

THE JOURNAL OF  
**American College**  
HEALTH

May/June 2006  
Volume 54  
Number 6

*College Student Mental Health:  
A Theme Issue Dedicated to Clifford Reifler, MD, MPH*



The cover photo was taken in May 1987 outside the Medical Center Office of the University Health Service at the University of Rochester, New York. It shows the staff in front of the entrance, with the late Clifford B. Reifler, MD, MPH, located prominently in the center of the picture wearing a white coat. One of the guest editors of this issue, Allan J. Schwartz, PhD, is sitting to Reifler's immediate left. Ralph Manchester, MD, the current Director of Rochester's University Health Service and former president of the American College Health Association, is sitting to the left of Schwartz. (Photo copyright © 1987 University of Rochester Office of Communications)

**May/June 2006 Volume 54 Number 6**





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**American College**  
HEALTH

July/August 2006  
Volume 55  
Number 1

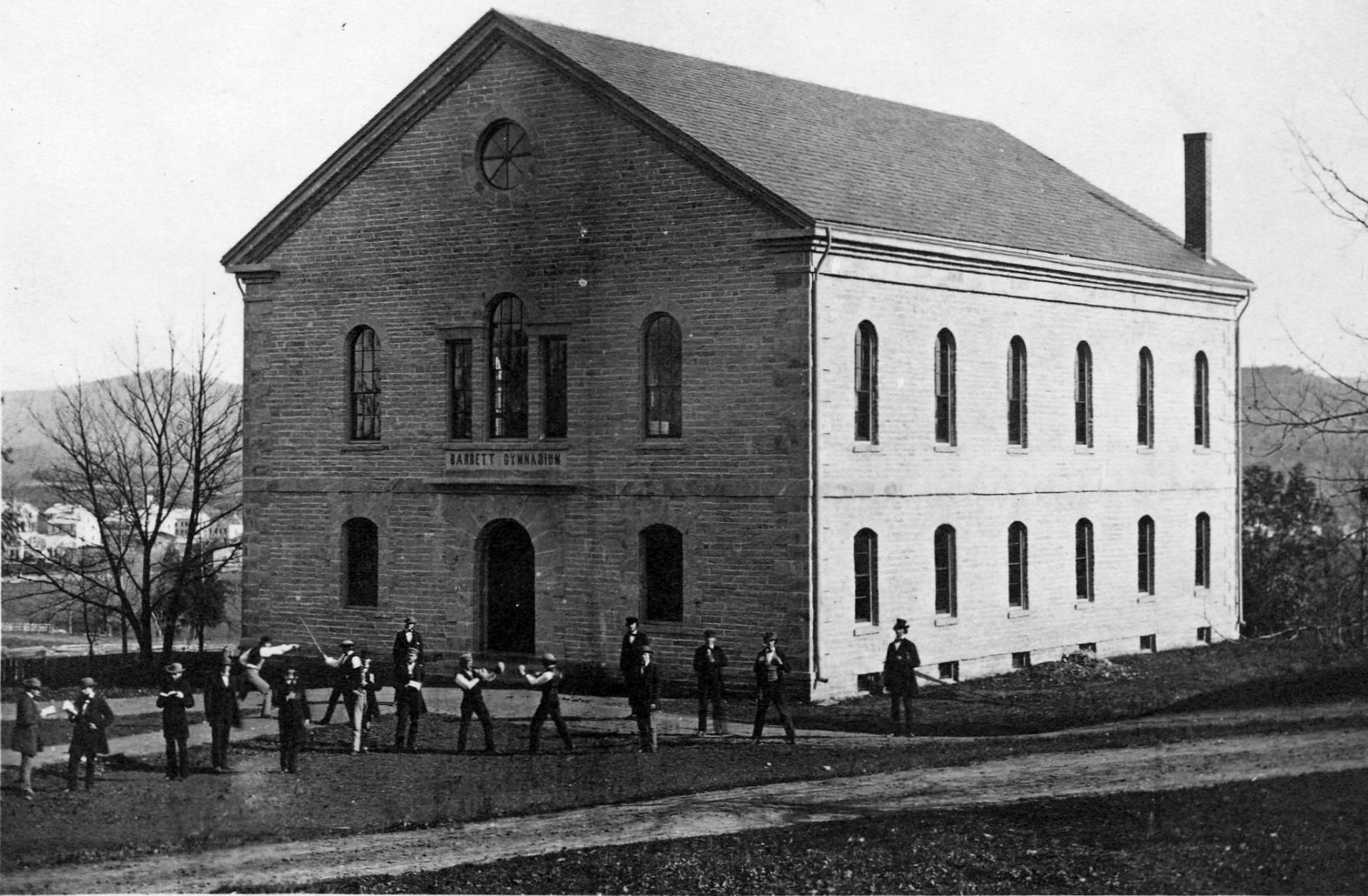
*Barrett Gymnasium, Amherst College  
Amherst, Massachusetts*



