

TOO MUCH SMOKE, DUST AND DRY AIR BRING ON COLDS

Absence of Exercise, Late Hours, Worry, Overeating, Proximity to Those Suffering, Among Other Causes

By Dr. Iago Goldston
(Secretary of the New York Academy of Medicine)

The first injunction on how to catch a cold is, "don't try too hard." There are so many colds around you will catch one easily and without much effort. In the other hand, if you are really ambitious, you can hasten the process in the following way:

Irritate the mucous membranes of your nose and throat. Excessive smoking, especially by lighting the next cigarette with the smoldering butt of the last will achieve this promptly.

Dry-sweep your home or your workplace so as to raise clouds of dust. The more dust the atmosphere contains, the better. Keep the temperature of your place as much above 67 degrees Fahrenheit as you can, and be sure that the air is really dry. This will help you catch a cold.

Get Good and Tired

Avoid exercise. Stay up as late as you can, being sure to accumulate a good debt of fatigue. If you have things to worry about, stew over them good and plenty so as to do a first-class job.

Never mind dietetic prescriptions. Just eat what you like, when you like and how you like. Over-eating and hasty eating are sure to help you catch a cold promptly. If you suffer constipation, just don't mind it, or else use one of the well-known explosive cathartics which is sure to make an impression on your gastrointestinal tract.

Laugh At Weather

Never mind the weather. Dress according to taste and not the thermometer. Particularly eschew warm socks or stockings, raincoats, ade-

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Mrs. Winifred R. Herrick, Salem, is president of the Oregon Federation of Business and Professional Women's Clubs. Born in Jefferson, Ore., she attended Jefferson Institute, business college in Salem, and Willamette University. She is the wife of Byron B. Herrick, Marion county surveyor.

quate overcoats and umbrellas. In this way you will be sure to be caught in a sudden cold spell or in a rain, wearing insufficient clothing and that will certainly help you to catch cold. Chilling your feet and ankles and chilling your head and neck is quite likely to cause you to sneeze promptly, and that is usually a good sign that you have succeeded in catching a cold.

Be a sympathetic soul and search out all those whom you know to be suffering from colds. Encourage them to talk loudly and to laugh and notice how the air begins to be filled with sputum droplets. If you stay long enough and close enough to these persons you will be sure to absorb some of their contagion and your quest for a cold will be achieved.

Mingle With Crowds

If you want further help in this direction, kiss them, use their eating or drinking utensils, shake hands with them frequently and cordially, and then don't wash your hands before eating. If you have no immediate friends who have colds for you to catch, just mingle with crowds wherever you can find them. The larger the crowd and the tighter the pack, the better are your chances for finding a cold.

By doing all these things and not the contrary, you can have the certain assurance that you will get more than your common share of all the colds there are about.

Couple Wedded 75 Years

VALLEYFIELD, P. E. L.—(UP)—Canada's longest-married couple, Mr. and Mrs. Angus MacDonald, have celebrated their 75th wedding anniversary here. Both are 95.

ENGLAND BUILDS NAVAL DEFENSE FOR AERO RAIDS

Army Will Form Secondary Line in Any Emergency—Greater Attention Being Paid Anti-Plane Firing

LONDON (UP)—Defense officials review with satisfaction firing reports of anti-aircraft ship batteries against pilotless radio controlled airplanes.

Fully aware of Britain's vulnerability from aerial attack, the nation's defense program aims to assure maximum protection from sky raids simultaneously a powerful bombing force is being developed to retaliate fully should any continental power wage a war of aggression on Britain.

Geographically it is possible to invade Britain only from the sea or air. For this reason the navy and air force are being expanded rapidly and closely co-ordinated. To support these two main military arms an entirely mechanized army, featuring tanks, chemical units and rapid-fire mounted artillery, is being created.

Army Secondary Arm

The army in case of attempted invasion would form a secondary line of defense at ports and against air raids.

British army officials want their entire force and equipment to move at speeds approaching 50 miles an hour. Such speeds would afford maximum concentrations at danger points due to the smallness of the British Isles. Roads abound in all parts of the country.

Recent naval exercises revealed that increased attention is being paid to anti-aircraft firing. The radio controlled pilotless planes have been sent aloft for three hours at a time flying between 85 and 100 miles an hour at heights up to 10,000 feet.

The Haviland planes

British authorities believe no other country has developed pilotless planes to the same level of efficiency as their own. Planes used are light as Haviland "Queen Bee's." They are powered by a four-cylinder air-cooled engine of 130 horse power. Made of wood, the Queen Bee will float if brought down on the water by gunfire.

