

# Hay fever season just itching to start

By TRUDY BERNARD  
For the Emerald



Students are flocking into the Student Health Center to find out why their nasal passages are blocked and their eyes are watery, swollen and itchy.

There are 13 million Americans who have some or all of these symptoms every year. They have hay fever.

Hay fever is a fairly serious disease. When it strikes, those suffering may be unable to read, work or carry out ordinary activities. Each year these people lose millions of days of work, causing a loss to the economy of more than 25,000,000 days per year.

Hay fever is only one of the many allergic conditions common to this country. Others are asthma, year-round rhinitis, eczema and other skin conditions. One can also develop a sensitivity to cosmetics, drugs, insect stings, food, household dust, molds and animal dander.

Allergy is a sensitivity that some people develop with ordinarily harmless substances. These substances, which are called allergens, get into the body when they are inhaled, swallowed or touched.

There is a familial tendency to hay fever and other allergic diseases, such as asthma, eczema and hives.

Hay fever does not occur on the first exposure to allergens. After repeated exposures to inhaled allergens, the individual produces antibodies on the cells of the nose, eyes and bronchial tubes. This takes months and sometimes years before these antibodies are formed. During this time, the individual experiences no symptoms. However, when the body produces enough sensitizing antibodies and the individual comes in contact with pollen, mold, dust or other allergen, a reaction is produced — which is hay fever.

Most people suffer from seasonal hay fever occurring in spring, summer, fall, or throughout the

three seasons. Common causes are plant pollen and molds from trees, grasses, weeds and grains. These are carried abundantly through the air. Other sensitivity to insect dust, animal dander, cosmetics and food may aggravate the symptoms of hay fever.

#### Health Tips

Hay fever varies in kind and intensity from area to area and person to person; therefore, each person has to be treated individually.

Anyone who has any of the mentioned symptoms, should consult a physician.

After some investigation and allergy tests, it might be necessary to take allergy injections. The physician outlines programs for individual needs.

Once the cause of hay fever is identified, it is wise to avoid that agent. One might even have to leave one area for another.

It is very difficult to completely escape pollens of trees and grasses since they are so widespread, but persons with hay fever can

help eradicate weeds that cause problems.

Driving in the country often exposes the individual to more pollen. It may also be necessary to give up pets, change cosmetics and watch the food eaten.

Hay fever patients should keep dust and mold production low in their home by damp dusting the furniture, using allergen-proof encasing on pillows and mattresses and often vacuuming and airing rooms.

Students who are diagnosed with allergic problems can bring their serums to the Student Health Center where registered nurses will administer them from 8 to 11:30 a.m. and 1 to 4 p.m. Monday through Friday. There is a charge of \$1.25 per injection.

Individuals are encouraged to take an active part in the management of their allergic conditions.

For those students with an occasional bout of hay fever, medications are available at the Student Health Center.

## Rusch selected as architecture dean, to replace Harris

The School of Architecture and Allied Arts' next dean is from the University of California at Los Angeles (UCLA).

Charles Rusch, presently associate dean of the UCLA School of Architecture and Urban Planning, will assume the position July 1.

He has published numerous articles on conception, perception

and communication, and founded the Mobile Open Classroom program, an extension of his theory on transformational design.

Before joining the UCLA faculty, Rusch worked for architectural firms and taught at UC-Berkeley for three years.

Rusch replaces Robert Harris, present Architecture and Allied arts dean.

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