THE SANITARIAN, AND YOU

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It has been reported that the longevity of man is constantly increasing. In the time of the Roman Legionnaire about 500 B.C. life expectancy was about 23 years. In this country, life expectancy in 1850 was 40; by 1900, 47; by 1940, 63; and 1950, 67. Life expectancy has been increased as much within the past 50 years, as in the previous 2000 years. In 1900, 17 percent of the population was 45 or older; by 1940, this percentage had increased to 27. In 1945, 11 percent of the population was over 60; it is estimated that by 1960, 15 percent, or one of every six, will be over sixty years of age.

Interestingly, while longevity has increased in certain countries, it has not, in others. Students in our laboratories from India, for example, report a life expectancy of 24.

The increase of life expectancy is due to three major fields of endeavor: 1) advances in the science and practice of medicine, 2) an increased knowledge of nutritional needs and in food utilization habits, and 3) the development and practice of public health and sanitation techniques by which transmissible affliction is avoided.

The significance of these fields of endeavor on man's wellbeing is to be noted in the areas within this country where they are either unavailable, or not practiced.

You, as sanitarians, are important parts in the processes by which the life span, and the convenience thereto, has been increased nearly threefold, and, within twofold in the time of yourselves, and of your parents. This has taken, and is taking place even with increase in, and an aggregation of our population, both of which add to the burden of achievement.

It is necessary that you as a sanitarian, stand aside, and apart, periodically, the better to survey and evaluate the work that has been, and is being done, and to ask yourself, "how am I doing?" — and, more, "what am I doing?"

This is because the science and techniques of practice of sanitation are developing constantly. It is not a static, fixed, quiescent profession. Like other fields of endeavor, it involves use of knowledge in many fields within science, in each of which there is constant search for knowledge that is of use to man, and his well being. He who does not recognize this is, in fact, not a full fledged sanitarian, but a cog, in a plan, that in itself may be outmoded. The sanitarian must reach for, acquire, evaluate, and use the newer facts of value as they become available if he is to fulfill his part in being of service to the well being of man, and which, as a sanitarian, he has chosen to do.

Students who survey sanitation work soon learn that the knowledge of the sanitarian must parallel and encompass some of the knowledge of:

- the animal and dairy husbandman
- veterinarian
- chemist bacteriologist
- physicist
- engineer
- lawyer
- public health officer
- teacher
- dairy and food technologist
- nutritionist
- farmer
- entomologist
- salesman

The supervision of the procurement, transfer, processing, and distribution of food supplies under conditions that foster good health involves a broad, technical background. A sanitarian must recognize that, that his profession is an honorable one, and no less worthy of identification than that of the butcher or baker, doctor or dentist, producer or processor. Each should make identification of the profession easy, whether it be by doing so on the letterhead, office, door pane, framed certificate on the wall, or by signature. Be proud of your chosen service.

The professional sanitarian is no less faced with the problem of maintaining a progressive attitude, and ability, than are others in differing or related professions. The sum total, and the availability of knowledge, has always been so vast, that each of us must learn to winnow and sift it to gain that which we can use. There are a number of avenues by which the progressive and responsible sanitarian can keep himself alert, and play the role he should in the profession.

Believe in, and identify yourself and your profession

Each of us needs the moral encouragement of being recognized for the work we do, and the contributions we make to the welfare of others. I point this out because it appears that in the classifications of the U. S. Department of Labor the sanitarian, as such, is a lost, or black sheep, and at least, not professionally acknowledged. This is probably because the practicing sanitarian must needs be familiar, and very much conversant with many fields of endeavor, in themselves, separately recognized.

Keep up with the "literature"

America and Canada are blessed with literally hundreds of technical journals, trade papers, and farm periodicals. In the dairy and food industry alone is a large number of trade publications. There are several publications of direct and immediate interest to the sanitarian which he should definitely have as subscriptions, and others to which he should have access for related material. My experience in visiting offices from which sanitarians work is that far too many have made no studied effort whatever to have on hand, or access to 1) basic sanitarians technical journals, 2) trade journals of related material, or 3) of newer texts in the general field of work. The overall cost to a sanitarian, or his employer of keeping a modest well organized library is trivial in the light of the benefits that can be derived. Mental stimulation and modernization require the use of journals and texts. It is a choice of: read, or become ragged. Every journal and trade publication carries diverse types of information: original articles, abstracts or reference to other articles, announcements of descriptive material by manufacturers, and of books from publisher, bulletins and circulars from federal and state governments, colleges and universities. The worth of the publication often depends on how successfully the reader can, or is willing to, squeeze...
the content for his use. Every sanitarian must set aside a work period for use of the publication. It should be a designated, uninterrupted, regular period for the job. The sharp and precise employment and use of the mind in this work is no less exhausting, when properly done, than is other usual physical work.

Many sanitarians work within organizations where many publications are available, but who have not had the opportunity to participate in office publication routing systems. This certainly should be done.

Keeping alert

One of the means of fixing knowledge in the mind is by repetition, and by association of facts. Many sanitarians do not have as frequent opportunity to converse, repeat and associate facts professionally as do men engaged in other professions, and this is especially so of milk and food sanitarians in smaller communities and organizations. Sanitarians can and should conduct regular periodic local area seminar group discussions on either: recently published articles, or on specific developments of mutual interest. There is no reason why sanitarians in communities, or even within organizations, cannot conduct seminar reviews of current material. It is necessary for us to comment that as among dairy group meetings, the professional sanitarian is often very conspicuous by his absence. The sanitarian should participate in and become a part of industry activities. The most successful food product organizations have the most alert and active sanitarians.

