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Dennis[®] the Menace

COPING WITH FAMILY STRESS



©
LeCham

STRESS

IS NOT A DISEASE.
STRESS IS NORMAL.
STRESS IS A PART OF
OUR DAILY LIVES ...
WHERE WE LIVE,
WHERE WE WORK,
AND EVEN WHERE
WE PLAY.
WHEN CHILDREN
ARE INVOLVED, THE
TENSION IS
MAGNIFIED.
PARENTS CAN GET
VERY ANGRY
AND SOMETIMES
EVERYONE SUFFERS.



"YOU BEEN MAKIN' MOLE HILLS OUTA
MOM'S MOUNTAINS AGAIN?"



"EXCEPT FOR ME, THIS FAMILY IS SURE HARD TO GET ALONG WITH."

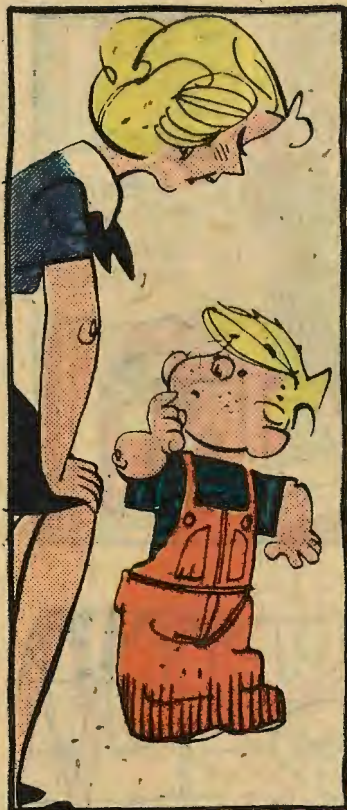
WE PARENTS

MUST RECOGNIZE
HOW STRESS
AFFECTS OUR
FAMILIES AND LEARN
TO COPE WITH IT.
BECAUSE CHILDREN
SEE AND REACT
TO THEIR WORLD
DIFFERENTLY, THEY
OFTEN CAUSE
STRESS TO THEIR
PARENTS. THE
QUESTION IS:
HOW TO HANDLE
FAMILY STRESS?
HERE ARE SOME
SUGGESTIONS ...

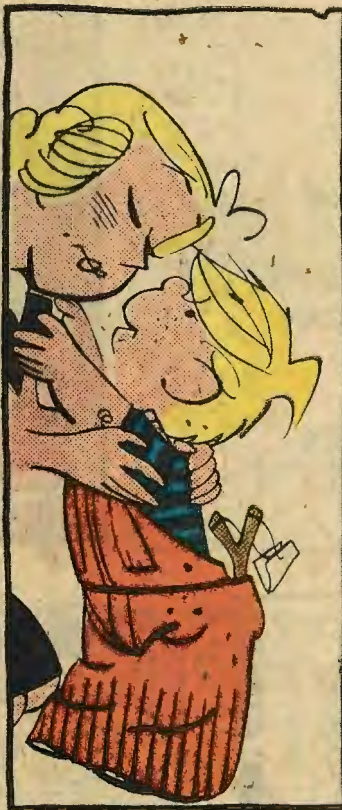


"HOW ABOUT A
VALENTINE'S J

... OR TV
YOUNGST
BY EXAMP
OUR AFFE
EACH OTH
A LESSON
FOR OUR



"HOW ABOUT A BIG KISS FOR VALENTINE'S DAY?"



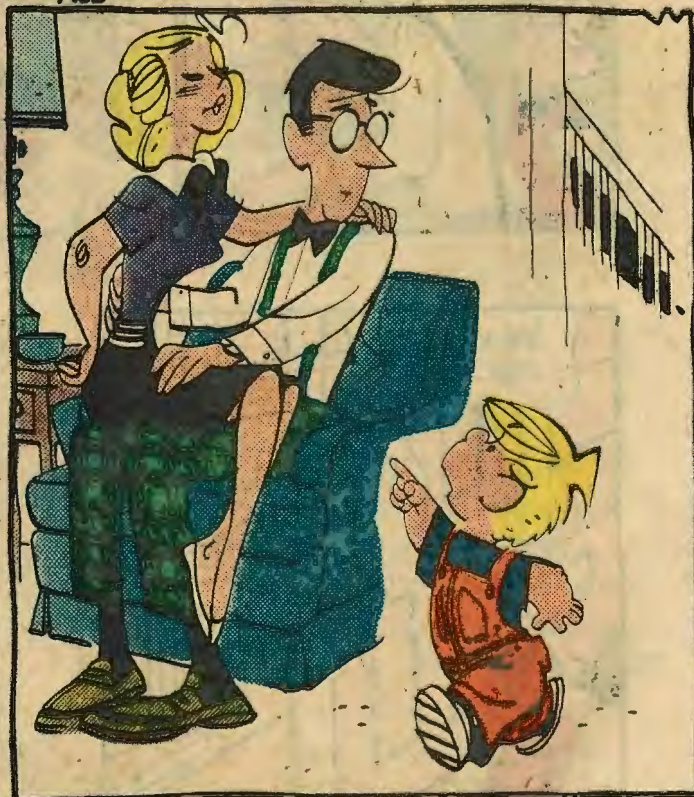
"OKAY, BUT DON'T TELL NOBODY OR THEY'LL ALL WANT ONE."

A REMINDER . . .

WE CAN'T KEEP STRESS OUT OF OUR LIVES, BUT SHOWING AFFECTION IS A WAY TO REDUCE STRESS. WE CAN LET OUR CHILDREN KNOW THAT WE LOVE THEM . . . OFTEN!

. . . OR TWO.

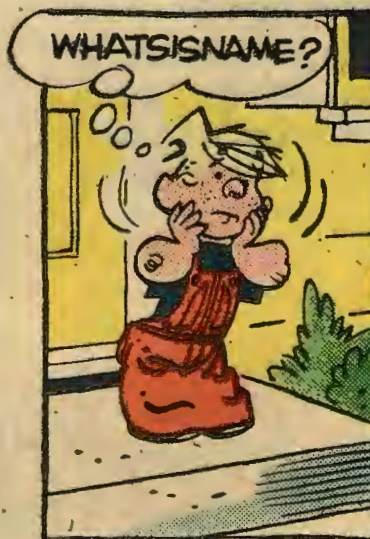
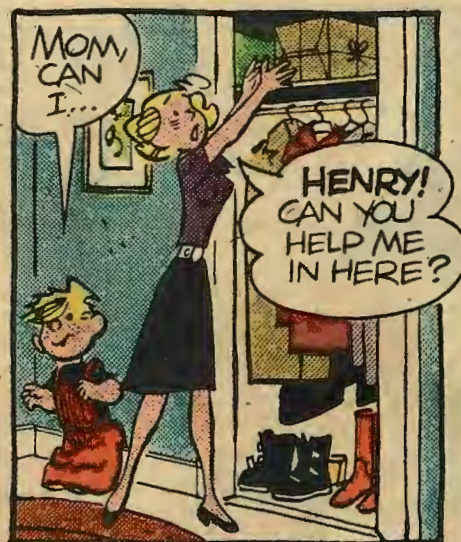
YOUNGSTERS LEARN BY EXAMPLE. OUR AFFECTION FOR EACH OTHER CAN BE A LESSON-IN-LIVING FOR OUR CHILDREN.

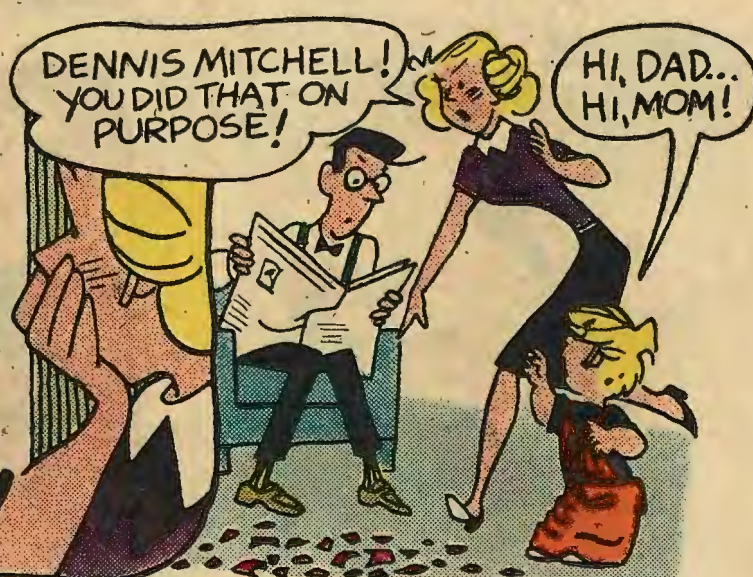
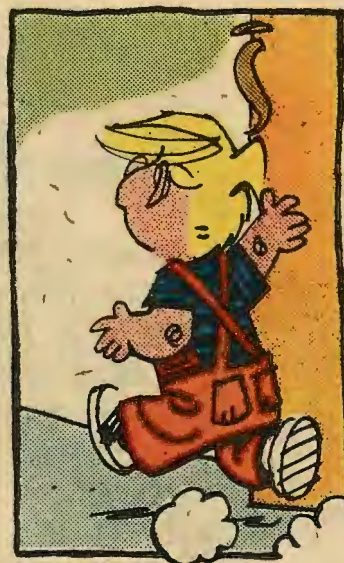
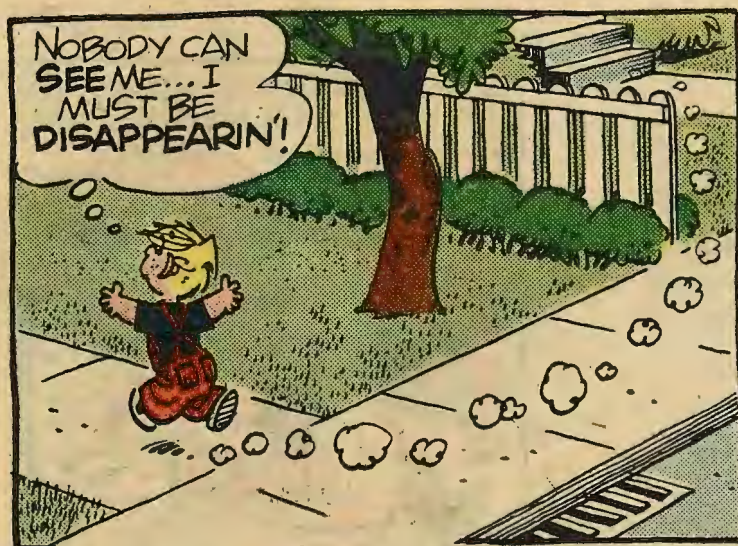


"HEY, DAD... HOW COME MY LAP IS SITTING ON YOUR LAP?"

STRESS POINT:

OUR FRUSTRATIONS
— IN TRYING TO
GET SOMETHING DONE,
FOR EXAMPLE, — CAN
SPILL OVER AND
AFFECT THE WAY
OUR CHILDREN FEEL
ABOUT THEMSELVES.



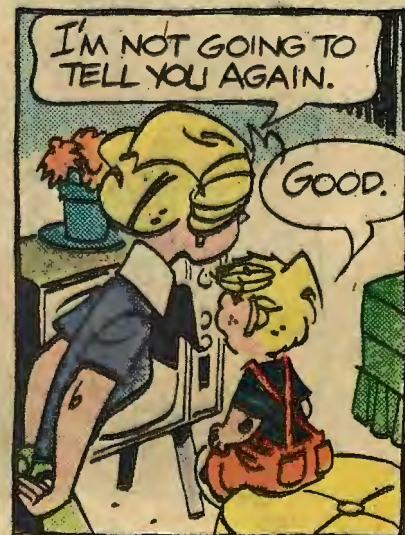
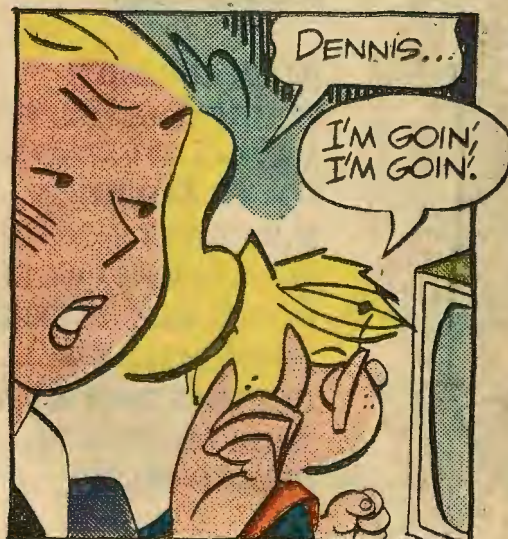
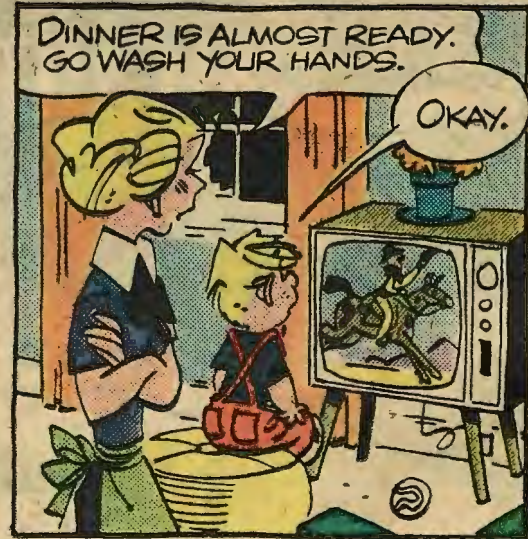


A SOLUTION:

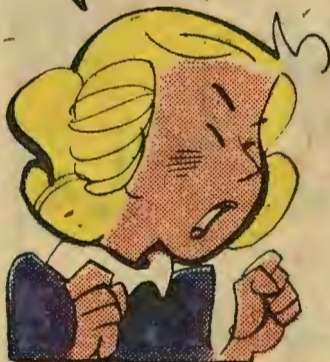
WHEN CHILDREN FEEL NEGLECTED, THEY MAY GO TO EXTREMES TO GET ATTENTION. IF WE CAN'T INCLUDE THEM IN WHAT WE'RE DOING, WE CAN EXPLAIN TO THEM THAT WE'LL GET TOGETHER WITH THEM WHEN WE'RE FREE TO DO SO.

STRESS POINT:

WHEN CHILDREN ARE DEEPLY INVOLVED IN SOME ACTIVITY, IT MAY BE LITERALLY IMPOSSIBLE FOR THEM TO PAY ATTENTION TO US.



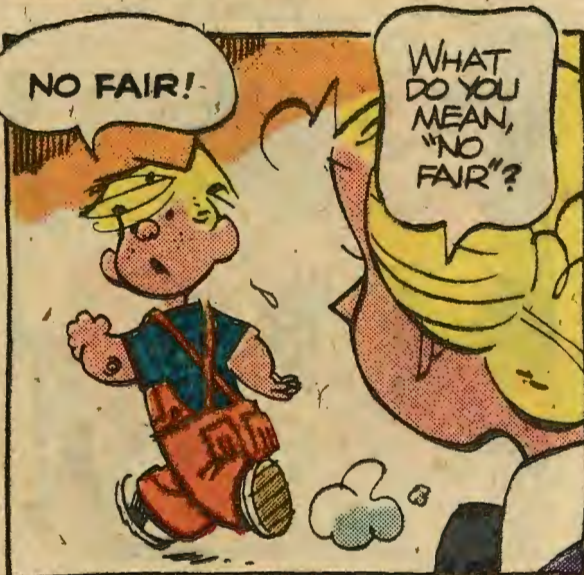
THAT
DOES IT!



HEY! WHAT ARE
YOU DOIN'?

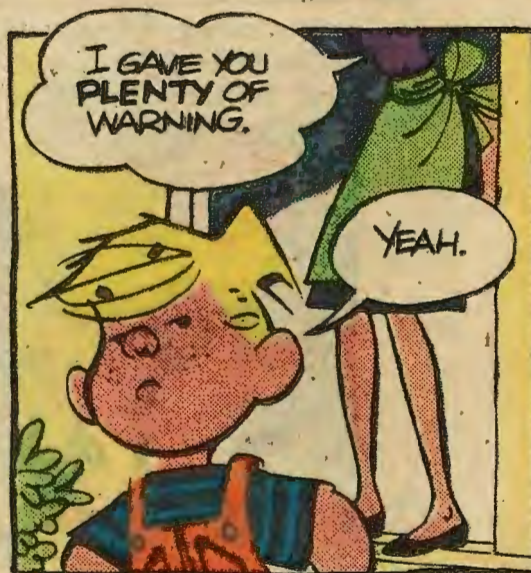


NO FAIR!



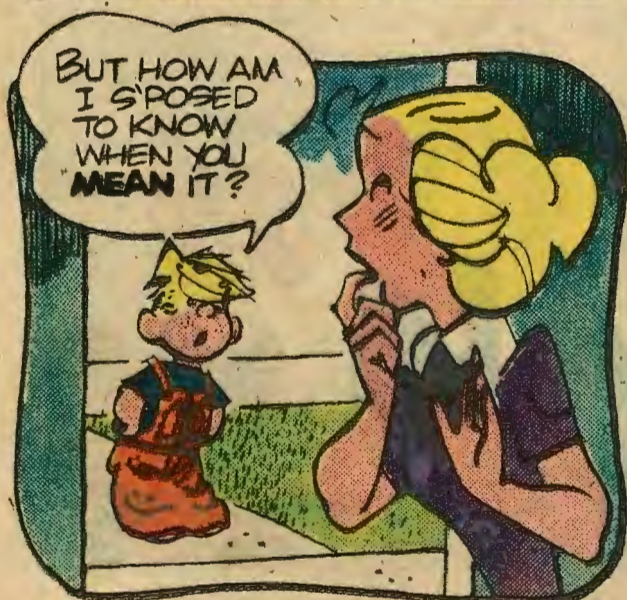
WHAT
DO YOU
MEAN,
"NO
FAIR"?

I GAVE YOU
PLENTY OF
WARNING.



YEAH.

BUT HOW AM
I S'POSED
TO KNOW
WHEN YOU
MEAN IT?

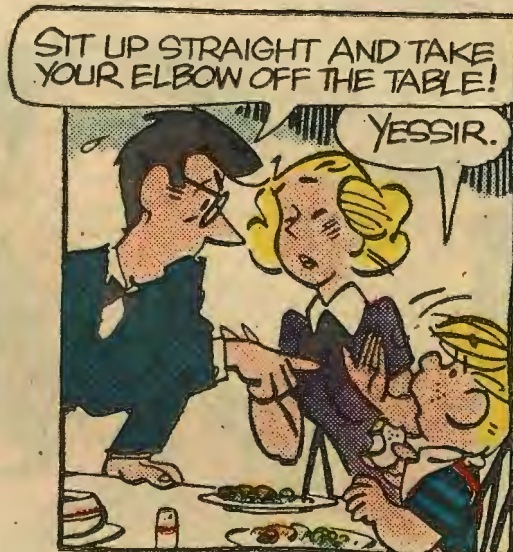
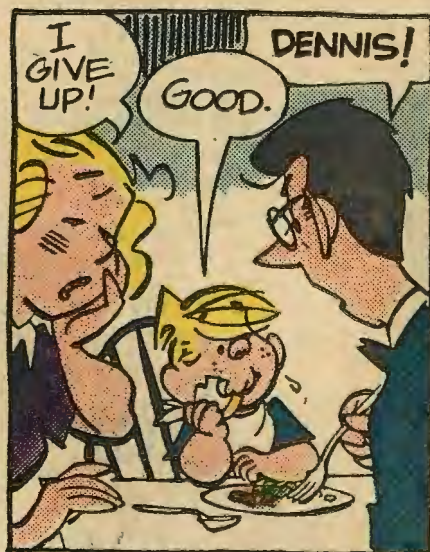
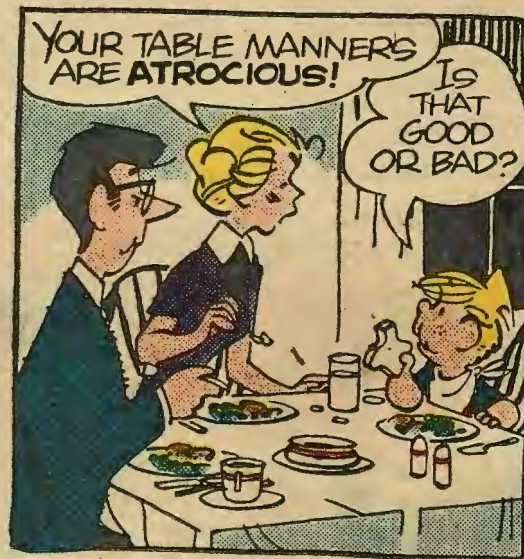


A SOLUTION:

WE NEED
TO PAUSE
AND REFLECT
WHEN WE GET
UPSET AT OUR
CHILDREN--
BEFORE
WE ACT.

STRESS POINT:

PROBABLY MORE MEALS ARE RUINED AT THE TABLE THAN ON THE STOVE. OUR NAGGING MIGHT BE AS IMPOLITE AS THEIR SLOPPY EATING.

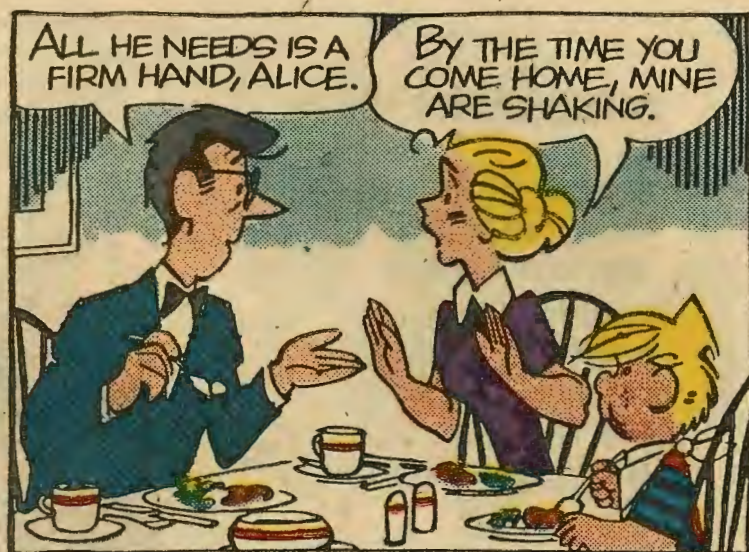




IS THAT GOOD OR BAD?



SEE ?



ALL HE NEEDS IS A FIRM HAND, ALICE.

BY THE TIME YOU COME HOME, MINE ARE SHAKING.



IF I DO, I DROP STUFF IN MY LAP.



WOULD YOU LIKE SOME DESSERT, DENNIS?

YES, MAM... IF YOU PLEASE.



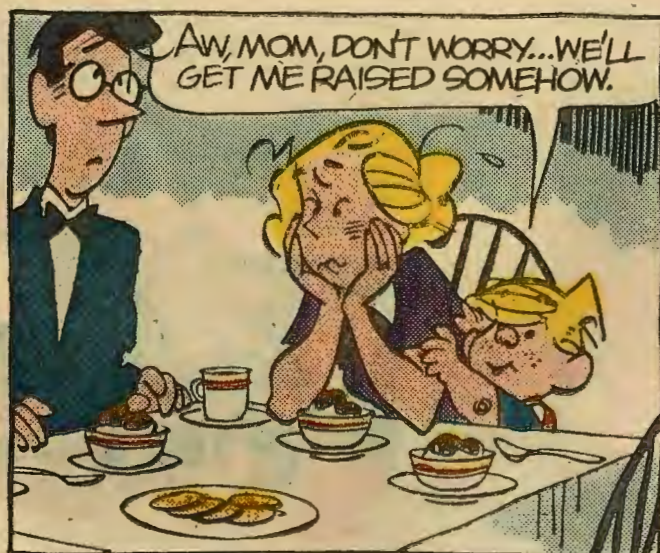
YOU DON'T HAVE TO BE THAT POLITE.

OKAY... LAY SOME ON ME!



AND TAKE THE TABLE!

YESSIR.



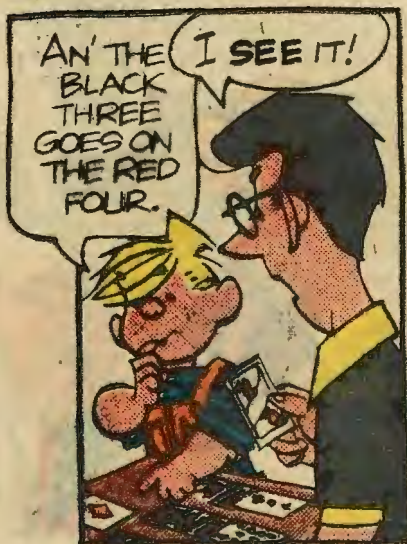
AW, MOM, DON'T WORRY...WE'LL GET ME RAISED SOMEHOW.

A SOLUTION:

EVEN MOTHER PUTS HER ELBOWS ON THE TABLE OCCASIONALLY! IT TAKES TIME FOR YOUNGSTERS TO BECOME ADULTS - IN TABLE MANNERS AS IN EVERYTHING ELSE. AND THEY PROBABLY LEARN MORE FROM WHAT WE DO THAN WHAT WE SAY.

STRESS POINT:

BEING A PARENT MEANS
A LOT OF SHARING
AND NOT A LOT OF
TIME ALONE.
DADS CAN FIND THEIR
QUIET TIMES ...
FOR MOTHERS IT
MAY NOT BE SO EASY.

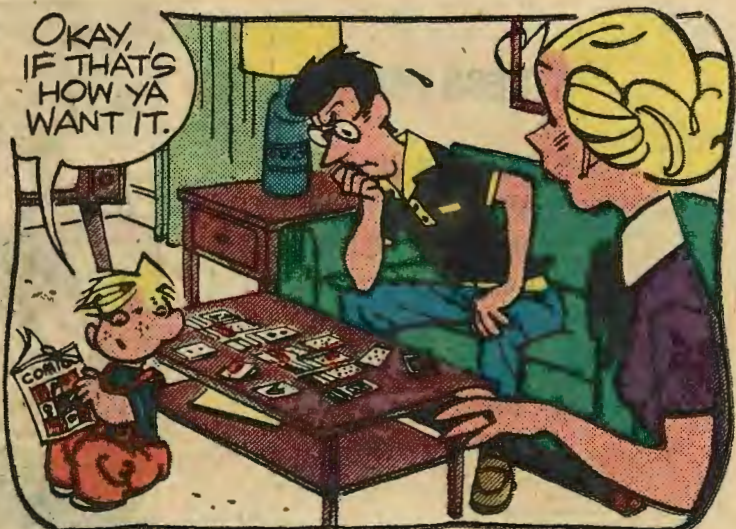




I
NOW.



