

Causes and Care of Common Colds

One Prolific Source is Improper Heating of Homes, Says the American Medical Association

Complications Are Many

In a recent health broadcast by the American Medical Association through Station WBBM, the speaker said with reference to "colds" and their complications:

"The term 'cold' usually refers to a condition characterized by a feeling of fullness in the head, obstruction of nasal breathing, sneezing and a discharge from the nose. This is at first thin, watery, and very irritating. In many cases there is swelling, redness, and soreness of the entrance of the nostrils because of the action of this secretion. Some persons develop so-called 'cold-sores' or fever blisters on the skin of the nostrils, on the lips, or in the mouth.

"At times the patient feels tired, his muscles are painful and he may have a distinct headache due to swelling of the lining membrane within the nose. As a rule, if severe headache is present, it means that the 'cold' is accompanied by an extension of the inflammation to one or more of the cavities in the skull connected with the nose, the so-called sinuses, of which the antrum, or sinus situated in the upper jaw, is most often involved.

"While it is commonly supposed that a 'cold' is merely a reaction of the nasal tissues to a draft of cold air, it may be due to the inhalation of irritating dust, chemical fumes, etc., and is very often actually caused by an infection with different 'germs' or bacteria, transmitted from one person to another. Certain acute contagious diseases, especially measles, begin with a running nose, which is often followed by a cold.

"For the 'treating' of colds, many remedies have been used, but we know that an acute cold is a self-limited disease which usually ends in from three to eight days unless some complications, such as sinusitis, occur. Therefore, simple, old-fashioned measures, such as taking a cathartic, then a hot drink to cause perspiration, will be sufficient. If headaches or muscular pains are present, some of the salicylates in amounts proportional to the age of the patient may be used. To relieve the soreness of the nasal opening, zinc oxide ointment may be applied several times a day and the interior of the nose is often relieved by applying some of the mineral oil so often used as a laxative, or using a heavy oil base, either the well-known vaseline or mentholated vasoline, since the menthol is very soothing and so reduces the swelling of the nasal lining membrane.

Sinusoidal Complications

"The complications which may arise during the course of a cold are usually due to an extension of the infection into the sinuses, in which case there is usually headache, tenderness over certain parts of the head, a discharge of yellow or greenish yellow pus and at times some fever. At other times, and especially in children, the infection extends back to the nasopharynx, namely, that upper portion of the throat into which the nose opens.

"In this region, we may have the so-called adenoids, a mass of soft lymphoid tissue which is present at birth and which is often very large in young children. In this region it is likewise the opening of the eustachian tube, which runs to the middle ear. If the adenoid tissue swells, the passage of air through the nose is further blocked and the patient is compelled to breathe with open mouth, causing great discomfort because of its drying effect on the lips, mouth and throat.

"But much more serious is the extension of infection from the adenoid, or its vicinity, to the middle ear, which is very painful and may have serious results, such as a mastoiditis.

No Preventive Measure Found

"The prevention of the so-called colds has been much sought, but thus far no definite dependable measure has been found.

"From the general standpoint certain facts should be remembered. It is not cold weather or cold air itself which causes colds, for we know that the Eskimos had none until the white man first visited them and transmitted his infections to them. Rather it is the improper overheating of our homes in winter, especially with steam, which gives a very dry heat, as well as over-dressing and, particularly, the vicious habit of often keeping on heavy overcoats (some people even keeping them buttoned) while indoors in heated homes, offices, or large department stores and then, while their bodies are very warm, or even perspiring, going outside into the very cold atmosphere of mid-winter. Therefore divest yourselves of the heavy wraps until about to go outdoors again.

"If there are abnormalities within the nose so that nasal breathing is interfered with, or if large adenoids are present and it is observed that the individual frequently develops serious colds; it is a preventive measure to correct the nasal space by operation, or to remove the adenoids.

"If the tonsils becomes frequently involved they should be operated. It is best to be careful and conservative regarding all operations, but unless large or frequently infected adenoids

are removed, there is danger of infection—giving middle ear abscesses, or by causing an enlargement of hearing.

"Avoid That Summer Cold"

"How many colds are you going to 'catch' this summer? And after you have caught one, how generous will you be in passing it on to others?"

"Unlike charity, this kind of generosity should not only begin at home, but should end there. In spite of the unwelcome reception given the common cold, it manages to keep more than one-tenth of our entire population sniffing and sneezing at one time. How can you keep out of the sorry procession, and how can you help to break up this Big Parade?"

