

Cold germs live on objects for weeks

(NC)—Keep the following tips in mind when you are trying to get rid of colds and coughs:

✓ Wash your hands. If you don't have any soap, washing with plain hot water will do the trick.

Most colds and flu viruses are spread by direct contact.

Germs can live for hours, or even weeks, on objects that have been touched by infected people.

✓ Don't touch your face. Cold and flu viruses enter the body through your mouth, eyes or nose.

✓ Drink plenty of fluids, including water, natural fruit juice and warm ginger ale.

Fluids flush your system, washing out the

virus.

✓ Chicken soup has been recommended for over 800 years to alleviate cough and cold symptoms.

✓ Sore throats can be soothed by gargling with warm salt water, taking hot showers or baths and

using a humidifier to increase the amount of moisture in the air you breathe.

✓ Have a nap. Rest is one of the most important treatments for a cough or cold. Cough and cold symptoms are the body's way of saying that it is tired of fighting viruses.

Let your body rebuild its strength.

✓ Eat healthy. Eating properly encourages healthy cell and tissue growth, maintains strong bones and muscles, and keeps the immune system in shape.

Chicken soup has been recommended for over 800 years to alleviate cough and cold symptoms.

Kiss mice to cure colds

(NC) For centuries, people have been trying to find a cure for the common cold and cough.

Below are some of the cures, that have been discovered over the ages:

× **The Draculian theory:**

Ancient Greek physicians believed that bloodletting—either by cutting the sufferer's flesh or by applying bloodsucking leeches—would eliminate excess fluid from the body. This

method was practiced in many parts of the world as late as the 19th century.

× **Mouse kissing:** In ancient Rome, the scholar Pliny the Elder recommended kissing a mouse's nose to cure sneezing and coughs.

× **Dry cupping:** This ancient cure, which is still popular in parts of South America and Asia, calls for placing jars heated by candles on the sufferer's

back to draw out the toxins that caused the cold.

× **Hair sandwiches:** During the Middle Ages, it was believed that by cutting one's hair, the sufferer would draw off the cold. The hair sandwiches were fed to dogs.

× **Heated herbs:** Heated containers filled with mint leaves were said to release healing fumes when breathed through face masks.

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Correction

The article on last week's health page spelt the bleaching system incorrectly.

The proper spelling is NiteWhite.

The Weekender apologizes for any inconvenience it caused.

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