

AN INDEPENDENT NEWSPAPER

(Published every evening and Sunday)
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The Register-Guard's policy is the complete and impartial publication of all news and statements on news. On this page, the editors of The Register-Guard offer their opinions on events of the day and matters of importance to the community, endeavoring to be candid but fair, and helpful in the development of constructive community policy.

A NEWSPAPER IS A CITIZEN OF ITS COMMUNITY.

CHALLENGE TO CITIZENSHIP.

THE failure of the legislature to find the solution of Oregon's financial problems during the week of its special session is not surprising. On the whole, the legislature is to be congratulated for not acting in haste. The vote on the general sales tax can be regarded only as a test at this time. Final action on the financial program as a whole may not come for several weeks.

Nobody wants to see a single vital service of the state abolished, although it is quite obvious that all expenses must be cut. Nobody wants to see any additional taxes of any kind, although it is quite obvious that property must be given some relief.

When the legislators convened in Salem they were handed the proposed budget for the next two years showing requirements cut from the 17 million figure of 1929 to a little more than 9 million at present. They were told that despite all these retrenchments, falling revenues from property taxes and income taxes had left a \$3,500,000 deficit.

In the first days of the special session there was a wild shout to bridge that \$3,500,000 gap without further taxes, regardless. It soon became apparent that this could not be done without actual abandonment of many of the services which Oregon people regard as vital. Education, for instance, would have to assume an appalling curtailment.

There has been some wild talk, mostly by group lobbyists, about a moratorium on state debts, even default. This would be insane. It would not only wreck the credit structure of the state, but might wreck banks, insurance companies and industries which have counted on the good faith of the state.

There has been talk of deficit operation, indefinitely prolonged. This is nonsense. We are at the breaking point in state credit. Start paying the state's bill in depreciated warrants or frozen warrants and you arrive at default by rapid descent.

On the other hand, balancing the minimum state budget and relieving some of the present burdens on property for local expense can do a great deal toward freeing business by saving some counties and school districts which are now in virtual default.

Sales tax or a sweeping income tax? We believe the income tax is sounder but can see the practicability of a sales tax if the income tax cannot be made to work. The protest against all new taxes is very loud, but is it justified? Are most of us as poor as we make out?

Although we have more than 50,000 unemployed we still have at least 150,000 in some type of gainful employment. Yet only 17,000 paid any type of income tax last year. No doubt many who escaped income and intangibles taxes paid property taxes but it is safe to say that at least half of Oregon's employed population is still escaping direct taxation of any sort.

This situation is not so much a challenge to the legislature as it is to Oregon's citizenship. No use crying about mistakes. Are we going to default on public credit? Are we going to wreck our institutions? Are we going to turn tail and run in a crisis?

This is the state the Pioneers built!

SAVING A LOST DEER.

AT heart men are kindly animals. Take the case of that venturesome doe who swam across the Willamette river and got into the jungles of the manufacturing district below the St. Johns bridge a ways.

Men saw her struggling in the water near a log boom. They stopped their work and went to the rescue. Even the bossman became interested. One man got out on a big log and jockeyed it across the mill pond to a point where he could shove it under the deer.

Then he poled this strange raft with its strange passenger back across the pond to a point where a crane could hoist log, man and deer out of the water. Somebody had donated the use of a large truck and a driver (without thought of gas, maintenance and depreciation charges) and the deer was transported to a suitable place in the forests of Washington county.

Of course, this was not the hunting season. Besides the animal was a doe. But it would have been easy to take advantage of the situation to get a few strips of backstrap for the poor, as which no doubt most of the rescuers could classify. Nobody thought of that. The wandering doe with her great round eyes was appealing. Come hunting season, it might be another story, but men do not shoot a doe trapped in a logboom, do they?

We are kindly animals but at the same time inconsistent. We will rescue a doe out of season and shoot her offspring in season. We are much the same in our attitude toward fellow men. We will do heroics over the victims of flood, fire or earthquake, but we find it hard to sustain pity for those who are merely victims of unemployment. Most of us would die grandly for our children; most of us groan horribly at the thought of school taxes to educate them.

Are men kindly animals only when they can be dramatic about it?

HEALTH WORK THREATENED.