Published in Cooperation With the American College Health Association

In 1856, President Stearns of Amherst College noted that “the breaking down of health of students, especially in the spring of the year, which is exceedingly common, involving the necessity of leaving college in many instances, and crippling the energies and destroying the prospects of not a few who remain, is in my opinion wholly unnecessary if proper measures could be taken to prevent it.” Nathan Allen, a medical doctor and trustee of Amherst College, garnered support to establish a new Department of Hygiene and Physical Education with a physician as its head. Barrett Gymnasium was built in 1859-60 to house the new program, and Dr. Edward C. Hitchcock Jr. was appointed as the nation’s first college health practitioner. (Photo copyright © Amherst College Archives and Special Collections)

**July/August 2006 Volume 55 Number 1**





THE JOURNAL OF  
**American College**  
HEALTH

September/October 2006  
Volume 55  
Number 2

*The Seminary Building, Mount Holyoke College  
South Hadley, Massachusetts*



Published in Cooperation With the American College Health Association

Most historical accounts of student health have undervalued the role of women's colleges in pioneering early programs in health and physical education. In 1861, Mount Holyoke appointed Mary A. B. Homer as one of the first physicians-in-residence. In addition to her medical duties, she taught physiology and was superintendent of gymnastic exercises. The Seminary Building shown on the cover was built in 1837 to house classrooms, parlors, and rooms for students and faculty. In 1865, a gymnasium and laundry were added at the back of the building to make it into a square with a central court yard. The Seminary Building, which stood on the current site of Mary Lyon Hall, was destroyed by fire in 1896. Photo copyright © Mount Holyoke College Archives and Special Collections)







THE JOURNAL OF  
**American College**  
HEALTH

November/December 2006  
Volume 55  
Number 3

*Dr. Helen Northing Webster  
Vassar College Physician  
Poughkeepsie, New York*



Published in Cooperation With the American College Health Association

Vassar became the second women's college to appoint a physician-in-residence to its staff. Dr. Alida C. Avery provided student health care from the founding year of the institution in 1865. In addition to her clinical duties, Dr. Avery also served as Professor of Physiology and Hygiene. The cover photo depicts a Vassar physician's parlor in 1877. Dr. Helen Northing Webster is seated in front of her desk, with a patient cot in the background. The absence of focus on intercollegiate contests at women's colleges may have been a factor in shifting their focus toward more comprehensive student health care services. (Photo copyright © Special Collections, Vassar College Libraries)



