



ISSUED BY THE NEW ZEALAND DEPARTMENT OF HEALTH

a tip for WINTER

Good food . . .
Adequate sleep . . .
Fresh air . . .
Avoiding chills . . .

*These will help you
dodge that cold. But
if you do get it—
this is the treatment*



1 If feverish, stay at home
until at least 24 hours
after your temperature
is normal.

2 When you have a cold,
avoid visiting friends or
going to crowded places
as far as possible.



3 If you do meet people,
stand away from them
when you talk to them.

4 Use a large hand-
kerchief when you
sneeze; don't wave it
about; change it for
another clean one as
often as possible.



A neglected cold is a trouble-maker

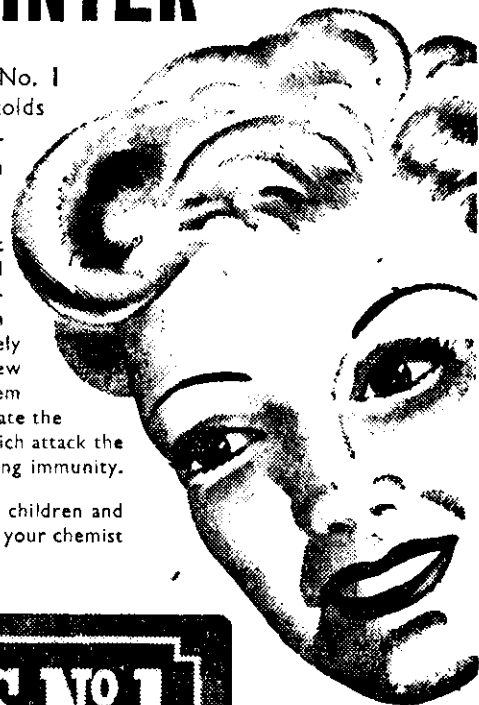
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How marvellous to be FREE FROM COLDS THIS WINTER

Try VAXOS—VAXOS No. 1
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and other catarrhal com-
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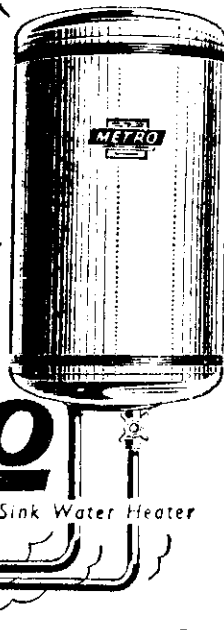


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