Be a “specialist”

Keeping the mind alert, and interested in the vocation, can be met in part by developing a special fund of knowledge about certain things. Basically, trying to know all about everything is impossible. But you can know a lot about something and this can stimulate you in your work. Every sanitarian should have some special project or subject about which he desires some specific information within a given year. It may be on the temperature of milk on delivery wagons, or in stores, or of how old it does become in institutions, or of a more complex matter involving antibiotics in milk or so on. The pursuance of the project will necessitate your thinking, and reading about what is known on the subject, and force you to evaluate the better what you thought you may have known about other things.

Work with others

The work of the sanitarian involves contact with large numbers of people. It may or must be done on an individual basis, or in small and large groups. Much of the work must be done on an educator basis, and in doing this, there exists a variety of tools that are of great help. There are governmental college and industrial services by which knowledge can be transferred in a manner to be effective. These have teaching aids, whether as speakers, counselors, movies, demonstrations, bulletins, and so forth. The effective planned use of these facilities can do much to accomplish and help the work of the sanitarian. But it must be utilized in a planned and well managed project basis. Haphazard utilization of facilities of others leads eventually to frustration.

Look at the record

One of the greatest problems of all organizations is to have personnel show what was done and what was accomplished by doing it. One of the most interesting developments in the planning of work is the system used by fieldmen in vegetable canning plants in projecting planting of crops so that the canning can have the crops at peak of maturity in scheduled amounts. It involves heat unit measurement. The point is that the work is planned in advance, and the status of the crops at any time can be evaluated. Sanitarians should plan their work on a project basis, and at the end of a stipulated period make an evaluation, and report. Work cannot properly be planned without evaluation. The availability of positive information is one of the best selling tools there is in furthering a program.

Educate rather than police

A major portion of the world’s accomplishments is done on a basis of understanding. You have only to converse with any skilled workman to learn that he usually understands why things are done in certain ways. The doing is through the understanding. The need for understanding in the process of teaching sanitation techniques to others in very great. Policing a method is necessary for the limited few; teaching a method is basically more successful for the majority. It is the experience of many who have thought of the problem that there is a great gap in the understanding of many who are doing jobs that involve sanitation practices. You as a sanitarian ought to examine your ability as a teacher.

Practice and preach

Unfortunately there are professional sanitarians who fail to practice their preaching. The failure may lie in personal habits, or in procedures in their work. Sometimes it is exemplified in the absence of clean teeth, dirty fingernails, or poorly kept clothing, ear, or office. At other times, it is a failure to provide on one hand a philosophy of living that is taught in another part of an operation, such as clean toilets, rest rooms and halls, or stairs in a building housing elsewhere food handling operations in which personnel are expected to be sanitation conscious. Again it is exemplified by the man who urinates in the barn and makes light of his teaching, or the one who paws over utensils without first having cleaned and sanitized his hands. As a sanitarian, you are under constant scrutiny, and folks seldom tell you what they see.

Take the bushel off the light

Sanitarians, by and large, are a shy and conservative lot. You seldom see their pictures on the front, or inside pages of the newspaper or in trade papers, newspaper articles about their activities, of the meetings they conduct or attend, are too few. In communities, annual reports of their work frequently involve negative rather than positive accomplishments. Every sanitarian should interest every person
possible in the work, and should take every opportunity to do so.

Sanitarians should improve their reading practices; they can extend their speaking abilities and participations and make known the kind of work they do, and the objectives they seek. The effort should not be confined only to those with whom you must work, but to others who may seemingly be remote, whether you must work, but to others who

Suggested Library References for Sanitarians

Books

1. Adams. Milk and Food Sanitation Practice. Commonwealth Fund, 41 E 57th St., New York City


15. Hunziker. The Butter Industry. Published by the author at LaGrange, Illinois


20. Ordinances from the various states and cities


25. Sommer. Condensed Milk Products. Published by author, University of Wis.


30. Tobey. Public Health Law. The Commonwealth Fund, 41 E. 57th St., New York City


37. Wilster. Practical Butter Manufacture. OSC Cooperative Assn., Corvallis, Oregon

38. Wilster. Practical Cheddar Cheese Manufacture. OSC Cooperative Assn., Corvallis, Oregon


Journals


2. Certified Milk, 1265 Broadway, New York City.

3. Journal of Milk and Food Technology, International Association of Milk and Food Sanitarians Association, Ritz Bldg., P. O. Box 286, Shelbyville, Indiana.


5. Milk Plant Monthly, 327 So. LaSalle St., Chicago, Illinois.


Federal Security Agency, Food & Drug Administration, Microanalysis of Food and Drug Products, Food & Drug Circ. No. 1 Available from Superintendent of Documents, Washington, D. C.

Publications — available from manufacturers of detergents.

New Books & Other Publications (continued from page 109)

Methods of significant measurement need more research. The factors involved in both consumer and market surveys are analyzed in detail.

Control of Microorganisms Causing Spoilage in Fruit and Vegetable Products, by Mathilde van Schelhorn, pages 429 to 482. About 225 references. Preservation is discussed under heat treatments, exclusion of oxygen, inhibitory effects of CO₂ sterilization by filtration, electron-