

Fresh Air Keeps off Colds

THIS is the text of a talk on health broadcast recently from the ZB, YA and YZ stations of the NZBS by DR. H. B. TURBOTT, Deputy-Director-General of Health.

VENTILATION in winter time is of prime importance in staving off colds. Further, moving air reduces the headaches, the tiredness, the feeling of being below par that affect so many people in the winter months.

What happens on winter nights? Isn't it mostly reading or listening to the radio by the fireside? Aren't the doors and windows shut to keep the room warmer? There's no movement of air. There's a lovely fug after a while. The linings—the mucous membranes—of nose, mouth and throat become congested and swollen. You get sleepy. You re-adjust yourself, shake yourself out of the sleepiness only to get sleepy again. Often you get past the sleepy stage. Then you finally tiredly drag yourself away from the fug and off to bed. Those congested, swollen mucous membranes stay that way while you're lying down. You keep the bedroom windows shut to keep out the cold, perhaps open the fanlight a little, if you have one. You sleep poorly and wake heavy and unrefreshed. And it all stems from lack of movement in the air.

What happens on cold days? A great many folk work in one way or another in heated rooms, more and more as time goes on in centrally-heated rooms. The rooms get very stuffy, because somebody objects to an open window and everybody gives in, allowing windows to stay shut. As the day wears on there's a little stab of headache, a slight flushing of the face. It's not easy to concentrate. The headache pills are brought out of the handbag and used freely. Well, it's all due to the deadness of the heated air, and you end the day tired and headachy. It's cured by opening windows. The carbon dioxide in the air matters little. Air movement, air dryness or moistness, air temperature—these are the things that work on skin and mucous membranes, giving us comfort or the reverse at home or work, and making us susceptible or resistant to colds.

Our bodies are always giving off warmth, moisture, and used up air. Put

a lot of bodies together in a room with central heating, turn on the electric radiator or gas fire as well (and it's often done), and you've a lot of warmth building up in the room, and gadgets as well as bodies, using up the oxygen. If smoking is permitted a nice blue haze develops. There's a blanket of still warm air round the body. The skin is struggling to keep our body temperature even by letting out more warmth into the fug, but is up against it as the rooms warm up. If the room temperature goes over 65 degrees F. and approaches 70 degrees F., as it does, the skin can't regulate body heat so well as it can at temperatures of, say, 63 to 65 degrees F. And if the air is moist as well as hot, the heat exchange function of the skin is hindered further. As the day goes on, the symptoms develop—the tiredness, the feeling of discomfort, the flushing, the stab of headache.

This warm, still, moist fug is ideal for helping cold or flu bugs. The mucous membranes are swollen and congested and receptive when a cold or flu germ carrier coughs or sneezes into the air. They travel a good many feet, exploded out on droplets, and everything's ready and suitable for their reception. Another victim develops a cold. When the fug gets too bad, out you go for a breath of fresh air, where the air is moving and gives you therefore that sense of freshness. Now this is all you have to do back in that room, to overcome its tiring, headachy nature and its increased danger of colds. You have to get some movement into that air—some ventilation. In our set-up, this means opening a window.

For winter fitness and cold prevention, ventilate day and night. Keep your room temperature at 63 to 65 degrees F., not higher. Have a cross current of air in your bedroom and in your workroom throughout the cold weather. You'll feel better and, I guess, have less colds and sore throats, and use less headache pills.

COMING ROUND THE BEND

AS a non-racegoer I was always intrigued by the radio announcer referring to what I thought was "the wind machine." I understand the totalisator to be a wonderful and fearful piece of machinery. Why should not a mysterious and Erewhonian wind machine be part of it? But they tell me I have heard the word incorrectly.

SO much fuss is made of professional standing. Isn't it better to be a distinguished amateur?

THERE was an interpreter who was an Irishman, and whose claim to his compatriots was that he was sabotaging every effort of the English by interpreting for them.

"FIVE minutes this side of death are more valuable to me than all eternity." The remark was made to a driver driving much too fast.

I MAKE public one of my business ambitions. It is to export penguins from the South Pole to the North, and

with Denis Glover

to import polar bears from the North Pole to the South. I make it public because I can't see any way of making money out of the idea.

DELICATESSEN is a sad substitute for a happily cooked meal.

HOW men lie when confronted with the truth.

PERSISTENT questioners never seem to realise that there is so much of life one can't share with anybody.

MY definition of a great lady is one who has never given the matter a thought.

PEOPLE feed on other's tragedies, little realising how soon they may be eating their own meals.

SHE had a sharp tongue, rather blunted by too much use,



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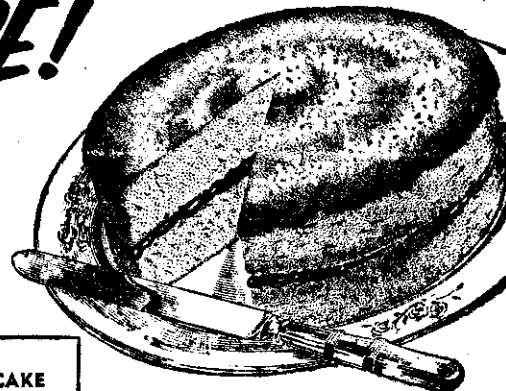
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Try this recipe for CHOCOLATE CHIP CAKE

12ozs "Aerobake," 4ozs butter, 8ozs sugar, 1 teaspoon salt, 1 cup milk, 3 eggs, 2 1s 6d cake dark chocolate.

Prepare 2 layer cake tins. Beat butter and gradually add sugar and beat well. Add eggs one at a time. Sift flour and salt and blend in alternately with milk. Finally fold in grated chocolate. Bake at 350-deg for 35-45 minutes. Fill and top with chocolate icing.

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