CHRISTMAS SEAL sales in Lane county this year have fallen short of the \$2,300 goal by about \$1,200. Unless some way can be found to raise the equivalent it may be necessary to curtail the very valuable activities of the Health Association in county and city schools. Among these is the work of the city school nurse.

Every effort should be made to keep these activities from being cut any farther than they have been cut. The recent "flu" epidemic is a warning that in hard times, health problems are especially acute. When large number of people are underfed and underclothed and poorly housed disease gets in a deadly work.

Any school teacher will testify that at the present time the help of a school nurse is almost invaluable. She sees to it that neglected youngsters get proper care. She protects the strong child as well as the child who is sick.

Rather than see this important protective work

abandoned, the school board should try to find some way of squeezing it into the budget. It is difficult to suggest any additional expenditures at this time, but such an expenditure as this is just as worthy of an appropriation from the emergency fund as a broken door or a leaky roof.

LEADING THE RETRENCHMENT.

MEETING in special session at Portland Sunday, the state board of higher education hacked another \$130,000 out of the operating appropriations for the University, the State College, the Normals—this in addition to the \$670,000 cut made in November and the \$1,500,000 cuts made in the last two years. Total, approximately \$2,630,000 saved. In place of the \$9,700,000 budget of 1929-30 there will be a budget of less than \$7,000,000 the next two years from all sources, federal, state, foundations, fees.

State support, now limited to millage only (except for the agricultural work which gets an extra \$305,000 in the "continuing appropriations") will not exceed \$2,000,000 a year on the reduced base. Salaries have been cut twice for an average of approximately 30 percent. Although enrollments have dropped somewhat with the depression, they are still far beyond what they were in 1920 when millage was "fixed," but in the general retrenchment many teachers have been dismissed. This means that in addition to accepting heavy salary cuts, the teachers who are still on the payroll are carrying nearly double work.

If the legislature goes through with the plan for abolishing the \$308,000 in continuing appropriations, it will be folly to expect the general budget to absorb those cuts. Reduced the agricultural appropriations should be in at least full proportion to the cuts made elsewhere and there is plenty of evidence to show that the present amount of agricultural aid is out of line with the rest of the educational budget. Many of the activities now charged to higher education do not belong there but under the state department of agriculture, if they are to be undertaken.

Be that as it may, it is time to impress on legislators and on the Oregon public that higher education is not lagging behind the retrenchment program but leading it. Teachers in these schools have taken salary cuts and added teaching loads with admirable spirit, but there is such a thing as a breaking point. There is a real danger of lowering the standards of the Oregon schools to a point where they will cease to be recognized, losing foundation support and federal support. Higher education is doing its bit. It is time for other departments to measure up.

"Higher Education Hacked Again." It's getting to be an old story. Compared with pupil cost in some of the local districts, higher education is getting to be lower education. Possibly this is the answer to the old question how high is up.

A Lane county man is proposing to make a census of rabbits. Ajax McGurk says that of course such a census will have to be "as of such and such a date."

Ajax McGurk says that if Jack Garner knows any painless taxes, he ought to name three. That settles a good many questions.

WHAT OTHER EDITORS THINK

IS POLITICAL SCIENCE "COCKEYED?"

DR. RAYMOND MOLEY, professor of public law in Columbia University and confidential adviser to President-Elect Roosevelt, is quoted as having said that "the trouble with much of what is considered knowledge in political science is that it cannot be used. Its premises and conclusions are cockeyed."

This remark will likely take a place alongside the dictum of Mr. Henry Ford that history, on much of it, is commonly taught, is "bunk." And yet it is different in that the speaker in this instance has spent his career in the field about which he is talking.

Conceded as he has phrased it, Professor Moley's statement will find a measure of agreement on the part of every professor of political science; they will disagree only as to what section of the subject or what set of theories it characterizes, for it certainly cannot mean their own. But in view of the Columbia professor's role in the recent campaign, the statement probably will generally be taken to signify a renunciation of the academic for what is called the practical in politics.

Possibly no one has formulated a better or homelier definition of political science than a western law professor who said it was simply the study of how people get along together in a civilized society. And in this everyday business of getting along together and at the same time getting things done, the practical politician—he he honest—has his uses. For he forms his theories. He forms them out of his intimate contacts.

The genuine student of the political sciences oftentimes can determine more definitely how these practices will work out, because he has information as to experience elsewhere or can check them against proven fundamentals of government. To a greater and greater extent the researches of universities and civic foundations are developing solid and pertinent factual material about the working of public administration which practicing men cannot afford to ignore.

