



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

By Count Marco

If your husband is influenced by all those recent headlines and makes one of his periodic attempts to quit smoking, you may be in for trouble.

If you don't smoke you cannot understand the tremendous change his personality will undergo during the first few weeks or even months of this cease-fire period.

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, particularly if it's wrong, becomes an

excuse to bemoan the loss of his most enjoyable vice.

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.

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



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