

Your Five-Day Plan



Welcome to

**THE FIVE-DAY PLAN
To Stop Smoking.**

Even more,

welcome to better living!

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EIGHTH PRINTING

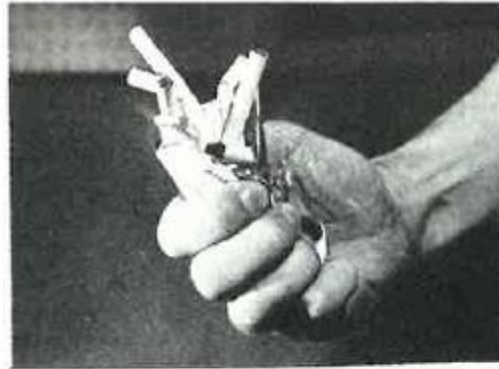
FIRST DAY

FIRST DAY

For a long time you've planned to stop smoking because of its dangers, its expense, its sheer uselessness. But smoking isn't just like any other trivial habit. It affects your nerves, your heart, yes, even the entire body. It's complex. Thousands boast they can give it up any time . . . but are they doing it?

Why don't they stop? The majority lack a comprehensive, all-out plan of attack based on sound physical, psychological principles designed to strengthen the will and overcome the habit.

So now you are about to stop . . . really stop smoking.





Yes, you may have a few difficult hours ahead, but remember, they can be greatly reduced IF YOU WILL FAITHFULLY FOLLOW YOUR DAILY PLAN! Anyway, what are a few difficult hours compared with extensive surgery or a serious, lingering illness?

Then get ready for better health, for safer living.

You can, if you will.

Yours, for better living!

FOR TONIGHT'S A, B, C's PLEASE TURN PAGE

Affiliated with LISTEN and LIFE AND HEALTH, two of the world's most respected journals of health and better living.

FIRST DAY

FIRST DAY

TONIGHT'S A, B, C's PLAN TO RETIRE A BIT EARLIER THAN USUAL TONIGHT. HERE'S WHY

1. To give those nerves a good rest. You'll see why tomorrow.
2. So you can get up rested, a bit earlier in the morning.

JUST BEFORE RETIRING TONIGHT

1. Go for a short walk—practice deep breathing.
2. Have a warm, *not hot*, relaxing shower or bath.
3. If you have been in the habit of taking a warm drink (such as Ovaltine or malted milk), this is all right—but **NO OTHER FLUIDS**. The liquor bill must be zero (0) for five days.
4. Restate your decision several times: "Tonight I have chosen to stop smoking."
5. Place this folder near your bed. You'll need it the first thing on awakening.





SET YOUR ALARM FOR A HALF HOUR EARLIER. YOU MUST HAVE TIME FOR

1. A relaxing shower or bath before breakfast. This is a "must."
2. One to two glasses of warm water before breakfast.
3. Fresh fruit and fruit juices for the first twenty-four hours—a big bowl of fresh fruit for breakfast. If you feel you cannot go through the day without solid food, then eat an unhurried breakfast (see menu, page 8).



WAKING THOUGHT

"Last night I chose to stop smoking, for the good of myself and my loved ones."

NOW USE YOUR WILL POWER BY SAYING

"I choose NOT TO SMOKE AGAIN no matter how strong the urge." Repeat it several times, *and mean it!*

FIRST DAY

UP NOW . . . ON YOUR WAY TO

The kitchen —

A quick glass of warm lemonade or warm water, two glasses if possible. But don't linger near that coffee pot.



Then to the bath —

First: A warm, relaxing five-minute shower or bath. External warm water helps soothe nerves.
Second: If showering, run water slightly cooler to finish.





DID YOU KNOW THAT

Many people find it hard to quit smoking because of what they eat? Certain foods are stimulants. They trigger a craving for tobacco.

You will avoid:

Pepper, spiced foods, mustard, vinegar, catsup, pickles, spiced meats, spiced olives, sharp cheese, and all heavy, rich desserts. **AVOID ALL ALCOHOLIC DRINKS.**

Eat plenty of:

Fresh fruits, fruit juices high in vitamin C (orange, tomato, grapefruit, lemon). **FLUSH OUT NICOTINE RESIDUE** in your system. Bathe every cell to reduce craving.

