

Japan Night

by Laurel Griffin

Guilford's interest in things Japanese was seen at Bill and Bev Rogers' house last Wednesday evening where many students and faculty participated in the Japan Night program.

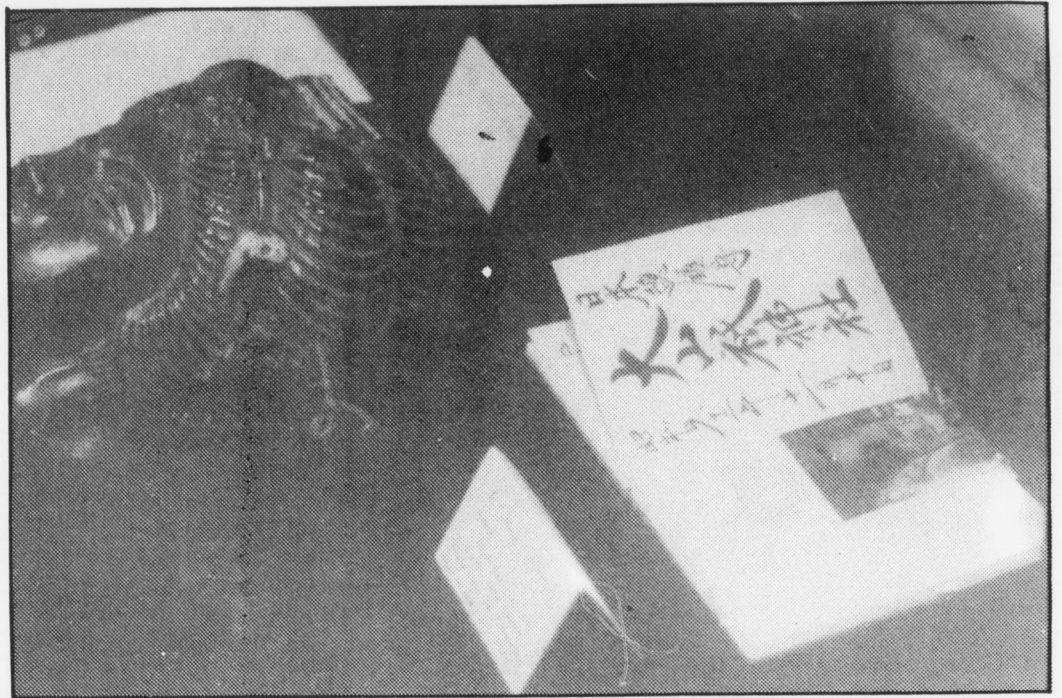
First admired was a display of souvenirs from the Rogers' recent trip to Japan. The display included a furoshiki (cloth used to carry things), a chop and stamp, and a complex map of the subway in Tokyo. Another table displayed Noh-drama masks, a Shinto temple bell, and a collection of Buddhist sutras.

After everyone had milled around the displays for a while we sat down to watch two sets of slides.

The first set gave some

of the Rogers' impressions of their trip. Like most tourists they visited many temples and shrines, but there were also slides of children in traditional dress, downtown Tokyo, a series of ornate doorways and some shots of the folk museum at ICU. ICU, the International Christian University, is Guilford's exchange school, located just outside Tokyo.

The second set of slides, taken by Jeff Wayman during a trip in 1983, revealed another view of Japan. The simple beauty of the countryside and traditional hot spring baths contrasted with the rush of Tokyo with its skyscrapers and bullet train. The last few slides touched upon the faces of Japan, smiling children with glowing cheeks and



Japanese mask on display.

Photo: Eric Buck

wrinkled grandmothers with wise and happy eyes. After a few comments from Bill Rogers the pro-

gram ended, although people stayed to enjoy informal conversations and good food. The yakatori, a dish of skewered chicken,

onions and zucchini was devoured while people shared thoughts on Japan.

