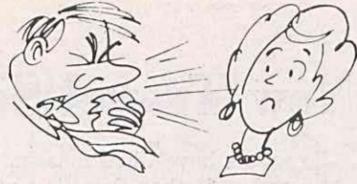


Stubborn and Dangerous: Our Winter Enemies



They live in subways, buses, movie houses, stores, offices—countless other places. They hit hardest at babies, invalids and the elderly. Here the year-round, but most vicious in winter, they caused the loss of a billion work days in the U. S. last year. Their victims are people who suffer with anything from the common cold to lobar pneumonia.

Viruses—they are our stubborn, dangerous enemies. Colds, grippe, influenza, sinusitis, tonsillitis, laryngitis, bronchitis, virus pneumonia, among others, are the miserable illnesses that plague us every year.

Common Cold The Commonest

Each of them is caused by a different virus, but the most prevalent and greatest nuisance is the common cold.

Many of us suffer from three or four colds annually and we know that we can spread the virus by sneezing, coughing, sharing unsterilized eating or drinking utensils. There are several kinds of colds, and once we've had one type, we are immune to it for several weeks.

Wet feet, exposure to drafts or stormy weather do not cause colds, but they can make matters worse. For this reason, it's wise to stay home when symptoms appear. Always call the doctor if you run a high fever, otherwise there are some things you can do for yourself.

A hot bath just before bed can make you

more comfortable. Stay away from heavy rich foods, making your diet mainly of such foods as milk, fruit juices, hot soups, and maybe some ice cream to cool the throat.

Good-living habits don't necessarily prevent a cold, nor will such extras as special food, vitamin supplements, hot or cold baths or morning exercise knock out the virus, once it strikes. But a strong, healthy body is less prey to our winter enemies.

They're With Us All The Time

Viruses are in our bodies all the time, but do no harm until ill health, lowered body vitality or harmful dusts and chemical irritants impair the protective forces. Then, we may be stricken by tonsillitis, sinusitis, laryngitis or bronchitis. Prompt medical care is needed, since these are not maladies for homemade remedies.

Influenza (or grippe) is another of the distinct infectious diseases caused by one of three general types of influenza virus. A flu attack is sharp and severe from the start, with headache, flushing of face, aching bones.

At first there may be no marked signs of runny nose or scratchy throat, but these come later. Medicine will not touch the virus, but can lessen misery and chance of complications. Right now, the World Health Organization is making war on the influenza virus, through a globe-circling system of laboratories.

Pneumonia is not a single disease, but any acute infection of the lungs. It may be due to one of many different bacteria, or may be caused by a virus. Any pneumonia is a medical emergency, because there are highly dangerous types mixed in with the relatively mild ones.

Fight With Good Health Habits

Three groups you should know about are virus, lobar and broncho-pneumonia. Virus-pneumonia has been most common in recent winters.

When the pneumonia germ invading the lungs can be slain with penicillin, recovery is fast. Otherwise, all skills of medical and nursing care are called for. Pneumonia is a communicable disease.

As we go here and there, it is impossible to escape exposure to viruses, so our winter enemies—though being battled by medical science—remain one of the biggest dangers we face.

Habits of good health and a respect for the damage viruses can do when they attack—these are our best defenses.



Drawings: John Hancock Mutual Life Insurance Co.

More About 'Two Rs' Class

—From page 1

station will offer the course to any interested viewer, hoping that he will get any needed help from a relative or friend.

The telecasts beginning January 16 will be presented 6:25 to 6:55 a.m., Monday, Tuesday, Thursday and Friday. They will continue for 25 weeks.

"Streamlined English"

The course offered will be Dr. Frank C. Laubach's "Streamlined English", especially prepared for television teaching. For the third straight year it is being offered in cooperation with the John C. Campbell Folk School at Brasstown, sponsor of

the World Literacy Movement in this area.

Persons may enroll in the course by filling out the accompanying application and mailing it to WBTV, enclosing \$4.50 for five reading-and-writing books for the student, and three books for his helping relative or friend.

"When we had the courses at Firestone the last two years, we knew of others who work here—and still others in the community—who needed the instruction," said Miss Bradley.