FIRST DAY

PUT AWAY THAT COFFEE POT

What about coffee? Because coffee is a stimulant, it can strengthen your craving for tobacco. Postum and cereal beverages are available at the local grocery.

NOW FOR BREAKFAST

Fruit and fruit juices for the first twenty-four hours. If you're famished, then here's a balanced menu for you suggested by a hospital dietician:

Fruit juice

Boiled egg(s) (no pepper)

Fresh or stewed fruit

Wheat toast





HERE IS THE TIME TO TELL YOU

Forget about your weight for a few days. Your main job now is to stop smoking. Weight control will come a bit later.



RIGHT AFTER BREAKFAST

1. Deep rhythmic breathing of fresh air.
2. Five-minute walk, if possible.

Sounds too simple? Don't be fooled. They're vital—a "must" after every meal!

FIRST DAY

HERE YOU ARE AT WORK . . . WATCH IT!

1. Tensions can build. If the urge comes . . . you have no tobacco! Remember? You've stopped smoking. Immediately do the following:
 - a. Use your will by repeating to yourself, "I choose not to smoke."
 - b. Silently ask, "Give me strength." **KEEP ASKING.** The urge will weaken.
 - c. Aid: Sugarless or medicated gum and other aids.
2. A friend will say, "Have a smoke?" Here's your answer: "No thanks. I have chosen to stop smoking." Saying so reinforces your decision. Remember that lung surgery film?
3. At work between 8:00 and 12:00, drink three glasses of water or juice.

Check to be sure. 1. 2. 3.

Fluid lessens craving.





NOONTIME

1. Avoid smoking companions during lunch, if possible.
2. If you feel you must eat more than fruit—

Recommended lunch:

Sandwich (avoid fried or spiced meat)

Salad, fruit or garden vegetable (light dressing or none)

Soup, mildly seasoned

Fruit juice

RIGHT AFTER LUNCH

1. Get into fresh air for a ten-minute walk. If possible, breathe deeply.
2. Noon thought: "Sure, it may be hard, but right now I'm actually breaking the smoking habit!"

FIRST DAY

YOUR FIRST AFTERNOON

1. During early afternoon contact your partner. It's vital! Ask how he is doing. ENCOURAGE HIM. You promised to.

My partner's name:

Phone:



2. Afternoon fluid intake:
Keep bathing body cells. Drink water or fruit juice at regular intervals. Check to be sure.

2:00 3:00 4:00





YOU CAN WEAKEN THAT CRAVING

1. Start rhythmic breathing. Oxygen helps you relax.
2. Restate your decision: "I choose not to smoke."



JUST REMEMBER THIS . . .

"Life expectancy among young men is reduced an average of eight years in those who smoke two packs or more of cigarettes, and an average of four years in light smokers."

—Report by the Public Health Service.

FIRST DAY

AT HOME AFTER WORK

Avoid idle time: It's dangerous right now. Keep occupied with your favorite recreation, if only for a short period. Above all, stay away from —

1. That favorite easy chair where you smoked so often.
2. ANY ALCOHOLIC BEVERAGE. One small drink can lead you straight to a smoke.

TONIGHT'S DINNER

— for you, it is fruit and more fruit — remember? But should you need it, here's a menu planned by a hospital dietician:

Soup (very light seasoning).

Salad (cottage cheese or fresh garden vegetable—
light dressing or none).

Wheat bread or toast.

Milk or fruit juice.





DON'T LINGER TOO LONG

at the dinner table. Good food, good conversation—these always called for an after-dinner smoke. So use that will power. Up now, and away from the table.

TO BE DONE AT ONCE

1. Watch it! Steer clear of that favorite chair where you so often smoked right after dinner.
2. Breathe fresh air for a few minutes and exercise, if possible.

FIRST DAY

JUST THINK . . .

"The risk of death from lung cancer is up to ten times greater for cigarette smokers than for nonsmokers."—
Report by the Public Health Service.

NOW FOR TONIGHT

You have a vital group therapy appointment—vital for you, your family, your future health.

Don't let anything keep you from attending group therapy tonight.

This five-day plan is like a chain of five links; break one of them and what happens to the rest?

DON'T MISS TONIGHT'S THERAPY. YOU WILL NEED IT.