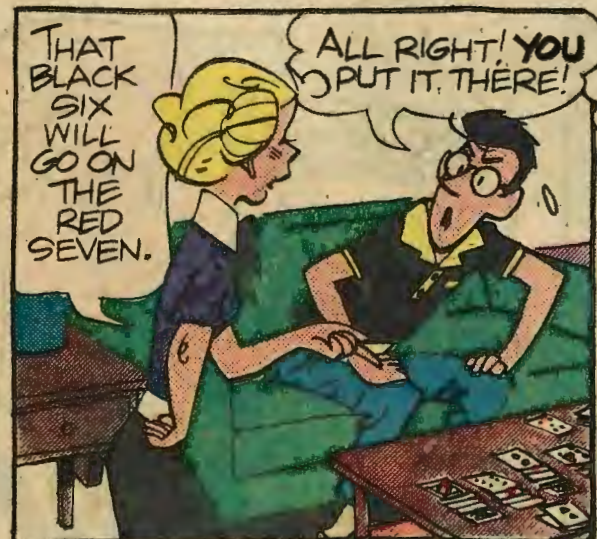
NOW BE
QUIET!



OKAY,
IF THAT'S
HOW YA
WANT IT.



SEE
THAT,
DO!



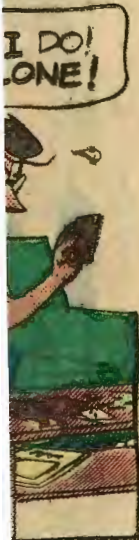
THAT
BLACK
SIX
WILL
GO ON
THE
RED
SEVEN.

ALL RIGHT! YOU
PUT IT THERE!

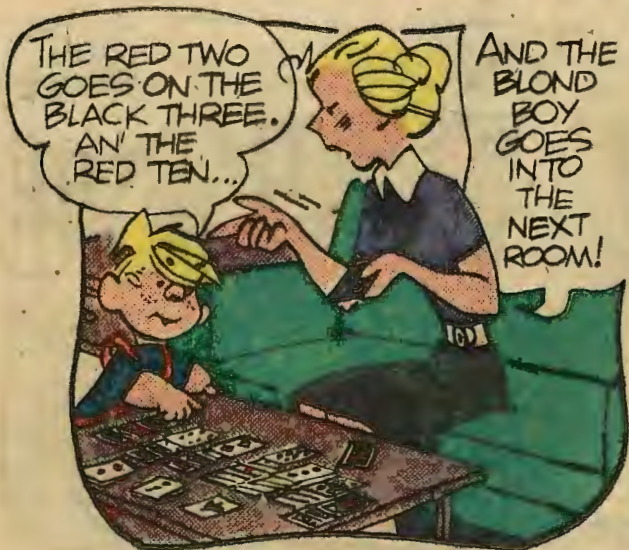


GO AHEAD! TAKE
OVER! YOU PLAY
THE GAME!

MY,
AREN'T WE
TOUCHY
TONIGHT?



I DO!
ONE!



THE RED TWO
GOES ON THE
BLACK THREE.
AN' THE
RED TEN...

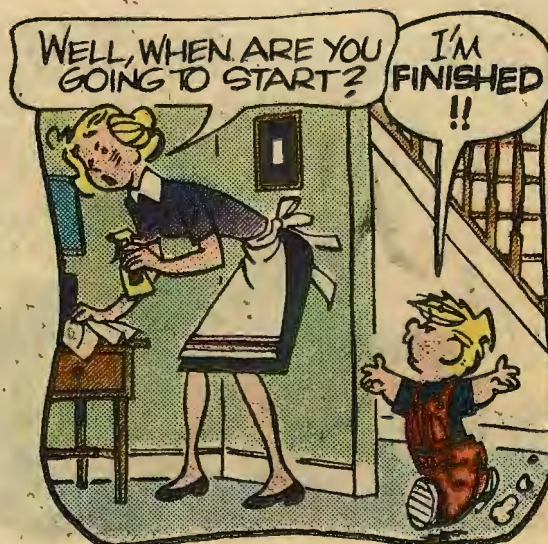
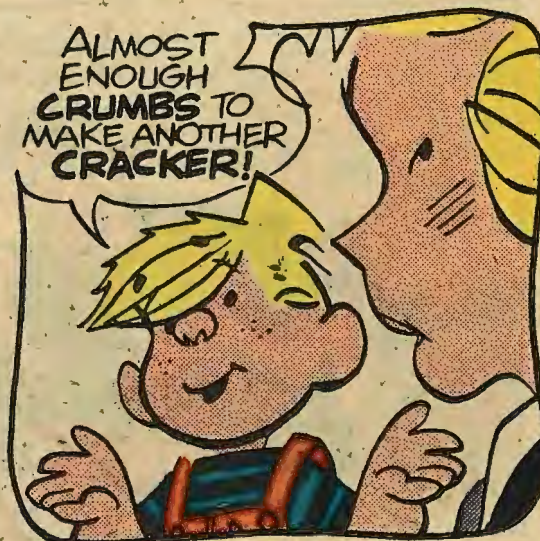
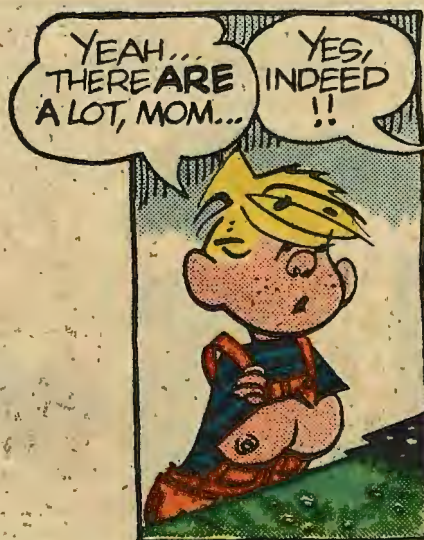
AND THE
BLOND
BOY
GOES
INTO
THE
NEXT
ROOM!

A SOLUTION:

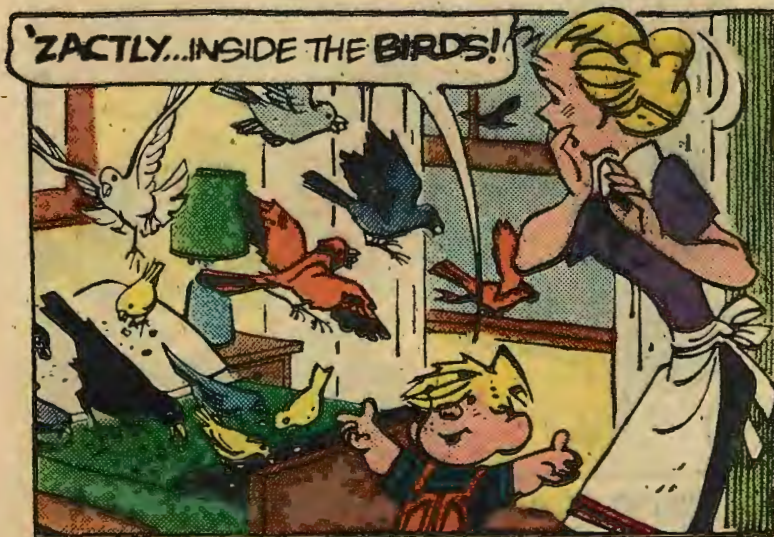
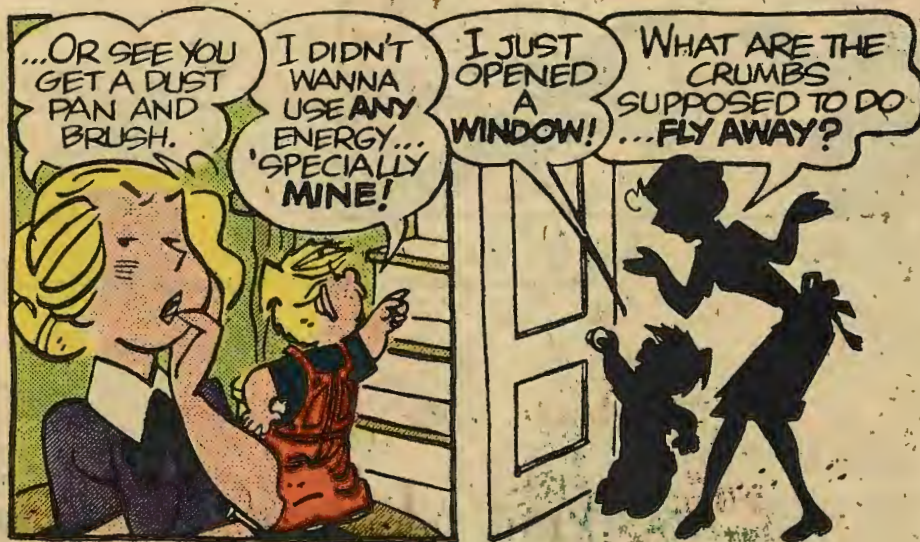
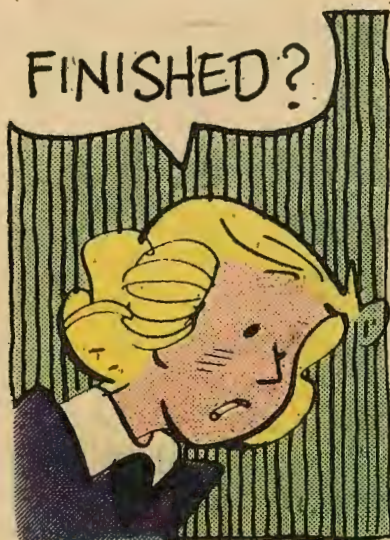
WE CAN GIVE
EACH OTHER A BREAK.
IT'S IMPORTANT TO HAVE
SOME TIME ALONE IF WE
EXPECT TO BE ABLE
TO COPE WITH STRESS.

STRESS POINT:

STRESS OFTEN
FLARES UP WHEN
CHILDREN WON'T
COOPERATE...
TAKE THEIR
OWN SWEET TIME
...WON'T DO WHAT
THEY'RE TOLD...



FINISH



A SOLUTION:

... BUT SOMETIMES CHILDREN MAY SURPRISE US BY DOING WHAT WE WANT IN THEIR OWN WAY. THEY CAN HAVE GOOD IDEAS. AND EVEN WHEN THE IDEAS AREN'T SO GOOD, THERE'S NO BETTER CURE FOR STRESS THAN A GOOD LAUGH!



"GOOD MORNIN', EVERYBODY!"

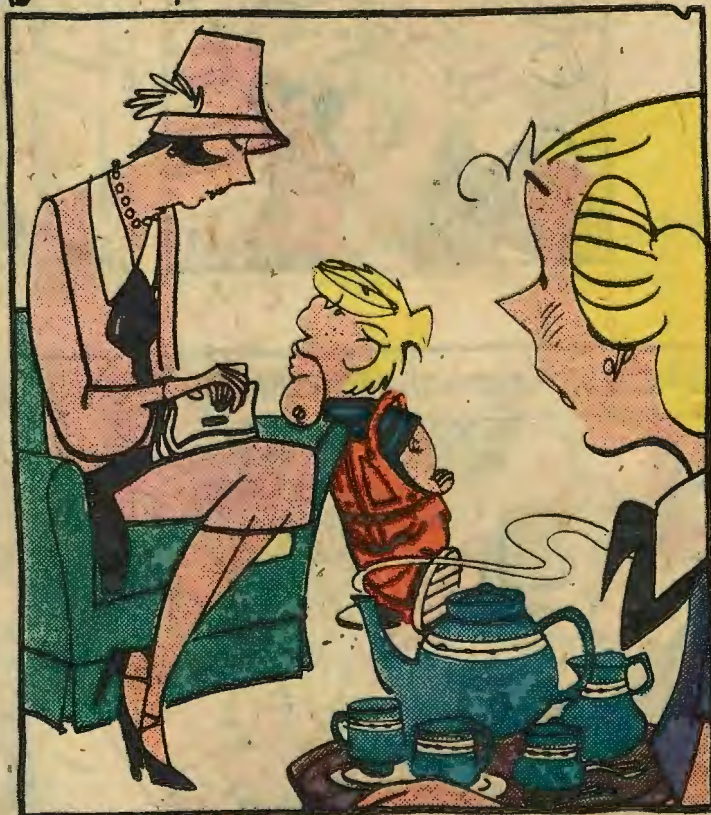


"BAD MORNING?"

ONE TIP . . .

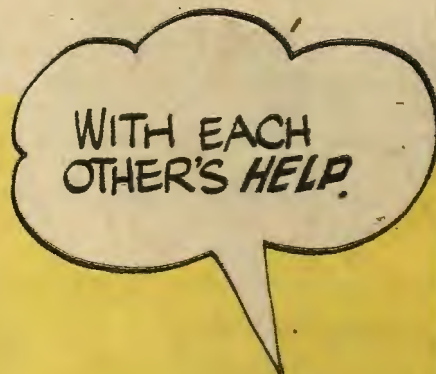
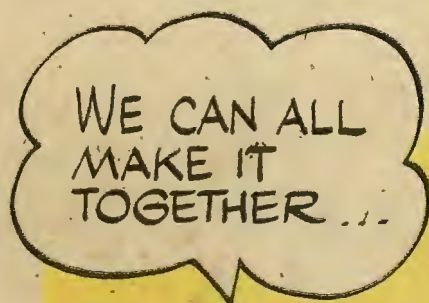
WE SHOULDN'T BE
SURPRISED WHEN
OUR "ADULT"
PROBLEMS CAUSE
STRESS TO OUR
CHILDREN.

. . . AND ANOTHER
WE CAN SHARE OUR
PROBLEMS WITH
OTHER PARENTS
WHO HAVE BEEN
"THROUGH THE
MILL." WE CAN
REACH OUT TO A
NEIGHBOR, PASTOR,
DOCTOR, OR
RELATIVE FOR
SUPPORT.



"I hear you been through the mill....what do they DO there?"

NT BE
WHEN
CAUSE
OUR



DENNIS THE MENACE COPING WITH FAMILY STRESS was prepared under Contract No. HHS-105-80-C-066 with the National Center on Child Abuse and Neglect, Children's Bureau, U.S. Department of Health and Human Services, March 1981.

they DO there?



A MESSAGE FROM THE NATIONAL CENTER ON CHILD ABUSE AND NEGLECT

This booklet is one part of a national effort to prevent child abuse and neglect. A conservative estimate is that one million children are abused or neglected by their parents or caretakers in this country every year. As many as 2,000 die as a result of maltreatment.

Most child abuse and neglect is *not* caused by inhuman, hateful intent on the part of parents. Rather, it is the result of a combination of factors, including both the accumulation of stresses on families and unmet needs of parents for support in coping with their child-rearing responsibilities.

Most child abuse and neglect can be prevented:

If parents can reach out for the help they need to cope with the stresses in their lives.

If professionals and agencies that provide services to families can be attentive to families who are having particular difficulties in the demanding task of raising their children.

If communities can support preventive programs to help families in stress.

If you would like additional copies and more information about how you can get or give help to prevent child abuse and neglect, you may contact the Regional Child Abuse and Neglect Resource Center nearest you. Addresses and telephone numbers are provided below:

Regional Child Abuse and Neglect Resource Centers

Region I CA/N Resource Center
Judge Baker Guidance Center
295 Longwood Avenue
Boston, Massachusetts 02115
617-232-8390
(CT, ME, MA, RI, VT, NH)

Region II CA/N Resource Center
College of Human Ecology
Cornell University
MVR Hall
Ithaca, New York 14853
607-256-7794
(NJ, NY, PR, VI)

Region III CA/N Resource Center
Howard University Institute for
Urban Affairs and Research
P.O. Box 191
Washington, D.C. 20059
202-686-6770
(DC, DE, MD, PA, VA, WV)

Region IV CA/N Resource Center
Regional Institute for Social
Welfare Research
P.O. Box 152
Athens, Georgia 30601
404-542-7614
(AL, FL, GA, KY, MS, NC, SC, TN)

Region V CA/N Resource Center
Graduate School of Social Work
University of Wisconsin-Milwaukee
Milwaukee, Wisconsin 53201
414-963-4184
(IL, IN, MI, MN, OH, WI)

Region VI CA/N Resource Center
Graduate School of Social Work
University of Texas at Austin
Austin, Texas 78712
512-471-4067
(AR, LA, NM, OK, TX)

Region X CA/N Resource Center
157 Yesler Way, #208
Seattle, Washington 98104
206-624-1062
(AK, ID, OR, WA)

Region VII CA/N Resource Center
Institute of Child Behavior and
Development
University of Iowa—Oakdale Campus
Oakdale, Iowa 52319
319-353-4825
(IA, KS, MO, NE)

Region VIII CA/N Resource Center
National Center for the Prevention
and Treatment of CA/N
1205 Oneida Street
Denver, Colorado 80220
1-800-525-0246-Toll Free
303-321-3963 (For Colorado Only)
(CO, MT, ND, SD, UT, WY)

Region IX CA/N Resource Center
Department of Special Education
California State University
5151 State University Drive
Los Angeles, California 90032
213-224-3283
(AZ, CA, HI, NV, Guam, Trust Terr.)

We printed more than 10,000,000 copies of this brochure and
have now replaced it by another with the same title.

Dennis the Menace

TAKES A POKE AT

POISON



DENNIS the MENACE



HI, FOLKS! Don't let it scare ya, but this is a book about **POISONS!**



It's for all Moms 'n Dads who've got kids like me...but wanna keep 'em anyway!

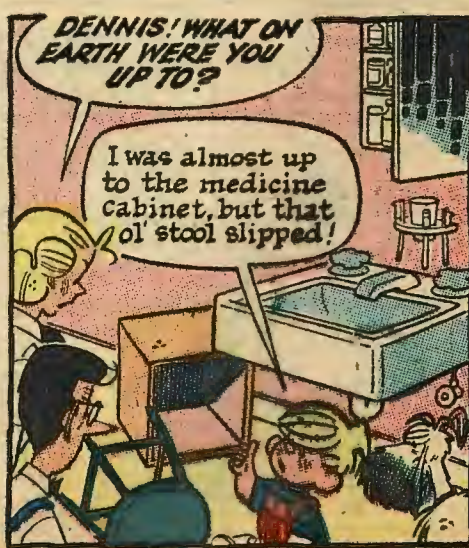
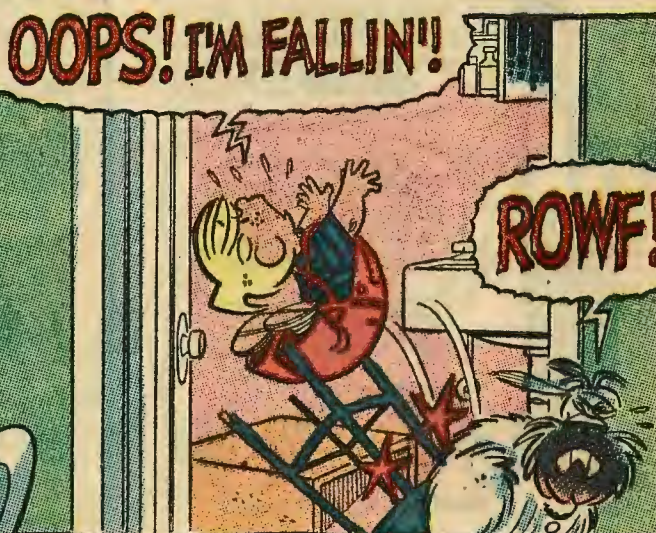
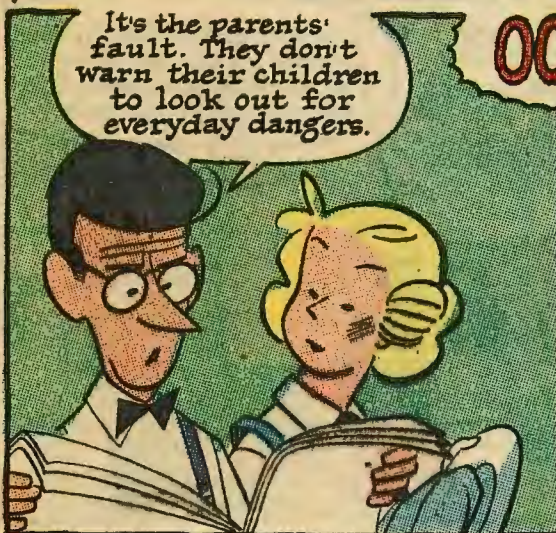
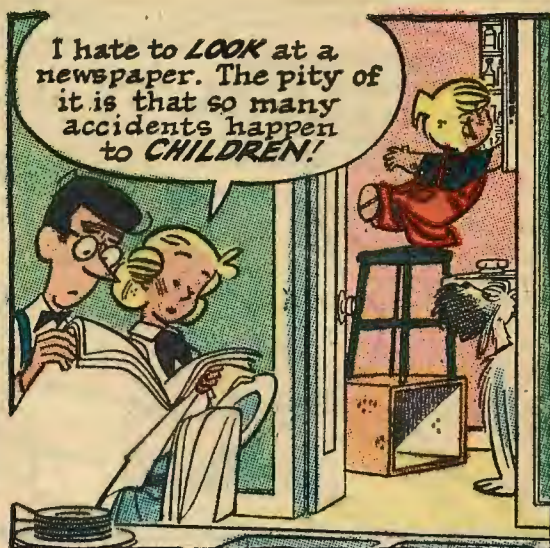
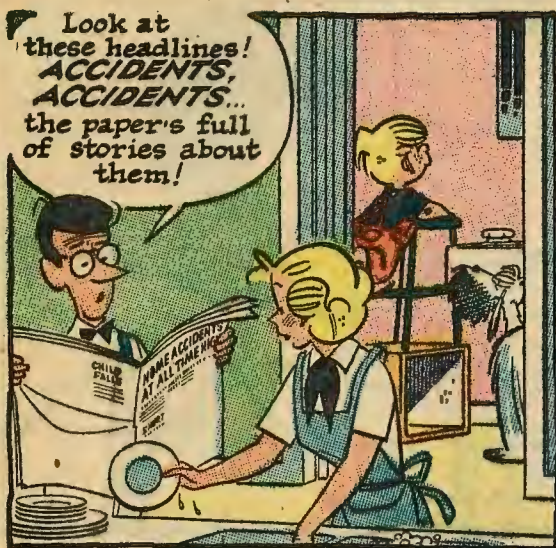


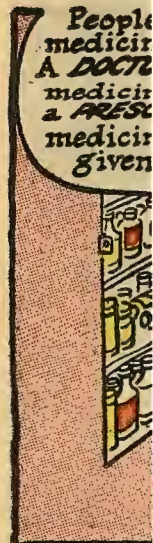
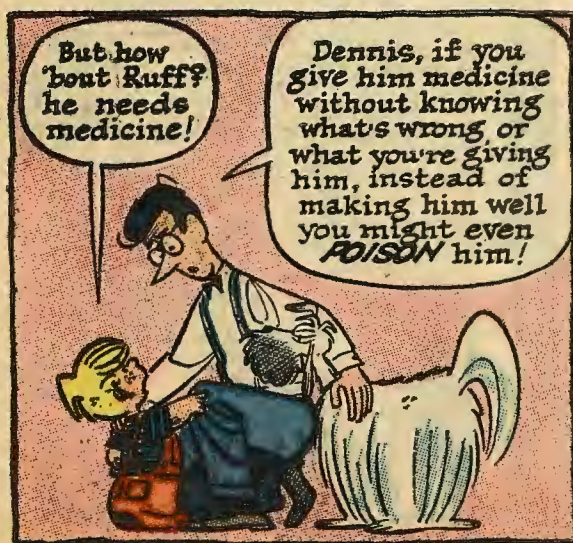
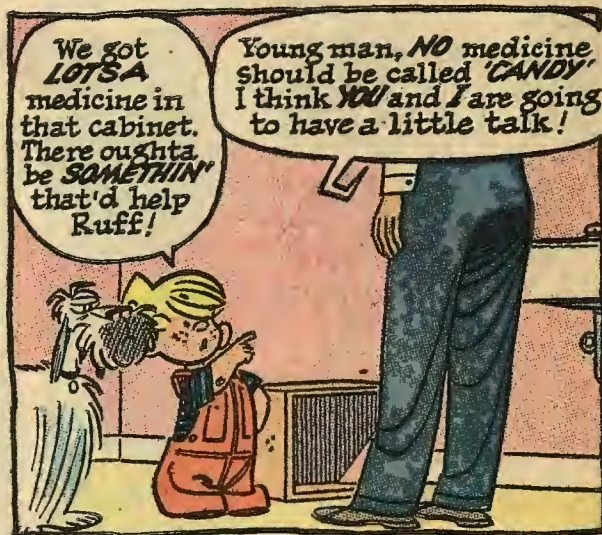
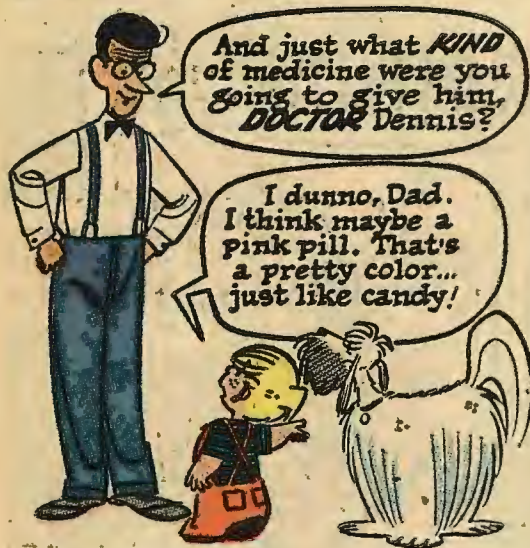
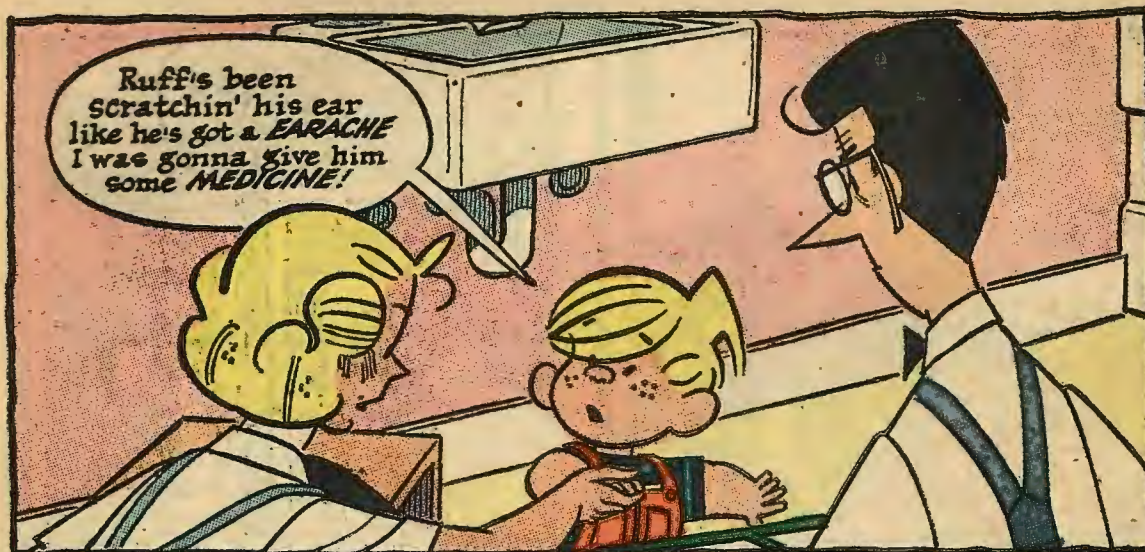
Poisoning can be **TERRIBLE!** Our neighbor, Mr. Wilson, thinks **I'M TERRIBLE**, so I guess **I'M** poison to **HIM**.



