

COMPOSITION BOOK

100 Sheets • 9 1/4 in. x 7 1/2 in.

Name

School

Grade

Gene



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3023



Why do animals & insects & people have
different features & attributes from others -

- An environmental adaptation -

11:38 AM 11/16/03 - Going to Converse

He ask from that I want be around
any more -

No more ages from this but
He Wilson is going to escape with
all the ashes

as the earth breathes my
fire -

Convincing He
Sleep is the first step
to making the Enant
a friend

You write every 6 months
After he start,
when the end

Should have always been the beginning - !

Notes

Let's write

30

After

Good

Half

Got the First office to smoke at about
noon on a Sunday I had to say no -

"Don't feel like it" - ~~Don't~~ don't feel
like it as a group of women discuss why
terrorism, bin Laden, the economy & a
good high living pair of pants that want
to be shown a pretty line

Just found out that a black woman is
running for President in 2008 - A
black woman is running also - afraid that
our country that is in fading peril -
Bush has ruined it so bad that
the black folk running are definitely
ready to take a bullet for the gipper
& to make the white house a
real sanctum again

- If the bullshit as the cigarette is turned on & the
lighter comes on - which way will you walk with
the nicotine burning your throat - oh, what
a simple chemical & all the tobacco execs
that have caused millions of dollars out of
the misery & leading of people to the smoke -

= Every time the fire is flicked on - I could spit
bags of mucus that float around my lungs
straight out into the open to swim with the
other wet molecules that holds the wicker
basket of more chemicals to ingest & the
prospect, or the good fortune of company execs,
the let us hooked on another set of
chemicals - thus, buying - buying - buying
more - more - more -

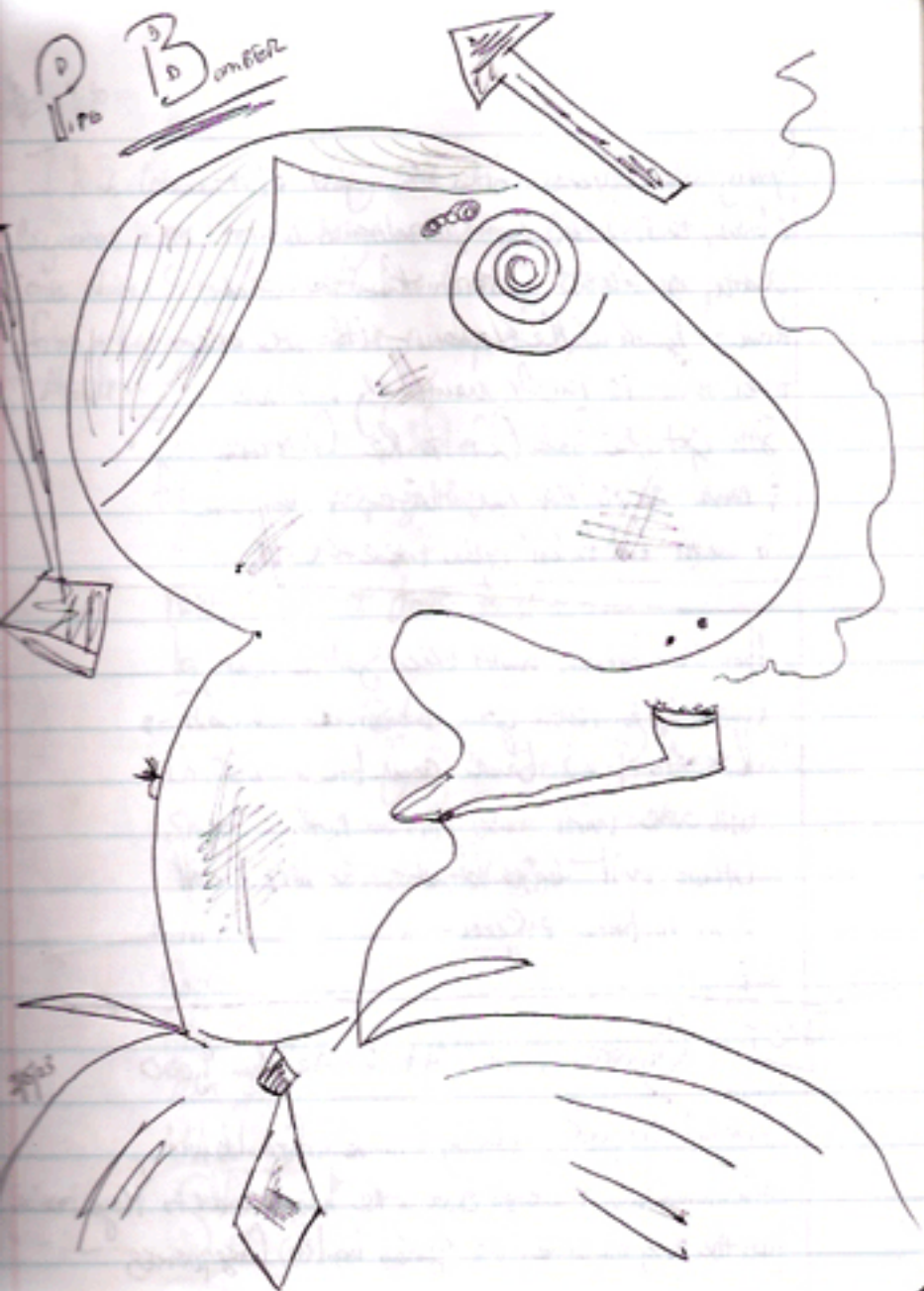
If some folks as the tobacco plants get
tired off - Good - due to the fact that
I will have stopped smoking - even
better - just like the last gig -

but, Sponting has got to give - Turn
the tobacco plants into paper mills or
factories of Canning Collard/Illustard
greens - Something a bit better
than eating the body from the inside,
to the outside -

→ Ouch - Sponting is being recognized as a
Spont *

- Oh - The Simplicity of Sponting a Small,
little Cigarette - Yet, I have to go
thru the Canning that it's the most
Complex & Fucked of things I can
do with my fingers & fingers to
Mouth - or tabs - toes to work -

- The body is living from the lung portion,
the breath will get gonna-need to consider
the jokes, that has all laugh &
nothing but a Screen of Faint Smokes -



Smoking the Cigarettes brings you just about
closer to realizing your mortality & that
death is always closer than you actually
think - Death is the Shadow - it's the other
truth that is rarely mentioned, but we
soon get the Fick Out to the Cigarette
& move on to the next Vice & embrace
it with full fuckin' open teeth -

Han-Han-Honoree among little Soldier boys,
Cause you're never going to Smoke again -
Kiss this Friend - Later good-bye - it's
all over with baby gear - nothing -
Coffee will taste better - the heart will
grow brighter & Such -

FACT Cigarette Smoke contains more than 4000

Chemical Compounds, including Cyanide, formaldehyde,
and ammonia. Constantly exposing the human body to these toxins
plus the drug nicotine, has serious health consequences -

Apr - 4:30

I have convinced myself that there is no more need for cigarettes in my life - nothing as general cats outside, one white & Siamese - one black with a ring - but some pills from a Latino cat, pop him & run up the black - throat -

- Just sneezed a loadful of snot, lungs still full of piss - keep getting a glob in the back of my throat - Can't wait for in the next couple of days to spit that fucker loose -
- The urge to smoke after leash p. coming back - going to scribe a fact about smoking instead - Scare the fuck out of these smoking blues -
- My first wisdom wasnt starting to smoke, it was not listening to my pop's advice 1987 - After his heart surgery & the tears that followed - Wasted fucking habit this smokein' bullshit is -
Shave sell off my remaining tobacco to the street boy2 -

FACT - Your chances of getting lung cancer (the leading cause of cancer death in men and women) is 10 times greater than a non-smoker - One in ten smokers will develop lung cancer -

FACT Mac: Joining Cancer

It's like his to head as the nail comes through - the top of a cigarette so tight -

FACT → 80% of smokers are eventually diagnosed for emphysema, heart disease and other smoking related diseases -

I see OK again as the new end of the 1st full day of being with this smoking bullshit happens - The girl is going to try to kick this fucking habit as well - We now beat the finger and the doctor -



Faction

Smokers are 2-4 times more likely

to get a heart attack than non-smokers and the heart attack rate among smokers is 70 percent greater than that of non-smokers

2/15 - 7:40pm - Just grew or thought I sample
Cat out of the side of my peripherals - I've
had that happen a couple of times already today -

→ Josh Nouse on radio - Water nighin' - Cat
Sleepin', nos aze, heart attack get - the silent
wail of the (crotch) trail is sleepin' into
my Gades & takin' over my shoes You
wanna Molefuckers



2/10/03
8:47 AM

Mice squeaking upstairs in the cold-ass attic as
I drop some shit off and ponder whether or not
I should let the cat loose up there - An old
Farm cat that now bats wildly at a pink
rubber/plastic ball - It would be complete
annihilation - Mouse that would take my mind
off the cigarettes - Cat mauling on a cold
Sunday evening -

FACT Older male smokers are more than twice
as likely to die from smoking than older men
who do not smoke, and the odds are almost
as high for older female smokers

9:15 PM - If the Gal calls up and asks if I
want to have 1 tiny, small little cigarette
I'm gonna tell her to shove it right straight
the fuck up her ass -

Time is nearly like a snail in a slug's shoes

Fuckin' chest agony - hand pounds a bit as the
cat sits comfortably on the corner of the sofa

Fact One out of every 5 deaths in the US are directly
related to smoking. - Annually Smoking claims
430,000 lives in the US compared to 11,000 in
wrecks, 11,000 homicides, 11,000 AIDS deaths

The gas pump was busting my balls as the
cops drove by - the Latinos stared as if fucking
was going to give f the soft look on my
hell for the non-smoking that's going on
around here =

Fact - C.D. deaths each year attributable
to smoking, 29% are from lung cancer &
24% are from heart disease

12:12 AM

ambet - Jay L - Made it past midnight to talk about
it - Shaved, jerked off, Spru bit, beads, &
the glowing ore load & Jim ready to sleep &
b + this early morn off -

Fact - On average, smokers die 7 years earlier
than non-smokers

Seems such a weird thing that I put forth
after gift of smoking - Exhaust, it could be, into
my lungs & entire body -

Heart lung ache since as then ready to move
onto the new era of no more fading
cigarettes

The cars head starts to look after
this pen as the ghetto copier
stare, twists & whirles after the
best fabled crade in the back of humans
on a fat fuckin' rampage



2/17/03 - 10.13.11 - Morning

The feeling of morn'g after morning is still here & somewhat
persistent - this to be all the poop morn'g is worth out of
the flow of disruption - Woke at 4:30 - 5 & 6 in
the morning - Looking around, my body was in the
bad luck of the crawling mode

This is good - The ash tan design need M
ass - again I start out of the gate -

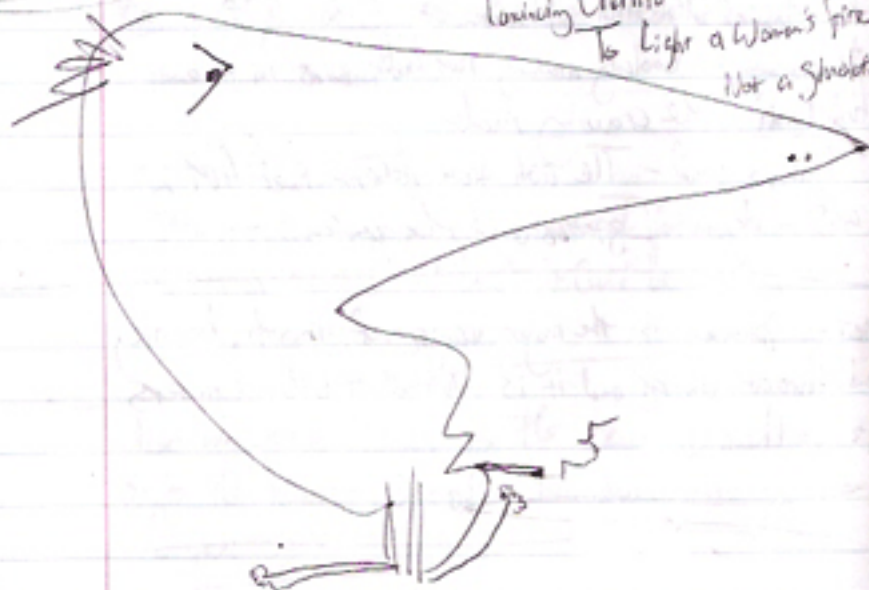
Fact - Smoking is the major cause of mouth, larynx,
and throat cancer and it is linked to other cancers
as well

