

Study: Stress may double risk of cold

BOSTON - The stress of such problems as losing a job, breaking off an engagement or simply feeling overwhelmed by life's burdens nearly doubles the risk of catching a cold, a study has found.

"It is the first evidence for an association between stress and a biologically verifiable infectious disease," said the study's director, Dr. Sheldon Cohen of Carnegie Mellon University in Pittsburgh.

Some experts have long believed that chronic stress weakens people's defenses against disease. But while circumstantial evidence of this idea has built up in recent years, there has been little direct proof that stress

actually makes people sick.

Now a unique, carefully conducted study suggests just this: When otherwise healthy people are equally exposed to germs, those under stress are more likely to catch them.

The study exposed 394 volunteers to equal doses of five different cold bugs. Typically in such experiments, about 35 percent to 40 percent come down with the sniffles.

This study, however, showed that the risk is strongly associated with the amount of stress people encounter in their daily lives. Among those under the most stress, 47 percent caught colds, compared with 27 percent under the least stress.

The study was conducted at the Medical Research Council Common Cold Unit in Salisbury, England, and published in today's New England Journal of Medicine.

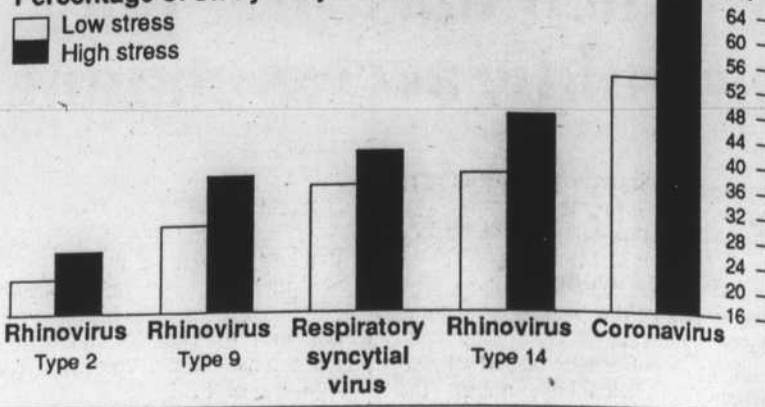
The researchers calculated a numerical stress level for each volunteer by questioning them about such burdensome events during the previous year as moving, being fired, changing jobs, having a child, getting an abortion, suffering a burglary or experiencing a death in the family.

They also asked if the volunteers had trouble coping with life's demands as well as whether they often felt such dark emotions as anger, depression, nervousness and guilt.

Stress and Colds

The more stress in people's lives, the more likely they were to become infected with cold viruses. Stress raised the chance of catching all five viruses tested. Rhinovirus is the most common virus to cause colds.

Percentage of study subjects with colds



Source: New England Journal of Medicine

GNP finishes third consecutive below average quarter

Government says national recession may continue

WASHINGTON - The U.S. economy contracted at a slight 0.1 percent annual rate in the April-June quarter, the government said Wednesday, casting doubt on whether the nation has emerged from the recession.

The Commerce Department said the gross national product, the most widely watched measure of economic health, posted a third consecutive negative quarter.

Economic activity slumped a sharp 2.8 percent in the first quarter of this

year and declined 1.6 percent in the last three months of 1990.

The second-quarter drop marked a sharp revision from the government's original estimate of a 0.4 percent advance, which was greeted last month as evidence the economy was climbing out of its first recession in eight years.

The report was seen as strengthening the argument of some economists who believe the economy is in danger of lapsing into a so-called double-dip

recession, in which a brief period of revival is followed by a fresh downturn. In advance, most analysts expected little revision in the earlier estimate.

The department attributed the revision to weaker-than-expected production of goods for inventories and a more modest gain in consumer spending than first thought.

The first change, on inventories, could turn out to be a favorable development for the economy. Lean inven-

ories mean any pickup in sales will quickly translate into increased production at factories and eventually into more jobs.

However, the 2.8 percent growth in consumer spending, instead of the 3.6 percent growth estimated earlier, was viewed more seriously, even though the department attributed some of it to a shift of car and automobile purchases from the consumer sector to the business sector.

Consumer spending represents two-

thirds of all economic activity and its revival is considered the key to any lasting economic recovery.

In another sign of the recession's impact, the department said that after-tax profits of U.S. corporations fell 1.6 percent to \$163.7 billion in the April-June period, the lowest level since the third quarter of 1989. However, the drop was less severe than the 6.3 percent decline in the first quarter.

