

Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D.
We all know that colds are very common in the United States. Sixty millions who live in such figures estimate that there are about 200,000 colds in this country every year, which means that most people have at least two.

Fall and spring are the open seasons for colds, but they may occur at any time of the year though, strangely enough they become less common during extremely cold weather.

Many things have been suggested as contributing to the development of colds such as chilling drafts, poor nutrition, and improper diet, particularly a deficiency of vitamins A, E and C. However, body resistance is the result of some previous minor infections in the tonsils and sinuses, and irritation of the lining membranes of the nose and throat by chemical substances.

Caused by Virus
It seems unlikely that colds are caused by a virus. Hence in preventing colds the most important thing is the avoidance of exposure to infection. This means that all persons should avoid contact with those who are ill and should stay out of large crowds when colds are prevalent.

While a vitamin deficiency may make a person more susceptible to colds an excess of vitamins above the normal requirements will not prevent one from getting colds.

Proper Rest

In treating colds proper rest is the most important measure. Exposure to drafts and chilling should be avoided. Smoking while one has a cold would seem to be inadvisable. The use of laxative drugs is of no help. Nasal drops and aspirin is thought in certain cases may do more harm than good.

For many years a combination of such drugs as papaverine and codeine have been used to bring increased comfort. Salicylates such as aspirin are used almost universally to lessen the misery resulting from a cold but of course they do not cure the infection. It would seem also that the so-called antibiotic medicine helps to lessen discomfort particularly that due to nasal discharge. While the antibiotic drugs such as penicillin do not shorten the course of a cold they are often used in order to prevent complications such as infections of the sinus, tonsils, throat or lungs.

QUESTIONS AND ANSWERS
Q. What makes my ankles swell? I have had my heart and kidneys checked and they are perfect.

Answer. This condition is likely to be due to some local disturbance of the circulation in the legs. Massage and exercise may be helpful.

TIME OUT FOR COW STORK

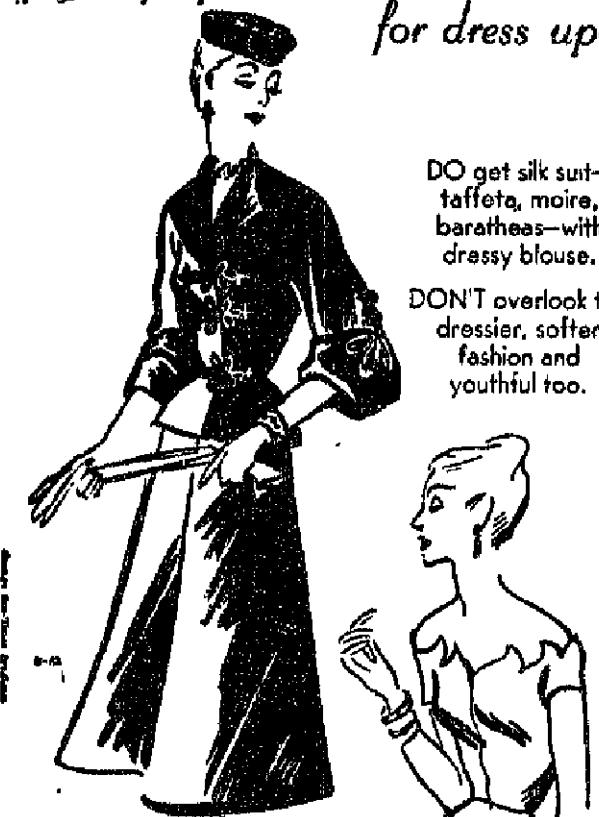
MEMPHIS, Tenn.—(AP) Federal Judge Marion Boyd gave a Lucy, Tenn., farmer a brief delay in going to jail because of an urgent matter on the farm. The prisoner said he just had to have the extra time—he didn't have anyone to care for 11 of his cows that were expectant.

The observance of Lent dates from the Fourth Century, fasting appeared later.

Look Your Best

By Colette

If you prefer suit to dresses for dress up—



DO get silk suit—taffeta, moire, batiste—with dressy blouse.

DON'T overlook this dressier, softer fashion and youthful too.

Understanding CHILDREN

By ANGELO PATRICK

The life of a people is centered in its homes and homes are made and maintained, often at high cost in sacrifice and labor, by women, the wives and mothers who tend loyally the fire that loves kindles on the altar of home.

Before wives and mothers take over their lifelong service, they must serve an apprenticeship as girls. Their preparation calls for experiences that inspire, inform, train and test their latent abilities, enrich their minds and mature their bodies.

In the long-ago time when the home contained the complete circle of life's experiences and its children were working members of a closely knit partnership, mothers and fathers were the leaders, teachers, friends and guides. That day passed and a new one took its place. More and more we have had to depend on schools, churches, clubs, for character development. Because boys were no longer rougher in their play, more daring in adventure, they received more attention from these social organizations and the girls, equally important, often much more so, were overlooked. The Campfire Girls was organized to meet this situation.

This group demands our most thoughtful, most generous support. Here girls are given a chance to get together in groups to talk over their difficulties, to get help and advice, learn ways of strengthening their spirits and enriching their lives. They become actively engaged in service that while it helps those about them, trains them for their places as heads of homes, as helpful wives and intelligent, healthily-minded mothers of a coming generation.

The work the Campfire Girls' leaders do is not easy. They try to mother the girls though they are not their mothers; they must teach though they are not teachers, they must lead though they are without authority. This requires great wisdom, deep understanding, much love. To such workers we owe sincere thanks, deep appreciation.

Mothers and teachers are busy people. Fathers are pressed for time and in need of rest. Quite true. But girls need a lift from those whose word, whose smile, mean more to them than any the world can offer. The Campfire leaders need recognition, need help if they are to carry on this all-important work of supplementing home, church and school.

TRANSPARENT EVASION
Some of the more imaginative men will tell you that they love you but since marriage destroys romance, the best way to preserve love is to go the way you are. This, too, is a transparent attempt to evade the responsibilities of marriage and any woman who swallowed such nonsense has only herself to blame when her romantic sweetheart finally abandons her for a new romance.

A favorite "line" of the married man is, "I'm foolish enough to date him, but that he's waiting for his wife to give him a divorce. More than likely he doesn't even want one, and, in fact, hasn't asked for one, but is only indulging himself in a little extra-marital romance. You not only waste your time when you date such a male but you let yourself in for scandal as well as heartache."

ORDERS ARE FOLLOWED
GEORGE AIR FORCE BASE, Calif.—(AP) Capt. John O'Hara, public information officer, didn't expect to be taken quite so literally. He asked a painter to make a sign, adding, "and make it big." He got quite a start when he saw the sign, already in place. It read "Big George Air Force Base."

ON TELEVISION TODAY

9:30 10 A.M. 10:30 11 A.M. 12 Noon

9:30 10 A.M. 10:3