

# Student ailments can be relieved

By Mill King

Staring at computer screens, sitting in uncomfortable classroom desks and studying from dawn to dusk have on thing in common — they cause pain. Many UNL students complain of back and neck aches, muscle strains, eye fatigue and headaches.

Most eye discomfort suffered by students is caused by excessive contact lens wear," said Dr. Ralph Ewert, chief of staff at the University Health Center. The lenses must be removed and patches worn over the scratched eyes for a 24-hour period, he said.

Many students complain of muscle tension headaches, Ewert said. A smaller number of students suffer from migraine headaches, he said.

Feelings of anxiety, nervous tension or anger seem to be associated with migraine headaches in some people, according to a pamphlet on migraines.

Migraine attacks usually begin between the ages of 16 and 35 and lessen in frequency at around 50, according to the pamphlet.

Certain highly-potent medications are available, which can abort the attack if given early enough in the first stage. In some cases, a physician also may prescribe tranquilizers to reduce nervous tension,

or counseling sessions to help eliminate the cause of tension, according to the pamphlet.

Ewert recommended regular exercise or relaxation and, in extreme cases, physical therapy to relieve stress. The center's Mental Health Department offers lectures and group discussions on stress management at various intervals during the school year, he said.

"Hitting the books all day isn't good for anyone," Ewert said.

Ewert also recommended the aerobic exercise program offered by the center. For more information, contact Vicki Highstreet, coordinator of the center's Wellness Programs. Toning classes also are available.

"Most muscle pain complaints result from students in P.E. classes who are required to do extensive exercises in a short time," Ewert said. "Many students want to run two miles in two weeks with no previous conditioning."

Another common problem is hyperactivity, Ewert said. When a person becomes angry, worried, under stress or lacks sleep, the stomach ties up in knots and results in this condition, he said. Antacid medication may be prescribed by a doctor.

# UNL court: Granting parties ad-hoc status unconstitutional

By Lauri Hopple

ASUN President Matt Wallace acted unconstitutionally last semester when he gave temporary ad-hoc status to the United Students party and the University of Nebraska's Interest Toward Education party, according to the UNL Student Court.

Student Supreme Justice Bud Cuca wrote in the opinion published Tuesday that an ASUN president has no power to grant ad-hoc status or temporary ad-hoc status to any group without Senate approval.

The court, which met last Sunday at the College of Law, cited Articles IV and VII of the ASUN constitution in its decision.

Article IV, Section I states that a group will not be recognized as such without senate approval. Article VII,

Section I gives the senate the power to recognize groups through what are called the Organic Acts.

The court did not take action against either Wallace, the U.S. or UNITE parties.

Reg Kuhn, one of two ASUN senators who brought the case before the court, said the action was not what he wanted.

"We did it to make sure the procedures are followed," Kuhn said in an interview before the hearing. "We were not faulting anyone for anything."

The second plaintiff, John Valdrighi, was not at the hearing.

Wallace, who appeared late for the hearing, said he based his decision to give temporary status to the group on precedence. He said that Dan Wedekind, ASUN president for 1982-83, granted temporary ad-hoc status to the ANARKY party.

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