HISTORY OF THE STUDENT HEALTH SERVICE:

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Among the founders of Northwestern University, in 1851, was Dr. John Evans, a prominent physician, religious leader, and educator. Thus, from its beginning, the University was built along health as well as educational lines.

Henry Sanborn Noyes was the first of the faculty members to arrive in Evanston and while the Professor went about on horseback to continue the raising of funds for the college, Mrs. Noyes and the baby were lodged in a cottage until their house could be built. It is reported that their home was a center for the students, that Mrs. Noyes invited them to Thanksgiving dinners, and cared for them when they were sick.

In 1875, the young men began to take an interest in their own physical development and built a gymnasium almost wholly through their own efforts. However, because of lack of funds, the building was allowed to fall into disrepair. In 1879, the "Tripod" called the attention of the University authorities to the poor physique displayed by the honor students and pointed out that the Eastern colleges had made gymnasium exercise mandatory. "The young women of the university, not to be outdone by their fellow students, organized an archery club and might be observed on fair days indulging in this graceful exercise before the interested eyes of the young men perched on the neighboring fences."13

In 1879, Dr. Sarah Hackett Stevenson, the first woman member of the American Medical Association, started a revolutionary course of lectures on hygiene which were attended religiously by young women in long, tightly-laced waists, bustled skirts, waterfalls, and dragging trains.

In 1888, President Cummings, in his annual report, mentions increasing sickness among the students and even a death or two. The "Northwestern," a student newspaper, discussed the large number of students leaving college because of ill health and nervous headaches, and pleaded for the restoration of a gymnasium.

It is stated that, in spite of improved athletics, the students of the 80's were a less hardy race and now needed a coat room, more heat in winter, fly-screens, and window shades for the summer, indicating a precocious insight into sanitation.

In 1883, provision was made by the Board of Trustees to provide a resident physician for the Women's College. A contract was signed with Dr. Sarah H. Brayton permitting her to rent two rooms for her private use as a medical office at the charge of $7.00 per week, including board. Here she was at liberty to receive such persons as desired her advice and professional services; however, no sign was to be placed on the building. She, in addition, "was to have general oversight of the health of the inmates of the building, to give general advice and special lectures as circumstances will permit, and, in cases of sickness, she will give to the inmates of Women's College and College Cottage her professional services at a moderate charge."

Further concern over the students' health was indicated in 1907, when a recommendation was made to the faculty that any student's illness causing more than three days absence from classes should be reported to the college authorities and that such reports be kept as a permanent record.

The first resident nurse, Marie Petersen, was appointed in 1912 at Morse House, 615 Clark Street. This marks the beginning of an organized Student Health Service.

In 1915, the Board of Trustees provided for the appointment of an Assistant Professor of Hygiene and a Director

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1From the Student Health Service, Northwestern University.
2We wish to express our thanks to Miss Florence R. Stewart, University Archives, Dearing Library, for her generous assistance in securing this material.
3Director of Nurses, Student Health Service.
4The Story of Northwestern University by Estelle Frances Ward, New York, Dodd, Mead & Co., 1924.
of Student Health for the College of Liberal Arts stating that "with this appointment it will be practicable to guard more carefully than in the past the health of men students and, in particular, those who are participating in competitive athletic sports." A fee of $4.00 per year was charged to men students for this service. Dr. C. T. Roome held this appointment from 1916-1927, on a part-time basis.

In the catalog of the year, 1916-17, the following statement was made: "The university maintains a regular physician as a member of the faculty. He makes a thorough physical examination of each man entering college and he freely advises both men and women students in matters of health. Only those students who are physically fit are encouraged to remain in college. A resident nurse and a dispensary are at the service of women students."

Roland Hall, 1740 Orrington Avenue, a women's infirmary, was established in the fall of 1923. This continued in operation until the fall of 1936, when it was transferred to 1903 Orrington Avenue.

Dr. Dorothy Grey was appointed as Instructor in Physical Education and Hygiene and as physician for women from 1923 to 1927. Because of this addition, the women's health fee was increased from two to four dollars per semester. Dr. Mary Pope followed as part-time physician for the women during the period of 1927-1937.

Dr. Don Sutton, in 1926, became part-time director for two years, organized the Health Service for men, and established Spencer Hall Infirmary.

The Board of Trustees, in 1926, appointed a regular University committee to act as a Student Health Board. The Board consisted of the Dean of the Medical School, the Dean of Men, the Dean of Women, the Director of Personnel, the Director of Physical Education, and the Commissioner of Health of the City of Evanston. This authority later was transferred to the Dean of the Medical School and the development thereafter was initiated by Dean J. Roscoe Miller and Dean Richard H. Young.