Nor can the practical politician ignore certain deep forces of which scholars often are more aware than are they. These are the continuing demand of men for more honesty in government, the persistent striving to find better methods and the higher plane of the possibility of attaining a higher plane of public justice. The ward leader who leaves them out of account, who expects always to move his votes like the pawns on the professor's chessboard, is theorizing on uncertain premises. Political science, whether "practical" or academic, must prove its way as it goes.

AN EDITORIAL ON HEALTH

By DR. MORRIS FISHER
 Editor, Journal of the American Medical Association, and of Hygiene, the Health Magazine

THE incubation period in whooping cough is the period from two to 10 days before the child begins coughing. During this period the child is infected but not sick. Therefore, the youngster who is exposed to whooping cough must be watched carefully for at least 10 days after his contact for the signs of whooping cough.

During this period there may be symptoms resembling those of a common cold. After the characteristic whoop and the paroxysms of coughing appear, the child is likely to be able to spread the disease for at least three weeks longer. Therefore, doctors advise that children be kept apart as long as the cough continues and for two weeks after it ends.

The doctor diagnoses whooping cough not only by the typical coughing spells, which are usually accompanied with redness of the face and the development of a thick, sticky mucus in the mouth, but also by changes which occur in the blood in this disease.

Not only do the white blood cells increase in number, but a particular form of the white blood cells, known as the single nucleus cells, or lymphocytes, increase even more than do the others.

The total period of quarantine may be as long as six weeks. In attempting to control whooping cough all sorts of methods of prevention have been tried, including inoculation of the blood from people who are recovering from the disease, the injection of germs that have been killed, with the idea that these injections will stimulate the body to form antibodies against the germs of the disease, and many similar measures.

SIDE GLANCES



HINTS ON HOUSEHOLD ARTS

By SISTER MARY

WITHIN the last few years scientists have presented definite evidence that the food substance known as vitamin B is a mixture of several vitamin factors, each playing an important part in nutrition.

Dr. Walter H. Eddy warns us that "the absence of this vitamin from the diet results in the cessation of growth, the growth ceasing relatively quickly following the deprivation of the factor for unlike vitamin A, the body cannot store this vitamin and its removal from the diet results in fairly rapid evidence of the absence. Its absence also results in a multiple inflammation of the nerves which is called 'polyneuritis' and this inflammation is accompanied by loss of control of certain muscular activities." This is one of the indications of the disease known as beriberi and its direct relation to this disease has given it the name of anti-beriberitis vitamin.

The other factor of vitamin B is considered a preventative and also a curative if the disease has not gone too far, for pellagra.

In children, lack of growth, loss of weight, failure of appetite and digestive troubles are apparent long before actual evidences of the diseases appear. These conditions usually indicate lack of the B vitamin in a child's diet, and if foods rich in vitamin B

are provided the trouble easily can be corrected.

Yeast is the richest known source of vitamin B, but it is widely distributed in whole cereals, vegetables, fruits, nuts, eggs and dairy products. Although milk was once regarded as an excellent source of vitamin B, recent investigations have shown that this is not true.

As long as the natural acidity of the foodstuff is undisturbed, heat has little effect on vitamin B, but as the acid is neutralized destruction of the vitamin is increased. The anti-neuritic factor is much more sensitive than the anti-beriberitis factor. In order to conserve both factors care should be taken not to over-cook foods and to avoid the use of a neutralizing agent wherever possible. The use of soda in the cooking of green vegetables is a bad practice, for it is a means of destroying the vitamin.

Whole grain cereals are particularly rich sources of vitamin B and they are one of the cheapest. During the winter months the regular use of entire grain cereal products is an economical measure that insures an adequate supply of vitamin B in the normal diet. Wheat cereals, cornmeal, rice, crushed oats, rye meal and barley offer a variety from which to choose.

Clara Trazler and Miss Elva Roberts were appointed as a committee to arrange for special features during the first quarter of the year.

Mrs. Gladys Fisher who was taken to the hospital on Eugene last week, suffering from pneumonia is reported as some better but still very weak.

