

Researcher warns: limiting Valium may lead to other drugs

United Press International
DALLAS — A sleep disorders researcher, disturbed by TV talk-show treatment of the problem, says social pressure to curb use of drugs such as Valium and Librium is leading to the use of more dangerous narcotics.

Dr. Thomas Roth of the University of Michigan told a physicians' seminar on sleep disorders that despite their bad reputation, benzodiazepines usually have less drastic effects than the drugs replacing them — primarily narcotics in the tricyclic category.

"Benzodiazepines induce sleep by inhibiting the waking state," Roth said.

"Tricyclics aren't for sleep. They are primarily to treat the disease known as depression. They are anti-depressant drugs, but they have certain sedation characteristics. They are being prescribed as sleep medication when they weren't intended for that."

Roth is head of the Sleep Disorders Center at Henry Ford Hospital in Detroit.

Roth said use of benzodiazepines — which include Valium and Librium — has decreased.

"Well-known 'scientists' such as Phil Donahue and newspaper writers have given benzodiazepines a bad reputation that isn't deserved," he said.

He said the drugs could be misused, but added the fault rested with the user, not the drug. "Will people who abuse drugs, abuse these drugs? Absolutely," he said. "But there is no hard evidence that these drugs lead to drug abuse."

Roth said benzodiazepines are useful in treating the symptoms of sleep disorders, but treatment should be restricted to 20 pills per month for no more than three months. After that, he said, the physician should try to diagnose the problem rather than treat the symptoms.

During the seminar Dr. William Dement of Sanford University said 75 percent of all adults complain they have trouble sleeping. More than 6 million prescriptions are written annually for sleeping pills. He said the result of poor sleeping at night is sleepiness throughout the day that manifests itself as a lack of alertness.

Dement said research showed the most alert individuals during the waking hours are pre-puberty children. Those least alert are college students.

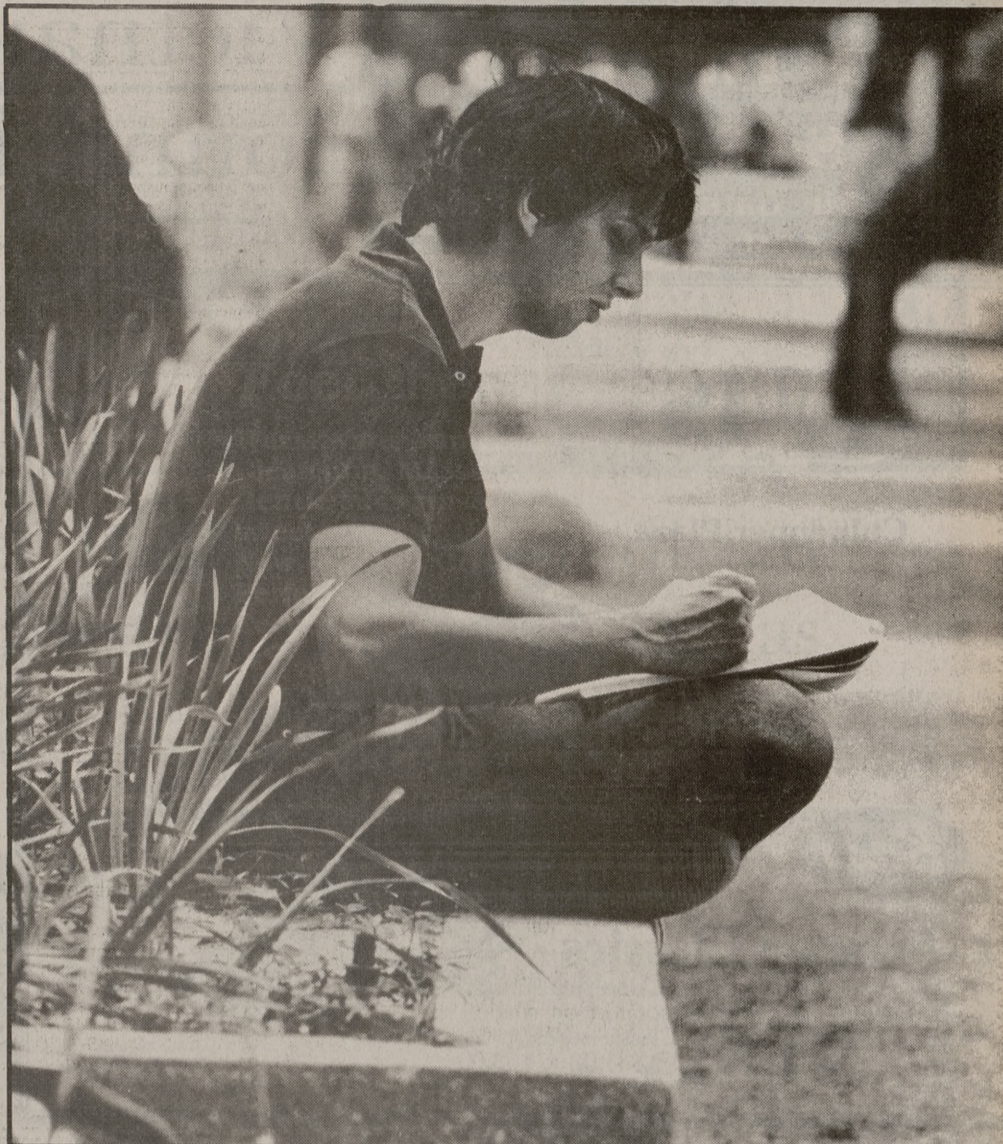
He said the reason children have high alert levels is because their sleep habits are regulated by parents. He said college students — meeting chaotic social and academic schedules — tend to have poorly regulated sleep habits.

