

Doctors' Report Gives Method to Prevent Colds

Poor Ventilation, Bad Diet and Lack of Sunlight Are Contributing Causes

How many of us go through a winter without at least one attack of common cold? Possibly only the proverbial one-tenth of 1 per cent. Aside from reading the glowing praises of the many cold remedies, how may I personally do something that will prevent me from catching this most common ailment?

The final test of all advice recommended on this subject must be the success of the method as applied to large control groups of people, some of whom take the treatment and others who voluntarily refrain from taking it. The larger the group under observation the more conclusive the results.

Medicine has for many years fought this contagious infection with but a small amount of success, handicapped, at least in one respect, by the absence of large test groups upon which controlled experiments may be made.

Because of the lack of disciplinary authority these tests have been limited in the past to military units, but have recently been applied to groups of university students.

Defies Investigation

With the problem of isolating the cold germ stopped by lack of suitable laboratory equipment—for the germ is known to pass through the finest filters and to be invisible even with the best microscopes—the report of Drs. D. F. Smiley and G. F. Maughan, of Cornell University, as published in Scientific Monthly, comes as a welcome sign for all people interested in cold prevention methods which are successful and whose success is substantiated by sufficient evidence to make it reliable.

Every employer is only too well aware of the serious loss of time and efficiency on the part of his help because of absence caused by the common cold. In a like manner, every university finds that a large share of the student "cuts" are from this same cause.

Cold epidemics are limited to a group which comprises approximately 25 per cent. of the whole student body which are classed as "cold susceptible," with men averaging a few percent higher than the women.

Old Problem of Ventilation

Of the several contributing factors which tend to reduce the resistance of the student body during the dark, cold months of January, February and March one of the most important is the old problem of ventilation.

The atmosphere of the classroom during the winter months is likely to be dry, hot, quiet and considerably polluted by infective moisture droplets, coughed or sneezed out of many throats.

The more modern buildings adequately keep the temperature at its proper level with a continuous change of air, but the majority of the older buildings are inhabitable only by the process of keeping windows closed.

Thus at the end of the hour the student not infrequently steps out abruptly from classroom with a temperature of 70 degrees Fahrenheit and a relative humidity of 25 per cent, into an outside atmosphere with a temperature below freezing and a humidity of 70 per cent.

This marked difference of atmospheric conditions has been found by the New York State Commission on Ventilation to cause a paling, a swelling and non-resistant condition of the mucous membrane of the nasal passages as well as in a decrease of the mobilization powers of the "immune bodies" of the blood stream.

Second in factors causing colds is found to be the lack of "protective foodstuffs," such as milk, leafy vegetables and citrus fruits in the diet. Even when vegetables are eaten in quantities they are generally of the canned variety, while the milk comes from stall-fed cows and eggs from water-housed chickens.

Lack of sunshine in the dark winter months keeps the skin in a hypersensitive condition to chilling and contributes to the lowering of the vitamin content of the body. With these three causes—faulty ventilation, incorrect diet and lack of ultra-violet light from the sun—substantiated, corrective measures have been used which deal directly with these factors.

Preventive Measures

A fifteen-minute ultra-violet light bath is given once a week from October to December, twice a week from January through March and once a week through April.

Also as part of the treatment the alkaline reserve of the cold susceptible was replenished by providing each member of the group with an ounce of powder composed of equal parts of sodium bicarbonate and magnesium carbonate flavored with oil of peppermint, with instruction to "take one teaspoon in a glass of water twice a day for three days whenever the nose runs or the throat feels sore."

Although the experiment is still in progress, the cold prevention methods have reduced cold incidence in group studied by 42.5 per cent.

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Garden Talks

Put These Vegetables on List . . .