Anyhow...you read this book an' it may keep ya from gettin' awful sick!

DENNIS THE MENACE TAKES A POKE AT POISON was prepared in cooperation with the Public Health Service, U. S. Department of Health, Education and Welfare. Copyright 1961 by the Hall Syndicate, Inc. Printed in the U.S.A.







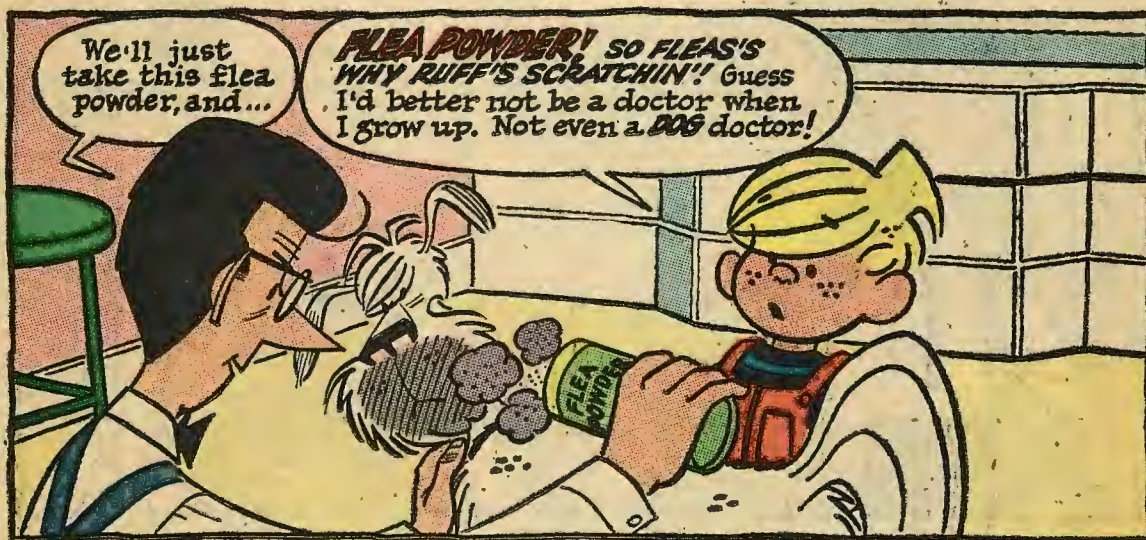
People don't just take **ANY** medicine when they're sick. A **DOCTOR** tells them what medicine to take by giving a **PRESCRIPTION**. And that medicine should **NEVER** be given to anyone else!

Then let's take out a suscription for Ruff. He thinks he's a people!



It's **PRESCRIPTION**, son. Here, put some of this on Ruff's ears.

ON his ears? Gee, Dad, we better call a **REAL** doctor before you make Ruff sicker. How can you help his earache by puttin' medicine on the **OUTSIDE**?



We'll just take this flea powder, and...

FLEA POWDER! SO **FLEAS**' **WHY RUFF'S SCRATCHIN'!** Guess I'd better not be a doctor when I grow up. Not even a **DOG** doctor!



Let this be a lesson to you, Dennis. Every day, people make themselves, their families, or their pets sick because of carelessness...

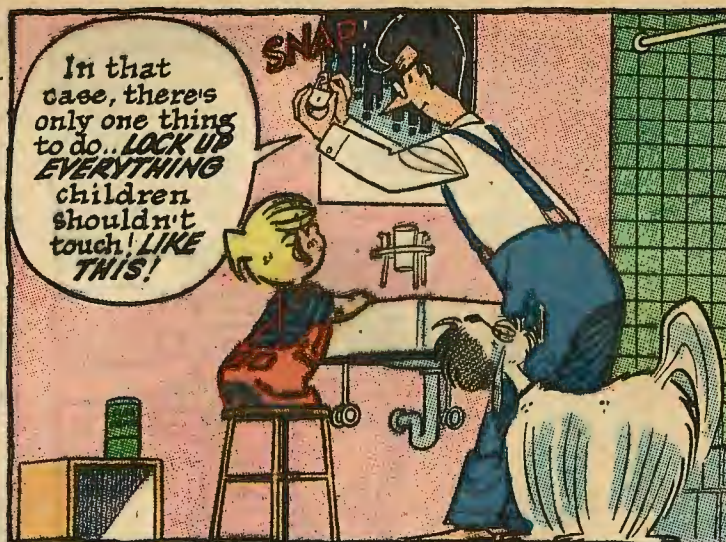


Parents should always keep medicines, drugs and poisons away from food and out of reach of their children.

Yeah? But some kids can reach **LONGER** than others!

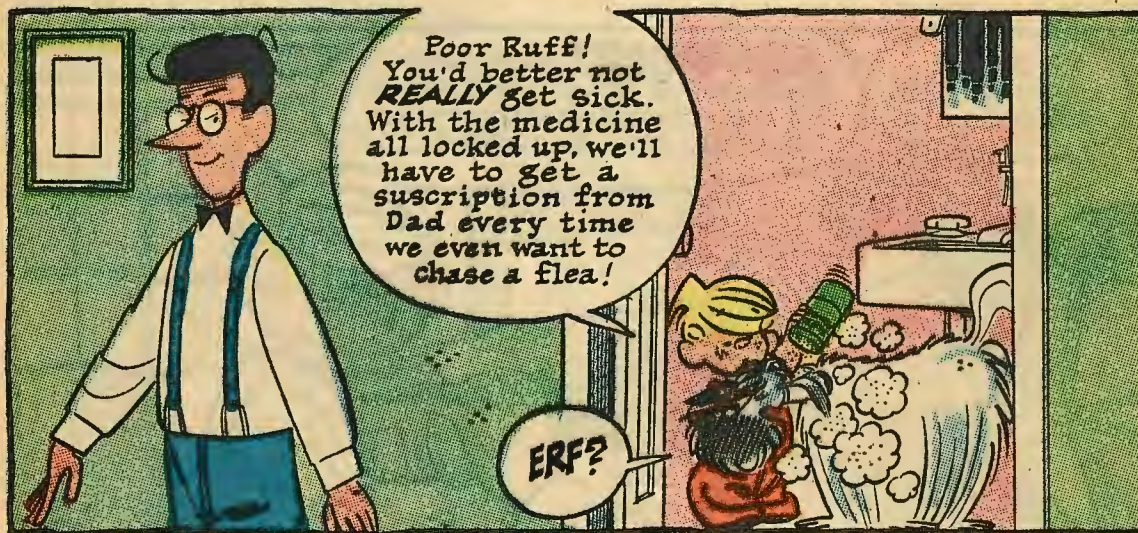


And *SOME* kids..like Dennis Mitchell..try to *CLIMB!*



In that case, there's only one thing to do..**LOCK UP EVERYTHING** children shouldn't touch! **LIKE THIS!**

SNAP



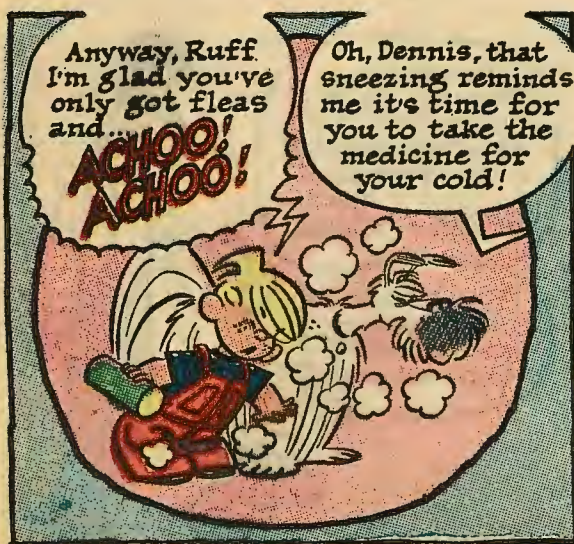
Poor Ruff! You'd better not **REALLY** get sick. With the medicine all locked up, we'll have to get a suscription from Dad every time we even want to chase a flea!

ERF?



SHAKE WELL BEFORE USIN!

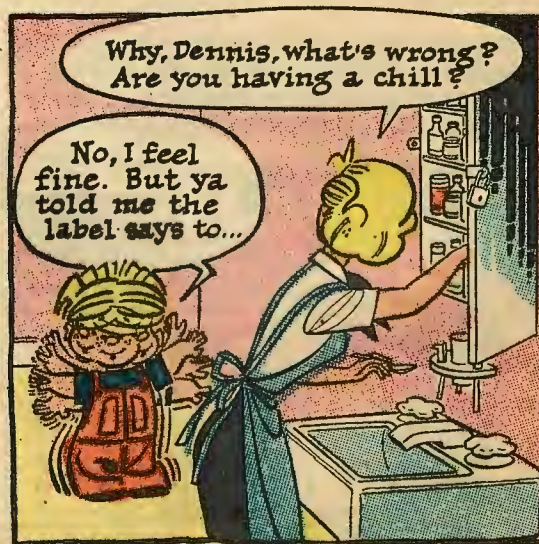
Gee, I'm lucky to have such a smart Mom..but when do we eat? I'm hungry!



Anyway, Ruff I'm glad you've only got fleas and...

ACHOO! ACHOO!

Oh, Dennis, that sneezing reminds me it's time for you to take the medicine for your cold!

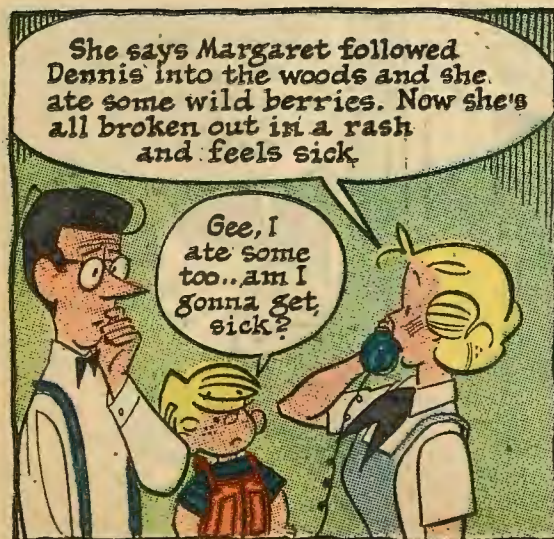
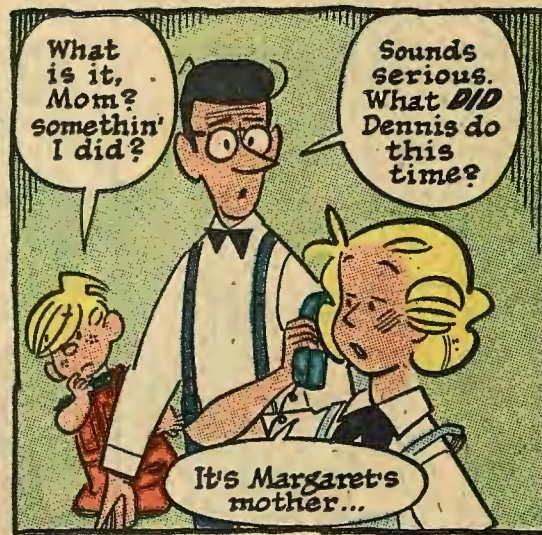
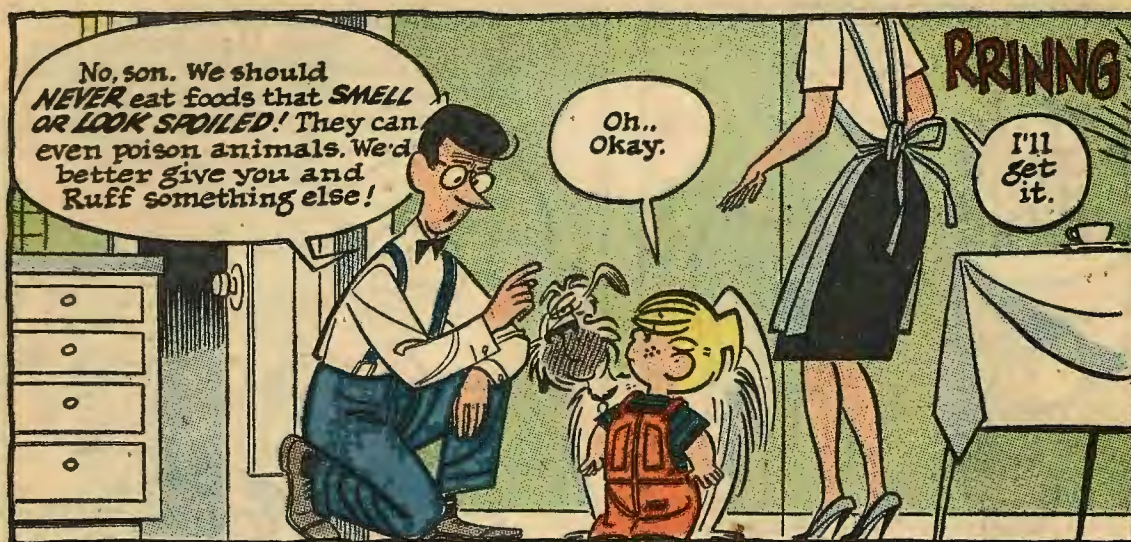


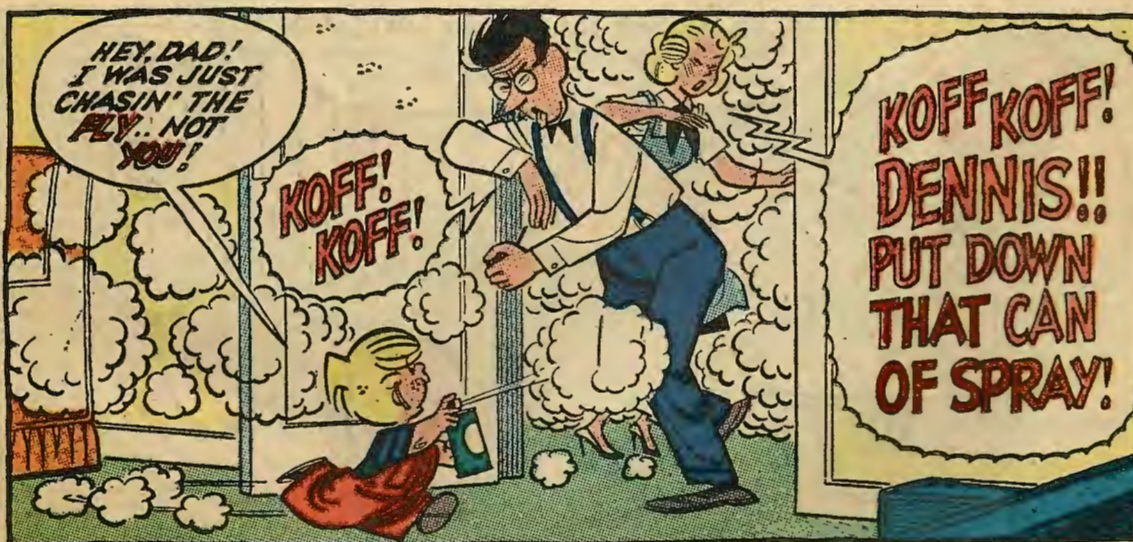
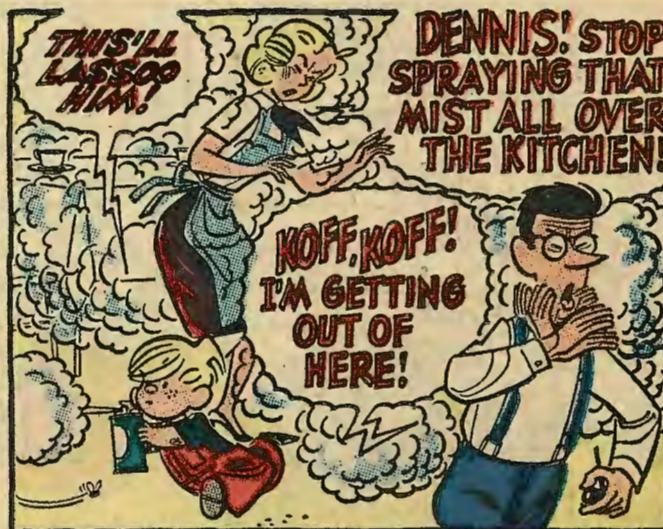
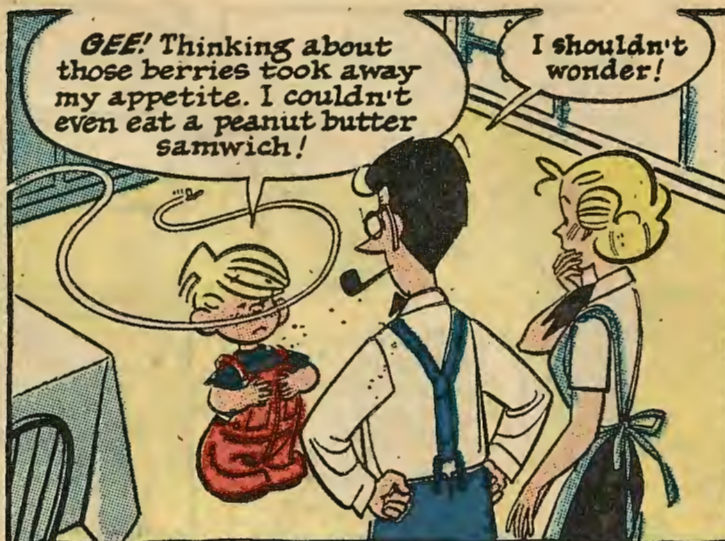
Why, Dennis, what's wrong? Are you having a chill?

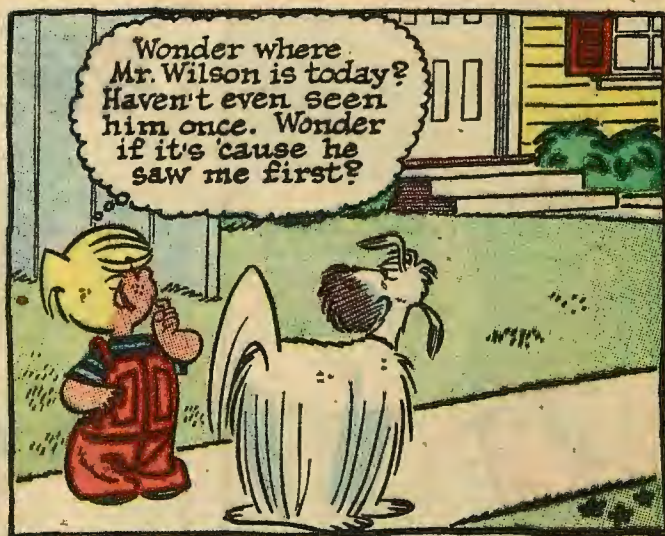
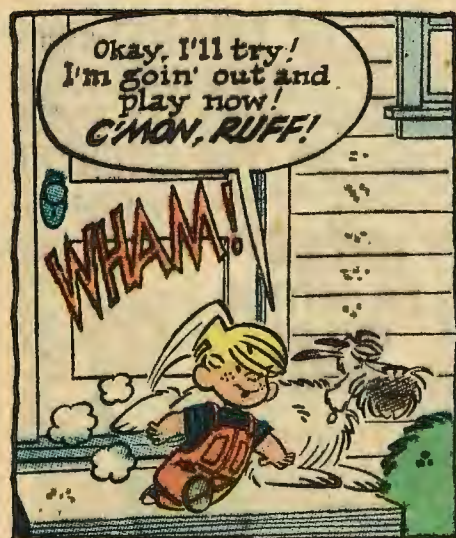
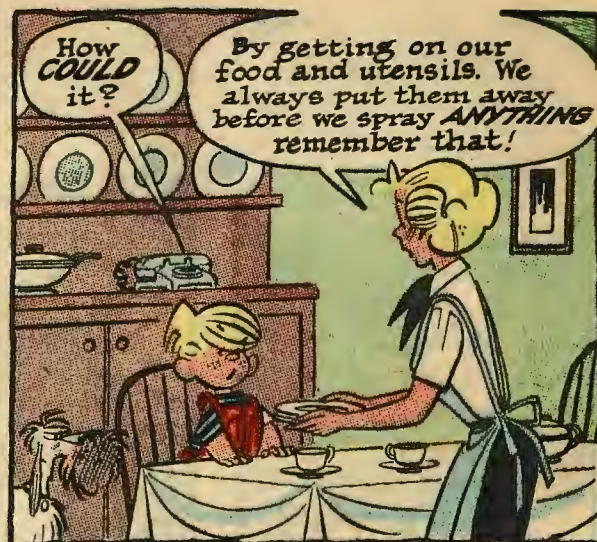
No, I feel fine. But ya told me the label says to...

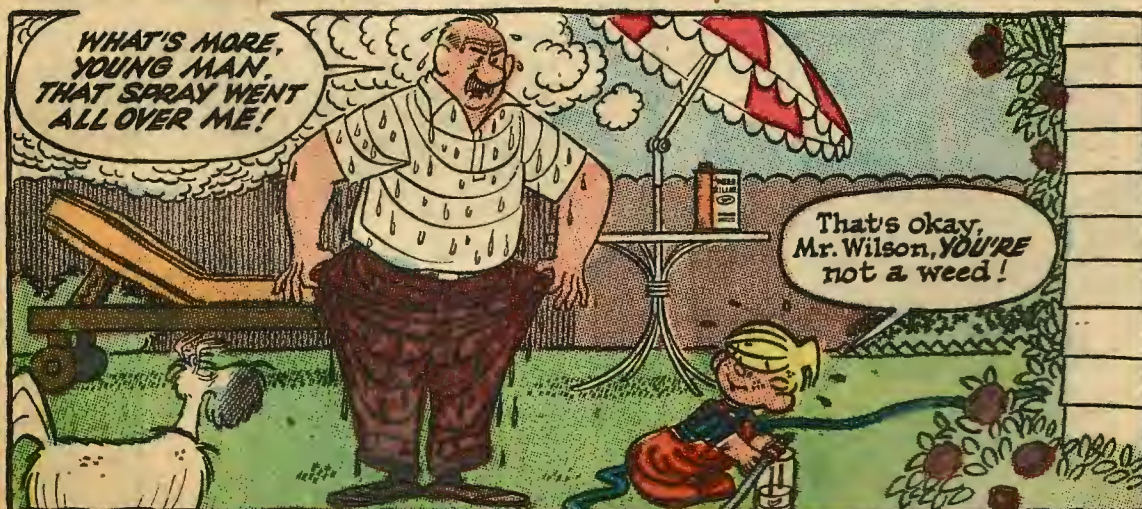
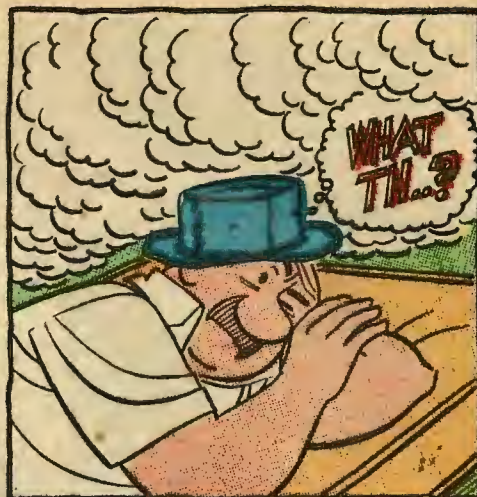
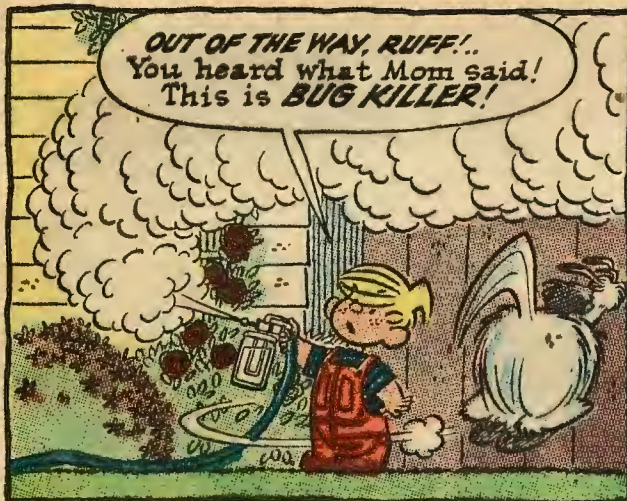


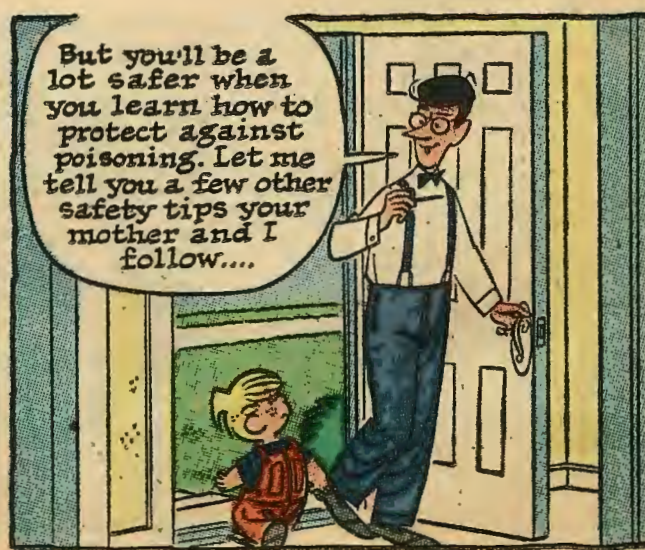
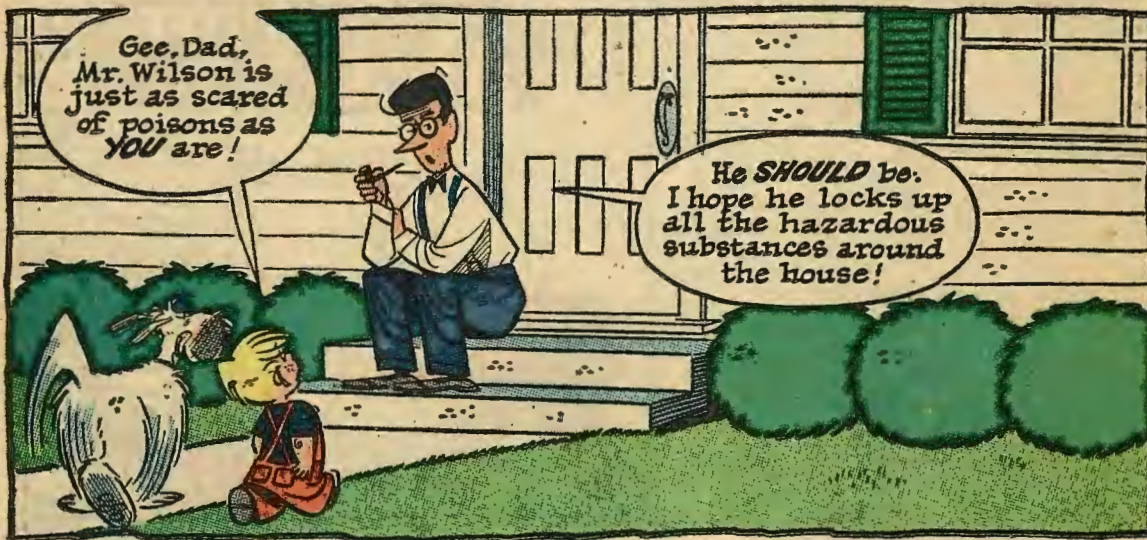
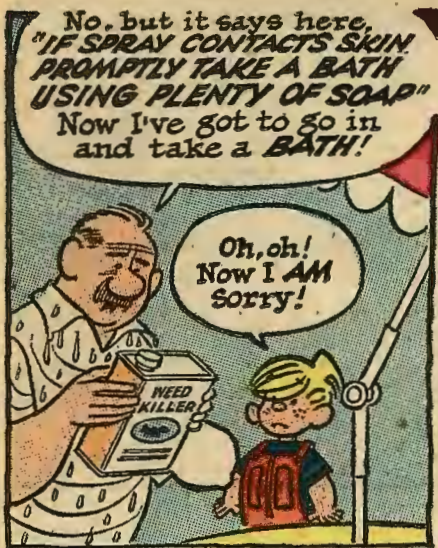




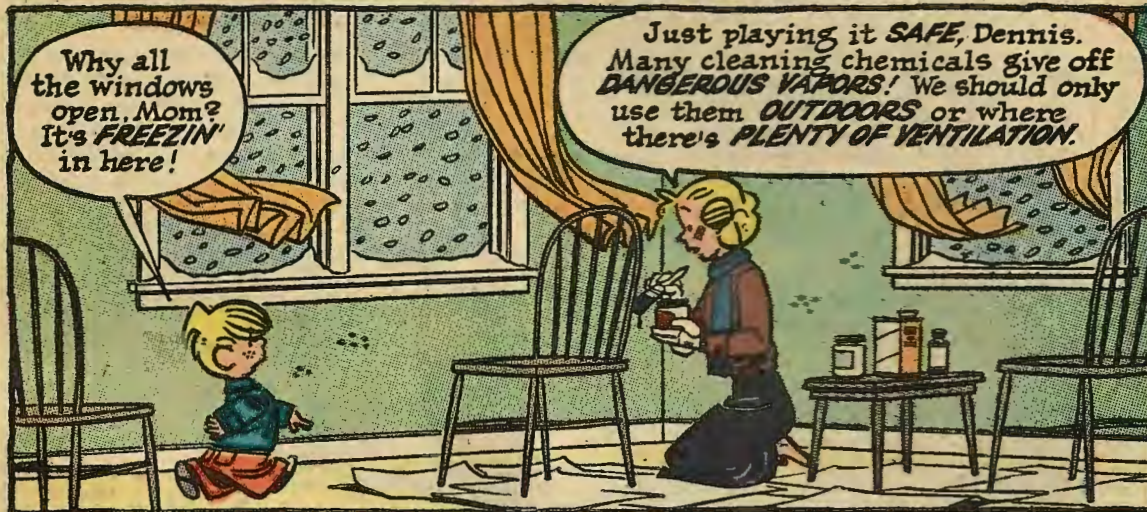




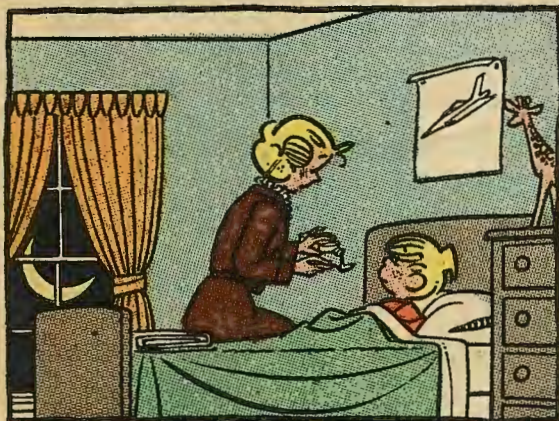




REMEMBER LAST WINTER WHEN MOTHER WAS TAKING THE OLD PAINT OFF THE CHAIRS?



