

# Common Remedies for Common Cold

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All my life, I have been getting biannual visits from my dear old friend, the common cold. Every time the weather changes even slightly, I become borderline incapacitated, my running nose gives Usain Bolt a run for his money, and the coughing fits very often make me want to kill myself. This is truly not a pleasant state to be in, and I don't think these suggestions are of any real use either.

## The classic gurgle – hot water and salt

My family thinks that gurgling is the solution to every problem one might ever encounter in their life. It fixes everything, from a cold to obesity to uneven tans. In reality it just induces vomiting, making your already gross existence infinitely grosser.

## The classic tea – lemon and ginger

This one is not entirely useless, as it does soothe the throat and subsides the pain for about 3 minutes, which is really a lot for me. The downside is that this thing tastes horrible enough to be turned into a new flavour of Bertie Bott's Every Flavour Beans.

## Herbal medicine

What's more interesting than the fact that people still suggest herbal medicine, is the task of processing and taking these. My grandparents make me drink a green liquid, which is made using a paste of Tulsi leaves plucked during the second full moon of the year and then mixed with water and you have to drink that liquid while facing 43 degrees north at 3.49 AM... it tastes quite good though.

## All orange everything – Ye Olde Vitamin

Back in the ages people used to die

from scurvy which was caused by a vitamin deficiency, so of course you should load yourself with tonnes of vitamin C when you have a cold. Except, this never seems to work. Is it because the orange juice we have here is not pure at all and even the fruits are rigged with *bhejal*? I can't tell.

Also, C-Vit does absolutely nothing to help and it is too sweet to even taste good.

## Vapour rub/machine/towel

I mean, I get it, you vape.

## Getting off of the phone/laptop

Finally a remedy that works in real life, according to every Bengali parent.

My mother lives abroad, and she told me to get off of the phone while Skyping; so I cut the call and put the phone away, hoping that it would cure my cold.

I need not elaborate on how afterwards she unleashed hell on me for following her own instructions.

