

# OUR COMIC SECTION

## It Comes To Every Man!



# WHAT to EAT and WHY

## C. Houston Goudiss Suggests the Part Played by Diet in Helping to Prevent the Common Cold

By C. HOUSTON GOUDISS

STATISTICS compiled over a period of years indicate that during the months of January and February, the number of colds and other respiratory infections continually mounts. Usually a peak is reached in late February or early March. It is during the next eight or ten weeks, therefore, that, in the light of past experience, more adults will lose time from their work and more children will be absent from school, as a result of colds, than at any other period during the year.

### The Tremendous Cost of Colds

It has been estimated that colds cost the United States more than a billion dollars a year. That figure, of course, is only an estimate. It merely attempts to gauge the dollars and cents lost in wages; and in the money spent in an effort to overcome colds. It does not take into account the discomforts that may be caused by this common complaint. Nor does it allow for the possible after-effects of a neglected cold.



### Cause and Cure Obscure

No scientists today are willing to state what causes colds or how they may be cured. Large numbers of clinical and laboratory tests have been performed throughout the world in an effort to discover why we catch cold. Numerous records have been made concerning colds in men, women and children, as scientific workers have patiently and persistently tried to investigate the cause of colds. They have sought even one clue that might help us to outwit this common enemy!

Various theories have been advanced. Many have been discarded, and others have been considered sufficiently plausible to investigate further. There is one point on which many authorities agree: that is a belief that a cold is caused by a germ so small that it cannot be seen by the most powerful microscope.

It has been suggested by a number of competent observers that whenever the weather becomes damp and raw, and wherever crowds of people gather together, the cold germ may find victims among those whose resistance is low.

### Prevention Rather Than Cure

Though we may not know precisely what causes a cold, nor how to cure it once we have been stricken, we can and should help to build up bodily resistance, so that we develop strong reserves against the unknown cold germ and any others lurking about.

Inasmuch as a program for building up bodily resistance is one which encourages greater health and longevity, it is a program which all forward-looking homemakers should put into effect for their families.

### Helping to Build Resistance

Such a program should include proper food, normal elimination, adequate exercise and sufficient rest and sleep so as to avoid fatigue. Just as food plays an important part in helping to promote growth, maintain health and increase the chances for longevity, so does it have a stellar role in the battle to prevent colds.

### The Right Food a Strong Weapon

The well balanced diet, as I have previously stated, is one that is built, first of all, upon a firm foundation of the protective foods—milk, eggs, fresh fruits and vegetables. These are the foods that are richest in minerals and vitamins—substances which help to regulate body processes and help to guard against deficiency diseases.

There should be adequate protein to allow for the demands of growth and to help repair worn-out body tissue. There should be enough bulk or cellulose to help

promote normal elimination. And there should be a sufficient amount of water and other fluids; for water flushes the countless channels of physical existence, as it passes from the body through the lungs and skin, as well as through the kidneys and the large intestine.

### Significance of Vitamin A

Nutrition authorities are frequently asked, "Is there any specific food substance that may be said to be particularly helpful in preventing colds?" or "Is it true that vitamin A is especially valuable in combating colds?"

Here is one answer to both questions: scientists have found evidence that vitamin A, which occurs most abundantly in milk and other dairy products, and in green, leafy and yellow vegetables, helps to keep the epithelial cells of the mucous membranes in good condition, so that the natural defenses are preserved.

One of our outstanding nutrition authorities has gone on record as saying that in his opinion, at least four times the amount of vitamin A required for apparent health

may bring a good return in health protection.

It is important to remember, however, that the best single piece of advice that can be given regarding diet is to eat moderately of well balanced meals.

### Don't Overeat

In addition to partaking adequately of the protective foods, those who are endeavoring to plan a program of living that will help to prevent the common cold should likewise guard against overeating.

One should also do everything possible to avoid coming in direct contact with persons who have colds.

Through a routine of correct eating and sound habits of hygiene, the homemaker can go a long way toward helping her family to prevent colds. Remember that here, especially, an ounce of prevention is worth perhaps more than a pound of cure!

### Questions Answered

**Mrs. L. A. C.**—No, it is not essential to include an egg in the school child's breakfast, provided he receives an egg in some form during the day. An ample, and easily digested breakfast might include fruit, cereal with milk, toast and milk to drink.

