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Student Health well used

Pregnancy, booze Dal health problem

by Norm Rose

Last year 4500 students, or approximately three out of every four attending Dalhousie and King's, used the University Health Services.

Tuberculosis, venereal disease, pre-marital pregnancy, alcohol, obesity and psychiatric disorders are only a few of the problems confronting the staff. Their responsibility, as quoted from the 71-72 calendar, is to advise in the prevention, diagnosis, treatment and rehabilitation of any condition which may threaten to impede the development, or diminish the fitness of an individual functioning as a student.

When questioned about the lack of enforcement of university regulations dealing with compulsory tuberculin test and readings which is a requirement for registration, Director Dr. W. B. Kingston

stated that "Next year we won't see the compulsory tuberculin survey. The Health Service can't cope with the increasing large enrollment. Reaching a third of the university population on a voluntary basis would be more practical and as effective as the present method."

Dr. Kingston carefully pointed out that the tuberculin survey was initiated before 1958 when TB presented a greater danger than at the present time. The survey invariably finds an active case every year plus 20 to 40 students who have been exposed to TB. Next year, a carefully planned pre-registration promotion of the advantages of a volunteer tuberculin test will provide the needed sampling to make the tuberculin survey effective, according to the Director.

Kingston said he would "rather talk about the dangers

of pregnancy out-of-wedlock or obesity or alcohol rather than V.D., which is not a major health problem at Dalhousie."

He could not recall of an active case of syphilis in the last five years. The largest epidemic of gonorrhoea was two and one-half years ago and involved only 20 persons over a 2 1/2 month period. There are usually only three or four cases of gonorrhoea in any one month — then none for several months.

In discussing health problems of more immediate interest to Health Services Kingston mentioned pre-marital pregnancy, obesity and alcohol as particular areas of concern. "We try to encourage realistic attitudes and practices about contraception whenever possible," he commented.

Kingston mentioned that the treatment of accidents of violence can be more readily traced back to alcohol than

drugs and that "one of the greatest dangers of drinking is pregnancy."

The effect of society's affluent way of life has produced another student health problem — obesity — which has to be treated like any other disease.

Apart from the four full time and part-time General Practitioners on staff, the two full time and two part-time psychiatrists aid in the treatment of psychological illnesses caused by sexual problems, residences, and study problems which interfere with the development of the student.

There is a noticeable lack of health education material on campus, Dr. Kingston said, because the Health Service is only able to provide services within their budget, leaving the responsibility of health education to others such as the School of Medicine or Physical Education.

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