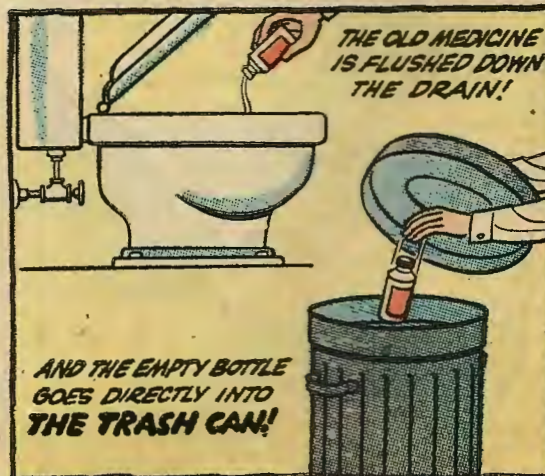
YOUR MOTHER NEVER GIVES YOU MEDICINE IN THE DARK. SHE IS ALWAYS SURE TO HAVE ENOUGH LIGHT TO READ THE LABEL BECAUSE EVEN "SAFE" MEDICINES CAN HARM YOU IF YOU GET TOO MUCH.

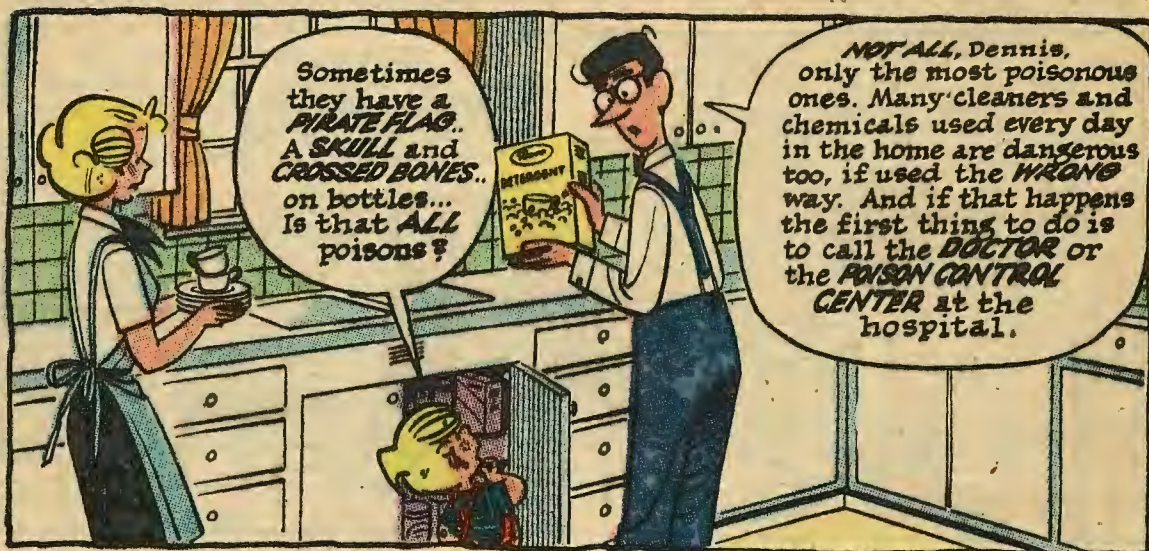


WHEN WE BUY DRUGS, WE ALWAYS ASK THE PHARMACIST IF THERE IS AN EXPIRATION DATE SO WE WON'T USE OUTDATED MEDICINES.

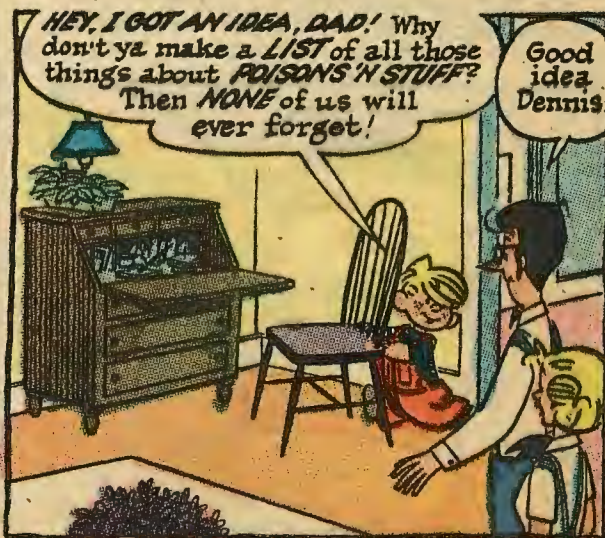
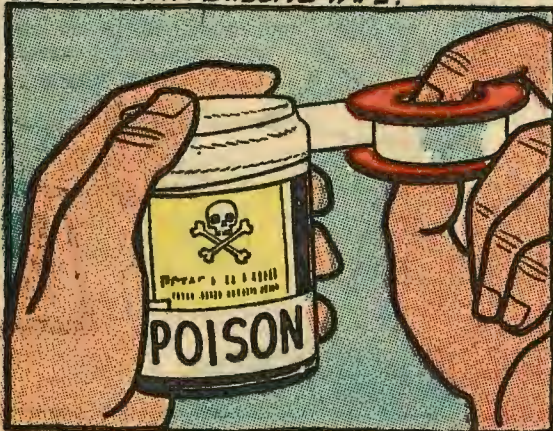


AND WE MAKE SURE THAT OLD MEDICINES ARE KEPT AWAY FROM CHILDREN AND PETS





SO WE'RE ALWAYS CAREFUL TO READ **ALL** THE **LABEL DIRECTIONS** AND **WARNINGS**. IT'S **EVEN A GOOD IDEA** TO **KEEP SOME THINGS SEALED WITH ADHESIVE TAPE**.



PROTECT YOUR FAMILY AGAINST POISONING

Here's all the things
I learned today!
Do **YOU** 'member
'em all?



Lock up all dangerous substances.

Keep all drugs, poisons, and other household chemical products out of the reach of children and away from food.

Read all labels and carefully follow "caution" statements. Even if a chemical is not labeled "poison," incorrect use may be dangerous.

Be sure all poisons are clearly marked. This can be done by sealing with adhesive tape or using a special marker.

Do not store poisonous or flammable substances (kerosene, gasoline, rat poison, etc.) in food or beverage containers.

Warn small children not to eat or drink drugs, chemicals, plants or berries they find, without your permission. Insist on this. Do not eat or serve foods which smell or look abnormal and remember that they may poison household and farm animals.

Do not allow food or food utensils to become contaminated when using insect sprays, aerosol mists, rat poisons, weed killers or cleaning agents.

Follow directions to protect your skin and eyes when using insect poisons, weed killers, solvents, and cleaning agents. Be sure to wash thoroughly after use of such things, and promptly remove contaminated clothing.

Use cleaning fluids with adequate ventilation only, and avoid breathing vapors.

Date all drug supplies when you buy them.

Safeguard tablets which are candied, flavored, or colored, since children may eat them like candy.

Do not take medicine from an unlabeled bottle—transparent tape can be applied over the label to protect it.

Use a prescription drug only for the patient for whom the physician ordered it.

Give infants and young children drugs only as directed by your physician.

Read all directions and caution statements on the drug label each time you plan to use it.

When measuring drugs, pay close attention to what you are doing. Do not take or give medicine in the dark.

Before measuring liquid medicine always shake the bottle thoroughly.

Weed out the left-overs regularly from your medicine chest—especially any prescription drug that your physician ordered for a particular illness.

When you throw away drugs or hazardous materials flush them down the toilet and be sure the containers cannot be reached by children or pets.

When purchasing drugs ask your pharmacist for poison prevention packaging. Do the same with your grocer when buying household cleaning and polishing products. Use this special child-resistant packaging and be certain to resecure the safety feature after use.

In the event of an accident immediately call a physician or hospital.

Dennis,
at poisonous
cleaners and
every day
e dangerous
ie **WRONG**
at happens
g to do is
CTOR or
VTROL
the
ll.



Good
idea
Dennis!



A Message from the Commissioner of Food and Drugs

DEAR PARENTS:

242 children under five years of age were among the 2887 persons who died from accidental poisonings in the United States in 1969, according to reports received by the National Center for Health Statistics.

Very shocking is the fact that 95 percent of poisonings to children under five occur while they are under the supervision of parents or other responsible adults.

Between 500,000 and one million children every year swallow substances that may be harmful—or deadly. Some of these materials are solvents, paint thinners, polishes, antifreeze and detergents. Of special interest are data showing that aspirin and other drug products account for a large percentage of poisonings among children. To the child, aspirin looks like candy that he sees grownups take without ill effect. All medicines should be kept where children cannot reach them and securely locked away, if possible.

The Federal Hazardous Substances Act requires label warnings that consumers should read—and heed. In addition, the Poison Prevention Packaging Act requires that certain products involved in child poisonings be packaged in such a way that most children under five will be unable to open them. When buying medicines or other potentially hazardous products, parents should ask for these safety containers and use them. Poison prevention, however, is more than packaging. All of the points referred to on the reverse of this page should be read again and remembered.

In case of poisoning, call your physician at once! Don't waste time guessing at remedies! If you cannot reach your doctor immediately, call the nearest hospital emergency room.

Let Dennis bring the message of caution to your children. Then repeat the message at every opportunity. Then, perhaps, we will not read their names on the poisoning reports that come to us with tragic regularity.



Sincerely yours,

Charles C. Edwards, M.D.

Commissioner of Food and Drugs

As a sequel to "Where There's Smoke..." we
have already printed 4,500,000 copies of this
brochure for American Cancer Society.

TAKING A CHANCE...



...WITH NO CHANCE
TO WIN

THE FOLLOWING MESSAGE OFFERS YOU INFORMATION ABOUT HEALTH PROBLEMS THAT CAN RESULT FROM CIGARETTE SMOKING.

HI, SUE!
TWO TE
WHAT!
TO TH
NEX

YEAH, THAT
RELIEF! S
ABOUT STOP
FOR A 'BU

WELL, DON
IT GET YO
YOU'LL GET



HI, SUE! AM I GLAD SCHOOL'S OVER--
TWO TESTS TODAY! HEY, GUESS
WHAT! FRANK ASKED ME
TO THE BIG DANCE
NEXT WEEK.

THAT'S GREAT, GWEN.
I KNEW YOU
WERE COUNTING
ON IT!



YEAH, THAT'S A BIG
RELIEF! SAY, HOW
ABOUT STOPPING OFF
FOR A 'BURGER?

WELL...
ALL
RIGHT, I
GUESS.



SOMETHING WRONG?
YOU LOOK UPTIGHT!

IT'S... WELL, I DON'T
HAVE A DATE TO
THE DANCE YET.
I'M BEGINNING
TO GET
WORRIED!



WELL, DON'T LET
IT GET YOU DOWN.
YOU'LL GET A DATE!

GEE, I SURE
COULD
USE A
CIGARETTE!

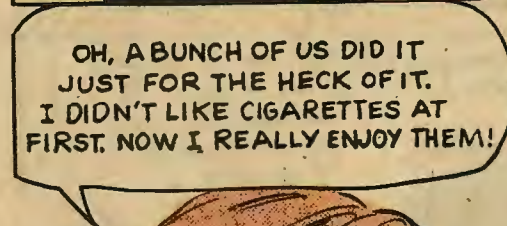


HEY, I DIDN'T KNOW
YOU SMOKE. WHEN
DID YOU START?

OH, QUITE
A WHILE
AGO!



LET ME GO TO THE MACHINE FOR SOME CIGARETTES WHILE YOU PUT IN THE ORDER. BE RIGHT BACK!



OH, A BUNCH OF US DID IT JUST FOR THE HECK OF IT. I DIDN'T LIKE CIGARETTES AT FIRST, NOW I REALLY ENJOY THEM!

A FEW MOMENTS LATER...



DID YOU GET THE ORDER IN?

YEAH, THIS IS OURS COMING UP NOW, BUT TAKE IT EASY, GIRL! IT LOOKS TO ME LIKE CIGARETTES UPSET YOU A LOT MORE THAN THEY RELAX YOU! WHY DID YOU EVER START?

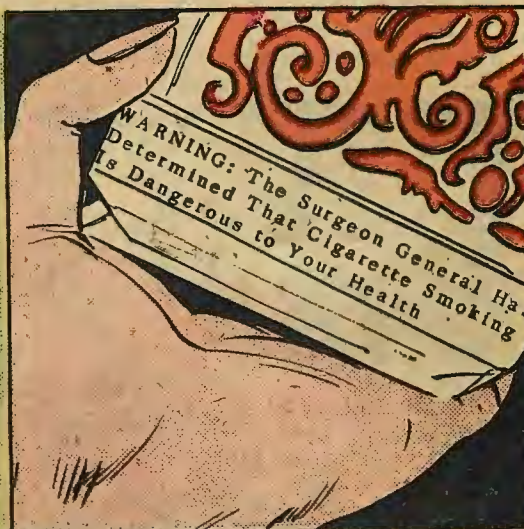


SURE... MAYBE YOU'RE HOOKED ALREADY!



LOOK, I NEED A CIGARETTE TO RELAX. OKAY? BESIDES, THERE'S NO LAW AGAINST SMOKING HERE!

"MAYBE NOT, BUT THERE'S A LAW THAT SAYS CIGARETTE PACKS HAVE TO CARRY A HEALTH WARNING!"



WARNING: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health



JUST LOOKING AT FOOD BOTHERS ME SOMETIMES. THAT I HAVE HAMBURGERS DON'T THINK I WANT IT. WOULDN'T YOU LIKE IT,





IT'S FUNNY--
I HAVEN'T HAD
MUCH APPETITE
LATELY.
WONDER WHY?



IT'S PROBABLY BECAUSE
OF ALL THAT SMOKING
YOU'RE DOING. I READ
THAT CIGARETTE
SMOKING DULLS THE
TASTE BUDS AND
FOOD DOESN'T TASTE
GOOD ANYMORE!



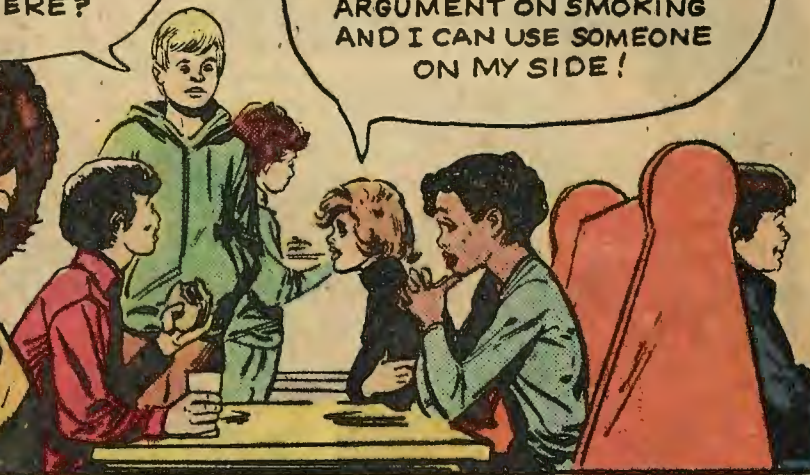
AW, COME ON,
TODD. YOU MAKE
IT SOUND AS IF
SMOKING IS
REALLY BAD
FOR ME!



HI, EVERYONE.
WHAT'S GOING
ON HERE?



HI, PAUL. AM I GLAD TO SEE
YOU! WE'RE HAVING A BIG
ARGUMENT ON SMOKING
AND I CAN USE SOMEONE
ON MY SIDE!



I'VE BEEN TELLING
SUE THAT SMOKING IS
UNHEALTHY. BUT
YOU'RE AN ATHLETE
AND YOU SMOKE.
WHAT DO YOU THINK
OF IT?



WELL,
I GUESS
YOU KNOW
THAT I
CAME IN
THIRD IN
THE CROSS
COUNTRY MEET
YESTERDAY.
SMOKING
DOESN'T SEEM
TO HURT ME!



DON'T BE SO SURE, PAUL.
I HEARD THE TRACK COACH
SAY YOU COULD HAVE WON
THE RACE BUT GOT WINDED
AT THE END. I'LL BET
CIGARETTE SMOKING
CAUSED THAT!



I CAN S
SHOULD
GOING
BUT W
DEAL
SMO
A



IF I EVER
REALLY
QUIT! I
ANY-
I W



...BU
AFTE
WHE
HADN

ON,
MAKE
AS IF
G IS
BAD
IE!



SEE
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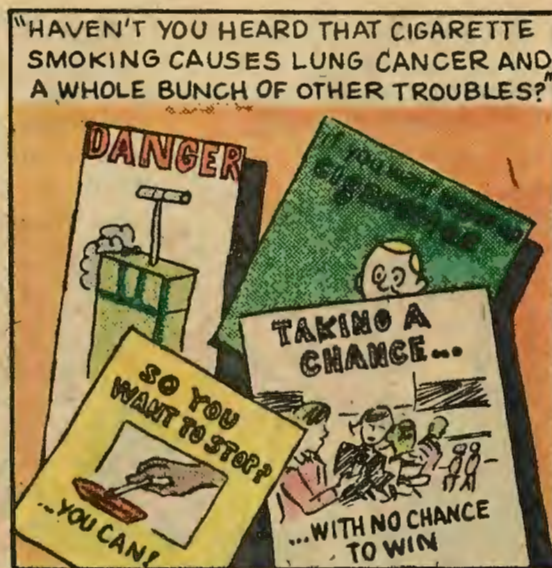


ACH
MON
DED



I CAN SEE WHY AN ATHLETE
SHOULDN'T SMOKE IF HE'S
GOING TO PLAY HIS BEST.
BUT WHAT'S THE BIG
DEAL IF I WANT TO
SMOKE? I'M NO
ATHLETE!

AW,
COME
ON
SUE...



"HAVEN'T YOU HEARD THAT CIGARETTE
SMOKING CAUSES LUNG CANCER AND
A WHOLE BUNCH OF OTHER TROUBLES?"



IF I EVER FIND OUT THAT CIGARETTES
REALLY ARE DANGEROUS, I'LL
QUIT! I CAN STOP
ANYTIME
I WANT!

YEAH,
ANYONE CAN
STOP WHO
WANTS TO!



OH, SURE, ANYONE CAN STOP! BUT THE
LONGER YOU SMOKE THE HARDER
IT IS TO QUIT. MY UNCLE ALWAYS
SAID HE COULD QUIT, TOO...



"...BUT HE WAS SO HOOKED ON CIGARETTES THAT HE KEPT ON SMOKING
AFTER HE LEARNED HE HAD LUNG CANCER. HE WAS ONLY 46 YEARS OLD
WHEN HE DIED AND HE'D PROBABLY BE GOING STRONG TODAY IF HE
HADN'T SMOKED CIGARETTES!"



SMOKED
OR WORRIED
TH. THEN
FIRST BABY,
AND LATER
AT MOST
WEIGHT
ES ARE
ULAR
RETTE
OKERS!

IF YOU'RE INTERESTED
IN LEARNING ABOUT
THE RISKS OF CIGARETTE
SMOKING, WHY DON'T
YOU COME BY AND
SEE OUR DISPLAYS?

NO THANKS,
SANDY. I
ALREADY KNOW
WHAT YOU'RE
GOING TO SAY.
AFTER ALL, IT'S
YOUR JOB TO
TELL US NOT
TO SMOKE!

REMEMBER... I'M A
STUDENT LIKE YOU
AND A VOLUNTEER
SO THERE'S NOTHING
IN IT FOR ME
PERSONALLY. I'LL
TELL IT LIKE IT IS--
ONLY THE FACTS!

WELL, MAYBE
WE COULD LEARN
SOMETHING.
WHAT DO THE
REST OF YOU
THINK?

SOUNDS
GOOD
TO ME!

SURE,
WHY
NOT?

GARETTES
NOT BE
TS.

THE FOLLOWING WEEK, AT THE HEALTH FAIR...

HI, EVERYONE!
I'M GLAD YOU
CAME BY!

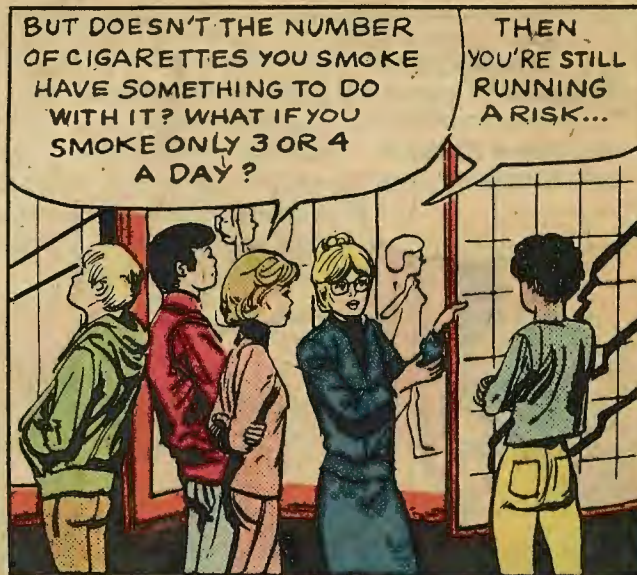
WELL, WE WANT
TO GET THE FACTS.
FIRST OF ALL, WE'D LIKE
TO KNOW JUST HOW
DANGEROUS IT IS TO
SMOKE CIGARETTES.
WHAT CHANCE DO I
HAVE OF GETTING LUNG
CANCER FROM
SMOKING?

THIS POSTER ANSWERS YOUR
QUESTION. IT COULD BE THE
PICTURE OF MOST ANY GROUP
OF YOUNG PEOPLE ENJOYING
THE PRESENT WITH LITTLE
THOUGHT OF THE FUTURE...

BUT IF WE LOOK AHEAD, WE COME
UP WITH A SAD PICTURE FOR
SOME OF THEM...



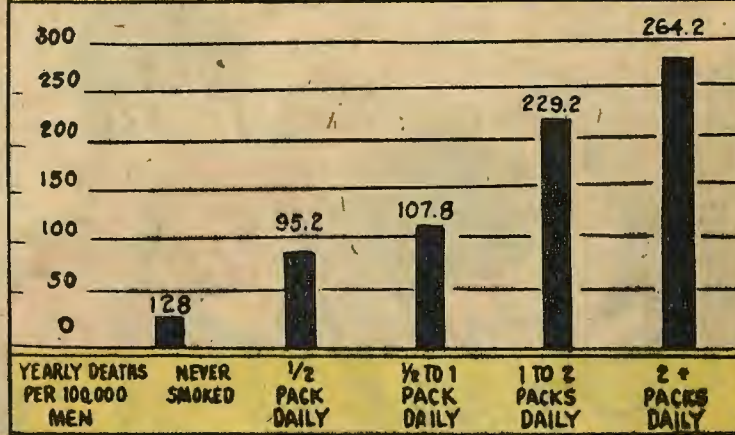
EIGHT OUT OF TEN LUNG CANCER
DEATHS WOULD NOT HAVE OCCURRED
IF IT WERE NOT FOR CIGARETTE
SMOKING.



EVEN WITH A PACK A DAY, THE CHANCES ARE 8 TIMES AS GREAT THAT YOU'LL DIE OF LUNG CANCER AS THEY WOULD BE IF YOU DIDN'T SMOKE AT ALL. HERE, LOOK AT THIS CHART...



PEOPLE WHO SMOKE 2 PACKS OR MORE A DAY HAVE A 20 TIMES GREATER CHANCE OF GETTING LUNG CANCER THAN NON-SMOKERS!