"The word 'cold' is a misnomer. We use it because it was handed down to us and not because it is the result of cold temperature. It may have had its origin in one of the characteristic symptoms, chilliness, just as coughing and sneezing may have led the Chinese to say they have caught the 'wind.' A cold is really an infectious disease, although the causative organisms are not definitely known. The infection may locate in any part of the respiratory tract, nose, pharynx, larynx, trachea, or in the sinuses of the head, with the symptoms familiar to every one—congestion of the mucous membranes, inflammation, sneezing, coughing.

"An answer to the question how we 'catch' cold lies in these characteristic symptoms of coughing and sneezing. Colds are communicable from person to person, just as are typhoid fever, diphtheria and a host of other communicable diseases. If they were not, colds would be no more common than broken legs. But because they are communicable, most persons indulge in one to three colds a year.

"One of the most important reasons for the widespread prevalence of colds every year is that a cold does not generally make the victim feel sick enough to stay in bed. He goes about his daily business mingling freely with people, at home, in public conveyances, in offices, stores and workshops. He coughs and sneezes his way through crowds. His hands, contaminated by frequent contact with nose and mouth, leave unwanted gifts upon everything he touches. He is a walking transmitter. Is it any wonder that colds continue to spread until the number of victims totals 10 to 15 per cent. of the general population at one time.

"If colds were a more disabling disease, requiring the sufferer to stay at home and in bed, not so many of the rest of us would be exposed. A severe cold, well cared for, is hard on the patient but better for his next-door neighbor.

"How can the total annual crop of colds be diminished? The first way is to avoid infection. Contact with people having colds, while difficult to control, can in a measure be avoided by constant individual vigilance, especially in crowds. This requires careful self-education, in sanitary habits and the constant practice of cleanliness. It must be remembered that colds are conveyed in the secretions from the nose and mouth. These secretions reach us by droplets sprayed in the air through coughing and sneezing, and by direct and indirect contact with other people. We absorb the Chinese custom of exchanging saliva through chopsticks passed back and forth between the assembled mouths and the central dishes of food on the table, but this communistic salivary exchange in China is not much worse than the equally common practice in America of shaking hands which are not clean.

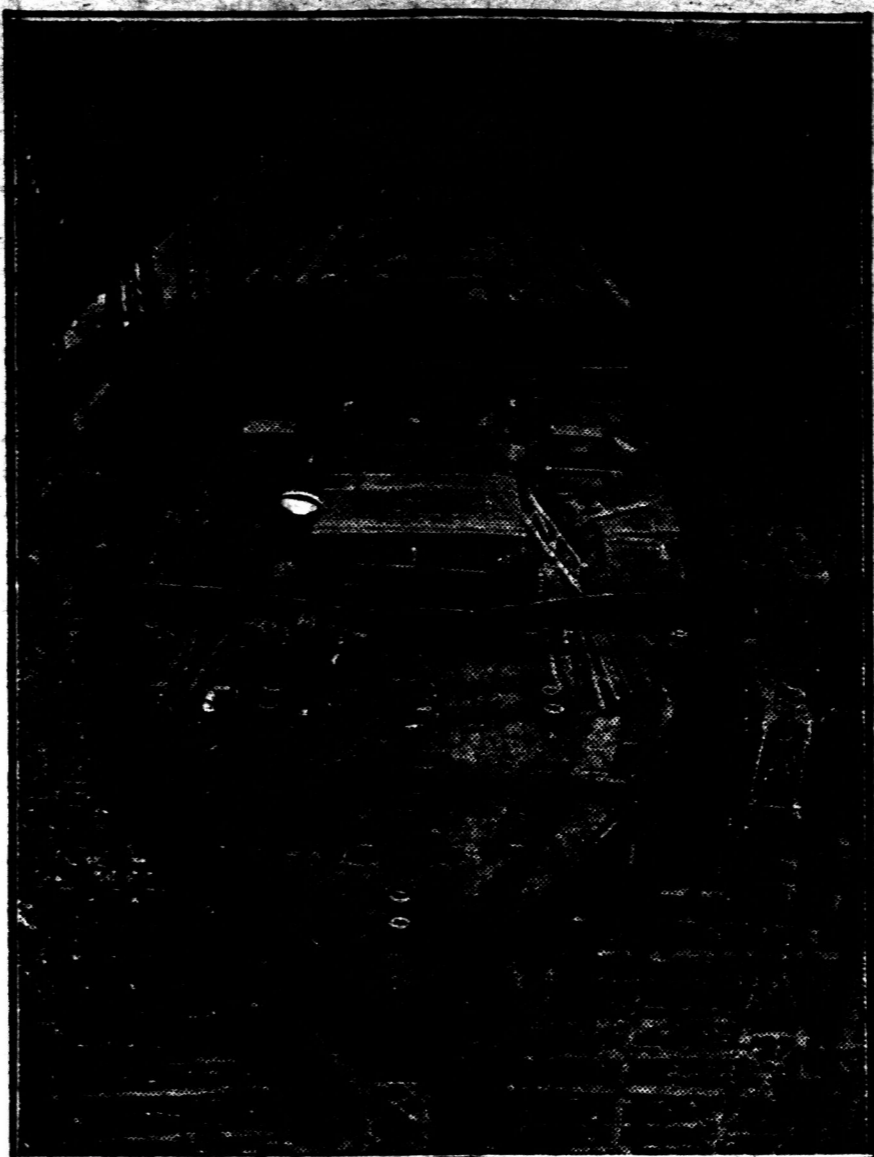
"To keep yourself free from colds, now that the open season is approaching, observe these simple precautions:

