

## The Grad House

**SATURDAY  
SEPT. 14th  
New Grad Student  
RECEPTION!**

Meet the Dean  
7:00 - 9:00 pm  
By invitation only  
(Doors Close at 5:30)

Starting at 9:00 P.M.  
Traditional Maritime  
Fiddle Music by  
Father & Son Duo,  
**JARVIS & LOUIS  
BENOIT**

All Members Welcome!



**The  
Grad  
House**

(just look for the  
*Gryphon*)

# May we suggest some hangover cures?

BY J. CUERVO

While some people may say abstinence is the best cure for a hangover, chances are you won't be able to use this advice on those horrible mornings in September when you wake to find a small herd of water buffalo have been dancing the lambada badly on your head while you slept.

After an extensive student on the street interview session, we at *The Gazette* have come up with what seem to be the most popular campus remedies for beer brain, tequila tongue and most other chemical over indulgences. While some of the suggestions might seem a little questionable in terms of effectiveness (or even sanity), perhaps the placebo effect will kick in anyway... then again, maybe you'll have to shave your tongue and walk around with an ape playing the marimba in your head for the rest of your life.

1. Get some exercise outside; if you go for a run or even just a casual bike ride, the resulting mental state is infinitely better than just moping around.

2. Alcohol dehydrates your body a lot, drink as much water as you possibly can, both before and after sleeping. Leave a full glass by the bed.

3. Try to stop drinking long before you go home. If you dance up a storm or walk a friend home, you

might burn some of the toxins out of your system.

4. As unappealing and motherly as it may seem, try eating a good breakfast. Its even better if you go out somewhere — make it a social event. (See *Gazette* guide to breakfast spots).

5. Try to sleep as much as you can. If your mom calls, tell her you've got the flue, maybe she'll send a care package (yeah-right).

6. Avoid mixing your drinks, and also try to avoid lots of sugary mixes. The possible combinations and permutations can be awfully nasty the next day.

7. If you concentrate really hard on school work or even some other mindless entertainment, you often forget about last night's extravaganza.

8. Swimming is one of the most popular cures. Try going to Dalplex, or in the early fall you could even attempt a lake or a beach.

9. O.K., I didn't suggest this, but a lot of people seem to think sex relieves a hangover. Being a confirmed celibate, I just wouldn't know... now would I?

10. My own personal favourite — a hair of the dog that bit you (ie, another drink) was never even mentioned. So I'll have to give my second favourite: the three A's, that being aspirins and antacids by the handful, washed down with an ice cold glass of agua (that's water).



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