I HEAR THAT MEN
HAVE A MUCH
HIGHER RATE OF
LUNG CANCER
THAN WOMEN.
IS THAT
RIGHT?

THAT'S HOW IT
USED TO BE
BECAUSE THERE
WEREN'T MANY
WOMEN SMOKERS.
BUT WE KNOW TODAY
THAT WOMEN WHO SMOKE
ARE JUST AS LIKELY TO GET
LUNG CANCER AS MEN WHO
SMOKE. IT'S JUST THAT
IN THE PAST,
NOT AS MANY
WOMEN
SMOKED.



WHEN YOU QUIT
SMOKING, CAN
YOUR BODY
REPAIR DAMAGE
THAT HAS
ALREADY
HAPPENED?

IF NO DISEASE IS
PRESENT REQUIRING
MEDICAL TREATMENT,
DAMAGE TO YOUR
LUNGS IS REPAIRED
STARTING ALMOST
IMMEDIATELY.

EX-SMOKERS HAVE
LOWER DEATH RATES
FROM LUNG CANCER
THAN DO SMOKERS!



IT'S A FACT THAT THE EARLIER
A PERSON STARTS SMOKING,
THE MORE LIKELY HE OR
SHE IS TO BE A
HEAVY SMOKER...



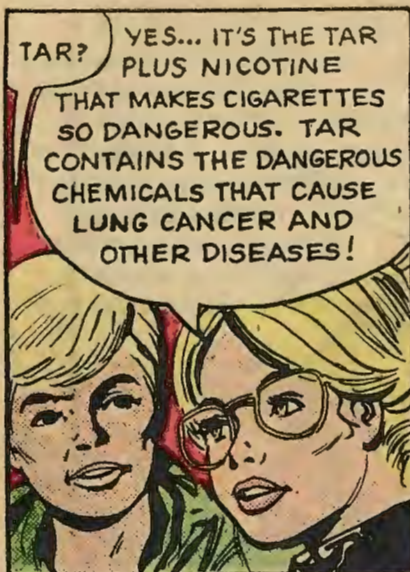
UNFORTUNATELY, MANY PEOPLE WHO KNOW
THEY SHOULD QUIT FIND IT DIFFICULT TO
STOP ONCE THEY'RE HOOKED.
IT'S A HARD HABIT
TO KICK!



WHAT IS THERE
ABOUT CIGARETTES
THAT MAKES THEM
SO DANGEROUS?

AT LEAST 30 DIFFERENT CHEMICALS HAVE BEEN
FOUND IN CIGARETTE SMOKE AND THERE
MIGHT BE EVEN MORE THAN THAT
IN THE TAR!





I KNOW THAT NICOTINE IS ADDICTIVE AND IS FOUND IN SMOKE. WHAT ARE SOME OF THE OTHER POISONS?

HERE THEY ARE... AND EVERYONE OF THEM IS POTENTIALLY DANGEROUS TO YOUR HEALTH...

DEADLY CHEMICALS IN CIGARETTE SMOKE

NICOTINE
PROPANE
BUTANE

FORMALDEHYDE
HYDROGEN CYANIDE



WOW! LOOK AT ALL THOSE CIGARETTE STUBS! SOMEBODY'S BEEN DOING A LOT OF SMOKING!

THOSE ARE BUTTS FROM 7,300 CIGARETTES--ABOUT THE NUMBER A PERSON WOULD SMOKE IN A YEAR IF HE HAD A PACK A DAY HABIT...



AND HERE IS A FLASK CONTAINING ABOUT 8 OUNCES OF TAR, THE SAME AMOUNT THAT THE 7,300 CIGARETTES WOULD PRODUCE!



AND
EM IS
DGEROUS
LTH...

ICALS
TE

ALDEHYDE
CYANIDE

BUTTS
300
--ABOUT
ER A
O SMOKE
HE HAD
DAY



ARE YOU SAYING I'D
TAKE IN THIS MUCH
TAR IF I SMOKED
ONLY A PACK A
DAY FOR ONE
YEAR?

THAT'S RIGHT! AND LOTS OF IT WOULD
STAY RIGHT IN YOUR BRONCHIAL TUBES
AND LUNGS!

UGH!
I'M GLAD
I DON'T
SMOKE!



AND I MIGHT ADD
THAT YOU WOULD
FOOLISHLY BE PAYING
WELL OVER \$200
A YEAR TO BREATHE
IN ALL THAT
POISONOUS
TAR!

HUH! THINK
OF ALL THE
OTHER THINGS
YOU COULD
BUY!



YOU SAID EARLIER
THAT CIGARETTE
SMOKING CAUSES
OTHER DISEASES
BESIDES CANCER.
WHAT ARE SOME
OF THEM?



CIGARETTE SMOKERS HAVE 70 PER
CENT MORE HEART ATTACKS THAN
NON-SMOKERS! AND DISEASES LIKE
CHRONIC BRONCHITIS
AND EMPHYSEMA
ARE A THOUSAND
TIMES HIGHER
NOW THAN 40
YEARS AGO.
CIGARETTES ARE
RESPONSIBLE
FOR MOST
OF THAT
INCREASE!



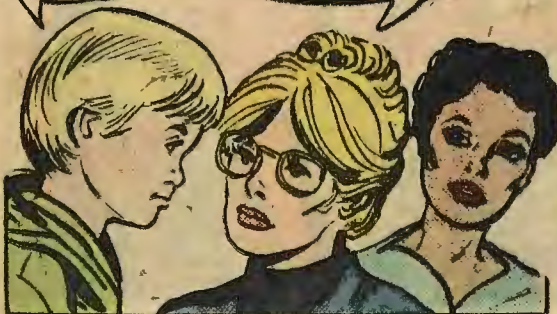
SO IT'S THE STEADY EXPOSURE TO
CIGARETTE SMOKE THAT CAUSES
THE TROUBLE?

RIGHT
YOU ARE!

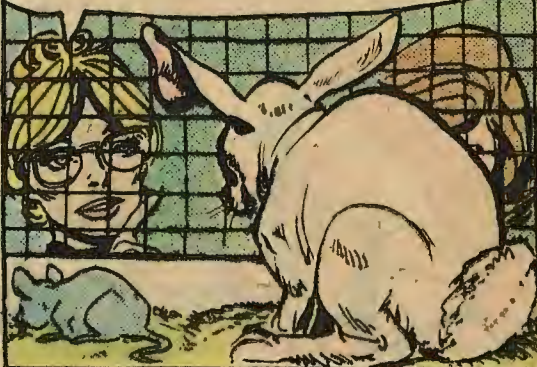


IS IT SAFE
TO SMOKE
FILTERED
LOW TAR,
LOW
NICOTINE
CIGARETTES?

SAFER THAN
SMOKING CIGARETTES
OF A GENERATION
AGO, BUT THERE
STILL IS NO
COMPLETELY SAFE
CIGARETTE.



A LOT OF TESTS HAVE BEEN MADE
ON ANIMALS TO PROVE THE
DANGERS OF TOBACCO CIGARETTE
TAR APPLIED TO THIS RABBIT'S EAR
AND TO THE MOUSE CAUSED
CANCER IN BOTH!

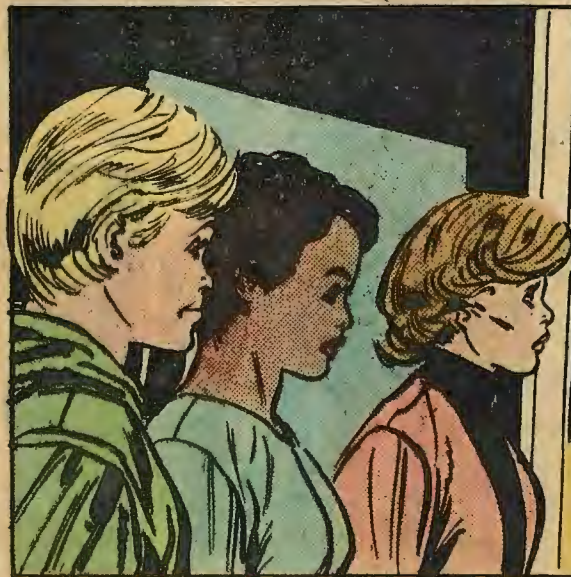


MY DAD GOES
FOR CIGARS.
ARE THEY
SAFE?

NO, BUT CIGARS ARE
PROBABLY SAFER
FOR MOST PEOPLE
THAN CIGARETTES...



BECAUSE CIGAR AND PIPE SMOKE
IS SO STRONG THAT MOST PEOPLE
CAN'T INHALE IT, LESS TAR GETS
INTO THE BRONCHIAL TUBES AND
LUNGS. BUT CIGARS AND PIPES CAN
CAUSE CANCER OF THE LIPS,
MOUTH AND THROAT!



THE DEEPER THAT SMOKE IS
INHALED, THE GREATER IS THE
AMOUNT OF TAR THAT STAYS IN
THE BRONCHIAL TUBES AND LUNGS

THAN
TO
WE
A L

WE
MA
I'LL
IT W
A



Produced

...EEN MADE
...THE
...IGARETTE
...BBIT'S EAR
...AUSED



...E SMOKE
...PEOPLE
...AR GETS
...BES AND
...PIPES CAN
...E LIPS,
...AT!



THANKS FOR THE
TOUR, SANDY.
WE'VE LEARNED
A LOT TODAY!

I'M SURE GLAD
WE CAME.
THANKS!



AND NOW THAT YOU HAVE THE
FACTS, YOU CAN MAKE YOUR
OWN DECISIONS ON
SMOKING!



WELL, I'VE ALREADY
MADE UP MY MIND.
I'LL NEVER START!
IT WOULD BE STUPID
AFTER WHAT I
KNOW NOW!

AND I'M QUITTING
BEFORE I GET REALLY
HOOKED. HOW ABOUT
YOU, PAUL?



CIGARETTES
ARE
OKAY..



...FOR LOSERS! THAT'S WHY
I'M STARTING RIGHT
NOW TO LIVE
WITHOUT THEM!



TIPS ON QUITTING

50% OF SUCCESSFUL QUITTERS DID IT COLD TURKEY; THE OTHER 50% QUIT GRADUALLY. THE FIRST 48 HOURS ARE CRITICAL FOR MOST PEOPLE. ONCE YOU PASS THEM, IT WILL BE EASIER EACH DAY. SO PICK THE TIPS THAT SUIT **YOU**.

- 
- SMOKE ONE LESS CIGARETTE EACH DAY.
 - MAKE EACH CIGARETTE A SPECIAL DECISION - AND PUT OFF MAKING THE DECISION.
 - DON'T GIVE UP CIGARETTES - COMPLETELY. CARRY ONE WITH YOU IN CASE OF NEED. YOU'LL FIND YOU'RE SAVING IT - PERMANENTLY.
 - DON'T QUIT "FOREVER" - JUST STOP FOR A DAY - AND TOMORROW TRY IT FOR ANOTHER DAY, AND TOMORROW, AND TOMORROW.
 - TELL YOUR FRIENDS AND FAMILY YOU'RE QUITTING. A PUBLIC COMMITMENT BOLSTERS WILLPOWER.
 - PICK Q (QUIT) DAY - AND QUIT.
 - HIDE ALL EVIDENCE OF CIGARETTES, ASHTRAYS, MATCHES, ETC., SO YOU AREN'T REMINDED OF YOUR HABIT.
 - LAY IN A SUPPLY OF CHEWING GUM, COUGH DROPS, CARROT STICKS, ETC.

**JOIN THE 30,000,000 AMERICANS WHO HAVE QUIT -
YOU CAN TOO!**

AMERICAN CANCER SOCIETY, INC.

ANDY GOES TO THE PARKS





IN REPLY REFER TO:

United States Department of the Interior

NATIONAL PARK SERVICE
WASHINGTON, D.C. 20240

Welcome to the National Parks.

We hope you enjoy your visit. We of the National Park Service will do all we can to make it enjoyable, and you can do something too. As you relax in this lovely environment do not be careless about your safety. This publication was produced for one purpose; to make everyone more aware of some hazards that are inherent to the parks you visit.

Safety is not funny business! However, the situations that Andy gets involved with are unfortunately all too real. They represent troubles that many visitors experience in their visits to the parks.

Your visit should be a rewarding outdoor experience. If you are careful and use common sense it could be the vacation of your life for you and yours. Our wish is that your visit to the park will be a rewarding experience. Do your part: PLAY IT SAFE.

Sincerely yours,

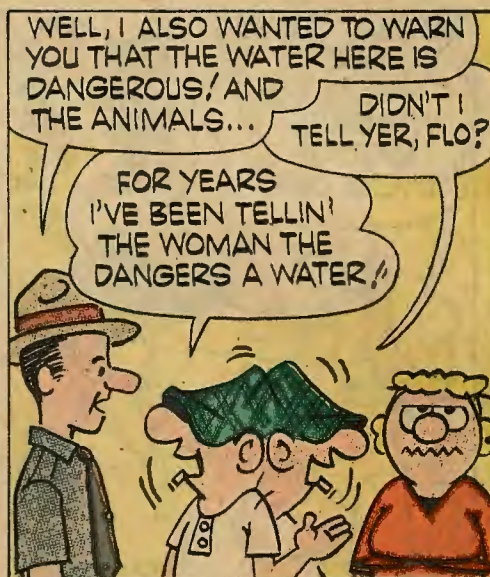
Gary Everhardt
Director



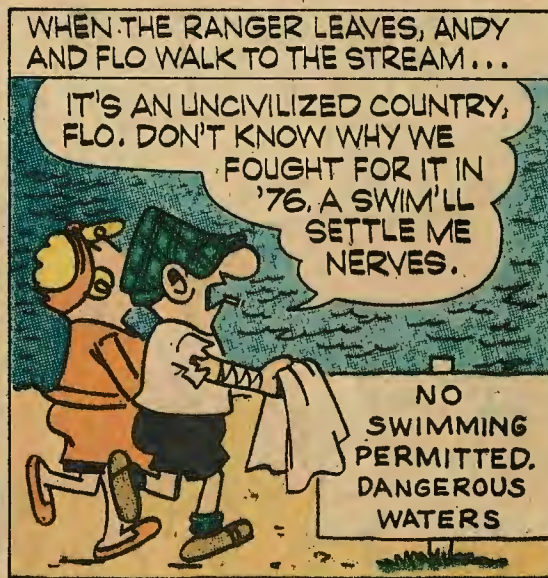
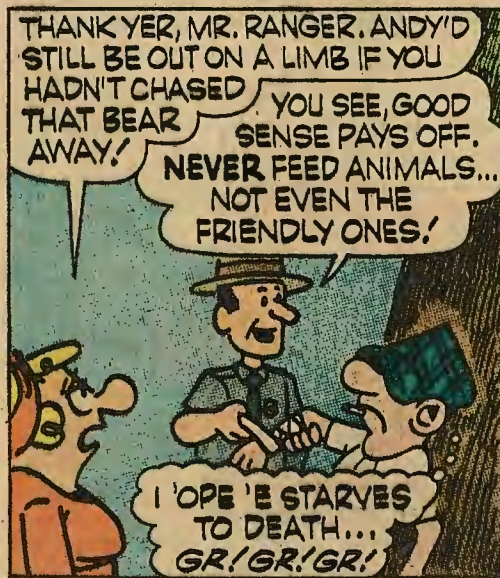
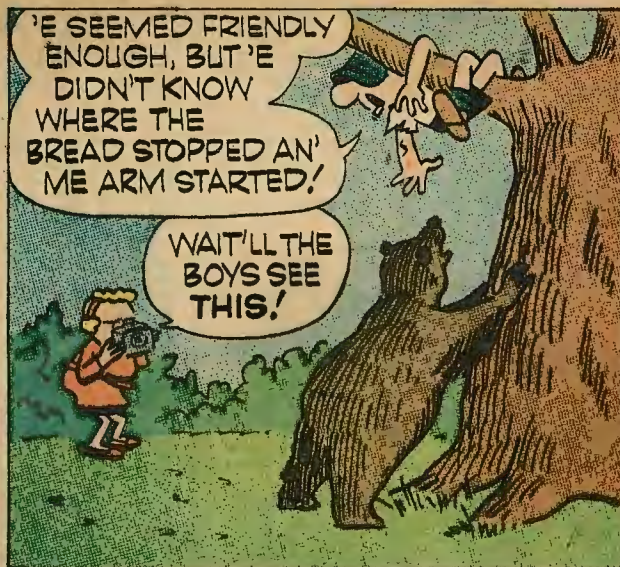
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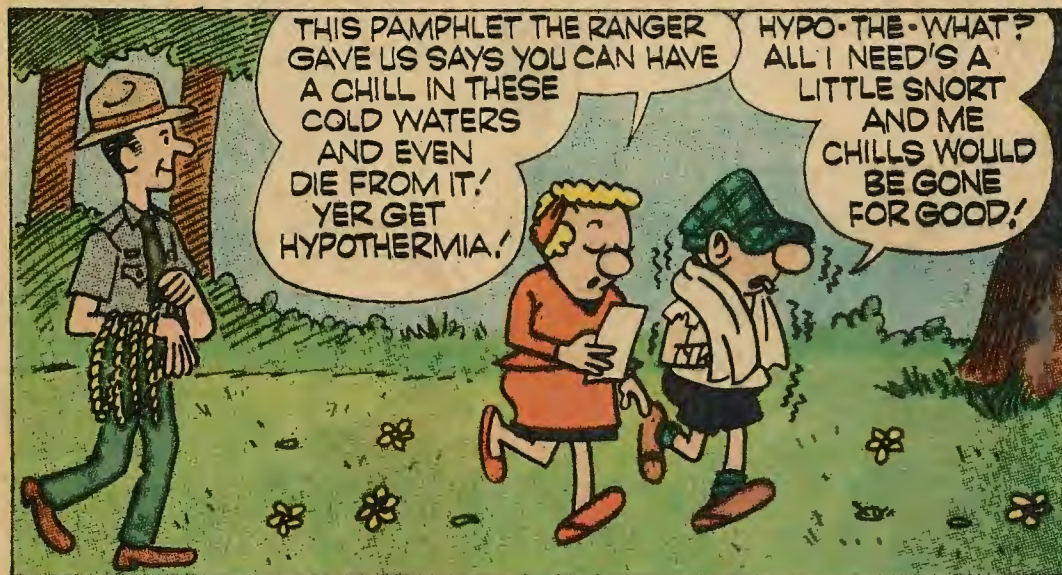


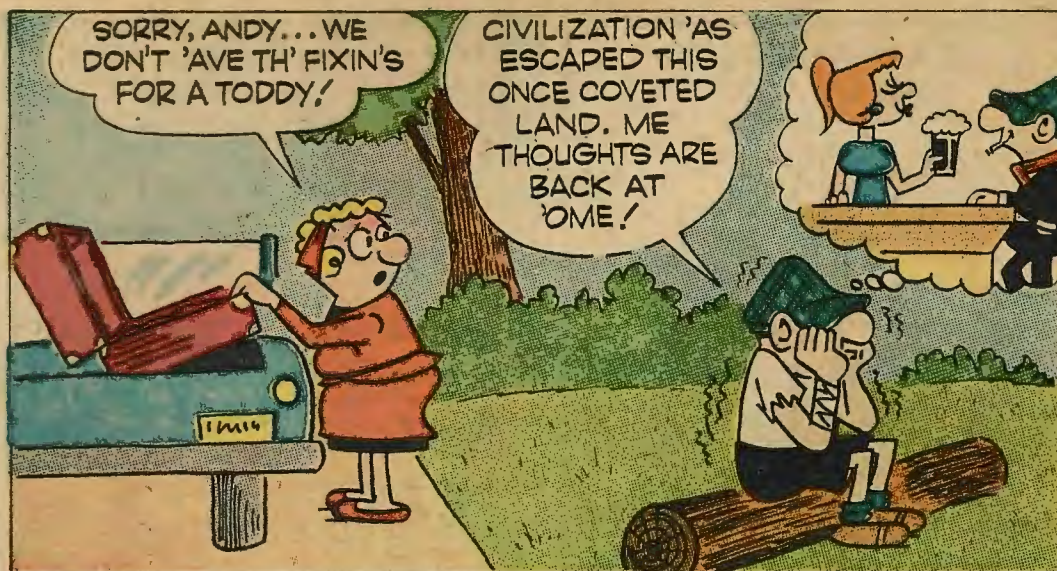


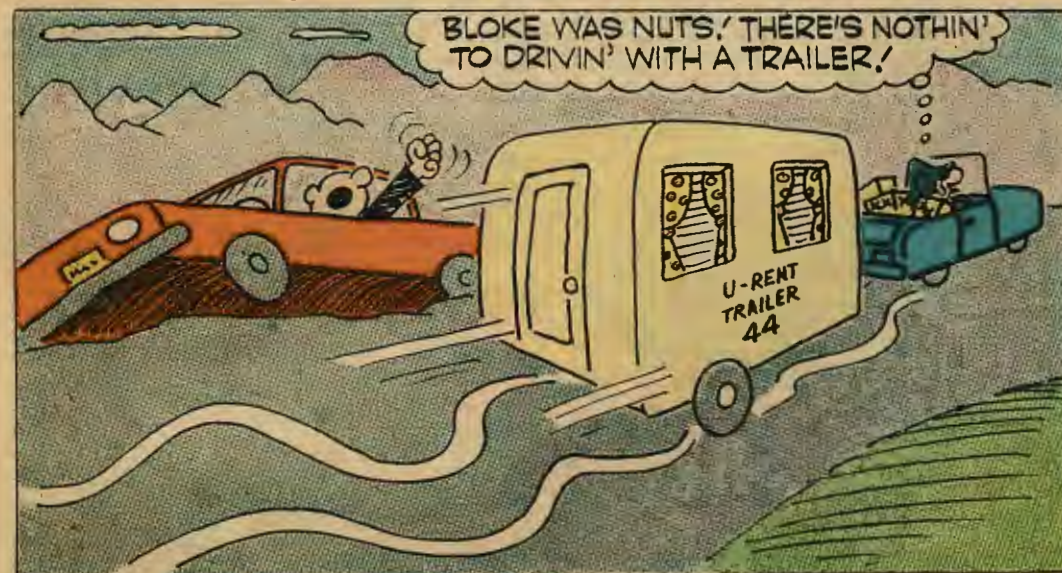


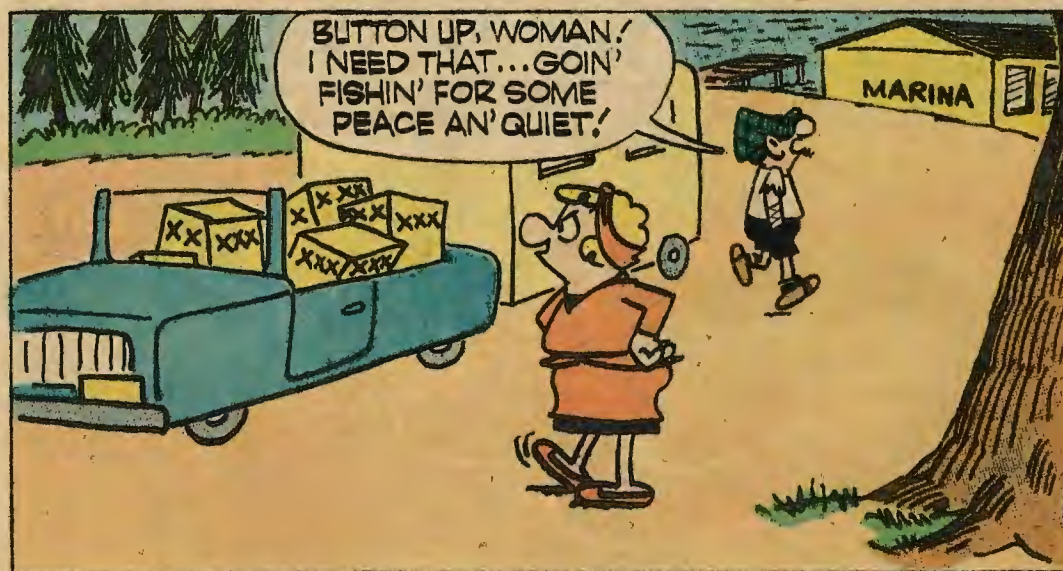


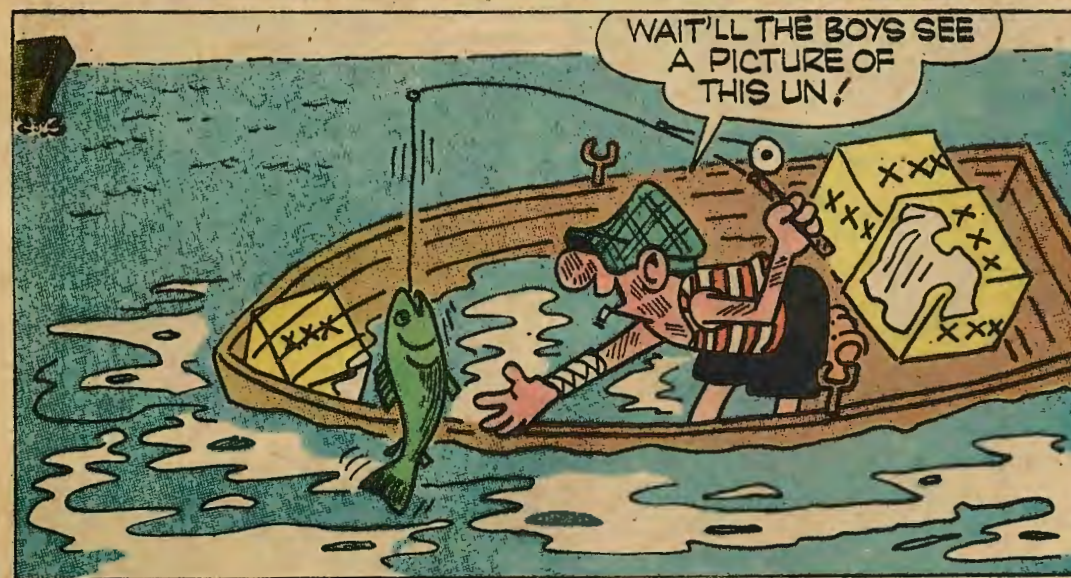
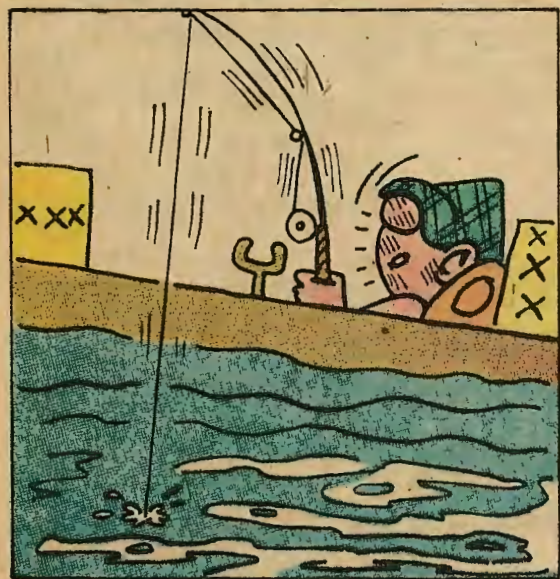






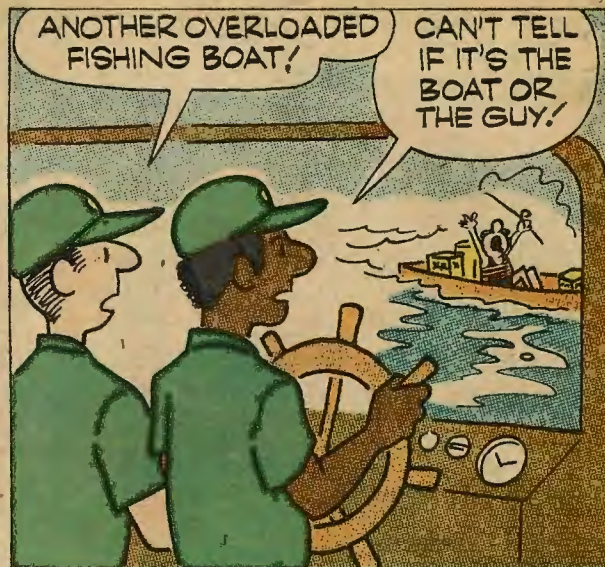






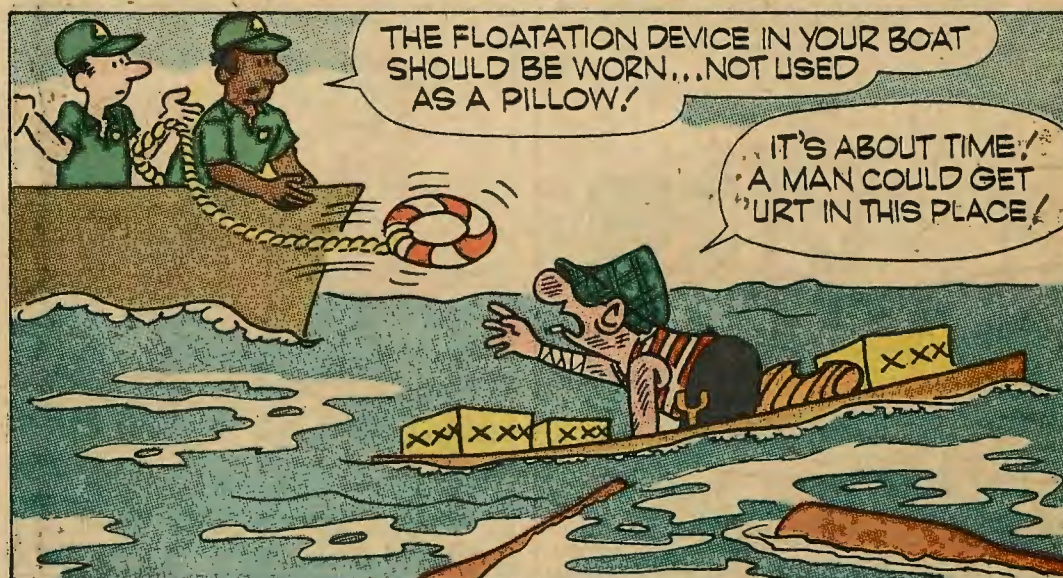


HELP!



