

Many so-called cures don't really help

Time, temperance only hangover cures

By BELINDA ROLLINS
Staff Writer

Grapefruit. Bathing suit. Chew a little Juicy Fruit. Wash away the night. Drive-in. You guzzle gin. Commit a bunch of mortal sin. It's good for your soul.
— Jimmy Buffett
"Grapefruit-Juicy Fruit"

Jimmy Buffett recommends grapefruit juice and Juicy Fruit gum. Some people swear by having Bloody Marys the morning after. Doctors argue that moderation is the only remedy.

Unfortunately, for those who have already overindulged, the only surefire cure for a hangover is abstinence.

"All cures are pure myth," said Lucie Minuto, a health educator at the Campus Alcohol Education Services.

She said hangovers are really the body's way of going into withdrawal. They usually last one or two days. The symptoms vary, depending on the individual and the amount of alcohol consumed. Most sufferers feel depressed, and sometimes the depression is accompanied by headaches, nausea, vomiting and diarrhea. A severe hangover is enough to make even the most dedicated drinker promise to mend his ways.

Some students feel depressed on Monday and Tuesday because their bodies are still trying to recover from an overdose of alcohol.

Minuto said some students start the weekend on Thursday because they still feel depressed and are

looking for a "pick-me-up." However, this is not logical because the alcohol they seek is a depressant. This pattern may explain the greater number of student absences on Mondays and Fridays at UNC.

Minuto advises students against drinking heavily on weekends if they have exams on Monday. They won't be as alert, she said. Plus, they probably studied less than they would have if they had not drunk heavily.

The headaches occur because alcohol causes dilation and irritation of the blood vessels of the brain and surrounding tissue.

Dr. Seymour Diamond, author of *The Headache Book*, said the consumption of fructose, which is found in tomato juice and honey, will aid the body in burning the alcohol.

Minuto disagreed: "In order for fructose to help, it has to be taken intravenously." She said Diamond may have drawn his conclusions from a study conducted to investigate the possible benefits of fructose intake.

Some students believe that aspirin will prevent or cure a hangover headache. Scott Ball, a senior from Leesburg, Va., said, "I usually try to sleep it off and take lots of aspirin the morning after."

But time is about the only healer for a hangover, Minuto said. If a person has one or two drinks on hour, he probably won't get sick or have a hangover.

A drink is one ounce of liquor, a glass of wine or a 12-ounce beer. "The liver can only metabolize about

one ounce of alcohol per hour," Minuto said. Any more than that may cause problems.

Stomach-related problems also plague many hangover sufferers. Students also have their own ideas about preventing them. "All you have to do is quit drinking an hour before you go to bed and get something to eat," said David Boggs, a sophomore from Statesville.

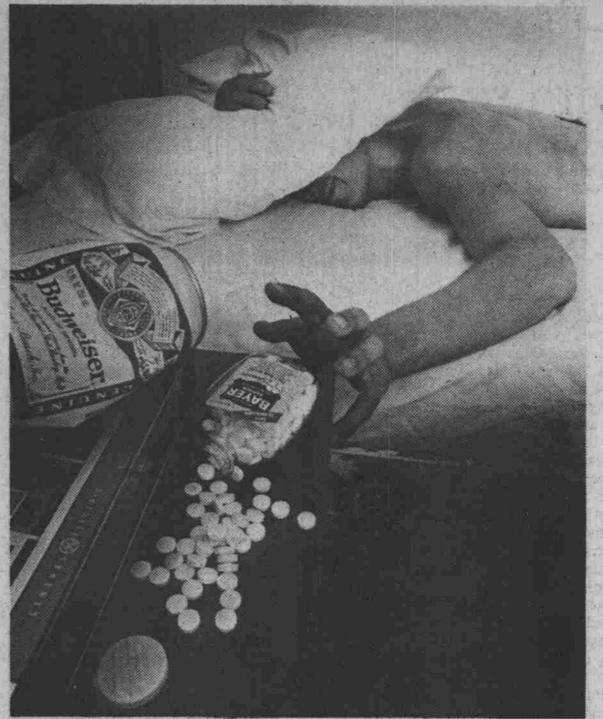
Minuto said that eating a meal, especially one that contains fat, will help slow alcohol absorption. Females tend to have more stomach-related problems than males because they tend to eat lightly or not at all on days they plan to drink, in an effort to cut calories.