Dr. Howard P. Roffwarg, a professor of psychiatry at Presbyterian Hospital, said sleep disorder centers around the country — now numbering more than 30 — are helping doctors recognize and treat sleep related problems.

In the past, he said, people who slept poorly were told the problem was insignificant — the result of mental tension or not getting enough exercise.

"But we're finding up to 50 percent of all sleep problems are biological, not psychological," he said.

One old wives' tale that has been disproven by research is that people need eight hours of sleep per night. The researchers said some people function well on as little as two hours sleep.



staff photo by John Ryan

Portrait of the artist

Jack Poling, a senior environmental design major, sketches the English Annex as part of a class project. Poling is from Houston.

Conservative PAC files suit for unaired Kennedy parody

United Press International
PORTLAND, Maine — The National Conservative Political Action Committee has filed a \$10 million lawsuit naming Guy Gannett Publishing Co., Sen. Edward M. Kennedy, D-Mass., the CBS network and others as defendants.

The case stems from a political NCPAC television advertisement that parodies Kennedy, but was not aired by several stations, including WGGB of Springfield, Mass., which is owned by Gannett.

"WGGB simply found the commercial in poor taste," Alan Campbell, a Gannett attorney, said.

"The station manager viewed the commercial and said it was a parody that might be suitable for 'Saturday Night Live' but that it was not acceptable as a political ad."

NCPAC is independent of any political party and helped defeat several Democrats in the

1980 elections. This year NCPAC is taking on several more Democrats, including Sen. George J. Mitchell, D-Maine.

The lawsuit alleges the broadcasters "did not make independent determinations" of whether to run the ad.

NCPAC alleged WGGB "consulted with defendant Kennedy" before deciding not to run the commercial.

COME GROW WITH US

ALDRSGATE UNITED METHODIST CHURCH
"The Church With A Heart-Warming Touch"

TEMPORARILY MEETING AT
A&M CONSOLIDATED
MIDDLE SCHOOL AUDITORIUM
JERSEY ST. AT HOLIK ST., COLLEGE STATION

SUNDAY SERVICES: SUNDAY SCHOOL 9:45 A.M.
MORNING WORSHIP 8:30 A.M., 11:00 A.M.
EVENING WORSHIP 6:30 P.M.

CHURCH OFFICE
2114 SOUTHWOOD
696-1376

PASTOR: TERRY TEYKL

INNER VISION
Announcing:
Janet Wiltsie of Courtéa
Becky Moore
also Tom Chateau
Phone 846-8528

303 College Main
(Down from Loupots next to White's Auto)

Open Mon.-Sat.
9 a.m.-Till ?

ENGINEERS FEDERAL POSITIONS

Kelly Air Force Base, located in historic San Antonio, will be conducting on-campus interviews for engineers in the aerospace, mechanical, industrial, electronics and safety disciplines on 16 November 1982.

For further information, drop by or call the Placement Office.

Feel the luxury . . .

Warm water running through your hair. Cleansing. Massaging. Gentle suds rinsed out, leaving a soft, sweet scent. Now, the cut. Crisp. Precise. Fresh. Perfect. Feel the luxury at . . .

That Place
707 Texas Avenue
696-6933

That Place II
Culpepper Plaza
693-0607

**CLASS '82
PARK DEDICATION**

Sunday May 9, 1982 1 p.m.