ANOTHER OVERLOADED FISHING BOAT!

CAN'T TELL IF IT'S THE BOAT OR THE GUY!



THE FLOATATION DEVICE IN YOUR BOAT SHOULD BE WORN...NOT USED AS A PILLOW!

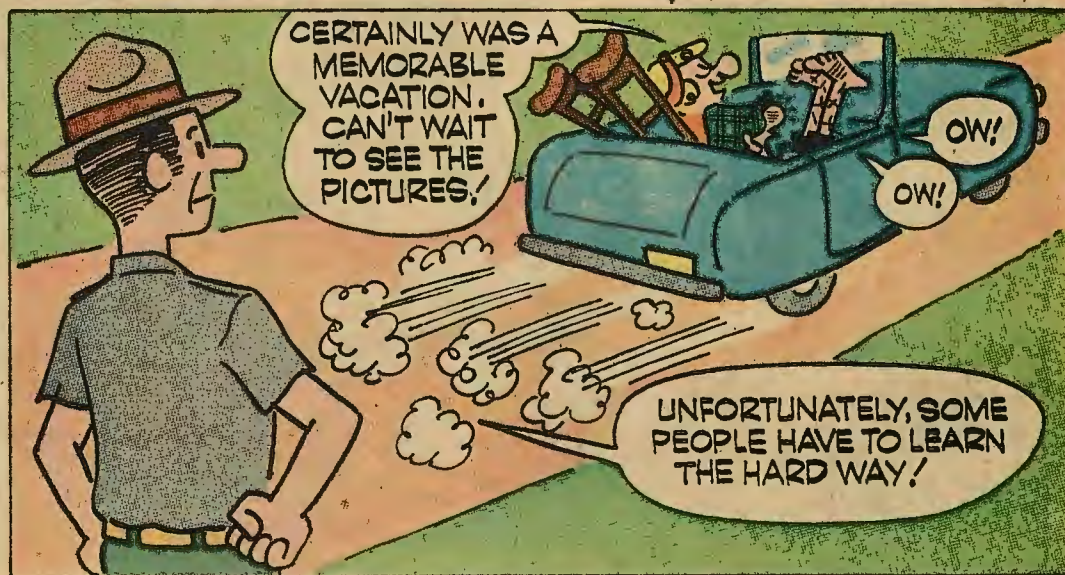
IT'S ABOUT TIME! A MAN COULD GET HURT IN THIS PLACE!



OPEN A WINDOW...IT SAYS YER SHOULD HAVE VENTILATION WITH A LIT STOVE.

YER CRAZY...DO YER WANT ME TO FREEZE TO DEATH?!







Epilogue

For you, if not Andy, we hope the exploits depicted in this comic have been fun. But there is a serious side. Every mishap pictured here is based on all-too frequent accidents within national parks. This comic illustrates that for many reasons, usually involving unthinking or careless behavior, many park visitors are hurt or killed each year. Take care while in the parks. There are hazards in nature that may catch the unsuspecting park visitor off-guard if he is not careful. This is what this comic hopes to prevent.

Safety Tips

Here are a few tips which may help make your visit a memorable — and safe one!

- Never climb alone.
- If trouble develops, stay with your car.
- When hiking, stay on established trails.
- Do not overload boats. Total weight, not numbers, is your only safety guide. Wear life vests.
- Take three to water-ski. You need two in the tow boat; a pilot and someone to watch you. Always wear a life vest.
- Stay away from natural streambeds during and after rainstorms.
- Children should never be allowed alone near water.
- Careful driving demands alertness at all times.
- All park animals are wild. Do not feed or approach them.
- Don't throw rocks off trails or canyon rims; there might be someone below.

We welcome your suggestions to improve safety for visitors within the National Park System. If you see a hazard, please report it to a Ranger or Park Employee. We would appreciate your taking a moment to fill out the questionnaire below.

QUESTIONNAIRE

1. Do you think this form of communication (comic book) effectively conveys safety messages to visitors? _____ (Yes) _____ (No)
2. If the park has a radio station for information did you tune it in? _____ (Yes) _____ (No)
3. If you answered yes, did you hear any safety tips or messages? _____ (Yes) _____ (No)
4. The National Park Service tries to do many things to make your visit safer and more enjoyable. Of the list below please check the ones that you feel were helpful to you:
 - a) _____ Safety messages included in the material given you at the entrance.
 - b) _____ Safety tips included in informational messages.
 - c) _____ Visitor center slide and motion picture presentations.
 - d) _____ Warning signs.
 - e) _____ Safety posters.
 - f) _____ Park radio station broadcasts.
 - g) _____ Public service spot announcements on commercial TV.
 - h) _____ Public service spot announcements on commercial radio.
 - i) _____ Conversations with park or concessioner employees.
5. Which of (a thru i) above influenced you most? _____ least? _____
6. Were you aware the Park Service provided these services? _____ (Yes) _____ (No)

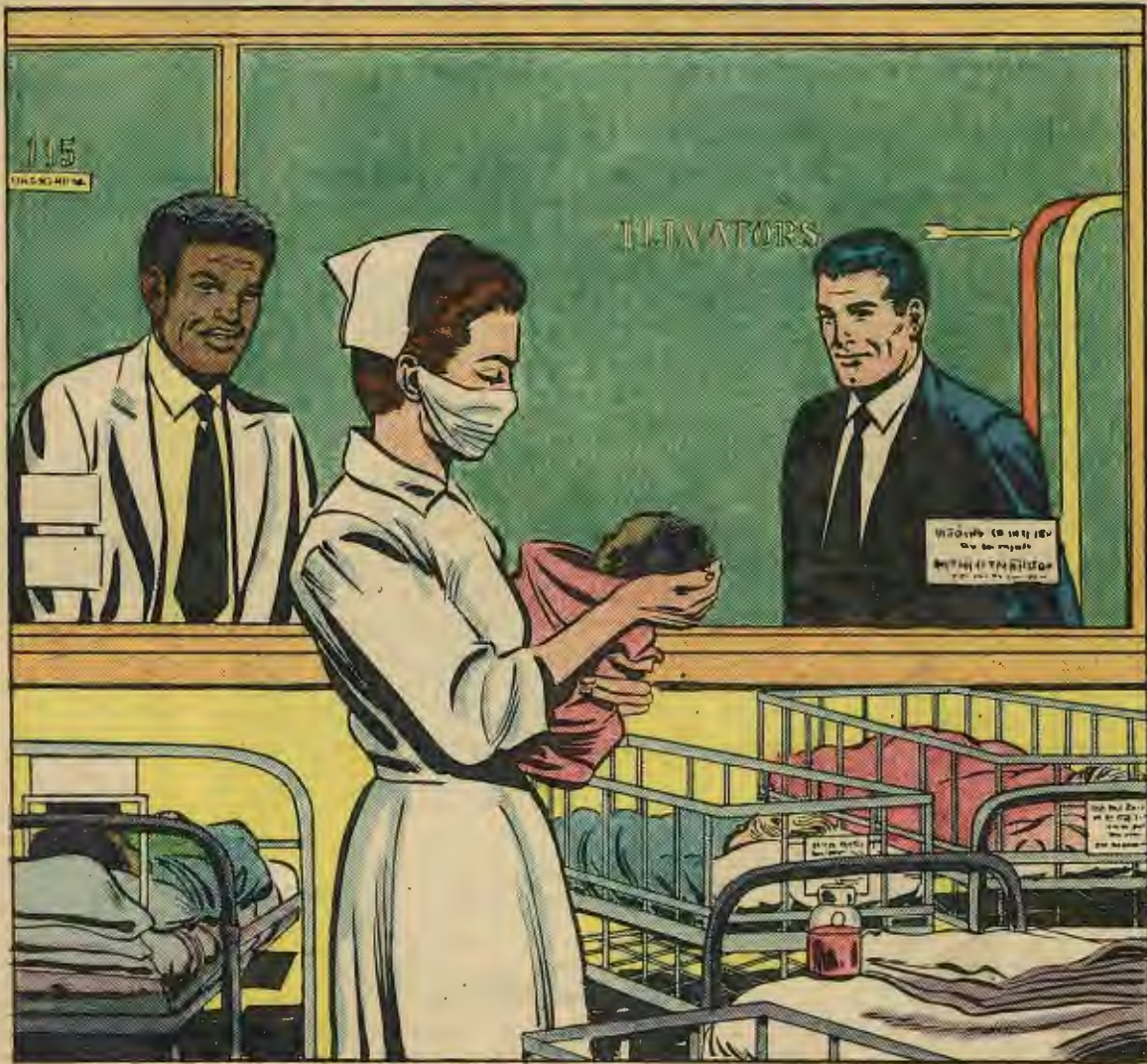
We need your help in reducing the number of accidents that occur in the parks. Please give us your ideas of how we may improve our service to you. Is there anything we are not doing that you think would help?

Tear off, drop in park suggestion box, mail box, or give to any park employee. Thank you.

POSTAGE AND FEES PAID
U.S. DEPARTMENT OF THE INTERIOR
INT 417

Chief, Safety Division
National Park Service
U.S. Department of the Interior
Washington, D.C. 20240

REX MORGAN, M.D. TALKS...



...ABOUT YOUR
UNBORN CHILD!

**Department of the Treasury
Bureau of Alcohol, Tobacco and Firearms**

Dear Reader:

The Bureau of Alcohol, Tobacco and Firearms is sponsoring this booklet to tell you that drinking during pregnancy can threaten the health of unborn children.

The unborn child gets its nourishment from the mother. What she eats or drinks, the infant shares - - including alcoholic beverages. Research has shown that women who drink heavily during pregnancy risk giving birth to infants who suffer from a variety of physical and/or mental defects, a condition known generally as "Fetal Alcohol Syndrome."

How much alcohol does it take to trigger defects in a developing infant? No one knows for sure, and more research is needed.

We do know that - - unlike some other types of birth defects - - the Fetal Alcohol Syndrome can be prevented. If you are pregnant, get good prenatal care, and get advice from your doctor or other health care professional on drinking during pregnancy.

THINK FIRST OF YOUR UNBORN CHILD!



Sincerely,

Q. R. DeLoach

Director
Bureau of Alcohol, Tobacco and Firearms



copy
rms

AT CITY HOSPITAL, DR. REX MORGAN STOPS BY THE NURSERY WITH A RESIDENT PHYSICIAN TO SEE A *NEWBORN, JUST HOURS OLD...*

SHE'S A BEAUTY, DR. BALLARD! HAVE YOU NAMED HER YET?

WE NAMED HER SUZANNE. JEAN AND I HAD A PACT! IF IT WERE A BOY, SHE'D SELECT THE NAME! IF IT WERE A GIRL, I WOULD!

IT'S NOT THE SEX OF THE BABY THAT'S IMPORTANT BUT THE FACT THAT SHE'S ALERT AND HEALTHY!

RIGHT! AND I'M REAL PROUD OF MY WIFE FOR TAKING SUCH GOOD CARE OF HERSELF FROM THE MOMENT WE PLANNED TO HAVE A CHILD!

IN ADDITION TO WATCHING HER DIET, SHE CHOSE TO QUIT SMOKING AND DRINKING ALCOHOLIC BEVERAGES!

AND YOU ENCOURAGED HER! TOO MANY PEOPLE DON'T REALIZE THAT A CHILD'S ENTIRE FUTURE CAN BE DETERMINED IN THOSE NINE MONTHS BEFORE BIRTH!

MEANWHILE...

I'M SORRY BUT DR. MORGAN IS NOT IN THE OFFICE! MAY I HELP YOU?

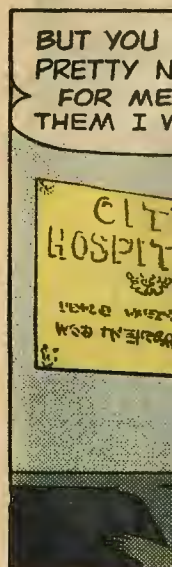
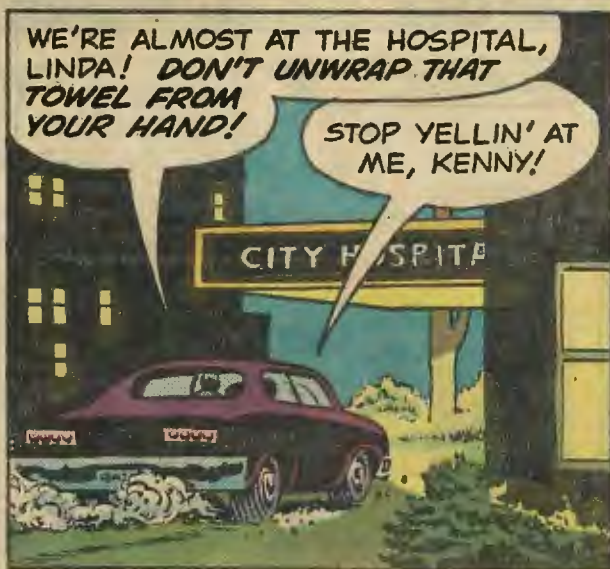
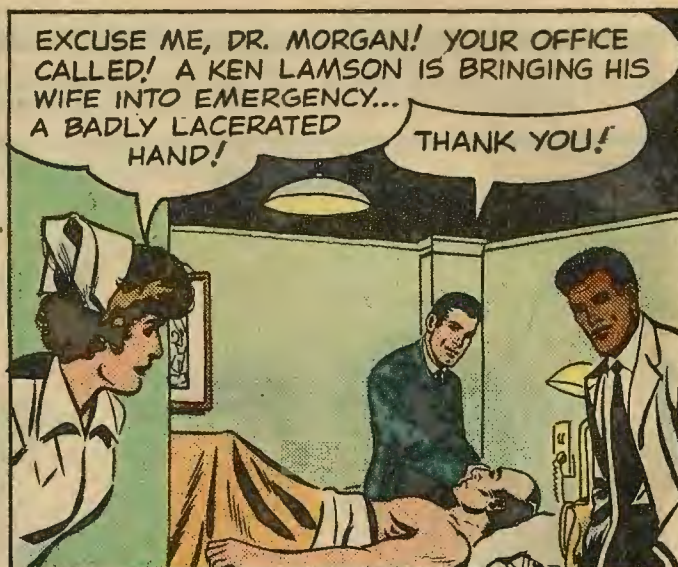
THIS IS KEN LAMSON, MISS GALE! MY WIFE CUT HER HAND-- AND IT'S BLEEDING PRETTY BAD! SHE'S GOT TO SEE A DOCTOR!

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y

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o

d.
nal

J.S.A.





FFICE
NG HIS
DU!

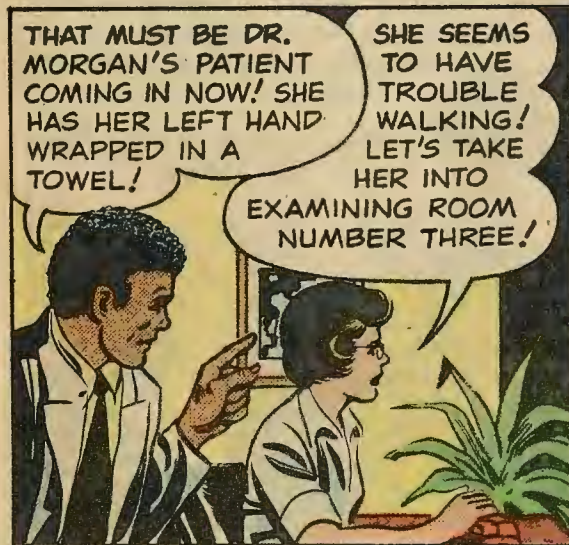


BUT YOU GOTTA ADMIT, THEY'RE
PRETTY NICE... THROWIN' A PARTY
FOR ME WHEN I TOLD
THEM I WAS PREGNANT!

OKAY...
BE CAREFUL!



ER



THAT MUST BE DR.
MORGAN'S PATIENT
COMING IN NOW! SHE
HAS HER LEFT HAND
WRAPPED IN A
TOWEL!

SHE SEEMS
TO HAVE
TROUBLE
WALKING!
LET'S TAKE
HER INTO
EXAMINING ROOM
NUMBER THREE!



ARE YOU THE LAMSONS? I'M DR.
BALLARD! DR. MORGAN WILL BE
DOWN SHORTLY! MAY I HELP YOU?



ING YOU
N'T
F YOU
!



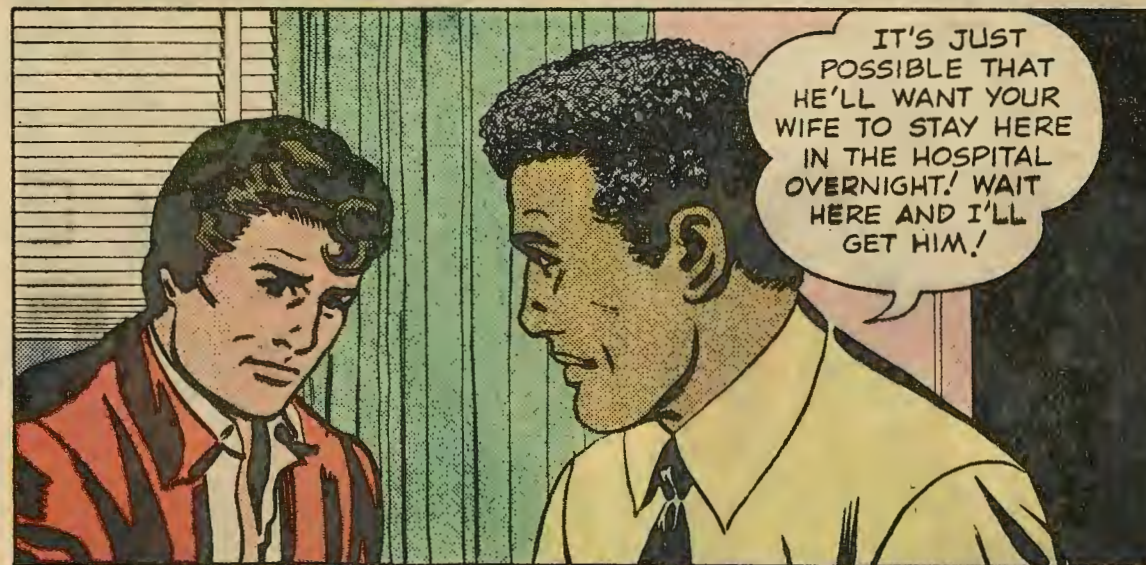
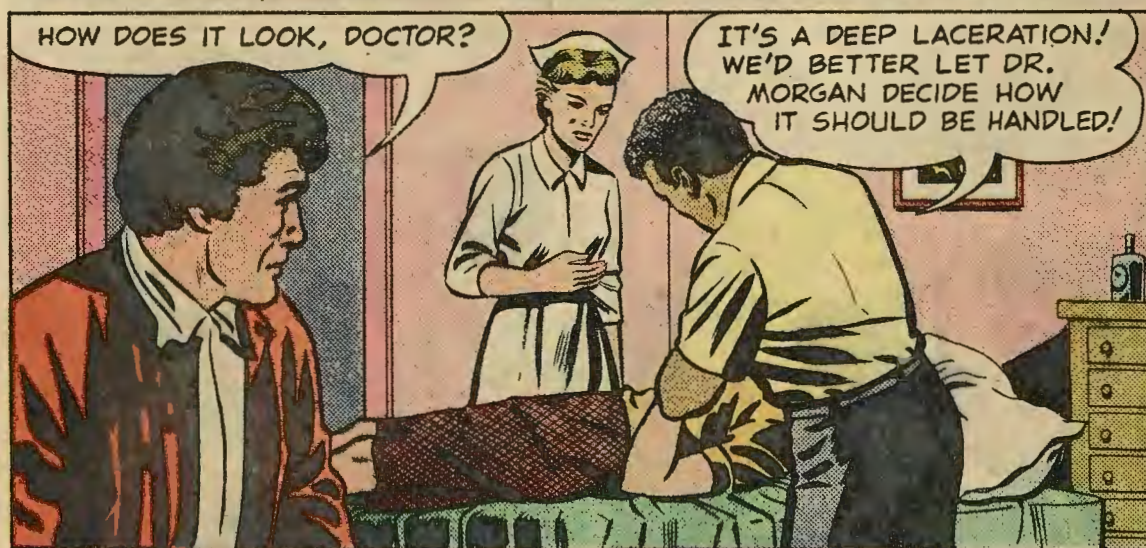
DO YOU FEEL WELL
ENOUGH TO WALK,
MRS. LAMSON?

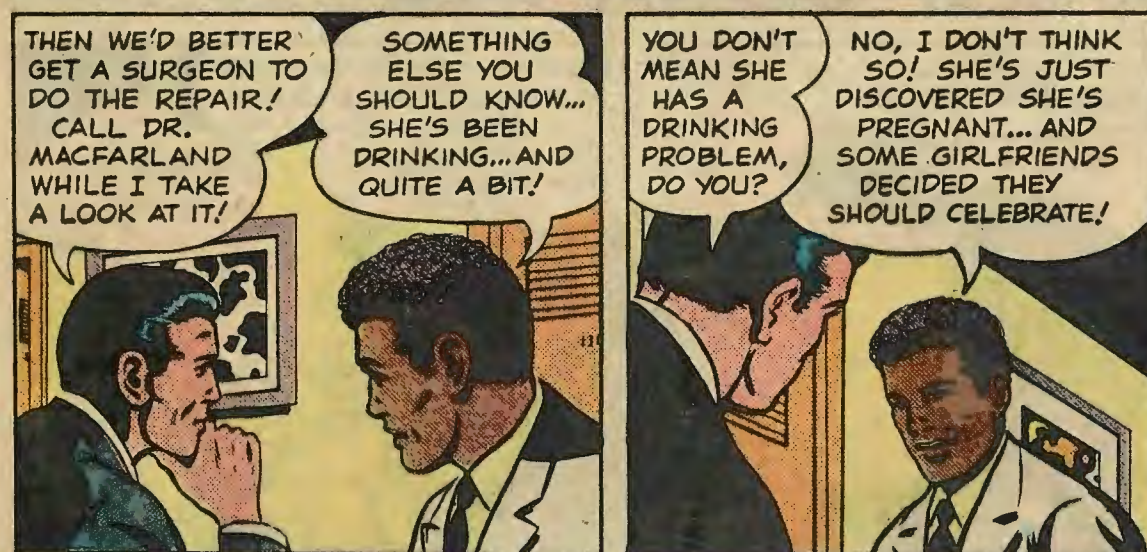
SURE...
I FEEL
GREAT!

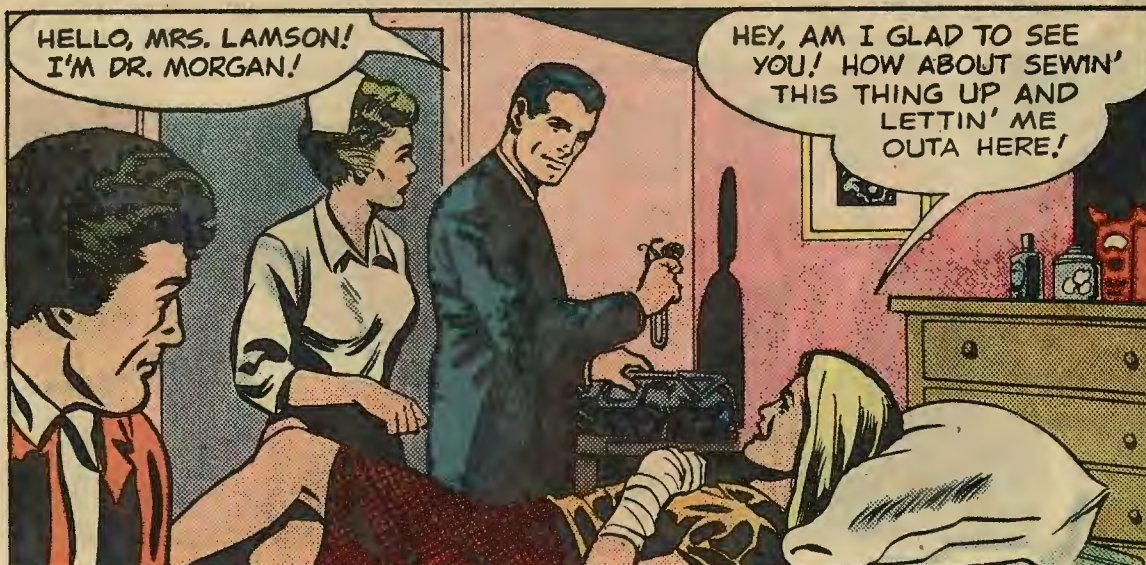


WE'LL HELP
YOU GET
ON THE
TABLE!

