

# QUOTABLES

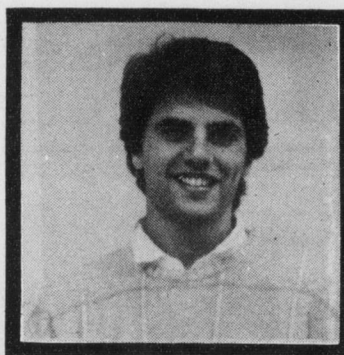
## “How Do ‘Guilford Girls’ Do It?”

photos by Holly Hobbs

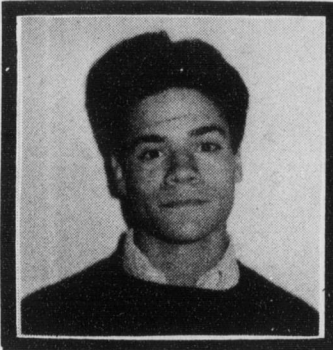
“BETTER!”  
Joan Zubl



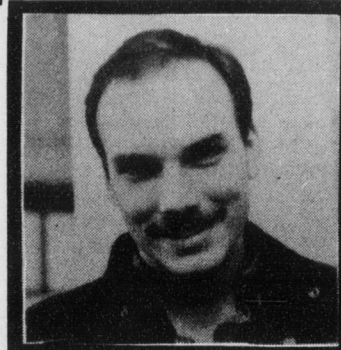
“Without me knowing it anyway.”  
Robert Swan



“Quaker girls do it in silence”  
Michael Jack



“With Diversity.”  
David Nash



## Treating The Common Cold

By Charlotte Schmickle

As many of you are already aware, cold season is upon us and will probably increase with a vengeance in the next two months. In order to help prevent and/or treat symptoms

associated with this nagging condition you will find some helpful hints listed below.

Once again, this is not an excuse to get out of necessary tasks but rather a reminder to budget your time appropriately.

over the counter pharmaceutical products you have previously used.

### SUPERLIST NO. 3 ‘The Times’

Have you ever noticed those metal machines standing erectly beside Founders Hall. There are three of them. One is exploding with life while the other two, although they appear proud, are actually lonely and empty. The lucky green machine reads “Greensboro News and Record,” the other less unfortunate are named “USA Today” and “New York Times.” Their emptiness is our loss, for you probably know both the NY Times and USA Today are fantastic newspapers. But even greater than those two newspapers on a daily basis is the Sunday New York Times, the ‘newspaper’ of all newspapers. So where is one to go on a Sunday morning in order to obtain a Sunday New York Times? Listed below are all of the places in Greensboro where you can pick yourself up a copy.

1. Airport Giftshop  
Regional Airport (668-7330)
2. Atticus  
Forum VI (855-0695)
3. Book Collection  
117 N. Greene St. (275-0900)
4. The Collage at Sheraton Greensboro Hotel  
3 Southern Life Center (379-8000)
5. Edmonds Drug Store  
5603 W. Friendly Ave. (299-2233)
6. Guest Quarters Hotel  
5929 W. Friendly Ave. (292-9821)
7. Market Street News  
202 W. Market St. (273-2470)
8. Marriot Hotel  
Regional Airport (852-6450)
9. News & Novels  
Golden Gate Shopping Center (275-2220)
10. News & Novels  
4645-C W. Market St. (299-8075)

#### Prevention

- 1) Eat a well-balanced diet which includes adequate quantities of fresh fruit, vegetables and protein. (Diet is a four letter word, but not necessarily all bad).
- 2) Maintain an appropriate rest schedule, sleeping 7-8 hours a day. (This does not include all the naps you sneak during class hours!)
- 3) Get plenty of healthy exercise (e.g., swimming, jogging, brisk walking, intramurals, etc.) Pen pushing, aerobic T.V. watching or mandibular manipulation (flapping your jaws) are not included in this category.
- 4) Keep away from people with colds. Right!! (This is not an endorsement for lack of class attendance but rather a reminder to limit contact with sick individuals).
- 5) Don't smoke. There is no joke here. Smoking lowers resistance to respiratory problems as well as being a generally negative imposition on your body.

#### Symptoms include:

- 1) nasal congestion with stuffy nose, sneezing, watery eyes, full feeling in the ears
- 2) generalized aches
- 3) temperature of less than 100.5°
- 4) coughing with or without white mucous
- 5) sore throat
- 6) unusually tired

#### Self-Help Symptom Relief

- 1) Rest as much as possible.

2) Drink a large amount (8-10 glasses daily) of clear liquids. (This includes water, juice, soft drinks, gatorade, tea, etc. Beer generally not included since suggestion 1 may then be ignored).

3) Gargle with 1 teaspoon of salt in a glass of warm water every four hours to relieve throat symptoms. (Bathroom gargling far surpasses cafeteria showmanship.)

4) Take aspirin or tylenol to relieve painful symptoms.

5) Cough syrup, along with gargling, may offer relief to irritated throat passageways.

6) To relieve the “stuffy’s” you might try Sudafed, or any other

Seek a Health Professional when you have:

- 1) persistent fever greater than 100°
  - 2) constant ear pain
  - 3) breathing pain, wheezing or shortness of breath
  - 4) green or bloody mucous
  - 5) extremely red throat
- “It takes two weeks of treatment to cure a cold, but without treatment it takes about 14 days.”

## Guilfordian

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The Guilfordian reserves the right to edit all articles, letters and artwork for taste, veracity, and length. The deadline for copy is 12:00 p.m. on Saturday preceding the Wednesday of publication. Material may be left on the office door upstairs Founders, or mailed to Box 17717. The opinions expressed by the staff are their own and not necessarily those of the paper or of Guilford College.