The average gardener is often bewildered by the large number of vegetable varieties offered and so for his particular benefit the following list based on expert information is offered:—Asparagus, Mary Washington, satisfactory from the standpoint of disease resistance and a good cropper; Beans, Pencil Pod Black Wax, Round Pod Kinney Wax, Stringless Green Pod with Kentucky Wonder Wax and Kentucky Green Pod as pole sorts; Beets, Early Wonder, Flat Egyptian Early and Detroit Dark Red, later; Cabbage, Golden Acre, as a round-headed sort early, followed by Copenhagen Market and Enkhuizen Glory as mid-season with short stem Danish Ballhead for winter storage; Cauliflower, Snowball and Earliest Dwarf Erfart; Carrots, Chautauque and Danvers; Corn, of the early varieties Golden Sunshine, Pickaway, Early Mayflower, Early Market and Golden Bantam are recommended, with Stowell's Evergreen for later use; Cucumbers, Improved White Spine and Davis Perfect; Celery, for the first early Golden Plume or Wonderful, and White Plume, for early second, Paris Golden Yellow or Easy Blanching, for winter keeping; Giant Pascal or Winter Queen; Lettuce—Grand Rapids is one of the most popular leaf varieties with New York and Non-Pareil where a head, sort is wanted; Musk-melons, Improved Montreal and Extra Early Knight are good varieties; as well as Golden Champaign, Miller's Cream or Osage; Onions, Yellow Globe Danvers, Red Wethersfield, Prize Taken Yellow Globe and Prize Taken Red Globe; Peas, Thomas Laxton, Laxton Progress and, of course, American Wonder; Parsnip, Hollow Crown; Radish, Scarlet White Tip; Spinach, Bloomsdale and King of Denmark; Swiss Chard, Lucullus, the leafy part of this vegetable is used as a spinach while the fleshy stem may be cooked with cream sauce; Tomatoes, Earliana, John Baer, Bonny Best, Chalk's Early Jewel and Livingston's Globe, while Grand Rapids and Sunrise are two of the best forcing sorts. It should be remembered that this seed is suitable for Ontario. It is also well to remember that the vegetables of the high-end quality are the ones that are grown the most rapidly. The soil must be well prepared, well fertilized and well cultivated, particularly during the early stages. In small gardens it is often quite practical and very advisable to water during dry weather in order to make sure that the vegetables come on without a check.

Spring Work With Lawns

A good lawn will require a little attention every spring. There will always be bare spots to be reseeded, paths to be broken up, weeds to be taken out and fertilizer to be added. The roller should be used at this time so that the fine roots which have been heaved out of the ground by the frost will be packed into the soil again. Dig out the weeds, rake over the bare spots and reseed heavily with the very best seed procurable. Give the lawn an application of fertilizer. Well-rotted manure is good early in the spring but may be somewhat objectionable in certain places and often it results in adding more weeds. Pulverized sheep manure is recommended because this fertilizer is steamed before being put up so that all weed seeds are killed. Nitrate of Soda or a good mixed chemical fertilizer is often used as there is no objectionable odour and no unsightly appearance following the application. If the position of the lawn is open and exposed to plenty of sunlight ordinary lawn seed will do, but if shaded, select a special brand which all seed houses carry for this purpose. Too much emphasis cannot be laid on good lawn seed, as this is the only kind which will result in a permanent, fine and velvety sward.

Constructing A Hot Bed

Where one plans to use a large number of those plants which must be started indoors, or where one is

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When your food ferments, "dis-agrees," lies like a lump in your stomach, it's a sign of too much acid. You need not resort to crude methods—take instead an anti-acid that will correct the condition. Phillips' Milk of Magnesia.

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ACID after meals

acid-soaked stomach and bowels—assists these organs to function as they should.

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not in a position to purchase such plants as Petunias, Zinnias, Marigolds, Cosmos, Asters, Tomatoes, Cabbages, Cauliflowers, Head Lettuce and similar things, a hot bed is essential. The construction of such an affair is neither difficult nor expensive, and in addition to growing such plants as the above it may be used to produce early lettuce, onions, radishes and melons for the table.

Secure a supply of fresh horse manure which has been turned frequently to prevent burning and store this in some sheltered spot, turning over occasionally until ready to use. The hot bed should be located where it will be convenient for the person looking after it during all sorts of weather. Preferably, it should have some shelter from north and west winds by fences, buildings or shrubbery. Select or prepare a well-drained site and make a pile of the manure eighteen inches deep when well pressed down. On top of this place a light frame of wood any desired size and cover tightly with a window sash. The latter should slope a few inches toward the front which must be south. Cover the manure with three or four inches of fine soil. The bed will heat up rapidly at first but by the fourth day should have cooled down sufficiently for planting purposes. One can plant in rows quite close together so that a bed three by four feet will produce ample plants for the ordinary garden. In cold or stormy weather, water sparingly and only on bright days. Ventilate a little every day by raising the sash, keeping it open longer as the days grow warmer. The plants should not be removed directly from a hot bed to the field, except in very favorable circumstances, but should be hardened off for a week or two in a cold frame which is exactly the same as the hot bed without the manure.

Owl Laffs

There was a time when the millers sold shorts. Now they can be bought only at the department stores.