This bird is completely fucking tired of
Smoking:

- Bad Breathing
- No circulation
- Inhaling Toxic Gases
- Pain in the chest
- Fucking killing myself all
the time - But not b/c I
have to fucking pay for it

Convincing Charlie

To Light a Woman's Fire -
Not a Smoke



Eating like a shit bricklayer - Discontinuum Atom - a bit
of coffee - Filtering through the metabolism -

Fret - Smokers are more likely to develop chronic
bronchitis and emphysema -

No, no, you're not thinking: you're just being logical -
- Niels Bohr

Fret - Tobacco kills nearly 13,500 people worldwide
every day

John
The deprivation is causing lymphoma - Hard

Wendie Gubler is either making money he's not been
found right
his minute as the deprivation cooperator
me back & the kid that just asked me for a \$1
Regrets it deeply -

Fact

Each year 4.9 million people die from tobacco related illnesses - This is expected to rise to 10 million by the 2030's -

The object of education is to prepare the young to educate themselves throughout their lives -
- Robert Maynard Hutchins

Then you don't quit cold turkey - get to the spot of your smoking problem - 'Cause if you don't do that - You will pick up the habit again -
At this point, I think the problem is that I lack the random chance & danger and the attitude & will find it wherever I want in this world as a result of circumstances



John and a bunch of kids, while kicking the habit
is not good

In Shasta come the phantoms - Is anyone going
to let or know that I need a little bit of nicotine -

Fact Based on current trends, it is predicted that
over 500 Million people currently living will die
as a result of Smoking -

Fact This is the moment - the last time when the
nicotine is leaving - things are healing - the
fucker ~~is~~ Smoking

Finding all the fuck necessary to keep the god damn cigarettes
out of me - convince walking that line & waiting
for reasons to be a fuck & nicotine -
Fucking God Damn Cigarettes -

What Feltz do you need to know when everything is figured out and there is no one's else to turn —

8:30pm ~~The Spring~~ the fight feared the spirit and
Keep the time out of my lungs is happily at
the World, tilted on its crooked axis, keeps
Coming back into my ears of flight

Fact — By 2020 it is predicted that tobacco use
will cause over 12% of all deaths globally —
This is more deaths worldwide than HIV, tuberculosis,
maternal mortality, vehicle accidents, suicide and
homicide combined



→ If I Smoke for long enough,
I could pop a lightbulb to the
end of my cock & explode off like
a poison fuckin' rocket — Or I could
end up in a retirement village or an elderly
woman's home —

FACT -

Smokers have death rates three times higher than non-smokers at all ages starting from young adulthood.



Dear Diary. Just quit smoking.

11 I'm here at the job cause they expect me, need some cash - feel like I need to be outside joggin' some or running the fuck out of this little country for the Niggers, Babes

You feel like doing some real work today as the demons go screaming on by & the only way to a girl's heart is to believe in the life or make the truth something you never believed before -

12 Smoking is a leading cause of gangrene because of poor circulation -

2 More pieces of Gum - Ten needs for days
to feel like Mando & Mando

Just throw the basketball around a bit and
I feel very nice - Gum - mouth - Toothpick
in Mouth as well -

FACT - Globally, approximately 48% of men
and 12% of women smoke -

Within 20 Minutes...

Blood pressures drops

Pulse rate drops to normal

Body temperature of hand and feet increases to normal

Within 8 hours...

Carbon monoxide level in blood drops to normal

Oxygen level in blood increases to normal

Within 24 hours...

Chance of heart attack decreases

Within 48 hours...

Nerve endings start regrowing

Ability to smell and taste is enhanced

Grate! A
grenade, Hypnotize
me - Tell me stories
no good with
with the nicotine

FACT - On average,
Smokers who begin
Smoking in adolescence

Continue to smoke regularly have a 50% chance
of dying from tobacco use - losing 20-25 years of their life

7:22 PM

Can feel blood readily to points of my body that was virtually unreachable before - Also, the mucus & snot is building up in the back of the throat as the water seeps to back & the Ultimate test - Coffee - will be served to my anxious, awaiting troop -

FACT - Quitting Smoking, whatever your age, is beneficial to your health -

8:45 PM

Just Blew my nose & it was full of Blood - Making Wheat Omelette, tortilla, crab meat Salad - The cat is knocking the ball around & my body is yearning for something it can't have & there's OK for now

FACT - I'll have clearer Breath, hair & clothes -

9:10

Had a nice mood - forgot about the
Cigarettes - Watching a Michael Jackson
concert for the 2nd time - Smoked
quite a bit the 1st time - Feels feel
good now - No Smoking - Have a
nice load of jokes -

Fact - After 15 years the risk of heart disease
is almost the same as for a non-smoker -

9:54 PM

Got through the roughest time of day, Shortly
after getting off work - No Cigarettes - more
worry - Buy another cup of Coffee in a
place that has no Smoking - I've been in
here smoking before - I drop chip books
off in this place - In fact I dropped off
the Beatles White Album & a Cool Shirt
to an ex-girlfriend before going to Europe
& never telling to her agent -

Earlier, before arriving here, went
to a local book store to get a book
and guide on New Zealand for not
long. She talks about wanting to
go and it's not half a bad idea -



So, it is a used bookshop & I have free credit
built up through a good friend - I guess a
- know the owner - Yet, act as though I don't
this non-smoking is advised - plus there's
this urban, midtown thing with some folks that
don't want to remember or talk to you, even
if it was the day before - So, I always
tend to act and treat folks as though it's
all totally fucking anonymous - So I run into
a girl downtown, after getting directed as
soon as she flips off the vacuum and asks
me if I need anything - "Yes" I start -
The travel book section I go, not looking at
her & straight ahead I see words like "PARIS"
"ARIZONA", "LONDON" & tell her I think
I found what I was looking for - So,

I Start combing over the books & finding nothing
on New Zealand - A bit on Queens land, yet
nothing on New Zealand - So I immediately came
across a book on Kyoto - Has an Amazing
piece of plastic cover with posted up lining -
I like it - Terry Zuber on the cover on
benches & under a straw, circular shelter,
a great little Japanese vista - Though, I forget
that before entering the bookstore, I saw a
guy who was so drunk walking up towards
the World of Queens & Spirits Shoppe
that he could hardly open the door - This
man was beyond liquored up & he obviously
needed something more -

Thumbed through the "Fact - Fiction & Light" and
came across a picture of a man smoking -
Thought about how many people in the world actually
smoke & out of all the enjoyment of it -
how many people really, really want to
kick the habit -

Fact - Most people that are diagnosed with a smoking-related disease are aware that smoking is 'BAD FOR YOU', but are started to learn the full extent of the dangers of smoking and are frequently surprised that it happened to 'THEM' -

I'm writing - doing - trying - regarding & printing all the pictures and facts about smoking because I feel that repetition & readily understanding how truly fucked smoking is will save me the hell from it.

Immediate Rewards

Within 12 hours after you have your last cigarette, your body will begin to heal itself. The levels of carbon monoxide and nicotine in your system will decline rapidly, and your heart and lungs will begin to repair the damage caused by cigarette smoke.

Within a few days you will probably begin to notice some remarkable changes in your body. Your sense of smell and taste may improve. You will breathe easier, and your smoker's hack will begin to disappear, although you may notice that you will continue to cough for a while. And you will be free from the mess, smell, inconvenience, expense, and dependence of cigarette smoking.

Legal SKS She
herself with
Smoking and
is one of
last vices -
the too, though
the shit has to
End!



→ These photos from an ad run
by Truth.Cam - (freely posted)
I still think is helped to show it
over & over - But this smoking kills a whole
lot of folks & sometimes we need to be
sensationalized to get over the habit -

Saw story today about how the Tobacco
Companies and their executives are & have
lived their teeth loose - One such lie in the
mid-90's by the tobacco industry - A top exec/
CEO / President was testifying before Congress
and the question "IS NICOTINE ADDICTIVE?"
He replied, "NO" - Fudges, not even a good lie

Over the past few days, I have been seeing things -
Shit that's not there - Maxine that's only a blur
times that's nothing but not time &
everything but jelly for this blasted peanut
butter sandwich -

FACT - You don't have to be a heavy
Smoker to incur major health risks.
As few as 4 cigarettes daily has been
linked to adverse health effects -



No Smoking Sticker
from QuitSmoking.com

The big thing that pisses me off about Smoking is that
I really be pissed if I get a disease directly
related to Smoking - I bought paid for & fell into
a trap of my own design - No problems with
blowing myself - but, If you can avoid jumping
into a lake of alligators - Avoid you?
I mean, they don't have to tell you not to
cross a busy interstate Highway to know that
it's fucked - You could get fucked or die a
horrible death - So, why should I contribute
highly to god damned cigarettes -

My pops has dreams every night that
he smokes a cigarette, I can live
with that - Fucking a good pack in my
dreams is fine by me - Immortal in Sleep -

The other thing about Smoking is that:

- My dad has had 2 or 3 major heart operations
he has diabetes high blood pressure &
a variety of other health problems -
- My grand father died of lung cancer
- My cousin Scott, just lost his father
a year ago to mouth cancer caused by
cigarettes
- Scott's Mom can hardly exert much energy
without coughing or wheezing - She has smoked
for some 30-40 years

- ON The Flip Flop

Within 2 weeks to 3 months...

Circulation improves
Walking becomes easier
Lung function increases up to 30%

Within 1 to 9 months...

Coughing, sinus congestion, fatigue, and shortness of breath
decrease
Cilia regrow in the lungs, increasing the ability to handle
mucus, clean lungs and reduce infection
Body's overall energy increases

Within 1 year...

Excess risk of coronary heart disease is half that of a smoker

... My Mother
hasn't smoked a
day in her life
and is about 58,
she's healthier
than
an
OX -

I know that I'm not gonna live forever & there
is a shit that will happen aside from smoking but
the god damned cigarettes sure fucking accelerated
a whole lot of shit -

Fact - Smokers are much more susceptible to blood clots
(thrombosis) than non-smokers. The average smoker
will develop thrombosis 10 years earlier than the
average non-smoker.

You know, even thing can kill you -
Even laughter & sure good late -
Always I see him from
but I see close to the
next moment & we have
the unknown & the

Unknown is all that we
have & know about as we keep on going
On & On & On & On & On



Immediate Effects

As your body begins to repair itself, instead of feeling better right away, you may feel worse for a while. It's immediately after quitting, many ex-smokers experience "symptoms of recovery" such as temporary weight gain caused by fluid retention, irregularity, and dry, sore gums or tongue. You may feel edgy, hungry, more tired, and more short-tempered than usual and have trouble sleeping and notice that you are coughing a lot. These symptoms are the result of your body clearing itself of nicotine, a powerful addictive chemical. Most nicotine is gone from the body in 2-3 days.

