There are 15 Health Hero cards on the front and back covers of the booklet. You will cut them out and use them in lessons on page 2 and page 15. After you use the cards to do the work in this booklet, you can save and collect them.

1. Mayor Fiorello H. LaGuardia
   Mayor of New York City, 1934–1945

   Fiorello LaGuardia was the first mayor of New York to pay a lot of attention to health. Some of this was for personal reasons. LaGuardia’s first wife and child had died of a disease called tuberculosis (too-bur-cue-lo-sis) in the 1920s. When he became mayor, Fiorello used city money to build many new hospitals. He also opened children’s health clinics in 15 different neighborhoods. At these clinics, people were given free immunization shots to prevent diseases and improve their health. Mayor LaGuardia’s programs worked. Fewer people became sick and fewer children died from diseases like tuberculosis and pneumonia (noo-mon-yaa).

2. Mayor Robert F. Wagner
   Mayor of New York City, 1954–1965

   Mayor Wagner was very concerned about a disease called polio. For a long time, polio had been a disease which infected many people and made them paralyzed. That meant they could not walk. Polio particularly affected children. In 1954, Dr. Jonas Salk made a vaccine (vak-seen) which protected children against polio. As mayor, Wagner made sure all New York City children received the polio vaccine. Under Mayor Wagner’s direction, doctors went from school to school giving children the polio vaccine. It worked. By the time Mayor Wagner left office in 1965, New York had almost entirely eliminated polio.

3. Lillian D. Wald
   Founder of the Visiting Nurse Service of New York and of the Henry Street Settlement

   Lillian Wald was born in Ohio in 1867. She went to nursing school in New York and became the first public health nurse. She moved into a “tenement” (a building where poor people lived) on Henry Street in Manhattan, and started an agency called the Visiting Nurse Service. Visiting nurses treated patients in their homes for little or no money. They also taught immigrants how to take care of their health in their new city. Lillian also arranged for nurses to work in the schools. In 1912, thanks to Lillian’s work, the Federal Children’s Bureau was created to protect the health and rights of children across America. (Photo Courtesy of Henry Street Settlement)

4. Dr. Leona Baumgartner

   Dr. Baumgartner was the first woman to become Health Commissioner (ke-mish-en-er) of New York. That meant she was in charge of keeping New Yorkers healthy. Mayor Robert Wagner gave her the job in 1954. Dr. Baumgartner worked hard to open clinics for mothers and babies. She helped test the Salk vaccine (vak-seen) which protected children against polio. She also got the city to put the mineral called fluoride in the water system because she believed it would reduce tooth decay. Dr. Baumgartner’s work was so good that in 1962 President John F. Kennedy asked her to work in an important agency in Washington. (Photo Courtesy of Municipal Archives)

5. Arthur Ashe
   Tennis star
   fighter against AIDS

   As a young man, Arthur Ashe was a great tennis champion. In 1975, he was the best tennis player in the whole world. After his tennis career, Arthur lived in New York. In 1992, he was diagnosed as having AIDS. That stands for Acquired Immune Deficiency (di-fish-en-see) Syndrome. It is a condition that comes from a virus (vi-res) called HIV. The virus weakens the immune system, lowering the body’s defenses against infection and illness. Arthur did many things to fight the spread of AIDS. He started a group which raised money so scientists could find out what causes AIDS and cared for people with AIDS. Sadly, Arthur died of AIDS on February 6, 1993. (Photo Courtesy of United States Tennis Association)

6. Dr. George Papanicolaou
   (pa-pan-i-co-loo)
   Inventor of the Pap smear

   Dr. Papanicolaou was born in Greece in 1883. He graduated from the medical school of the University of Athens with honors in 1904, and came to New York in 1913. Dr. Papanicolaou spent his medical career doing research, mostly on the early detection of cancer in women. In 1943 Dr. Papanicolaou wrote about a process called the Pap Smear. It involves removing a small number of cells from a woman and testing them for early signs of cancer. Detecting cancer early helps in preventing its growth. Dr. Papanicolaou and his Pap Smear became known throughout the world. It is still regularly used. (Photo Courtesy of the National Library of Medicine, Bethesda, Maryland)
What Is Public Health?

Where do people go when they are sick? Who is responsible for keeping people healthy? How has caring for the sick changed over time?

