

'Helter Skelter' author to speak

Vincent Bugliosi, chief prosecutor of convicted mass murderer Charles Manson, will speak in the Nebraska Union Centennial Room at 7:30 p.m. Sunday.

Sponsored by the Union Program Council, his speech is open to the public.

Bugliosi wrote a book, *Helter Skelter*, about the Manson trial. He currently has a private law practice in Los Angeles. He also is working to reopen the files on Robert Kennedy's assassination, based on evidence that he said points to Sirhan Sirhan's frameup and the existence of a "second assassin."

Bugliosi compiled an impressive record of prosecutions in Los Angeles criminal courts, with 105 convictions in 106 felony jury trials before the Manson case.

Bugliosi will discuss the Manson cult's background, its philosophy and how Manson followers came to believe that Manson was Jesus Christ.

Bugliosi also will speak about the motive for the Manson killings and the support Manson followers said they found for their beliefs in the Bible and in the lyrics of the Beatles' songs.

Study: Vitamin C not cold aid

Using an ounce of prevention against the common cold with Vitamin C is probably worthless, according to recent research.

In 1970, Nobel laureate Linus Pauling said persons who took large daily doses of the vitamin would have fewer

colds. But John Coulehan of the University of Pittsburgh Medical School concluded in a recent study that the drug does not significantly ease symptoms of the sniffles.

Coulehan did his first study in 1974 and concluded from his work with Navajo boarding school students in Arizona that students who took Vitamin C had milder colds. Because of the strong impact that his first study had, Coulehan did a second study that was longer and more controlled.

"Our important finding was negative. We were unable to demonstrate significant benefits of Vitamin C," Coulehan said.

Constance Kies, UNL food and nutrition professor, said that although she respects Pauling as a scientist, she does not share his opinion about the vitamin's effects.

Kies said Pauling's findings are based on theories instead of practice.

"Dr. Pauling works in theories and not in experimental research, and because of his very great and well-deserved reputation, he can say things and they will be accepted," Kies said.

Kies also said she has doubts about the reality of Pauling's recent statement that Vitamin C can prolong the lives of terminal cancer patients. She said Vitamin C is only one of an infinite number of cures that could be attributed to diseases like cancer and the common cold whose causes are not well-understood or defined.

Kies warned that Vitamin C can be dangerous in some cases.

"All self-mediations are to some extent a little dangerous," she said. "To avoid the cold, some people might take too much of the drug, and gout can be a side effect from having too much ascorbic acid."

Kies said her opinion of the best way to prevent the common cold is similar to that of most medical personnel who advise patients "to maintain a good physiological condition." Kies said students who "eat good diets, avoid getting over-tired or over-stressed" would probably have the highest resistance to colds.



Handbook will be free

The Center for Students and Organization's (CSO) Student Activities Handbook will not be sold for 65 cents as reported in Thursday's *Daily Nebraskan*.

Dan Steller, CSO director, said it will cost CSO 65 cents to produce each book, but it will be distributed free.

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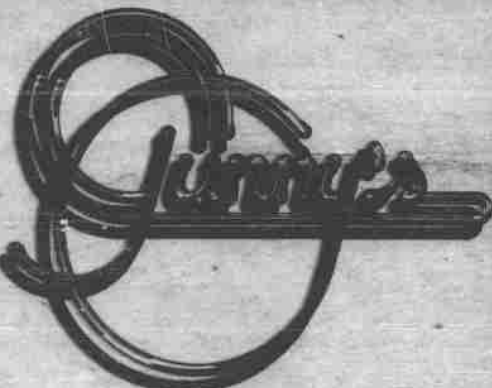
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