"Girls who drink on an empty stomach are subjecting the stomach lining to a caustic reaction," Minuto said.

With no medical cures available, many people rely on home remedies like those printed in *The Foxfire Book*, edited by Eliot Wigginton: "Smear brow with crushed onions or tie a flour sack around your head. When you get your hair cut, gather up all the clippings. Bury them under a rock and you will never have a headache."

The Foxfire Book also lists a way to settle the stomach: "Place five small flint rocks in a glass of water. Let it sit for a few minutes and drink." These may not sound like the most sophisticated methods, but many people who believe in plain living are convinced of their effectiveness.

Since there are no medically-accepted cures for hangovers, Minuto advised, "If you don't like your hangovers, then don't drink as much."



Depression, nausea, headache — a few signs of hangover ... myths about cures for hangovers have filled volumes

'Killer bees' moving slowly to U.S.; potential problem for bee industry

The Associated Press

WASHINGTON — The so-called "killer bees," slowly moving north to the United States, are every bit as aggressive as they have been billed and could seriously hurt the American beekeeping industry, say U.S. Agriculture Department scientists.

An extensive study of the aggressive behavior of the bees shows that they are more prone to attack than normal bees and they do so in greater numbers, says a report to be published in *Science* magazine.

The Africanized bee, so named because it descends from a variety imported from South Africa, were tested against normal European-derived honey bees during simulated attacks on their hives.

In tests on large colonies, Africanized bees rose to the attack more quickly and delivered 8.2 times more stings on leather targets than other bees, said the researchers.

The report also said the idea that the Africanized bees would become more docile as they spread north and mated with other

bees apparently is untrue.

The stinging rate of bees in Venezuela was about three times higher than those tested earlier in Brazil, where the African bees were introduced in 1956, said the study.

Stinging rate is important because of the amount of toxin it introduces into the target. While some people die each year from allergic reactions to a bee sting, most people can survive results of the small amount of toxin in a few stings.

However, deaths attributed to attacks by Africanized bees often result from the combined toxin of hundreds of stings, said one of the researchers.

The study by Anita M. Collins, Thomas E. Rinderer, John R. Harbo and Alan B. Bolten involved testing more than 300 bee colonies in Venezuela and at the USDA Bee Breeding and Stock Center Laboratory in Baton Rouge, La.

Collins said in a telephone interview that current estimates indicate the bees could be in the southwestern U.S. between 1988 and 1992.

porno

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five varied services. For \$25 the customer receives a topless massage, given by the girl of his choice, lasting 15-20 minutes. For \$30, the parlo offers a nude massage and shower lasting 20-30 minutes. A customer can participate in a nude mutual massage ranging for 25-30 minutes for \$40. The price jumps to \$60 for a nude mutual massage with "breast relief" lasting 30-45 minutes. The ultimate massage lasts up to one hour and includes a nude mutual with a shower for \$65.

An employee of University Massage, who would identify himself only as Rick, said the owner refused to grant an interview with *The Daily Tar Heel*.

Detective Lindy Pendergrass of the Chapel Hill Police Department said enforcement of the prostitution law with respect to massage parlors was a "real problem." Police officers cannot participate in a criminal act and therefore could not testify in court if they went undercover into a massage parlor, he said. The latest arrest for prostitution at a local parlor was made in February 1982 at the Boulevard Massage. Since that arrest, no further complaints have been received, he said.

"We should have more stringent ordinances on those places," Pendergrass said.

In addition to massage parlors, Chapel Hill also has its share of pornographic magazines. Almost every convenience, grocery, and drug store in town sells popular adult magazines such as *Playboy*, *Playgirl*, and *Penthouse*. A few stores sell "hard core" magazines and sex manuals, many of which are placed on the same shelf with popular fashion and sports magazines, within the reach of children.