The answers to these questions tell the story of public health, which will be explained in this booklet. We will use the case of an imaginary boy named Martin to tell the story and to teach you about health care. We will talk about where hospitals are located in Queens. You will also learn how getting to a hospital has changed and the information hospitals want to know about patients. Finally, you will learn about the role of government in health.

Do you like baseball cards, or other kinds of cards? The best baseball players are often called heroes. Can other kinds of people be heroes? How about the best doctors and scientists? We think people who take care of your health are heroes. Their pictures are on the front and back of this booklet. Part of the fun is to cut them out and use them in lessons. Then, you can save the cards and collect them.
Health Heroes

Use the Health Hero cards to answer the following questions.

1. Name the two Mayors who are Health Heroes. ______________________________________________________________________

2. Why did Dr. Sara Josephine Baker leave her job in 1923? ______________________________________________________________________

3. Why is Arthur Ashe a health hero? ______________________________________________________________________

4. Who was the first woman doctor in America? ______________________________________________________________________

5. Name two doctors who helped New York attack major deadly diseases in the 19th century (1800s). ______________________________________________________________________

6. When was the Chinatown Health Clinic opened? ______________________________________________________________________

7. Who is the president of the American Public Health Association? ______________________________________________________________________

8. Who invented the Pap Smear? ______________________________________________________________________

9. What do the Health Heroes have in common? ______________________________________________________________________

Match the Health Hero in the left column with the proper feat in the right column by drawing lines between them:

**Health Heroes**

- Dr. Louis T. Wright
- Dr. Jonas Edward Salk
- Lillian Wald
- Dr. Salvador Luria
- Dr. Leona Baumgartner

**Feats**

- Winner of Nobel Prize
- Founder, Visiting Nurse Service of New York
- Conqueror of polio
- First woman health commissioner of New York
- First African-American on the medical staff of a city hospital
What Happens When You Are Sick?

It was the middle of winter. Martin had not felt well since he came home from school. Instead of going down in front of the building to play, he stayed in the apartment all afternoon. He had not eaten much at dinner. After, he stretched out on the couch. Martin told his mother, Angela, that he was cold and his head hurt. Angela put her hand on Martin's forehead. "You can't be cold;" she said, "your face is as hot as an oven."

Angela put Martin into bed under two blankets. Martin was still shivering. Angela got a thermometer from the bathroom and put it in Martin's mouth. Angela gasped as she read the thermometer. It read 103 degrees. She gave her son three children's Tylenol. Then, Angela went into the kitchen.

She boiled two roots of wild ginger in a cup of water, strained it, and served the mixture to Martin. Angela said: "My grandmother used to make this for me; it usually brings a fever down." Martin didn't like the taste. But he drank the cup of water with ginger.

A half hour later, Martin complained of still being cold. "You mean hot," his mother said. Angela took out the thermometer again to take her son's temperature. This time, it read 104 degrees. "That's too much," said Angela, who was very worried. "We have to get some emergency help at the hospital."

1. How do you know Martin wasn't feeling well? __________________________________________

2. What is your normal temperature when you are well? ________________________________

3. What was Martin's temperature the first time Angela took it? _________________________

4. What did Angela try to do to bring down Martin's temperature? ______________________

5. What do your parents do if you have a high fever? ________________________________

6. Do you know of other home remedies for high fever used in your family? ______________

7. Why was Angela worried the second time she took Martin's temperature? ______________

8. What did Angela decide to do about it? ___________________________________________

9. What do you think they will do for Martin at the hospital? _________________________
Where Are the Hospitals in Queens?

Cut out the hospital symbol and its number from the left margin, and, using the location directions, place it in the correct spot on the map. You do this in three steps. First, find the quadrant where the hospital should be placed. A quadrant is the box made by the lines where the numbers from the top of the map and the letters on the side come together.

Once you have the correct quadrant, you usually have to use directions and mileage to get the hospital in the right spot. For that, use the symbols of the hospitals already placed on the map. One hospital is usually placed in a spot in relation to the other closest hospital. You may also need the directions—North, Northeast, East, Southeast, South, Southwest, West, Northwest. The Scale of Miles at the bottom of the map will help you determine distance from one hospital to another. Good luck.

H 1 Astoria General Hospital, Astoria, opened 1951. 
This hospital is located in quadrant 2B. It is in the northwestern corner of Queens.

H 5 St. John's Episcopal Hospital, Far Rockaway, opened 1905. 
This hospital is located in quadrant 7H. It is at the far eastern end of Rockaway, halfway between the southern and northern shores.

