

ABCs of vitamin megadosage

By **DONNA LEINWAND**
Staff Writer

Vitamins may be hazardous to your health, according to a professor at Duke University.

"By taking some vitamins, all you are doing is enriching the vitamin companies and probably not doing yourself any good," said Henry Kamin, a professor of biochemistry. Kamin served as the chairman of the Committee on Dietary Allowances of the National Research Council and National Academy of Sciences from 1980 until 1985.

The committee, made up of experts in particular nutrients, met over a period of five years, Kamin said. Each member was assigned to report on a particular vitamin and during periodic conferences they criticized each other's findings, he added.

"Vitamin A is the worst culprit," he said. "If you take one supplement every day over several years you might get serious liver disease. If you take more than one a day, you might

get it sooner."

Dr. Victor Herbert, a professor of medicine at Mount Sinai Hospital in New York, said vitamin A begins to build up in the liver and destroys the liver cells.

"If the over-the-counter supplement says it contains 500 percent of the U.S. Recommended Daily Allowance, don't buy it," Herbert said.

Herbert and Kamin said vitamin A can cause fetal defects in pregnant women.

"One of the insidious things is that the most serious time when vitamin A can be harmful is early in pregnancy," Kamin said. "The woman might not even know she is pregnant and could be harming her baby."

Herbert filed a petition with the Food and Drug Administration on May 22 requesting that the FDA require supplement sellers to put warnings on vitamin A labels.

Another popular vitamin supplement that is potentially hazardous is calcium, Kamin said. Many

women take calcium supplements to prevent osteoporosis, a crippling bone disease.

"It's much better to get calcium from dairy foods like milk and cheese," Kamin said. "Dairy foods eaten with consistency provide enough calcium. If someone takes no dairy products, they can take a supplement but should limit themselves to 500 milligrams per day."

"We don't want to use a whole generation of guinea pigs to see if supplements prevent osteoporosis. The effects of calcium supplements may not show up for a long time."

Kamin said a combination of vitamin D and calcium can contribute to kidney disease.

People may overdose on vitamins because they hear studies about certain nutrients preventing cancer, Kamin said. Vitamin C is one such nutrient advocated by Nobel prize-winning scientist Linus Pauling.

"Megadoses of vitamin C never had any benefit on human health," Kamin said. "It's not very toxic so

it probably won't do any harm. Here and there we hear of isolated incidents of diarrhea and other illnesses."

Some people take such high doses of vitamin C that they build up a tolerance and end up with a condition called rebound scurvy, Kamin said.

Rather than depending on supplements, Kamin recommends eating a variety of foods.

"It is extremely difficult to get a deficiency in any nutrient if you eat a variety of food," he said. "Many years ago, people in other countries used to eat single grain rice and wheat as a staple."

"Part of the industrial milling of the grain removed some of the nutrients and people who depended on these foods sometimes got severe and fatal deficiency diseases. People got beriberi. Now the rice and bread is enriched with the vitamins that are taken out during the milling process."

African bugs with AIDS pique scientists' interest

From Associated Press reports

PARIS — Insects contaminated with an acquired immune deficiency syndrome (AIDS) virus have been found in two African nations, but there is no evidence that they pose a threat to humans, a leading French researcher said Tuesday.

Most of the 80 mosquitoes, cockroaches, ant-lions, tsetse flies and other insects tested from Zaire and the Central African Republic were infected with the deadly virus, said Dr. Jean-Claude Chermann of the Pasteur Institute.

In a telephone interview with the Associated Press, he said the presence of the virus "reinforces the idea of possible AIDS transmission by this path," but epidemiological studies have yet to find evidence that the disease has spread to humans from insects.

Arson suspected in bar fire

FAYETTEVILLE — Arson is suspected as the cause of a fire that destroyed two downtown night spots, one of them a controversial topless lounge, authorities say.

The blaze destroyed Rick's Lounge and the Sassy Lady, both in the same building on Hay Street. Rick's has featured topless

State & National

dancers since the 1960s and was the only remaining topless lounge in downtown Fayetteville.

No one was injured in the blaze. Pete Piner, Fayetteville fire marshal, said Monday that authorities were treating the case as arson "until evidence can prove that it was not."

Leaders' fav foods discussed

HONG KONG — President Reagan loves meat loaf and First Lady Nancy Reagan likes piccata of veal, but the favorite dishes of Britain's Prince Charles and Princess Diana will have to remain a palace secret because of Britain's Official Secret Act.

Those were some of the tidbits offered as the favorite dishes of world leaders were discussed Tuesday at a news conference held by members of the Club des Chefs, a society of leading chefs employed by royal households and heads of state.

Henry Hailer, the club's vice president, who has been chef cuisinier at the White House since 1966, said Reagan sometimes favored simple meals and occasionally asked for hamburgers.

Dieters packing into health centers

By **KAREN McMANIS**
Staff Writer

Are you serious about losing those extra pounds, starting an exercise program or just shaping up? If the answer is yes, chances are that you're not alone.

With the start of UNC's fall semester, area weight-loss and fitness centers have reported an increase in business and membership.

The Gym in Carrboro offers a number of diverse and specialized programs for those who want to shape up and for those who want to stay in shape. Pat Jones, manager and owner, said that university

students account for about 35 percent of the center's clients with more than 600 members.

The Gym offers a complete line of free weights, aerobics, tanning beds, saunas and personalized training programs. Prices vary from \$5 for a single session on a tanning bed to \$330 for a year's membership.