WHAT IF YOU BROKE OVER

and smoked a few cigarettes today? Then remember this: You may have lost a battle, but that doesn't mean you have lost the war.

1. Follow the plan *more carefully*.
2. Tonight's therapy session is designed to strengthen your will power.



AT HOME AFTER GROUP THERAPY

1. A short walk—practice deep breathing.
2. Take a relaxing shower or bath, *but not too hot*.
3. Set alarm early enough for morning bath or shower and an unhurried breakfast.
4. Keep folder at your bedside for use first thing on awakening.
5. For details, re-read your A, B, C's, page 4.

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was left blank*

Information Sheet

On Five-Day Program

Please mark the following items you have noted as you quit smoking—

Date 10/17/77

I. HEADACHE
Type—

Type—		Location—		Duration—	
VICE-LIKE		ALL OVER		ALL DAY	
SHARP-STABBING		RIGHT SIDE		HALF A DAY	
THROBBING		FRONT—ABOVE EYES	✓	2 HOURS OR LESS	✓
BURSTING		LEFT SIDE		AT NIGHT	
DULL ACHE	✓	BACK OF HEAD			
PRESSURE-LIKE		BACK OF NECK			

FIRST DAY

FIRST DAY

2. NERVOUSNESS		3. APPETITE		5. CRAVING TO SMOKE	
MORE IRRITABLE	✓	LOSS OF APPETITE		VERY SEVERE	✓
LIGHT-HEADED OR DIZZY	✓	NAUSEA		SEVERE	1
"BLANKED OUT"		VOMITING		SLIGHT	
FELT "TREMBLING INSIDE"		TASTE CHANGE		NONE	
UNABLE TO CONCENTRATE		CRAVING FOR FOOD		DEFINITELY LESS CRAVING	
TREMBLING OF HANDS				6. OTHER SYMPTOMS	
EYE DIFFICULTY—		4. MUSCLE CRAMPS		TIRED	
A PAIN IN EYES		MUSCLE TWITCHING		EXHAUSTED	
SPECKS BEFORE EYES		PRICKLY SENSATION OF SKIN		SLEEPY	
		ACHING MUSCLES		SWEATING OF HANDS	
				OTHER SYMPTOMS	



FIRST THING ON AWAKENING

1. Get that will power operating at once, "I choose not to smoke today."
2. Warm shower, finishing cooler. This is the morning to try *cold mitten friction*. Rub briskly with cool wash cloth to stimulate circulation, rubbing till you're pink.

AT BREAKFAST

Concentrate today on plenty of fresh fruit. Apples, oranges, and bananas are tops. (Fruit helps cleanse body system.)

Fruit juice (large)

Cereal or boiled eggs (no pepper)

Wheat toast

Fresh fruit (large serving)

Warm drink (Postum, or other cereal beverages—coffee often stimulates a craving for tobacco)

Immediately after breakfast get into fresh air and exercise, if possible.

SECOND DAY

IF TENSIONS MOUNT TODAY

1. Remain calm--try to get outdoors for a few minutes' walk, if possible.
2. If someone urges you to smoke, just remember:
At least eight cancer-causing chemical substances have been found in cigarette smoke.

IF THE CRAVING STRIKES HARD

1. Adopt good posture at once. Sitting erect or standing erect frees lungs. **BREATHE RHYTHMICALLY, DEEPLY.**
2. Get a drink of water.
3. Get out in the fresh air, if possible.
4. Operate that will power. "I choose not to smoke."





DURING COFFEE "BREAK" . . . don't let it break you.

1. Stay clear of your smoking friends.
2. Drink something else (fruit juice or water). By all means, keep your fluid intake high. Tobacco residues aren't flushed out of your system in one day.



LUNCH TODAY

Fresh fruit with your lunch. Avoid spiced meats, fried foods, and condiments. For dessert, more fresh fruit. For your second dessert, get into fresh air at once.

SECOND DAY

THIS AFTERNOON

Watch out for small annoyances, because they can trigger strong cravings to smoke—especially if you're tired. Decide right now to live above small annoyances.

JUST REMEMBER

The risk of death from coronary artery disease—which is the major killer of smokers and nonsmokers alike—is 70 percent greater for smokers than for nonsmokers.

