

Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D.
Blue Monday is also cold Monday.

For years now, we've had plenty of reasons to dislike this day of the week.

For one thing, it means back to work after a week-end of fun and relaxation. Also, it is traditionally the day for doing the family wash.

Insurance statisticians have given us another reason for forming a Monday-Haters' club. After a careful check of records and reports, they discovered that you are most apt to catch a cold on Monday.

Just why this is so, hasn't been determined although they suspect it may be because you are more likely to become exposed to someone with a cold during week-end visiting.

Another possibility is that you become tired and run-down more readily on week-end holidays and consequently are more vulnerable to the cold viruses on Monday.

Return to Work
Again, the theory is advanced that a subconscious reluctance to return to work may have something to do with it.

Although many of you undoubtedly had summer colds, the real reason for this annoying disease did not get under way until Thanksgiving.

It's not much use trying vaccines or various remedies described as cold preventives. We have no known effective measures for preventing the common cold.

Simple Precautions
If you have a cold, however, there are several simple precautions you can and should take to protect others from catching it.

A cold is very contagious during the first 24 hours. So, if you feel ill and have a slight fever, keep

away from your family and friends as much as possible.
Wash your drinking glass thoroughly after using it, or put it somewhere where other members of the family will not readily find it.

Cover your mouth and nose with a handkerchief when you cough or sneeze. Remember to hold the handkerchief loosely and be careful not to compress your nostrils.

Closing off the nostrils when sneezing may force the infection back into your nasal passages.

QUESTION AND ANSWER
Mrs. P. L. G.: What are the symptoms of multiple sclerosis and how is it treated?

Answer: Symptoms of multiple sclerosis vary, depending upon the part of the nervous system attacked.

It may cause various forms of paralysis and disturbances of vision, speech and gait. Special drugs are used in treating this condition under the direction of the physician. Vitamin preparations have also been employed.

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6 A.M.
Mr. Morning News
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PITNEY-BOWES PLANS OLD SCHICK PLANT SALE
STAMFORD, Dec. 11 - In answer to queries about the \$2,000,000 expansion planned for the Pitney-Bowes home office and plant here...

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TODAY'S RADIO PROGRAM

Table with columns for time slots (6:00, 7:00, 8:00, 9:00, 10:00, 11:00, 12:00, 1:00, 2:00, 3:00, 4:00, 5:00) and radio stations (WABC, WJLA, WJWO, WJXC, WJZY, WJTB, WJTV, WJTO, WJTI, WJTD, WJTE, WJTF, WJTG, WJTH, WJTI, WJTD, WJTE, WJTF, WJTG, WJTH).

DIAL SETTINGS
WABC-1420 WJLA-670
WJWO-600 WJXC-1010
WJZY-680 WJTB-1400
WJTV-1000 WJTO-1400
WJTI-670 WJTD-1300
WJTE-600 WJTF-1000
WJTG-710 WJTH-1120

Daytime Features
6:00-LOCAL NEWS: From The Post and Telegram WJLA
6:05-NEWS: From The Post and Telegram WJWO
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Jacoby on Bridge Suit Signal Sets South

Table with columns for NORTH, EAST, SOUTH (D), and South West North East. Lists radio call letters and frequencies.

By OSWALD JACOBY. Today's hand, illustrating the suit preference signal, is taken from the National Tournament held last August in Chicago. Even though hundreds of experts competed in this tournament, very few saw the correct defensible play.

At one table Harry Fishbein, well known New York expert, opened the ace of clubs with the intention of continuing with the king of clubs and then getting to his partner's hand for a club ruff. This, while an excellent idea, was not quite as easy as it looked.

ON TELEVISION TODAY

Table with columns for time slots (6 A.M., 7 A.M., 8 A.M., 9 A.M., 10 A.M., 11 A.M., 12 P.M., 1 P.M., 2 P.M., 3 P.M., 4 P.M., 5 P.M., 6 P.M., 7 P.M., 8 P.M., 9 P.M., 10 P.M., 11 P.M., 12 M.) and radio stations (WABC, WJLA, WJWO, WJXC, WJZY, WJTB, WJTV, WJTO, WJTI, WJTD, WJTE, WJTF, WJTG, WJTH).