

'FLU AND THE FUEL CRISIS'

A fuel shortage hits Britain's homes at a time when it hurts most. With coal stocks low and deliveries held up by bad weather, the coalman's a stranger in many streets.

Despairing of coal, heatless householders queue for coke - anything to make a fire - and find that has to be doled out, too.

Cheerless to the fit, the empty grate can be a tragedy to the sick; and now comes a mild epidemic of 'flu. Nurses take precautions to keep themselves fit and the hospitals running. But in many factories and offices there's a different tale (and doesn't the work pile up for the sole survivors!) It needs only one good case of 'flu to set the whole world sneezing!

Still, cheer up! Here's a voice well-known in millions of homes to tell you how to get better ... Dr. Charles Hill.

"What can you do if you get an attack of influenza. Well, there's no panacea, there's no golden remedy. Don't believe all the neighbours say about what such and such a stuff has done to them. Bed, warmth, extra hot water bottle, extra blankets so that you perspire. Drink lots and lots of water and stay there for two or three days and, as a rule, the worst is over. Let nature do its work and remember this, you're not a hero if you go dodging off to work with a cold or influenza. You're only endangering those with whom you work. The golden rule remember that prevents the spread of influenza is just this, never cough or sneeze or splutter except into your handkerchief."