

Researchers Seek Vaccine Against Those Cold Viruses

Who sneezed first—Adam or Eve? Nobody knows. But it seems reasonable that even the Garden of Eden was invaded by the coughs, sneezes and wheezes of man's most persistent affliction, the common cold.

Outnumbering other diseases by an estimated 25 to one, the cold has played a role in the economy, history and literature of all nations. An accurate description of its symptoms was written by Charles Dickens: "I am at this moment deaf in the ears, hoarse in the throat, red in the nose, green in the gills, damp in the eyes, twitchy in the joints and fractious in temper from a most intolerant and oppressive cold."

According to American Medical Association reports, more than 20 million of us suffer similar discomforts on any given day. The cost to the national economy, in terms of time lost from work and wages paid for non-production, has been calculated as high as five billion dollars annually.

THOUGH MEDICAL scientists have been hot on the trail of the common cold, a really effective "cure" is many sniffling years away.

Since antibiotics are not effective against colds, scientists are continually to develop a vaccine, such as the ones that now work so effectively on polio, measles and smallpox.

Seven pharmaceutical firms, 11 universities and 12 research labs and hospitals are pursuing a vaccine that can help the red-eyed, swollen-nosed victims of this all-too-common woe.

But they face a big problem: there are at least 50, and possibly as many as 150, different cold-causing viruses and a vaccine that might work against one type of virus would be ineffective against another variety. It seems the experts are little further from where they started.

OTHER POSSIBILITIES

36 U-M Students To Go Abroad

Returning to school next fall will mean traveling to France or Germany for 36 University of Michigan juniors. These students will take part in Junior Year Abroad programs jointly sponsored by U-M and other midwestern universities.

In a program administered by U-M and the University of Wisconsin, 22 of the students will attend classes at a branch of the University of Aix-Marseille in Aix-en-Provence, France.

The other 14 will study at the University of Freiburg, Germany, in a program sponsored by U-M, Wayne State and Michigan State universities, and the University of Wisconsin.

Two-thirds of the students are language majors. The rest come from such diverse disciplines as anthropology, economics, English, history, journalism, political science, psychology, and speech.

Grades earned by the students in Germany and France will be credited at U-M as though the students were actually in residence at Ann Arbor.

THOSE WITH a philosophical disposition may welcome the symptoms of the common cold because they represent the body's efforts to resist the infection.

The study nose is stuffed with extra blood for defensive purposes and its air passages are partially closed with an excess of mucus to wash out the invading virus. Sneezing and coughing are attempts to remove irritation from the respiratory tract.

Remember that colds are literally "caught," with the usual method of transmission by droplet infection spread by the sneezing, coughing or even talking of someone already infected.

Your chances of avoiding colds are best if you can avoid those who have one, and if you keep in good physical condition with a well-balanced diet, plenty of rest and proper protection against inclement weather.

ALTHOUGH THERE is no cure for a cold in this stage of vital organ transplants and space exploration, ways have been found to treat the symptoms—making the condition more endurable and our biological defenses more effective.

Medically-approved non-prescription remedies for the symptoms of coughs and colds can be used judiciously.

It is always wise to consult your doctor if you are in doubt about the treatment of procedures to be followed, or if symptoms persist.

Rest in bed is recommended at least during the first few days to give your body a chance to mobilize its defenses—and also to prevent giving the infection to others. Aspirin may help.

You may find that one of the combination symptomatic remedies will ease the headache and stuffy feeling. Nose drops, steam or inhaled medications that shrink the membranes of the nose, and plenty of fluids—such as fruit juices—can be helpful.

THOUGH COMMON, the cold is not a very democratic thing. "Chinamen" have more colds than "fatties." Infants and older people have fewer colds than small fry from one to three and their mothers, who rack up the highest scores.

Surprisingly, the rugged out-

door farmhand isn't so rugged, and gets a higher total than his city cousin.

If you're an average cold, it will run its course in five to 10 days. And if you make use of the modern medications and advice on treatment now available, the experience will be more tolerable than that of Adam or Eve—who had to fend out for themselves.



TEE OFF NOW!

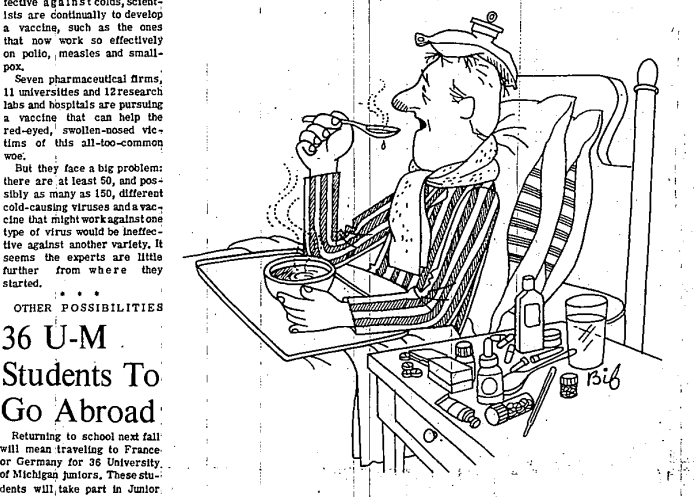
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1 cup sifted flour

4 teaspoons corn starch

6 eggs

2 1/2 cup sugar

1/2 teaspoon vanilla

3 tablespoons margarine, melted and cooled

Sift together flour and corn starch; set aside. Place a 2 1/4-quart bowl over a large pan of hot, not boiling water. Water should not touch bottom of bowl. Combine eggs and sugar; beat with electric mixer at high speed or with rotary beater, beat egg mixture until just slightly warm. Remove bowl from hot water. Continue beating until egg mixture comes to 1 inch from top of bowl. Beat in vanilla. Sift 1/2 of flour mixture at a time over egg mixture. Carefully fold in each addition until well blended, using a wire whisk or rubber spatula. Quickly fold in melted, cooled margarine. Turn into a greased and floured (8 x 14-inch) layer pan. Bake in 350 degrees F. (moderate) over 20 minutes or until cake tests done when checked with a cake tester. Remove from pans immediately; cool on wire rack. Makes 2 (8-inch) layers.

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