How To Fight Common Colds

The best defense against the common cold is to keep one's body in such physical condition that resistance against disease is at its maximum, according to an editorial in the January issue of Neighborhood Health, issued by the Bureau of Health Education of the city Department of Health.

While it may not be possible to avoid every cold, it certainly is possible for the individual to keep his body in such physical condition that his defenses against disease will be at their maximum fitness, the editorial says. Then, even if he does catch cold the disease will be mild, of short duration and free of complications. The rules for maintaining the efficiency of the body are well known. They are no different in the case of the common cold than they are in other conditions.

Health requires eight hours of sleep for the adult and ten hours for the child, the article states. A balanced diet, clothing according to the weather outside exercise daily, avoidance of people with colds, self-medication and avoidance of fatigue are other musts, along with washing the hands with soap and water before eating.

The current issue of the publication is devoted principally to discussion of the common cold. Dr. Yale Kneeland Jr., associate in medicine at the College of Physicians and Surgeons, discusses "What Can We Do About the Common Cold?"

Dr. Kneeland points out that one of the commonest reproaches that lay people hurl against the medical profession is that it "does not seem able to do anything about the common cold." Admitting that this criticism would seem entirely justified, Dr. Kneeland stresses the fact that as colds are caused primarily by a filterable virus, "that is, a germ too small to be seen by a microscope which is passed directly from individual to individual, it is apparent that the medical profession "is sorely handicapped when it comes to preventing them."

"As far as measures designed to immunize the individual himself are concerned, no method has yet been devised to immunize against the filterable virus of colds," Dr. Kneeland says. "If this were possible, the problem of cold prevention might be solved."

Tremendous financial losses are caused annually both to employers and employees as the result of the common cold, says Dr. Leverett D. Bristol, health director of the American Telephone and Telegraph Company, in his article, "The Common Cold and Industry."

Dr. J. Leon Lascoff, president of the American Pharmaceutical Association, points out that despite the advances made in public health education, there still are many individuals who call upon the family druggist "for something good for a cold" In the majority of instances, Mr. Lascoff says, the modern druggist urges the customer that the cheapest and safest method to treat a cold is to go to the family doctor.

A VETERAN AT THE AGE OF 13

Gene Reynolds made his stage debut at the age of 6 at the Comedy Theatre in Detroit in "We Think We Can." He possesses the most publicized face outside of filmdom, having posed for commercial accounts such as milk and health foods. Gene's latest picture is "Boys Town."

STRAWBERRY GROWERS PLAN WAR ON INSECTS

With more strawberries in prospect than Maryland has produced since 1929, lower Eastern Shore growers this week were planning a new campaign to keep their plants free of disease and insect pests.

Ground work for the program was laid when strawberry raisers from lower Somerset county met with experts from the University of Maryland agricultural extension service and talked over plans to fight plant diseases.

The meeting, which was held at the high school at Marion, made preliminary arrangements for cooperative use of a power duster which would treat fields for a few cents an acre against ravages of the strawberry plant weevil.

Dr. George Barrow, University strawberry expert, who devised the Blakemore variety of berry, said losses from disease and the weevil had increased considerably in the Eastern Shore district during the past few years.

He said that red steel and Cape Cod nematode, plant diseases, had been found in several Somerset county fields.

The State and Federal agricultural services indicated mean while that 300 million quarts of strawberries will be produced this spring if weather conditions are favorable.

Growers reporte that their plant beds are in generally good condition at the present time, and the increased production was based on this factor, along with an indicated nine per cent increase in the prospective strawberry acreage for 1939.

Agricultural economists have indicated better marketing prospects for the 1939 crop unless the increased production topples the market.

Eastern Shore Briefs

REFUSE TO RESCIND GASOLINE TAX PLAN

Salisbury — Wicomico county's Board of Commissioners last week refused to rescind a previous order by which it reduced Salisbury's portion of revenues from the State gasoline tax, despite a protest by the Mayor and City Council.

The board's order decreased Salisbury's allotment from $5,339 to $4,800.

Declaring that the county's quota from the gasoline tax is $8,000 more this year than in previous times, John E. Morris, president of the Council, led a delegation of city representatives which appeared before the county commissioners asking more funds for Salisbury.

SHORE CLUB INDORSES JOHNSON FOR CONGRESS

Snow Hill, Md.,—State Senator Thomas F. Johnson, of Worcester county, this week indorsed by the Young Men's Democratic Club of Central Worcester County, for the post soon to be vacated by Representative T. Alan Goldsborough, of the First Congressional district.