"Papa left me four hundred dollars to buy a memorial stone for him after he died," said Darling Dora. "How do you like my new diamond?"

Teacher—"Johnny, if your father earned \$40 a week and gave you your mother half, what would she have?"

Johnny—"Heart failure."

The peculiar characteristic is the one somebody else has.

Daddy—"I greatly disapprove of your young Darlington, and one particular reason is his lack of interest in his calling."

Daughter—"Why father, his calling! He calls on me seven nights a week."

"I just love these big cave men," sighed Gladys Gladys, as the guide led her through the Mammoth Cave.

Golf Definitions

Dub—"One who plays golf the way you did last year."

A Good Lie—When the last man in the forenoon tells his score.

Sand Trap—A device placed in the fairway to increase the vocabulary of the player.

Fairway—The long narrow strip of grass which the ball occasionally crosses in its flight from the rough on one side to the rough on the other.

When the young mother begins to talk about lessening the risk of the baby's second summer you may know right well she has been talking to the baby's grandmother.

Girl's Dad—"So you're the young man with both feet on the ground, eh? What do you do for a living?"

Girl's Boy Friend—"I take orders from a man with both feet on the desk."

Too much time on the hands makes the feet wobbly.

What has become of the old-fashioned woman who made it a point of pride to have her wash first on the line Monday?

He—"I like your bathing suit."

She—"It doesn't take much to please you."

First Lady Bridge Player—"I say, I wish to goodness you'd hold your hand up. I can see your cards."

Second Lady Bridge Player—"All right, only you needn't be so snappy. You've been showing me yours all afternoon and I haven't complained."

It is amazing to see how much misinformation may be accumulated by one who diligently seeks it.

He—"Oh, god and commit suicide."

She—"That's the last thing I'd do."

The last word in preparedness was undoubtedly achieved by the sleighing party which hooked its sleigh on behind an ambulance. If your overcoat is too loud, wear a muffler.

Fortune does not smile on those who wait. It laughs at them.

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Building Statistics

Montreal, Quebec.—The building permits issued by 61 cities in December represented construction work valued at \$15,439,964, as compared with \$11,791,478 in November and \$11,688,682 in December, 1929. There was, therefore, an increase of \$3,648,486 or 30.9 per cent. in December as compared with the previous month, and of \$751,282 or 5.1 per cent. in comparison with the figures for December, 1929. In the record going back to 1920, the December, 1930, figure was only once exceeded, the total for December, 1928, having been \$16,095,160.

If all you need is opportunity, get busy at once and make one.

Wife: And don't come home so late, Husband: I shall come home when I like. Wife: But not a minute later.

Chapman returned from lunch and "Anyone call while I was out?" he called his new secretary into his room, asked, "Yes," replied the girl, "Smith came in about his account. He wanted it settled." And you told him that I had left for America this morning?" said Chapman. The girl nodded and replied: "Yes; and that you wouldn't be back until this afternoon."

Restless CHILDREN

CHILDREN will fret, often for no apparent reason. But there's always Castoria! Harmless as the recipe on the wrapper: mild and bland as its taste. But its gentle action soothes a youngster more surely than a more powerful medicine.

That's the beauty of this special children's remedy! It may be given the tiniest infant—as often as there is need. In cases of colic, diarrhea or similar disturbance, it is invaluable. A coated tongue calls for just a few drops to ward off constipation; so does any suggestion of bad breath. Whenever children don't eat well, don't rest well, or have any little upset—this pure vegetable preparation is usually all that's needed.



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An article informs us that the jams of commerce contain from 45 down to 20 per cent. of fruit content. One can but wonder grimly what the rest is made of.—"Sunday Observer".

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Don't suffer any longer from these ugly blemishes. Overcome them at home! Get 2 oz. Porceling Powder from your druggist. Sprinkle a little on the face both, apply with a circular motion and the blackheads will be all WASHED AWAY. Satisfaction or money returned.

for NEURITIS

One thing that helps is to wear a diet non-spicy and acid. Then rub the liniment gently in.

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Mrs. Victor Hills, of Thornton Heath, writes:—"For many years I have suffered with that distressing complaint—constipation, and its attendant effects of sick-headache and indigestion. It was a red-letter day for me when a friend recommended me a treatment of Carter's Little Liver Pills, and I can honestly say that results have been truly marvelous. I now enjoy good health and feel that life is worth living. The relief I have experienced compels me to add my sincere tribute." Take Carter's Little Liver Pills. 25¢ and 75¢ red packages.