12:05 AM 2/18

Mass said
So bad I
hardly want

to be around myself - Getting ready
to walk in to another hard situation at
the girl's place

Fact - 1 year after quitting, the risk of
heart disease decreases by almost 50%

10:03 AM - Feb 3 2/18/02

- Coughed and turned through my sleep last night
- Broke a coffee mug over at the girl's place
- Feel a whole lot better - Can feel the healing going on - Lots of Sneeze, O

Fact - Tobacco Smoke Contains hydrogen cyanide, ammonia, nitrogen dioxide, acrolein and formaldehyde. These chemicals paralyze the cilia (tiny hair-like processors on the cells lining the airways) which clear mucus and anything that deposits on them - Smokers' lungs are more sensitive to cancer causing chemicals because their cilia do not clear the airways effectively

Just Keweenaw Couple of Tabs at the (1) place - A Slipping CD was in the Cords for this kid this morning & that's just about that -

I need a good solid leavin' cup of fuckin' coffee right now



Leaving the house behind to renovate it into something all nice & such - Exactly what I'm trying to do with this Smoking bit - No more for me - Fuck 'em - Already getting better & convinced myself of see

American flag - boys all over beside this van -
Should have cigarette stall at it - French things
Two cats was making on the corner - No desire now -
First - No Smoke - Second no smoke

Fact - Nicotine is often used in industrial
pesticides -

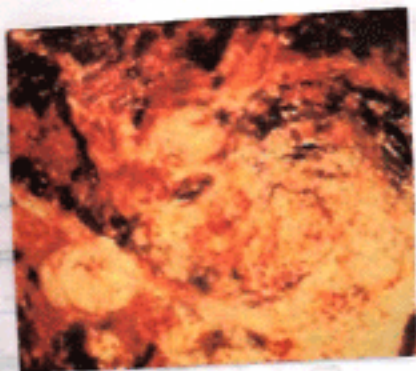
Spoken opportunity for the beard, for it's bald
behind -
Bulgarian proverb

Fact - There are around 1.2 Billion smokers
in the world (about $\frac{1}{3}$ of the global population
aged 15 and over)

I see the smokers around in a slightly
different light - I hear the wheezy - the
swish of puffs echoing through the
hallways

Pippa and her a galunda,
we all float upstream -

Most folks tend to
be Mandibles of Mediocrity



Another piece of gum - the toothpick wants to
get lodged down my throat - my chest is
stinging to get the painful squirming but I pressed to
the pictures - what I have seen - what I have
heard of. He won the world's hands when it begins
to turn, I believe I can live with this pain
instead of the other -

Fier - Carbon Monoxide - A poisonous odorless gas is found
in car exhaust fumes - forms when a cigarette is
lit - reduces the body's ability
to carry Oxygen -



Fact - A person, who smokes a pack a day, smokes the equivalent of a cup of tar over his/her respiratory tract over the course of 1 year

Facts - Cigarettes are the most heavily advertised products in the US -
* Tobacco Companies spend ~~4~~ \$4 Billion a year on Ads & promo
* per year, Smoking costs the nation over \$100 Billion in health care costs

Within 5 years...

Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting

Risk of cancer of the mouth, throat and esophagus is half that of a smoker

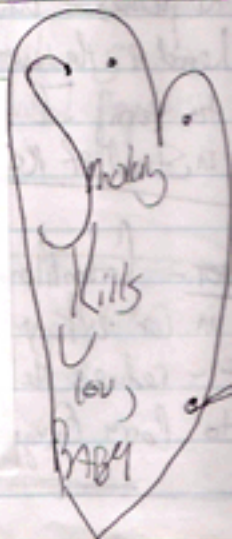
Within 10 years...

Lung cancer death rate about half that of a continuing smoker's

Risk of cancer of the mouth, throat, bladder, kidney and pancreas decreases

Within 15 years...

Risk of coronary heart disease is that of a nonsmokers



1:49 PM
How many times do you have to remind yourself
that smoking is fucked up? - This smoking thing
is going to flick the fuck out of me shit - Right straight
out of here - No more - As the thing, little spikes
of nicotine flit across my chest, appendages &
the rest -

Net - The highest recorded level of smoking
among men was 82% in 1948 →

Keep on riding up that Concourse - Talked to
Mike from the Johns about the Splice -
for stopped at 34 & Jim wash out
for the Sugar - Don't particularly
like the Sugar -

The flight keeps on trailing
off & on & off & on
& off & on & off & on & off
& on & off & on -



Long-range Benefits

It is important to understand that the short term-effects of quitting are only temporary and signal the beginning of a healthier life. Now that you've quit, you've added a number of healthy productive days to each year of your life. Most important, you've greatly improved your chances for a longer life. You have significantly reduced your risk of death from heart disease, stroke, chronic bronchitis, emphysema, and several kinds of cancer- not just lung cancer. (Cigarette smoking is responsible every year for approximately 130,000 deaths from cancer, 170,000 deaths from heart disease, and 50,000 deaths from lung disease.)

Just talked to a
gal that got
reorganized into
not smoking again.
It been about



Smoking, she says, and the urge
is gone - The hypnotist told
her back before she even
started smoking

The idea of holding a smoking cigarette right
now seems completely foreign to me - I
still feel some pain, discomfort as though my
body is finally healing a bit more -

How do tobacco companies get away with it



Cigarette Hands-
Free Yoe

Fact - The growing, processing
and smoking of tobacco all
have major, negative impacts on
our local & global environments



The headlines are fleeting - Not that persistent
NOW - Seems as though there's more of a lethargy
than anything else going on about NOW

Fact - The tobacco industry continues to be one of
Washington's biggest political players - giving a record
\$44 million in soft money P (PAC) contributions
during 1997, a non-election year, according to
a Common Cause Study released

3:24 PM - The end of a chapter is the beginning
of this book of a sh that I'm leaving behind
Seems completely fitting that the by-product of
Congress is Ash - The conditions of North -
Dakota at 30 that I'm ready to leave behind

Try to tackle the quality of this - this
time around by telling about it - killing folks -
having pictures & the thing of it all smeared in
my fucking face - fuck this cigarette bullshit
fuck this whole god damned fucking thing -

Let - Never allow yourself to think -
"ONE WON'T HURT" - (Cause it will)

No sheets and no bullshit -

Just told a kid off upstairs - His name was Bruce,
a kid in our program that had's paid his \$20
for the year - So he called the old Gal Greek
at the desk a Mother fucker -



Normal Healthy Lung

Told him that I
would take him
out if he ever
did it again -



Lung damaged by Smoking
(Emphysema)

Fact - Smoking significantly worsens asthma and the effectiveness of asthma medicines become greatly reduced.

Spill
pp If I spit out enough pieces of my lung, there's a good chance that it could all coagulate together and form into a whole new organ - I don't mean like a church instrument or the back keys in a hot lick, but a new set of sacks for the lungs that are trying to get back on their feet or hairs as the cage would be -

Fact - Nicotine stimulates, then reduces brain and nervous system activity - this can be a factor in causing coronary heart disease, strongly linked to the development of cancers, is implicated in the cause of reproductive & gastrointestinal disorders -





→ I used to look at this every
 possible all the time in the barber
 shop wondering what the hell
 would possess someone to smoke
 & inflict such horrors onto their
 body - didn't think about my
 pops or the fact that I
 would eventually get to the point where I
 thought it would be just fine for me - to
 Start Smoking -

At around 14 when I started smoking, had a
 friend tell me that it would turn into a habit -
 Most of me didn't believe it - It was a fascination
 that I got involved with over coffee or liquor -
 A posh activity that I would boss about
 him a playful act - Then I got stuck and
 started all hot & heavy on the cigarettes -

Other tobacco spokesmen such as David Goerlitz, the
 Winston Man from 1981 to 1987, was disabled by a stroke in
 his mid-30s. He lost feeling in his left leg, left side of his face
 and lost his sense of taste.

Some of it had
 to do with

The Break up with my girl friend

11/18/03
18 PM

- Get to get -

his morning was one hell of
good feeling waking up
ext to the god -

My body - (wings & such)

it all full, filled & fire - The pain will begin
later



- Carbon Monoxide gets into the blood stream
and impairs vision, coordination and perception of
time

In the kind of smoke that just can't get
a couple, few or several - In feeling in it to
in it - I smoke till I don't know the difference
between smoking & breathing regular - It's a
go-go-go - No smart - (huh, I don't
spend that much money on cigarettes, it's the
principle - Fucking done with the little Marlboros -
No Good - No More Cigarettes -

Wayne McLaren, one of the Marlboro cigarette cowboys,
died of cancer in 1992 at the age of 51.

Fact - There is the mixture of gasses and particles
inhaled when a smoker draws on a cigarette -
This mixture becomes a black-brown sticky substance
that coats the lungs & wind pipe, reducing the
elasticity of the air sacs -

Fact - Other Chemicals (poisons) and Gases
found in tobacco smoke

- Acetone found in paint stripper
- Butane found in lighter fluid
- Methanol found in rocket fuel
- Arsenic found in white ant poison
- Toluene found in industrial solvent
- Nitrogen Dioxide



© ADAM

- Cadmium found in car batteries
- Vinyl Chloride
- Naphthalene found in mothballs
- Ammonia found in floor cleaners

Janet Sackman, a former Lucky Strike girl in the 1950s lost her voice box and part of a lung to cancer.

5:48 PM The whole world is fucked, wants to
fuck and is fucking right now

6:55 PM - Fried just called and told me that he's in
a predicament - the girl is pregnant - The world is
open - You're only as free as you think you
are

6:52 PM All I want is to get the fuck
out of this place

Have smoke all night & I'm all right
with that as the cage is almost
to the

ids 54
on the
yard & down
about 600kz -



11:00 PM -

I Am Completely Drunk & That's OK
For Now

11:30 PM

Trent all of his + others right now
that I am very disgusted with the
Organs - from Jack & Joe for
some 3 hrs now -

Tracy + kids in OK with that ?

4:30 AM 2/19/03 - Had a good slug of drink last
night with a good friend - He broke it off with
his girl - Went around at the "Bum & Son" ¹¹
and tossed back about 4 pitches in pretty good

Will Thornbury, a Camel model, died of lung cancer at age
of 56 in 1992;

Tobacco is Wacko!



Period

Friday night - he smoked
some cigarettes - About
12-14 while we were
out on our excursions -
In the bar - with the bears
watching him - I didn't want any of it - I
just fidgeted with my hands and feet quite a bit -
Later, later on, we went for gas at the best
Mexican food in town - I had the fish burrito -
tortilla - No cigarette offense - No problem - In
park with the trucks - No more death for me
Friday off - Ready to live -

This week is moving slower than an ant
in a slow motion film. You really want to
slow down the hands of time? Kick a night
rabbit like Smokey & that jitter will come
haltin' to a screeching Friday halt -

PERIOD -

The original Marlboro Man, David Millar, Jr. died of emphysema in 1987. The widow of Marlboro Man David McLean, who died of lung cancer, sued the company for damages.

Talked to the girl last night & she said that
we probably wouldn't see each other for the
rest of the week - maybe she's going to
New York. I think it will help all that much,
but I'll hold back a way from the board
a bit.

Always forget my camera on the really,
really good days

Fact - Smokers are much more likely to develop
gangrene of the leg, which is caused by a
gradual closure of the large blood vessels
carrying blood to the legs - It is advised

Smokers - Amputation can be the end result



Love You (sincerely)

Tips To Stay Quit

- Immediately After Quitting
- Develop a clean, fresh, nonsmoking environment around yourself - at work and at home. Buy yourself flowers - you may be surprised how much you can enjoy their scent now.
- The first few days after you quit, spend as much free time as possible in places where smoking isn't allowed, such as libraries, museums, theaters, department stores, and churches.
- Drink large quantities of water and fruit juice (but avoid sodas that contain caffeine).
- Try to avoid alcohol, coffee, and other beverages that you associate with cigarette smoking.
- Strike up conversation instead of a match for a cigarette.
- If you miss the sensation of having a cigarette in your hand, play with something else - a pencil, a paper clip, a marble.
- If you miss having something in your mouth, try toothpicks or a fake cigarette.

4/14
Almost didn't
take it down the
steps to take a
lot of money. Shit

Woke me in the
middle of the
night for a good fucking
- Sues

I have both
of cigarettes all up & down

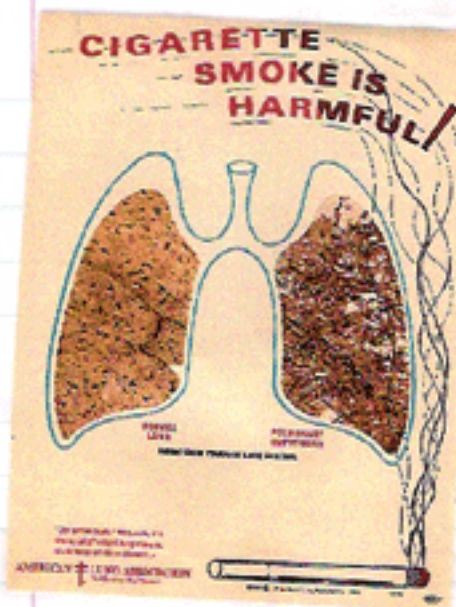
this flaming corn of mine



and started asking questions
made for not being out last
- Sometimes you win - Some times you just have to
- I missed it you do - I missed it you don't

and fucking
night with

My lung capacity is opening up greatly - Heart feels a
bit - The pleura is coming up & out of here -
The world feels very nice - I can imagine
being a non-smoker & it feels absolutely glorious -



05

Spent some minutes sitting about wondering what it would be like to get rid of this habit & how good I would feel physically -

Talked to a friend last night that said he would like to have stop smoking & he's even pondering the day when he's going to give up the habit.

