

Chinese healing practices can be useful treatments

Acupuncture is one of many Chinese methods gaining popularity

By G. Jaros
Oregon Daily Emerald

Needles and herbs may not sound like medicine to those raised on aspirin and antibiotics, but that is exactly what they are for practitioners of Traditional Chinese Medicine.

Acupuncture and herbal medicine are the main treatment methods within Traditional Chinese Medicine. TCM is the world's oldest, continually practiced, professional medicine. Its written history stretches back 2,500 years and its practice is believed to be even older.

Acupuncture is gaining popularity in the United States and is believed to be useful for many people. "It is something for everyone," said Stuart Greenleaf, a licensed

acupuncturist in Eugene. "If done in a sensitive way, it could be done on children. And the person who has perfect health is rare, so it can help everyone with so many different things."

TCM works from the belief that mind and body are not separate entities to be treated separately. Physical and mental problems are said to be caused by an imbalance of the yin and yang.

Yin and yang are the dual expressions of Ch'i or Qi, pronounced "chee," meaning energy. Acupuncture and herbs are used to keep the flow of Ch'i circulating in a balanced way throughout the body, according to Marc Duke, author of "Acupuncture: The Extraordinary New Book on the Chinese Art of Healing."

Illnesses in parts of the body are either yin or yang. Yin is known to be yielding, negative and feminine. Those that are yang are dom-

inating, positive and masculine.

Ch'i exists through what are called "meridians." Meridians run throughout the body and are similar, but not identical, to the nervous and blood circulatory systems.

At 365 points on the body, meridians surface just below the skin and that is where they are reached with needles.

Acupuncture is the insertion of fine needles. They are smaller than the human pore and inserted 1/4 to 1 inch deep into the body at these specific energy points.

Acupuncture is more widely known to westerners than herbal medicine, but herbal medicine is the main treatment method within TCM.

Chinese herbal medicine bases treatment on individualized pattern diagnosis as well as a disease diagnosis.

"Acupuncture balances the energy in different systems in the

body and obstructions of energy flows and herbal medicine helps to improve functioning of the internal organs," Greenleaf said.

Herbs are used in accordance with a person's signs and symptoms of illness as well as their emotional temperament and body construction.

Chinese herbal treatment uses formulas which include six to 18 herbs addressing a person's main symptoms as well as their entire pattern, according to Richard Hyatt, author of "Chinese Herbal Medicine: An Ancient Art and Modern Healing Science."

The most common method of taking Chinese herbal medicine is by cooking the herbs at a low boil for an hour or more and then straining them to make a tea.

The tea is taken two to three times a day. It is often very bitter tasting because it is made mostly from roots and barks.

Acupuncture

Acupuncture may be suitable for treating the following:

- Ear, nose and throat disorders, toothaches, gingivitis, acute tonsillitis and more.
- Respiratory Disorders — Bronchial Asthma (in children or adults when uncomplicated)
- Gastrointestinal disorders
- Eye disorders
- Neurological and Muscular Disorders — headaches, migraines, facial paralysis (with the first three to six months) post-stroke paresis, neurological bladder dysfunction, bed wetting, tennis elbow and more.
- In addition, acupuncture can treat a host of other problems, such as knee pain, sprains and strains and most gynecological and genital complaints.

SOURCE: World Health Organization

Drug use could lead to financial aid going up in smoke

The ruling has caused an uproar on campuses around the nation

By G. Jaros
Oregon Daily Emerald

Students receiving financial aid have new cause to pause when considering using illegal drugs. Taking a puff of pot could lead to financial aid eligibility going up in smoke as the "high" in the Higher Education Act of 1998 takes on a whole new meaning.

The act, signed into law last October, contains a provision that denies or delays federal financial aid to any student with a conviction for a drug offense.

The language within the Higher Education Act states, "A student who has been convicted of any offense under any federal or state law involving the possession or sale of a controlled substance shall not be eligible to receive any [federal] grant, loan or work assistance beginning on the date of said conviction."

The provision was introduced by Congressman Mark Souder (R-Ind.) who said he sees it as a way to help students avoid or stop using drugs.

"It will encourage all young

people with plans for college and the opportunities it provides to avoid drugs or to get help if they are already using them," Souder said in a recent press release. "You can't learn if your mind is clouded by drugs."

Critics of the provision are quick to point out that no other criminal offense, even those convicted of rape, stalking or murder, results in automatic restrictions on federal financial aid.

Kathie Eastman, press secretary for Peter DeFazio's (D-Ore.) office in Washington, D.C., said this is the only prohibition of its kind. The only other prohibition is that males be registered with selective service.

Drug reform groups have mobilized a national student-led campaign to raise awareness and opposition.

"Up until this point students have not been asked if they had prior convictions," said Adam Smith, Associate Director of the Drug Reform Coordination Network in Washington D.C., who is in charge of the campaign.

"When this law goes into effect, we figure it will be for the 2000 school year, students will only be asked about drug convictions," Smith said.

The fight to oppose the bill has

"[The drug provision] will encourage all young people with plans for college ... to avoid drugs or get help if they are already using them. You can't learn if your mind is clouded by drugs."

Mark Souder
Congressman

spread to 100 campuses across the nation including the University.

"Spring term we'll be taking this to the ASUO," said history graduate student Bear Wilner, who is coordinating the University effort. "We will be getting the ball rolling in the next couple of weeks. We're seeking a legislative remedy. It is a moral issue that people should be aware of and we need to let students know that they have a voice in this."

Edmond Vignoul, director of University Financial Aid, doesn't know when the law will go into effect.

"We haven't received any fur-

ther guidance," Vignoul said. "We are not sure how it will be implemented. We will probably hear more about it in the spring. What we do know is that Congress has taken a strong stance against drug use."

Students voiced many opinions about the provision, but none of them considered it a strong stance against drug use.

"I think the whole 'drug war' in general is misguided and ineffective, so in that context this provision is just another empty attempt at a solution," said senior journalism major Seth Quackenbush.

Some students said taking financial aid away from students stops the education process.

"I think it's ridiculous," said sophomore journalism and political science major Janette Sherman. "If they are on a bad track you're taking away their chance to better themselves. You've made a bad situation worse."

The amount of time a student would be ineligible for financial aid depends on the offense.

Students are unable to receive aid for one year following a first time possession offense, two years upon a second conviction and indefinitely for any conviction after that.

The penalty for selling a controlled substance is two years for the first offense and indefinitely for any offense after that.

The law hits the poor and minorities the hardest, Smith said.

"Given the racial disparity in drug law enforcement, this law will inevitably have a discriminatory impact," Smith said.

"It will deny an education to those for whom it is most vital; the poor, the non-white, and non-violent young people who have had previous contact with the criminal justice system and who are trying to turn their lives around."

According to the provision, students must demonstrate that they have participated in a drug rehabilitation program and successfully pass two random drug tests in order to be released from the mandatory ineligibility period.

But this still constitutes too much control in the minds of some students.

"Financial aid is a right regardless of what a person does in their personal time," said senior psychology major Robert Noble.

"Besides that, where do you draw the line at how much control financial aid should have in a person's private life?"

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