

undheit! Gesundheit! Gesundheit!

by Uncle Walt

It requires too much thought, honesty, knowledge, self-criticism, for a physician to regard the main goal of his activity as a prevention of those diseases from the cure of which he makes a living.

—Wilhelm Reich

* * *

Think back to your last visit to a doctor's office. You immediately became a "patient" and sat in a "waiting" room: the vocabulary itself encourages a passive role.

After a cursory examination you were most likely given some unidentified pills (free samples to the physician from a drug company salesman) or a prescription. You then received a bill, unless the visit was covered by a public or private insurance scheme, in which case you paid the fee indirectly through taxes or premiums.

If you objected to the fee or questioned the "treatment", you were told to find another doctor in

whom you did have "faith". Little or no mention was made of the factors involved in maintaining good health: nutrition, exercise, sleep, prompt first aid, and avoidance of tobacco and other drugs.

True, medical research has eliminated such diseases as smallpox and polio, but new health hazards take their place: lung cancer, emphysema, etc. from tobacco and auto fumes; injuries from auto wrecks; and various ailments from over-processed, oversweetened foods and drinks, physical inactivity, and constant pressure from school or work.

Physicians benefit financially when people live longer in a marginal state of health. Few of us know how to take care of ourselves, turning instead to an increasing variety of dangerous prescription and patent drugs which only mask the physical manifestations of an unhealthy lifestyle.

What is the answer? Learn to stay healthy. Eat nutritious meals in pleasant unhurried surround-

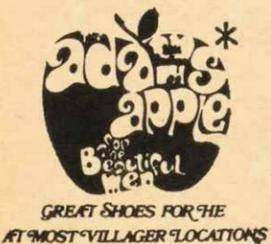
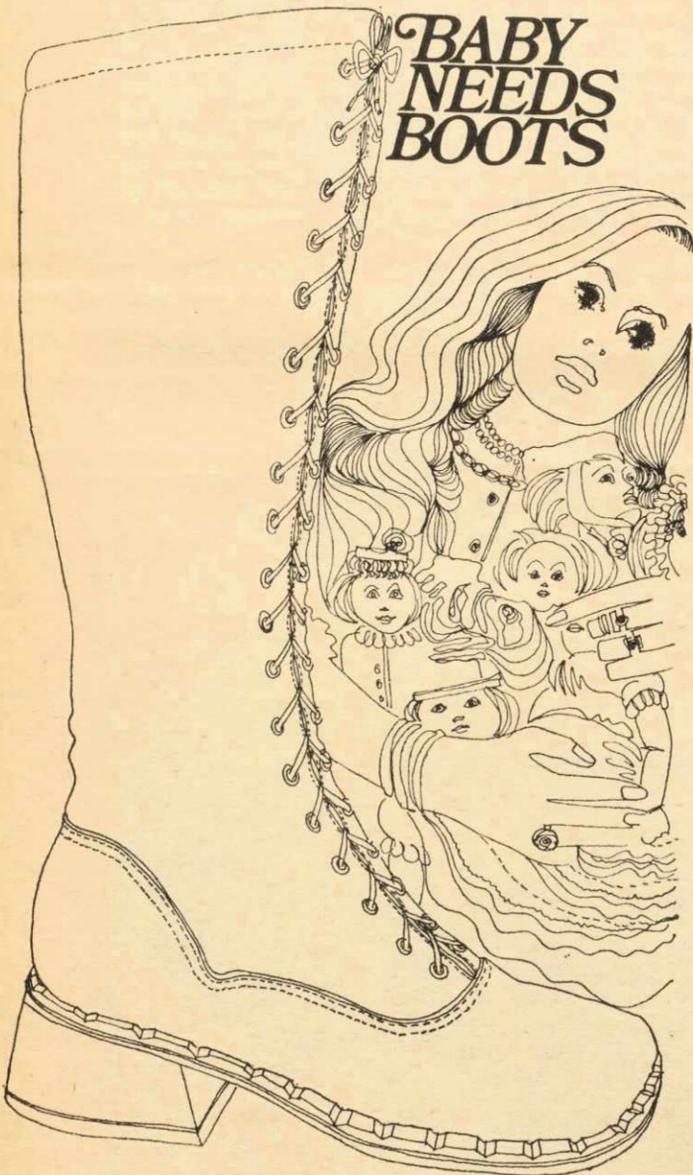
ings. (For food tips, visit the library . . . and read "Gesundheit!") Use your muscles: walk, don't ride; use stairs, not elevators. Quit smoking as well as caffeine drinks (coffee, tea, cola) which make you nervous, so you want to smoke. Get lots of sleep every night, don't get polluted on booze, and look both ways before crossing even one-way streets. (College students get hit by cars too.)

When you do go to a physician, ask lots of questions, and don't be afraid to see several doctors. There is always the University Health Service in Howe Hall (424-2171; evenings and weekends, 423-6916), Med-Aid (429-5700) at the Victoria General Hospital, and at last resort the hospital emergency wards (notoriously slow and callous).

Give injuries prompt attention, washing all wounds with soap and water. Don't ignore any persistent pains; they might be symptoms of illness. Finally, get — and give — lots of love, but carefully.



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FILE CONSTITUTIONS SOON

Groups on campus that have not yet filed a 1971-72 constitution and list of officers with the Student's Union are

asked to do so by contacting the Internal Affairs Secretary, Room 212, SUB.

Coming up in the GAZETTE are some interviews (once a week) with various personalities of the political, industrial, labour, and media scene, to promote some sort of discussion of life in Halifax.

We start next week with Clive Schaffer, News Director of Radio Station CHNS Halifax.

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