Avoid Infection.

- "Wash hands before eating or handling food."
- "Don't shake hands with persons who have a cold unless you wash hands carefully at once."
- "Keep away from common drinking cups, roller towels, pipes, pencils and other objects contaminated with fresh secretions."
- "Give coughers and sneezers and spray talkers a wide berth. Don't let them aim at your face."
- "Keep away from people who say they have 'flu.'
- "Eat only from dishes washed clean in hot soapy water."
- "Guard yourself against the predisposing causes."
- "Avoid sudden changes of temperature, close and stuffy air, and fatigue."
- "Maintain as high an internal resistance against infectious agents as you can by daily attention to bodily cleanliness, exercise, elimination of waste, rest and diet."
- "Suppose you have taken cold, in spite of all precautions; then you become a source of danger to others. Follow these rules."
- "Be your own policeman."
- "Keep clean."
- "Cover nose and mouth with cloth or paper handkerchief when coughing or sneezing."
- "Don't shake hands with others."
- "Wash hands and face frequently with soap and hot water."
- "Stay in bed if possible, or at least away from other people, during the first three days of your cold."
- "See to it that your dishes are thoroughly washed in hot water and soap."

"The value of cleanliness as an ally in preventing infection may be judged by a careful test of hand-washing. The average man, washing his hands in warm, clear water, contributes about 1,000,000 organisms from that source alone. In warm soapy water, his contribution rises to 4,000,000

NEW WHITE STAR MOTOR SHIP



The new SS. Britannic, of which the first announcement containing details of this new White Star motor ship, were received recently. The steamer will be launched in about two months' time and will enter the Atlantic trade in the fall. Her length, between perpendiculars, will be about 630 feet, 30 feet longer than liners of the type of the Doric and Regina which are in the company's service on the St. Lawrence route during the summer season.

The Britannic will have a gross tonnage of 27,000 tons. The motive power to drive this latest motor ship will be supplied by two 10-cylinder Harland B and W double acting motors, while throughout the ship the fullest use will be made of electricity, for navigating and controlling the ship, for cooking, ventilating, and for operating the enormous amount of service machinery necessary in a ship of the size of the Britannic.

Designed to carry cabin, tourist third class and third class, the Britannic will have a passenger capacity of 1,500. One of the outstanding features of the passenger accommodation is the provision of a large number of single rooms.

The steamer will be used on the Liverpool-New York route, but during the winter of 1930 she will make two cruises to the Mediterranean.

LIMERICK CORNER

Here are a few more letters from readers, some offering suggestions, some asking that the content be continued as before. We want a real consensus of opinion from those interested and will be glad to hear from others.

Dear "Limerick Corner" Editor:— Will you please tell me if you filled the ink bottle with water? Something urges me to answer your appeal in the "Thamesville Herald" for opinions. It sounds so "friendly like".

I for one was immensely interested in the Limerick Contest and judging by the way answers poured in upon you "there were others".—It was something definite to fill up those hours "in the still night" when "slumber's chain" had unloosed one for an hour or two.—Let us have more or sumpt' else by ill means.

How about some real little verses—althe' it's harder thus to strike a funny vein. My falling was to be too serious even in the Limericks. I can see it now. . . .

There was a fine lot of jingles in this week.—Verses—any metre one wished, seem: to be my only suggestion this morning—or a continuation. How about it?

Sincerely,
Mrs. Joseph M. O'Neill,
Keat Bridge, Ont.

Dear Sir:— As I have been following your "Limerick Corner" in the "Milverton Sun" with much pleasure and some good "grins", I was wondering how the "idea" of giving a prize to the best "ad" sent in would appeal to you. Either written or drawn. Have a certain size space to work on or limited to so many words.

