

DR. STUART PUTTING WEIGHT ON WOMEN

College Health Adviser Is Securing Results.

HARD TO CONVINCE SOME Gains Not Desired by Many Who Are Too Light.

Dr. Bertha Stuart, women's health adviser, hopes that some day the University health program will be so well carried out that the infirmary will be almost entirely unnecessary. Together with Miss Grace Robertson, health nurse, she is working for the betterment of the health of University women.

"We are not the University 'sick service,'" Doctor Stuart said. "When the girls are sick, we send them to the infirmary."

However, Doctor Stuart is constantly on the look-out for methods which will keep the women well, rather than cure them when they become ill. She has worked with women for about twenty years and finds that one of the first prerequisites of a healthy physical condition is proper weight, and it is to this end that she has been spending most of her energy in the University.

"You are about fifteen pounds underweight!" she will say to the "victim" who responds to the urgent little notes sent out by Miss Robertson.

"But I'm as fat as I want to be already!" wails the patient. "I don't want to gain!"

"Don't want to gain!" explains Dr. Stuart. "Do you think those bones are pretty?"

And then, Dr. Stuart tells from 10 to 20 girls each day why they should gain. The majority of cases brought to her attention are of malnutrition—and, if Dr. Stuart is not a crank on the weight question, she at least considers it of vital importance.

"There is a certain amount of weight," she will say, "that a person should have in order to have vitality and resistance to disease."

"But I feel all right—and I'm never sick."

To this almost never failing statement, Dr. Stuart smiles a knowing smile—and tells the tale of the girl who was "never sick," but who could not come back to school on account of illness. However, one particular patient is still unconvinced.

"But I don't want to be fat!" she objects.

"I don't want to make you corpulent," smiles the Doctor, "but I want you to get enough weight for your height, develop vitality and resistance to disease and fatigue."

Then Doctor Stuart explains at length that while weight is not the only factor, it is one of the chief ones, and that young women should all be storing up surplus energy for use later on in life. She prescribes "milk and rest" and tells the patient to return in two weeks.

"They aren't all as hard to convince as that," she said after this patient left, somewhat defiantly.

This is just one instance of the many to which Doctor Stuart attends. She tries the diet and rest at first—and almost every women's house on the campus has its "Better Babies" table. If no good effect is noted after a fair trial, then activities are cut down and more stringent measures are applied. However, of the 100 or more girls treated last term, the gains ranged from two to 35 pounds in each case. During exam week, Doctor Stuart noted that from one-half to five pounds were lost, and many girls lost during Christmas vacation.

Doctor Stuart's work is mainly among

the women of the freshmen and sophomore classes, with whom she comes in contact by means of the department of physical education. She is a firm believer in the doctrine of "an ounce of prevention."

DOUGHNUT RULES MADE

Women Must be in Four Practice Games to Play Basketball.

No girl will be eligible to play on a house basketball team in the doughnut series unless she has played in four practice games. This is the ruling made by Miss Emma Waterman, women's basketball coach, in regard to the series which will be started the first week in February.

Practices are being held in the outdoor gymnasium at the following hours: Tuesday and Thursday, 3 o'clock; Wednesday and Friday, 4 o'clock; Tuesday, Wednesday and Thursday at 5 o'clock. Miss Waterman has charge of the practice hours. She says that special practices can be arranged for at other hours if desired.

Doughnut baseball has been tried before, but this is the first trial of doughnut basketball. A suitable trophy, either a cup or a banner, will be provided by the Women's Athletic Association to the winner of the contests.

CHEMISTRY CLUB ELECTS SIX.

Six students were elected to membership at the last meeting of the Chemistry club. They are Meryl Deming, Myrtle Anderson, Claire Holdredge, Nancy Fields, Glenn Frank and Delmar Powers. The next meeting of the club will be held on Thursday evening, January 27.

MISS CUMMINGS IN EAST.

Miss Mabel L. Cummings, head of the department of hygiene and physical education for women left last week for the east, where she will spend two weeks in the interest of physical education. She expects to visit Chicago and Boston and investigate the work that is being done there.

Dance Wednesday evening under the auspices of the American Legion at Springfield. s-t-w

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