CITY ENGINEER ASKS SALISBURY PROBE

Salisbury, Md.&A complete investigation of the City Engineering Department and a public report of the findings were requested by Clarke Gardner, city engineer, in an attempt to end what he termed "unfair statements" directed at him and his office by the Mayor.

Gardner asked the Mayor and Council that an investigating committee be appointed, two members to be named by Mayor Arthur W. Bovee, two by the Council and a fifth by himself to study the activities of his department and any charges brought by the Mayor.

ROCK HALL HARBOR WORK TO BE RESUMED

Chestertown — The last obstacle which has hindered the work of improving the Rock Hall harbor was overcome last week when a deed for the land at both ends of the proposed breakwater was signed and recorded in the office of the Clerk of the Circuit Court here.

The expense of building the breakwater has been provided by the Board of County Commissioners which appropriated approximately $7,000 for completing the work. The Federal Government, which has appropriated $58,000 for dredging and widening the channel and for the erection of a large yacht basin, has ordered all work stopped until spring because of weather conditions.

It is believed that work will be resumed shortly after March 1, and that the improvements will be completed in time for the opening of the summer yachting and fishing season.

LIMIT SOUGHT FOR LICENSING LIQUOR STORES

The Delaware Liquor Commission is consdering proposed legislation to limit the number of licensed liquor and beer establishments in the state.

DELAWARE PARK COMMISSION URGED

Dover, Del.—Creation of the State Park Commission of Delaware to preserve and protect the "scenic, history and wildlife resources of the State and to make them available for public use and enjoyment" is provided for in a bill introduced this week by Senator Burton S. Heal.

The commission would consist of five members, who are named in the bill as follows:

Ann B. du Pont, who would serve until May 2, 1941; H. Rodney Sharp, to serve until May 2, 1943; John B. Jessup, to serve until May 2, 1944; and Charles W. Cullen, to serve until May 2, 19445, upon expiration of the term of office of each of these the Governor would be authorized to appoint the members of the commission for full terms of five years each.

NEW ROADS SUPERVISOR IN QUEEN ANNE'S CO.

Chestertown — William Leaverton of Fairlee, near Chestertown, has been appointed temporary road engineer by the State Roads Commission, for Queen Anne's county upon the recommendation of the Board of County Commissioners.

Mr. Leaverton succeeds J. Russell Summers in that county. He entered upon his new duties last week.

FARM KITCHENS MADE MORE BUSINESS-LIKE

The utilization of discarded pieces of furniture, placed in odd corners of the kitchen in the rural home, to provide a business center for the homemaker of the family, was deconstrated by Miss Bessie M. Spafford, club leader of Caroline county, at a meeting of the Ridgely Homemakers Club last Friday afternoon at the home of Mrs. J. Charles Stevenson.

MANY FACTORS INVOLVED IN SHADE TREE VALUES

While it is usually much more difficult to place a valuation on trees that are useful for shade and ornamental purposes than those intended for lumber, it is generally agreed that a monetary valuation may be placed on these types of trees if certain important factors are taken into consideration. These factors are the species of tree, age, location, rarity, vigor, and certain historical and esthetic values.

According to C. F. Winslow specialist in forestry for the University of Maryalnd Extension Service, it is obvious that an elm tree in the forest may be valued only for the lumber that it contains whereas if it were located in a treeless lawn it might be worth many times this sum to the owner for its esthetic qualities alone. Large, well-formed trees and rare types are naturally worth more than the poorly shaped and common forms, and trees which are resistant to attacks by insects and diseases are much in demand.

For those who are interested in making an appraisal of their shade and ornamental trees, Mr. Winslow makes the following suggestion.

He says that a healthy, well-formed shade tree of the more popular varieties in a desirable residential area is worth about one dollar for each sectional square inch of trunk measured at a point 4½ feet above the ground. In the case of a tree 20 inches in diameter this would give a basic valuation of $314.

If the tree is of a variety not so much in demand for the purposes described, 20 per cent should be deducted from the basic value. If the tree is located where it does not particularly enhance the beauty of the landscape or is not needed for shade purposes, 40 per cent should be deducted and if the tree is poor in shape and condition it will only be worth 13 per cent of original valuation. In addition, it should be remembered that the value of the lot or piece of ground upon which a tree grows will have a direct effect upon the valuation of the tree.

