canned for the winter providing better balanced meals for the winter months. The average home demonstration club member reports 500 quarts as a minimum requirement in addition to dried fruits, vegetables, and meats, and other stored foods.

Nutrition And Defense
No doubt the greatest progress of rural women has been made through food preservation and nutrition so that we may have a healthier, happier, saner, and more useful race. As Harriett Elliott, consumer commissioner national defense advisory commission said, "It is building the health, the physical fitness, the social well-being of all our people, and doing it the democratic way." To such National Defense as Harriett Elliott recommends is the home demonstration club of Macon county pledged for the future.

"How did you make your neighbor keep his hens in his own yard?"

"Oh, one night I hid a half-dozen eggs under a bush in my garden, and the next day I let him see me gather them."

He Serves Best Who Serves Most

SINCE time immemorial, man has sought to make beautiful the parting from this life of his loved ones.

RENDERING this service to the sorrowing has been our privilege for ten years. During those years we have added to our equipment the features which add most dignity to the burial service.

THOSE who are bereaved know now as in the past that they may lean upon us in their need with the assurance that every last faithful attention will be rendered,—that no detail of dignity, beauty or kindness will be overlooked.

Bryant Funeral Home
Phone 106 Night Phone 20

Select Country Produce

In Large or Small Quantities

Having daily contacts with farmers who bring us the most choice selections of their produce, the Farmers Federation is in position to supply hotels, inns, boarding houses and private homes with the best that is grown on the farms of Macon County.

If you are not acquainted with the services of this organization — a general purpose farm cooperative with 20 warehouses in 15 Western North Carolina Counties — we want you to come in to see us. For we are confident your visit will prove mutually beneficial.

SEE US FOR

Fine Country Cured Hams
Live Poultry — Eggs
Fresh Vegetables
Stokely's Finest Canned Foods

FARMERS FEDERATION
Palmer St. H. T. NOLEN, Mgr. Franklin, N. C.