

**HERE'S TO YOUR HEALTH**



# Albuquerque PROGRESS



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## 21 men and a girl guard our city's health

Years ago the popular concept of a health department was a small man in a dark suit who came and tacked up quarantine signs on a home where there was a contagious disease such as whooping cough or measles. Today's picture is quite different. The approach to communicable diseases is preventive rather than corrective. Consequently, the activities of our modern health department are far more comprehensive than in those early years. In fact, to be a resident of Albuquerque and be completely removed from the effects and benefits of the city's health department, a person would have to be suspended in air above the earth's atmosphere, for even the air we breathe has been sampled for pollution by a Sanitarian from the Health Department.

The water and milk we drink is free from contamination and contagion, thanks to rigid standards maintained by Albuquerque's Health Department. The restaurant where we lunch or take the family for Sunday dinner, displays a grading certificate which assures us it meets the Department's standards for food handling and sanitation. The public pool we swim in . . . even the day nurseries where we leave our children, have come under the protective eye of these guardians of our city's health. This is the story of 21 men and a girl . . . the personnel of our Health Department who do so thorough and devoted a job of protecting the health of our city, that last year they received two national awards for excellence of performance.

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*The proper procedures of food sampling in a super market are checked-out by David Carpenter, a Sanitarian from the Health Department.*



*Peter Griego, a Senior Sanitarian, lectures a class of restaurant workers on that most hated of all insects—the common fly. The Health Department offers a complete course in food handling and sanitation to the city's restaurant employees.*



*Senior Sanitarian, George P. Haney, inspects the stainless steel bottling machine in one of our modern dairies.*



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*The work of a Senior Sanitarian does not always end at sundown. A particular problem often requires added hours of research and checking.*

## Meet a senior sanitarian of the health department

The scene is the spanking white kitchen of one of our finer restaurants. Beside a cook in starched white uniform, stands a man in a business suit. He carefully rubs the drinking lip of a water glass with a piece of sterile, saturated cotton on a stick. This is the beginning of a test to determine the health standards of the restaurant's dishwashing procedures. A laboratory check will determine the safety of the water glass. The man engaged in this test is the Senior Sanitarian in charge of restaurant inspection. His job is a complex one. Not only must he have a wide knowledge of the causes and prevention of communicable diseases but he must be an educator, a diplomat and last but not least, a sound business man. Evident in all his activities is a quality immediately apparent in all our city's Health Department employees—their devotion . . . dedication may be a better word . . . to the cause of a cleaner, healthier environment for every resident in the City of Albuquerque.

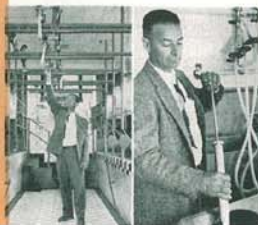
*On the job, the Senior Sanitarian in charge of restaurant inspections, Peter Griego, demonstrates proper water glass service.*



*At home, he is a family man. His wife, Emma, and young son, Peter, his home and garden are the center of his interests off the job.*



*Pipes must be clean and storage tanks free from sediment. The milking room is carefully scrutinized for cleanliness by Bob Rathbun, a Sanitarian. This spotless, tile room is a far cry from the fly-infested dairy barn of a few years ago.*



*On a dairy farm, the milking cows are checked by the owner and a Sanitarian. Such careful checks have eradicated T.B. and Brucellosis, two diseases sometimes carried in milk.*



*With the use of black light, Pat Kneafsey, Sanitarian, checking out a bakery, can spot at a glance any foreign substances on flour.*



*Minum-min-ni Boy! Chicken!! The entire meal from chicken to cake, at one time or another, has come under the watchful eye of the city's Health Department.*



*In 1958, the Health Department instituted a poultry inspection program. Senior Sanitarian, Lester Stevenson, inspects the birds. Only healthy ones are passed for sale.*

*As this huge batch of bread is tumbled out of the mixer, a Sanitarian waits to go into action inspecting the big piece of equipment for standards of cleanliness.*



## What's for dinner tonight?

This young fellow happily attacking a full chicken dinner is unaware that each item in it has had to meet the rigid food standards set by our Health Department. At the wholesalers, the chicken was checked to make sure only disease-free, sound birds were sold, that sanitation standards in killing and dressing were properly maintained.

