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tion, and have more chance of reaching another person.

Yes, I know you are afraid of draughts and grandma said they gave you colds. A continuous draught on to any part of the body will lower the resistance locally, and so encourage rheumatically aches, or stiff necks, and should you be carrying in nose or throat cold germs or viruses possibly allow these to get the upper hand. But you need not have draughts to have ventilation, and some fresh air flow into occupied places is a "must" in keeping down the spread of colds and 'flu.

You can encourage colds by over-clothing, and wrapping up too much. Then on receiving a slight chill, the body has been so over-protected that it can't deal with the emergency. You certainly give colds free passes into your body by being short in protective foods. Grandma had many handy tips. One was that you must feed a cold. If she had said drink for a cold she would have been accurate, because taking plenty of citrus, black currant or other juices high in vitamin C, combats feverishness and helps recovery from colds. Grandma with her feeding a cold was just off the beam. It is the feeding before you catch a cold that is important. Be short in your daily milk, fruit and vegetables, or in cheese, egg, and meat over the week, and your resistance to colds is lowered. An indication of this lies in the fact that a course of calcium tablets makes some people more resistant. Wait, though, don't fly off for these! You get that calcium from the minimum milk ration for the day. If these tablets help you, the assumption is you have been short on milk, taking less than one pint a day.



"FANFARE WITH BRIAN MARSTON AND HIS ORCHESTRA," heard from 3YA in recent weeks on Thursday nights, will have its final broadcast on July 11. Members of the Band are, from left:—Standing: Brian Marston (leader), Rex Robinson, Graham Burgess, Andy Offord, Vince Gray, Brian Whitehouse (saxophones), Doug Caldwell (pianist). Back row: Bernie Campbell (trombone), Gerald Marston, Cliff Innes (trumpets), Martha Malcolm (vocalist), Doug Kelly (trumpet), Harry Voice (drums), Gerald Gebbie (bass).

Can you build up resistance through drugs and vaccines? With drugs, no! Vaccines are "iffy." They must be made from the virus which is going to cause the next outbreak of colds or 'flu. Once in a blue moon this combination of circumstances happens. Then the vaccine will work. No health workers will

gamble on this chance. Some day we may have vaccines, all-embracing, that will work against all strains of virus that lay in wait ahead, but in the meantime they cannot be depended upon.

To sum up: Build resistance to colds by eating properly, sleeping sufficiently

and not overworking, wearing the least clothes possible and not the most you can carry, bathing daily but not necessarily in cold water, ventilating rooms without draughts, and taking reasonable exercise. Molly-coddling encourages, being tough discourages, colds. Try it.

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