



Student Health Service

The Health Service of the Northwest School is a branch of the University of Minnesota Students' Health Service. It is supported, in part, by fees paid each term by the students. It operates to give to every member of the student body a physical examination, bedside and dispensary care to all who are in need of such attention, and protection from contagious diseases.

The greatest benefits derived from the Health Service arise from the dispensary care. It is at the dispensary, or the nurse's office, as it is popularly termed, that all illnesses are reported and lesser ailments treated. This past year the dispensary work has nearly doubled, with the result that fewer students have been confined to the hospital.

Another branch of health work that has been enlarged this year is that of individual correctives. In cooperation with the Physical Education Department and with the Registrar, the Health Service has given supervised rest and diet to those students whose general condition indicates this need.

"Positive health for all" has become our slogan. To this end, courses in Personal Hygiene are now required of boys and girls alike. Special emphasis is placed upon exercise, posture, food requirements, care of the skin, and dental prophylaxis. With the idea in mind that "an ounce of prevention is worth a pound of cure," the school has come to consider the Health Service a great asset.

Where can we go when the old head aches, and our backs are lame and sore?
Where can we go with our sprains and breaks, and our colds and coughs galore?

Where is the latch string always out, where are there easy chairs?

Where is there help for body and soul, where can we drop our cares?

TO THE HEALTH SERVICE!

—RUTH SHELDON.