Thursday • November 17, 1994
The Battalion


## The Inkwell



Adviniures in Aggibland By Greg


Generation Y
By Quatro


## Weather

Today
Partly sunny. High near
South wind 5-10
Tonight
Mostly cloudy. Low near
Friday
Mostly cloudy. High near 68.
near 68
Mostly Saturday
Mostly cloudy with isolated
showers. High near 73 showers. High near 73.

Source - A\&M Chapter of the American
$\qquad$

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Alcohol
Continued from Page 1
To sort this out, researchers
from Harvard Medical School ex-
amined the effects amined the effects of drinking on
all causes of death, not just heart disease, in 22,071 male doctors. Over an 11 -year period, they
compared the risk of death in the drinkers with that of pe
seldom or never drank. They found that men who had
two to four drinks a week had the lowest death rate - about 22
percent lower than those who percent lower than those who
shunned alcohol. Men who had
up to six drinks a week also ran up to six drinks a week also ran a But by the time the men averaged one drink a day, the
benefits of alcohol were wiped out. Their risk of dye wing was
identical to that did not drink at all.
Beyond a drink
risk went up sharply. Those who averaged two or more
drinks a day had a death rate that was 63 percent higher
than that of the nondrinkers. The researchers found that the lower risk of dying from heart disease was offset by an increase
in cancer in those who had more in cancer in those who had more
than a drink a day. Most of the than a drink a day. Most of the
increase was in throat, gastric,
urinary tract and brain urinary tract and brain cancer.
Moderate drinking is often defined as one to three drinks a
day. But the new study suggests that healthy noweration is proba-
bly considerably lower bly "Alcohol has complex health Alcohol has complex health hazards even for moderate
drinkers," said Harvard's Dr. drinkers, said Harvard's Dr.
Carlos A. Camargo Jr., who di-
rected the analysis. "Clearly people should drink less than two
drinks a day and probably less drinks a day and probably less
than one a day.",
Camargo described the results Wednesday at a meeting of the
American Heart Association. American Heart Associaucon.
The study was conducted on men, so the researchers can-
not say for sure how much drinking is safe for women. ies suggest that women can safely drink only about half as much
as men. So if two to six drinks a as men. So if two to six drinks a
week is the ideal amount for week is the ideal amount for
men, one to three drinks may be
a safe limit for women. a safe limit for women.
One surprise was the relationOne surprise was the relation-
ship between drinking and trau-
matic deaths. While heavy drinking clearly raises the risk of dying in car accidents and other vi-
olent events, the study found olent events, dre sting actually
that moderate drink
seemed to reduce the chances of seemed to reduce the chances of
dying this way. Those who took less than
one drink a day had a 31 percent lower risk of dying from
violence or suicide, compared with the nondrinkers.
One criticism of the study is
that it was conducted on an espethat it was conducted on an espe-
cially healthy, clean-living group cially healthy, clean-living group
of men. Dr. Gary Fraser of Loma
Linda University cautioned that linda drinkingersity might notioned so so be-
nign for more ordinary people.

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