OKAY... BUT WE GOTTA
BE CAREFUL! I'M
GONNA BE A MOTHER
IN SIX OR SEVEN
MONTHS...







HELLO, MRS. LAMSON!
I'M DR. MORGAN!

HEY, AM I GLAD TO SEE
YOU! HOW ABOUT SEWIN'
THIS THING UP AND
LETTIN' ME
OUTA HERE!



LET ME TAKE A LOOK
AND THEN DECIDE!



I'M AFRAID YOU'VE SEVERED
A TENDON AND WE SHOULD
HAVE A SURGEON REPAIR
IT... SO YOU'LL HAVE
TO STAY OVERNIGHT!



NO, I DON'T
WANNA STAY
IN THE
HOSPITAL...

UNLESS WE REPAIR
THAT TENDON, YOU'LL
BE LEFT WITH A
FINGER YOU CAN'T
BEND... AND THAT
WOULD BE BAD WHEN
YOU'RE CARING FOR AN
ACTIVE BABY IN SIX OR
SEVEN MONTHS!



HOW'D YOU KNOW
I'M PREGNANT?

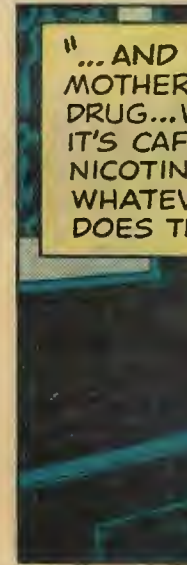
APPARENTLY
YOU TOLD DR.
BALLARD... AND
HE TOLD ME!



NOW, JUST
MINUTES B



HOWEVER...
PREGNANT
DRINKING, I
WILL PROBA
SURGERY U
LOCAL ANE



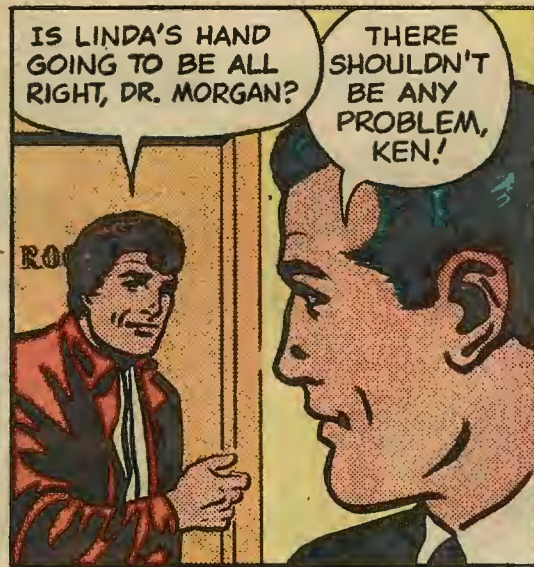
"... AND
MOTHER
DRUG... W
IT'S CAFF
NICOTINE
WHATEV
DOES TH



SEE
SEWIN'
AND
ME
RE!



NOW, JUST REST HERE FOR A FEW
MINUTES BECAUSE WE'LL BE TAKING
YOU UPSTAIRS!

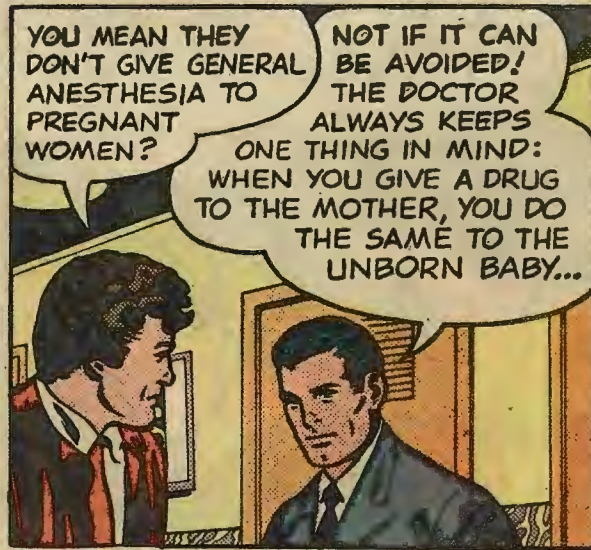


IS LINDA'S HAND
GOING TO BE ALL
RIGHT, DR. MORGAN?

THERE
SHOULDN'T
BE ANY
PROBLEM,
KEN!



HOWEVER...BECAUSE SHE'S
PREGNANT AND HAS BEEN
DRINKING, DR. MACFARLAND
WILL PROBABLY DO THE
SURGERY UNDER A
LOCAL ANESTHETIC!



YOU MEAN THEY
DON'T GIVE GENERAL
ANESTHESIA TO
PREGNANT
WOMEN?

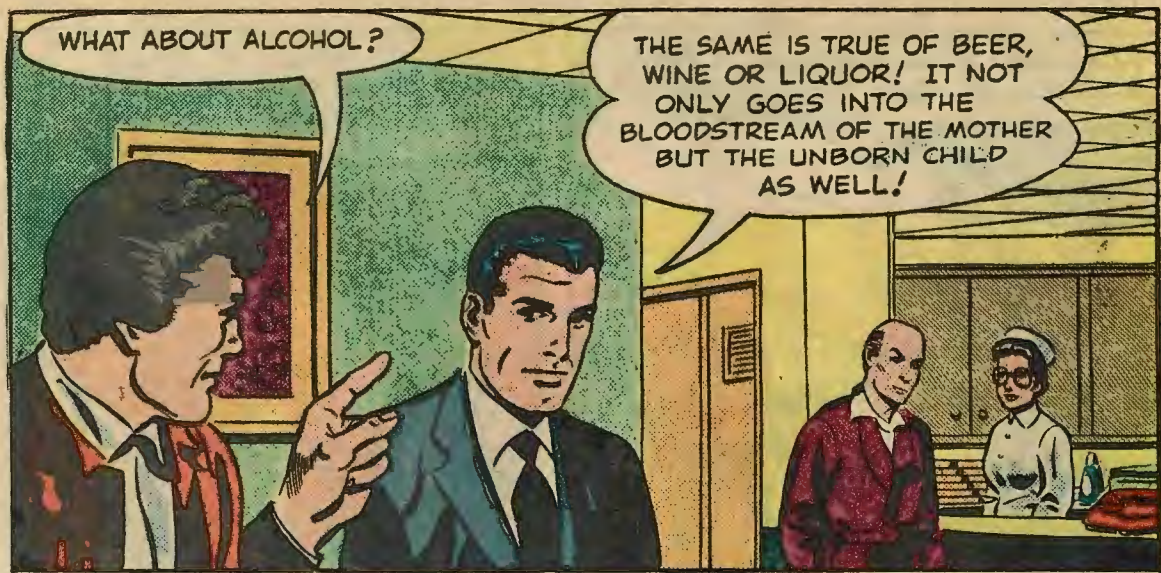
NOT IF IT CAN
BE AVOIDED!
THE DOCTOR
ALWAYS KEEPS
ONE THING IN MIND:
WHEN YOU GIVE A DRUG
TO THE MOTHER, YOU DO
THE SAME TO THE
UNBORN BABY...



NTLY
D DR.
... AND
ME!



"...AND WHEN A
MOTHER TAKES A
DRUG...WHETHER
IT'S CAFFEINE,
NICOTINE OR
WHATEVER... SO
DOES THE BABY!"





ACTUALLY, KEN... NO ONE KNOWS WHAT THE SAFE LEVEL OF DRINKING IS!



YOU SCARE ME WITH THAT KIND OF TALK, DR. MORGAN!

AND THAT IS ONE THING I DON'T WANT TO DO! BUT I DO THINK THAT YOU AND YOUR WIFE SHOULD BE GIVEN THE FACTS!



OF THE BIRTH DEFECTS WHICH INCLUDE MENTAL RETARDATION, *FETAL ALCOHOL SYNDROME* IS THE *THIRD MOST COMMON*... AND IT'S THE ONLY ONE WE *KNOW* CAN BE PREVENTED!



WE DIDN'T REALIZE THAT, DR. MORGAN! LINDA NEVER WOULD HAVE DRUNK WHAT SHE DID TODAY... IF SHE HAD KNOWN!

I UNDERSTAND, KEN! NO ONE WOULD!

DO THEY REALLY HAVE PROOF
OF THOSE CLAIMS ABOUT ALCOHOL
AND BIRTH DEFECTS?

BEYOND ALL DOUBT! BUT THAT
DOESN'T MEAN THAT A DEFECT
WILL OCCUR IN EVERY CASE OF
ALCOHOL USE OR ABUSE!



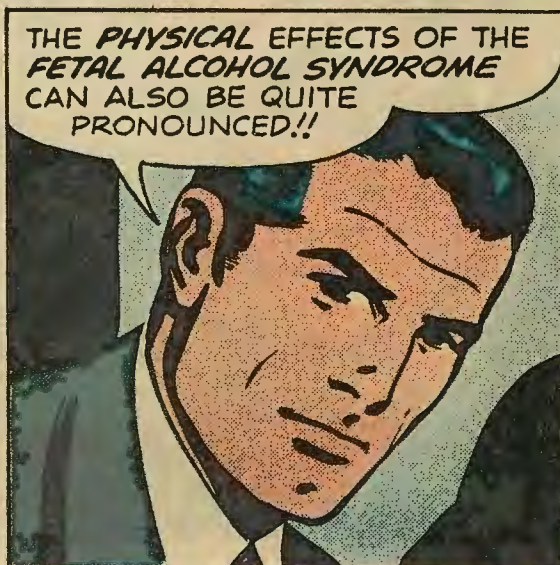
WHAT ARE SOME OF
THE DEFECTS WHICH
MIGHT OCCUR?

THE CHIEF MENTAL
DEFECT, OF COURSE, IS
RETARDATION... BELOW
NORMAL INTELLIGENCE
AND A SLOWER THAN
NORMAL LEARNING
ABILITY!



THIS RETARDATION,
OFTEN **EXTREME**,
IS **PERMANENT**,
KEN!

THE **PHYSICAL** EFFECTS OF THE
FETAL ALCOHOL SYNDROME
CAN ALSO BE QUITE
PRONOUNCED!!



T THAT
EFFECT
ASE OF
E!



MENTAL
URSE, IS
. BELOW
LLIGENCE
ER THAN
ARNING
!



S OF THE
PROME



AT BIRTH, BABIES WITH **FETAL ALCOHOL SYNDROME** ARE SMALLER AND OFTEN REQUIRE SPECIAL CARE!



FACIAL FEATURES ARE NOT NORMAL...AND THESE INFANTS OFTEN LOOK **MORE LIKE EACH OTHER THAN THEY DO THEIR OWN FAMILIES!** HEART, BONE AND GENITAL DEFECTS ARE COMMON!



DR. MACFARLAND JUST CAME IN A FEW MINUTES AGO, DR. MORGAN! HE'S ON FOUR EAST IF YOU'D LIKE TO SEE HIM!

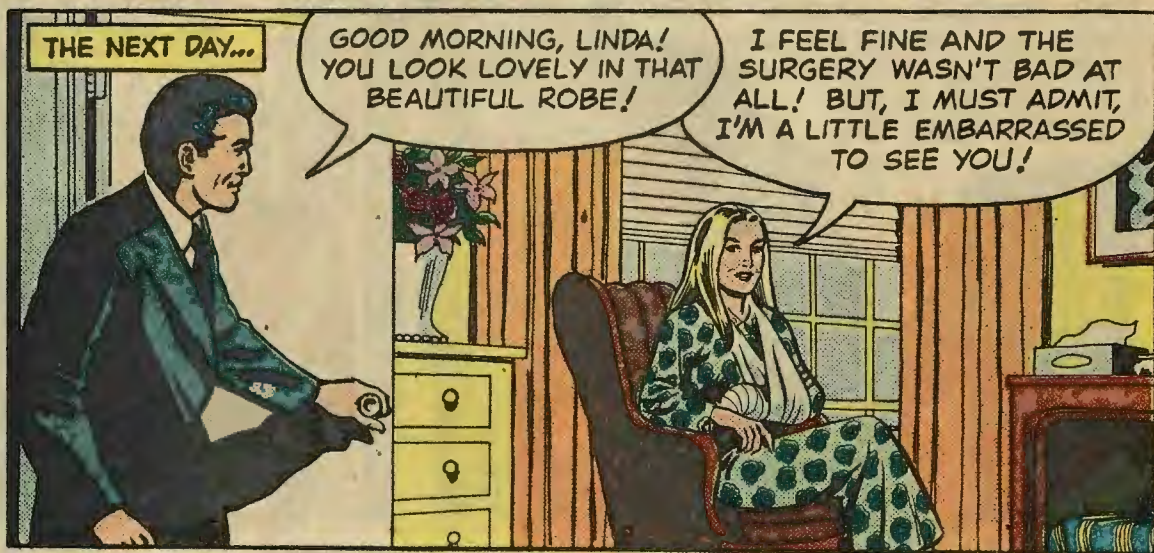
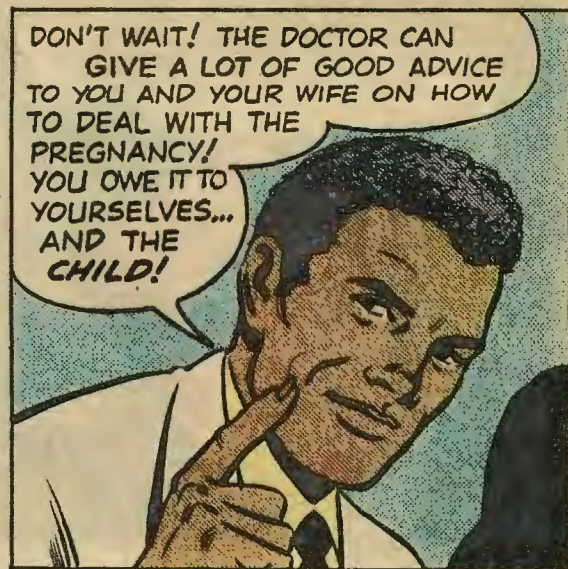


I'D BETTER DO THAT!

BY THE WAY, DR. BALLARD... KEN AND I HAVE BEEN TALKING ABOUT HIS WIFE'S PREGNANCY! AS A NEW FATHER YOURSELF, I'M SURE YOU CAN GIVE HIM SOME WORTHWHILE ADVICE!



BE GLAD TO!
I'M NOW AN
AUTHORITY!



UNTIL KENNY TOLD ME DIFFERENTLY, I THOUGHT THAT ONLY WOMEN WHO DRINK HEAVILY RUN THE RISK OF HAVING BABIES WITH BIRTH DEFECTS!



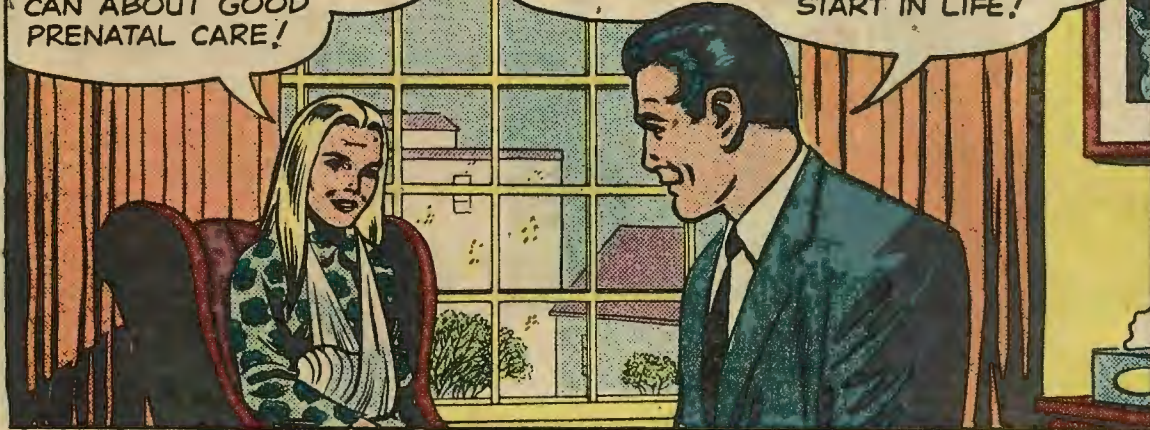
AS I TOLD KENNY YESTERDAY, WE DON'T KNOW WHAT THE SAFE LEVEL OF DRINKING IS!

WELL, I'VE MADE A DECISION!



I'VE ALREADY CALLED FOR A DOCTOR'S APPOINTMENT... TO LEARN ALL THAT I CAN ABOUT GOOD PRENATAL CARE!

THAT'S A WISE DECISION, LINDA... BECAUSE I KNOW THAT YOU AND KEN WANT TO GIVE YOUR BABY THE BEST POSSIBLE START IN LIFE!



DR. MORGAN, I WISH EVERY WOMAN COULD LEARN WHAT I LEARNED TODAY!

NOT ONLY WOMEN, BUT HUSBANDS AND FAMILY AS WELL... IN FACT, EVERYONE WHO HAS A STAKE IN THE PHYSICAL AND MENTAL HEALTH OF THAT NEW ARRIVAL!



A WOMAN SHOULD REMEMBER ONE THING! **THE WOMB THAT YOUR BABY GROWS IN FOR NINE MONTHS BEFORE BIRTH CAN BE MORE IMPORTANT THAN ANY OTHER HOME YOUR CHILD WILL LIVE IN DURING ITS LIFETIME!**



FETAL ALCOHOL SYNDROME IS THE MOST SEVERE FORM OF ALCOHOL DAMAGE TO THE FETUS... AND IT IS THE THIRD MOST COMMON BIRTH DEFECT WITH MENTAL RETARDATION! HERE'S SOME PRACTICAL ADVICE ON HOW TO GIVE YOUR BABY THE BEST CHANCE FOR A HEALTHY START IN LIFE!



1. SEE YOUR FAMILY DOCTOR OR GO TO A MATERNITY CLINIC WHEN YOU LEARN THAT YOU ARE PREGNANT. EARLY PRENATAL CARE PAYS OFF IN HEALTHIER BABIES.
2. THINK BEFORE YOU DRINK! IF YOU HAVE ANY QUESTIONS ABOUT DRINKING BEER, WINE OR LIQUOR DURING PREGNANCY, DISCUSS THEM WITH YOUR DOCTOR... AND FOLLOW HIS ADVICE.
3. IF YOU CAN'T CONTROL YOUR DRINKING, GET HELP.
4. TAKE PRIDE IN YOUR PERSONAL HEALTH TO BETTER INSURE YOUR BABY'S GOOD HEALTH.

**Fetal Alcohol Syndrome Task Force
Alcoholism and Drug Abuse
Services Section**

Department of Human Resources

**For more information, call
404-894-5030**



WHAT IF THEY CALL ME **CHICKEN**?



A MESSAGE TO OUR BOYS AND GIRLS ---

This comic book has been given to you in the hope that the story of Timmy will keep you from taking or using any drug which has not been prescribed for your own use by a physician or given you by a parent for the treatment of an illness, and that you will never experiment even once with any drug which has been given to you or sold to you by someone else.

When prescribed by a physician for your particular use, obtained on prescription from a registered druggist, and used exactly as prescribed, you have nothing to fear. Drugs so used are medicines and are necessary in the treatment of illness and disease.

Whenever you use a drug in any other manner or one obtained from any other source, however—

You have no way of knowing what its effect upon you may be.

You have no way of knowing of its purity or strength, or even whether it is the drug someone tells you it is. There is no way at all you can identify a drug by its shape or color.

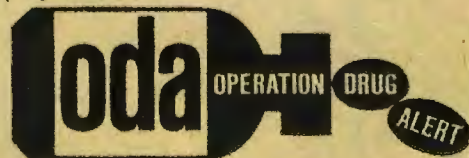
Remember, too, that the possession or sale of certain drugs is against the law and that the penalties in some cases are severe.

If anyone tries to give or to sell marijuana or any other drug to you, or tries to get you to use one, let your parents know.

If you want to learn more about drugs and their effects, get your information from authoritative sources. A good one in the United States is:

National Clearinghouse For Drug Abuse Information
Box 1080,
Washington, D.C. 20013

or talk with a druggist or a physician.



A PROGRAM SPONSORED BY KIWANIS CLUBS

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THIS IS A
TOWN. IT'S

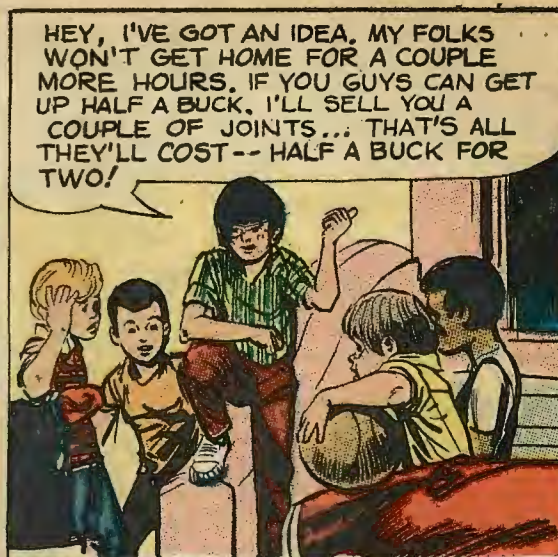


'HI! WHAT
YOU GUYS
LOOK BUSY



THIS IS A STORY OF WHAT MIGHT HAPPEN ANYWHERE. - EVEN RIGHT IN YOUR HOME TOWN. ITS MESSAGE IS ONE THAT EVERY GIRL AND BOY SHOULD REMEMBER...





MY FOLKS
A COUPLE
YS CAN GET
L YOU A
THAT'S ALL
BUCK FOR



T COMES TO
S, TIMMY.
HE MOST! A
S A MARI-
CIGARETTE.
OK?



HANK, IT'S
OST DINNER
. I'VE GOT TO
Y HOME
W!



YEAH, TIMMY. I KNOW
YOU-- A SQUARE AND
CHICKEN, TOO.
COME ON, GANG.
LET'S GO!

A LITTLE LATER, AT TIMMY'S HOME ...

WHY SO QUIET,
SON? WHAT'S
WRONG? DID
SOMETHING GO
WRONG AT THE
PLAYGROUND
TODAY?

WELL,
MAYBE!



COME ON, TIMMY,
LET'S HAVE
IT! SOMETHING'S
BOTHERING
YOU!



WELL, ON THE WAY
HOME HANK MET
US AND WANTED A
BUNCH OF US TO
GO TO HIS HOUSE
TO -- TO SMOKE
MARIJUANA!



MARIJUANA? WHY,
HANK IS ONLY
ABOUT 13 YEARS
OLD AND--

HE SELLS IT!
SMOKES IT
AND SELLS IT!



I'M GLAD YOU DIDN'T
FEEL YOU HAD TO
DO IT JUST TO
GO ALONG WITH
THE CROWD!

HANK WAS REAL
ROUGH! HE SAID I'D
BE TOO CHICKEN
TO SMOKE THE
STUFF, EVEN IF I
DIDN'T HAVE TO
GET HOME TO
DINNER!



YOU DID THE RIGHT THING IN TURNING HIM DOWN. I'M PROUD OF YOU. THERE'S A LOT OF GOOD COMMON SENSE IN THAT HEAD OF YOURS!



BUT DAD, ARE DRUGS REALLY BAD FOR YOU? I HEAR FROM FRIENDS THAT THEY'RE NOT ALL BAD!

THERE ARE TWO SIDES TO DRUG USE, SUSAN...

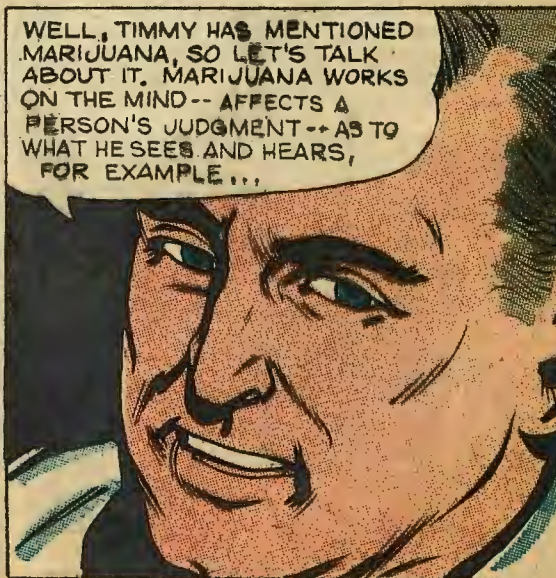


"MANY DRUGS ARE USED AS MEDICINES. DOCTORS GIVE THEM TO RELIEVE PAIN, HELP PEOPLE GET NEEDED SLEEP AND YES... TO FIGHT DISEASE AND SAVE LIVES..."



WHEN TAKEN ACCORDING TO A DOCTOR'S PRESCRIPTION, DRUGS HELP US. BUT THERE'S ANOTHER SIDE TO THE STORY-- THE NON-MEDICAL USE OF DRUGS-- THAT CAN LEAD TO REAL TROUBLE!

LIKE WHAT?



WELL, TIMMY HAS MENTIONED MARIJUANA, SO LET'S TALK ABOUT IT. MARIJUANA WORKS ON THE MIND-- AFFECTS A PERSON'S JUDGMENT-- AS TO WHAT HE SEES AND HEARS, FOR EXAMPLE...

"A FEW PUFFS OF STRONG MARIJUANA CAN INTOXICATE A PERSON FOR SEVERAL HOURS..."

"... HIS SENSE OF DISTANCE AND TIME CAN BE UPSET OR DISTORTED AND HE CAN LOSE SELF-CONTROL."

"THIS CAN CAUSE ACCIDENTS, AND DRIVING AN AUTOMOBILE WHILE UNDER THE INFLUENCE OF AN INTOXICANT IS CERTAINLY RISKY AND HAZARDOUS!"

"...AT PRESENT, WE DON'T KNOW WHAT THE LONG RANGE EFFECTS OF MARIJUANA WILL BE ON EITHER THE MIND OR THE BODY BUT DOCTORS TELL US THAT AS OF NOW IT HAS ABSOLUTELY NO KNOWN MEDICAL VALUE. ONE THING IS SURE: MARIJUANA IS A DRUG TO STAY AWAY FROM!"

WE'VE LEARNED IN SCHOOL THAT MARIJUANA MAKES A PERSON FEEL "HIGH". IS THAT RIGHT?

WELL IN A WAY, YES, IN HEAVY ENOUGH DOSES, THAT IS THE EFFECT FOR MANY. THAT'S WHY DOCTORS CALL IT A HALLUCINOGEN--A DRUG THAT CAUSES HALLUCINATIONS.

"THE HALLUCINATORY DRUGS CAUSE REACTIONS RANGING ALL THE WAY FROM JOY TO FEAR AND TERROR!"



"THE STRONGER HALLUCINOGENS-- ESPECIALLY LSD -- CAN CAUSE A PERSON TO BE DEPRESSED AND MENTALLY DISTURBED FOR MONTHS OR YEARS AND TO REQUIRE PSYCHIATRIC TREATMENT."



