

credit has been given in advance. The Indian will later redeem his jewellery.

The Navajo Indians are a nomadic race who live on the desert. They move with their flocks and are, therefore, rarely found in the same hogan in consecutive months during the spring, summer or fall. Usually two or three hogans are built near together, but the groups are found many miles apart. The scarcity of water is another major problem. It is not uncommon for an Indian to travel as far as 20 miles or more on an old burro to get a pail of water. Consequently he cannot afford to use the water to wash his hands and his clothes. Neither could you or I! It must be used for cooking and drinking.

The Navajo Indian does not speak English, and one must converse with him through an interpreter. One hopes that the interpreter understands, so that he can give correct information to the patient.



APACHE INDIAN BABES STRAPPED TO THEIR CRADLE BOARDS.

Teaching Simple Health Truths.

Here are 45,000 people who need public health nursing, but how should we proceed? We are not sure that we know the answer, but we are making a start. There are 48 day schools in the Navajo area, and all day schools are equipped with shower rooms, wash-rooms and sewing-rooms. The Indian desires to be clean, and he never passes a day school without stopping to take a bath and to wash his clothes. It is just as common to see a man washing clothes as a woman. The male Indian likes to run a sewing machine, and it is not uncommon to see a squaw sitting on the floor holding the baby while the husband makes her dress. Each school has an intrepeter. It would seem, therefore, that the logical place to begin is at the school. It is hoped that through demonstrations the adult Indian will learn simple health truths; that the primitive Indian can be taught to come to the white man's doctor rather than to the medicine man when he is ill, and to accept hospitalisation instead of attending ceremonial dances for the purpose of curing illness. At the same time,

similar health teaching will be given to the children in school. It is hoped that eventually the Indian will come to the doctor and to the field nurse for help and advice, since the doctor and nurse can rarely give help to him in the hogan.

The major health problems in the Indian Service are tuberculosis and trachoma, and the high infant mortality rate. The tuberculosis mortality rate in the United States as a whole is approximately 45 deaths per 100,000 population; it is estimated that the death-rate among the Indians is three to four times that great—even greater in certain sections. There are 81 general hospitals in the Indian Service where approximately 1,700 tuberculosis patients are treated, and 14 tuberculosis sanatoria which have a total of 1,421 beds.

Trachoma is a major problem in some areas, and many older Indians have become blind from this disease. It is gratifying to note that on many reservations trachoma has now decreased, and on some reservations, where it was prevalent years ago, there is practically none to-day. Where trachoma is still found clinics are conducted daily, usually in schools where both children and adults may receive treatment.

The third major problem is the high infant mortality rate. The death rate under one year was 57.1 per 1,000 live births in 1936 in the United States. It is about 97 per 1,000 live births among the Indians. This high death-rate is attributed to dietary disorders and to communicable diseases, such as measles, enteric infections, and tuberculosis.

Nursing Staff.

One hundred and nineteen public health nurses are stationed on 50 reservations in the States, and 29 are stationed in Alaska. There are five district supervisory nurses, a supervisor of a training centre where close supervision is given to junior public health nurses, a supervisory trachoma nurse, two consultants (one in public health

nursing and one in hospital nursing), and a director of nursing. All nurses are appointed from the Federal Civil Service of eligibles. The professional qualifications are high and the physical examination rigorous, but the remuneration is good, both financially and professionally.

The Civil Service examination states that a public health nurse must not have reached her fortieth birthday, that she must have completed her basic nursing education within 15 years, and that her hospital must have had a daily average of 50 bed patients or more. She must have successfully completed a year's post-graduate work in public health nursing at a college or university giving a programme of study approved by the National Organisation for Public Health Nursing, and must have had at least one year of successful generalised public health nursing experience under supervision. Such nurses enter the service at a salary of \$2,000 a year. Nurses who meet all the above requirements excepting the last one—one year of generalised experience under supervision—may enter the service as a junior public health nurse at \$1,800 a year, and after

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