

A LETTER TO SMOKERS

contributed by Mrs. Kostenbauder

Forty years ago people looked on smoking differently than we do today. It was immoral for young people--boys or girls--to smoke; you had to be grown up before it was accepted in good society.

Today smoking is identified with leisure and pleasure and most parents would prefer that their children do not smoke. Statistics point to lung cancer and heart disease as a result of chain smoking and there is definitely something to this--we can't brush it aside.

What is there about smoking that makes people spend their money, irritate their noses and throats, make their breath offensive to others, become nervous, and run the risk of dying from cancer or heart disease? Smoking benefits only the manufacturer--a man or woman does not benefit by it!

Tobacco companies give no reason why a young boy or girl should start smoking. I'm afraid they'd have a hard time selling the idea. They have nothing to promise, no arguments to put forth. They simply say that their cigarettes are mild, they satisfy, they taste better (?). What taste of flavor is there to smoke? Ask people why they smoke and most of them will say that they don't know. A great many will say that they would give a lot to be able to quit and wish they had never started.

HERE IS THE WHOLE POINT OF THIS LETTER TO YOU. You are now in a wonderful position to make decisions for your own future health and happiness. Smoking offers so little in the name of pleasure and demands so much in return. The indefinible "pleasure" derived is paid for by sacrificing a measure of vigorous health, a sense of well-being, a lot of money that could be put to much better use--and for many people, it may mean a premature death. Think about it.....

THE COMMON COLD

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There are three periods in the year when the common cold is wide-spread: September--late January after Christmas--and now in spring. Colds in the last season have been caused generally by a lot of allergens. In the budding spring there are a lot of pollens in the air from various kinds of trees, weeds, and flowers.

The best treatment for a cold--when you feel a cold coming on, one day in bed may be good enough medicine. For the runny nose and fever type of cold it requires three days in bed. Bed treatment regulates the body temperature, avoids chilling or exposure, and keeps the cold sufferer from passing his cold on to someone else.

Within twentyfour months medical journals predict we will have a vaccine which will prevent 60 to 70% of the common colds.