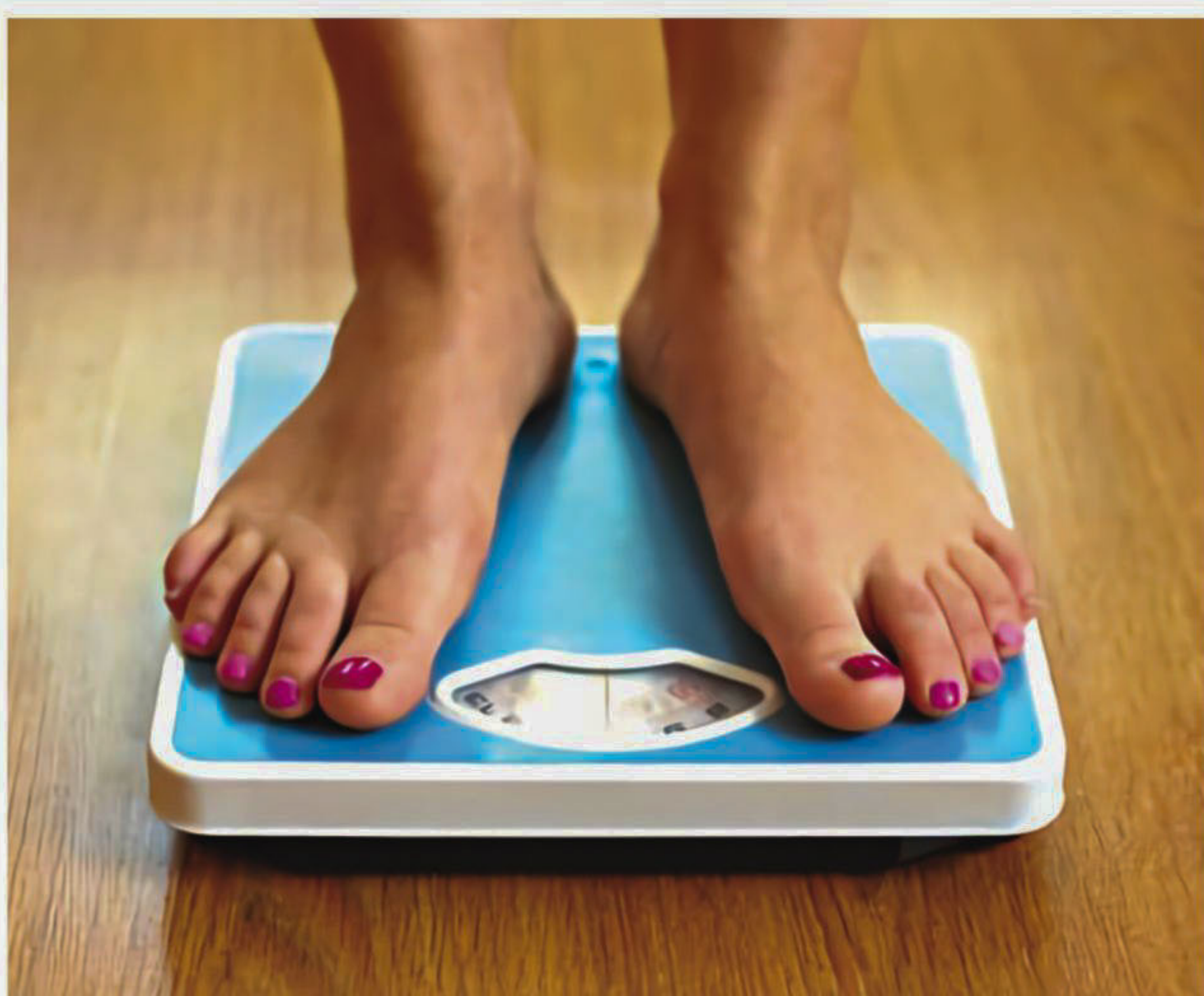
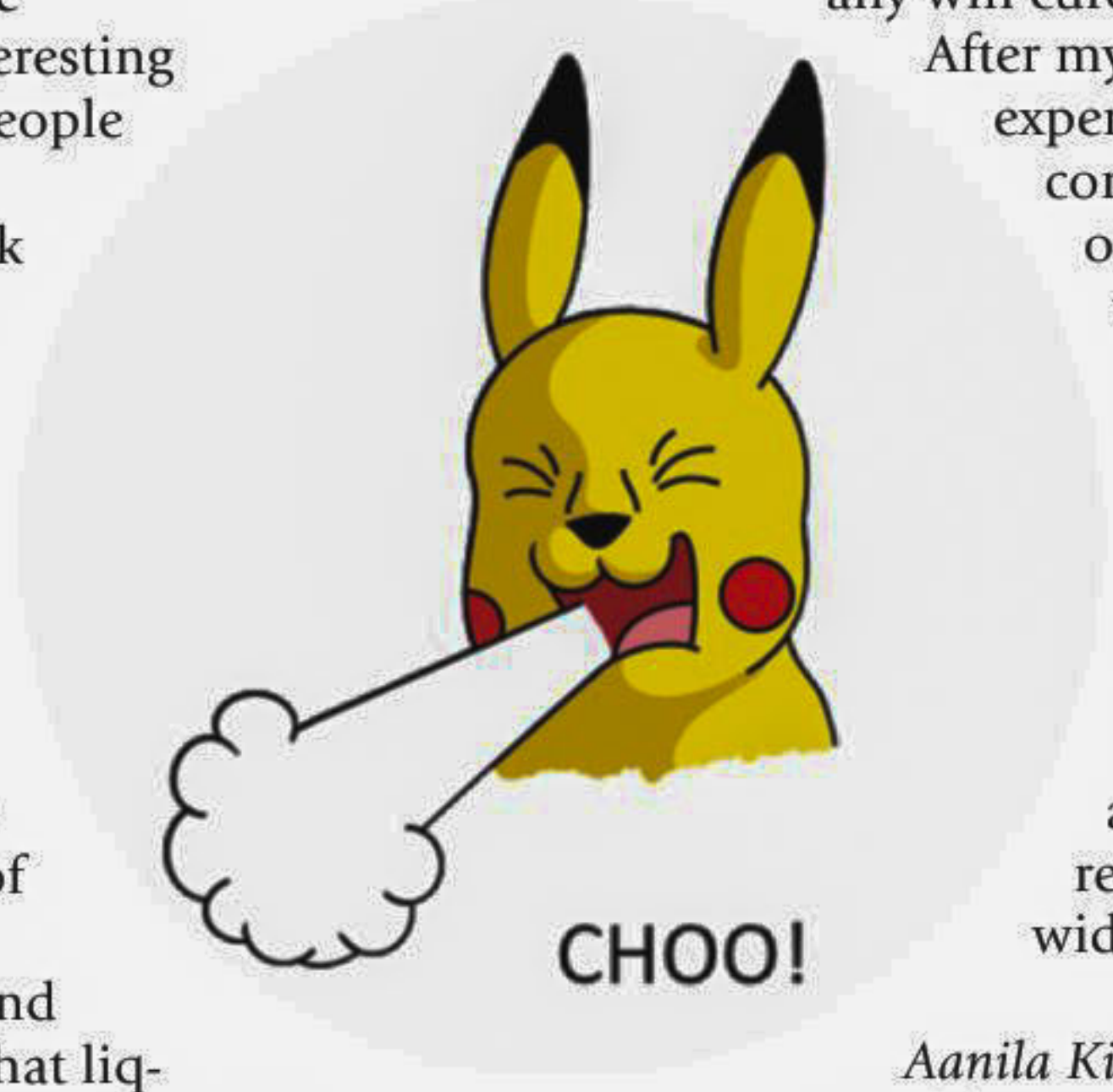