These little fingers are a killer

Smoking is proof that humans are the sapientest of the planet - period

11:37 AM

Today was the digital/godra ordering of the 9/11 Exhibit - I guess in the back in Oct. 2002 -

48PM
- Nicotine out of my body - the dogs are coming on
blanks the badest mind walks away from the friend/leave of
yours - I peer into the eyes of the cleaning women here
at the 4-leaflet - all I see her mugs - She's a smoker,
thinks it really doesn't matter - no more smoke
for this kid & I'm all right with that

Ver: Within 3 Days (which I'm at) - On Day 4,
my lung capacity will
begin to improve -



Avoid Temptation

- Instead of smoking after meals, get up from the table and brush your teeth or go for a walk.
- If you always smoke while driving, listen to a particularly interesting radio program or your favorite music, or take public transportation for a while, if you can.
- For the first 1-3 weeks, avoid situations you strongly associate with the pleasurable aspects of smoking, such as watching your favorite TV program, sitting in your favorite chair, or having a cocktail before dinner.
- Until you are confident of your ability to stay off cigarettes, limit your socializing to healthful, outdoor activities or situations where smoking is not allowed.
- If you must be in a situation where you'll be tempted to smoke (such as a cocktail or dinner party), try to associate with the nonsmokers there.
- Try to analyze cigarette ads to understand how they attempt to "sell" you on individual brands.



Figure 1: Healthy Lung



Figure 2: Lung Cancer



Figure 3: Emphysema Lung

AMERICAN LUNG ASSOCIATION
of North America

When you don't breathe, nothing else matters

Fact - Tobacco is a known
or probable cause of about
25 diseases

12:25 PM

11/4 muscles are twisting -
the brother Clemmy of
my body as I breathe
realize how fucked the
cigarettes are

Called and told my pops about quitting - He asked
when I continue to go back to them - I said
I'm finally finished with 'em - period

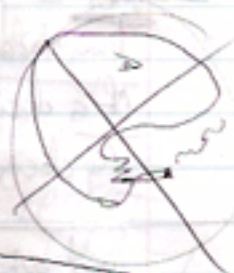
Fact: Between $\frac{1}{4}$ and $\frac{1}{3}$ of fires around
the world are caused by careless smoking.
Apart from the human and property loss, such
fires impact on woodlands and forests and the
animal, bird and insect life which live there -

When You Get the Crazy's

- Keep oral substitutes handy; try carrots, pickles, sunflower seeds, apples, celery, raisins, or sugarless gum instead of a cigarette.
- Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette and crush it out in an ashtray.
- Take a shower or bath if possible.
- Learn to relax quickly and deeply. Make yourself limp, visualize a soothing, pleasing situation, and get away from it all for a moment. Concentrate on that peaceful image and nothing else.
- Light incense or a candle instead of a cigarette.
- Never allow yourself to think "one won't hurt", it will.

not (pp)
... is going high
... Seizing,
... of pain,
... the
... the fleeces,
... as

Runsfeld talks about how
Liqui Legate has to leave the
to avoid a possible war
or huge confrontation →



Now, with these balanced cigarettes —
or tear me out there, take these down
modifications —

Ver: Tobacco use remains the leading cause
of death in the US, causing more than 440,000
deaths each year and resulting in an annual
cost of more than \$75 billion in direct
medical costs —

Starting to feel the tingles in your crossed legs -
The blood is flowing more free & wheely -
Don't know if a chunk is being unclogged or if
I'm just going a bit fucking berser

Father - More than 64 Million children
living today will die prematurely because
of a decision they will make as adolescents -
The decision to Smoke Cigarettes

Found out that a girl's Sister here had a miscarriage
The fetus was not alive inside of her for about
a Month



The World is
Full of **GREEN**

Fact: Approximately 80%
of adult smokers started
smoking before the age of
18 - Every day, nearly
5,000 young people under
the age of 18 try their
first cigarette.

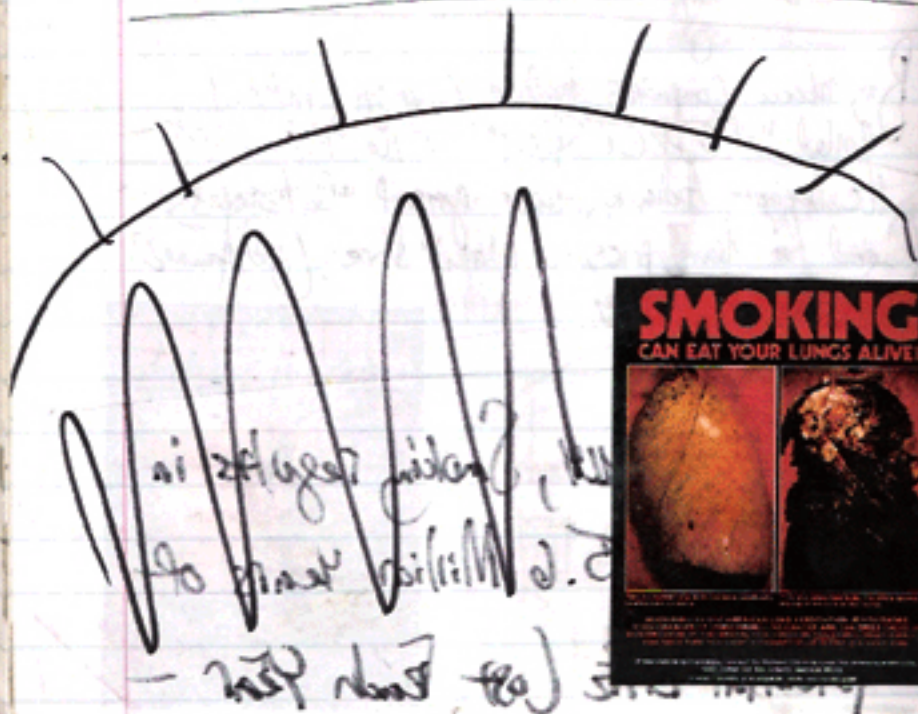


~~Big tobacco companies had a campaign / internal
called "The Great Gettin'" in the mid-1990s.
The expert advisors were given the handle
Good for them, pries - Makin' More Gettin'
Cigarettes & Money~~

Fact: **NATIONALLY**, Smoking results in
More than 5.6 Million Years of
Potential Life Lost Each Year -

2/24/41 - Let me tell you a little bit about temptation,
Maybe you didn't know, When it comes down to the
Cigarette it can kiss me fucking ass.

Primarily at more propaganda & more to show
The link comes from these Janned Cigarettes



Truckers

\$1 980.00/yr. ~ \$257 Per Annum Tax
\$200 deductible

7:30 PM There's a twitch in my upper right arm -
All the shit is coming back into me - So
I almost had the chance to rip the fuck
out of my boss tonight - Too much bullshit
I haven't had the chance to really rip and
ass open today -

Fact: It was not until the 20th
Century, however, that smoking
became a mass
habit and not
until after the
Second World War
that the
dangers of
smoking were
frankly
established



What Happens When You Quit Smoking?

- Within 30 minutes of quitting smoking, your pulse rate slows down and blood pressure drops toward normal.
- Within hours of stopping, the level of carbon monoxide in your blood drops, enabling the blood to carry more oxygen.
- Two days after quitting, nerve endings begin to recover and your sense of smell and taste begin to return.
- Within 72 hours of quitting, your lungs' bronchial tubes expand and lung volume increases.
- Months after quitting, shortness of breath diminishes.
- In the first year, the risk of heart attack attributed to smoking declines for both men and women.
- Two to three years after quitting, the risk of heart attack attributed to smoking is virtually gone.
- After 10 years, the risk of developing cancer is about the same as for nonsmokers.
- What happens after you quit smoking...



Fact: In the United Kingdom,
about 450 Kill's just Smokers themselves

8:30 PM

The other Mexican food wife - No Smoker -
Vernard - Fuck all the cigarettes - Fuck 'em
Red Good

9:47 PM

A country is supposed to be a globe
or spherical - Then how come things of mass
come to a point - A real Squeeze of things

Fact: People do give up - 20% of women and
27% of men are ex-smokers. Surveys show
that about 70% of current smokers would
like to give up together -

10:29 PM

- The Nicotine is out of my Blood & Body,
the bottom of my lungs are in pain - My
body is floating in a twilight - Mrs,

I keep feeling like
I want to go on
ahead and smash
shit - The fuckin'
Cats, Strangers,
Squats, the Cuck,
my socks, totes,
Skin & Scratches
of Complete Bullshit -



I don't want any more to do with life you damned
cigarettes & I'm telling everyone possible
that I'm fucking done with it -

For many months, years & had TV I can
make a kid impossible -

~~Fact:~~ Smoking has more than 50 ways of making life
a misery - though it kills more than 20 ways of
killing you -

There was a guy next to me at the checkout counter at the video store & he said he was filling out an application and I snorted the truck, and went of Snide waddy about - just thick & going in & out of his porriphers

FACT: Half of all teenagers who are currently smoking will die from diseases caused by tobacco if they continue to smoke

10:32 PM

Keep on steady about Snide (I think from) and how much it's going to feel - truly first thing in the morning is all hick & brand new in feeling & stride



FACT: Smokers face a higher risk than non-smokers for a wide variety of illnesses, many of which may be fatal -

I have had just second hand
life with this no smoke
decision - fuck the cigarettes

8:50am - 2/20/03

The morning of the 5th day
and the coffee is getting hot
on the stove - Trucks are
budding the car is beating
at a pink bull - The temperature is almost around me
yet I stay out of the game because its the best
thing for me - I still catch a number of times in
the morning, because its all working itself out -



Figure 1: Healthy Lung



Figure 2: Lung Cancer



Figure 3: Emphysema Lung

 AMERICAN
LUNG
ASSOCIATION
of North America

When you can't breathe, nothing else matters.

