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Hay---Ka Choo---Fever
by Jean Sigmond

Red, sniffly noses are the bane of all those who suffer from the common cold, and in particular the distress of those persons who are afflicted with hay-fever. Many persons have erroneous ideas about hay-fever. Science continues to investigate this illness—which is not contagious, which comes and goes in the cycle of a year, which depends so much upon the individual's diet.

Today this malady is believed to be a state of exaggerated susceptibility to various foreign substances or physical agents that are harmless to the great majority of normal individuals. It is believed that the particular sensitivity of a person cannot be passed on to anyone else, and he alone is affected by particular substances to which his tissues are sensitive.

For most people thus affected, their history usually shows that they have been afflicted with eczema during infancy, hay-fever during early adulthood, and asthma in adult life.

But you ask, "Why do certain weeds and foods affect me?" This is due to the reaction in the tissues to the foreign substances. Certain irritating changes result.

In the field of clinical investigation foods which bring about this undesirable condition are being tested. The symptoms are usually observed after the ingestion of certain foods, or they may occur after inhaling the food substances.

In the clinic, trial diets are made up omitting the particular foods which have given positive skin tests. From experiment it has been shown that uncooked food in comparison with cooked food gives larger and more rapid reactions in sensitized areas.

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