CHORUS TO BROADCAST

The first radio concert of the Albany college polyphonic choir will be broadcast over KOAC from 8:30 to 9 p. m. Tuesday. Miss Nancy Thiel, music instructor at Albany college, and a graduate of the University of Oregon where she was soloist in many musical events, will direct the group of 38 singers in the broadcast. Walter Johnson will be announcer.

Reception Is Event Given Sunday

Honoring their son and daughter-in-law, Mr. and Mrs. Duane Humber (Evelyn Shaner), whose marriage was an event of Monday last, Mr. and Mrs. E. C. Humber entertained Sunday with an informal reception at their home from two until five o'clock. More than seventy-five were invited to call.

Mrs. C. J. Daniel received the guests at the door. Mrs. Fred Lindsay and Mrs. E. A. Reiling assisted about the rooms.

Mrs. Walter St. John of Portland, mother of the bride, and Mrs. E. C. Humber poured Mrs. Duane Humber and Miss Velma Meacham assisted in serving.

Gives Tea

Miss Julia Burgess entertained at an informal tea at her home Sunday afternoon to honor Mrs. S. Stephenson Smith (Miss Jean Rasch), whose marriage was a recent event.

PARTNERSHIP AND READJUSTMENT SALE

One group Sunday Night and formal Dresses, on sale last week at \$5.75.
 This week \$5.95
 One group Coats and Jackets \$5.00
 One group Coats, val. to \$12.00, now \$18.00
 Polo Coats \$8.95
 were \$19.50, now \$8.95

Everything in our store to be sold to make ready for our future plans—Watch for announcement.

ANGELINE SHOP

63 EAST BROADWAY

CAMPUS SOCIAL EVENTS LISTED

Co-Eds' Capers To Be Given On Wednesday

By MARIAN LOWRY

A VARIETY of events is planned for the university young people this week. On Wednesday evening will be given the Co-Eds' Capers, an all women's costume party at Gerlinger hall under the auspices of the Associated Women Students. Among committee members in charge is Miss Lois Greenwood of Eugene.

Friday evening brings the "super superstitious" party to be given by the Wesley club of Methodist Episcopal young people.

The annual "Krazy Kopy Kral" of Alpha Delta Sigma is booked for Saturday evening.

No house dances are down for Friday and Saturday, both evenings being given over to basketball games with Washington State college.

PARTY FRIDAY
 The Harmony Bridge club's party is to be given Friday evening instead of Wednesday as announced and will be given at the home of Mrs. H. H. Peters with Mrs. Al Wood and Mrs. Sam Tibbett as assistant hostesses. Members are entertaining their husbands as guests.

CITY CLUB MEETING
 The Women's City Club is to have its monthly meeting Tuesday evening at the Community Liberal (Unitarian) church. For the program Mrs. Mary Hilburn Jackson will speak on "The Future of the Women's Club Movement," and Mrs. Ralph Crow and Mrs. C. A. Horton will talk on "The Future of the City Club."

BOARD MEETING
 The Y. W. C. A. advisory board is to meet Tuesday morning at nine-thirty o'clock at the campus Y. W. bungalow.

LEGION AUXILIARY
 The American Legion auxiliary is to meet Tuesday evening at the armory for its monthly business session. Plans for the district conference to be held on Thursday evening will be discussed.

AMARANTH MEETING
 Willamette Court, Order of the Amaranth, is to meet Monday evening at the Masonic temple at six-thirty o'clock for its monthly covered dish supper.

ALUMNAE TO MEET
 The Delta Gamma alumnae are to meet Monday evening at eight o'clock at the home of Mrs. Rex Underwood.

P. E. O. MEETING
 Mrs. D. W. Crites and Mrs. Lida MacGowan are to entertain at the home of Mrs. Crites Monday evening for chapter H of the P. E. O. Sisterhood.

BOOK GROUP
 Miss LaVerne Lamb will be hostess for the meeting of the evening book group of the A. A. U. W. Monday. Miss Mildred Hayden is to review Chase's "Mexico."

ALUMNAE GATHERING
 Kappa Alpha Theta alumnae are to meet Tuesday evening at the home of Mrs. Howard A. Hall with Miss June Saunders as assistant hostess.

AFTERNOON MEETING
 The afternoon book study group of the A. A. U. W. is to meet Tuesday at the home of Mrs. Norval Arnes.

MOTHERS MEETING
 Kappa Delta Mothers' club is to meet Tuesday at the home of Mrs. Joseph H. Koke.

