

Speaking of YOUR HEALTH...

By LESTER L. COLEMAN, M.D.

On Carbon Monoxide Poisoning

THE THREAT of carbon monoxide poisoning demands all-year-round safety precautions. When the weather becomes severe and the automobile windows are closed, this threat is increased considerably. Indoors, too, gas heaters are used more often, pouring the



hazardous gas into the lungs of unsuspecting victims.

It is almost inevitable that each year painful stories are reported in the newspapers of unnecessary fatalities due to gas-operated refrigerators, defective gas heaters and poorly repaired mufflers.

The warnings by public health officials that automobiles should not be warmed up in closed garages are overlooked by hurried motorists and garage mechanics who develop drowsiness and sluggishness that encourage accidents.

Carbon monoxide is an odorless, tasteless gas that creeps up and does its damage before one is sufficiently aware to protect himself against this treacherous poison. Fumes can find their way through the floorboard of an automobile and produce carbon monoxide intoxication.

A driver can be threatened by the leaks in his own car, but can also be affected by picking up the deadly exhaust from a car in front of him.

Trailing too closely in tunnels can cause poisoning in the people in your own car. The heater's fan actually picks up the carbon monoxide exhaust from the car in front of you and brings it into your own car.

This threat to life is completely avoidable if some simple precautions are taken. Don't drive for prolonged periods of time with the windows closed even if your car has recently been checked for carbon monoxide leaks.

If you develop a sense of lightheadedness or dizziness with an uncomfortable headache and ringing in the ears, stop and get out of the car to inflate the lungs with fresh air.

Repeated yawning, pounding of the heart and drowsiness may be the early symptoms of a high concentration of carbon monoxide in the body.

Never, but never, start a "cold" car in a garage that is closed or poorly ventilated.

Unexplained Accidents
Many unexplained accidents on the highways occur to reliable drivers. Traffic engineers have attributed some of these accidents to the loss of the quick reflexes that are needed in an emergency. This loss of reflexes is due to the sluggishness which follows the inhalation of polluted air containing carbon monoxide.

An avoidable death is excellent preventive medicine. You and your family deserve to eliminate this additional threat to your lives.

SPEAKING OF YOUR HEALTH—Blisters of the feet become infected when neglected. Keep them covered.

These columns are designed to relieve your fears about health through a better understanding of your mind and body. All the hopeful new advances in medicine reported here are known to doctors everywhere.

Your individual medical problems should be handled by your own doctor. He knows you best.

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Century Notes Build Kearney Fund

SEVENTY-FIVE FRIENDS of Bishop Kearney High School, organized as the Century Club, at \$100 a head, turned in their dues recently at a dinner dance in the Rochester Club. From the left are Robert Roth and Wilbur Cooper, co-chairmen, and Brother Edward M. Tracey, Bishop Kearney, Sister Mary Louise and Brother Lawrence A. Killela. The club proposes to maintain a fund that will provide tuition in case of death of a student's parent.

Batavia Nips Kings, 51-49

Bishop Kearney Cagers lost their thirteenth game of the season last Saturday, 51-49, to the Batavia Blue Devils. Batavia led throughout the entire contest, but the Kings battled down to the wire. The Blue Devils held a 12-11 lead at the half. Then they hit for several quick baskets in the third quarter and jumped to a 38-30 command as that quarter came to an end. The Kings were not through yet, however. Dennis Fitzpatrick and Dan Howland began to hit for the Kings as they pulled their team to within one point of the lead, but that was it. They failed to get that last minute shot and time ran out. The Kings beat themselves as they netted only twenty-one of thirty-seven attempts from the foul line. Howland and Fitzpatrick, who played with an injured knee, were the point leaders for Kearney—as they hooped twelve and fourteen

points. Sophie Bruce Beswick and Ernie Fould were the Batavia high scorers as they each hit for sixteen.

Bishop Kearney will be home again next Saturday evening when they take on the Little Irish.

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Aquinas Finmen Dunk Kearney

Paul Noga and Mike Cahill of Aquinas each copped two firsts to lead the Little Irish to a 55-40 victory over the Bishop Kearney swimming team last Saturday afternoon at the Columbus Youth Organization pool.

Aquinas annexed its 13th win in 19 starts this season, one of its best records in recent years. This is especially noteworthy since Aquinas does not have a pool of its own. Aquinas' home meets are usually held at the C.Y.O.

Noga won the 200-yard freestyle in 2:11.5. The senior came back to take the 100-yard butterfly in 1:06.

Cahill, also a senior and holder of two school records, captured the 200-yard individual medley in 2:27. His second victory was in the 400-freestyle, where he was clocked at 4:54.

Paulo Meira of Aquinas, an exchange student from Argentina, easily won the 100-yard breaststroke with a time of 1:12.5.

Big Day For The Sullivans

Mr. and Mrs. John Sullivan, had double reason to celebrate Feb. 28. That date marked 50 years of marriage for the couple and the return home of their daughter, Sister Mary Thomas Aquinas, from Singapore. Sister, a member of the Franciscan Missionaries of Mary, was the only American nun in the Oriental city for the last 20 years.

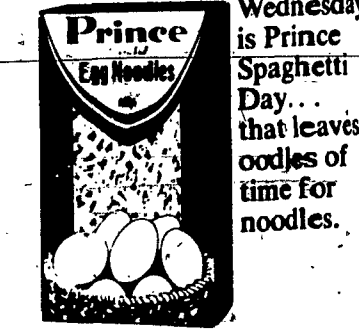
The Sullivans have two other daughters, Helen and Frances and a son James.

Forty Hours

Forty Hours devotions in the Diocese of Rochester:
March 3—Our Lady Queen of Peace, Holy Family, Rochester, Lyons.

DEADLINE FOR NEWS MONDAY-NOON FRIDAY DELIVERY

Hey, Mrs. Brown



Wednesday is Prince Spaghetti Day... that leaves oodles of time for noodles.

Jose Greco At Eastman
Jose Greco, the master of the flamenco dance, and his company of Spanish dancers and singers, will perform in the Eastman Theatre March 18, as part of the Civic Music Association Artists Series.

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