Dr. Samuel J. Lang followed as part-
time director during the period of 1929-1945, operating Spencer Hall Infirmary, which was abandoned in 1936. At this time, arrangements were made to hospitalize all bed patients at Evanston Hospital. Outpatient departments were maintained for the men in the basement of Foster House and at 1903 Orrington Avenue for the women.

For a number of years, these infirmaries operated independently of each other and struggled along without the benefit of laboratories, x-ray equipment, or other diagnostic armamentarium. Surgical cases were referred to local physicians but no funds were available for the payment of fees or the hospitalization of indigent students. Under Dr. Lang’s supervision, the Health Services were reorganized under a single director with unification of records and interchange of staff members. The new unit was housed in Dean Irving S. Cutter’s former residence at 625 Emerson Street in 1941. A proposal for a new Health Service was made in 1942 which emphasized the needs for a modern plant which would house the out patient department, and a thirty-bed infirmary with a provision for isolation units and mentally ill.

In 1945, Dr. Richard Young was appointed first full-time director and, in a review of existing facilities and Health Services in other universities, established the blue prints for the present center, emphasizing the necessity for the establishment of (1) a competent staff of full-time and part-time physicians; (2) an outpatient department with complete diagnostic services which would offer the University students the best in health examinations, health consultations, office care, and preventive medicine and indicated that each Health Service contact should be an educational experience for the student; (3) specific plans for hospital facilities; and (4) a department of preventive medicine. Immediate plans for laboratory and x-ray departments and development of the staff were initiated.

Garrett Biblical Institute and Seabury-Western Theological Seminary were incorporated under the Student Health Service in 1946.

In 1946, Dr. Young resigned and developments were continued by Dr. Robert Beech, acting director during 1946-47; Dr. Arnold Wagner, 1947-50; and the present director, Dr. Leona B. Yeager, 1950. Throughout this changing of directors and part-time supervision, the continuity of the Health Service has remained in the hands of loyal hard-working directors of nurses such as Edith Kridler, 1917-28, Katherine Powell, 1927-43, Frances Durham, 1928-36, Mabel Benson, 1943-47, and many other loyal staff members.

The diagnostic services are installed, a modern record department is functioning, a pharmacy is squeezed into a closet, a mental hygiene unit is active, and a twenty-five bed modern infirmary was opened on February 15, 1951, on the fifth floor of Willard Hall Dormitory. At present, the most urgent need is for an infirmary joined to our present diagnostic clinic, designed to meet the needs of our population.

The Health Service on the Chicago Campus developed in a parallel fashion but utilized the facilities of the Medical School. Dr. George C. Turnbull, during the period of 1927-31, acting as the first Student Health Service officer, treated and directed the medical students to responsible areas. In 1931, Dr. Howard Alt organized the Health Service for medical students, which incorporated the law students in 1932 and the Dental School in 1938. At the present time, all full-time Chicago Campus students are given Student Health Service care. In 1945, it was united with the Evanston Student Health Service. Under Dr. Alt’s guidance, it has been particularly successful in the control of tuberculosis and the recognition of the problem of infectious mononucleosis. The cooperation of the Bacteriology and X-ray Departments has yielded an incomparable advisory source in preventive medicine. Recently, with the help of Mrs. Harvey Allen, quarters have been redecorated and enlarged, differentiating the Health Service on the second floor from the medical clinics.

The fundamental concept of a college health service is to protect, maintain, and promote the health of college students. It is seen that the Northwestern Health Service followed the traditional periods seen throughout the country in develop-
ment of college health services, namely:

I. Emphasis on physical exercise and culture.

II. Total program, including physical education, hygiene lectures, and limited medical care.

III. Constructive medicine to include:
   a. Preventive and therapeutic medicine.
   b. Health counseling.
   c. Supervision of campus sanitation.
   d. Advisory to allied divisions in all medical matters.
   e. Participation in specialized phases of health education.

Student Health Service care is finding its place in the galaxy of medical specialties. Recently, a name has been proposed for this special field by Dr. Canute-
son, Kansas University, coined from Hebe—goddess of youth and maturity—Hebi-
atries, the medical care of youth. Efforts are under way to develop specialized training for young physicians who wish to make careers of student health work, and to identify Health Services that will be willing to cooperate in this plan.

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