MID-AFTERNOON "MUST"

1. If you have a partner now giving up tobacco, phone or see him. He needs your encouragement right now!
2. Are you keeping up fluid intake?

AROUND 3:30 to 4:30

About now there's a tendency to "let down." Many break over and smoke. Keep your will power active.





DINNER TONIGHT . . . WATCH OUT!

You know the foods that will stimulate a craving. Let your own good judgment decide a proper choice of food tonight. Beware of the too-full stomach; it makes *you and your will power drowsy*. Stop eating when you feel like eating a bit more.

Make supper the light meal if possible—eat a heartier breakfast and lunch.



RIGHT AFTER DINNER

That newspaper or TV program can be a booby trap. Ignore them both until after some fresh air or a brisk walk.

SECOND DAY

UNDER NO CIRCUMSTANCES . . .

That's right, under no circumstances are you to allow yourself to be discouraged. Suppose you did smoke once or twice. Naturally it set you back. But did you learn to walk in a day? Of course not. You fell . . . BUT YOU GOT RIGHT UP AND TRIED AGAIN AND AGAIN.

Be sure to attend group therapy tonight!



BEFORE BEDTIME

Follow your A, B, C retiring directions on page 4.



Information Sheet

On Five-Day Program

Please mark the following items you have noted as you quit smoking—

Date 10/18/99

1. HEADACHE
Type—

Type—	Location—	Duration—
VICE-LIKE	ALL OVER	ALL DAY
SHARP-STABBING	RIGHT SIDE	HALF A DAY
THROBBING	FRONT—ABOVE EYES	2 HOURS OR LESS
BURSTING	LEFT SIDE	AT NIGHT
DULL ACHE	BACK OF HEAD	
PRESSURE-LIKE	BACK OF NECK	

SECOND DAY

SECOND DAY

2. NERVOUSNESS		3. APPETITE		5. CRAVING TO SMOKE	
				VERY SEVERE	
MORE IRRITABLE	✓	LOSS OF APPETITE		SEVERE	✓
LIGHT-HEADED OR DIZZY		NAUSEA	✓	SLIGHT	
"BLANKED OUT"		VOMITING		NONE	
FELT "TREMBLING INSIDE"		TASTE CHANGE		DEFINITELY LESS CRAVING	
UNABLE TO CONCENTRATE		CRAVING FOR FOOD		6. OTHER SYMPTOMS	
TREMBLING OF HANDS				TIRED	✓
EYE DIFFICULTY—		4. MUSCLE CRAMPS		EXHAUSTED	
A PAIN IN EYES		MUSCLE TWITCHING		SLEEPY	
SPECKS BEFORE EYES		PRICKLY SENSATION OF SKIN		SWEATING OF HANDS	
		ACHING MUSCLES		OTHER SYMPTOMS	



TODAY IS THE CRITICAL ONE!

Be on guard every minute. If you feel things are going quite well . . . then be on *double guard*.

TO BE DONE AT ONCE

1. Cold mitten friction.
2. Start today's fluid intake.



HERE'S THE KEY FOR TODAY

Because today is critical, two things are very necessary:

1. Right now use your will power in the strongest determination yet. "I choose **not to smoke today** *no matter how strong* the urge." Repeat it over and over.
2. Get off to the right start. Ask divine aid NOW. Say, "My will needs strengthening. Give me needed strength this critical day." Then believe that you will be helped.

WHAT'S YOUR HURRY?

If you got up early enough, you have time for a nourishing breakfast. Millions are right now hurriedly gulping a cup of coffee and a piece of toast. No wonder their frayed nerves call for a smoke!



BY ALL MEANS AVOID THAT MAJOR PROBLEM TODAY

If there is a major problem coming up, if at all possible, don't tackle it. Postpone it a day or so. Try and make things as easy as possible for yourself these few days.





AT BREAKFAST

Concentrate on fresh fruits and juices high in vitamin C. Don't neglect some extra B₁. Watch out for that coffee pot—it's no friend right now.

ABOUT NOW

If you've carefully followed the plan thus far, you can begin to feel a degree of sympathy for those who are still slaves to a dangerous habit.

BY ALL MEANS

Get fresh air right after breakfast.

Keep a *special check* on your fluid intake this morning. Before noon plan to drink *three glasses* of fluid. Your success or failure may lie right here.

