

This Week at a Glance

Nov. 25 — Dec. 1

DAY/DATE	TIME	EVENT	PLACE
Monday, 25	7:30-9:30 pm	Movie — <i>Le Cercle Francais</i>	Commons
	9-10 pm	Union Meeting	Dana Lounge
Tuesday, 26	10:30-2:30 pm	Yoga Class	Gallery
	Noon-1 pm	Committee "W" Meeting	Dana Lounge
	1:30-3 pm	IDS Lecture	Dana Auditorium
	4-5 pm	SRC Meeting	Boren Lounge
	4-5:30 pm	Publications Board Meeting	Dana Lounge
	5:15-6 pm	Episcopal Holy Eucharist	Moon Room
	7:30-8:30 pm	Explorative Bible Study	Founders 203A
Wednesday, 27	8:45-10 pm	FCA Meeting	Boren Lounge
	2:30-4 pm	Senate Meeting	Boren Lounge
	4 pm	Residence Halls Close	
Thursday, 28	THANKSGIVING BREAK		
Friday, 29	THANKSGIVING BREAK		
Saturday, 30	THANKSGIVING BREAK		
Sunday, Dec. 1	9-Noon	Christ the King Church Service	Moon Room
	1 pm	Residence Halls Reopen	
	5:30-10 pm	Philosophy Club Meeting	The Underground

THE BARRY M. GOLDWATER SCHOLARSHIP AND EXCELLENCE IN EDUCATION FOUNDATION: operates educational scholarship program designed to provide opportunities for outstanding U.S. students with excellent academic records and demonstrated interest in, and potential for, careers in mathematics and the natural sciences. To be eligible a student must be a current full-time sophomore or junior and must be pursuing a baccalaureate degree, have a B average or equivalent, stand in upper fourth of the class and be a U.S. citizen, a resident alien or U.S. national who will pursue a career in mathematics or the natural sciences. The DEADLINE for all 1992 nominations is Feb. 7. (Interested students should contact Anthony Gurley or the appropriate department chairperson by Dec. 10.) The scholarship award covers eligible expenses up to a maximum of \$7 thousand per year.

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The Guilfordian

Contact Nancy Benson x.2643 or Reagan Hopkins x.3955

A Word on coughing

Nancy Benson
Personnel Manager

I surmise that in another life I was one of those cocky children who openly mocked my fellow classmates with severely asthmatic symptoms. In a Buddhist light this would explain why I, through a large portion of my grammar school, secondary school and collegiate life have been the solitary cougher in the back of many distinguished classes such as Mrs. Lovesky's second-grade reading class.

My classmates and I sat in neat and orderly rows of tiny wooden desks—a typical collection of runny-nosed, bell-bottomed eight-year-olds studying the whimsical uses of the English language. Without missing a beat, Mrs. Lovesky, a woman of excessive age and hairspray, would glance up from our phonics book and say, "Nancy, would you like to get a drink?" Suddenly all eyes concentrated on me, the lone cougher. All twenty-five heads turned, and I shrank with the embarrassment of recognition. For some reason I thought they wouldn't notice if nothing was said. I thought class would carry on and my loud and hardy cough would go unnoticed. I was wrong.

Of course it all began innocently enough. I sat silently in class desperately trying to ignore the harping tickle in the back of my throat. I knew immediately that I should excuse myself, but I never did. I still don't! I fought the dreaded cough which rose from the depths of my soul like a Doberman's angry bark, sounding out across the crowded class room, bouncing off the chalk boards and causing the whole room to echo like an empty cave, or reverberate like a young child screaming into a large Sears Kenmore fan. I attempted to stifle the canine-like noise with my hands, wads of tissues or my Ziggy notebook—only to find myself powerless and wishing to disguise the husky sound. I failed.

As I pressed my lips hard together, tears welled up into my eyes and my cheeks swelled red and round like a Blowfish or novice trumpet player. Next, an extemporaneous prayer streamed through my normally agnostic mind, "Oh God, please let me stop coughing!!!" I realized that I was not only disturbing the class, and Mrs. Lovesky's review of the versatile soft and hard "c" sounds, but I had irritated myself.

This irritation caused me to ask, "What is a cough? What is this invisible monster which causes me to shut off the outside, seizes my entire person and metamorphoses my upper torso into an uncontrollable, convulsing monster, like a scared kid held captive by a roaring roller coaster?" According to *Mosby's Medical, Nursing, and Allied Health Dictionary*, the definition of a cough is a "sudden, audible expulsion of air from the lungs. Coughing is preceded by inspiration, the glottis is partially closed, and the accessory muscles of expiration contract to

expel the air forcibly from the respiratory passages." This act is essential for making sure no foreign matter or our own bodily secretions collect in the lungs. Coughing not only clears the lungs, but it also clears the nose, throat, bronchi and trachea.

In case Chuck Smith hasn't slapped you with these medical terms yet, the glottis is simply the free area between the vocal cords in the upper part of the larynx. It acts as a trap door. Often doctors refer to the breathing passages as "the pulmonary tree;" the sinuses and the tubes leading to the inner ears can be considered the roots of the tree. The base of the tree is the throat. The windpipe (trachea) acts as the trunk and is divided into two main branches called bronchi. The bronchi lead into the lungs, which houses 300 million little air sacs which are comparable to the leaves on a tree. When we cough, the tree is cleared of mucus and unwanted particles.

For the past two decades I've been plagued with an evil cough caused by my asthma, but this dreaded symptom comes in many forms and can indicate a number of physical conditions. It could mean anything from a cold to reflux esophagitis. Oh my! There are four important causes of a chronic or persistent cough. The first two which I shall attempt to discuss are environmental irritants and lower respiratory tract problems. However, since I, a humble English major, have not yet begun working on my M.D., I shall leave the latter two—upper respiratory tract problems, and extrinsic compressive lesions—for the Surgeon General.

Allen H. Goroll, author of *Primary Care Medicine*, explains that environmental irritants include things like cigarette smoking (cigar, pipe or other funky substances), pollutants such as sulfur dioxide, nitrous oxide or particulate matter. (Those of us from the Garden State can appreciate this tip next time we're landing in the Newark airport. Another environmental cause for a cough is common dust or simply "all agents capable of producing pneumoconioses". I looked to *The American Heritage Dictionary of the English Language* to find "Pneumoconioses" and, simply, it is: "A lung disease caused by long-continued inhalation of mineral or metallic dusts." The last environmental irritant listed by Goroll is a lack of humidity. This is common in centrally heated buildings such as the dorms and academic buildings we have here at Guilford.

Lower respiratory tract problems range from asthma to the dreaded LUNG CANCER. According to Barbara Kantrowitz of *Newsweek*, "Asthmatics have highly sensitive airways that contract and fill up with mucus in response to a variety of triggers such as cold weather, infection, exercise or allergies." She continues by quoting Dr. Allan Weinstein, a Washington, D.C. aller-

> continued on page 14