As for the milk . . . so active is our Health Department in milk sanitation that for the past three years our city has been on the U. S. Public Health Service Honor Roll. From dairy cow to the grocer's case or your doorstep, the milk is under constant check and refrigeration. The cow is washed, then milked by a sanitized machine. Gleaming refrigerated stainless steel tanks have replaced the old milk can. At the dairy plant men in clean, white uniforms pasteurize, process and bottle the milk under the most sanitary conditions. The cottage cheese, the bread and butter, the cake . . . in fact, the entire meal has been processed under the same scrupulous sanitation standards required by the Albuquerque Health Department.

No riddle, no trick question . . . this points out the Health Department's con-

## When is a hamburger not a hamburger?

cern with that all-important staple of most people's diet—the daily meat supply. According to Health Department standards—to be legally called "hamburger," that backyard barbecue delight of old and young, must contain one thing and one thing only—chopped beef. This is but a small phase of a detailed program to make sure the people of Albuquerque get nothing but fresh, wholesome meat. Every carcass and every meat product must bear the city or the federal meat inspection stamp. Five local packing plants have inspectors permanently assigned by the Health Department. They see that every animal is inspected before and after slaughter and bears the city or federal stamp of approval.

- 1 Beef cattle are inspected before slaughter by Homer Pike, Senior Meat Inspector.
- 2 Every carcass—every meat product—must bear either the city or federal stamp of approval. James Leach, a City Meat Inspector, applies the stamp.

### THIS TELLS YOU WHAT'S INSIDE

No matter what you buy in a can or package . . . pimiento loaf, applesauce, frozen chili . . . the label must contain the all important information above. The standards for the city are the same as those established by the Federal Pure Food and Drug act.

1. Name and address of processor or distributor
2. Common name of the food
3. Its ingredients
4. Minimum weight, numerical count or quantity

Processed food with labels. Every canned, packaged or frozen food product must be labeled in this manner. The consumer is thus protected from harmful additives and colorants.



## Let's eat out!

Counting the "coffee-breakers", about 75 million people in the U.S. take some food or drink in a restaurant daily. Health authorities have found that 26 out of the 62 communicable diseases can be transmitted by improper food handling and restaurant sanitation. These two factors combined make the problem of maintaining restaurant sanitation standards and controls a huge one for our health department. In Albuquerque, the grading system is used. Restaurants are inspected regularly. These periodic checks cover nearly every phase of operation . . . food handling, refrigeration, dishwashing, waste disposal, proper construction of building and equipment.

- 3 Lectures with charts, demonstrations and films are used before a class of restaurant workers to train them in recommended practices for restaurant cleanliness.
- 4 The rinse water should be 170° or better. David Dart, Sanitarian, checks out the dishwashing practices of this restaurant.
- 5 Proper temperature control. Cold foods not higher than 50°—hot foods not lower than 150°. Adherence to these standards can avoid countless cases of food poisoning. Every summer a rash of food poisoning across the country results from the failure by caterers to observe these standards. Our City Health Department keeps a close check on all caterers.
- 6 Restaurant Stickers.  
A—Complying with all sanitation regulations set by the Health Department.  
B—Faulty building construction or maintenance.  
C—Serious violation of public health standards.



Since a city's water supply is its lifeline, the Health Department maintains a constant watch over it. Albuquerque depends wholly on drilled wells for its water. The bulk of it comes from public wells, a smaller amount from private ones. In a continuing program of sampling, over 100 specimens are taken from public wells monthly for laboratory tests. Private wells are sampled too, and when improper construction results in unsafe water, the wells are condemned. Daily checks are made on the chlorine content of the water.

The supervision of child care centers is a comparatively new area for the Health Department. The increasing number of mothers who work full or part-time has resulted in a steady growth in the number of such centers. The Department's program for them covers all

## Water...youngsters...houses

phases of health and safety. Children attending regularly must have a physical examination, certain vaccinations and immunizations. Operators and employees are likewise checked. The center must be properly lighted, adequately ventilated, have sufficient bathroom facilities, proper exits and safety appliances for fire prevention. If the children are kept through the noon hour, a well balanced meal must be served.

Like all burgeoning cities, Albuquerque has its blighted area. And like many of the other major cities in our nation, it has embarked on a long-range plan to provide clean, healthful surroundings where sub-standard housing now exists. Three men from the Health Department are working with other city departments and agencies in reclaiming the areas of blight.