GEE, I DIDN'T KNOW DRUGS COULD DO THAT!

YES, TIMMY, IT'S SAD BUT TRUE THAT MANY YOUNG PEOPLE ARE RECEIVING MEDICAL TREATMENT TODAY BECAUSE MONTHS AGO THEY MADE THE MISTAKE OF FOOLING AROUND WITH POWERFUL DRUGS LIKE LSD. SOME FOUND IT SO UNBEARABLE THEY COMMITTED SUICIDE.



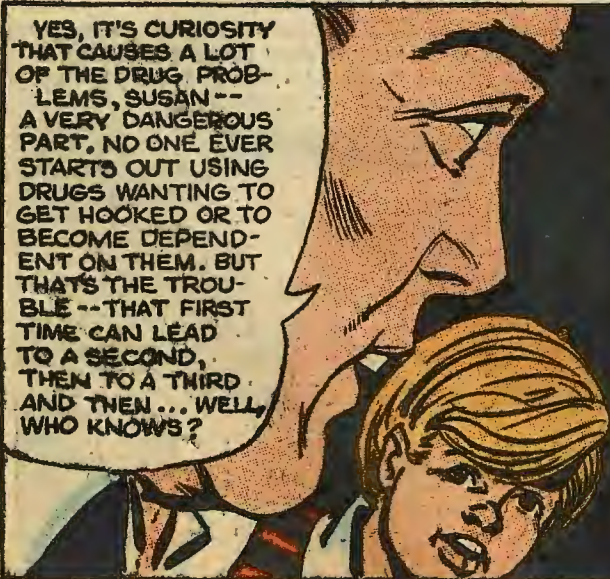
"BUT DAD, SOME OF THE MOST POPULAR GIRLS I KNOW SMOKE 'POT' -- THAT'S WHAT THEY CALL MARIJUANA. NOW TAKE BONNIE... SHE'S SO POPULAR I ALMOST WISH I COULD BE LIKE HER..."



"... AT OUR LAST SCHOOL DANCE WHEN WE WERE IN THE POWDER ROOM BONNIE TOOK A FEW PUFFS OF A MARIJUANA CIGARETTE AND OFFERED IT TO ME. SHE SAID IT WOULD MAKE ME LET GO AND GET WITH IT -- HAVE A BALL! I DIDN'T SMOKE IT BUT SHE WAS REALLY LIVING IT UP AND I'M CURIOUS ABOUT WHAT IT WOULD HAVE DONE FOR ME..."



YES, IT'S CURIOSITY THAT CAUSES A LOT OF THE DRUG PROBLEMS, SUSAN -- A VERY DANGEROUS PART. NO ONE EVER STARTS OUT USING DRUGS WANTING TO GET HOOKED OR TO BECOME DEPENDENT ON THEM. BUT THAT'S THE TROUBLE -- THAT FIRST TIME CAN LEAD TO A SECOND, THEN TO A THIRD AND THEN... WELL, WHO KNOWS?



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JUST
LEMS
KNOW
CAN R

HI, TIMM
DAD...
THOUGH
PRISE

YOU'D E
THERE,
MAJOR
SUPPOS
MY COA
TO DRA
GOING
MANAGE
TO SEE

THE TROUBLE IS, ALMOST ALL THE ABUSED DRUGS CAN CAUSE A PERSON TO IMAGINE HE NEEDS THEM JUST TO HANDLE THE LITTLE EVERY DAY PROBLEMS THAT EVERYONE HAS TO FACE. THIS IS KNOWN AS "PSYCHOLOGICAL DEPENDENCE" AND CAN RESULT IN A HABIT AWFULLY HARD TO BREAK!

OH! THE DOORBELL! WHO COULD THAT BE HERE AT DINNER TIME?

I'LL GET THE DOOR!



HI, TIMMY! HI, MOM... DAD... SUSAN. I THOUGHT I'D SURPRISE YOU!

WHY, GARY, WHAT ARE YOU DOING HOME FROM COLLEGE? IS SOMETHING WRONG?

HOW COULD THERE BE WITH A SMILE LIKE THAT ON HIS FACE?



WHAT'S THIS SURPRISE VISIT ALL ABOUT, SON?

OUR BASEBALL TEAM PLAYS CENTRAL STATE HERE TOMORROW AND I'M PITCHING. IT'LL BE MY LAST GAME BEFORE GRADUATING. THE TEAM'S IN TOWN TONIGHT SO THE COACH LET ME COME HOME FOR A FEW MINUTES!



YOU'D BETTER PLAN TO BE THERE, TOO, DAD. A LOT OF MAJOR LEAGUE SCOUTS ARE SUPPOSED TO BE THERE, AND MY COACH SAYS SEVERAL WANT TO DRAFT ME. SINCE YOU'RE GOING TO BE MY BUSINESS MANAGER, THEY MIGHT WANT TO SEE YOU!

I'LL BE THERE... AND DROP A FEW HINTS THAT WE'LL EXPECT A BONUS FOR SIGNING!



YIPPEE! A MAJOR LEAGUER! MY BROTHER'S GOING TO BE A BIG LEAGUER!

HOLD IT, TIMMY, FIRST OF ALL I HAVE TO GET THAT CONTRACT... THEN THERE'LL BE SOME TIME IN THE MINORS. BUT I'LL MAKE IT ALL THE WAY---I KNOW I WILL!



OF COURSE YOU WILL, SON... BUT HOW ABOUT SOME DINNER? HAVE YOU --



NO, THANKS, MOM. WE HAD A SNACK RIGHT AFTER THE TEAM PULLED INTO TOWN. I'M TOO EXCITED ANYWAY!

THEN WHY DON'T ALL OF YOU GO TO THE FAMILY ROOM, AND I'LL GET SOME DESSERT READY!



YES, GARY... WE'VE BEEN TALKING ABOUT DRUGS. I'LL BET YOU KNOW A LOT ABOUT THEM. KIDS USE THEM IN COLLEGE, DON'T THEY?

SOME DO, BUT AT OUR COLLEGE THEY'RE BEGINNING TO WISE UP TO HOW STUPID IT IS TO FOOL AROUND WITH DRUGS. FOR SOME OF THEM THOUGH, IT'S TOO LATE. THEY'RE HOOKED!

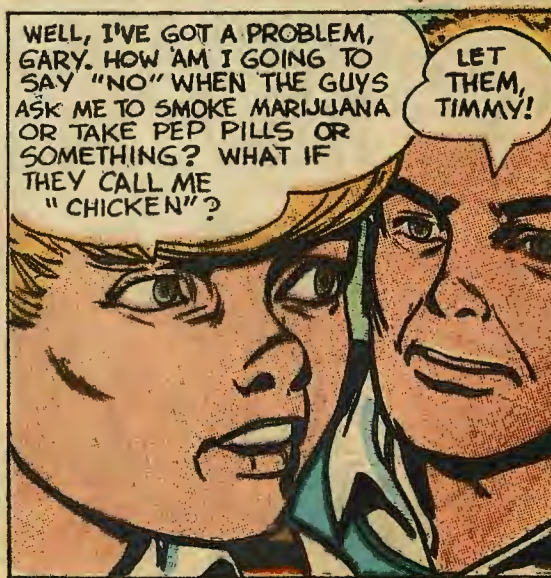


JUST WHAT'S IT LIKE TO BE HOOKED? IS IT HARD TO STOP TAKING DRUGS?



THAT'S RIGHT, SUSAN. A KID WHO'S HOOKED IS A LOT LIKE AN ALCOHOLIC WHO CAN'T DO WITHOUT LIQUOR. THEY BOTH WIND UP SICK -- SICK AND HARD TO HELP!

WELL, I'VE GOT A PROBLEM, GARY. HOW AM I GOING TO SAY "NO" WHEN THE GUYS ASK ME TO SMOKE MARIJUANA OR TAKE PEP PILLS OR SOMETHING? WHAT IF THEY CALL ME "CHICKEN"?



LET THEM, TIMMY!

I'LL TELL YOU WHAT HAPPENED. A COUPLE OF MEET REEP ONE NIGHT ON MARIJUANA THEY WANT SMOKE IT. I SAID NO. D AND CARE DON'T M



AND YOU LET THEM GET A WITH THAT WHY, GARY, COULD LICK OF THOSE B AT ONCE!



GARY, ARE TALKING ABOUT THE CREEP HIM. HE'S G



VE
BOUT
YOU
OUT
THEM
T

I'LL TELL YOU WHAT
HAPPENED TO ME A
COUPLE OF YEARS AGO.
I MET REEP AND TONY
ONE NIGHT -- BOTH HIGH
ON MARIJUANA-- AND
THEY WANTED ME TO
SMOKE IT. BUT I
SAID NO. DRUGS
AND CAREERS
DON'T MIX.



"...BELIEVE ME, IT WASN'T EASY TO TAKE
A LOT OF GUFF FROM A COUPLE OF CREEPS
LIKE THAT, BUT I DID..."

YOU'RE JUST A BIG
SHOWOFF, GARY. NO
GUTS! YOU'RE A
MAKE-BELIEVE
ATHLETE!

YEAH, GARY...
YOU'RE CHICKEN.
CHICKEN!



AND YOU LET
THEM GET AWAY
WITH THAT TALK?
WHY, GARY, YOU
COULD LICK BOTH
OF THOSE BUMS
AT ONCE!

YES, TIMMY, .. AND WITH
ONE HAND TIED BEHIND
MY BACK! BUT REMEMBER
THIS: WHEN IT COMES TO
DRUGS, IT'S THE ONE WHO
IS CHICKEN WHO CALLS
ANOTHER A NAME LIKE
THAT! GUYS LIKE REEP
AND TONY USE
DRUGS AS A CRUTCH
TO LEAN ON BECAUSE
THEY'RE WEAK
AND AFRAID
OF LIFE!



GARY, ARE YOU
TALKING ABOUT "REEP
THE CREEP"? I KNOW
HIM. HE'S GROSS!

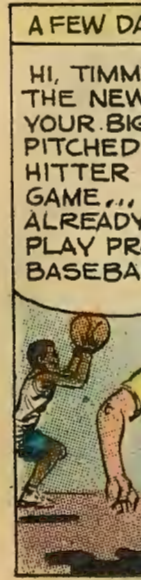
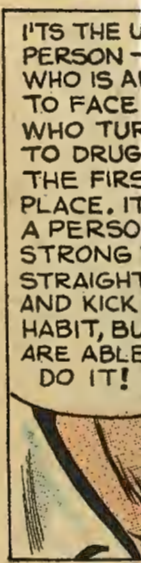
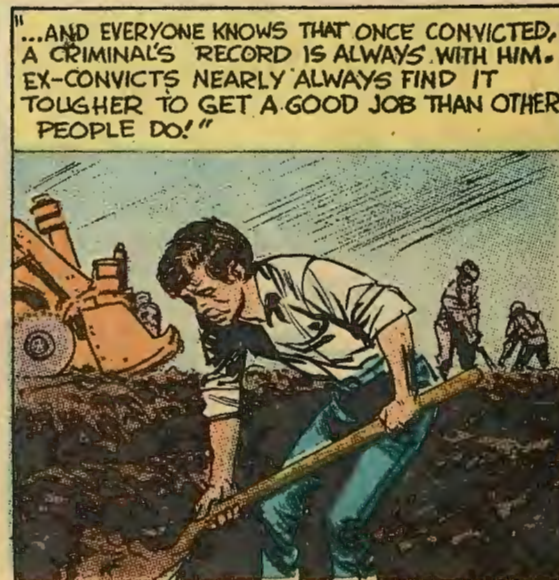
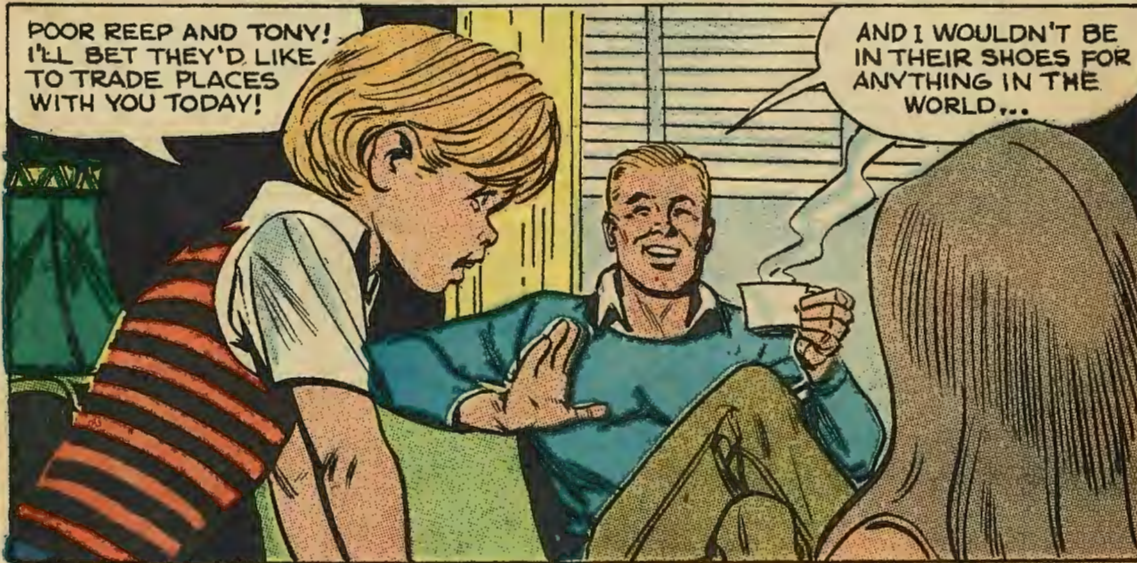
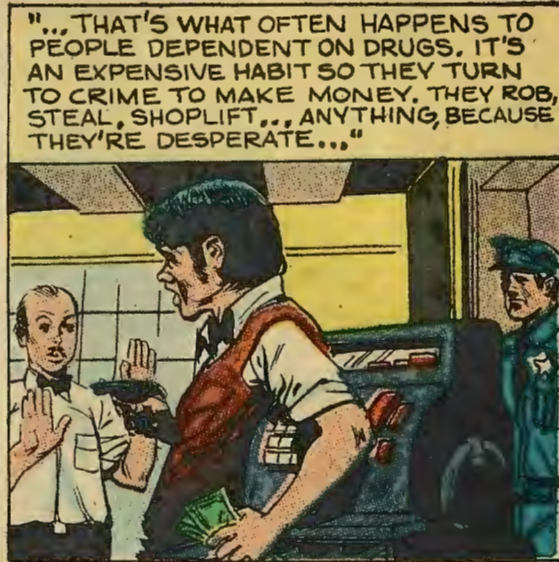
YES, THAT'S WHAT
THEY CALL HIM NOW...
"REEP THE CREEP".
I SAW HIM THE LAST
TIME I WAS HOME
FROM COLLEGE. HE'S
HOOKED NOW, POOR
FELLOW, AND WHAT
A SAD CASE...

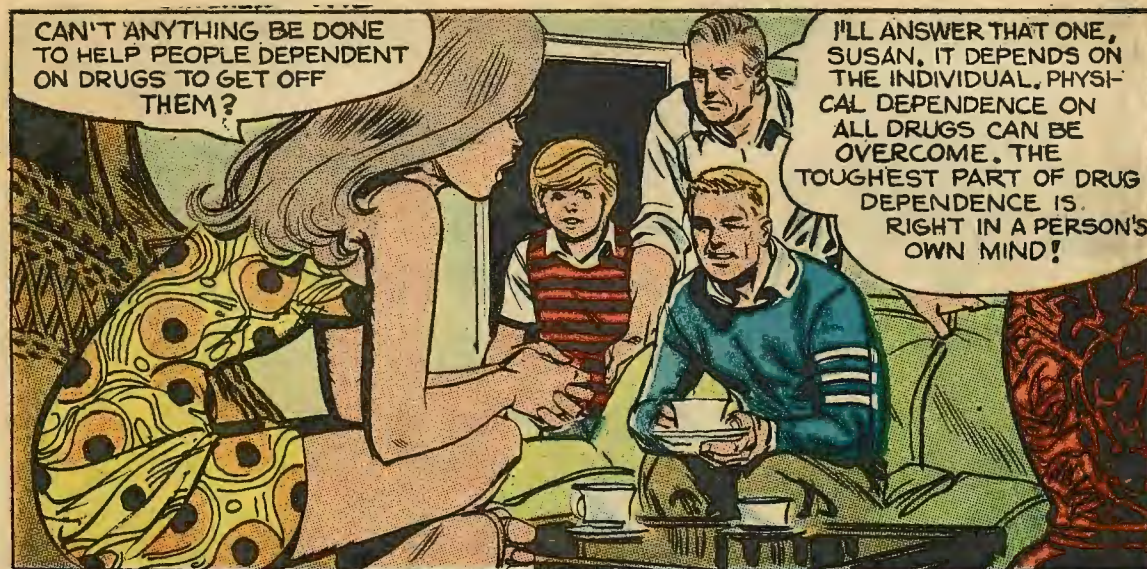


"...YES, HE'S THE SAME GUY WHO THOUGHT
HE WAS BEING SMART USING DRUGS AND
TRYING TO RUN DOWN OTHER PEOPLE WHO
DIDN'T..."



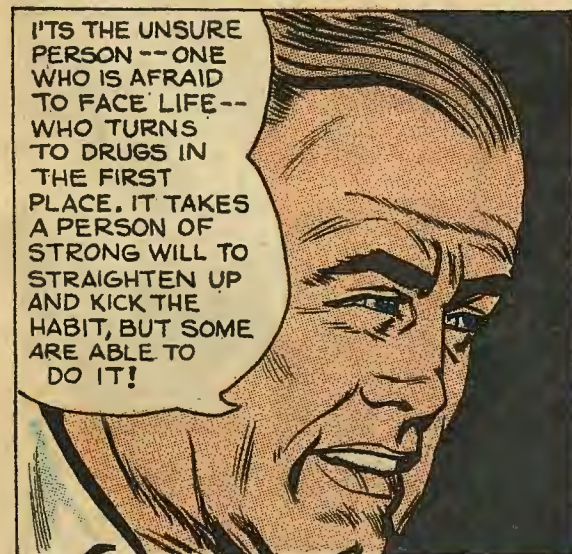
"...BUT, UNLESS POOR REEP CAN SOMEHOW
PULL HIMSELF TOGETHER, THERE'S NOT
MUCH LEFT IN LIFE FOR HIM TO LOOK
FORWARD TO -- NOTHING BUT MISERY
AND TOMORROW'S JOB OF GETTING
MORE DRUGS TO FEED HIS ADDICTION!"





CAN'T ANYTHING BE DONE TO HELP PEOPLE DEPENDENT ON DRUGS TO GET OFF THEM?

I'LL ANSWER THAT ONE, SUSAN. IT DEPENDS ON THE INDIVIDUAL. PHYSICAL DEPENDENCE ON ALL DRUGS CAN BE OVERCOME. THE TOUGHEST PART OF DRUG DEPENDENCE IS RIGHT IN A PERSON'S OWN MIND!

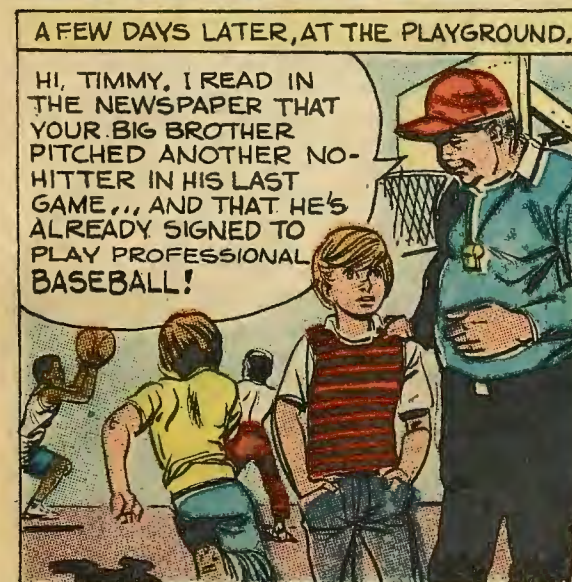


IT'S THE UNSURE PERSON -- ONE WHO IS AFRAID TO FACE LIFE -- WHO TURNS TO DRUGS IN THE FIRST PLACE. IT TAKES A PERSON OF STRONG WILL TO STRAIGHTEN UP AND KICK THE HABIT, BUT SOME ARE ABLE TO DO IT!



SAY, TIMMY... YOU KNOW MR. BARKER, THE PLAYGROUND INSTRUCTOR. HE'LL TALK TO YOU ABOUT DRUGS. HE'S AN EX-ADDICT, BUT ONE WHO HAS REGAINED THE RESPECT OF EVERYBODY WHO KNOWS HIM. HE'S A FINE PERSON, TOO!

MR. BARKER'S AN EX-ADDICT? SURE, GARY... I'LL TALK TO HIM!



A FEW DAYS LATER, AT THE PLAYGROUND.

HI, TIMMY. I READ IN THE NEWSPAPER THAT YOUR BIG BROTHER PITCHED ANOTHER NO-HITTER IN HIS LAST GAME... AND THAT HE'S ALREADY SIGNED TO PLAY PROFESSIONAL BASEBALL!



YOU CAN BE MIGHTY PROUD OF HIM, TIMMY. HE'S A FINE YOUNG MAN!

HE THINKS YOU'RE PRETTY SWELL, TOO, MR. BARKER. HE WAS HOME THE NIGHT BEFORE THE GAME. WE WERE TALKING ABOUT DRUGS AND HE SAID...



WELL,
ER,
HE
SAID
--

HE SAID I'M AN
EX-ADDICT, DIDN'T
HE? WELL, IT'S
TRUE, AND I
WANT TO HELP
OTHERS. I JUST
HOPE I CAN KEEP
A LOT OF NICE
KIDS FROM
GOING WRONG
THE WAY I
DID!



MR. BARKER,
COULD I CALL
HANK AND
STEVE OVER
HERE TO TALK
WITH US?
WANT THEM TO
HEAR WHAT YOU
HAVE TO SAY!

OF
COURSE,
TIMMY,
CALL
THEM!



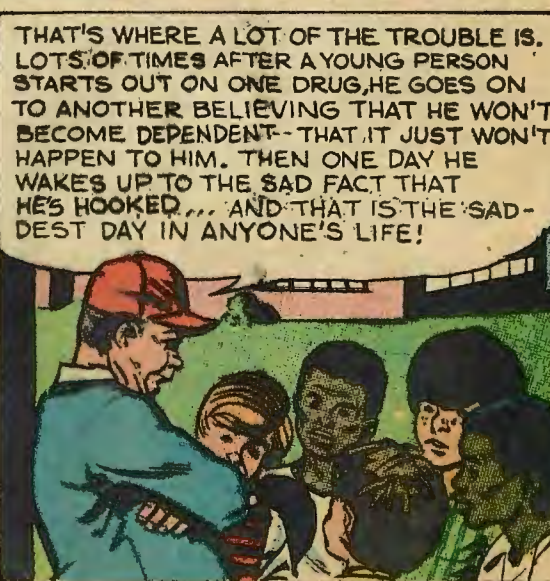
MR. BARKER TELLS
THE BOYS ABOUT THE
DIFFERENT KINDS OF
DRUGS-- PEP PILLS
(AMPHETAMINES),
TRANQUILIZERS AND
SLEEPING PILLS (MOST
OF WHICH ARE BAR-
BITURATES) AND
HARD NARCOTICS,
SUCH AS HEROIN...

HOW ABOUT
GLUE SNIFFING?
IT WON'T HURT
YOU, WILL IT?

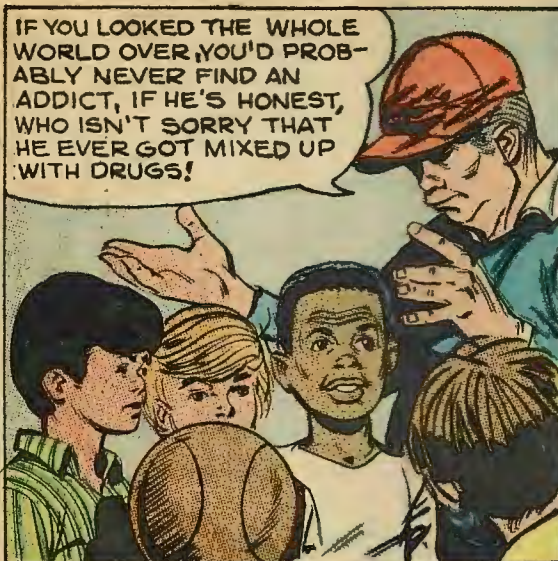
ANY DRUG -- ANY
CHEMICAL -- THAT IS
MISUSED CAN BE
DANGEROUS! GLUE,
PEP PILLS, SLEEP-
ING PILLS -- ANY
OF THEM, WHEN
MISUSED, CAN
BE BAD!



AND NEARLY ALL
OF THE YOUNG
PEOPLE WHO ARE
ON THE HARD STUFF
BEGAN BY EXPERI-
MENTING WITH DRUGS
LIKE THESE AND
WITH MARIJUANA.



THAT'S WHERE A LOT OF THE TROUBLE IS.
LOTS OF TIMES AFTER A YOUNG PERSON
STARTS OUT ON ONE DRUG, HE GOES ON
TO ANOTHER BELIEVING THAT HE WON'T
BECOME DEPENDENT-- THAT IT JUST WON'T
HAPPEN TO HIM. THEN ONE DAY HE
WAKES UP TO THE SAD FACT THAT
HE'S HOOKED... AND THAT IS THE SAD-
DEST DAY IN ANYONE'S LIFE!

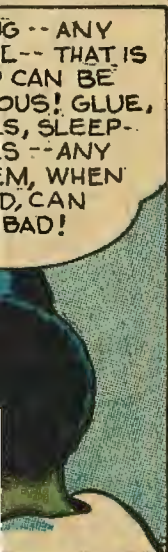


IF YOU LOOKED THE WHOLE WORLD OVER, YOU'D PROBABLY NEVER FIND AN ADDICT, IF HE'S HONEST, WHO ISN'T SORRY THAT HE EVER GOT MIXED UP WITH DRUGS!



GEE, MR. BARKER, I'M GLAD YOU'VE TOLD US ABOUT DRUGS 'CAUSE YOU REALLY KNOW WHAT THEY'RE LIKE, BUT WHAT IF A GUY HAS ALREADY STARTED... A LITTLE, MAYBE?

THEN STOP, HANK, STOP BEFORE IT'S TOO LATE!



THE TROUBLE IS THAT THOSE WHO HAVE STARTED ON DRUGS FIGURE THAT JUST ONCE MORE WON'T HURT, BUT AFTER THAT, THERE'S ANOTHER TIME, THEN ANOTHER. THERE'S REALLY ONLY ONE SENSIBLE ANSWER--

I KNOW WHAT THAT IS, MR. BARKER...



I'M GOING TO BE LIKE MY BIG BROTHER, GARY. HE SAYS AS LONG AS YOU'VE NEVER MISUSED DRUGS THE FIRST TIME... NOT EVEN ONCE... THEN THERE'S NOTHING TO WORRY ABOUT. I'LL NEVER USE THEM!

NEVER?



NO, HANK, NEVER! NOT EVEN IF THEY CALL ME "CHICKEN"!



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