1932

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Recommended Citation
Soth, Kathryn (1932) "Many College Women Are Anemic...," The Iowa Homemaker: Vol. 12 : No. 7 , Article 8.
Available at: http://lib.dr.iastate.edu/homemaker/vol12/iss7/8

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Many College Women Are Anemic . . .

By Kathryn Soth

But They Get Good Care

TWO hundred and eighty one out of 313 new women students at Iowa State this year, are afflicated to some degree with anemia, hospital authorities report, and only 32 of this number are said to be normal in this matter.

Of course many of these women have the disease in so light a form that it does not obviously affect their health and efficiency, but nevertheless, the College Hospital will give each case individual attention, and follow-up treatment. And this is only one of the many precautions which the hospital staff members take to see that every student is in as perfect a physical condition as possible.

Before Fran nie Freshman has spent a week at Iowa State she has been examined completely physically as well as mentally. The examination includes hemoglobin test, red blood cell count and also a tuberculin test.

This tuberculin test is not conclusive of present activity in the lungs, according to the hospital physicians, but positive results make a thorough examination for tuberculosis necessary. About 10 percent of the students examined during fall quarter reacted positively to the test. An X-ray of the chest shows whether or not active tuberculosis is present.

Not only freshmen, but sophomores, juniors, and seniors must also have annual physical examinations. Any defects found are immediately corrected if possible. Practically all students have some minor physical defects, which yield to persistent treatment.

If Fran nie Freshman finds that she has perfect eyes, ears, and teeth, and is not overweight or underweight, she is very lucky, for “bad” eyes, ears, and teeth are very common, and few women students weigh just what they should. She may discover that she has enlarged thyroid glands or infected tonsils or a weak heart.

If a student is in a serious physical condition because of some defect or chronic disease, she is advised to take a light schedule or possibly drop out of school for a time. Thus she is prevented from becoming “run down” from overwork.

ACCORDING to Dr. Sarah B. Kal ar, women’s physician at the College Hospital, examinations are more comprehensive than ever before, a fact which makes possible a close check on each student. The laboratory tests given are very important and assist greatly in disease prevention, Dr. Kal ar says.

Women’s health sense seems to have increased, Dr. Kal ar thinks. When a girl becomes ill with a cold or “flu” she usually does not wait to be forced to go to the hospital, but reports of her own volition.

Cold s are the most common disease on the campus, with “flu” and grip following next. When there is an epidemic of colds, many women students report at the hospital and demand this is the Home of Physical Exams

‘something to break up this cold right away’.

The great field of work on this campus is disease prevention rather than clinical work, according to Dr. Kal ar. So much more preventive work is now being done than before that it is necessary to “put to bed” fewer students.

The turnover of hospital patients is very rapid, Dr. Kal ar says, and it is difficult to estimate the average number of patients in the hospital at one time. There may be five one day and twenty the next, if an epidemic of “flu” suddenly settles on the campus.

Some students require special diets because of abnormal physical conditions; and for them is provided a special diet table at the hospital. Since the charge for board is higher there than at the dormitories, some students who need special diets choose the foods they know to be best for them from the dormitory menus.

Any student requiring a special diet of any sort may eat at the special diet table. Students who have ulcers, diabetes, Bright’s disease, anemia, colitis, or severe acne may attend classes regularly and eat all of their meals at the hospital. They can thus be sure that their food is the right food for the correction or improvement of their abnormal conditions.

SOMETIMES accident cases find it advantageous to eat at the hospital. A patient with a broken jaw would require a high calorie liquid diet; and this would be supplied to him there.

Occasionally a student afflicted with obesity or underweight boards at the hospital. However, these conditions may not be caused by improper diet; and an examination may show that some glandular disorder is responsible. But, if it is possible to correct these conditions by diet, a high calorie diet is given to underweight students and a lower calorie diet to overweight students.

According to Dr. Kal ar, self-prescribed dieting to lose weight among college women is responsible for no cases of illness coming to the hospital. Women on the Iowa State campus do not diet to any great extent, it appears.

The Women’s Student Health Council was organized 2 years ago with Miss Perla Gouling as faculty representative of the group. Marjorie Brisbane is president. Each house and dormitory sends a representative to the council, which meets weekly to discuss health problems common to the campus.

For each quarter of the school year a definite program of study is planned. The past fall cold prevention, child health, the significance of laboratory tests in physical examinations, tuberculosis, and acne and anemia were studied.