

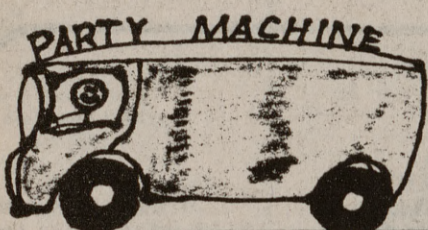
Warped

by Scott McCullar

TEXAS A&M SPORTS CAR CLUB

is going to have a party after the

CHAMPIONSHIP RALLYE. The Rallye moves out of Central Park at 2 p.m. on Saturday. Find a car. A navigator. Entry fee of \$5⁰⁰. If you can follow directions



you can be sure of partying with the **SPORTS CAR CLUB** Saturday night.



Study: Starch blockers fail

United Press International BOSTON — Starch blockers that blitized the market promising weight loss without dieting or exercise, do nothing to keep the flab off and may be harmful, according to a study that was published Thursday.

"We conclude starch-blocker

tablets do not inhibit the digestion and absorption of starch calories in human beings," doctors said in the New England Journal of Medicine.

An accompanying editorial, however, said the long-term effectiveness of the starch blockers, "although highly unlikely," has not been disproved by the study, which focused on the immediate effects of the product. "What is clear, however, is there are no clinical studies that establish the effectiveness or indeed the safety," of the products, said Dr. Irwin H. Rosenberg of Chicago.

The researchers said the blockers failed because the pancreas probably secretes much more of the enzyme that digests

starch than is needed for the digestive process.

The results were based on a study of five people who were fed precise amounts of spaghetti, bread and butter. One day the subjects took three starch blockers with their meal and another day they took a placebo.

More than 200 million starch blockers hit the shelves of health food stores and drug stores in a two-year period and were taken at an estimated rate of 1 million tablets daily before the Food and Drug Administration ordered them off the market in July, Rosenberg said.

The FDA classified the diet aids as drugs whose safety and effectiveness must be proved and ordered them removed after an increasing number of reports linked them to nausea, vomiting, diarrhea, stomach pains and excess gas.

The blockers, made from plant foods such as kidney beans and wheat, have been recognized since 1943 to contain a substance that prevents enzymes from digesting starch.

Previous laboratory experiments had found rats taking starch blockers excreted more starch and gained less weight.

Human experiments had suggested they blocked the digestion of starch.

But the most recent round tests conflicted with the original findings.

The doctors worked on an assumption that to be effective starch blockers must reduce absorption of calories from starch, therefore, extra starch would be eliminated.

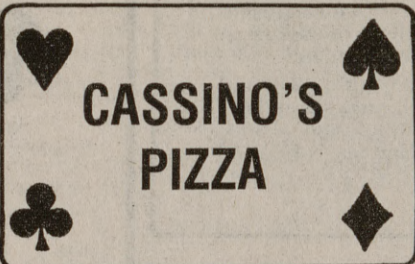
Using a complicated procedure in which the subjects' digestive tracts were cleared and the diet starch was measured, doctors found no difference in the amount of starch excreted by subjects taking starch blockers or a placebo.

Producers brought a suit to stop the FDA action, claiming the pills were food, but in October a federal court in Chicago issued a permanent injunction against the manufacture and distribution of the product. That ruling is under appeal and the makers of starch blockers and similar court action is underway in New York.

Officials in five states seized more than 1 million diet pills. Since then an estimated \$1.6 million of the pills have been destroyed.

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Today's Almanac

United Press International Today is Friday, Dec. 3, 337th day of 1982 with 28 days follow.

The moon is moving toward its last quarter.

The morning stars are Saturn and Jupiter.

The evening stars are Mercury, Venus and Mars.

Those born on this date are under the sign of Sagittarius.

On this date in history:

In 1818, Illinois was admitted to the Union as the 21st state.

In 1833, Oberlin College, Ohio opened with an enrollment of 29 men and 15 women — the nation's first truly coeducational school.

In 1929, the Ford Motor Co. raised the pay of its employees from \$6 to \$7 a day despite the collapse of the American stock market.

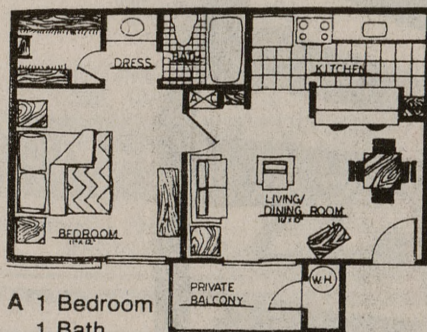
A thought for the day: British writer Jane Austen said, "It is a truth universally acknowledged that a single man in possession of a good fortune must be in want of a wife."

AN INVITATION TO **OPEN HOUSE** **Villa Oaks West**

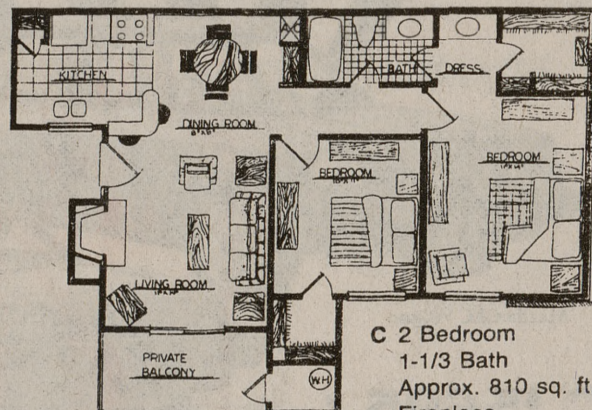
What a better way to start off '83

December 4 & 5
December 11 & 12

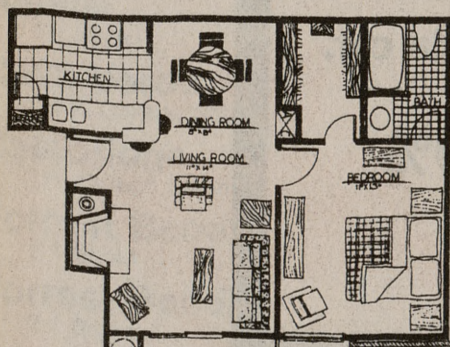
Saturday 8-5
Sunday 1-5



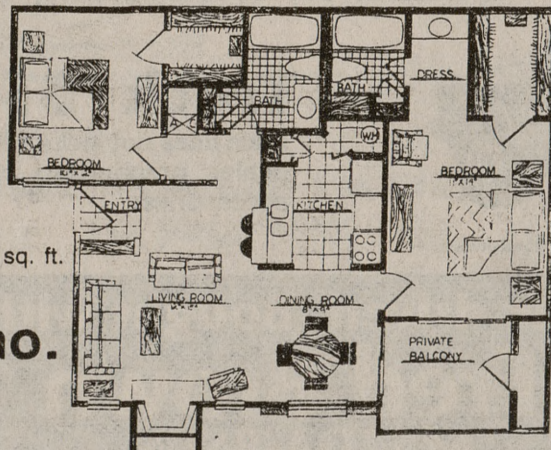
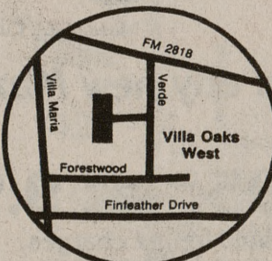
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\$18⁰⁰ Reg. 22⁵⁰

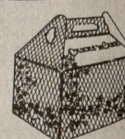
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