Yours truly,
(Miss) M. L. Bell,
Plattaville, Ont.

Editor "Limerick Corner":— As I sent you some Limericks some time ago and have been following the Limericks in the paper and enjoy-

them so much I would like to see them still continued. The Limericks I sent in could not have a XZ with your approval but I did not get discouraged. Hoping to see the Limericks continued.

Yours truly,
Mrs. Wm. M. Love,
Proton Station No. 1, Ont.

Dear Sir:— In the "Athens Reporter", from week to week, I watch for the interesting Limericks submitted, many of which are very clever and interesting. Hoping that this feature may be continued indefinitely, and thus develop much latent talent.

I am your respectfully,
Louise Towriss,
(Mrs. William G. Towriss)
Box 171, Athens, Leeds County, Ont.

From Mrs. H. Fowler,
Advertisement seen in "Clinton News Record".
Ho! the fun of the "Limerick age."
How we always do watch for that page.
It can't be the "dimes"
That inspire all these rhymes—
We just write them because it's "the rage".
P.S.—This one is sent for fun and good measure.

Dear Sir:— I received my Limerick dollar last night and wish to thank you for it. I am sorry to see that the contest is closed. I hope you will open it again, however as I enjoyed both reading and writing Limericks, I think it's a splendid way to advertise. Sincerely yours,
C. Grace Hubley,
Arundel, Que.

Sunday School Lesson

May 12. Lesson VI—The Early Ministry of Jeremiah—Jeremiah 1: 4-10; 2: 8-15. Golden Text—We ought to obey God rather than men.—Acts 5: 29.

ANALYSIS.

I. TITLE OF THE BOOK AND STORY OF THE PROPHET'S CALL, ch. 1: 1-10.

II. HIS MESSAGE OF WARNING AND OF GRIEVE, chs. 2: 8, 10, 11; 3: 8; 9: 2.

III. HIS SPEECH IN THE TEMPLE COURT, ch. 26: 1-24.

INTRODUCTION—Jeremiah has been called a "moral enthusiast," but that name might have been given to any of the great prophets. They were all moral enthusiasts. Jeremiah has been called also, more appropriately, "the prophet of personal religion" (see Gordon—Prophets of the Old Testament). He saw perhaps more clearly than any of that age that true religion enters deeply into the minds and hearts of men and controls the whole life. To him religion and morality, religion and righteousness, were one and inseparable. It is a mistake to call him the "weeping prophet." While it is true and altogether to his credit that he could and did weep over the sins and misfortunes of the people whom he loved, it is also true that he could blaze with indignation against foul iniquities, and, shrinking and sensitive though he was, could stand like a rock of adamant for what he held to be right.

Jeremiah's prophetic ministry began in the reign of Josiah, about B.C. 626, a little more than one hundred years after Isaiah, and continued for more than forty years. Like Isaiah his lot was cast in a period of great and tragic change. He saw the decline and fall of the Assyrian empire, the triumph of the rising power of Babylon, and the end of the kingdom of Judah, together with the captivity and exile of multitudes of her people and the destruction of their beloved holy city and temple. He felt most keenly the miseries of his time, and they are reflected in many passages of his book of prophecy.

I. TITLE OF THE BOOK AND STORY OF THE PROPHET'S CALL, ch. 1: 1-10.

Verses 1-3 give title and date and tell us of Jeremiah's home and parentage. Anathoth was only a short distance to the north of Jerusalem, a city of priestly families (Josh. 21: 18), to one of which Jeremiah belonged. It was to Anathoth that Abiathar, the priest, the friend of David, was banished by Solomon, because he had conspired against him, 1 Kings 2: 26. We may assume, therefore, that Jeremiah was well brought up and instructed in the religion of his fathers. The thirteenth year of Josiah's reign was B.C. 626. His ministry continued until the eleventh year of Zedekiah, B.C. 586. For the contemporary history of Judah see 2 Kings, chs. 22 to 25.

Jeremiah is presented to us as the child of destiny, known and ordained before his birth to be God's prophet unto the nations. And yet, in the fulfillment of his destiny, his own consent and obedience have a part, vs. 5, 6. Gordon (Prophets of the Old Testament) writes, "Jeremiah's call is more of the nature of a spiritual birth, in which the gracious influences of bygone years come to their fruition. As he walked through the fields of Anathoth in quiet communion with his God, the meaning and purpose of his life lay suddenly unveiled before him; and with a full sense of responsibility he accepted the divine commission, and went forth as Jehovah's prophet." At first he shrank from the

An Observatory in Mid-Syria

Located in the heart of Syria, Ksara Observatory has had, ever since its founding in 1906 by Jesuit priests an active history. At the time of its establishment the warlike parties resented the intrusion of Europeans and set out to make their lives miserable by frequent raids and robberies. These attacks continued until the World War, when the observatory was seized and burned by Turkish troops. The scientists were banished to France, and their records were destroyed.