FACT: Increased Risk for Smokers

Cancer

Angina

Back Pain

Circulatory Disease

Ulcers

Cervical

Colon Polyps

Chronic Inflammation

Depression

Diabetes



9:57 AM

My mug of coffee stands as my
best friend - Sitting there meeting

that go over the particulars, while slowly making
the point - Can't get the idea out of my mind
that we live in a land that is fueled by
absolute mediocrity

There is nothing to fear about competition
unless you really have something to offer -

I was smoking in Racket Fivel and Marsh Ball
Squads - So - as we go down the road
road of today, yesterday was I more
dark without the cigarette & smoke is
going to be I walk down & a glorious
foot to stand up on - So - feel
the smoke - All the smoke & the
pull of the nicotine is fading - It's
all a mental withdrawal thing right now



9:56 AM 2/20/03

→ Sick of Smoking? - Are you kidding me? Shit, fuck - I've seen babies - the 9th. Comfort is gone - Frank or Colorado won't get in my way this time and

Fact: Symptoms worse in Smokers

Asthma

Chronic Rhinitis (inflammation nose)

Diabetic Retinopathy (EYES)

Graves Disease (over-active thyroid gland)

Multiple Sclerosis

Optic Neuritis (EYES)

I spend enough time in my class listening to shit that I have no interest in listening or hearing - So - As a rearguard - I'm going to speak some solid bullshit



or out of my ass - So - that's my attack back to filter the air with quality bullshit - So - because I'm tired of hearing your shit - Get ready for mine -



10/01/03 2/20/03

Kids Cuss' Air has to get a job,
Suckin' the best way to program this
article at the round table while the men
Sits there & judges - judges - judges -

Fact: Among Smokers of 20 or more cigarettes a day,
32% smoked their first cigarette of the day
within 5 minutes of waking

Fact: One in 2 long-term smokers will die
prematurely as a result of smoking - half of
those in middle age

March 2004 / Cussin' loose like a blade with
the shiny cream full of ash

Fact: This Sat shit is all right -
Vans here - No More Cigarettes for
this kid -



10.14 AM

Man Thinks to piss - crotch area is in Smoke -
Nose tells it in cigarette - Shoving it out of my
body



12:34 PM

Found this net, opposite pack
of Smokers in the front yard
have 0% determination than
to rip open its anger contents,
kisses, write a story down &
More the fuck on with me day



Fact: Since 1987, tobacco interests gave
a total of \$29,673,844 in political
contributions

More Facts: Most smokers die from one of 3
Main Diseases - Lung Cancer, Chronic obstructive lung
disease (bronchitis/emphysema) and Coronary Heart Disease

Chris/Hallway/Amelia/Alan/Lara/Jack/Tasha/Sam/Peng/Archie/King/Archie
Lara killed is challenge. How did he hide go well in. Wasted
the Red & White boxes - kids check right in & check right out -
per those opus - She was back dece gal - most hard - hard
How was it gonna work? - hard - Feb 25th 11:00 AM

VIN:

JT2EL45F6N0112612

771-

1617

This Apr 5 is one of the easiest Aprs thus
far - Bullshit

PM - Just want fuckin' beer out of my skin
head - Kicked in a trash can, then a glass of water
chut. Staples, table, cup of water. Sitting in a
puddle of water - Some fucker at ALL want
cooperate - Can't check me to - Mail - It's not
going to blow it all on smoking - But
im getting just a bit fuckin' edgy -



So you know

Fact: Yet with all the loss of customers by death, tobacco companies still manage to make a profit -

Carlson, drove through the Fairfax district -
Cool looking buildings - (uh), there's pumpin'!
Some bellshrine into the dirt, they are -

Fact: Studies in the UK show that men under 45 who smoke 25 cigarettes or more per day are 15 times more likely to die from a heart attack than non-smokers of the same age -

3:45 PM

- Next to the Incheon-Smoke Room for the first
and I'm trying pictures of Eeked Lungs - Keep reminding
myself that I'm gettin' over the
habit - No more Cigarettes - Just -



The moon is full & the door doesn't
need my fuckin' keys -

Mean Rocks mean actual
human - looks like bad bag

per: By the mid 2020's it is
predicted that only about
5% of the world's smokers will
live in developed countries
as there will be a shift in the
use of tobacco from developed (wealthy) to developing (poor)
countries



The creature keeps on Sizing in that Elvis tone:
"ONLY THE LONELY" - That's the way I feel
kicking this damned cigarette habit all over the
place & place

FACT: Did You Know? Tobacco is a known or
probable cause of death from the cancer of the:
lips, mouth, pharynx, oesophagus (wind pipe), pancreas,
larynx, voice box, lung, trachea and bronchus, bladder,
kidney, liver, Cervix, Stomach, tongue, penis,
Cancer Stroke & the fires caused by cigarettes
and of tobacco products -





Free Tobacco Causes heart attack &
cardiovascular diseases - rheumatic
heart disease, hypertension, ischemic heart
disease, pulmonary heart disease, cerebrovascular
disease, atherosclerosis & aortic aneurysm

4:45 PM - Mostly when it all comes down to it,
the story of it is that it is all just
bullshit, you understand?

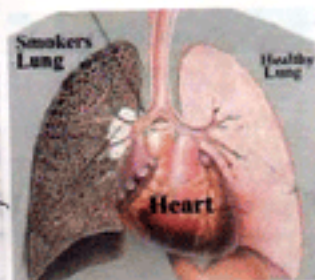
Cop Machine - Spilled Water - the big things on
the phone are makin' me want to put a
hole through the face of a wigger basket
again

Denise or Mae feels about smoking - More
than you could ever tell to even imagine...

Just try to imagine Fudge the
Cigarette

Fact: After Quitting -

Risk of developing lung diseases
and having strokes decrease slowly



The Canon is on a high terrorist
alert, several Palestinians in Florida were arrested for
conspiring plots of destruction & hope I am
without a cigarette & a war to fight on my own

The girl said that she is going through an emotional
sadness, withdrawal, I believe I may be too,
meaning the death of no more smoke death &
the loss of a friend that never lived, but
I brought into the world back - live - Sincerely -

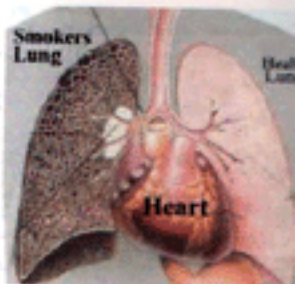
Fact: Benefits of Quitting:

Within 2 Months - Blood flow to hands
feet improve

Within 1 Month - Blood pressure Normal & lungs improve -



Fact - Smoking prevalence is highest in the 20-24 age group for both men & women



When it comes to smoking, who says that high blood pressure is only a factor for the kid rearing to mullover in their little peanut brains & theirs

Fact - Growing tobacco means that large amounts of fertilizers, herbicides & pesticides are used - Many of these are toxic (some being lower cost) pesticides-resistant mosquitoes & flies may develop

Fact - $\frac{1}{2}$ of all teenagers who are currently smoking will die from diseases caused by tobacco if they cease to quit -



The (habit or habit)
Wabbit is
getting Anxious →

11/10
The headache is 'sterrin'
to creep in to my head -
Saw a bit - Cashed a minute
ago and a nice piece of
phlegm lung came tumblin' on out



Fact 2: Every 35 Minutes, a Canadian Woman Dies
from Smoking

And
Tobacco Smoke kills over 40,000 people in Canada annually -
more than 4 times as many people who die from AIDS,
traffic accidents, suicide, murder, fires and accidental
poisoning combined

4:47 PM
Hard to read today that the lighter was
invented before the matches - who knew?

Earlier tonight, about 7:45, had to leave to go
on a walk to get a cup of coffee - Was very
nice to see All the Black Crows flapping around





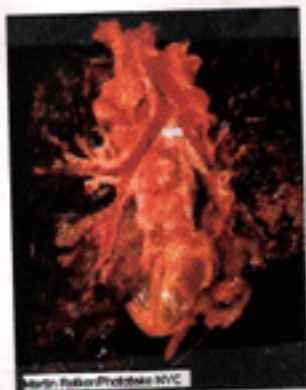
the neighborhood stinks - Jess Hoppin's
I think they had a squirrel up in a
tree just torturing it - An awful screech from the
tree - Mouse & Crow gave up the Smoking

Fact: Smoking can result in early aging in women
and impotence or the limp dick for men -

Was nice walkin' with the dog tonight -
Jess breathed in & out - Went over
her were all deep breaths -

Highlights of day 5 here:
• Severe profound urges -
Mixed - Fudge Smokes
• I'm not a Smoker
• Spitting up gray/yellow
mutter out of my lungs
• Having muscle spasms
in upper left/right arm night





Fact 3: Lung Cancer kills
more Women than breast
Cancer

My back has been
tingling all day long - the

healing is in full swing  Oooh, a new revelation

discovered by astronomers at Mt. Wilson Research,
Yes, that old smoke & the telescope was accidentally
steamed in one's chest as a microscope & this is
the resulting picture of that lung

Fact 4: 9 out of 10 Smokers who
try Smoking become addicted -

Also, women who smoke get more
Coughs, Colds and minor illnesses -





I'm sure happy that I'm not wrapped
up in Zuhay, Alcatraz, gym, parties
all that other bullshit - Let's just get it
over with - Fuck the cigarettes - No more of
the cigarettes -

ACT: A Small child held by someone Smoking
will breathe in more Cancer - Causing
chemicals than the Smoker

How helpless would you feel if you heard a heavy
or similar Scale Crime going down harbor &
You couldn't get anywhere near to come it
or make a call - Had that feeling earlier -

- I keep continuing to see shit
out of the corner of my R468
- My sense of touch continues to go up
& up & up
- Oh & the World is on fire - Fuck Smoking -

Fact: Cigarette manufacturers
use up to 4 miles of
paper every hour...



A normal,
healthy lung



Lung Cancer
from smoking

Fact: 1 tree makes only 300 cigarette wrappers -

Smoking just kills away at the flesh - Again, we have to
be the Stupidest motherfucker goin' to be indulg'n'
in the cigarette & inflicting such bullshit -

Fact: Every Time You Smoke

- Your heart beats faster
- Your blood pressure goes up
- The amount of oxygen in your blood decreases
- Cancer-causing chemicals spread
through your body
- Your lungs retain 85-99 percent
of all the chemicals you inhale -



11:45 PM

I am a shit load of shit today & regardless —
Doesn't matter & so many faces I couldn't think
straight

fact: 84% of teens 15-19 do not smoke

11:58 PM

Fake like worms are swimming thru my scalp —

I Am Not A Smoker — I don't Smoke

fact: Smoking can cause cancers all over the body:

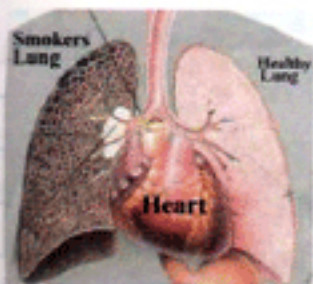


- Mouth Cancer
- Skin Cancer
- Esophagus Cancer
- Brain Cancer
- Breast Cancer
- Uterus Cancer
- Bladder Cancer
- Kidney Cancer
- Thyroid

• Leukemia
• Lymph
Glands



2/21/03 - 9:18 AM - Dude



Again it's the next morning &
I don't Smoke Cigarettes -
Fuck them little bastards -

I tossed and turned thru the night - Up & over,
again & again - So, did the gal - She's feeling
warm and is bit peckish - I'm coughin' a bit more &
have pains in my stomach - It'll pass - The
body part is a complete bitch

Saw a person smoke on the way back home this
morn'g I thought how fucked up it was -
They shot a charred lung -

There's ripping or getting the hoarse open behind me,
feel a whole lot like what my body is doing from
the inside out with all this density
& the god damned smoking of cigarettes -

Fact: If one starts smoking at 15
& smokes 1 pack a day - By the time
30 rolls around they would have spent \$15,000 -



Fact 2: By the time the
Sue Jagan Centre, Smoking
would have cost \$45,000
plus Medical expenses -



9:37
am

Again I was myself of the smoke and am amazed at
how fucked up this habit is on us humans - It
really rips through you hard in the stomach. The mind
of Hating is proof enough that it's horrible -

10:40am - Now we all sit as though we have never
met each other before - The cigarette is gone
I am not a smoker - I don't smoke anymore -

2:22pm

Continuing to cough & blap shit out of my gag/lung
- All over the place, we go up & down & up
again -

Fact - 85% of lung Cancer (now the leading cause of
death among men & women) deaths could be avoided
if the individuals didn't smoke -

Another plate of mexican food & NO Smoke....
Proof that is out of my blood - I am not a
Smoker - I don't Smoke anymore

Coughin' up more of the shit - Yes - No More Hellfire's

I DON'T SMOKE ANYMORE
DID YOU KNOW THAT?

5:34 - To survive a plummeting elevator seems
a lot like how to kick the Smoking habit as
the horse of Conviction goes squirmy right around
the side of the stable & out into the badlands
to go do some Walkin'

5:33 - Whole lot of squishin'
goin' on out there



A normal,
healthy lung



Lung Cancer
from smoking

Don't Smoke - No Smoke



FACT: Cigarette Smoking is responsible
each year for approximately 130,000 deaths
from cancer, 170,000 deaths
from heart disease and 50,000 deaths
from lung disease.