H 6 Peninsula Hospital Center, Far Rockaway, opened 1907. 
This hospital is located in quadrant 7I. near the eastern end of the Rockaways, on the southern shore. It is about 1 mile southwest of the other Rockaway hospital.

H 8 Mary Immaculate Hospital, Jamaica, opened 1902. 
This hospital is located in quadrant 6F. It is 1 mile southeast of Jamaica Hospital.

H 9 Parkway Hospital, Forest Hills, opened 1963. 
This hospital is located in quadrant 5E. It is ½ mile south of LaGuardia Hospital.

H 10 Flushing Hospital Medical Center, Flushing, opened 1885. 
This hospital is located in quadrant 6C. It is ½ mile northeast of Booth Memorial.

H 11 St. John's Catholic Medical Center, Elmhurst, opened 1891. 
This hospital is located in quadrant 4D. It is 1 mile of southeast of Elmhurst Hospital Center.

H 16 Long Island Jewish Medical Center, New Hyde Park, opened 1954. 
This hospital is located in quadrant 8D, on the Queens/Nassau County borderline. It is about two miles south of the other hospital in the eastern end of the borough.

Once you have assembled a map of Queens hospitals, answer the following questions. To answer most of them, you need to use the years in which the hospitals opened.

1. Which hospital is closest to your home? ____________________________

2. What is the oldest hospital in Queens, and when was it opened? ____________________________

3. How many hospitals opened in the 1950s and 1960s? ____________________________

4. Why do you think so many opened in those times? ____________________________

5. How many hospitals were there in Queens in 1865? ____________________________

6. Where did sick people go at that time? ____________________________
The symbols for these eight hospitals are already on the map. Use them to help you place the other eight hospital symbols on the map.

H 2  Elmhurst Hospital Center, Elmhurst, opened 1957.
H 3  Queens Hospital Center, Jamaica, opened 1952.
H 4  Booth Memorial Medical Center, Flushing, opened 1957.
H 7  Jamaica Hospital, Jamaica, opened 1892.
H 12 Jackson Heights Hospital, Jackson Heights, opened 1936.
H 13 St. Joseph's Catholic Hospital, Flushing, opened 1962.
H 14 LaGuardia Hospital, Forest Hills, opened 1953.
H 15 Deepdale General Hospital, Little Neck, opened 1963.
Getting to the Hospital

This is a photo of an ambulance in front of St. John's Hospital, in Long Island City, Queens in the 1890s. (Courtesy of Saint John's Queens Hospital)

This is a 1993 photo of a NYC (New York City) EMS (Emergency Medical Service) ambulance in front of St. John's Queens Hospital.

1. How do you think people got to the hospital in an emergency in the 1890s?

2. Was that a good way to get there? Why or why not?

3. What's different about the way you get there in 1993?

4. What caused this change in ambulance service?

5. Did people get to the hospital in an ambulance faster in the 1890s or 1993?

6. Why do we have ambulance service?
Getting into the Hospital

This is an actual admission form used by New York Hospital in 1931. Use it to answer the questions below.

1. What date did this child go to the hospital? ____________________________________________________________________
2. Why did the child go to the hospital? ____________________________________________________________________
3. How did the child get to the hospital? ____________________________________________________________________
4. What was the child's religion? ____________________________________________________________________
5. Why did the hospital ask that question? ____________________________________________________________________
6. Where was the child's mother born? ____________________________________________________________________
7. Why would the hospital want to know that? ____________________________________________________________________
8. Was this the child of a wealthy family? ____________________________________________________________________
9. Why did the hospital keep records like this? ____________________________________________________________________
These are the kinds of questions you might see on a hospital admission form in 1993. Fill out as much as you can and then answer the questions below as if you were the patient.

### Part I: Patient Information

<table>
<thead>
<tr>
<th>Name (last, first)</th>
<th>Sex</th>
<th>Birth Date</th>
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</thead>
<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Social Sec. No.</th>
<th>Street Address</th>
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<tbody>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>County</th>
<th>State</th>
<th>Zip Code</th>
<th>Home Phone</th>
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<tbody>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Religion</th>
<th>Place of Birth</th>
<th>Citizenship</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

Yes [ ] No [ ]

U.S. Veteran

### Part II: Medical Insurance Information

BLUE CROSS

<table>
<thead>
<tr>
<th>Blue Cross ID No.</th>
<th>Subscriber's Name</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

<table>
<thead>
<tr>
<th>Patient's relationship to subscriber</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

MEDICARE

<table>
<thead>
<tr>
<th>Medicare No.</th>
<th>Medicaid No.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Did the 1931 form ask about a social security number? [ ] Why not? [ ]

2. What is medical insurance? [ ]

3. Why are there questions about it on this form, while there were none on the 1931 form? [ ]

4. What do hospitals do with these records? [ ]
Time Sequence

Here are five drawings of a boy going to a hospital. Cut them out and put them in the proper time order. After you have put them in the right order, write what the people are saying or thinking in the drawings by filling in the bubbles.