Jones said that workout schedules and payment plans can be individually tailored to meet the student's needs. "There are no high pressure sales here," he said. "We believe in a relaxed and friendly atmosphere. Many members have been with us since their freshman year."

For those who prefer a more structured weight-loss program, The Diet Center of Chapel Hill provides an opportunity for slow, safe weight loss. Marge Morris, a registered nurse and instructor for the center, said she had seen many university students come and go over the years.

"Some lose only a few pounds, others up to 75, but they all lose," she said. The Diet Center stresses safe weight loss and requires daily weigh-ins as well as education in good nutrition and eating habits. The Diet Center is celebrating its seventh anniversary and services from 35 to 55 customers at a time.

The Nutri/System Weight Loss Medical Center also stresses a slow,

safe weight-loss program of two or three pounds a week. Open since 1982, Nutri/System sees about 50 customers, including many students, at any one time.

Lana Hoerner, the area manager for Durham and Chapel Hill, said classes in behavior modification and good eating habits were the most important factors in the program.

Another option for those desiring a highly personalized program is Profiles Associates, a service based entirely on an individual's behavior and life style. The "one-on-one approach to dieting" is one of the strengths of the program, said Marcia Mills, a registered dietician.

Mills said each of her 90 clients must meet with her weekly and can expect to lose between one and two pounds a week. At the same time clients become aware of the psychological and behavioral reasons behind their eating habits. Profiles Associates has been operating for 11 years. One hour of instruction costs \$60.

Each of these weight-loss and exercise centers focuses on a different aspect of weight control and maintenance. Whatever the reason behind their popularity, these centers, unlike their clients, are expanding rapidly.

Kent State building to keep alive memory of riot victims

By **SHARON KEBSCHULL**
Staff Writer

On May 4, 1970, four students from Kent State University in Ohio were killed and nine were wounded by National Guardsmen in a demonstration against Vietnam.

Sixteen years later, plans are in the works for a memorial to the events of that day and the riots leading up to it.

A memorial building designed by a pair of Chicago architects will feature a paving pattern symbolizing the 13 people directly affected by the event, according to Joe Durbin of Kent State University News and Information. They will be represented by polished black marble disks set in the floor, and the building will be blended into the landscape, Durbin said. There will also be a rose-colored granite perimeter wall with sheared, polished edges.

In his design statement, Bruno Ast, one of the architects, said this will "suggest a wider impact of these events on the social, physical, and psychological fabric of our society... The memorial marks the events of May 4, 1970, and the promise of an enlightened future. It suggests

containment and escape." "It is not a memorial to the students per se, but to the entire May 4th event and the events leading up to it," Durbin said.

He added that the University felt there were other victims as well as those injured or killed, such as the National Guardsmen who were called to the scene.

Karen Lynch, a senior at Kent State, said the memorial does not represent the need for peace as it should. "Although I can't speak for the whole student body, I don't think the design is really what we want... Most students think it's good to have a memorial, but this looks kind of violent," she said.

Although it has been stressed that it is not intended as a memorial to the students, those who look at it in a few years will remember the students who were killed, she said.

Plans are now being made for a fund-raising campaign as the memorial is expected to cost at least \$500,000, Durbin said.

"It is the University's intention to raise the money privately," said Michael Schwartz, student body president of Kent State.

CAROLINA PHOTOGRAPHY CLUB
Organizational Meeting

Wednesday August 27 7:30 pm
FPG Lounge
Carolina Union

All students are invited to come and learn about the on-campus darkroom facilities and benefits of club membership. If interested, but unable to attend, call Cary Stedman, 9:00 a.m.-1:00 p.m., M/W/Th 962-1116



50,000 people will be saved from colorectal cancer this year. You can save one.

AMERICAN CANCER SOCIETY

UNC CLASSIC STYLING


Silk N' Satin


Men's Traditional


Men's Fashion


Inspiration


Rhapsody


Princess


Marquise


Royale

AT AFFORDABLE PRICES REGISTRATION SPECIAL SAVE \$20 to \$30
[Also New Interest Free Payment Plan Available]
Now is the time to select your Herff Jones College Ring and you'll save up to \$30.00!
Trade in your 10k Gold High School Ring and save even more!
Take advantage now of these great savings, select your College Ring from the beautiful Herff Jones Classic Styling Collection.
The Herff Jones Representative will make sure you get a perfect fit.

HERFF JONES
Division of Carnation Company
College Rings... A Reflection of your educational achievements.

NOW! ONLY \$10.00 DEPOSIT
UNC Student Stores
10 am-3 pm Wed., Aug. 27 & Thurs. Aug. 28

AMERICAN CANCER SOCIETY



PARKING SERVICES

Town of Chapel Hill
968-2758

5 Convenient Locations Available
Hourly and Monthly Rates

UNC			#3
	FRANKLIN		
#1	N C N B	#2	#5
ROSEMARY	COLUMBIA	CHURCH	
	#4		

Microwaves For Rent

You can have a compact microwave for your dorm room or apartment.

- Meets all University and safety regulations
- Small (13x13) lightweight and durable
- Can cook Le Menu, baked potatoes, popcorn, etc.
- Safe and easy to use.

Lease for 1 year \$75⁰⁰
(plus \$40 refundable deposit)
Split the leasing fee with roommates to cut costs!
Ask about our Lease to Own Plan

Call MicroTech Today (919) 782-9165 Free Delivery

