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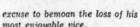
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THE TORRANCE HERALD 11 FEBRUARY 2, 1964

Is He Kicking the Weed? You Can Be a Big Help

by Count



But if you truly love him there are ways in which you can help him. Most important, of course, is to double-check everything you do to be sure it won't cause friction in your household.

Under any form of strain or stress, a smoking man values a cigarette above everything else, even you. For him it keeps things under mental and physical control. When he discontinues smoking the stresses are magnified.

Even the little things become mountains of opposition, which he fights with words and attitudes. Whatever you do, partic-ularly if it's wrong, becomes an most enjoyable vice.

Never discuss his new project, either in front of him or with other persons. Keep the children out of his

way and never, never bring up behavior problems. Perform these little marriage-

savers:

Because he will have a ravenous appetite, instead of having sweets around keep always on hand small dishes of very thin

carrot and celery sticks. These should be placed at strategic spots in the house.

If the telephone rings, hand him one of these small vegetable trays to keep him calm.

If a steam bath is not available for opening the pores and letting loose the pent-up nicotine, make one for him. Draw him a hot bath every evening, and see to it that he soaks for at least 30 minutes. Both you and he will be amazed at how this releases the tensions.

Refuse any invitations to parties, just as though he were sick in bed. Any relative of yours whom he despises should be kept out of sight.

Avoid all arguments, keep your mouth shut, even though your tongue may be breaking, and within months you'll be back on such a smooth, even keel you'll be glad you were there when he needed you most. (Distributed by Chronicle Features)

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RED RYDER



By Fred Harman

killed almost 13,000 persons in 1962.

