

Nancy's Nook: Coughing

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gist, who says, "Asthma is the No. 1 cause of lost school days." I'm sure Mrs. Lovesky wishes I could have missed even more school than I did. Lower respiratory tract problems include chronic obstructive lung disease such as bronchitis, which is caused by inhaling secretions into the lower air passages. This is also how pneumonia comes about.

Two types of coughs exist in this world. Productive and non-productive. The productive cough clears mucus from the respiratory tract. "Mucus" is one of the ugliest words in the English language, matched only by its counterpart, "sputum". In order to cough up the horrid mucus, it may be helpful to take an expectorant cough medicine

to loosen the sputum in the respiratory tract. I remember as a child breathing steam, sitting over a huge pot filled with scalding water with a towel over my head, and with my mother, attentively holding my weary body, coaching me like a Richard Simmons exercise tape, "Come on, breathe!" What torture!

The non-productive cough is characterized by dry incessant hacking. A cough suppressant may help a cougher sleep at night or sit through class without embarrass-

ment. Allan Goroll, says, "The most effective are the narcotic antitussives, which act centrally to suppress the medullary cough center." Sometimes a narcotic cough suppressant is in order. A well-known narcotic which is used in over the counter drugs is dextromethorphan (D.M.). I can't help but say DEXTROMETHORPHAN in a bold masculine voice like the man in the jacket and tie I've seen in the same Robitussin commercial for twenty years.

Pathetically, during my lifetime of coughing I've learned to look to the bright side of this plague. Although this droning and painful siren of my respiratory system has interrupted church sermons,

halted nights of sleep, disrupted mornings of lecture, and frightened small children and pets, there is nothing comparable to the feeling of relief which fills my being after the cough subsides to a gentle, more steady bark. Is it leaving? Should I rejoice? With abdomen, throat and head numb, I nearly slump over the desk like a boneless chicken stripped of demonic possession, left limp and lifeless. I am left with my stomach muscles stretched, my head throbbing and my self respect squashed. This is the plight

"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?"

Moments in black history

Mike Sick
Staff Writer

H. Rap Brown was born in Baton Rouge, Louisiana in 1943. A civil rights militant, his powerful message enjoyed popularity with young blacks during the 1960s. His activism stemmed from a belief that America's social, political, and economic institutions were structured to degrade and eventually destroy Black Americans.

Brown's career was short but dynamic. In 1965 he was elected chairman of the Non-Violent Action Group (NAG) in Washington D.C. During the Selma marches he and other civil rights delegates, from groups like NAACP and CORE, met with President Johnson to discuss reform. At the meeting Brown made several remarks that were widely viewed as "abusive" of Johnson. But it was Brown's willingness to be confrontational that inspired other militant civil rights leaders to press Johnson for more significant changes.

In May of 1967 Brown replaced Stokely Carmichael as chairman of the Student Non-

Violent Coordinating Committee (SNCC). Brown was determined to continue Carmichael's platform of "Black Power" by building a strong anti-draft program and elevating the civil rights among black youth. However, Brown's role as an effective leader was soon troubled and eventually ended because of his troubles with the law.

After giving inspiring speeches in Louisiana and Maryland, Brown was charged with inciting race riots. He contended that hatred and violence were already present in these places and that he merely exposed the truth. He was then indicted in absentia by a Dorchester County (MD) grand jury on actions inimical to public peace. During a trip to New York, Brown was arrested for carrying a gun across state lines while under indictment. He disappeared in 1970 and remained in hiding until he was wounded in a gun battle with police in 1972. After serving time in prison, he worked as a storekeeper in Atlanta. Brown's philosophy and what he felt was his "persecution" until 1969, can be read in his book *Die Nigger Die!*

Please take heed:

Coming Next Semester

The Guilfordian CLASSIFIEDS

(They will change your life)

Week at the Hut

(for the week of December 2-December 6)

Monday, Dec. 2

FIRST DAY OF HANUKKAH
7:30 p.m. Canterbury Club

Tuesday, Dec. 3

4:00 p.m. Reception for Raymond Brown, 1991 Whitney Young, Jr. Urban League Award for contributions to civil rights.

Wednesday, Dec. 4

noon Brown bag lunch. Discussion led by InterVarsity.
4:30 p.m. Mid-week meeting for worship.
5:00 p.m. GCRO meeting.

Thursday, Dec. 5

9:00 p.m. Quaker Concerns.

Friday, Dec. 6

1:00 p.m. Project Community.
Evening: Board games and conversation.