~~SMOKING IS A DEAD END
THAT WE ALL~~

7:44pm Was talkin' to a couple of kids from Afghanistan
Bentore 5 years - Asked 'Em about the current war
of the US with Iraq - They said it will make
things better to know of Hussein - While talking
the urge to smoke came down on me like
a big fat stick of smoke -

fact: Now that you've quit, you've added a # of
healthier, productive days to your life -
I Don't Smoke

8:30 PM

Twonite I could have a good slug of
the cigarette like I used to on Valentine's Day,
I could marvel at how nice it would be to
buy the habit & be done - Fucker's cigarettes -
Now, I'm done - No more of the cigarettes -
Oor, baby, out -

Just smeared a bit of shit on my hands & thought
about that being the smoke residue takin' takin'
with too many folks out - Out to the god
damned cleaners

Lit a punk in my mouth - Don't feel too much
like a punk -

DET: Most nicotine is
gone from your body in
2-3 days -

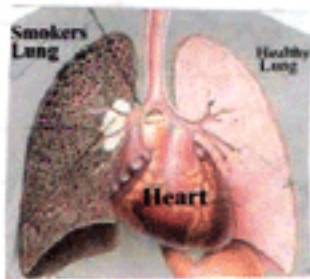


March 1st - March 4th - No match here, mate

Apr 7 - 12:36 AM - The Cox Seminars have
the Ted Wiggan fever as the lesson was
the Chalk Ridge & I'm not a smoker
anymore - I take in good air & let
out good air - It's all about the air &
the lungs -

There are 8 more nasty Starts Surrounding
the age of Sunday that I think about
how, what, who, when, where & why?

These I am just a bit different
after the end of week
I - something feels different,
I have a little more wit,
the longer way, the kick now
to the body I feel relaxed,
Short on heavy building & see
to make into Sunday - My Sunday
on and off I feel week, I am



Fungus motivations are nothing
more than little bird-like caws
for the doghouse truth



It's so nice & cold out - I'd set at
Sue's gas, catch the cold air, sink them under
but since I pull them out in the hell heat of
the sun - sun - sun - sun - summer time -

Was to go to St. Louis tonight, instead
I let a hero & his girl to the girl with
her dog pants

Harry 22-year olds & the truth that guilt
& the only thing that can rip down a giant

Go - I don't smoke out like

12:45 AM 2/22 - Tossed & turned so much that
I'm going to get a drink some beer &
take down some napoli -

This REM guy - "It's the end of the world as we
know it" Could be a new
antidote for those trying to hide the junk.

I Am Not A Smoker - I Don't Smoke Anymore



Lung cut away showing particulates

2/10/03 - Took the early train to
Annapolis this morning - The
coughed head is all over me like
a virus - Have mouthfuls of snot
coming up as the germ makes my
shirt & miles keeps on smashing the
bolts out of their high hat with
the extra living horn

Remember giving a guy a book of matches
who was lighting a smoke with a
bad lighter - I walked away & he
came back to hand me the lighter
Mandag & I said "KEEP 'EM - I'm
A Chaser - I DON'T Smoke No More."



10:30 AM - Things are getting a bit tense in Legazuritz
as the craning is but otherwise I'm still taking pictures
& reminds to remind me that I don't Smoke - I'm not
A Smoker

Told the girl that I thought she was wandering - A bit
of a mind buster to keep her regular going - Sending
to write home to the folks about

Fact: Americans spend \$300 Million on
Clothes everyday and 75 acres of pizza
are eaten in the US Every day -



Lung out-let showing particulates

10.34 AM

The cat is pouncing up and down the floor as though he's looking for a smoke to calm down the jitters. I don't smoke the Paddy Cigarettes No More.

Fact 1: A monkey was tried and convicted for smoking a cigarette in South India.

Fact 2: You can't kill yourself by holding your breath.

Fact 3: It's impossible to sneeze with your eyes open.

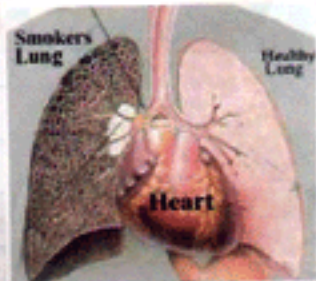
Free More: Nicotine is extremely toxic - 30mg can be fatal -
An average cigarette contains 15-20mg of nicotine, only a fraction is absorbed by the smoker.



1:47 PM - 1/11/17

Remember during the evening
of last Sunday when buying a
fresh rolled cigarette I went to
the tobacco shop & ran into a

cat that not have scared me away from the
cigarettes - He was a solid, chunky little man
with nothing to say - but I do have something to
say - I don't smoke - NO MORE SMOKE
for this guy - Come - please - Thanks for plating



Fact: Tobacco affects the digestive system - gastric
& duodenal ulcers are twice as common &
twice as likely to cause death in smokers as
in non-smokers

4:47 PM - Used to have some sit down time
here with my new ash tray and think about all of
this a bit -



as a non-smoker
I don't smoke &
will continue not to -

It Looks Just As Stupid When You Do It.



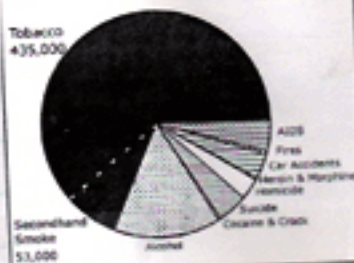
Just had a good
little roll with

the prints and it started gettin' real hard for me
to grab a smoke & want to go - But, Fude's
Jim done with 'em - Heard no puffs or smoke
the cigarette is dead with the next smoke -
Keeps on reminding the reminders that there is
nothing better goin' right now than goin' with
this non-smoke. I don't & as the world
keeps on goin' & goin' on the spin - Jim
goin' & goin' with the spin nuffin' -

Fact: Tobacco use is associated with 25-30%
of all cardiovascular diseases - Smokers have a
70% higher rate of coronary heart disease than
non-smokers

Fact 2: Millie, the white horse dog, earned
4 times as much as President Bush in 1991 -

Causes of Death Tobacco vs. Other



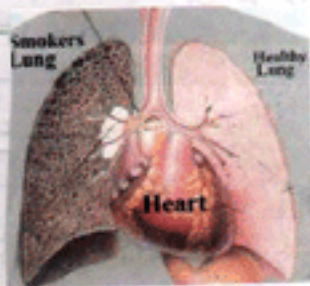
Just callin' it as I
see it & sit in it here
on the green shade of
this cash - Just callin'
it all as I can only call it

here on the side & front of the fire - Fire Greenin'
motherfuckers lookin' for more people to take down
their smokers because I'm done with the habit -
One & out -

Explain Time for the emergency & cops accidentally
shooting at a person - Then we have the fact that
I don't smoke - No more SigSig Cigarettes for
this side

I'm Not A Smoker

The cat sits back wondering what
the fuck those cigarettes are
all about - Who smoke 'em - Who smoke 'em
& how the fuck could you do it All the damn time -





Fact: Tar is not a single ingredient - it is a dark sticky combination of hundreds of chemicals including poisons and cancer causing agents

Fact 2: If you fart consistently for 6 years and 9 months, enough gas is produced to create an atomic bomb -

There is some solid excitement goin' down around here - Tomorrow (Sunday the 23rd) is going to be a full-solid waste since the bridge went into the burning ash tray for the last time - (lookin' forward to getting to be mainly tomorrow and into the day -



Fact: Right-handed people live, on average, 9 years longer than left-handed people do -

It Looks Just As Stupid When You Do It.



FACT: Bats

to refrigerate

to keep food from freezing -

You can get so busy sometimes, that all you want to do is slow down & look at the traffic for a little while. Then there are other times you wouldn't mind talking to folks & gettin' out to do some shit & get all of it somewhat figured out.

FACT: Even today, Scientists don't completely understand why thrown stones skip across water.

While Shes that review films don't do that much for me; though I had to watch it once in a while -

Threats of war, threats of wars,
threats of wasps, threats of
what was as we keep on smilin'
though the new threats -

WAR ↑ DEPT

**DANGER
NO SMOKING**

LIVE AMMUNITION
STORED HERE

smoking:

don't give up
giving up

1948
2/23/03 - 11:15 AM

Made it thru the night last night -
No smokes - No temptations or strong
urges to transgress the pact I have with being
a non-smoker now - No more cigarettes - Please
fudge the habit & I am now on the 8th day -
I solid wake away from the habit & I am
- Laughin' this mornin' like I smoke last night -
By that hunk of lung are carry up - In good
now -

Fact 1: The first couple to be shown in bed
together on prime time television were Fred &
Wilma Flintstone

Fact 2: Beethoven poured ice water over
his head when he got down to
create music, believing that
it stimulated the brain

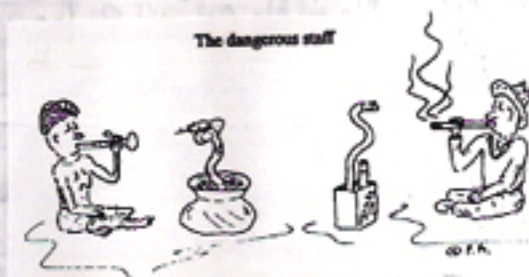


before noon - I was awake, I still
had the lung cancer, but I felt
want the smoke no more - The
cigarettes are out the door with yesterday's
trash -



Fact: The damaging effects of smoking are often
increased by other factors. For example, the heavy
use of such other drugs as alcohol with tobacco
increases the risk of both tobacco-related
cancer and other diseases of the heart and
blood vessels.

Fact More: About 20% of would-be quitters
stop on their
first attempt.
Most people
give up just
hours before
quitting for good.



The dangers then seemed to be remote and funny.

Lesson My Tears Up (Lemo) / Out the Kaza

Proof on hand

Done with the Cigarettes - I don't
Smoke Cigarettes anymore - Did you know -

Fact: Within 2 weeks to 3 Months your
Circulation improves, walking becomes Easier
and lung function increases up to 30%

8/27/21 - Beat on the drums and got off and
instantly I went over to a pack of Smokes &
Realized that I didn't want 'em - I don't
Smoke - No - No Cigarettes for this kid -
No More Fucking Cigarettes

WAR ↑ DEPT
DANGER
NO SMOKING
LIVE AMMUNITION
STORED HERE

It's been a complete week
there is a silent night full of snow
as the peace & still of the war
continues to roll & roll -

Broken down with pot brownies,
vino & some beers last night -
(turned into a blubbin' Jackson &
It felt flat all right



Fact: The United States Surgeon General's 1988
Report States that "Cigarettes and other forms
of tobacco are just as addictive as heroin
and cocaine..."

Remember the 1st real time I smoked a Smoke -
In the 8th Grade - After a football game -
Pul out a Smoke & started going with it - After
lost until the dizziness followed the heat & sweat
on my head - I fainted a bit - Was carried
by a group of folks in the air until my Sisters
best friend & hero growing up, Mike Bell,
picked me up in his new '88 white
Mustang & drove me around while I
threw up several times & went home,
told my Mom & she asked if I loved!



my boss - Sure I did - but, I continued
passin' Reissers & went after the kid that
gave me the Smoke, Brent Debernethi
to see if he liked the Smoke with anything
like Coke or beer - it was adamantly denied
by Brent & rightly so - I was a morose
so was my Mom for not just knowing that
a young punk like me was going to get
puked by inhaling cigarette smoke - I should
have known all the way back there & then

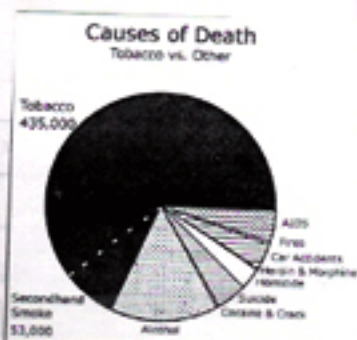
Fact: Instead of Smoking after meals, get up
from the table & brush your teeth or go for a walk

When you win - finally with it - You are probably lucky,
that fuckin' luck - unless like a
fox because someone didn't want
to hop into that hole YOU did

Fact: Most lipidic contains fish scales



8:45 AM - Spill beavin' in and
out a bit because of my
lungs are still gettin' a
good, solid change out of
itself -



Well now music is so bad these days that I
am really gettin' scared into not speaking ever
again to like long enough to see popular music have
some & do some good fuckin' things -

Our mouths produce a quart of saliva everyday

One cubic mile of ordinary fog contains less than
one gallon of water

Just sittin' around here - Smashing this fuckin'
cat into Smittos to avoid the temptation to
go & get myself a fat, fucking sick of
Death - Joint Smoker - No More agreeing to Me -



Fuckin' Cat is kindly ne - up - !
I'm not a Cigarette Smoker
no more - You hear - Come - Out
the fuckin' door -

Fact: People who are physically dependent upon tobacco suffer a withdrawal reaction when they stop using it - Some signs of withdrawal are: irritability, anxiety, headaches, sleep disturbances (insomnia or drowsiness), difficulty concentrating, decreased heart rate and increased appetite, and a craving for nicotine.