THIRD DAY

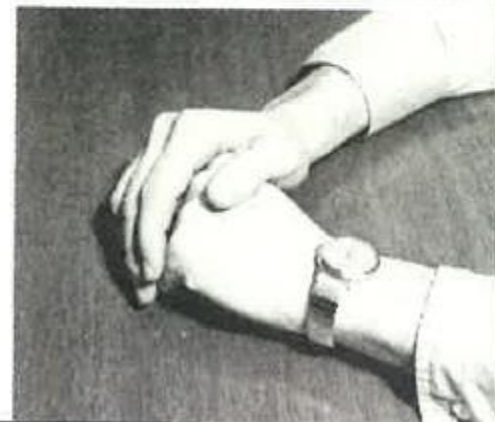
DID YOU KNOW . . .

It's far easier to stop smoking if you will make the effort each day to encourage someone else who is also stopping? Be sure to contact your partner, if at all possible.

THE IRRESISTIBLE URGE

When it comes, it will be a real emergency. Here's a proven emergency plan that will positively work for you if you follow it:

1. Decide right then not to smoke for two minutes. Say, "I choose to hold out for two minutes." You **CAN** hold out for that long.
2. Assume correct posture at once. Breathe rhythmically.
3. Immediately ask for divine aid.
4. At the end of two minutes say, "I choose to hold on two more minutes," and do it.
5. Remember . . . the urge will now begin to weaken. Keep holding on.
6. Force your mind to think of something else during strong craving. Try it and see what happens.





LUNCHTIME

Notice how much better things now taste? Why? Tobacco deadens the sense of taste. You've stopped smoking, so those taste buds are waking up.

HOW DO YOU FEEL?

Many people feel much better physically during these days because they know they're battling and winning over a dangerous habit. However, if you have any questions, just see your family physician. He will be glad to advise you.



RIGHT AFTER DINNER

1. Fresh air and exercise period as usual.
2. Get ready for group therapy. Don't miss it.

DON'T FORGET

"Those once smoking a pack or more a day, who have given up smoking for at least one year, have a death rate less than half that of those who have continued smoking."
— American Cancer Society

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Information Sheet

On Five-Day Program

Please mark the following items you have noted as you quit smoking—

Date _____

1. HEADACHE

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BURSTING	LEFT SIDE	AT NIGHT
DULL ACHE	BACK OF HEAD	
PRESSURE-LIKE	BACK OF NECK	

THIRD DAY

2. NERVOUSNESS		3. APPETITE		5. CRAVING TO SMOKE	
MORE IRRITABLE		LOSS OF APPETITE		VERY SEVERE	
LIGHT-HEADED OR DIZZY		NAUSEA	X	SEVERE	
"BLANKED OUT"		VOMITING		SLIGHT	X
FELT "TREMBLING INSIDE"		TASTE CHANGE		NONE	
UNABLE TO CONCENTRATE		CRAVING FOR FOOD		DEFINITELY LESS CRAVING	
TREMBLING OF HANDS				6. OTHER SYMPTOMS	
EYE DIFFICULTY—		4. MUSCLE CRAMPS		TIRED	X
A PAIN IN EYES		MUSCLE TWITCHING		EXHAUSTED	
SPECKS BEFORE EYES		PRICKLY SENSATION OF SKIN		SLEEPY	
		ACHING MUSCLES		SWEATING OF HANDS	
				OTHER SYMPTOMS	



TODAY IS THE DAY!

Today you can go straight through without a single smoke. Why? Your cravings will be weaker and more under your control, if you have followed the Plan.

By now,

1. Your body has been steadily expelling residue poisons.
2. Your diet has been controlled to lessen craving.
3. Your will power is now stronger through proper use.
4. Your hold on divine power is greater.



TODAY YOU ARE IN THE DRIVER'S SEAT

So begin to run your own life without tobacco's dictating to you. Today you can absolutely refuse to be a slave any longer. *Today is the time* for a showdown. Choose to think of something else besides that cigarette.

FOURTH DAY

LET'S GO THEN

1. Your promise: "Today I will make a special effort to encourage my partner who is also breaking the habit."
2. Your request: "Today give me power to break absolutely free."
3. Use that will: "I absolutely refuse to be a tobacco slave any longer. *I choose never to smoke again.*"
4. Cold mitten friction. Two glasses of water before breakfast.
5. Get additional amounts of vitamins, especially Thiamine Chloride (B₁).

