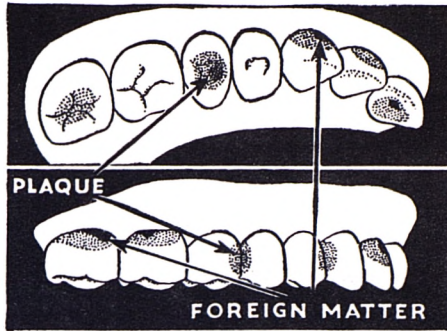


## Take Care of Yourself



oxidize:

6 drinks of whisky (about 8 ounces) or  
 1 bottle of "light" wine or  
 8 bottles of beer.  
 mark off 1416.

$$\begin{array}{r}
 34.62 \\
 3.1416)108.75 \\
 \underline{94.25} \\
 14.50 \\
 \underline{12.57} \\
 1.93 \\
 \underline{1.88} \\
 5
 \end{array}$$

### 5. Eat adequate roughage:

<i>Vegetables</i>	<i>Cereals</i>	<i>Fruits</i>
Cauliflower	Oatmeal	Prunes
Asparagus	Cornmeal	Dates
Cabbage	Bran (except in spastic type)	Figs
Salad Greens		Peaches
Onions		Oranges
Celery		Bananas

[186]

produce the minuend.

$$\begin{array}{r}
 425 \\
 - 186 \\
 \hline
 \end{array}$$

$$\begin{array}{l}
 6 \text{ and } 9 \text{ are } 15 \\
 8 \text{ " } 3 \text{ " } 11 \\
 1 \text{ " } 2 \text{ " } 3
 \end{array}
 \left. \vphantom{\begin{array}{l} 6 \\ 8 \\ 1 \end{array}} \right\} \text{first}$$

$$\begin{array}{r}
 425 = 400 + 20 + 5 = 300 + 110 + 15 \\
 186 = 100 + 80 + 6 = 100 + 80 + 6 \\
 \hline
 200 + 30 + 9
 \end{array}$$