WRITERS MEETING
 The Pot and Quill society, group of women writers, is to meet Tuesday evening at the home of Miss Julia Burgess.

ENGAGEMENT TOLD
 The engagement of Miss Maud Sutton and Frank Jay Cobb, Jr., both students at the university, was announced the past week in San Francisco. Miss Sutton is a member of Kappa Alpha Theta and Mr. Cobb of Sigma Alpha Epsilon.

ALPHA CIRCLE
 The Alpha circle of the First Baptist church will meet Tuesday afternoon at two-thirty o'clock at the church for the monthly meeting. "White Cross in China" is the subject and Mrs. Frank Harlow is leader. Hostesses will be Mrs. Wall and Mrs. Saunders. A chop suey luncheon will be served by the circle from eleven-thirty to one o'clock preceding the meeting and the public is invited.

DRILL TEAM
 The Women of the Moose drill team will practice Monday evening at seven-thirty o'clock at the Moose hall.

C. P. AID
 The monthly meeting of the Central Presbyterian Ladies' Aid society will be held Tuesday afternoon at two-thirty o'clock at the church with the North division as host group.

R. N. A. EVENT
 Installation of officers will be held at the meeting of the Eugene camp, Royal Neighbors of America Tuesday evening at the Moose hall.

Calendar

Monday
 6:30 p. m.—Amaranth dinner and meeting, Masonic temple.
 7:30 p. m.—Installation of Spanish American War Veterans and auxiliary, armory.
 8 p. m.—Chapter H of P. E. O. Sisterhood meets at the home of Mrs. L. W. Crites.
 8 p. m.—Meeting of Delta Gamma alumnae at the home of Mrs. Rex Underwood.
 8 p. m.—Kappa Alpha Theta alumnae meeting at the home of Mrs. Howard A. Hall.
Tuesday
 9:30 a. m.—Y. W. C. A. advisory board meeting.
 1 p. m.—Westway club luncheon at home of Mrs. J. L. Woodson.
 Tuesday afternoon—Meeting of Methodist Episcopal aid divisions as announced on this page.
 2:30 p. m.—Central Presbyterian aid society meeting at the church.
 2:30 p. m.—Alpha circle of Baptist church meeting at the church.
 7:30 p. m.—Monthly meeting of Women's City club, Unitarian church.
 7:45 p. m.—Victory circle of Baptist church meeting at the home of Mrs. Bryant Wilson.
 8 p. m.—American Legion auxiliary meeting at the armory.
 8 p. m.—Kappa Delta Mothers' club meeting at the home of Mrs. J. H. Koke.
 8 p. m.—Installation for Eugene camp, R. N. A. Moose hall.

day evening at the Moose hall. Mrs. Ella Devereaux is installing officer and Mrs. Gale Arnes is ceremonial marshal.

INSTALLATION SET
 Joint installation of officers will be held by the Spanish American War Veterans' auxiliary and General Lawton camp at the regular meeting Monday evening at seven-thirty o'clock in the post room of the armory. Refreshments will be served following the installation ceremonies with Mrs. Horace Burnett and Mrs. T. C. Hall as chairmen.

VICTORY CIRCLE
 The Victory circle of the First Baptist church will meet Tuesday evening at seven-thirty o'clock at the home of Mrs. Bryant Wilson. Miss Ethel Plank is in charge of devotions and Miss Mae Kinsey is in charge of the program.

M. E. DIVISIONS
 The Methodist Episcopal Ladies' Aid divisions are meeting Tuesday afternoon as follows: Division one meets at two-thirty o'clock at the home of Mrs. E. J. Erickson, 657 Jefferson street, with Mrs. F. G. Register assistant hostess. Division two meets with Mrs. Harry Balle, 448 Eighth avenue west at two-thirty o'clock. Mrs. Raymond Glass will entertain division three at her home, 1256 Twenty-first avenue east, at two-thirty o'clock. The hostess for division four has not been announced. Division five is meeting with Mrs. P. J. Bartle, 341 Twelfth avenue east, at two-thirty o'clock. Division six will meet at two-thirty o'clock with Mrs. William Schumacher, 2015 Willamette street. Division seven is having a one o'clock luncheon at the home of Mrs. Charles Patrick, 553 Seventh avenue west. Division eight is also having a one o'clock luncheon at the home of Mrs. Frank L. Chambers, 1059 Hilary street. Division nine will meet with Mrs. W. H. Maxham, 1808 Alder street and Mrs. Earl Kast will entertain division ten at her home at 2160 Agate street. Each of these is at two-thirty o'clock.