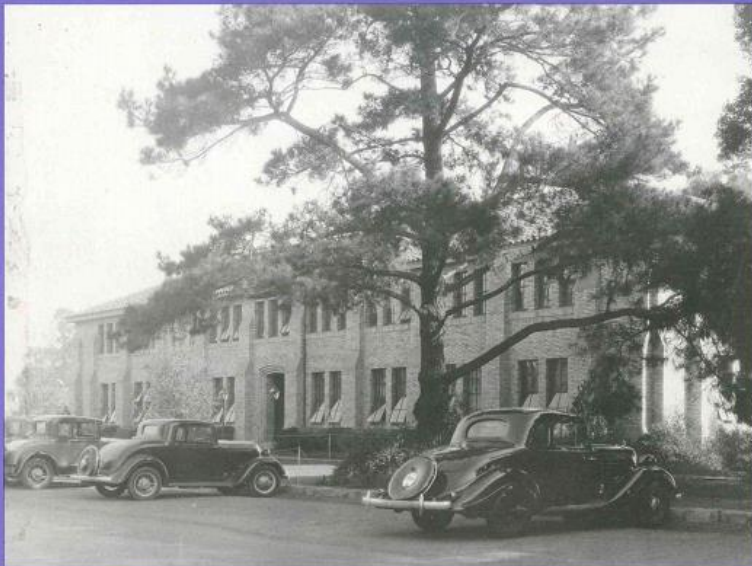




THE JOURNAL OF  
**American College**  
HEALTH

January/February 2007  
Volume 55  
Number 4

*Athletic administration building  
Stanford University  
Palo Alto, California*



Published in Cooperation With the American College Health Association

College athletics played a seminal role in the early definition of many student health services. As intercollegiate athletics flourished in the late nineteenth century, there was a greater level of emphasis being placed on physical conditioning, strength testing, and exercise. In the 1920s, the National Collegiate Athletic Association (NCAA) and the American Student Health Association (predecessor of ACHA) held annual concurrent meetings between Christmas and New Year's Day. Dr. Thomas Storey of Stanford was one of the founders of the ASHA in 1921.<sup>1</sup> When Storey was director, the Stanford Student Health Service reported to the Board of Athletic Control and was located on the second floor of the athletic administration building shown on the cover. Built in 1927, this building is still standing today. Renamed Montag Hall, it no longer houses either the Department of Athletics or the Student Health Center. The cover is of the BAC building, still standing today as Montag Hall, but no longer housing the Department of Athletics.

1. Christmas WA, Dorman JM. The Storey of college health hygiene: Thomas A. Storey MD (1875-1943) and the promotion of hygiene. *J Am Coll Health*, 1996;45—27-34. (Photo courtesy Stanford Archives)





THE JOURNAL OF  
**American College**  
HEALTH

March/April 2007  
Volume 55  
Number 5

*Armory and Gymnasium  
Ohio State University  
Columbus, Ohio*



Published in Cooperation With the American College Health Association

Armories were built throughout the United States in the late 18<sup>th</sup> century to house volunteer militias. As these militia transitioned to the National Guard in the early 20<sup>th</sup> century, they continued to use armories as military training sites. After World War I focused the nation's attention on the health status of its youth, many armories located on university campuses became sites for physical education classes, as well as a place for the ROTC corps to train and parade. Ohio State University's Armory and Gymnasium was built in 1898, the same year physical education classes were added to the curriculum. A physician, Dr. Wingert, headed the new department and created an Emergency Medical Service in the basement of the Armory. In 1915, Dr. Wingert was appointed the first Director of the Student Health Service, and it moved to another site at that time. The Armory was destroyed by fire in the late 1950's. The Wexner Center for the Arts was constructed on its former site, incorporating a simplified version of the old Armory towers into its contemporary architecture. (Photo courtesy The Ohio State University Archives)





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# THE JOURNAL OF **American College** HEALTH

May/June 2007  
Volume 55  
Number 6

*Tawawa Hospital  
Wilberforce University  
Wilberforce, Ohio*



Published in Cooperation With the American College Health Association

Largely overlooked in college health textbooks, many historically black colleges and universities in America have provided campus health care services for their students since they were first founded by state legislatures between 1870 and 1910. Opening in 1856, Wilberforce University near Xenia, Ohio is the nation's oldest private historically black university. Named in honor of the great 18th century abolitionist, William Wilberforce, it traces its origin to the period before the Civil War when it was one of the destination points for the Ohio Underground Railroad. The University was formed to combat ignorance, one of the cornerstones of slavery.

