

COPY

To Aunt Woodrow

Report for Year ending June 30, 1910

Dr. B. W. Newson

Deary



During the year I have made 100 special calls and as many more of less importance besides visiting every family in each village one or more times. I have had 4 small operations

I have taken care of cases for the teachers in the different villages and advised them in the care of the sick and told them in what ways the drugs they had were useful.

I have advised them in the sanitation & hygiene. I have traveled 10000 miles.

I have called on every family in each village, have made examinations in every case where an examination was needed

and in many cases where it was not needed. I have advised the people in private and in public as regards the need of keeping clean bodies & houses & especially in keeping their food clean.

I have given health talks in every village. I have advised the people to use their own materials as eye shades, foods etc.

I think it better they live off of the country they live in.

I think the materials they are used to are better for them than the materials brought in prepared as they prepare them some of the people make good bread, but very frequently they make pancakes (in any of them make no other bread) and a very poor quality of them very difficult to digest and a common complaint is stomach trouble. indigestion of course the pancakes are not wholly to blame but they being of very poor quality help keep the trouble going.

I have advised the use of corn meal & whole wheat, but the people like the white flour and use it. Tea and coffee are

because they all use I try to get them to use hot water but
 prefer the tea. though there tea is their much expense they should
 I think they would do well to economize their returns are so small
 This is a very stimulating atmosphere and if one takes sick he
 may get along fairly well during the winter but when warm
 weather comes he fails rapidly. When the weather is so cold
 and the wind blowing so hard, as it does here sometimes, there is
 keeping warm unless the house is air tight practically
 & so most of the houses are except a hole for stove pipe and in-
 other for ventilation. When the wind is not blowing too hard
 one can see many of the people outside warmly dressed standing
 simply to get a little fresh air. Often they play a foot ball
 play very hard get hot then lie down on the snow and get cool
 quickly. I have spoken over & over again against such exposure.

I have tried to collect fees where ever I went & especially in
 special cases (where special work was done) but have received but
 \$8.50. I ask for money they say "money Pleechaki" - gone. however
 I make it a special point where special work has been done
 One could get a fee by taking shoes perhaps but I do not
 suppose that would be allowed. & I do not care to go into the
 shoe business my way. I think that would perhaps be the
 worst way of getting a compensation. The people live on
 what they catch & kill & fare fairly well as they live
 almost exclusively on meat but aside from making a living
 simply they have but little indeed.

I have thought if there were a good common sense grand mother
 or a nurse in each district they might be a great help.

A doctor traveling along in a limited time can not furnish all the aid desirable. such a nurse would be able to help a great deal in many instances, the teachers are very handy at helping.

There are some cases that, if there were a hospital where they could be treated for a long time would be benefited. (The hospital at Kotzibau with 6 beds may be made a great help.) In some cases an extensive operation is all that will help & without any place for such work it would be a shame to undertake to do any thing with them.

The want of milk & fruit and articles for a very light diet make it difficult to treat some cases, of course the people are used to coarse food and do not require as light diet as a person accustomed to light diet, but many foods could be made more palatable & light and helpfull, also if there were a place, & some one to prepare them as at a hospital. Not that a hospital should be built but if the help & hospital were both together it would be better all round.

B. W. Newsom,

Physician Kotzibau Sanad District