

## HEALTHFAX

Coordinated by D.E. Vensterbank

A column for questions that maybe of interest to all. When it is so desired letters are handled in confidence and names will be withheld. Please send correspondence to Healthfax c/o The Brunswickan Rm. 35 SUB

This material is submitted by Dr. R. Tingley at the Student Health Center and has been modified by the Bruns by D.E.V.

Following are some questions we frequently are asked at the health center:

Q. Is there a lot of "mono" around?

Answer: We see 1 or 2 new cases per week. It often presents as a bad sore throat. Tiredness is extreme and in a major feature. Swollen lymph glands in the neck, fever, chills, and puffy eyes are common symptoms. Acute symptoms last approximately 2 weeks, followed by a prolonged recovery period of approximately 2 months, characterized by tiredness with exertion.

There is no treatment other than rest. A few people need penicillin because of an accompanying strep throat. Most people go to classes during the recovery phase, but miss 1 to 2 weeks during the acute phase. A few cases are mild enough that they do not seek medical attention.

Q. Why is my cold "hanging on"?

A. a) you sleep in a dry bedroom; b) you smoke; c) you have underlying respiratory allergy [allergic to things you inhale]; d) you haven't given your body a chance [too many parties, not eating well, prolonged exposure to cold, excessive physical activity, etc.]; e) you have contacted a particularly "bad" virus with which you have had no previous contact, and therefore have no antibodies to help you fight that infection; f) a secondary bacterial infection [complication] may be developing.

Q. Should I go to the doctor early and get treated before my "cold" gets bad?

A. Once a "cold" begins, there is no good preventive medicine except common sense measures such as rest, fluids, moisture, etc. We no longer use antibiotics prophylactically [i.e. to prevent complications] except in some asthmatics, and those who have had rheumatic fever.

Q. Are vitamins any help?

A. There is evidence that large doses of vitamin C [1000 mg. daily] during the first 3 or 4 days of a cold may lessen the duration and the intensity of your cold. This is not accepted by all medical researchers yet.

Q. My colds usually disappear in 3 days.

comment: This often means you have had previous contact with this virus and have built up some antibodies which help fight the infection more quickly.

Q. Can "Colds" be prevented?

A. There is no immunization against colds yet. [There is against influenza - see later] The only prevention for colds is frequent hand washing, and spreading yourselves out in the classrooms during outbreaks. The average incidence is one to two "colds" per year per adult. Students get more "colds" because of more frequent exposure to them.

Q. Do we have "Texas Flu" in Fredericton?

A. There are no known cases yet, but I suspect that some of the people who visited Florida and elsewhere for Christmas will soon show symptoms. Then it will spread through the community.

The Influenza virus causes a bad chest cold, with high fever, severe headaches, muscle aches, and a harsh cough. The complication rate is higher than for usual colds; bronchitis is the commonest complication.

The elderly, and people with chronic illnesses of the lung and heart sometimes develop pneumonia as a complication of influenza. This accounts for the deaths you read about in the news headlines.

"Flu shots" are very effective against the influenza virus. Each October, the new "shots" are available. The vaccine is against all the recent "strains" of influenza.

Each year, it seems that a new strain makes its appearance. This year's is called "Texas A" strain. The new strains vary only slightly in their structure from the previous strain. Hence, even though the vaccine given this year does not have "Texas A" strain in it, it does give at least partial immunity against this new strain. In other words, if you do get the "flu", having had a flu shot in October, your symptoms should be mild.

At present we recommend flu shots for the elderly and the chronically ill. However, they are available to all citizens on demand.

The swine flue scare of 1977 was a worry because it was to be an entirely new virus strain. Nobody would have antibodies against it. Hence, it would sweep the nation, and the symptoms and complication rates would be troublesome.

## Here's the Business candidates



GEOFF WORRELL  
BUSINESS 4

Business student Geoff Worrell is running for the position of comptroller of the SRC.

Assistant Chief of the campus

police, Geoff has been on the force for three years, and feels the experience there and his administrative duties on the force are good credentials for the position of comptroller.

He said his course load would be light, thus he would have enough time to devote to the job. He intends to make sure that matters are handled fairly and that student organizations adhere to the rules.

He hopes to keep any student union fee hikes down, and insure that there is a fair and perhaps better allocation of the student union funds, although he feels the present comptroller is doing a good job.

"I want everyone to get a fair amount" said Geoff



JAMIE ROBERTSON  
BUSINESS II

Running for the position of comptroller, Jamie feels he knows what the job entails.

Presently he is assistant comptroller, thus a member of the SRC executive in addition to being comptroller for the winter carnival.

He said he enjoys the job, and feels he has done well at it. Jamie said he knows the days to day problems involved in the union and is aware of its current financial position.

He feels his experience on the administrative board and working with budgets will stand him in good stead.

His course load next year is light to facilitate his doing a good job as comptroller said Jamie.

He also intends to remain in Fredericton for the summer to insure the student funds are maintained.

"I think Brian's done a good job of maintaining a close control and strict observance on funds, and I intend to do the same, I also want to make sure the funds are allocated in the best possible way he concluded.

## Senate & science

ANDREW WAWER  
SCIENCE II

Andrew Wawer is running for both Senate and Science Representative on the SRC.

"I want to give the students a fair shake for their money" said Andrew. He intends to make sure that students get the best number of services for their money.

He is also concerned with fair and reasonable regulations. He wants to insure that the number of student services at the present time is maintained, and if possible increased.

Andrew has had some experience in the student government. In addition to already serving a term as science rep. he has been (and is) involved in a number of committees. He is a member of the Academic Resources and Planning Committee, the Curriculum committee - a committee which studies the new courses offered by the faculties and is also involved with the student calendar, has been a member of the Application Committee and the Constitution Committee.



He feels that as a member of the Senate and SRC he will be able to maintain cohesion between the two.

"I'm willing to work hard, I feel I have a fair amount of experience, and hope to be a liaison between the senate and SRC" he concluded.



ROBERT BLUE  
EE 2

Robert is running for Engineering rep. because he is curious as to how the SRC operates. He is also running to represent the Engineering student's views and to inform them of Governmental affairs.

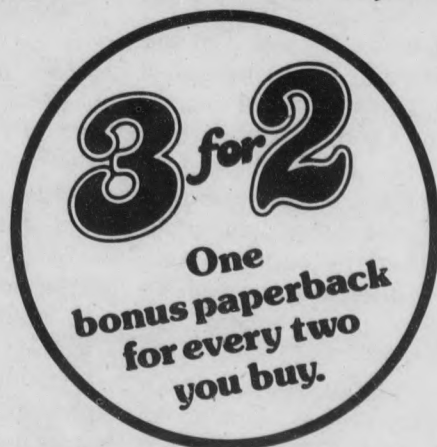
He further wishes to act as a liaison between the different departments of the Engineering faculty and between the different faculties themselves.

Robert has some idea of what the job of Engineering rep entails. He feels, however, that the job is learned by experience.

Robert attended the Engineering Students Congress at Sherbrooke, Quebec this past summer and is participating in organising this year's conference which will be held in the Maritimes.

Robert hopes that all Engineers will vote as this is their way of representing themselves. He realises that there was a poor turnout last year for Rep. voting and hopes that it will improve this year.

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