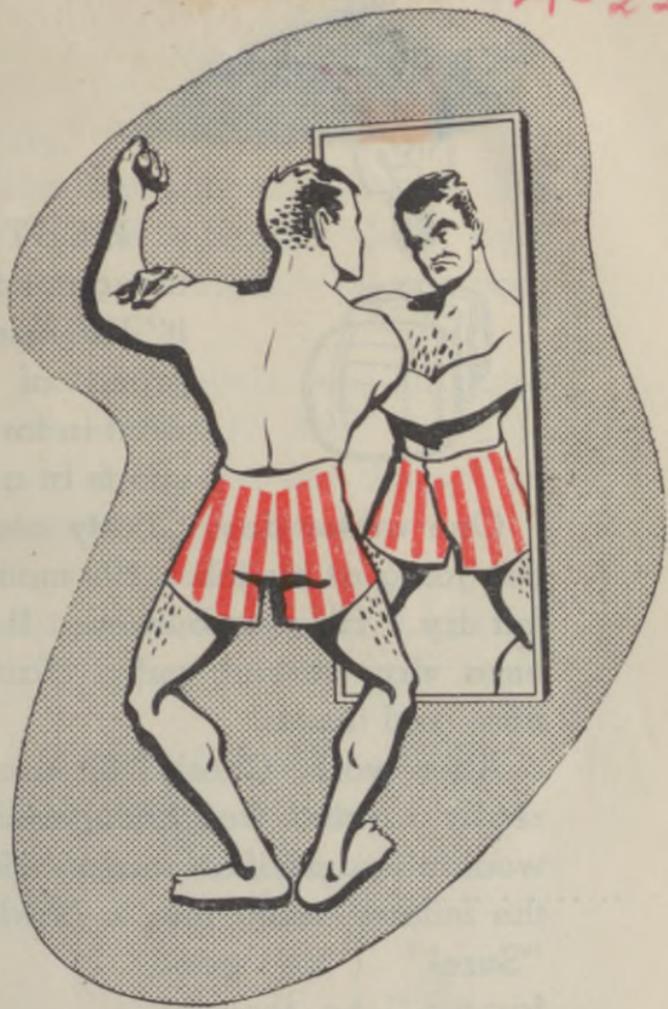


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• • • **but flu is tougher**



**C**HESTY BIGBEE thought he could "take it" like Tarzan. He was proud of his muscles; went in for fresh air and sports in a big way.

One winter day, Chesty couldn't seem to get going at his job. His mouth and throat felt dry. His eyes burned. It was the influenza virus staking out a claim in Chesty's nose and throat.

After work, Chesty felt tired. What he really wanted was home and bed, but he wouldn't admit it of course. So when one of the fellows asked him to bowl, Chesty said, "Sure!" ("Be good for me," he thought. "A work-out is just what I need.") He got a work-out all right.



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Next morning, Chesty felt rotten. He couldn't breathe through one nostril. He ached all over. His throat had been held on an emery wheel all night. He sneezed, sniffled, and coughed.

Did Chesty pull the covers over his head and admit he was licked? No. "A little thing like a cold can't get me down," he said, and dragged himself to work.

Yes, for 3 days he took that cold to work with him, breathing and sneezing it around to others, and feeling more and more miserable.

That last day, the flu virus won by a knock-out. Chesty keeled over at work. Before night he was in the hospital.

**Fever 104 degrees.**

**A very sick man.**



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There he fought influenza for 3 weeks. It took him 2 more weeks to get his strength back—38 days off from work besides the hospital bills.

If you haven't guessed it, here is the moral of Chesty's sickness:

**YEAR IN, YEAR OUT, INFLUENZA CAUSES WORKERS TO LOSE MORE TIME FROM THEIR JOBS THAN ANY OTHER DISEASE.**

### **Influenza, alias "Grippe", alias "Flu"**

Influenza is the medical name for "grippe" or "flu". A virus at work in your nose and throat causes flu. The influenza virus is a living organism so small it cannot be seen under a microscope. It passes right through the finest filter. It passes right from the noses and throats of other people into the air you breathe. That is the way you catch influenza.