The planes have two cockpits one of which is open and can be fitted rapidly with flying controls for use by a human pilot. In the other, closed, cockpit is the series mechanism which guides the machine on its course and controls the engine throttle in obedience to radio signals sent from a ship or a ground battery.

Control Area 10 Miles

Radius of controlled pilotless flight

is about 10 miles from the operating center.

The old aircraft carrier Argus is undergoing alterations to convert her into a mother ship for the robot planes which are launched by catapult.

The Argus will carry 8 to 12 of the pilotless planes. Special gear to salvage planes and radio control apparatus to guide them also will be carried.

SPORT IN SCHOOL FOR SOUND BODIES

MINNEAPOLIS (UP)—The wise maxim of the ancient Spartans—"a sound mind in a sound body"—applies equally well to the public schools of 20 Century America, according to Frank McCormick, director of athletics at the University of Minnesota.

McCormick has outlined a three-point physical education program for public schools of today.

To produce the "sound body" he says, schools should offer and foster:

1. An interscholastic program of competitive games.

2. Teaching of physical education in the classrooms.

3. A recreation or intramural schedule of sports.

"There is a grave need," McCormick said, "for a broad physical education program to take up the leisure hours of the modern world and the public schools are meeting the challenge with a forward program of physical education."

Many schools, especially in consolidated districts in rural sections, continue their physical education program during noon hours and in the evening, including adults in the training.

The two chief aims of the recreation side of the program are to teach individuals how to play and to give them games with a "carry over" value for later life.

MODEL RESIDENCE TO COST \$5500

MADISON, Wis. (UP)—Frank Lloyd Wright, world-famous native Wisconsin architect, has issued a new challenge to public and private sponsors of low-cost housing in designing a dwelling here estimated unofficially to cost \$5,500.

Wright thus is entering a construction field of lower costs than he has attempted heretofore. Long interested in home designing, his own place, Taliesin (meaning shining brow in his native Welsh), twice burned and three erected, has won worldwide attention. He lives near Spring Green, a tiny village in this vicinity.

The dining room in Wright's new

low-cost housing venture will form an adjunct of a big living room. It was learned. The living room is to contain a large fireplace, built as an integral structural feature made out of materials of the building itself.

Wright achieved international recognition some years ago when a hotel he built in Japan withstood the shock of a devastating earthquake.

WAR HERO'S RECORD BARED AFTER DEATH

EAST ST. LOUIS (UP)—The international World War reputation of Walter Welsh was disclosed here through death.

Welsh, a bystander, was fatally wounded in a shooting affair at a tavern.

With his death it was revealed that Welsh, a native of Vermont, served with the Canadian troops in France, and after being wounded while carrying messages was decorated personally by the late King George.

"Good boy," said the King to Welsh. The Canadian government, on learning of Welsh's death and his poverty, paid the funeral expenses of \$100.

Hand-made Clock Faithful

HOLLY, Mich. (UP)—Mrs. Floyd E. Barrett has a clock, carved by her grandfather with a jackknife, which has run constantly for 75 years. The

case, elaborately carved, resembles an ancient building of Gothic architecture, with four sharp spires at the corners.

More Current For Farms

FORT WORTH, Tex.—(UP)—The Texas Electric Service company will construct 250 miles of power lines in

Tarrant county to furnish electricity to 1100 farm homes. The decision was announced after Rural Electrification administration at Washington had earmarked \$285,000 for the purpose.

Closing time for Too Late to Classify Ads is 1:30 p. m.

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Reach brand genuine cowhide football with needle type inflation valve.

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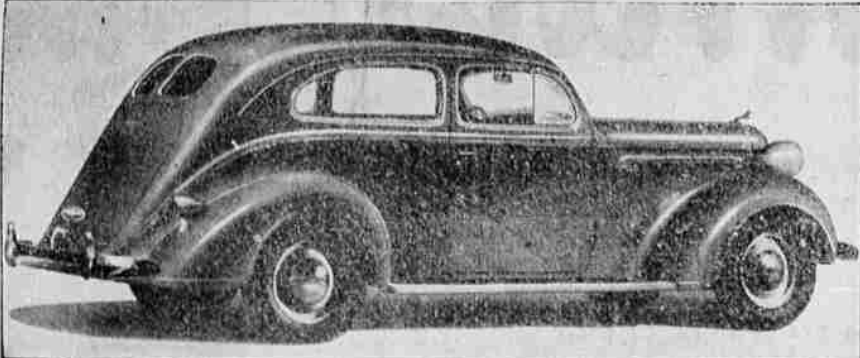
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