Culture Shock

by Laura Peters

We reminisced. We talked about being back at Guilford. We compared our experiences of vastly different cultures. I am speaking of the welcome back reception on January 21 in the Gallery for students who studies abroad in 1987 and for students planning to go abroad this year.

I felt the excitement while speaking with the new students who look toward their next semester abroad. They will go to Guadalajara, London, or Munich. I remember well the anticipation I felt at this time last year, as I envisioned myself riding a double decker bus in London.

There is excitement in returning home as well. After three months of exploring new places and meeting many people from different countries, there is comfort in returning to the familiar. I observed in my London group transitional periods which led up to the time of our homecoming. After the first month, friends and family seemed far away and homesickness set in. Following the se-

cond month, we started recalling all of our favorite bits of Americana. We talked of "Dominoe's pizza, driving, blaring our stereos, stupid American television shows and showers (we did take baths!)" When December came, we were settled into our way of life. Then it was time to return home again. I found my home environment to be as I remembered, although some change had taken place while I was gone.

A strange feeling has set in, one of living a double life. One life at Guilford, where you pick up where you left off. The other life is abroad where the world is in your hand.

Each student, of course, has undergone a different experience while abroad, but many have returned with the same perspective on living. When asked what it is like to be back, the students I spoke with offered varied responses.

Danny Gottovi, in Munich last fall, replied, "Weird, life is more restricted. I can't just run out to any bar and get a drink. I can't just hop on a train and go anywhere." Of much the same view,

Susan Flear (Munich) said, "A different European country every weekend—far from North Carolina. I found the people over there a lot more friendly, even in East Germany. It takes going to a foreign country to understand what it is about."

Joe Freeman and Susan Welsh were on the program in Mexico. Joe told me that he is "incredibly disoriented." Susan Welsh responded, "Whenever I look at a Coke, I think 'Coca' ". It reminds me of Spanish and of Mexico."

Kim McCollum who was in Paris last spring shared that "Talking to people who will be going over throws me back to France. What I feel at this time is what I felt when I was there." And lastly, Susan Thompson, who accompanied me in London, remarked that she is happy to be back, but it's hard getting used to having so much to do again, "I'm experiencing structure shock."

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Epstein-Barr Virus: What is it?

by Beth K. Gatewood

Chronic viral fatigue... chronic fatigue syndrome... the "yuppie disease"... all of these are names for the syndrome: Epstein-Barr Virus (EBV).

The symptoms are strange and in many cases seem "psychosomatic", but to more and more doctors and people, this is a very real syndrome—and an extremely common one at that. It is estimated that 90% of the population carry the virus.

The picture of this disease is still sketchy. About seven years ago, Dr. Paul Cheney, was working in Utah, seeing patients who were chronically fatigued. Slowly he discovered that there were people all over America who were describing similar symptoms.

Many of the patients had been once diagnosed as having chronic mononucleosis, a fairly rare disease which, when first discovered in the 1950's, was predicted to affect only 1% of the population.

The cause of chronic mono is the Epstein-Barr Virus (a note: EBV is the

cause of infectious mono in 95% of the cases of all college student mono). Hence chronic fatigue syndrome was linked to EBV.

As the picture became better defined, Robert Gallo, a researcher at the National Institute on Health and also discoverer of the AIDS virus, identifies a new virus, Human B-Lymphotropic Virus (HBLV).

The HBLV, like EBV, is a virus that infects the B-cells of the immune system. These are the only known viruses that infect the B-cells. There has been an increase from 2%-30% in the past four years of the HBLV virus.

Gallo proposes a theory that HBLV—whose incidence has increased from 2%-30% in the past four years—can "turn on" the EBV that lies inactive in most people. Another theory, held by Carlos Lopez of the Center for Disease Control in Atlanta, proposes that herpes virus 6 might act in the same manner at HBLV.

The theory of the reactivation of the EBV is one that is held by many researchers. Some have

(Con't. on pg. 9)