

Local

# Foreign students worry about control, rights

By CATHIE FEIGHL  
Battalion Reporter  
Human rights and problems with communist control in South-eastern Asia are some of the concerns of foreign students here at Texas A&M University.

Students from Hong Kong, Malaysia, South Korea, South Vietnam, Thailand and Taiwan took to about 50 people in 102 chairs at the sixth seminar on world issues Thursday. The seminars are presented by the Texas A&M International Students Association and the International Awareness Committee to give students a chance to present their respective views and viewpoints on issues concerning their country.

Most of the speakers expressed concern over the fact that their countries are run by a dictator and is anti-democratic and loss of human rights.

Harry Suh said General Chun

has deprived the Korean people of their human rights by government suppression of newspapers and other media, and by denying them democratic elections of government officials.

He said President Reagan's policy of non-intervention in human rights issues of other countries has upset many South Koreans but has pleased the Korean government.

"America is still our best ally," Suh said, "and we have a good relationship with the Americans living in our country."

In Vietnam, fighting still exists against Cambodia and the economy is worse than ever, said Que Tran.

"People are being put in concentration camps if they don't believe in the communist way," she said.

Tran said that Vietnamese people will never be able to live happily under communist control.

Chen Sheau-Sheng said martial law has been in effect in Taiwan for the past 30 years, the longest period of martial law in world history.

"The situation is crucial in Taiwan because the government claims itself as the legitimate government of the People's Republic of China and is no longer welcome in the United Nations," Sheau-Sheng said.

He said most people in Taiwan are opposed to the dictatorship in their country and would like to be given more human rights.

Alan Lu, also from Taiwan, disagreed with Sheau-Sheng's statement that people in Taiwan are unhappy with their government and martial law.

He said Taiwan's government has made greater economic and cultural achievements in the past 30 years than mainland China. The per capita income is \$1,700 more in Taiwan than it is in China, Lu said.

## Office visits can be reduced

# Self-care new health option

By EILEEN WALL  
Battalion Reporter  
The soaring costs of health care services are turning people away from expensive office visits to a new alternative — self-health care.

And beginning this fall, Bryan and College Station area residents will be able to take a home nursing class and related self-care classes at the American Red Cross.

Dr. Tom Ferguson, founder of Medical SelfCare magazine, said in an interview in Mother Earth News magazine that 50 to 80 percent of the people who go in to see a doctor have a self-limiting condition, or a problem that can't be treated or doesn't exist.

Dr. Keith W. Sehnert, author of "How to be Your Own Doctor (Sometimes)" said:

"Inappropriate patient visits can be cut by 40 percent with proper training and a change in attitude toward self care."

ithm for a sore throat, and it might ask you if you've also got a skin rash, in which case you should see a doctor.

"You work your way through questions like this until you end up at a box that says to either see a doctor or to apply home treatment."

The best way for people to learn these health-care skills, he said, is to take self-care classes.

Red Cross Executive Secretary Mary Greenblatt said the locally offered courses are new, but have been extremely successful in Houston and throughout the country.

The classes have been developed by Red Cross Nursing and Health Services at their national headquarters in Washington, D.C., and are taught by authorized Red Cross home nursing instructors.

care, preparation for parenthood, and measuring vital signs.

The multiple sclerosis home care course is a joint project of the Red Cross and the National Multiple Sclerosis Society, the course description said. It covers disease-specific topics such as the process of multiple sclerosis, nutrition for the multiple sclerosis patient, physical therapy, and aids to independent living.

Preparation-for-parenthood classes cover health care during the prenatal period, childbirth, and infant care.

The classes on vital signs are basically designed for people with very little health care experience.

They teach the basics: how to measure temperature, pulse, and respiration rates, and how to take blood pressure.

All the self-care courses are taught free except for any books or training supplies that may be involved.

The classes are expected to be as successful here as they have been throughout the country.

Education, Greenblatt said, is the key to better health care and improved health care services.

Calire Safran, in a Redbook article, "Simple Doctoring you can do Yourself," said a popular saying of self-carers reads: "Your body is a temple. Why treat it like a motel?"

# RHA approves J-board restructure at meeting

By BERNIE FETTE  
Battalion Staff  
With barely a quorum present their final meeting of the year, the Residence Hall Association approved to give formal endorsement to the proposed restructuring of university judicial boards for a one-year trial period.

The proposal received only an informal approval at the last meeting since a quorum was not present.

The restructuring calls for a consolidation of the individual hall judicial boards, of which there would be 27 next year, into seven area boards. Some members agreed that the consolidation would provide for greater consistency in judgments, but others contended that the combined boards would be unfair since different lifestyles exist in different halls.

Members also heard information on the current actions of a residence-hall security task force

concerned primarily with dorm thefts.

RHA Adviser Nolen Mears said that one of the biggest issues the task force was concerned with was the more than 600 room keys which were lost this year. He said that in the future, if a key is lost, it will only be replaced if there is no hope of finding it. However, if one is lost and there is a chance if it being found, the lock will be changed at a \$25 expense to the student.

University policemen who would patrol the dorm areas, especially women's dorms at night, was another need seen by the task force.

Expressing the need for student cooperation in fighting crime, Mears said, "the security will only be as good as you will let it be."

Members also gave unanimous approval to a proposal to the by-laws concerning proxy representation at meetings which read "All proxies must come from the re-

spective hall of which the individual who the proxy is representing resides." RHA President Sherrie Balcar said the purpose of the addition is to lessen the possibility of voting abuses at meetings.

Reports were also given at the meeting on Parents' Day, Casino '81 and the national RHA convention, which will be held at Texas A&M University May 21-24.

Self-health care, also known as home nursing or wellness care, involves learning good health practices as well as coping with illness, which includes knowing when to consult a doctor.

The self-care practitioner still relies on the doctor for illness care, Sehnert said, but just makes the physician's job easier by cutting out the unnecessary visits.

One of the ways this can be done, Ferguson said, is through the use of clinical algorithms, one of the new tools of self-care. A clinical algorithm is a decision tree that leads the self-carer to the best action to cope with a specific problem through a series of questions.

"For instance," he said, "you might consult the clinical algo-



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