Deadly crash

Crack vial found in cab of derailed subway train in New York

NEW YORK - A subway train jumped the tracks and slammed into a pillar today, killing at least five people and injuring 171, officials said. The motorman was reported missing for hours, and sources said a crack vial was found in the cab.

The 12:15 a.m. accident occurred as a 10-car downtown train was approaching Manhattan's busy 14th Street-Union Square station. The crash sheared the lead car in half, and passengers were trapped in the twisted

steel for hours.

The train "was going so fast, the next thing you know it was 'boom,'" said passenger Albert Webb, 30. He said he saw a baby hurled from its mother's arms.

"It was like an explosion," said passenger Joseph Ricketts, who had bloody knees and a torn dress. "Some people from another car got thrown into our car. There was a lot of smoke. The car was just shredded. There were wires hanging down. People were

screaming."

The train's motorman, who left the accident scene and was missing for several hours, was later located by police and was being questioned, said Lt. Robert Nardoza. Authorities withheld the motorman's name.

Two sources involved in the investigation told The Associated Press that an empty crack vial had been found on the floor of the cab, which was intact after the accident. The sources spoke to The AP on condition of anonymity.

Investigators were also looking into reports that the motorman skipped a couple of stops early in the route and was traveling too fast.

Deputy Fire Commissioner Tom Kelly said the train looked like "a collapsed telescope." The first car of the train was slit in half and the back was shredded. Police said they believed the last of the victims trapped in the wreckage was out by about 5 a.m.

Some victims were lifted out of the tunnel on stretchers, others were treated at the station and still others were led onto buses and taken to hospitals.

Kelly said five people were killed. The Emergency Medical Service reported 171 people were injured, 12 critically. The injured included 34 police officers treated at the scene for heat and smoke injuries.

The cause of the derailment was not immediately known, said TA spokesman Bob Slovak.

The accident occurred about 200 feet north of the station as the train was crossing from express to local tracks, said TA spokeswoman Caren Gardner. The first five cars derailed, and the lead car slammed into a pillar, she said.

The speed of the train was not known, Slovak said.

The accident occurred at one of the busiest stations on one of the busiest lines of the subway system, the Lexington Avenue line. The 14th Street stop is a major transfer point.

New York's worst subway accident occurred in 1918 when a train derailed in Brooklyn, killing 92 people. Two people were killed and about 150 injured in December in a fire in a subway tunnel between Manhattan and Brooklyn.

Students supplied with books, pens, drug treatment insurance

LITTLE ROCK, Ark. (AP) - When a new year of classes began this week, students in Little Rock schools got something besides books and assignments: complete insurance coverage for drug and alcohol-abuse treatment.

City and school officials worked with the Blue Cross and Blue Shield of Arkansas insurance company to provide 100 percent coverage for the district's 26,000 students.

"It provides our youngsters with an opportunity to receive help," said Jo Evelyn Elston, the district's director of pupil services.

Abuse of drugs and alcohol is "a problem we've not been able to address in the past for not having the resources to get these children into the programs that they needed," she said.

The student-insurance program, called "Fight Back! Insure the Children," will provide services for alcohol and drug abusers, ranging from education and early intervention to intensive treatment. It also includes family-therapy coverage.

One student was referred to the program Monday, the first day of school, Elston said. The referral came to the district from a community agency where the student had sought help. The student will get help from an agency that has agreed to participate in the program, she said.

"The agency that referred (him) could not have provided the service," she said. Among other treatment, Elston said, the student was recommended for three group sessions three times a week, for up to eight weeks.

