

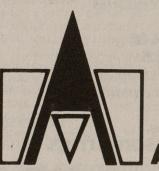
1 in a series

Plan ahead for lowest fares, says **A&M Travel** Service experts.

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Researcher concentrates studies on influenza treatment, prevention

By RODNEY RATHER

Reporter

Influenza vaccines exist that can prevent the flu, but most people do not take them, according to John Quarles, assistant professor of medical microbiology and immunology at Texas A&M.

Because the flu is not a life-threatening disease, people do not feel the need to protect themselves from it as they might against polio or diptheria, Quarles says.

For nearly 10 years, Quarles has been at A&M conducting research or how to present our properties.

on how to prevent or cure viral infections. This usually involves test-

ing vaccines.
"In the vaccine work, we've been involved primarily in testing a new type of influenza vaccine — the nose-drop kind — as compared to the kind you get as a shot in the arm, with the idea that it may be better or more acceptable to some people," Quarles says.

The vaccines are not tested at A&M until they have gone through several years of testing at the National Institutes of Health. These governmental agencies help fund medical research, so the vaccines are considered safe and possibly useful before Quarles starts testing them on campus. He tries to determine if the vaccines are actually useful.

"Our part of the question is 'Do they work? Do they work in the real world?" Quarles says.

That question is answered in part

by counting the number of A&M students who get the flu each year and having volunteers participate in flu studies

About 15 to 35 percent of A&M students get the flu each year, although the statistics vary from year to year, Quarles says. As few as 15 to 18 percent of the students may get the flu in one year, while as many as 50 percent may get it in another year. These percentages closely reflect the percentage of people who get the flu in other areas, like Dallas and Houston, he says.

The influenza outbreak at A&M usually starts in mid-January, immediately after Christmas vacation, and lasts until spring break, Quarles says. The outbreak occurs at the beginning of the spring semester because students return to school after interacting with various people around the world, where they may come in contact with various types of dis-

eases.
"Students leave and scatter out all

over the world, so someone is to to pick something up and but back," he says.

In the flu vaccine study, the unteer is given the serum in the usually October because the needs about two months to protection against the virus. the volunteer waits to see if hea tracts the disease.

It is almost impossible to from being exposed to at least of the two or three major types of fluenza, which change const from year to year, but om sense is the best preventive med in combating the flu, other than the fluenza of the use of vaccines, Quarles says.
"Try to eat and sleep decent

not let people sneeze on you or you or do things like that if the obviously infected," he says.

"College students are in kind special situation. They can't a rest as much as they should. don't always eat properly and get a little run-down.

Currently, Quarles is prep for a study on the treatment fluenza to be conducted in Ja and is not using students in h

A&M prof's visit to Sri Lanka fascinating, educational

By JEAN MANSAVAGE

Reporter

Bryan • 779-7662

Across from Wal-Mart

When Dr. David Reed informed his Horticulture 201 class he would not be teaching the class for a month because he was going to Sri Lanka, his students chuckled. They figured that it was one of Reed's light-hearted gags.

Reed left Oct. 7 for the small island country off the southern coast of India to teach a post-graduate course at the University of Peradeniya. He also evaluated the school's research program and advised one of their graduate students. He returned Oct. 31.

Aside from his university business, Reed says he learned more about tropical horticulture, his speci-

ality, during the visit.
"Since my area of expertise is tropical horticulture, I was able to gain first-hand knowledge of what I'd been preaching," he says. "It was an opening of awareness of my ex-

Reed says he was fascinated by scenes of local culture such as the fire dancers who perform with torches pierced into their cheeks. Men chipping away at huge boul-ders with chisels for days to make gravel and women working in rice patties, cultivating the grain by hand, illustrate the country's heavy reliance upon manual labor, he says.

One slide from the trip shows

Reed in casual American dress — Izod shirt, jeans and boat shoes — atop an Asian elephant. This laidback style is also typical of Reed at Texas A&M.

He enjoys chiding his students about drinking Coke too early in the morning. They should drink coffee

to get their caffeine, he says.

Reed's sense of humor comes through even in his class lecture

upplement.

His drawing of the nitrogen cycle of soil has a squirrel dying of a heart attack and decomposing to add organic material to the soil.

The women in the class didn't like when it was a hunter that led to the death of the little squirrel, so it is a heart attack that kills him, Reed says. Reed says students at A&M

should experience the Asian culture.
"Everbody should go once," he says. "Sri Lanka is good exposure to

Asian culture. Sri Lanka is a poor country with a

Because Reed taught at a hip level, he instructed those who we the cream of the cream of the

low standard of living, but it has famine and its people are highly ucated, Reed says. Every person met there could speak Singhaland English.

Education is free to those

qualify through the post-grad level, Reed explains. The numbe students who qualify for the high

levels is limited due to a sele process of advancement.

Reed says the problem with a country having well-educated ple is that they leave Sri Lank better paying jobs in other coun Reed was displeased with or pect of Sri Lankan culture.

"The lack of restrooms or facilities was memorable," & AUSTIN

comments. "I guess Americant candidate I just too picky."

The professor says he think experience was very worthwhile.

"The trip was the most educated fector's street for the large fector's street fect nal experience of my life," & help him de

Doctor defends use of weed killer as diet drug go out in the

Associated Press

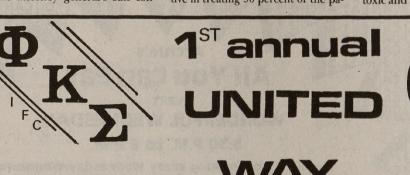
HOUSTON - A Houston physician who the Texas attorney general's office is suing defended the use of a weed killer in the diet clinics he owns, saying the chemical is effective in helping patients lose weight.

The attorney general's suit con-

tends the chemical 2-4 Dinitrophenol can cause serious side effects including vomiting, high fever, headaches and abdominal pain, but Dr. Nicholas Bachynsky said "every drug has some side effects."

Bachynsky, who owns Physicians Clinics, said Dinitrophenol is effective in treating 90 percent of the patients with weight problems.
"The question is not that it poison, but whether it's taken

The attorney general's office AUSTIN week sued Bachynsky, claiming spill of about of the drug, which also is to untreated use of the drug, which also is in untreated as Mitcal — in overweight pairs Creek in N toxic and has no medical value. Sult in the





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