

SPEAKEASY

sneezing and wheezing, winter colds

By MARILYN BRODERICK

The common cold becomes a nuisance to many people, especially during the winter months. What is the common cold? It is a mild contagious virus of the upper respiratory tract (nose, throat, and larynx). It has been estimated that 50% of the people in the world contract a cold during the winter months as compared to 20% during the summer. Although the common cold can be caught by adults or children, they are most prevalent in preschool children who average 6-12 colds a year.

There are 4 major symptoms of the common cold: a runny nose which usually causes your nose to swell and get red, sore throat, hoarseness, and coughing. These symptoms may also be accompanied by fatigue, aches and pains, and chills.

As winter flows on, many mothers can be seen yelling out the door to their children, "Bundle up, it's cold outside!" The age-old wives' tale that cold weather and not dressing warmly will lead to a cold, lacks scientific proof. It is more probable that warm, dry air effects the nose and makes a person more susceptible to a virus. More than likely, the common cold is believed to be caused by a group of viruses known as Rhinoviruses. These

viruses are easily spread through close contact. Coughing and sneezing are widely thought of as being involved in the transmission of viruses, although this fact is not yet known to be true.

No specific treatment as of yet has been found to cure the common cold. Most mothers will resort to old remedies which have been handed down from Grandma such as lots of fluids (especially citric acids), hot tea with honey, 3 tablespoons of honey and lemon, a warm sock wrapped around the neck, feet in a hot tub of water, bedrest, head over a steaming bowl of water covered

by a towel, mustard packs, hot water bottles, grape juice, and of course, chicken soup. No matter how much mothers and grandmothers insist these cures work, they do not cure anything, except, in the case of chicken soup, a hungry stomach. The common cold is not incurable. There are various machines available that will provide comfort to the ailing person.

If you ever become a victim of the common cold, just try to get a lot of rest and keep a box of tissues and throat lozenges near by.



Movie Review: "First Family"

BY KEN LEVINE

"First Family" looks great. The President is a callous fool, the First Lady is a staggering drunk, and the First Daughter is an eager nymph with thighs like war canoes. Buck Henry wrote it and the ads look funny.

So how come nobody's laughing? The script is inane and stupid, the story drags and to top it all off, the jokes are missing a punch line.

The story deals with a president who fell into office because his opponent dropped dead a few days before the election. Before the end of his term, a nation called Upper Gorm makes itself known to have some sort of natural resource. They invite the President to come to their country.

After some semi-clever loonie-tune antics, the President arrives in Upper Gorm. Now ends any hope for the movie that I might have had. Following a dinner of roast alligator, the natives abduct the First Daughter for some rite involving a virgin. The President is outraged at this and as a consolation, the "boogey man" leader of Gorm quiets him by showing him the natural resource. By using some sort of fertilizer, the Upper Gormese grow vegetables 80 feet tall. And so

realistic. . . only 80 feet. The Gormese offer the fertilizer as a trade for the one thing Gorm is missing--an oppressed minority. So the trade is the fertilizer for a few thousand WASPS. It gets worse from there.

The cast is good, though. The President is Bob Newhart, the First Lady is Madeline Kahn and Gilda Radner portrays the First Daughter.

A bad joke.

Remember when comedy was King, now he's President.



BOB NEWHART IN 'FIRST FAMILY'

Dear Diary,

final exam time

BY JANA DLOUHY
KATIE ECKHARDT

Dear Diary:

What a relief to finally be finished with exams! This was the first time I've ever taken any, and I wish I'd never have to take them again, but life can't be perfect. The bio exam was the worst of all--harder than I expected. Who's ever heard of a pneumococcus? Even though the exams are over, I'm still nervous about the grades I'm going to get.

That fatal day when I took them was horrible. It started off when I couldn't find the assigned room. When I discovered it after ages of searching, I stumbled in, and to my relief I wasn't late because the class was still in disorder; the proctor hadn't even arrived.

After collapsing in my seat,

I waited for the teacher to pass out the exam. While writing my name, I broke the point of my pencil. I started to panic, but the teacher handed me a new one. Glancing through the test, I was astonished to see that I knew a few of the answers. I guess all of those long hours of tedious studying paid off.

When I had finished, I leaned back and felt somewhat relieved that it was over, but I dreaded the next exam. Later, my friends and I all agreed that it was hard, and that we don't want to be biologists.

Right now I'm looking forward to February vacation, when I'll be taking it easy.

Well, you'll hear from me later.

baby face

BY KIM CZUBARUK



This pudgy young man was born at Good Samaritan Hospital, weighing in at six pounds fourteen ounces. As a child he hated canned asparagus and getting haircuts. While trying

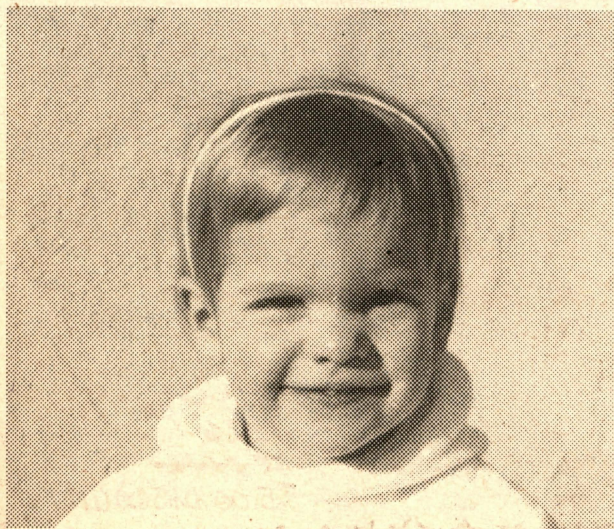
to be inventive, he placed a holly berry up his nose, but was unable to remove it. His parents rushed him to the doctor's office, and the item managed to be removed. To-

day, it's hard not to notice this rather conspicuous person. He is an active member of the football team and future plans include college in Utah.

As is obvious in the photograph, this eighteen year old born on November 15, can be seen smiling through the halls of Northern Highlands. At the

ripe age of two, this ambitious female was speaking two languages, unintentionally intertwining German with English without realizing what she was

doing. We regret using this girl as a "baby-face" because she is not very involved with school activities. She spends her time lazily working on field hockey, the National Honor Society, Grapettes, Class Council, A.F.S., literary magazine, and the school newspaper.



104 W. ALLENDALE AVENUE
ALLENDALE, NEW JERSEY 07401
(201) 825-4666



We're working to keep your trust.