The class of 1982 gift, a \$32,000 park facility located south of the MSC-Rudder guest parking lot between Throckmorton St. and Houston St., will be dedicated as stated above at the site of the park project. The ceremony is open to the general public.

SPECIAL NOTICE

TWIN CITY GOLF DRIVING RANGE

Hrs: Mon-Sat 12-9 p.m.
Sunday 1 p.m.-8 p.m.

696-1220
East Bypass and Hwy. 30,
Service Road Going South - 1/4 miles.

ROOMMATE WANTED

Female to share house own room \$75 month. 1/2 bills summer only. Call Theresa 946-9001 or Karen 779-9157. 14893

Female roommate wanted. \$157.50/mo. + 1/2 utilities, summer or summer/fall. 775-9155. 14987

Summer housing for non-smoker/drinker, \$220 for summer session, all bills paid, laundry facilities, one block off campus. 693-2251. 14993

Need female roommate now for 2 bedroom 2 bath condo. W/D, shuttle bus, etc. \$225-\$250/mo. plus bills. Call Peggy after 3. 696-2695. 14995

Female roommate needed 4 blocks from campus. Inexpensive own bedroom. 693-3700. 14993

Graduating student needs roommate in Houston. Call Tracie at 693-7079. 14995

SERVICES

WORD PROCESSING-Papers, reports, dissertations, resumes, etc. Fast, accurate, reasonable-846-6200. 131120

Typing - Fast, accurate, reliable! Reasonable rates. Will take rush jobs. 693-6411. 143110

Call Cathy or Betsy for all your typing or word processing needs. 696-9550. 131116

Typing 823-4579. 131115

Typing Reports, dissertations, etc. ON THE DOUBLE. 331 University. 846-3755. 178th

Typing 845-2871, 693-3700. 1397

WORD-PROCESSING: Papers, theses, dissertations, Letter-perfect printing, 696-8910. 14330

Free GRE course. Five weeks. Lec 693-5257, 845-9462. 14717

Typing experienced fast, accurate, all kinds. 822-0544, 846-9707. 131116

Key-punching, 846-8022. 135119

Need Credit? Guaranteed Master and Visa Cards. No credit check. Send self-addressed envelope to: National Consumer Credit, 14045 South Main, Suite 278-11, Houston, Texas 77035. 14020

Typing on word processing equipment. Experienced. We understand form and style. Automated Clerical Services, 693-1070. 84140

Typing experienced fast, accurate, all kinds 822-0544. 155th

Service For All Chrysler Corp. Cars Body Work - Painting

HALSELL MOTOR COMPANY INC.
Dodge Sales and Service Since 1922
1411 Texas Ave. 823-8111 11th

TYPING.
All kinds. Let us type your proposals, dissertations, reports, essays on our WORD PROCESSOR. Fast service. Reasonable rates.
Business Communication Services
4013 Texas Ave. S.
846-5794 165th

FOR LEASE
Sublease for summer. Glade East studio, two bedroom, 2 bath. 693-2346 or 696-8335. 14915

Summer sublease brand new 2 bedroom 1 1/2 bath furnished or unfurnished, all appliances including washer and dryer, close to campus. \$325.00, call 693-5511. 14893

Barcelona Apartments now leasing one and two bedroom furnished and unfurnished for summer and year round. 700 Dominik, 693-0261. 10548

New Duplexes Now Leasing
2 BR, large walk-in closets, compartmented bath, kitchen with bar, Ldry Rm off kitchen, Fireplace, patio, fenced yard, some trees, 2 minutes from campus (off Welsh). A must to see - you'll like it \$450.00. Heather Childress. 696-1242. 13715

NOW LEASING SUMMER SPECIAL
2 bedroom units w/2 baths, all appliances, with washer/dryer connections. \$425 less \$100 discount on 1st month's rent. 693-0982, 696-7714. 148th

NOW LEASING FOR THE SUMMER

Better hurry! While they last, one and two-bedroom units available at special discounts for the 6-week summer session, starting as low as \$204 per month.

Excellent condition, see to appreciate. Furnished or unfurnished. Call today.

EAST GATE APARTMENTS
713/696-7380
401 Lincoln Drive East, College Station, Texas
Fall Leases Now Available
Wm. J. Garrett '47 143th

Southwest Village Apartments. Now leasing one and two bedroom furnished or unfurnished for summer and year round leases. 693-0804, 1101 SW Parkway. 10548

Casa del Sol now leasing one and two bedroom, furnished and unfurnished for summer and year round. 401 Stansley, 696-3455. 10548

MISC.
Store your stuff in our apartment this summer. Reasonable rates. 696-2315. 14515

FOR LEASE