Photos 1 & 2: Families in the Appalachian Mountain area of the Southern United States, around 1935.
Photos 3, 4, 5: Scenes from everyday life in 1930s Appalachia: A water well, a schoolroom, and a house.
Photo 6: Mothers and children in Appalachia around 1935. Many of the people in this photo have pellagra.

Photo 7: Children crowded around an American Women’s Hospital Service (AWHS) car and “health mobile” in 1930s Appalachia.
Photos 8, 9, 10: Men, women, and children waiting in line for vaccinations from an AWHS doctor in Jellico, Tennessee, around 1935.
Are you Digging your Grave with your Fork?

This family complained all winter.
The children stayed at home from school.
The grown-ups felt too sick to work.
And in the spring.
Some had Pellagra.

Because.
They had not eaten enough.
Milk - Cheese.
Lean Meat - Poultry.
Fish.
Tomatoes.
Greens.
They had no cow - no pigs - no hens.
Not even a garden!

They thought.
Fat meat, cornmeal, and molasses alone.
Would keep them well.
But it didn't!

This family felt fine all winter.
The children lost no time from school.
The grown-ups felt like working.
And in the spring.
Not one had Pellagra.

Because.
With their fat meat, cornmeal, and molasses they ate...

Every day...
Milk.
Potatoes.
Cabbage, greens or other vegetable.
Some fruit, or more vegetables.

Several times a week...
Lean meat, fish, eggs or cheese.
Tomatoes.
Dried beans or peas.
Some whole or ground wheat.

They gave the children...
Some milk at every meal.
A little tomato juice every day.
Eggs when they could afford them.

This balanced diet helped to keep them well.
CARRYING HEALTH TO THE COUNTRY

REPRINT FROM
THE NEW YORK TIMES

WIN FIGHT ON PELLAGRA

Medical Unit at Spartanburg County
Reduces Deaths by One-half

The spread of pellagra in Spartanburg County, S. C., which during 1930 took on alarming proportions, has been checked and the deaths in the last two years has been cut by more than one-half, according to the annual report of the Spartanburg County Department of Health. The success of the movement to stamp out pellagra in that part of the country is largely due to the efforts of the American Women's Hospitals, which established its first unit in the United States at Spartanburg in February, 1931.

The unit runs a healthmobile equipped with electric lights, a gas stove and running water. It has been used over two years and taken out over the county to show the industrial sections and the rural sections what foods to buy, and how to prepare to prevent pellagra.

Year after year this work was carried on and Pellagra reduced until, according to official reports, it is practically wiped out in Spartanburg County.

Document 4

Thousands of such people, whose family records would entitle them to membership in The Sons and Daughters of the Revolution, are living in the rural and mountain districts of our southern states.

TWINS—Larger one lived away from home. Difference in growth due to food and health.

PELLAGRA—Mother dead, father and three children sick, girl of nine cook and housekeeper.

THese people are not refugees in a foreign country, but Americans suffering from diseases due to malnutrition.

Kindly send contributions to AMERICAN WOMEN'S HOSPITALS, 637 Madison Avenue, New York, N.Y.
Whitley County is situated in the Cumberland Mountains in the south-eastern part of Kentucky. It is traversed by the Cumberland River, and bordered on the south by the State of Tennessee. The county has an area of 442 square miles, and a population of over 30,000 people, of which nearly all are white. The entire county is very rugged and this is particularly so in the southern half, which terminates at the crest of Pine Mountain. It has 2,148 farms, all of which are small, averaging about 60 acres. The principal crop is corn, averaging about 130 bushels per farm.

During the year we have attempted to put into practice those measures known to be effective in the control and prevention of communicable diseases. 82 visits have been made to reported cases and 41 cases have been quarantined. As soon as a case is reported we at once make a visit, giving minute instructions relative to the proper care of the case with the view of preventing further spread. In all cases the source and mode of transmission is gone into and ascertained if possible.

We have immunized 11,727 persons against typhoid, giving 35,181 shots of vaccine in this work. We feel much gratified by the results obtained from an early start, and as complete a program as possible in this phase of the work, as in spite of a general typhoid epidemic over the country, and especially in Kentucky and Tennessee, the disease has been held to a minimum in Whitley County.
**Document 6**

**Polk to Join In Diphtheria Fight**

Plains are being made in this county to join in the state-wide campaign against diphtheria which begins on March 20 and continues for a period of about six weeks. The State Department of Health is making an especial effort to immunize children from six months to ten years of age, and special stress is laid on the importance of immunizing children about to enter school.

It is called to attention by local physicians that during the past six months there have been five deaths from diphtheria in this county, all of which could have been prevented had the children been immunized. The organism causing diphtheria is present in almost every throat so that any attack of tonsillitis may easily turn into diphtheria and if such a turn occurs and is not discovered soon enough it is apt to result in death whether the child is then given anti-toxin or not. Toxoid given in these clinics protects more than 90 per cent of children even though they come in actual contact with diphtheria.

All parents of young children are urged to take advantage of the local anti-diphtheria clinics, a definite announcement concerning the time and place for which will be made at an early date.

**Document 7**

**PELLAGRA EXHIBIT TO BE SHOWN HERE**

American Women’s Hospital and County Health Unit Cooperate in Display

An exhibit showing methods of preventing and of treating pellagra which was placed on view at the meeting of the County Teachers’ Association at the high school Saturday will be taken over the county during the winter months and will be shown at the schools and at other appropriate public places, officials of the county health department said yesterday.

The exhibit was brought here by the American Women’s Hospital and the county health department.

It includes wax models of pellagra cases, pictures of pellagra, posters describing both methods of treating and preventing the disease and foods prescribed to prevent it.

The exhibit aroused much approving comment among the teachers, it is understood, and arrangements to take it over the county, placing it on display at the county schools and at other appropriate public places, were inaugurated.
Child Health Day is proclaimed nationally each year for May the first. The general purpose for May Day is to focus the spirit of unselfishness, of sharing, of responsibility toward our neighbor, upon the needs of children in order that:

Each child may be sheltered in its own home and share secure family life thru 1932.

Each child may have the essential food elements in each day’s diet thru 1932.

Each child may have an adequate amount of clean and safe milk in 1932.

Each child may have plenty of sunshine, sleep, rest and recreation.

Each child may be immunized against smallpox, diphtheria and typhoid fever.

Each infant in 1932 may be born healthy, of a healthy mother who will live to love her child and take care of her family.