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Prepared in N.Z. for
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Building Resistance to Colds

A CORRESPONDENT asks, "Can resistance to colds be built up by having cold showers all through the year?" A cold shower through the warmer months is refreshing and invigorating. Through the cold months to some they are harmless, to others too much of a shock, and in reality a lowering of body resistance for the time being. Each person must find out for himself whether he can take cold showers in cooler weather by trial and observation. If he is warm, glowing and comfortable immediately afterwards, cold showers suit and are stimulating. If the hands and feet are white or bluish, if there is a feeling of chill, and some appreciable period goes by before he really feels warm again, then cold showers do more harm than good. You cannot say dogmatically that sea bathing the year round, or daily cold showers, will keep colds away. Cold plunges, baths, or showers will increase the liability of some people to colds and 'tune up some others of tougher calibre. As preventers of colds they are not practical politics.

What can be done to build up body resistance to colds? You lay yourself

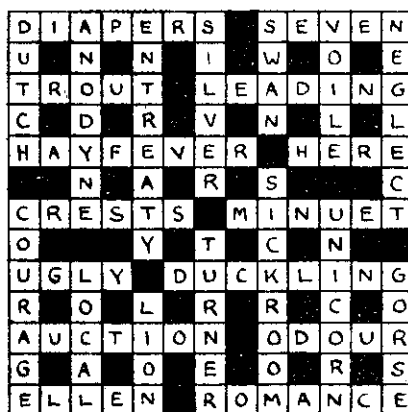
This is the text of a talk on health, broadcast recently from ZB, ZA, YA and YZ stations of the NZBS by DR H. B. TURBOTT, Deputy-Director-General of Health

open to invasion by germs and viruses if you have inadequate rest and sleep. A good way to do this is to have double jobs, to work too much overtime a nights, and at week-ends. You make it easy for attack by failing to have a flow of fresh air to dilute the air-borne virus particles. If someone incubating a cold sneezes near you, obviously you will receive less of the droplet borne virus particles if there is a flow of fresh air between you and him. You will not receive so heavy a dose of infection and your body resistance may repel the lessened amount, whereas it would have succumbed to the larger undiluted dose of virus. The cold months are ahead, the months of "mugging up." There will be steamed up windows in buses, trains, offices and workshops. Within, in the warm, humid, stuffy air the viruses will live longer in greater concentra-

(continued on next page)

"THE LISTENER" CROSSWORD

(Solution to No. 855)



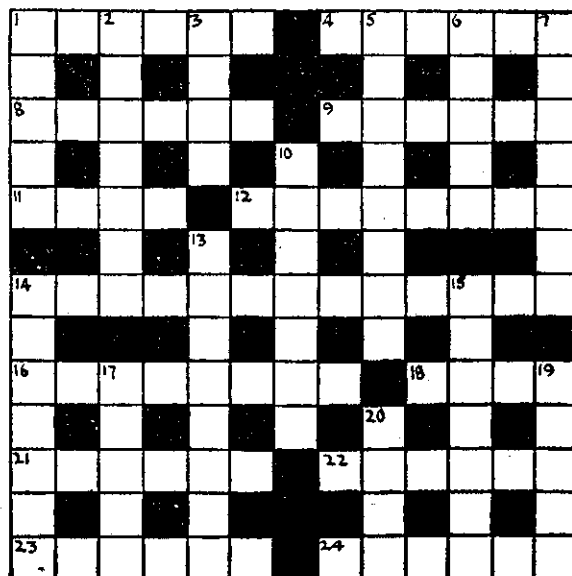
Clues Down

1. The weight of a cart? (5).
2. "There's a providence in the fall of a ——" (7).
3. The French Christmas? No, the Spanish (4).
5. Her acres may be devoted to this in agriculture (8).
6. Each penny suffered pain (5).
7. Where we'd get if we got mixed up with the Rhone? (7).
10. A rum one to inspire with love (7).
13. Made prosperous with the help of a nice herd (8).
14. Displayed by an actress impersonating a sweet young thing . . . (7).
15. . . . in order to do this? (7).
17. Soon returned to the East, but with its aid many a criminal went West (5).
19. Ill-tempered vehicle? (5).
20. Nautical yard (4).

Clues Across

1. It's a sin to find the Commanding Officer around in this establishment (6).
 4. A form of inroad to call the clergy to order? (6).
 8. "There is a —, whose name is Death" (Longfellow) (6).
 9. Avoid (6).
 11. Disraeli, for instance . . . and his makes history! (4)
 12. Used land (anag.) (8).
 14. Nine whigs came to help the home dress-maker (6, 7).
 16. The Frenchman could cause some ruin! (8).
 19. The work of stirring the soup (4).
 21. The time of Cheops (6).
 22. The attraction of a soft set of bells (6).
 23. Sad yet firm? (6).
 24. For a change the animal's enclosure is frigid (6).

No. 856 (Constructed by R.W.N.)



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Mr. & Mrs. Smith with daughter
Ann (18) and son John (21).

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