

How-to-do-it

Cure a hangover

NATALIE TIMPERIO
SENIOR INSIDEOUT EDITOR

Everyone knows of those traditional hangover cures. Sleep, sleep, and more sleep, drink lots of fluids such as water, fruit juices and sport drinks or do as the Polish do and drink pickle juice, and other like-minded next-day remedies.

Honestly though, when you can no longer form coherent sentences and when you begin to see doubled, blurry visions of everything, self-help hangover cures are far from useful, particularly the day after when you cannot physically unglue yourself from the pillow, or toilet seat.

Chances are if you've reached this level of intoxication, you're past the point of the no return. Or, to be blunt, you're more or less fucked.

However, if you've half a brain, hopefully this degree of drunkenness is not so much a problem for you, and you simply suffer from some mild next-day symptoms such as queasiness, headache, and overall shittiness. So here are some suggestions for hangover cures, which thankfully do not involve drinking pickle juice.

A slap to the face.

Nothing sparks a raw power-surge like a good ol' slap to the face. The mild stinging and red blotchiness that ensues from a smack is sure to revitalize your senses if only for a moment. It's also a great way to restore attentiveness and get your adrenaline levels up and at 'em again. It's recommended that you repeat as needed. Possible side effects include redness of the skin, broken blood vessels or bruising of the cheeks, and extreme surges of unadulterated anger, which may also result in outwardly violence towards the slapper.

A polar dip.

Another way to bring yourself back up to speed is to take a dip in icy bath water. It's a great distraction technique.



CHRISTOPHER CHANG / SENIOR PHOTO EDITOR

Remember, staying drunk will mean you can never get a hangover. So keep on pounding 'em back!

The *zing!* of lugging yourself stark naked into the bath will have you forgetting all about your hangover shittiness and focused instead on your freezing genitalia. Adding a bag or two of ice will ensure that your bath water is at the ultimate level of coldness when even a polar bear would shiver.

Allow yourself to soak till you are blue and purple in the lips, preferably to the

point of near hypothermia.

Consume greater amounts of alcohol.

If a slap to the face and a polar bear dip don't do the trick, then you may have more to be concerned about other than a hangover. However, for future reference, a great way to avoid a hangover is to just stay drunk.

Think about it, you can't have a

hangover if you never stop drinking. So, at your next shindig, consume vast amounts of alcohol and you're sure to avoid the hangover hullabaloo. Or, you will ensure yourself an early death, which means no hangover ever again. Better yet, you'll quickly become a statistic for adolescent deaths resulting from alcohol consumption—gee golly, look at me now mom!

Breadbin

BRUSSELS SPROUTS

Daniel Penn

Start off with a dozen or so brussels sprouts
Wash the outsides, taking off all 'not nice' leaves
Cut them in half to saute

Add 1 Tbsp of butter to sauce pan at med-high heat
Once hot, add sprouts, stir around
Cover with lid for 3 minutes

Stir in:
1 Tsp of honey
1 large pinch of salt
1 large pinch of pepper

Continue to stir at high heat till brown sides
Mix in 1 Tbsp of Parmesan cheese just before serving
Make sure to serve them hot just out of the pan



DANIEL PENN / THE SILHOUETTE

Ask-an-editor



JOY SANTIAGO / MULTIMEDIA EDITOR

Problems plaguing your life? We're here to help! E-mail thesil@thesil.ca.

Stay anonymous and use an alias; identity is kept confidential. (Disclaimer: *Sil* staff is no way 'legitimately' qualified to give professional advice).

Dear *Sil*,

I have a paper due on Monday and there's no way I can get it done in time. How can I get out of doing it without losing any marks? Please help!

Stuck in Stoney Creek

Dear Stuck in Stoney Creek,

What you need, my child, is an airtight excuse. And a medical note maligning your case of the sniffles isn't going to cut it. Heck, in the aftermath of Halloween weekend, it's getting so even pregnancy isn't a unique enough predicament to get you out of writing a paper. Lemme ask you a question. How attached are you to your baby finger? Your front teeth? Your left ear? You wouldn't have to lose your whole ear, just a big enough chunk to make it believable. Faking a medical emergency may seem more practical now, but you'll soon run into a whole webbed mess of forms and doctors' notes and petitions to faculties. And waiting for illness to strike is just as unfeasible. You don't want to know how much expired bacon I ate last year in an attempt to get the Swine Flu. So I say, in the interest of efficiency, you go the missing body part route. Not only is it entirely under your control, but you should have enough minor appendages to last you right through Christmas exams.

Peter Goffin
Executive Editor

Lifestyle Tibits

A New York Judge rules a six-year-old can be sued. The hard core criminal ran over an elderly woman with her training bicycle when she was four years old.

A Nepal firm takes high speed Internet to Mt Everest. A private telecom firm took high speed Internet facilities to the top of the world on Thursday so if you're feeling glum that your volunteer abroad trip isn't working out the way you imagined, take heart in the fact you can still surf perezhilton.com when you're in bed with traveller's diarrhea.

Starbucks defeats woman's tea burn lawsuit. Starbucks will not be held liable for a Manhattan woman's severe burns after spilling tea served in a double cup. Apparently, you can't win a lawsuit because of your own stupidity.

Hard up for cash? A pizza chain in Tokyo offers \$31,000/hour part-time job.