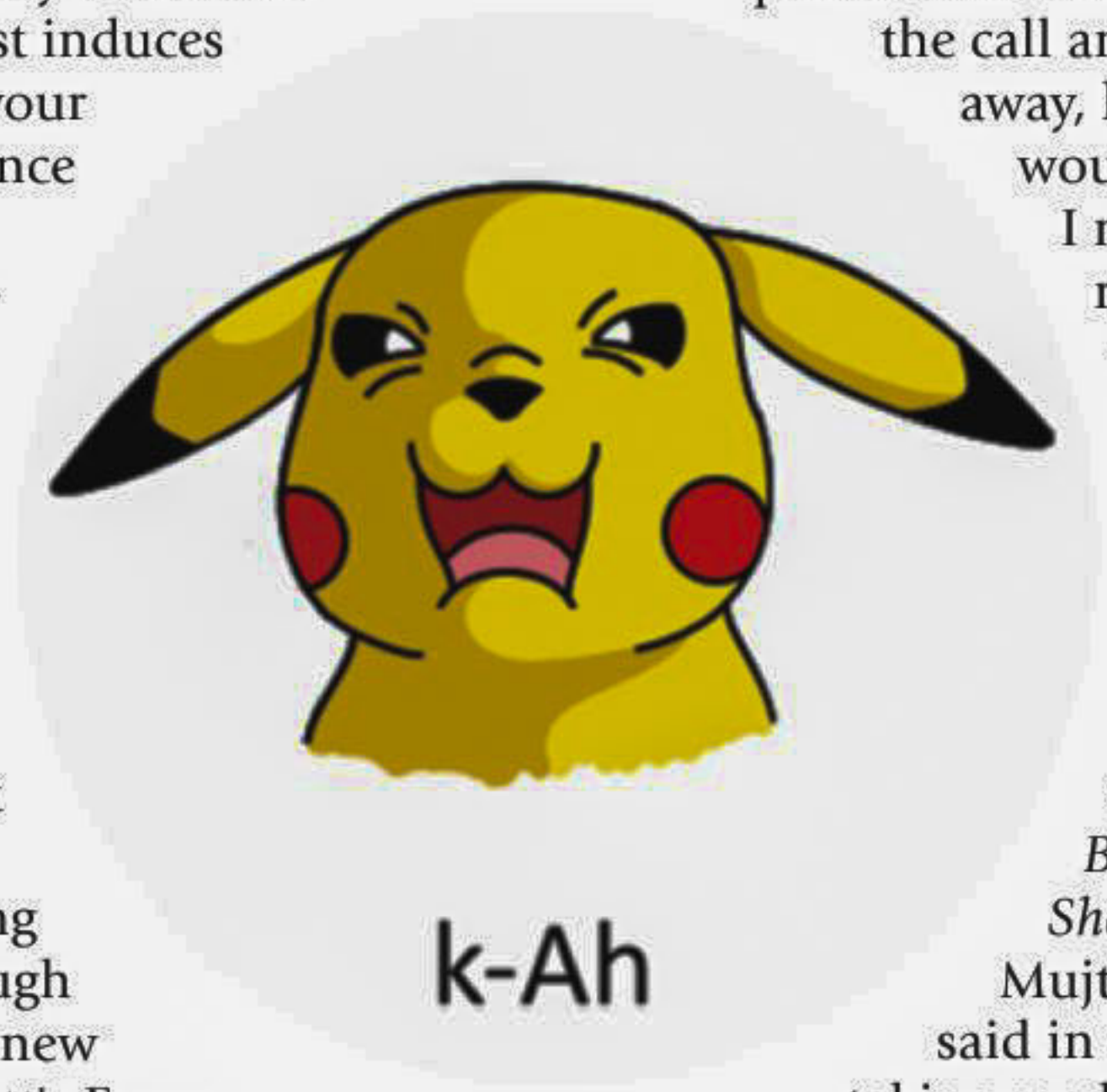
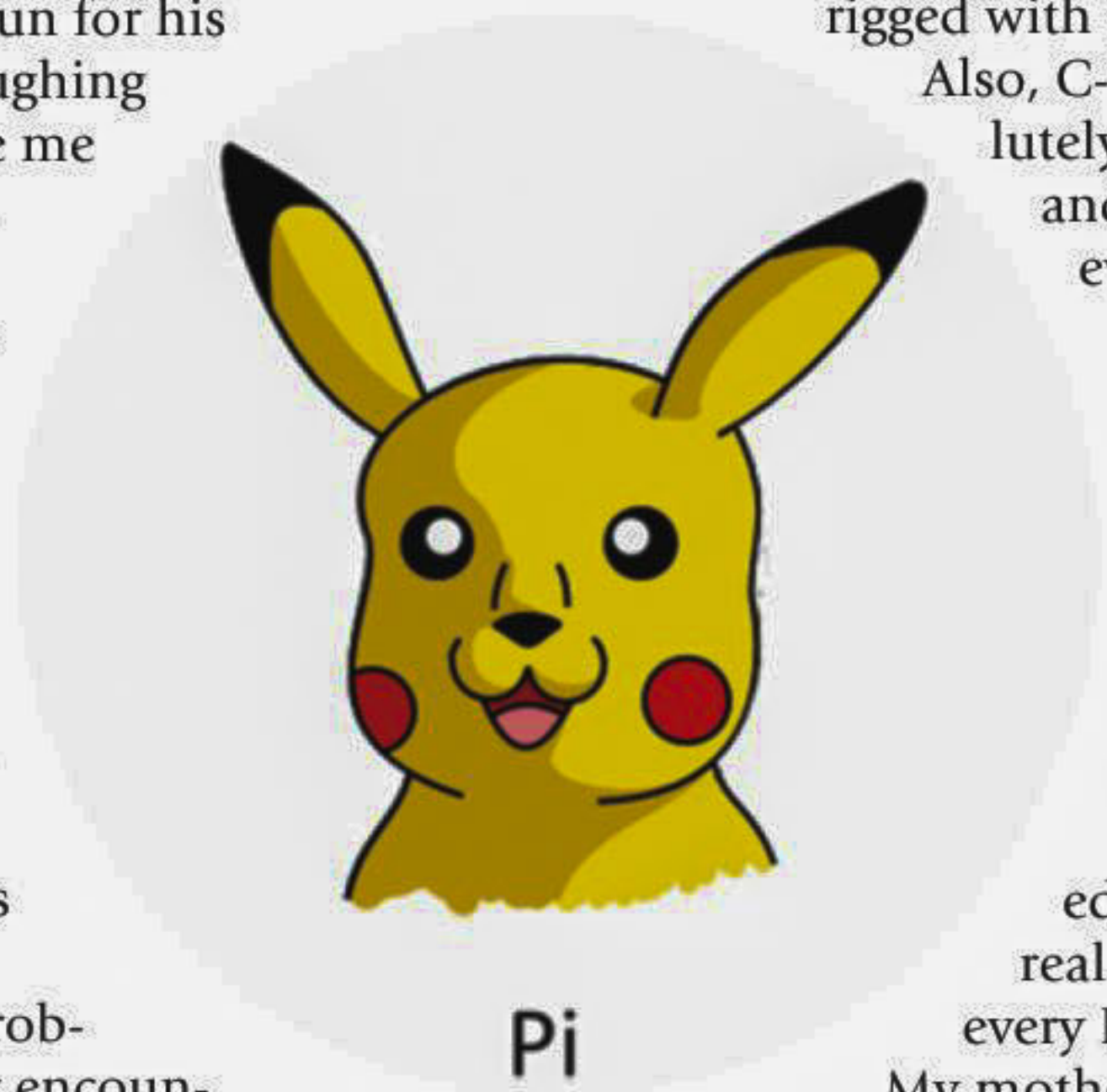
My favourite Bangla short story is called *Beche Thako Shordikashi*. Syed