BREAKFAST

Hold right to previous diet suggestions. They will really start paying off now—especially when followed immediately with fresh air.





HAVE YOU HAD A HEADACHE?

It can be a mild withdrawal symptom, because tobacco is in the narcotic family and you are getting free from a form of drug addiction.

GAINING SOME WEIGHT?

There are several reasons why you might gain weight about now, and there is something you can do about it.

1. Nibbling between meals puts weight on fast. Chew sugarless gum instead of nibbling on candy or nuts.
2. A large evening meal makes extra pounds accumulate too fast. If possible, eat a bit heavier at noon and lighter in the evening.
3. You gain for another reason. Tobacco has long depressed certain digestive functions in your body. Now they're coming to life, utilizing your food with greater efficiency. Your appetite is increasing.

FOURTH DAY

BUT DON'T LET DOWN TODAY ON

1. Regular fluid intake.
2. Fresh fruits, salads, and juices.
3. Fresh air and exercise.
4. Avoiding those desserts.

NOW SIT BACK AND TAKE A LOOK

Take a real objective look at smoking, now that you've got it on the run—

1. It's basically a selfish habit, a habit solely indulged to gratify personal desires.
2. There was no good reason to start smoking. You began only because of social pressures.
3. It's a selfish habit because many people are determined to smoke in spite of the danger of sickness, family disruption, and sorrow such as serious illness would cause.

Aren't you glad you're stopping?

TONIGHT

Be right there at group therapy. Don't slack off an inch. Here's your chance for the knockout blow, so don't back away now.



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On Five-Day Program

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FOURTH DAY

2. NERVOUSNESS		3. APPETITE		5. CRAVING TO SMOKE	
MORE IRRITABLE	<input checked="" type="checkbox"/>	LOSS OF APPETITE	<input type="checkbox"/>	VERY SEVERE	<input checked="" type="checkbox"/>
LIGHT-HEADED OR DIZZY	<input type="checkbox"/>	NAUSEA	<input type="checkbox"/>	SEVERE	<input type="checkbox"/>
"BLANKED OUT"	<input type="checkbox"/>	VOMITING	<input type="checkbox"/>	SLIGHT	<input type="checkbox"/>
FELT "TREMBLING INSIDE"	<input type="checkbox"/>	TASTE CHANGE	<input type="checkbox"/>	NONE	<input type="checkbox"/>
UNABLE TO CONCENTRATE	<input checked="" type="checkbox"/>	CRAVING FOR FOOD	<input checked="" type="checkbox"/>	DEFINITELY LESS CRAVING	<input type="checkbox"/>
TREMBLING OF HANDS	<input type="checkbox"/>			6. OTHER SYMPTOMS	
EYE DIFFICULTY—	<input type="checkbox"/>	4. MUSCLE CRAMPS		TIRED	<input type="checkbox"/>
A PAIN IN EYES	<input type="checkbox"/>	MUSCLE TWITCHING	<input type="checkbox"/>	EXHAUSTED	<input checked="" type="checkbox"/>
SPECKS BEFORE EYES	<input type="checkbox"/>	PRICKLY SENSATION OF SKIN	<input type="checkbox"/>	SLEEPY	<input type="checkbox"/>
		ACHING MUSCLES	<input type="checkbox"/>	SWEATING OF HANDS	<input type="checkbox"/>
				OTHER SYMPTOMS	<input type="checkbox"/>



ON AWAKENING

1. Take your decision card you signed last night. Read it again now.
2. Cold mitten friction over entire body, if possible, this morning.
3. Breakfast without condiments or coffee.



REMEMBER LAST EVENING?

You made the strongest will power decision yet, then signed the decision card. So right now pause and calmly restate, "I choose not to smoke today regardless of any circumstances." Restate this decision throughout the day. Keep your decision card with you. Then ask divine aid, every time you feel the need. If you do this, **YOU WILL NOT SMOKE TODAY. THERE IS NO DOUBT.**

LET'S MAKE A TEST

At lunch time, you needn't avoid smoking companions altogether now. Mingle a bit more. You are now master and no longer slave to the smoking habit. But don't push it too far.

