1950

Stop That Cold

Pat Pumphrey
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
Pumphrey, Pat (1950) "Stop That Cold," The Iowa Homemaker: Vol. 30 : No. 7 , Article 3.
Available at: http://lib.dr.iastate.edu/homemaker/vol30/iss7/3

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
COMMON colds are most often a case of self-neglect. During days of sniffling and coughing, it’s unpleasant to realize that they are due to your own carelessness in care of your body. So, what can you do about it?

Dr. Allan P. Skoog, medical consultant at the Metallurgy Building, says, “The best ‘cure’ for a cold is its prevention. It takes only normal, minimum care to avoid that fagged out feeling due to sore throats, headaches and running noses.”

“What,” you ask, “is normal care?”

Adequate clothing, a diet of the best possible nutritional value, correct room temperatures, plenty of sleep and rest, a healthful amount of exercise and fresh air, and prompt and necessary medical treatment all help to guard against and cure colds.

Asked about correct clothing, Dr. Skoog replies that the amount and type worn varies with the individual. If you chill easily, you need more clothing than your friend who doesn’t. In general, the rule is: Wear the amount of clothing your body has adjusted to for comfort and warmth. If your roommate chides you for not wearing a head scarf and a pair of flannels, don’t feel guilty, unless you know you’ll be chilled without them. And remember, being too warm can be as unhealthful as being cold.

Keeping your resistance high involves another point—that of correct room temperatures. Best working temperatures range from 68 to 72. During sleep it should be lower. If you argue with your roommate who likes her window closed at night, you have a doctor’s backing. You’re in the right as long as the open window doesn’t cause a direct draft near the body. Fresh air, properly channeled, helps clean out harmful bacteria, germs and virus which accumulate in a stuffy room.

Time for sufficient sleep is one of the greatest problems for the average college coed, and one of the most important. The significance of a rested body and lack of fatigue is evidenced during examination week. Dr. Skoog reports that more colds, due to low physical state of the body, are treated at the College Hospital during this period of intense and extended study than during any other single week. No, it doesn’t pay to burn the midnight oil when your health is at stake.

Another preventive measure is through the administration of cold vaccines. They are given by hypodermic or in tablet form. In either case, they should be received in the fall and continued regularly throughout the winter. The number of persons obtaining good relief from colds by this method is encouraging: the high drop of cold cases among school teachers is especially significant.

Suppose, now, that you’ve followed all the above suggestions and still feel an oncoming cold. Your best move is to receive prompt medical treatment. Go to the College Hospital within the first day after symptoms appear. You’ll receive necessary attention and treatment and in the long run save time, bother and ward off a more serious illness.

At this point many of you may be curious about the true value of the drug so widely publicized—antihistamine. Dr. Skoog says that antihistamine has preventative value if taken before a cold actually develops. It may have some effectiveness in lessening the severity of a fully-developed cold, although this is somewhat doubtful and not reliable. It was on the grounds of false advertising that the American Medical Association clamped down on the sale of this drug. While antihistamine does not cure all cases as its manufacturers advertised, it has helped 60% of the cases in preventing an oncoming cold. In 40% of the cases, there are no results. The only sure method of knowing if the drug will aid you is to experiment; taking it will do no harm to the average individual, and it may be beneficial. Antihistamine is disagreeable to only a few. If you are one of these persons, you will find that after a dosage you break out in a rash or develop a sore throat. In this case, look toward other medicines for relief.

Perhaps, however, you are a procrastinator; your snifflers develop into a “real” cold before you see one of the doctors at the College Hospital. In that case, try the following “cure.” Isolate yourself (that is, stay home from classes and within your room); go to bed and rest for at least 24 hours; drink at least 3 to 4 quarts of fluid daily (including water and fruit juices); and take an aspirin every 4 hours.

Now that you have been briefed on the prevention of a cold, its treatment, and some of what is scientifically known about the common cold, put your knowledge to practice. Give that person next to you a chance—prevent or get rid of that cold.