The danger of not smoking cigarettes is that it is finally going to come on with a bit -
The heart feels nice, feet a bit sweeter
the night comes down silent like a fog
to be being touched by the Jackass big foot coming on down out of those wet - black woods

Fact: There are more plastic flamingos in the US than real ones -

Why can't there more boycotts of cigarettes & the cigarette makers of America

9:55 PM - Don't feel the craving so much - just the withdrawal & psychological habit - Tgh, all of that can be re-parted with the right persuasion

Quit the cigarette - I do not smoke no more

Facts: Donald Duck was banned in Finland, because he doesn't wear pants -

Facts: Heart & circulatory disease, lung & other cancers, and emphysema and Chronic bronchitis have been linked to some of these substances -



The world side off with me how the f
bft no no instructions with this thick piece
of string as to how I should tie a bow tie

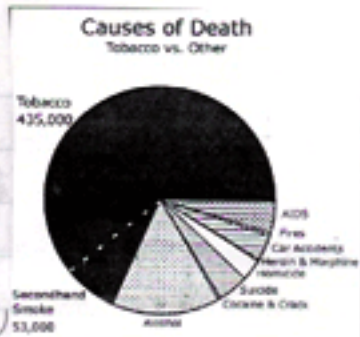
What if a person in their mid-20's or 30's
after losing the smoking habit or even drinking
went dyslexic in complete vision - Not just
words, but movements - Everything in the
world moves backward - All at it - As
you then go back to the habit or laugh your
ass off at the new way life is moving

Can you ever own too much music

Fact: Bulldogs never sleep & stop



I think about the Smoking, we've been told of its dangers, and all the time but most word of mouth, experience, etc. - And people continue to swallow down the smokers - Up & down - Right to the left - Smokers, the advertising & the addiction that follows - So, it keeps going - The vicious cycle of death - Now - Here's the question - If jumping off a bridge or Russian Roulette was advertised more attractively, would it be as popular & wide spread - Brought to the fact that we continue smoking as a human population is proof that we are all completely fucked up - So - what are you going to do



Fact: Within 1 - 9 Months ...

- Coughing, sinus congestion, fatigue & shortness of breath decrease - Body's natural defenses increase
- Cilia regrow in the lungs, increasing the ability to handle mucus, clean lungs and reduce infection -

Per: Two days after quitting,
taste buds begin to recover
and your sense of smell and taste
begin to return



10:30 PM - The music industry should Really be
ashamed of itself - So much bad music & so much
little, little time

2/24/03 12:47 AM - Going into day 9 of no more of
these fuckin' cigarettes & everything is going
that all right - Been high to get yes, no more
smoking - I am not a smoker - No I
don't smoke cigarettes Any longer - NO

9:30 AM - 2/24/03 Strain' to get that sick feelin'
in my body - My mouth hurts a bit - inner cheeks
are cut & sore - The lungs keep draining &
the withdrawal symptoms keep on fuckin' away -
I do not Smoke - No Smokes Here

West Virginia University

913-722-1115
(Central)

816-309-6149

Birds in the trees eating
the rest of what was left
over last night & I don't smoke

Fact 1: An estimated 46.5 Million adults in the
United States smoke Cigarettes even though this single
behavior will result in death or disability for half
of all regular users

Fact 2: Did you know that you are more likely to be
killed by a champagne cork than by a poisonous
Spider

9:27 AM - All that do with Morning TV is play
Helen's commercial after Commercial - Sell - Sell -
Sell - Sell - Sell - All we do all
the time is Sell - Sell - Sell -
Sell - You know, there's no time
we just get - You have energy, you
don't need to buy shit, Motherfucker -



Used Solid Cold morning - good to get in,
didn't do much training - back the feet & follow
on & wait to go in later today - just
listen' the the plegon came up & out of the
mouth, nose, made a noise -

Fact 1: Coca-Cola was originally green -

Fact 2: It takes an estimated 2,893
licks to get to the center of a Twinkie Roll pop.

Smoking: Cigarette smoking is responsible for more
than 400,000 deaths each year, or one's
every 5 deaths. If current rates of smoking
persist, over 5 million people current younger than 18
will die prematurely from tobacco related diseases.

It Looks Just As Stupid When You Do It.



If there's nothing
to do, then there's
really something
to do, huh?

Myself: Tobacco was introduced to Europe from the New World at the end of the 15th Century - Smoking rapidly spread & was long regarded as having medicinal value - It was not until the 20th Century, however, that smoking became a mass habit and not until after the 1st World War that the dangers of smoking were firmly established



Anger is one better cause from Jangala
- Nelson Roosevelt

11:01 AM In going at some protest piece of
pagan art at our club - Brain spiraling of Ugarit -
I don't Smoke No More -

12:21 PM - Striving to get the six in my house a bit
cleaner to clean the pagan & other trash - Its all on
the up & up - One of the week - Truly
I don't Smoke No More

WAR ↑ DEPT
**DANGER
NO SMOKING**
LIVE AMMUNITION
STORED HERE

2:25 PM / Is the Mexican Girls Slipshodent,
the fortressed pointers do go down and
down smooth? I am now a non-sm

We will have that non-smoking look about US

These people & their fuckin' regains waxes,
their pale-blank skin even the land in a
smaller time waxes -

Fact: A codeword will live 9 days without its
Tand, before it grows to death

4:30 - The leadlines are comin' in at a little bit
of a frequency - So, let's catch out all the
slot & start going with this whole no smoke
thing a bit more

Fact: You can significantly reduce your risk of death
from heart disease, stroke, chronic bronchitis, emphysema
and several types of cancers

Not sure if it was because I stopped smokin' last week, but I think I need to go out there & get a different job - A new gig - Something to give a bit of breath into these lungs of mine - Finally to keep on going & keep from yoin' a bit more

Fact: It's against the law to catch fish with your bare hands in Kansas

Fact: The average human creates enough spit in their lifetime to fill 2 olympic size swimming pools

If you could get pregnant it would make it a little better for you to give up the cigarettes - wonder if I have ever kicked down there because I'm flat down & tired of this damn habit of this Smoke & Smoke - I want no more of the Smoke -
- I Am NOT A Smoker -

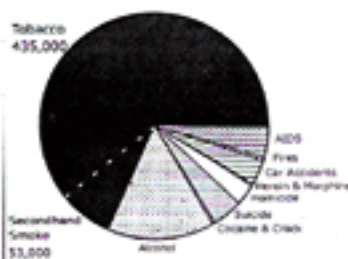


Fraser: The enormous economic burden of tobacco use is: More than \$15 billion in medical expenditures and another \$80 billion in indirect costs

9:45 PM - No coffee tonight - Just Gene Chutkan made soup to comfort the girls - on the way to Gene's MRI Six's - So - Here we go & I don't smoke - Not much is sore, cheeks are cut & sore - The world is so much better off now - It smells, tastes, looks & feels better without the cigarettes

Apr 10 - 9:30 AM - The gal & I decided last night that we should take some time to hang out

Causes of Death
Tobacco vs. Other



from each other - We need some space to think about it - Too much friction now & it's not good on either of us - Just a sad, sad morning & I tire of the sadness with the relationships -

Non-smoker, I now have to face it without my girl
and the fact that I'm going to be looking for a
new job. All my accustomed habits & familiarities/
looks look like they are fading right out of my
sights & straight into some new dimension I'm
getting ready to cross in to - Just doesn't seem like
this is the right way, right now - But fiddle,
no smokers, then no look for a couple of weeks
all I'm ready to leave this job - Guessing it
just doesn't seem fair -

1:26 AM - Case not vote today for a new mayor &
city council for KC MO - No one was at the polls -
I am less happy & can't stop thinking about the
relationship with the Gal - You know - this cigarette
thing seems like
a snap right now -

Don't seem all

that fair that I have to live withing two
weeks like this -



5:15 AM - Breakin' up is such a mess, had to
fix the smoke - then the leak - It's all ashes
from the SK4 fallin' down on this kid -

11:42 PM - So - I am a man - Smoke still,
the sick is on me - My nose is redder
than a worked over nipple - Bit weak, spittin'
quite a bit & I do miss the gal - Josh
a lot along with my Cigarettes -

Jan 11 - 2-26-03
12:08 AM - Goin' in with some sore
lungs, Coughin' up a whole
bunch of phlegm from the mouth, nose, lungs
and nostrils - A whole lot is comin' out - I'm
fillin' up a plastic bucket with tissues &
a whole lot of snot



I do not Smoke - Don't
want to smoke & the
Giblets & Jags are all at the
to be regarded -

Fact: Men can read
5 miller print than
women; women can hear better -



Fact 2: The only 15 letter word that
can be spelled without repeating a letter is
uncopyrightable

So - Yesterday, the 10 of November, my brother
let me select I did go out & vote
for the Mayor of KC - No funny it
was a female firefighter - that makes sense -
A forecaster of a woman who is good with
water & better at putting out a fire -
There's no other better metaphor -

Fact: Average # of people albino are
the US are given her - 6,000

Fact: The beluga whale (sp) has the biggest
forges of any animal on earth - They weigh almost a ton -

12/24/68 - Fat, hijack car drinkin'
out of my night water glass is
enough to keep me convinced that it
takes much more than a smoke
to keep this kid rollin' like thunder



Yes - I DO NOT Smoke - NO

2/26/63
[scribble]

6 Sonin - Wake with a bit of frost - though,
not wearing a cigarette - A little of the Sugar Ras
and some coffee on the moment dial - Went through
a nice cloud of dreams last night - Had a
wet dream within a dream & as I was getting
ready to get it on with the gal, I woke
to be fuckin' god headed cat pavin' at my balls
though, I feel all right this morn - About
the Smokes, takin' the picture of the world &
the way it could work out if it wants to
just work

Do Not Smoke



There's been some pain, but it hasn't made
me want to take the cigarette & go
with 'em - I've this time - I've -
Flat down & convinced that Brackin' up during the
no smoke is about the stupidest & thing you can
do -

ACT 8 Arizona requires its citizens to register
with the state before going into the business of
selling cocaine, marijuana, heroin or other illegal
drugs

Be true to your work, your word & your friend
- 2 Henry David Thoreau

12:25 PM - I am truly amazed, at the way I feel
now, how much cigarette smoking fixes the back up -
Feel like I have had my head set on for about
9 hours, has been Shred up my nose, throw on
a fast ferris wheel, let off & told to snail the gears -
Fuck Smokes, Beer, Fuck all Shit -

Fact: Thomas Edison Was Afraid of the dark

Fact 2: *Serfish have no Brains*

2:13 PM) Sure, I'll tell you what happens to a perfectly good set of lungs over time. Stupidity, that's exactly what happens & with our lungs & bodies. I've done been' stupid - regularly & sadly, I'm OK with all this

Once this head of mine stops hurtin, we can concern on the shit that hasn't hurt as the hurt doesn't exist all that much anymore & the recent era of rumors just seem worse as such -

Fact: In Cleveland, OHIO, it's illegal to catch mice without a hunting license

Fact 2: In Indiana, it's illegal to ride a transportation for at least 30 minutes after eating garlic -

Dr. 18 p.m.

- When the world speaks - We tend to grow -
if not by hands - then by bodies and all the little
lengths in between

We are all so certain that Certainty is the
way to go in these days when all else is
in favour & the only way to reside is to reside
in some dignity

Fact: Horses can't breathe through their mouths

So - I was explaining to a kid that I used
to smoke cigarettes - then, I talked to him
a bit about how bad the habit is & he stopped
me - Stopped me dead in my tracks & told
me that he knew - he knew it all and wasn't
in need of being scared → Yes - Yes - Yes

Don't Smoke =





Fact: The bulldog is the only
that never sleeps -

Fact 2: On average, a person swallows 8 spiders
while they're sleeping in a lifetime.

