



Ever feel like this?

ANACIN
relieves pain quickly!



At the very first sign of a headache, neuralgia, neuritis, toothache or 'flu, take two Anacin tablets with a glass of water. The prompt sedative and analgesic action of Anacin brings speedy relief from pain. So always keep quick-acting Anacin tablets on hand.

Anacin is available from all chemists in tins of 12 and bottles of 50 and 100.

ANACIN ensures safe, quick relief!

Manufactured and distributed by KOLYNOS (N.Z.) LTD., Kitchener St., Auckland

ISSUED BY THE



DEPT. OF HEALTH

If you want to excel—
**DON'T SMOKE
TOO YOUNG!**



Once acquired, the smoking habit is hard to break—don't acquire it too young if you want to excel in sport and learning.

Here is the case for tobacco smoking: for and against:—



FOR: It helps you to relax; it takes the strain off tired nerves and induces a feeling of relief from fatigue and irritability: It is an aid to sociability.



AGAINST: Excessive smoking can irritate the throat and lungs, shorten the breath; upset the action of the heart; set up and perpetuate catarrhal conditions and is a cause of morning cough. (There is no proof that it can cause permanent damage to lungs or heart, or induce cancer).

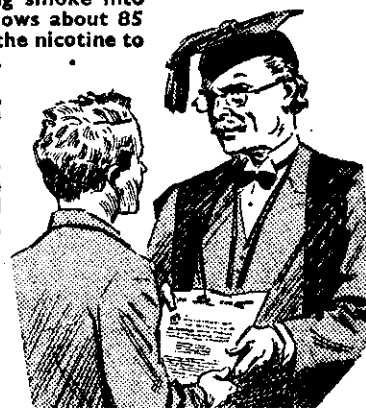
FACTS: Tobacco smoking is habit forming. The "fragrant weed" harbours poisons—nicotine and carbon monoxide. The nicotine content of dry tobacco smoke averages 0.6 per cent. Not very much, but a heavy smoker gets a little nicotine lots of times each day. And the effect is cumulative. Inhaling smoke into the lungs allows about 85 per cent. of the nicotine to be absorbed.

ADVICE: (1) Moderation in the use of tobacco by adults.

(2) Abstinence in adolescence—no tobacco until 21 years of age should be the rule. It does retard mental and physical achievement.

(3) Minimum Inhalation.

HELP YOURSELF TO KEEP FIT!



KEEP THIS ANNOUNCEMENT FOR FUTURE REFERENCE.

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FOR A HEALTHIER NATION

