

HEALTH PAGE— **THE COMMON COLD***(Courtesy of The Health Messenger)*

THE common cold is a dangerous disease. It lowers the resistance of the body and leaves it more susceptible to many infections. Pneumonia is one of its serious complications. It is estimated that three-fourths of all cases of this disease follow an attack of the common cold. Among other dangerous complications are sinusitis, mastoiditis, meningitis and middle ear infections. The common cold is frequently followed by a "flare-up" of an old tuberculous process.

The common cold is a contagious disease. It is possible that it may be caused by one of several different germs which enter the body by way of the upper respiratory tract. The incubation period is very short and one may have the onset a few hours after exposure. The germs are present in the secretions

from the nose and throat and are transferred to other persons by such acts as coughing, sneezing, kissing, shaking hands or handling objects with which persons come in contact. Persons suffering understand that they are a menace to all with whom they come in contact.

One attack of most contagious diseases confers lasting immunity upon the individual against future attacks. Such is not the case with the common cold. Immunity is very brief and the first attack apparently leaves the individual more susceptible to future attacks.

People who have frequent or so-called chronic colds should consult a doctor. There may be some simple abnormality of the nose and throat which causes the mucous

membranes of these structures to be chronically irritated, resulting in increased susceptibility to disease germs. When such defects are corrected the person usually becomes much less subjected to colds.

The common cold is largely a preventable disease. Preventive measures naturally fall into two groups—first, we should try to avoid exposure to the disease, and second, we must form such health habits as will keep the resistance of the body at its best so that, when we are exposed, the body will be able to resist invasion by the germs.

Preventive Measures

1. Avoid crowds and persons who are sick.
2. Avoid over-heated rooms, too much or too little clothing, and sud-

den changes of temperature.

3. Form proper health habits of eating, sleeping, exercise and recreation so that the resistance of the body may be kept at its best.

4. When you have a cold, stay at home. It lessens the chance of serious complications and protects others.

5. Be examined by your doctor if you have frequent colds to be sure that you have no abnormality of the upper respiratory passages.

6. Keep your hands scrupulously clean. It is unclean to cough or sneeze in your bare hand for infected material left there may be given to others.

In conclusion, remember that the common cold is a disease to be taken seriously. It is often followed by pneumonia, and pneumonia results in many deaths.

SOME RULES FOR . . .*(Continued from page 14)*

9. There should be a sharing of leisure so that their reading and recreation may draw them together through a common experience.

10. Each should develop an understanding and interest in the work of the other.

11. If there is a decided difference in the amount of leisure which each enjoys, the one who has the greater opportunity should try to relieve the other from time-consuming duties.

There is a need in marriage which is more commonly forgotten, and this is the need for justice. It is so easy for one to take what belongs to the other, be this of time or something else, especially if one is willing to sacrifice in order to make the other happy. In marriage, there must not be any exploiting. Justice in matrimony demands that there be a genuine respect on the part of both partners for the personality and rights of the other. Here are some rules to keep in mind on this aspect of married happiness. We add them to those we have listed:

12. There must not be any idea that the husband or wife has superior rights.

13. When one believes that unfair conditions have arisen, the matter should be brought frankly to the attention of the other.

14. It is unfair for one to

escape responsibility by appealing to the sympathy of the other.

Growth is another consid-

eration in marriage. Even affection cannot remain stationary, for if it is not enriched, it at once shrinks. There

cannot be vitality without growth. When the woman feels that her happiest days were during courtship, we know at once that the couple are moving towards disappointment or possible bitterness. The happy marriage never looks backwards but keeps the spirit of adventure and moves steadily forward.

Here are five additional rules that will work for automatic development:

15. The wife and husband should continue interest in present events.

16. The home should never become completely regulated by routine.

17. Each year, if possible, both the partners should travel or visit outside the home, together or separately.

18. Neither the husband or wife should, at marriage, break off earlier friendships or surrender any special interest.

19. They should seek, as far as possible, to associate with strong and progressive persons.

We sum up our rules with one single rule about sex, a very important aspect in marriage:

20. Sex should never be detached from the other interests of matrimony. The sex policy should be checked up by its results, and based on the soundest principles that ever guided married life—understanding and sympathy.

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