**Miss C. M.**—Yes, it is true that molasses contains calcium. The amount in a tablespoon and a half has been compared to the amount of this mineral which can be obtained from one and one half cups of diced carrots.

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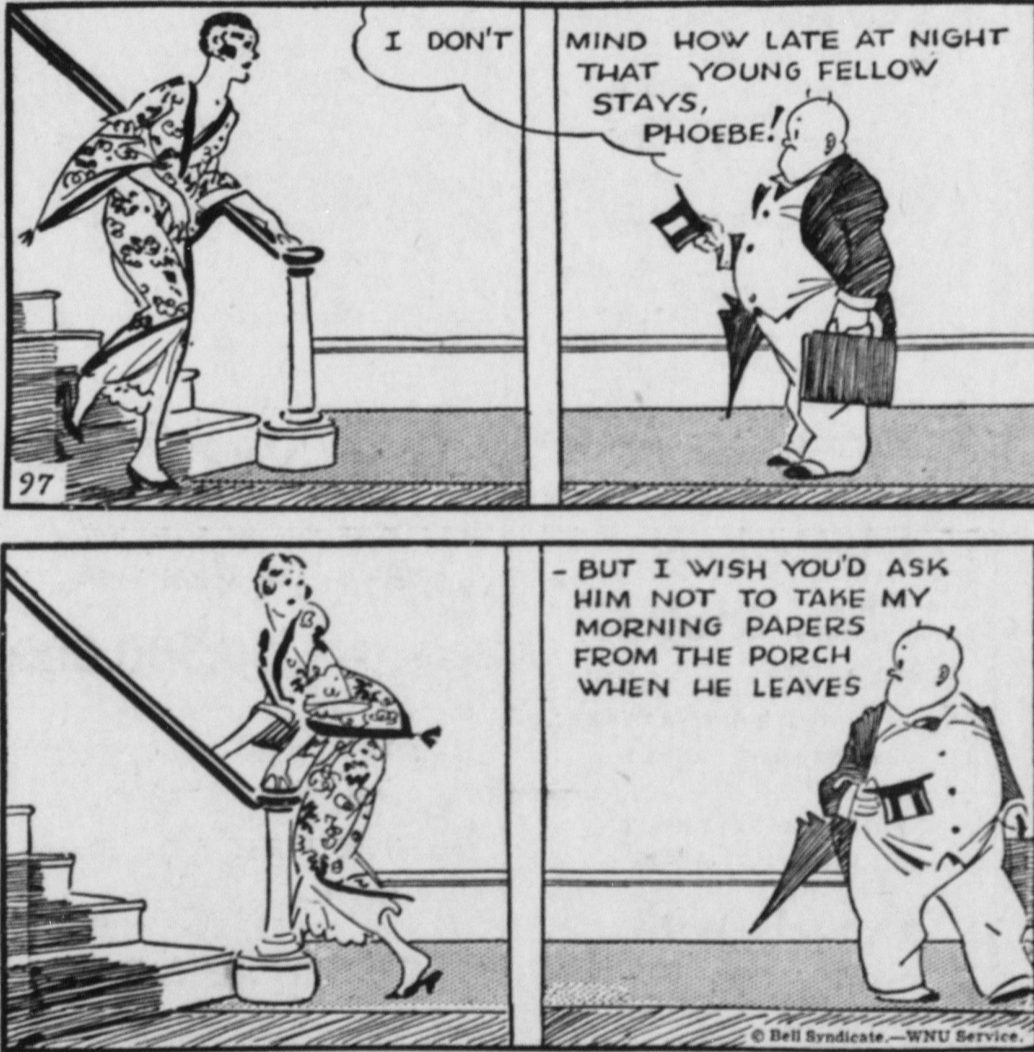
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### PAGE ADAM AND EVE



"What did you say?"  
"That I feel sort of naked without any lea-es."

### Has More Than One Name for It

"What kind of a car do you drive?"  
"I don't know for sure," said Mr. Chuggins, "whether it's what the factory named it, or what I call it in a smash-up."

### He'll Change

Bill—Isn't it awful that George is going to get married?  
Tom—What's awful about it?  
Bill—Why, George was such an easy chap to borrow money from!  
—Montreal Star.

### GETTING HIS BEARINGS



"Fred proposed to me twice the past week."  
"Must have been practicing up for the proposal he made me last night."