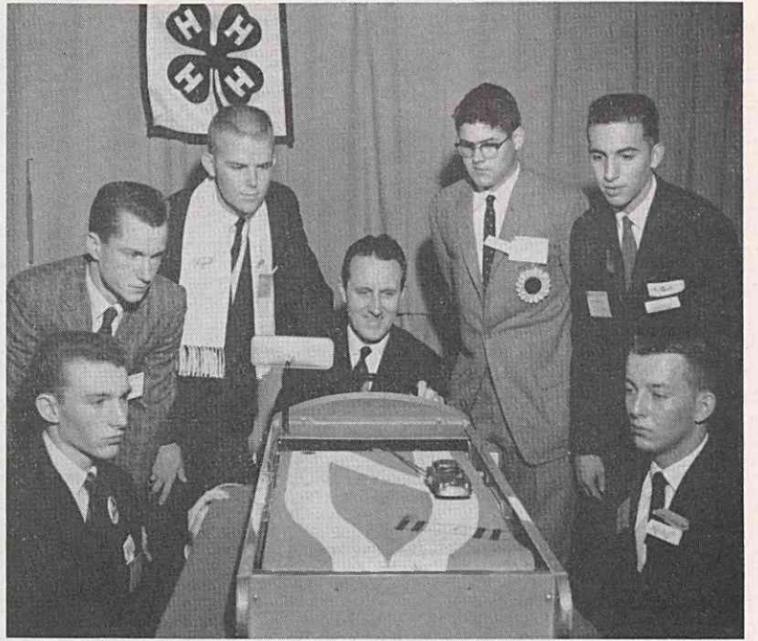
"We sincerely hope that those who read this article will pass on the information to those who

need to learn to read—and help them become interested in the TV course. We hope, too, that there will be people who will volunteer to help in this home instruction."



They Completed Study Courses

General manager Harold Mercer presented five certificates for completion of adult-education courses, the ceremony a part of a recent dinner meeting in the Recreation Center. Classes are made available through the Gaston Industrial Education Center, under auspices of the



4-H Winners:

Time was when members of the 4-H Club were concerned mainly

with cows and hens and such. But now, for the first time, automotive care and safety on the highway has become one of the club's projects. These young men, with Firestone president Raymond C. Firestone (center), are winners of the first Firestone college scholarships. Those winning a \$400 scholarship for their work in the automotive-safety field of 4-H are, from left: Laron D. Thompson, Fort Wayne, Ind.; Charles Daley, West Willington, Conn.; Jack Frye, Norman, Okla.; Mr. Firestone; Kenneth Thomas, Emporia, Kan.; Pat Gerrie, Coeur d'Alene, Idaho; and Charles Davis, Four Oaks, N. C.

Company Shared Defense Project

Firestone has a part in construction of the world's most powerful radio transmitter for national defense. The \$70 million transmitting station at Cutler, Maine will be the control communication center for the Navy's Polaris missile fleet. It is one of the key installations in the Navy's master plan for instant retaliation in case of aggression from another country.

Firestone's role in the project is that of maintaining and servicing the tires on some 300 pieces of construction equipment used in preparing the project site.

"The arrangement marks the first time the Navy has utilized an outside organization to service and maintain the tires used on its projects," said E. B. Hathaway, Firestone vice president in charge of sales.

TO PREPARE the construction site, it required 100,000

cubic yards of rock excavation; 2.5 million yards of earth digging; 2,800 acres of clearing and grubbing; 35,000 cubic yards of concrete for tower and anchor foundations; and 12,000 tons of steel for towers.

Involved on the job were some 300 vehicles, graders, scrapers, power wagons, power shovels, and trucks. Firestone serviced the tires on this equipment. The project became a sort of proving ground for Firestone tires operating on all sorts of terrain, extremes of temperature and range of service, as well as a means of evaluating service techniques.

The communications project, begun in 1958, has set early 1961 for initial testing of the station. The giant transmitter outlay consists of two antenna arrays, each with a 6-point, star-shaped group of elevated wire panels supported by a central tower 980 feet high; six internal towers, each 875 feet high; and six outer towers, each 800 feet high.

Robert Lee Setzer

A memorial service for Robert Lee Setzer of 838 South Dalton street, Gastonia, was conducted from Mount Harmony Methodist Church near Bowling Green, S. C., Dec. 23. Burial was in the church cemetery. He died Dec. 18.

Mr. Setzer, who came from Clover, S. C. to Gastonia 25 years ago, had been employed in the opening room at Firestone since 1943. A brother, Alonzo, is a warehouse truck operator here.

Those remaining of his family are his wife, Mrs. Martha Setzer of Belmont; five sisters, Mrs. Mattie Ratchford, Mrs. Bertha Adams, Miss Annie Mae Setzer, Mrs. Sadie Crawford, and Mrs. Sara Armstrong, all of Gastonia; four brothers, Thomas E. of York, S. C., John James of Clover, Alonzo of Bessemer City, and Samuel of Gastonia.

ENROLLMENT BLANK

(Please cross out words in parentheses which do not apply)

Reading Program

WBTV

Charlotte, North Carolina

Please enroll the following person in the Reading Program. Attached is a (Money Order) (Check) for \$4.50 payable to "Reading Program" for a set of five Student Books and three books for the person helping the student.

I want to enroll other persons. Please send _____ additional Enrollment Blanks.

(give No. wanted)

Name: (Mr.) (Mrs.) (Miss) _____

Street or R. F. D. Address _____

City: _____ County: _____ State: _____

Telephone Number: _____