

# guest opinion

by Samuel I. Fuenning

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*"To lose one's health renders science null, art inglorious, strength unavailing, wealth useless and eloquence powerless."*  
Herophylus, physician,  
grandson of Aristotle, 300 B.C.

Great leaders of the past have appreciated the importance of health as well as former great presidents of institutions of higher education. It was as a result of this recognition that college health programs and services came into being. A very significant statement was made by Amherst College president Sterns in 1856 which conveys his concern for the importance of health:

"The breaking down of the health of the students, especially in the spring of the year, which is exceedingly common, involving the necessity of leaving college in many instances, and crippling the energies and destroying the prospects of not a few who remain, is in my opinion wholly unnecessary, if proper measures could be taken to prevent it."

As a result of his concern for prevention, the first college health program was organized at Amherst in 1861 by Dr. Edward Hitchcock. It is of great interest to note that he developed a comprehensive health program and included health education and concerns for the environment.

In 1947 Alexander G. Ruthven, president of the University of Michigan, made the following statement: "Many of us who have responsibility for the physical welfare of students agree that health is one of the cardinal principles of education. We note the great benefits that have come to men as the result of the application of science to the prevention of disease and the reduction of deaths: the prolongation of life, the increase of stature in young people and the material saving to society."

At NU a college health program and services were initiated in 1919. Rufas Lyman, M.D., dean and founder of the College of Pharmacy, was given the responsibility of developing the health program which was to include a strong emphasis in health and sex education.

In 1946, NU Chancellor Reuben Gustavson authorized an in-depth study of college health programs.

The specific objectives of the preventive medicine and health maintenance program which grew out of the study are:  
1) Early identification of physical and mental illness or injury.  
2) Control of environmental factors that predispose or cause illness or injury.

3) Education of members of the University in how to cope with the stresses of life, maintain fitness and vitality throughout life and effectively utilize medical facilities and resources.

As a result of concerns for the environment, it has been possible to reduce the incidence of injuries and occupational illnesses among students and staff in the face of an increasing population. Fifteen surveillance programs have been established to protect the student and employee from environmental health hazards, such as surveillance of all food service areas, surveillance of all laboratories and facilities utilizing radio-active substances or machines, surveillance of all facilities that have potentially harmful noise levels, etc.

In order to implement the specific objectives of health education, two major programs were necessary; one a formal academic health education program to train health educators, the other a University community health education program to educate and involve the consumer.

A program of prevention and health maintenance necessitates the participation of all consumers in the overall effort of prevention and health maintenance. This has resulted in the development of an effective health aide program, a Crisis Health Aide program, a yearly evaluation of the Health Services involving 2,000 students, and a Student Council on Health. As a result of these efforts, the student input into the overall University health program has been significant in not only helping to maintain quality, but also to assist in the implementation of the overall objectives.

The health aid, a resident in one of the living units, is a strategic member of the University health team, assisting in the care of health problems, especially first aid, and in promoting educational programs on pertinent health issues, including environmental concerns. This past semester, 10,000 student visits were made to the health aides concerning health problems with a referral rate to the Health Center of 10 percent. This is an outstanding achievement by the health aides.

Prevention of illness and injuries and health maintenance is not only accepted by the medical leaders, but also is the concern of Congress as reflected by the enactment of such legislation as Comprehensive Health Planning Act, the Williams-Steiger Environmental Safety and Health Act of 1970, legislation on anti-pollution measures, the development of health maintenance organizations and so on.

The great presidents in the field of higher education today are also stimulating, promoting and supporting high quality health programs with emphasis on prevention and health maintenance. This has been true in Nebraska and will continue to be the determining factor in the further development of a high quality, comprehensive health maintenance program.



Bob Russell, on leave from his status as a UNL student, is touring Europe this semester and serving as the Daily Nebraskan European correspondent.

I've been in France a week now and the one thing I have figured out about the French people is that they aren't American enough. First of all, they speak French. Secondly, they are terribly inefficient. And thirdly, they just don't know about the good things in life.

The French language is utterly incomprehensible. It is a language for tongue acrobats. It is a language for people with stuffed up noses or who compulsively wear nose plugs. It is a language for people who like to cough, spit or clear their throats.

Why, you may ask, is the French language all of these things? Well, in order to pronounce the language like they do (you notice I didn't say correctly, for anyone who would go through all that to pronounce words has to be "dingue" or "fou", as they say, or in plain American, out of their tree), one has to do all those

obscene things. One has to stretch the tongue as it has never been stretched in any skin flick.

Now the pronunciation is only half the problem with the French language. The ultimate absurdity is that most of the words they use aren't even the same words we use. And for the words that are the same, they gargle them, say them through their nose, etc., so as to make perfectly simple English words incomprehensible French words.

About their inefficiency, How these people get anything done is very puzzling. The hours that stores are open in Bordeaux are 9 a.m. to noon and 2 p.m. to 7 p.m. Getting up in the morning for work is an ordeal anywhere, but especially for the French, who like to eat late and who also display a special fondness for wine. On the premise that a French worker does make it to the job, this person still has to make it through a two-hour lunch and nap, complete with wine and sleep; and then, make it back to work.

Once at work, the French don't seem overly concerned with what they are

doing. Their attitude is "Ca m'est egla" or "it's all the same to me." This, coupled with their known zeal for hanging out in cafes, will never turn France into a European Japan.

More inefficiency. How would the American housewife feel if she had to go to separate stores for eggs, fruit, meat, bread; and even to the "Hostess Cupcake Store" to get those delights of "American cuisine?" The French must do all these things. I have even seen a bra and slip store, a rain coat store and a stationery store. And all of these stores are lined up on crooked streets, these streets being jammed four times daily instead of the American two.

What the French need is to be Americanized. If I could just get a large loan from H. L. Hunt, I could show the people of Bordeaux how to live with all the crooked streets and such. Bordeaux doesn't have anything that could be considered a main drag. So I would like to build a four-lane road, a mile or so long on the outskirts of Bordeaux. I would make to the road a large loop, so people could drive around it endlessly.

On this main drag I would first put a giant billboard that said in flaming psychedelic orange, "Welcome to Main Drag." Then a pizza place with he flashing red neon sign, "Hot Pizza." Across from the pizza place could be a custom car and motorcycle shop. Next, of course, the Main Drag Drive-In Movie showing "Hell's Angels on Wheels" with a Clint Eastwood spaghetti western as the second feature.

Down the line a ways, a shiny "with clean rest rooms" gas station, complete with a 100-foot high revolving sign. And with the purchase of a hundred liters of gas, you could get a free robo-wash next door. To complete the Main Drag, I would have an authentic Bronco Burger stand serving authentic horse burgers and displaying "the largest French flag in the world" on a large flag pole.

I think that once the French saw the best in American life, they would surely mend their ways.

bob  
russell  
buffalo  
chips