Students from the department of building construction at Wilberforce built the Tawawa Hospital in 1916. The Student Health Center on the first floor housed the resident physician's office, waiting room, medication storage room, nurse's living quarters, and men's ward. The women's ward, operating room, and living quarters for a second nurse and a nursing assistant were on the second floor. The Hospital, with a capacity to accommodate 12 patients, was destroyed by the tornado that struck Xenia in 1974. (Photo courtesy Wilberforce University Archives)



**May/June 2007 Volume 55 Number 6**





JOURNAL OF  
**American College**  
HEALTH

July/August 2007  
Volume 56  
Number 1

Now Available Online

*Student Health Services  
Miami University—Ohio  
Oxford, OH*



Miami University was established in 1809 in Oxford, OH, and was named for the Miami Indian Tribe that inhabited the Miami Valley Region. The cover photo depicts the new student health center that opened on the campus in 1996. Student Health Services had been housed previously in a facility built in 1924 as a campus hospital. In addition to providing comprehensive outpatient care, the building now houses Student Counseling Services, a Career Exploration and Testing Center, and the Office of Health Education. Five physicians, 2 nurse practitioners, a physician assistant, registered nurses, and medical assistants staff the Student Health Services, which serves a campus population of some 16,000 students. The center provides an array of primary care services, with about 30,000 patient visits annually. *(Photo courtesy IT Photo Miami University)*



**Miami University of Ohio**  
**July/August 2007; Volume 56 Number 1**





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# JOURNAL OF American College HEALTH

September/October 2007  
Volume 56  
Number 2

*Charles W. Schiffert Health Center  
Virginia Polytechnic Institute and State University  
Blacksburg, VA*



Published in Cooperation With the American College Health Association

Circa 1875, the Virginia Agriculture and Mechanical College reported that "a hospital has been provided and a physician appointed to furnish attendance and medicine to sick students" (1). In 1902, the University President's Home was remodeled into the first infirmary with 38 hospital beds. The modern Charles W. Schiffert Health Center resides on the beautiful Virginia Tech (Virginia Polytechnic Institute and State University) campus in Blacksburg, Virginia and shares its present venue in McComas Hall with Cook Counseling Center, the College Alcohol Abuse Prevention Center, and the Department of Recreational Sports. In addition to providing urgent health care for students with acute health issues, Schiffert Health Center provides a medical clinic, allergy and immunization clinic, women's clinic, walk-in cold clinic, on-site pharmacy, laboratory, and digital imaging and health education resources.

1. A quote from the 1875-1876 Virginia Agriculture and Mechanical College Report describing the launch of organized health services on the campus now known as Virginia Tech.



**Virginia Polytechnic Institute and State University**  
**September/October 2007; Volume 56 Number 2**





JOURNAL OF  
**American College**  
HEALTH

November/December 2007  
Volume 56  
Number 3

*The University of Central Oklahoma Wellness Center  
University of Central Oklahoma  
Edmond, OK*



The University of Central Oklahoma (UCO) is the oldest university in the state of Oklahoma. It opened as a territorial school in 1891 and became Central State Normal School in 1904. For 51 years, the Student Health Center existed in a single story building in the center of campus. The UCO Wellness Center shown on the cover opened in the spring of 2003 as a multi-purpose recreational facility totaling 57,140 square feet. The facility includes a student and faculty health clinic, clinical laboratory, pharmacy, classrooms, 3 all-purpose courts (2 inside courts, 1 outside court), running/walking track, strength and cardiovascular training areas, functional training and stretching area, group fitness room/dance studio, and locker rooms. Today, the UCO Health and Wellness Center is a partner-training site with the US Olympic Committee.



**University of Central Oklahoma**  
**November/December 2007; Volume 56 Number 3**