1. Follow your lunch menu plan.
2. Maintain fluid intake.

**YOUR WILL POWER VARIES**

It can fluctuate due to fatigue or overeating, so be on constant guard. After all, it has been weakened by years of wrong habits. But it's getting stronger every day now.

DURING THESE FOUR DAYS

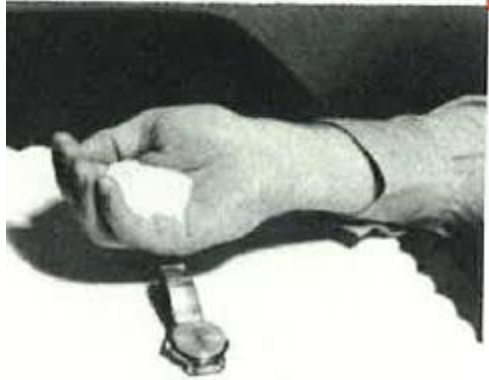
You have been learning, been putting into practice certain principles which, if continued, will increase your life expectancy, health, and happiness.





DON'T BE WEARY, THOUGH

It's easy to become weary in well doing. Your business now is to get good habits *just as firmly established* as were the bad ones you are now getting rid of. During the past four days you have discovered how to break the smoking habit. Then why not keep it broken?



JUST TAKE A FINE WATCH

Open the back of an expensive watch, then calmly pour sand right into its delicate works. You wouldn't?

Yet your body is the most delicate and valuable machine in the entire world. Then why do millions of people willingly clog it, gum it up with tobacco tars and nicotine?

You're far too intelligent to treat your body that way ever again.

YOU'RE ON THE WAY NOW

To better health and better living. Your sleep will be deeper, your mind will be clearer, your food will taste better.

Then why not keep it that way? These bodies were designed by the infinite Creator as dwelling places for His sacred presence, to be of service to those we love and to uplift humanity around us.

CONGRATULATIONS . . .

on finishing the Five-Day Plan to stop smoking. We have appreciated the opportunity of helping you and also of becoming better acquainted.





This plan was developed and is sponsored as a community public service of the Seventh-day Adventist Church, 6840 Eastern Avenue, N.W., Washington, D.C. 20012. Those benefitting by this Plan often wish to show their appreciation by a voluntary contribution. Such funds will be used to extend the course to others and to organize an educational program in the high schools to help prevent tobacco addiction among the youth of our nation. If you have been personally benefitted by this Plan, and wish to aid in the expansion of the program, you may make checks payable to the local organization listed below, or to Nonsmokers International, 6830 Laurel Street, Washington, D.C. 20012. Such contributions are deductible from income tax.

LOCAL ADDRESS:

FIFTH DAY

May we wish you

**GOOD LUCK AND
THE VERY BEST
OF HEALTH.**



Information Sheet

On Five-Day Program

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BURSTING		LEFT SIDE		AT NIGHT	
DULL ACHE		BACK OF HEAD			
PRESSURE-LIKE		BACK OF NECK			

FIFTH DAY

2. NERVOUSNESS		3. APPETITE		5. CRAVING TO SMOKE	
MORE IRRITABLE		LOSS OF APPETITE		VERY SEVERE	
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				OTHER SYMPTOMS	

Information Sheet

On Five-Day Program

**THE ANSWERS TO THESE QUESTIONS ARE TO BE USED IN A
STATISTICAL RESEARCH STUDY. YOUR ANSWERS WILL HELP
SOMEONE ELSE TO GIVE UP CIGARETTES.**

Name _____ Occupation _____ M _____ F _____

Address _____ Phone _____

CIRCLE AGE GROUP

10-14	30-34	50-54	70-74
15-19	35-39	55-59	75-79
20-24	40-44	60-64	80-84
25-29	45-49	65-69	85-

Place Five-Day Plan being held _____

Date of enrollment in Five-Day Plan _____

Have you ever seriously tried to stop smoking before? _____

If you tried before, did you: Stop abruptly _____ Taper off _____

Number of years you have smoked _____ Cigarettes—average packs per day _____

Cigars per day _____ Pipe—bowls per day _____ Chewing Tobacco _____ Snuff _____