When you finish filling in the bubbles, write a story about what happened. What do you think happened to the boy? How was he hurt? What did they do in the hospital to take care of him?
Government and Health Care

On another wall of the office, Martin and his mother saw the beginning (Preamble) of the United States Constitution and two photographs.

We the People

Madam Robert F. Wagner holds a boy who is receiving the polio vaccine from a health care worker in 1961.

1. What is the Constitution? ____________________________

2. Read the beginning of the Constitution. What does "promote the general welfare" mean? Does that relate to health care? ____________________________

3. What do you think the doctor is giving the young boy in the picture with Mayor Wagner? ____________________________

4. Who do you think invented the shot the young boy is receiving? (Hint: Check Mayor Wagner's health hero card.) ____________________________


6. Why does the government care about such things as vaccines? ____________________________
United States, in order to form a more perfect union, establish Justice, ensure internal Welfare, and secure the Blessings of Liberty to ourselves and States of America.

Mayor Fiorello H. LaGuardia has just given awards to mothers for raising healthy babies in Brooklyn in 1940. He is shown holding one of the babies.

7. Why are the women in the Mayor LaGuardia picture smiling? ____________________________

8. Why did Mayor LaGuardia give them awards? ____________________________

   Does this happen today? ____________________________

9. Why would a Mayor care about such things? ____________________________

10. Is there anything in Mayor LaGuardia’s personal life which would make him concerned about the health of babies? (Hint: Check Mayor LaGuardia’s health hero card) ____________________________

11. What is the connection between the beginning of the Constitution and the two photographs? ____________________________

12. If you were the Mayor, what would you do to keep children healthy? ____________________________
Letting People Know

Martin saw this poster on a wall in the corner of the office.

In the 1930s, the Health Department made this poster. They used it to try to show children what to do to stay healthy.

1. Name some of the members of The Cast.

2. Why do you think they used those characters in the poster?

3. Who was this poster designed for?

4. What does Stop, Look, Listen have to do with health?

5. What kind of health care does the picture of Popeye promote?

6. Why does the government care about that kind of health?

7. This poster was made in the 1930s. If you wanted to help children stay healthy today, would you use the same characters? Why, or why not?

14
**Who Are Your Favorite Health Heroes?**

Select your two favorite health heroes from the cards on the front and back of the booklet, and write about them in your own words. Why did you make those choices?
Acknowledgements

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7

**DR. LOUIS T. WRIGHT**  
First African-American appointed to the medical staff of a New York hospital

Dr. Wright graduated from the Harvard Medical School in 1915. After that, he was a soldier in World War I. In 1919, he became a surgeon at Harlem Hospital in Manhattan. That was the first time an African-American doctor was hired on the medical staff of a city hospital. Later, he became president of the hospital's medical board. Dr. Wright worked hard to help other African-American doctors and nurses get jobs at Harlem Hospital and other city hospitals. In 1929, he was made the police surgeon of New York City, the first black doctor to hold that job. A magazine once called him the leading African-American doctor in the nation. (Photo Courtesy Of The Francis A. Countway Medical Library)

8

**DR. JONAS EDWARD SALK**  
Conqueror of polio

Dr. Salk was born in 1914 in New York City. He went to medical school in New York and then started his career inventing vaccines (vak-seens). Vaccines are injections or liquid medicine which protect people from getting certain diseases. In the 1950s, Dr. Salk developed a vaccine for polio, a disease which caused paralysis. He tested it on himself and his family. Then in 1954, he tested it on 650,000 volunteers in 44 states. After a few problems at first, the Salk vaccine worked. Mayor Robert Wagner believed in Dr. Salk's work and made sure that New York's children got the Salk vaccine. Thanks to doctors like Jonas Salk, people in New York City and across America do not get polio anymore. (Photo Courtesy of March of Dimes Birth Defects Foundation)

9

**DR. HELEN RODRIGUEZ TRIAS**  
President of the American Public Health Association

Dr. Trias grew up in Puerto Rico and in New York City. She graduated from the medical school of the University of Puerto Rico. As a doctor, her specialty (sesh-pil-te) has been pediatrics, which deals with the care of infants and children. Beginning in 1970, she worked on medical issues related to children and women in New York. Using her knowledge as a doctor, Dr. Trias influenced the government to make improvements in health care for pregnant women and children. As a teacher at medical schools in New York, she taught her students about health care for children. In 1992, she became president of the American Public Health Association, an organization which promotes good health across the country.

