You Can't Cram for This! It's Physical Exam

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You Can't Cram for This!

It's Physical Exam

... by Ardith Wick

The Iowa Homemaker

MINE is 81," said one of the women at the dinner table. "Oh, I'm better than that. Mine's 83," boasted another. A third spoke sorrowfully. "Mine's just 79."

Grades? No, indeed! This conversation is indicative of the interest students here take in their health. These young women were discussing their respective blood counts in their recent physical examinations.

Health is essential, as anyone will admit, and from the time potential students apply for entrance to Iowa State College until they don caps and gowns, their physical condition is closely watched.

Any applicant for admission receives a blank from the Registrar's Office, regarding his health—a case history, which is to be filled out carefully. Then, upon admission, he receives a thorough physical examination. The thoroughness of this is apparent by a glance at the information sheet. It includes everything and has 39 separate divisions of information.

In addition to this, all students receive the Mantoux test, which reveals any tuberculosis activity, past or present. This is an important step when it is realized that 25 to 30 percent of middle western college women students show positive reaction to these tests. This does not mean, however, that all of them have active tuberculosis, but it does indicate activity at some time or other, and it does show the necessity for the inclusion of the test in the examination.

Following this rigid examination, the real work begins. Every defect is checked, and conferences are held with the students involved, in which advice is given, medical treatment prescribed, and complete recovery attempted.

THOSE students who have positive Mantoux tests are given chest X-rays and the findings of the pictures are explained to them. By constant observation and frequent conferences, they are helped to live the right kind of life, prevent any recurrence of tubercular activity.

Such a procedure, complete in every detail, is followed every year for every student on the campus. In this way, new conditions can be checked, old ones corrected, and a general health standard maintained.

The most common health defect in girls, according to Dr. Sara B. Kalar, who is in charge of the health of Iowa State College women, is secondary anemia. Approximately 50 percent of the entering freshman women are so afflicted. But there is a marked improvement by the time they are seniors, she said. Much credit for this is due Dr. Kalar for the advice she gives about the necessity for a proper amount of sleep and rest and a balanced diet.

A realization of the importance of this care which the College Hospital gives to its students is making the student body health-conscious. Freshmen, as a rule, do not appreciate this effort, for they are often "scared to death" as they enter the hospital doors.

"Sometimes a freshman is so frightened that we have to make two or three examinations for blood pressure and pulse before we can get a normal report," said Dr. Kalar. "If the upperclassmen would help the new students by assuring them that the examination is in no way harmful and that there is nothing to fear, they would be doing a great service for the freshmen. The hospital is here to help the students, and they have everything to gain from the examination."

Housework to Testing Lab in Equipment Field

... by Vivian Brashar

TRAINING in home economics is put to the test in the careers of women who have specialized in household equipment.

The equipment-trained person may be called upon for assistance and advice in the widest range of subjects related to the home. A call to help plan a remodeled kitchen may be followed by a call for help in bathing a new baby or demonstrating correct lighting for the home. The use of equipment in the home is so closely related to the comfort and welfare of the family that the field of necessity becomes a family affair.

A wide knowledge of foods, both in theory and practice, is of inestimable value to the equipment specialist. Art, textiles, child care, management problems—all these subjects fill an important need in the work of the equipment specialist.

Experience in doing all types of housework develops an assurance and helpfulness that are readily discernible to the homemaker and her family.

Any home economics student, particularly those majoring in equipment, should plan to acquire actual experience in doing all types of housework. At the present time the criticism heard most frequently is that graduating women do not have sufficient experience in doing actual home work. It is one thing to tell a person how to bake a cake in an electric oven, but quite a different problem to produce a standard product cake in that oven, one's self.

Since time in college does not permit a student to acquire skill in all homemaking tastes, these opportunities should be sought whenever and wherever possible.

At the present time the commercial field seems to offer greatest possibilities for the equipment-trained person. Demonstration work with companies manufacturing household appliances is becoming more available.

Home service work with gas and electric companies and with manufacturing concerns is a most interesting field. Some home service girls are furnished with completely equipped bungalows where they demonstrate and lecture in connection with their work. Recently a request came for someone to organize home service work in Haiti and nearby islands.

SEVERAL graduates are now combining equipment with journalism. Two are now on the staff of the Ladies' Home Journal. Several others are in demonstrating and testing laboratories.

The impetus in improving home conditions with cheap electric power given by the administration at Washington has enlarged the opportunities for women trained in equipment.

Research and extension work in colleges open another field and opportunities for teaching equipment are increasing.

Besides being well-trained and experienced in home economics subjects, the person wishing to succeed in equipment work should possess a genuine interest in people, a friendly, sincere manner without any discriminating label of "college graduate," and the ability to tell what she knows in a clear and interesting manner.

Have you ever tried lemon-pie filling chilled? Use whipped cream in proportion of 1 cup to 1 1/2 cups lemon cornstarch filling.