Parent Teacher Association President for Chapel Hill High School, Judy Eastman, said she has not noticed a problem with pornography among students. "I think they are aware of its existence, but it doesn't play a major part in their lives," she said.

A few North Carolina cities, such as Charlotte, have local ordinances regulating the display of adult magazines. Covers depicting nudity or sexual acts must be wrapped to restrict children from viewing them.

"However, the city does not restrict the sale of them (magazines)," said Dee Ballard of the Charlotte city attorney's office. "We did not feel that we could constitutionally restrict their sale."

Some business that sell adult magazines in Chapel Hill place them in display stands or on a shelf out of the reach of children. One store, Sutton's Drug Store on Franklin Street, reported that adult magazines were its top sellers. But Sutton's is very selective about the type of material they sell, its owner said.

"Some of those magazines I just refuse to carry," Sutton's owner John Woodard said. *Playboy*, *Penthouse* and *Playgirl* are the only magazines Woodard sells.

"They are bad enough, but at least they are done with some professionalism," he said.

Chapel Hill Town Council member Bev Kawalec said that the culture and character of the community provides self-regulation or pornography.

"We are so liberal, so lenient," she said. "I can't imagine us (the town council) regulating what people see or read."

The issue of regulating or censoring pornographic material is a "First Amendment issue," said council member Winston Broadfoot. If the material in the town is "hard core and without redeeming value," Broadfoot said the council should take action to remove these magazines from the reach of children.

For the record

Because of a proofreading error, a sentence in "Phi Beta Kappa honors scholastic achievers," (*DTH*, Sept. 21), incorrectly stated that a fee for the society ranged from \$49 to \$196. The sentence

should read, "Before eligible students can become members, they must pay a fee that ranges from \$49 to \$106." The *DTH* regrets the error.

Bell

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Several tasks of the study, which should be completed next February, include projecting revenue requirement increases for intra-state toll and local services in the state, discovering distribution effects on users of present and alternative pricing policies, establishing economic stability and quality of service of North Carolina telephone companies and describing potential jurisdictional conflicts involving federal, state and municipal companies.

The \$75,000 study is funded by the telephone industry, but the companies will have no control over its content. "The telephone companies will simply submit information like everyone else," Wing said.

According to Wing, 18 of the 30 telephone companies statewide have contributed money to the administration.

"Everything's in an uproar in the telephone industry. We want to get some policy sense made of this," she said.

funding

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"A 200 to 250 rating used to be good enough; about one-third to one-half of the grants approved wound up being funded," he said. "But today, a score of 140 to 180 is needed; only about 20-25 percent of the grants approved are funded. A lot of good investigators are finding that they're not able to get funds now."

Ontjes said it was ironic that the department has more grant funds than ever before. With faculty members participating in six research centers (such as the Cancer Research Center), the department's research and training awards from federal sources and private foundations totalled more than \$6 million, he said.

This accounts for 25 percent of the department budget, he added.

That sum matches 1982 research awards to the UNC College of Arts and Sciences (\$6.3 million) and to the School of Public Health (\$6.2 million).

At the Health Services Research Center, the Robert Wood Johnson Foundation funds seven of its 20 current projects. Since most of the center's other projects are funded by private funds, research assistant Tom Ricketts said the projects haven't been affected yet by budget cuts. But "health services research is sort of a political football for some people," he added.

Funding sources have dried up for sociology professor Henry Landsberger, now in his second year of comparing international health-policy attitudes. Last

year, his grant funded a research assistant, but this year he is on his own.

His grant applications were met with "repeated 'nos'" from a variety of public organizations, he said, attributing it to their perceived political sensitivity of his research, and the fact that they were just "out of funds."

"The money is difficult," said James Gallagher, director of the Frank Porter Graham Child Development Center. Their research and training funds in 1982 totalled \$1.98 million. "It used to be that if you were doing quality work, you could count on getting funds (especially) in the social sciences," he said.

The funding cuts are going to chase a lot of people out of quality research, and it will be difficult to get them back, Gallagher said.

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