Discourage That Sniffle

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both will be more at ease if the tension that usually accompanies a blind date is removed.

She Says—

So you've never had a good blind date. If that's the case you're undoubtedly a charter member of the Rabid Resenters of Roving Romeos. You've sworn a solemn oath never again to subject yourself to the wiles of a "friend of mine," even for old time's sake.

Or maybe you're a novice at this particular type of social entertainment, and are afraid you wouldn't know how to behave.

Whatever your philosophy may be, you are very likely to find yourself face to face with a total stranger one of these fine winter evenings. You may as well be optimistic about the situation from the very first, or if you're superstitious about the matter, expect the worst and then be pleasantly surprised.

It's really best to put yourself out for a "blind", if for no other reason but self defense. After all, there's no percentage in risking three or four hours of boredom just because your date is somebody new.

Delve into his past before the evening in question comes around. In learning about him you will undoubtedly uncover something of mutual interest alone with your "blind" some time during the evening, and unless you've gotten well acquainted with him you may have a little trouble filling those embarrassing silences. Then is the time to talk about those interests of his which you've learned in your "pre-date" investigation. Be enthusiastic and interested, and you'll be interesting. It's a game to see which of you can find out the most about the other.

While you hold up your end of the conversation, remember that you're not addressing your roommate or your best girl friend. Don't bore him with the latest in feminine frills, or the terrific struggle you had trying to find a British tan hat to match your fall outfit.

Above all, the best quality is naturalness. Coyness or sweet shy innocence don't make the grade. And don't flirt. Your date will be much more at ease if he doesn't have to worry about what you are going to do next.

Don't expect your "blind" to be a perfect man, either. Unless he's an exception to all rules he's just another fellow—feeling fully as dubious about you as you may be about him.

Remember that your friends have probably given you a big build-up, and they'd undoubtedly appreciate it if you'd live up to their promises.

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Discourage That Sniffle

By Frances Hoffman

"LET'S all sing like the birdies sing"—but how can we if our heads are filled up, not with the words of the song, but with a bad case of sniffles. We must do something for our colds at once. So let's "get wise" to what we can do, and then try hard to rid ourselves of a bothersome rascal—a plain, ordinary cold.

Exercise, sleep, clothes, ventilation, food and cleanliness, in proper proportions can be our protectors. For a start on this business of building up resistance, walking to and from classes is a good bet for outdoor exercise. There is no lack of muscle-toning at Iowa State with intramural games clamingor to be played and with P. E. classes in full swing.

Sleep is delicious to weary bones. Apologize not for sleeping, for undue fatigue predisposes to colds.

When the weather turns chilly overnight and the cold creeps in around your coat collar, don't be afraid to wear a small extra scarf. 'Tis the order of the day to be practical and comfortable here.

Colds like to attack unprotected throats and bare heads. We predict lots of peasant kerchiefs when the mercury starts to descend.

A well ventilated room helps to keep away the sniffles. If your roommate wants the window shut and the room is practically warping with dry heat, reason gently with her. You must have fresh air and no draft ventilation in order to avoid that common cold.

Luckily, the sun smiles generously on Iowa State campus. And her smiling helps, along with cod liver oil and liver, to furnish us with that precious vitamin D, a sturdy cold resistant.

Beware of overeating sweets. Who would prefer a rasping throat and dewy eyes to stoic abstinence from Thanksgiving and Christmas chocolates?

Foods that will help you to avoid a cold are foods containing Vitamin A, such as butter, milk, yolks of eggs, beef-fat, spinach, lettuce and cabbage, and tomatoes. Vitamin A helps the body to resist infection. Another factor in avoiding a cold is to avoid constipation.

Increase your resistance both locally and generally by keeping the mucous membranes healthy, keeping the air-pasages open. Take cold baths or showers, or at least finish your warm bath with cold water (except when the bath is taken before going to bed). Live a hygienic life in every respect and avoid colds.

Avoid infection by steering clear of coughers and sneezers. Get that cleansing-tissue habit during a cold. By using tissues instead of linen handkerchiefs, you are reducing the danger of transmitting infection to others. Also you are not reinfecting yourself.

Man's days are numbered, someone has said, not so much by the number of years that have passed over his head, as by the number of colds that have passed through his head. 'Tis true, 'tis true.