

FREE UNIVERSITY

Classes run
Oct. 1 through Nov. 20, 1981
Registration Fee: \$1.00 UNL Students
(per class) \$2.00 Non-Students



Register for classes Monday, Sept. 28 through Wednesday, Oct. 7, 10:00 a.m. - 2:00 p.m. at the booth in the Nebraska Union North Lobby. For more information, call 472-2589.

Watch for full page class schedule in this Monday's Daily Nebraskan.



'Binge-purge' method unhealthy

By Debbie Beavers

It is a problem shared by almost 30 percent of young American women on college campuses, and it is on the increase.

The disease is called bulimarexia, but it is more commonly known as the "binge-purge syndrome." It is characterized by eating large quantities of food, followed by self-induced vomiting.

Bulimarexics feel if they vomit after they eat, they will stay thin.

Increasing numbers of bulimarexia victims are being reported to the University Health Center, said Margaret Eager, a social worker at the center's mental health clinic.

Principally girls, for the sake of weight loss, are victims of the syndrome but occasionally a male is affected, Eager said.

She said bulimarexia used to accompany or follow anorexia nervosa, a syndrome in which the patient follows a severe starvation regimen, but that now many women are becoming bulimarexic first.

She said increased publicity about the disorder may have increased its use as a weight control measure.

"With the social emphasis on slenderness and body image, females who have difficulty controlling their eating habits may be tempted to use this practice," Eager said.

Dr. Gerald Fleischli, health center medical director, said the "binge-purge syndrome" is unhealthy and could be dangerous.

"Bulimarexia is analogous to anorexia nervosa. It seems to be a manifestation of an obsessive-compulsive personality type," Fleischli said.

He added that research into the syndrome is showing it to be more common in groups of people. For example, a group of women residing in the same residence hall may fall victim to the syndrome he said.

Eager said that psychologically, many factors play into

it. "It's not just a 1-2-3 causation." — There is no definite treatment for bulimarexia according to Eager.

"There's no prescription. You must treat the personality problems first, and if those problems change, so should the physical problems."

Fleischli recommended that anyone with the disease or who knows someone with it, should contact the health center for advice.

short stuff

Student Y will sponsor "Career Myths" Thursdays at noon in the Nebraska Union 117. There will be a discussion with Dee Simpson-Kirkland and Jim Pinkney. Everyone is welcome.

The UNL Young Republicans will be meeting Thursday night at 7:30 at the Spaghetti Works, 228 N. 12th St. Bill Hamilton, executive director of the Nebraska Republican Party will speak.

Students can pick up National Direct Student Loan checks today from 9 to 11:30 a.m. and 1:30 to 3:30 p.m. in the Nebraska Union Ballroom. Bring current student ID card.

The Horticulture Club will meet tonight in the East Union at 7. Room will be posted.

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