10

**DR. HERMAN BIGGS**  
Founder of laboratory division, Department of Health, 1892

Dr. Biggs started the laboratory division of the Department of Health. New York was the first city to have such a division. In the laboratory division, Dr. Biggs could study diseases and come up with ways to prevent them. He spent most of his time on diphtheria (dif-ther-ia). Like cholera, diphtheria spread quickly among children and killed many of them. People with diphtheria had trouble breathing and had high fever. Dr. Biggs used the laboratory division to produce large amounts of a medicine which could prevent diphtheria. The medicine was given out free. That helped New York begin the task of wiping out diphtheria.

11

**FOUNDEES OF THE CHINATOWN HEALTH CLINIC**

Until 1971, the residents of Chinatown in Manhattan had trouble getting health care they could afford. The people in this picture decided to do something about that. First, they held a health fair on the streets of Chinatown in the summer of 1971. At the fair, people received shots and tests for diseases. The fair made people see the need for a health clinic. So, the people in the picture opened the Chinatown Health Clinic in December of 1971. The clinic gives blood tests, vaccinations (vak-se-na-shens) and checkups for babies, plus much more. It is still open. (Photo Courtesy of Chinatown Health Clinic)

12

**DR. SALVADOR E. LURIA**  
Winner Nobel Prize for Medicine, 1969

Dr. Luria was born in Italy and came to New York City in 1940. He worked at Columbia University in New York for many years. He was both a teacher and a scientist doing work in a laboratory. In 1969, Dr. Luria won the Nobel Prize. This is a great honor for a scientist. Dr. Luria won the prize because of his work in the lab. It dealt with viruses (vi-res-es). Viruses are tiny germs which cause diseases. Dr. Luria helped people understand the ways in which viruses attack the body. His work also helped to show how medicines could be used to fight viruses more effectively. Because of Dr. Luria, scientists have a much better understanding of human illness. (Photo Courtesy of the National Library of Medicine, Bethesda, Maryland)

13

**DR. ELIZABETH BLACKWELL**  
First woman doctor

Dr. Blackwell was born in England in 1821. Her family came to New York City in 1832. When Elizabeth decided she wanted to become a doctor, medical schools did not accept women. But Elizabeth really wanted to be a doctor. She applied to 29 medical colleges. Finally, in 1847, she was accepted at Geneva College in upstate New York. Two years later she graduated; she earned the highest grades in the whole school. She was the first woman ever to get a regular medical degree in America. Later, she started a hospital for women and children in New York City. She also started Women's Medical College. (Photo Courtesy Of New York Downtown Hospital)

14

**DR. SARAH JOSEPHINE BAKER**  
First director of the Division of Child Hygiene, New York City Dept. of Health

Dr. Baker received her degree from Women's Medical College in New York in 1898. At that time, not many women were doctors. In 1908, New York City started a special division to deal with the health of children. It was called the Division of Child Hygiene. Dr. Baker became the director of the division. Dr. Baker did many things to help keep children healthy. She opened dental clinics and clinics where mothers of babies could get fresh milk. She also inspected schools lunches to make sure they were healthy. Dr. Baker helped make New York the healthiest big city in the country for children. But she left the job in 1923 because city officials no longer supported her work.

15

**DR. JOHN H. GRISCOM**  
Founder, New York Sanitary Association

Dr. Griscom started the New York Sanitary Association in 1859. It drew attention to dirty drinking water and horse manure in city streets. Those things made diseases spread in the city. He was especially worried about cholera. It spread quickly from one person to another through diseased water, making it a problem in a crowded place like New York. People who had cholera suffered from diarrhea, vomiting and cramps. Cholera killed many people in New York in the first half of the 19th century (1800s). Because of Dr. Griscom's efforts, the city cleaned the streets and made New York a healthier place. With that, New York had taken an important first step in ending deaths from cholera.