

Student Health is good for what ails you

By **LISA RICHARDSON**
Staff Writer

The Student Health Service, located on South Campus, offers health care for students enrolled for the current semester. The service operates on an appointment basis, but same-day appointments are also available.

According to Judith Cowan, director of SHS, the service makes every effort to take care of students who feel extremely ill but haven't made appointments. "If there's anyone who feels he's acutely ill and needs to be seen (that day), he will be seen," she said.

Sheila Sturdivant, administrative manager for SHS, said the

student health fee — at \$98 per semester — is quite a bargain. "(Students) should really take advantage of it," she said.

SHS has regular weekday hours, but a central nurse's station is staffed at all times, including weekends, most holidays and semester breaks.

SHS services include the clinical medicine staff of nine doctors and three nurse practitioners to take care of most health needs. Students who come to SHS for routine health care are asked to choose a professional to be their regular health care specialist.

"This way, the doctor gets to

know the patient and the patient gets to know the doctor," Sturdivant said. "This ensures that there is some continuity of care."

SHS has several specialty clinics, including the sports medicine clinic, which provides physical therapy and treatment for many injuries; the mental health staff to help students discuss stress, loneliness and other problems through crisis intervention, individual therapy and stress management; and women's health, staffed by a gynecologist and two nurse practitioners, who provide pregnancy tests and routine care.

This past year, SHS also added

a dental clinic, where students can have dental problems diagnosed. No dental work is done in the clinic, but students may be referred to the Dental School for routine dental hygiene.

SHS also has a cold care center, a do-it-yourself service which allows students to save time by determining if their illnesses require the care of a doctor; the allergy clinic, which administers vaccines; and the pharmacy, which fills prescriptions written by SHS doctors and sells over-the-counter drugs.

Cowan said health education is a top priority at SHS. "We print

a large number of pamphlets on every kind of medical problem," she said. "All of our physicians and nurse practitioners consider (health education) to be a basic part of the job."

SHS is an ideal service for students, Cowan said. "We are able to offer the student fairly comprehensive care, and most of it will be covered by the student health fee," she said. "Students who use us feel quite positive about the service."

Services not covered by the student health fee will be directly billed to students through the cashier's office in Bynum Hall.

Swimming test gets students to take the plunge

By **TRICIA WHITE**
Staff Writer

Since the mid-1940s, UNC students have been jumping into Bowman Gray pool in Woollen Gym and dog-paddling, freestyleing, or doing whatever will keep their heads above water for 5 minutes. This is the swim test, one of the University's rites of passage.

"There are a few brave ones who show up and try to pass the test even though they can't swim," said Charles Lockee, a teacher's assistant in the Physical Education department. "They are the ones who usually fail the test."

Students who don't know how to swim are encouraged to take the beginning swimming course

from the P.E. department before taking the test.

The test is generally understood to be a requirement of the General College, and is noted as such on page 45 of the Undergraduate Bulletin. It was instituted during World War I when the Pre-Flight division of the Navy was training at Carolina and donated the outdoor pool. Bowman Gray donated the indoor pool, but a stipulation accompanied his gift: that a swim test be instituted, so

that every student who might use the pool would be able to swim.

If you're not Mark Spitz, don't despair. All you really need to be able to do to pass the swim test is keep from drowning. In this way the test is more a precautionary measure than it is an assessment of your ability to swim like a fish.

The test consists of jumping into the pool, swimming to the end and back using any stroke (in the case of some people, you might not call it swimming, exactly) and then

staying in the pool for a total of five minutes. The stipulations are simply that you touch neither the sides nor the bottom of the pool during those five minutes.

If you are not a particularly good swimmer, but can manage even a slowish clip at the dog-paddle, you will be able to pass the test.

This year the swim test will be given at the following times: November 6, 10 a.m.-noon and 1-3 p.m.; March 25, 10 a.m.-noon and 1-3 p.m.; April 6, 10 a.m.-noon and 1-3 p.m.; and April 29, 1-2 p.m.

Although there is usually no test scheduled for the summer months, this year it will be held on July 17, 1-2 p.m. as well. The exception was made because an unusual number of seniors failed to take their swim test by graduation. According to the P.E. Department, a senior will not receive his diploma until he has completed the swim test.

"It's one of those things that you can easily put off," said '87 graduate Richard Tooke. "Prudent people always take it when they are freshmen, when they're supposed to. It's one of those things like having to get a shot or going to the dentist — I didn't take it until April of my senior year."

Students who want to bypass the test can get waivers under certain circumstances, according to Richard Cramer, an associate at the College of Arts and Scien-

See SWIMMING page 23

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