At the close of the war, Father Berlot, the founder, returned and rebuilt the mission and observatory on a large and more complete scale.

Documents found in Genoa indicate that the trip of Columbus to discover America cost \$6,000. The interest return has been pretty fair.

Cleaning Silver

If a package of ammonia in powder form is kept on the kitchen drain-board, it is a matter of but a moment to clean the silver that has been blackened from contact with egg-yolks and similar foods. Simply thrust the pieces into the powder and rub them between the fingers a moment; then rinse them in warm water and the silver will look as shiny as if it had been polished.

You can hurt some people more by laughing at them than by shooting at them.

PROXY BRIDE ARRIVES



Zeezar Deenik, Dutch-Canadian farmer of Huttonville, near Brampton, Ontario, and his proxy bride, formerly Miss Box of Holland. Bride and groom met while the latter was attending agricultural college in Holland, and before sailing for Canada Miss Box went through a form of proxy marriage. Photograph shows the bride and groom reunited at the Canadian National Railways station, Montreal, where Mr. Deenik was waiting for his future wife. The couple left Montreal for Huttonville, where they were to be married on arrival.

task. He was young—a child—how could he speak the words of God? Then comes to him the divine commission, the encouraging assurance of the ever-present help of God, vs. 7, 8, 17-19. It is a high commission, indeed, that is given to the young prophet, to speak words of authority and of power over the nations and over the kingdoms, to break down and destroy the evil, to build up and plant the good. How faithfully and how truly he performed his task, history abundantly shows.

II. HIS MESSAGE OF WARNING AND OF GRIEVE, chs. 2: 8, 10, 11; 3: 8; 9: 2.

Very faithfully and very earnestly the prophet has warned the people and urged them to turn from their evil-doing into the way of righteousness. He has pointed to the Scythian hordes from the north, which at that time were spreading themselves far and wide over the territories of the now weakened and helpless Assyrian empire, as the instruments of Jehovah's punishment. His warnings and pleadings are still practiced, ch. 6: 7. He breaks forth in 6: 10, 11, in furious protest. The inevitable penalty of their sins in the just judgment of God, will have to be borne both by them and their children, by husband and wife, by young men and old together. These verses show clearly the difficulties which Jeremiah had to face and the passionate intensity of his message. His heart is faint with sorrow, and there were moments when he would fain have abandoned his thankless task and sought the rest and peace of the wilderness. The whole of the passage, chs. 8: 18 to 9: 6, should be read.

III. HIS SPEECH IN THE TEMPLE COURT, ch. 26: 1-24.

This speech appear to be the same as that reported in 7: 1-7, but with the events immediately following described at length. The reign of Jehoiakim B.C. 608 and continued to B.C. 597. Although a son of the good king Josiah, he proved to be one of the worst and wickedest of the rulers of Judah (see 2 Kings 23: 36 to 24: 7, and Jeremiah's strong words in 22: 13-19).

Shiloh (v. 6) had been destroyed by the Philistines in Samuel's time, after having been long recognized as a national sanctuary, 1 Sam. 4: 10-12; Psalm 78: 60; Jer. 7: 12-14. This declaration of Jeremiah aroused the anger of the assembled people, and they would have condemned him to death. The priests and the prophets accused him before the council of princes. For Jeremiah's denunciation of the evil-doing of these false ministers of religion see chs. 2: 8; 5: 30, 31; 8: 10; and 23: 13. Jeremiah's answer to the accusation was fearless and bold, and made a strong impression upon his judges (vs. 12-15). His one desire for them is expressed in his earnest exhortation. Amend your ways and your doings, and obey the voice of the Lord your God. By repentance and amendment of life the calamity which he foresees may be averted (see also vs. 3, 19 and 18: 7-8).

The words of the prophet Micah were recalled by no member of the court (Micah 3: 12). Uriah or Uriah (v. 20) is nowhere else mentioned. Jeremiah on this occasion had staunch friends who stood by him and protected him from the king's wrath, else his fate would have been the same as that of Uriah (v. 24).

An Enigma

We comprehend the earth only when we have known heaven. Without the spiritual world the material world is a disheartening enigma.—Joseph Joubert.

In an effort to clean up booze in New York, officials are going to employ municipal hooch sniffers or, in a manner of speaking, civic scenters.—Arkansas Gazette.