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21	52.50	105.00	32	71.30	142.60	43	107.30	214.60
22	53.90	107.80	33	73.70	147.40	44	111.90	223.80
23	55.20	110.40	34	76.30	152.60	45	116.80	233.60
24	56.70	113.40	35	78.90	157.80	46	121.90	243.80
25	58.10	116.20	36	81.80	163.60	47	127.50	255.00
26	59.80	119.60	37	84.80	169.60	48	133.40	266.80
27	61.40	122.80	38	88.00	176.00	49	139.60	279.20
28	63.20	126.40	39	91.40	182.80	50	146.30	292.60
29	65.10	130.20	40	95.00	190.00			
30	67.00	134.00	41	98.80	197.60	Also issued at ages 51 to 60		

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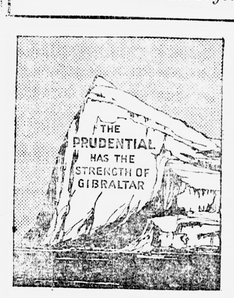

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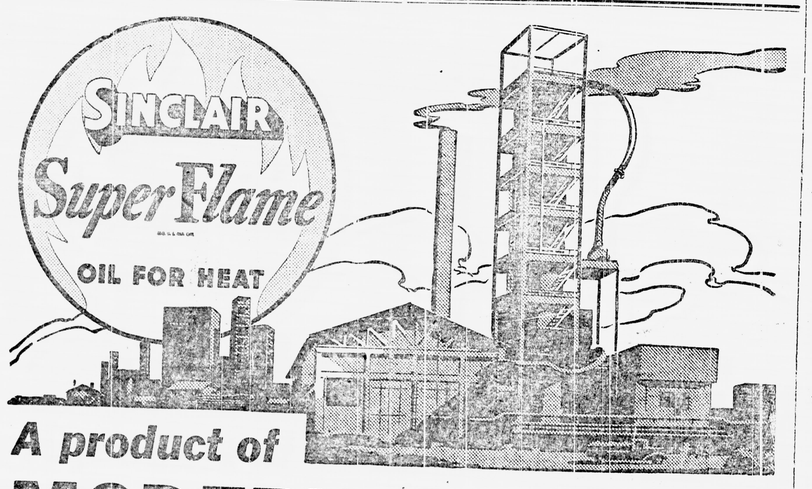

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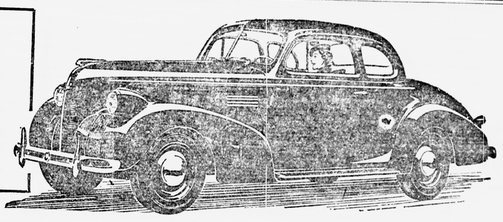

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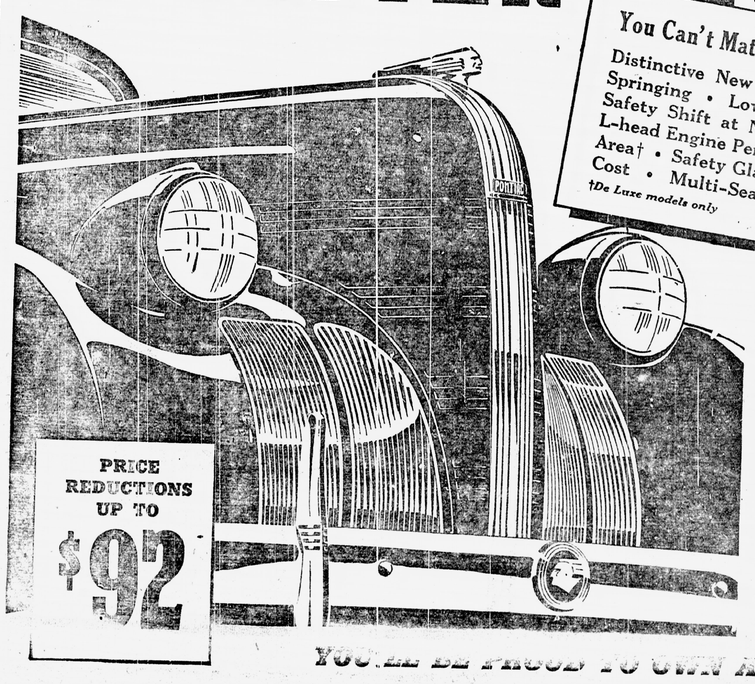

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