

Quit smoking



Gargle with salt water



Try a spoonful
of honey



Elevate your head
while you sleep

Inhale mint or
eucalyptus vapors



Try cough drops
or lozenges



Stay well-hydrated



How to Ease a Smoker's Cough

Smokers Cough

**PMA Calverley, W. Macnee, N. Pride, S.
Rennard**

Smokers Cough:

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goals Concerns include expanded constituency and components of food policies conquering nutrition deficiency diseases nutrient food disclosure and difficulty of identifying nutrient usage or food group needs The selection also tackles the effects of government policies on technological innovation in the food industry assessment of future technological advances in agriculture and their impact on the regulatory environment and changing attitudes and lifestyle shaping food technology in the 1980s The book is a vital source of data for readers interested in the issues of the food industry in the 1980s **Public Health Service Publication** United States. Public Health Service,1965 **Smoking and Health Bulletin** ,1972

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