TO ENTERTAIN CLUB
 Mrs. John Kitzmiller will entertain on Thursday afternoon for the bridge club.

TO MEET TUESDAY
 The Missionary society of the First Christian church will meet Tuesday afternoon at two o'clock at the church. Mrs. Jackson's group will be in charge of the program and Mrs. C. F. Hyde's group six is in charge of the social hour. A playlet "Responsibility Shared" will be presented.

WESTWAY CLUB
 The Westway club of the Women's Benefit association will meet for a one o'clock luncheon at the home of the president, Mrs. J. L. Woodson, 1657 Franklin boulevard Tuesday.

Engagement Of Miss Black Announced

Of interest to many friends is the announcement of the engagement of Miss Melvina Black to O. W. Rosenquist of Seattle. The announcement was made at a party for which Miss Black entertained Friday evening at a tea at her home Saturday afternoon. Guests for the party Friday evening were Miss Eva Young, Miss Ruby Young, Miss Edith Young, Miss Affie Reagan, Miss Ruby Jane Allen, Miss Frances Hofmann, Miss Lou Haliburton, Miss Hazel Fisher, Miss Beryl Deford, Mrs. M. A. Blum and the hostess, invited Saturday were Mrs. Ada Coleman, Mrs. Harold Archibald, Miss Edith Coleman, Mrs. Gertrude Sears, Miss Mildred Hayden, Mrs. M. A. Black, and Miss Black. No date is announced for the wedding.

Mrs. Watts Hostess At Luncheon

Mrs. Amelia Watts entertained Friday at a one o'clock luncheon for the officers of the two city W. C. T. U. organizations. Those present were Mrs. Katie Morris Cleaves of Seaside, Hollywood, Calif.; Mrs. T. C. evangelist superintendent of W. C. T. U. for the Pacific Northwest, Mrs. L. E. Alumbaugh, president; Mrs. Martha Guitley, vice-president; Mrs. Laura Trachsel, secretary; Mrs. L. L. Woods, treasurer; and Mrs. Amelia Watts, director of devotional and reports, all of Central Union. Mrs. F. E. Crafts, president and Mrs. D. C. Boyd, secretary of West Side Union.

In the afternoon Mrs. Cleaves entertained with a report of the week among the colored race. The report has made the most progress in the shortest time of any race in history, she said. She also gave a resume of Handel's Messiah, and a description of Beethoven's Feast, making a parallel between that time and the present day.

Plan Benefit

The Ladies' auxiliary to the Fraternal Order of Eagles will give the third of a series of benefit card parties Wednesday evening at eight o'clock at the Eagles hall. A lodge session will precede the party at seven-thirty. Refreshments will be served and Mrs. Hannah Johnson, chairman of the committee in charge

tain on Thursday afternoon for the bridge club.

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Beware of Colds NOW!

With Flu in the Air
 Colds Are Doubly Dangerous

Colds—always treacherous—are doubly dangerous now, with flu reported in many sections. They lower body strength and pave the way for flu and all its serious complications. Heed even the slightest sniffle as a danger signal. It's no time to take chances.

The safest course to follow is that outlined in Vicks Plan for better Control-of-Colds. In clinical tests last winter, Vicks Plan reduced the number and spread of colds by half!—cut their dangers and costs more than half! Full details of the plan are in each Vicks package. Briefly, it is this:

TO PREVENT MANY COLDS: At that first feeling of stuffiness or nasal irritation, sniffle or sneeze—Nature's usual warning that a cold is coming on—use Vicks Nose & Throat Drops, the new aid in preventing colds. Vicks Drops aid Nature in throwing off the infection that threatens. They prevent development of many colds.

TO END A COLD SOONER: If a cold has developed or strikes without warning, vigorous measures are necessary. At bedtime, apply Vicks VapoRub. Its direct double action—continuing through the night—brings quicker relief. During the day, use the convenient Vicks Nose Drops every few hours as needed. They add to comfort—help shorten the cold.

Follow Vicks Plan for Better CONTROL of Colds