## ● A "Bad Cold" may be Flu

The air passages of human beings are the favorite homes of many public enemies like the influenza virus. One is the common cold virus. It is not the same as influenza. But we catch both of them the same way—breathing in the virus released by people who have colds or influenza.

Colds and influenza begin with the same symptoms. Nobody can tell, at the beginning of an attack, whether it is "just a cold" or influenza. This is why doctors say: "At the first sign of a cold, go to bed and stay there until you are well."

So don't take a chance with what you think is a bad cold. It may be influenza. And flu is tougher than a cold. A simple cold will clear up in a few days. But watch out for the "cold" that hangs on; that brings fever; that makes you ache all over; that exhausts you. Those "colds" may be flu.

## ● **Influenza Often Brings on Another Dangerous Illness**

Many times, influenza ends in pneumonia, a very dangerous sickness. Many times it ends with infected sinuses, infected ears, or bronchitis. These illnesses are much harder on you and your pocketbook than flu.

Influenza itself may not make you very sick, but when it is at work in your air passages, it eats away their thin surface linings. This leaves your nose, throat, and bronchial tubes undefended. They are ready for another invasion by different and even tougher germs.

Like the influenza virus, the germs that cause sinus infections, bronchitis, and pneumonia are around all the time. You can resist them usually. But once influenza has been at work, your air passages are a push-over for these infections.

There is only one way to stop them from moving in with influenza. Go to bed and

take care of yourself under a doctor's orders. This keeps you away from people who might spread other infections. This gives your air passages the rest and the time they need to repair the protective linings.

### ● **How to Fight Influenza**

*Stay Away From Colds and Flu.* There are no "shots" or other kinds of medicine that will make you immune to colds or flu. Scientists have not yet found a sure preventive. Prevention is up to you.

Stay away from people who cough and sneeze. Don't visit friends who have "a touch of grippe." It is the same tough sickness as flu. If an epidemic hits your town, stay away from crowds as much as you can.

● **Rest.** Exertion puts extra strain on your body while it is already fighting an infection. So don't be like Chesty



Bigbee. When you are tired, don't overdo. Go home and get plenty of rest. *Strenuous exercise never cured a cold.*

● **Wear Warm Dry Clothing.** Exposure to winter weather is another extra strain. Many healthy people expose themselves needlessly. They come from heated buildings without changing damp clothes or putting on extra wraps. They go around with wet feet. They stay out in the cold until they are chilled. Fight flu by keeping *your* clothing warm and dry.

● **Fresh Air But No Drafts.** You need good ventilation at home or at work. But sleeping or working with a winter wind blowing on you is just as bad as harsh outdoor exposure. Get fresh air, indoors and out, but keep away from drafts.

## ● **Foods That Build and Plenty of Water**

If you are not already eating fruits, fresh vegetables, and milk, add these to your diet. Those are foods that build resistance. If you think you are catching a cold, lay off the heavy foods, eat more building foods, and drink lots of water. *Stuffing a cold never cured it.*

## ● **Get a Doctor and Take It Easy.** If you think you are coming down with flu, get a doctor. If you listen to your friends, you will be a living advertisement for nose drops, chest rubs, and all-purpose pills. But you will not cure flu.

Stay in bed until your doctor says you can get up. Don't tell him you feel like licking wildcats when you really feel weak



as a kitten. If you take care of yourself, flu may last only a few days. But it has one mean punch we haven't mentioned.

*Flu exhausts you out of all proportion to the length of time you are sick.* Yes, people can fight some diseases for weeks without feeling as knocked out as flu makes them feel in a few days. The exhaustion that follows influenza is what leads to so many relapses. The second attack will be harder on you than the first.

Be willing to take it easy. A few more days in bed may save you weeks of serious, costly sickness.

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