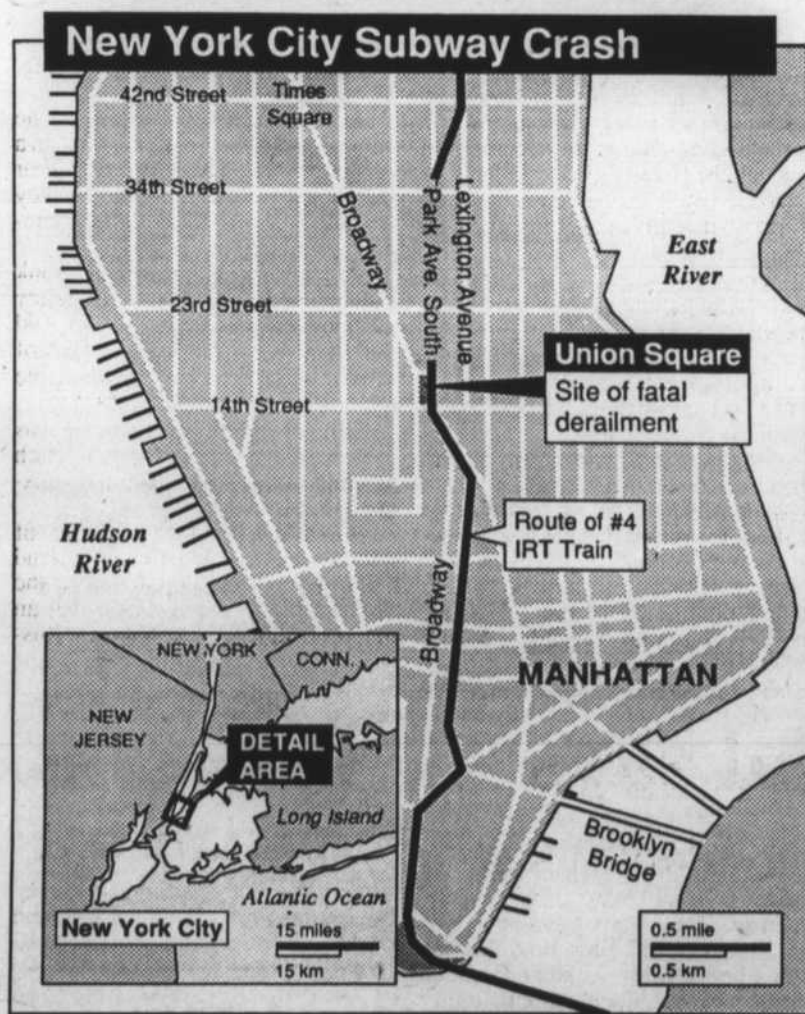
The school district hired three people on Monday to assess and refer children to the program.

In April, city and school district officials announced a drive to raise money to pay for the program. Parents were asked to donate \$10 a child. But the effort fell short. The district raised only \$68,728, and almost failed to meet Monday's deadline for the first of two \$133,500 premiums due to Blue Cross and Blue Shield of Arkansas.

The premium was paid with help from an \$80,000 interest-free loan from Twin City Bank of North Little Rock.

"The summer was really a bad time to start," said Frankie Sarver, executive director of the Fighting Back Initiative. Now that school has started, she said, she expects parent-teacher associations to help raise additional money.

The school program grew out of the work of Little Rock Fighting Back, a coalition of community leaders and city officials. The coalition operates under a \$200,000 grant from the Robert Wood Johnson Foundation of Princeton, N.J.



Daily Nebraskan

Editor: Jana Pedersen 472-1766
 Managing Editor: Diane Brayton
 Assoc. News Editors: Stacey McKenzie, Kara Wells
 Editorial Page Editor: Eric Pfanner
 Wire Editor: Tabitha Hiner
 Copy Desk Editor: Paul Domel
 Sports Editor: Nick Hytrek
 Assistant Sports Editor: Chuck Green
 Arts & Entertainment Editor: John Payne
 Diversions Editor: Bryan Peterson
 Photo Chief: Shaun Sartin

Night News Editors: Chris Hopfensperger, Cindy Kimbrough, Alan Phelps, Dionne Searcey, Brian Shellito, Dan Shattil, Katherine Policky, Todd Sears, Eric Kringal, Annette Suesper
 Art Director: Bill Vobejda 436-9993
 General Manager: Don Walton
 Production Manager: Katherine Policky
 Advertising Manager: Todd Sears
 Sales Manager: Eric Kringal
 Classified Ad Manager: Annette Suesper
 Publications Board Chairman: Bill Vobejda 436-9993
 Professional Adviser: Don Walton

The Daily Nebraskan (USPS 144-080) is published by the UNL Publications Board, Nebraska Union 34, 1400 R St., Lincoln, NE. Monday through Friday during the academic year; weekly during summer sessions.
 Readers are encouraged to submit story ideas and comments to the Daily Nebraskan by phoning 472-1763 between 9 a.m. and 5 p.m. Monday through Friday. The public also has access to the Publications Board. For information, contact Bill Vobejda, 436-9993.
 Subscription price is \$50 for one year.
 Postmaster: Send address changes to the Daily Nebraskan, Nebraska Union 34, 1400 R St., Lincoln, NE 68588-0448. Second-class postage paid at Lincoln, NE.
 ALL MATERIAL COPYRIGHT 1991 DAILY NEBRASKAN