

Colds

... take avoiding action!

Make it your aim to get through this winter without a cold. It can be done, provided you adopt an easy-to-follow formula that will build up your resistance during the cold weather. This is it:

- Avoid loss of sleep
- Don't get overtired
- Dress according to the weather
- Live and work in well-ventilated rooms
- Eat the right foods, and
- Wherever you can, keep well away from people who cough or sneeze carelessly.

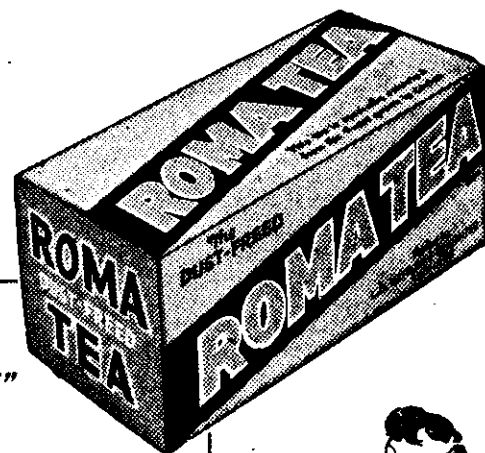
A simple cold may become serious if neglected. So if you do catch a cold try the rest-in-bed cure — a day or so in bed, and light, wholesome food and plenty of fruit drinks to go with it. Above all, smother your coughs and sneezes with your handkerchief to prevent others from getting your cold. Colds can be trouble-makers; don't go out after trouble.

19.3



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