Mujtaba Ali famously said in that story that taking medicine cures your cold in seven days, while not taking any will cure it in a week.

After my recent traumatic experience with the common cold, I can once again vouch that this statement is 100% true.

Meanwhile, all you can do to get some comfort is praying, a method which is also suggested by relatives far and wide.

*Aanila Kishwar Tarannum started hating on everything the moment she realised why her parents put so many A's in her name: because they knew her transcript would be devoid of any vowels. Find out about her relentless rants at [aanila.tarannum@gmail.com](mailto:aanila.tarannum@gmail.com)*



# HOW TO LOSE WEIGHT

## *As suggested by my mom*

MAISHA MALIHA

Are you worried about your weight? Frustrated after numerous futile attempts to make it to the gym? Well, you haven't tried EVERYTHING yet until you've turned to the warmth of your knowledgeable relatives for foolproof scientific remedies to losing weight.

### *"Baire na kheye bashay pet bhore khao, ojon barbe na"*

I'm always out from 12 noon to 10 at night. I get hungry but my will to lose weight is stronger than a Baily Bridge; I avert from restaurants and cafes as much as I can and return straight home, drink two glasses of water and then have a small portion of *bhaat and daal*. Nevertheless, my Mum would yell, *"Baire khele toh mota hobi na, tor maa raadhlele mota hoye jaash!"* My vain attempts in conveying how I didn't eat out are warded off with an angry, *"Mittha kotha bolbi na, mitthuk."*

### *"Mishti jatiyo khabar na kheye bhaat khao, ojon barbe na"*

My eyes cannot squint any harder at this classic statement. Mum thinks I need to lose weight so she fends me off from anything remotely sugary but then calls me from the kitchen to have 3 more *alu porotas*. As for me, I'm left hanging between a paradoxical dilemma. Each bite of the *porota* then seems like a trick. What do I do? What is right?

### *"Pani khao"*

This goes without saying that water is a universal remedy to everything: headaches, weight loss, being late to work, your car breaking down, etc. What is plenty and free HAS to be the solution to all our problems. Before you know it, water might even elucidate poverty worldwide or may even resolve all this Brexit nonsense. Someone ought to patent water.

### *"Porte bosh"*

Sometimes when I wander off to my own whimsical land of random thoughts it hits me, my stomach looks like a double decker burger. I rant about how I can't fit in to my skinny jeans anymore and tell my mum about my elaborate plans of how I'm going to lose 5 pounds. She'd look at me and say, *"Porte bosh. Shob thik hoye jabe."*

### *"Facebook ghata bondho kor, ojon barbe na"*

Needless to say, Facebook is the root of all evil. I've had my account deactivated for almost 3 months – why is it that the elevator still beeps indicating that too many people have entered when I'm the only one in it? Maybe I haven't been drinking enough water. Or maybe, I haven't been studying enough.

After having attempted the methods as suggested by my mom and failing horribly, I've decided to give up and pursue my dreams, and my dreams took me to the pastry shop. Maybe a cheesecake is the answer to this weight loss business, who knows?

*Maisha Maliha speaks what crosses her mind in the most positive way but is often misinterpreted and thought to be a lunatic. Unfollow her at [www.facebook.com/MyshoeMaliha](http://www.facebook.com/MyshoeMaliha)*