*Water is sampled from numerous outlets about the city. This constant check is made on both public and private wells.*



*Here a water sample is drawn from the city's Los Altos swimming pool. Pools maintained for public use by motels and clubs also come under Health Department jurisdiction.*

*Child care centers must provide a balanced noon-day meal if children are kept through the period. Here, George McBride, a Sanitarian, examines the kitchen of a modern, new center.*



*Where pre-school age youngsters play, safety is an important factor. A Sanitarian inspects this slide for rough spots and safety in anchoring.*

*Plans for curing blighted areas of the city call for property improvements or new housing to take the place of sub-standard dwellings such as these.*



*Though it may seem difficult to believe, sub-standard housing such as this, exists practically within a stone's throw of our downtown area.*

The girl of "21 men and a girl" does the secretarial work for the Health Department.



On a bright, sunny day we might seriously doubt that Albuquerque could ever have a smog problem. But as we grow, so grows the tendency to smog. To avoid air pollution and to deal with problems of occupational health, the Health Department will soon have an Industrial Hygienist. Besides working to keep down the level of toxic gasses, fumes and dusts, a large share of the Hygienist's time will be spent with physicians and dentists, working on X-ray, radioactive isotopes and fluoroscopes to protect patients from excessive radiation exposures.



After 24 hours' exposure to air filters is black with dust and soot, Albuquerque is cooperating with more than 200 cities in the National Air Sampling Network to research and prevent the problem of smog in our cities. Charles Washop, Sanitarian, is changing the filters.

Vernon Doole, Health Department Supervising Sanitarian, checks out a device used by garages to keep the dangers from carbon monoxide at a minimum.



Director Larry J. Gordon and Robert Dunlap, Senior Bacteriologist-and-Serologist of the N.M. State Health Department, are shown conducting a test on milk samples. The laboratory is that of the New Mexico State Health Department, where all laboratory work required by the city is done.



## A job well done

Recently the Albuquerque Health Department received the Samuel J. Crumline National Award of Merit for placing second in the nation in two divisions: (1) The development of a comprehensive program in environmental health and (2) standards of excellence in sanitation of eating and drinking establishments. This is the first time any health department has placed in both categories. The recipient of the award given by the Public Health Committee of the Paper Cup and Container Institute was chosen by a committee composed of Dr. John M. Porterfield, Assistant Surgeon General of the U.S. and member of the U.S. Public Health Service, and other national leaders in the field of public health.

"In the interests of a cleaner community, a better place for all to live, the Albuquerque Health Department accepts the Crumline Award as a challenge rather than an award of achievement"—says Larry J. Gordon, Director of the Albuquerque Health Department. "Our men are already looking forward to next year in the hope that our programs will be even more effective."

There is determination in the face of this outstanding young man of public health. If the citizens of our city will continue their cooperation with him and his department, there is little doubt that even better environmental sanitation in Albuquerque will result from the efforts of these 21 men and a girl.

For the present, let us thank Mr. Gordon and all his associates for a job well done.



The Samuel J. Crumline Award. Out of 1200 national and local Health Department entries, Albuquerque received second place in two categories for which they were awarded the special citation above.

The Health Department Advisory Board, doctors and leaders in the field of public health, consults regularly with the City Health Department. L to R: Norman Barthwick, D.V.M., Carl Jensen, State Health Dept., Don Marley, Chairman, Exec. Dir. Bernalillo County T.B. Assoc., Dr. Myrtle Greenfield, Dale Yeterington, bakery owner, Martin Fleck, Ph.D., U. of N.M. Biology Dept.



Larry J. Gordon, Director of the Health Department, gives two Sanitariums a last minute briefing on a field problem. Mr. Gordon holds a Master of Science degree in biology and a Master of Public Health degree. Formerly a teacher, he has more than ten years' experience in Public Health, four of them in Albuquerque.

Wade F. Cooper, Community Services Director and Edmund L. Engel, City Manager. The City Health Department reports directly to these men.





**ENJOY your home improvements  
as you pay for them!**



If yours is a growing family, you may be planning to add to your present home. Perhaps your kitchen is dark and dated ... needs remodeling. How about the wiring of your home? Can it carry the added load of today's new appliances *safely* or do you need rewiring?

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