10:03 AM - 2/27/03 - Day 12

Still spinnin' the bits out of myself - Life without
smokers - the girl, the war, the habit - I hope we
may be doin' a good turn around the corner for
everyone - As the year morning unfolds over the
coffee & the birds tie together the next good
song for ears to hear -

Fact: Whales can get lice

1:59 PM - Too sittin' around chewin' gone gone

Near 3 PM - Haven't written a whole lot cause the
temptations haven't been there before hard-

Many people hear voices when no one is there. Some of them are called mad and are shut up in rooms where they stare at the walls all day. Others are called writers and they do pretty much the same thing.

- Meg Chittenden

It's all been so weird. Strange - Not today - this week - or last month - but this whole friggin' episode of events in life - It is all so absolutely weird and on an edge of 'freakin' I'm not sure where it will lead to go - So - Here I just have to tell you that I don't smoke no more -

For people who quit generally achieve the same health levels as nonsmokers after a few years, especially if they stop while they are young -



7:42 PM • The width of faces has been a bit
infrequent - Yet, still poignant

Apr 13 - Feb 28th, 2003

9:43 AM

- The crazies, the vices, the
the pains, the nuts, the bolts have begun to fade out
of this kids' body for the fuckin' cigarettes,
you know - But I do hate Sweeney Bats this
Morning -

• I have a fever blister on my face for
the first time in a long, long time

• I have a trail, track, head of snow
going through my sinus tract - When I
try to get it out of my mouth, I
gag & almost throw up - It's thick
big & ugly - I'll keep it
I force it out
of my face -

BUT, No More Smokes



Fact 1: Withdrawal symptoms subside more quickly for smokers who quit all at once than for those who gradually cut down

Fact 2: Your nose & ears never stop growing

* You can't turn back the clock, but you can wind it up again -
Bonnie Padden

Going to war without France on our side is like going deer hunting without an accordion -
H. Ross Perot

Carry on is resistance to fear, mastery of fear not absence of fear -
Mark Twain

There have been no cigarettes around this town for a while -





Fact: When You Quit Smoking ...

Mouth Sores: The problem is caused by chemical changes in the mouth, which for years, had to withstand the endless attacks of hot smoke. The sores should go away in a few days —

2:56 PM - 2/28/03 I was there for 9 years & out in a minute — out & out. No more Sudden for this time

What if most Americans thought - What or how am I going to do that again - Instead of, how can I do it in the future - Oh, that happens now

Spitting up a whole lot - A whole lotta lotta

Fact: Now that you're not smoking, you are healthier and your body has more energy - You'll need fewer hours of sleep & you'll get more regular sleep -

6:40 AM - I have noticed now, post-Smoke, that
I remember dreaming at night - didn't much before,
couldn't conjure much especially leading up to
not Smoking - So, here I am a non-smoker,
played some Basketball & I feel nice - Good
Oh No, No Smokers for me

An endless trail of Smoke comes out of the

A flame in the dark as the hot coils
scream pure joy for words to look
at

April 13 - Sunday March 1st - 11:07 AM - Dream
of walking down the spring road of better Smells,
the world in a mixture of certain
colors & lavender Coffee beans -
I'm still dense with the Smoke,
I just want the Smoking - I
feel absolutely fuckin' nice -





Fact 8 Coughing - You may cough up or spit out blackish mucus - Your body's way of "Cleaning House"

Fact 9 After Smoking, dizziness is caused by the fact that your body is taking in more oxygen through the lungs than used to - This symptom may last a week or so, until your body adjusts to more oxygen intake -

11.12 - The Jews & the Gypsies - I don't smoke -
The Africans & the Pakistanis - I don't smoke
no more - The Canadians & Mexicans - I
still don't smoke - The Europeans & the Russians
I'm not smoking Smoking no more -

Nearly 2 Weeks into the game, it's not about the
Crowns or strong leanings towards the Smoke -
Thirty years or nine months from now I wouldn't
be such a horrible thing, I am thoroughly
done with the habit - The new me badly

feels in the aftermath is about the way I expected -
I feel 100% Fucking Glorious - All of this is nice -
Though, I have been Sick a bit, fever blister on
the face, draining spot, sneezing with glands of
shit flying out & some weakness - Still keep
press in the lungs - I have realized even further
that I once believed, how bad the cigarettes is
for the body - I'm content with becoming this
9 year friend / Loner -

Spending of hours, met with the gal last
night after a break of sex - Went to a
Greek Restaurant - Better than,
the surreal amusements of
folks out to have Friday
night food & drink,
we finally talked about "US"
and it was tough again -
We are tough folks
to talk about things
with - But, we both



Walled have reassured that things can come back into our favor & that we are willing to work on such an Agreement

Joint Smoker -

Fact: The low population of Vermont is greater than that of its people

Side fact: After quiny - Lack of concentration is the result of other withdrawal symptoms such as irritability and sleeplessness - This should pass as the other symptoms wind down -

Want to see you back at an o per - mic gig -
I
Don't smoke
Feel phenomenal & tends to keep on feelin' good - keep on keepin' on
Funne fudge'n' Mm -
No More Smokers



1:18 AM - Sunday

Good, good, good like fuckin kids all
walkin' around here without the cigarettes & I don't
not smoke - No cigarettes for this kid - None -
Nothing -

You know - As with this morning & others - I
have woken with a river of this mucus in the
back of my throat, run nose & generally not
sim's tract - If I try to dislodge - I
feel like I'm gonna vomit - But no matter,
it's been 2 weeks since the last I
sneezing feels just about fine - Just
fine - No wheezing - No - No Wheezing

Facts When the nicotine level
in your body declines your body
begins to sense the loss and
this is the cause of inner
changes and tension -
Deep breathing should help -



Fact: Smokers have no brains

9:10 PM - I Woke down - Jive with the
Smokers - I've talked about it - No
pains like the time before when I quit
things feel all right - Thinkin' this whole
American Spirit thing was a good idea -
Have gotten to the point where it is real
hard for me to imagine me self with a
Smoke in my hands or mouth - Or,
how I would go about correctly the act
of smoking a cigarette out - Feel
fuckin' good - Helped a friend make
Yagardol & I wasn't all fucked up &
completely out of breath - Went to an
open mic Sat last night & there was
that thick glore of smoke all about
me - Wanted to get out of it immediately
after I saw the fat - Had to
take my clothes off & slip into
something a bit more



Comfortable & Smelling all
nice & fresh - My concentration
the various twitches of the
balls in his hand gone away -
Just tryin' to get the nucleus &
the small tingles of pain in
my back out of my brain - But I feel phenomenal.

It feels permanent - like another life when I was
Smokin' the Cigarettes - I have said it before -
I think the whole time after I smoked the
first time - I stopped ~~it~~ in July of 2001 -
Started back up late August - Early Sept. 2001 -
Until I quit again - (ugh) for that year
or so, when I did smoke I always knew
It was going to be over with - It was like
a memorial for what wasn't goin' to happen No
More - Each cigarette was one more step towards
quitting & ending the last of the habit - A
bad habit, now gone & I really do feel phenomenal
2 weeks into it. The cat looks at me as though
she really believes that I'm full of shit -





Fact 1: The tightness in chest happens because your body is taking in more oxygen than the lungs than I am used to - This symptom may last a week or so - Until my body adjusts to more oxygen intake

Fact 2: Some people may experience between 3 to 5 pounds of weight gain -

Fact 3: Headaches will go away within a couple of weeks

9:20 PM March 2, 2003

My coffee intake is about the same & the bear has increased as I listen to Gerry Mulligan tonight & now I like her while reading a book about the lies given to us thru the minds of American History textbooks - Joe - Come & out the door - No More Smoking -

To mark the 2 weeks without the Smokes,
I'm putting together a piece memorializing as
a reminder to forget smoking about Smokes
- Not Smoke! no more - No More Cigarettes -

Facts - Within 2 Weeks to 3 Months...

- Circulation Improves
- Walking becomes Easier
- Lung Function increases up to 30%

Fact 2: An estimated 46.5 Million adults in the
US smoke cigarettes even though this single behavior
will result in death or disability for half of all
regular users

I have a big fat plastic spit & cough &
tissue cup to collect the fat & lord
of my body dislodging the god damn
Smokes, destruction & vermin in
my lungs & bones





→ Play day for the
Brake

Math's predictions about the Smokers - Cause
I don't read 'em no more

Did open the tin of tobacco to get out some
papers for a piece. The pattern together
the tension is gone - A bit of a flex here
here - But it's done - A dead & dull habit
that has all but faded out of my mind.
Permanent etc - (racing still exist - But
it is copy - Copy for the fuck out
more from me for good

Talked to the times Mike Bros regarding about
the cigarettes & he said - "Freak you,
Kid -"

Where we have all come down to that
whole - "I didn't see it - So I don't
believe it" - THING -



Solve:

Can you know where they send someone
who is suffering from a serious
case of hard Yacker Sickness?

THE METAL HOSPITAL

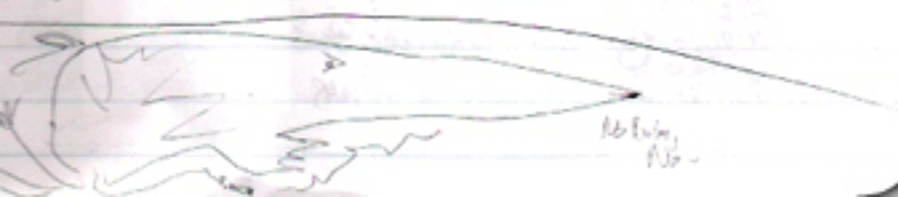


If there were in the world
today one larger # of people
who desired their own happiness more than they
desired the unhappiness of others, we could create
a paradise in a few years -
- Bertrand Russell

The World is the World as long as the World

The world on fire would make everyone smoke;
everyone -

Phil - I don't smoke - Me - No, no - I
don't smoke no more



How do you do what you do when you do what you do?



If you have to, then you
have to - but if you have a
choice, then you can ~~smoke~~
go & know that I do not
Smoke

* I Got Blisters on my Fingers!

Smoke under the rainbow - we lost our way -
So pull the plug on the drain & let's just go our
Separate Ways -

Fact: Smoking is known to cause Chronic
lung disease, heart disease, and stroke, as well as
cancer of the lungs, larynx, esophagus, mouth
and bladder - In addition,
Smoking contributes to cancer of
the cervix, pancreas and kidneys



7:35pm - 3/3/23 -

Day 15

It's night now & last night

there was a whole lot of 'snooze' goin' on down
around me - The girl picked back up the habit

& the whole Wobblers still Wobble About -

My body again feels all fuckin' flat right - No problems
no for this kid - I don't Smoke, I don't want

to smoke, I don't have to smoke & I want
Smolts, Deber

Fact: In the UK, men & women in the
unskilled manual socio-economic group are more
likely to Smoke than people in the professional
group - 15% of men and 13% of women in the
professional group Smoke compared with 39% of
men & 34% of women in the unskilled manual group -

Fact 2: Thomas Edison was chair
of the NAACP & America's first racist
organization was founded in 1929, by
3 Men -



In certain times & moods, I do get the tightness in my chest - The breathing gets a bit shallow & things seem strange - But it is all in the realm of the miracle of healing. The shit your body has to do to rid of the god damned smoke & vermin that just loiters in the body -

Shit - is the smokes - Just seems as though there is flat no way the fuck out - Just Smoke & Smoke & Smoke & Smoke & Smoke

Facts A Cockroach will live 9 days without its head before it starves to death



Fact 2: It is impossible to sneeze with your eyes open and frogs can't swallow with their eyes open -

Fact: Although the Central
nervous system is stimulated
by smoking, smokers usually
feel it relaxes them -



Nothing like a good solid smell of the birds Puss
to look at -

If you take the act of making coffee a bit too
seriously - doesn't that mean you could kill that all
too familiar & cherished caffeine high -

Fact: Almost a quarter of Britain's 15 year olds -
21% of boys & 26% of girls are regular smokers -
despite the fact that it is illegal to sell
cigarettes to children aged under 16.

Will the world ever get to the point that it runs
out of print for people to read - It's safe to say
as long as humans are here - NEVER -

FACT: More than 80% of Smokers takes up the habit as teenagers

I found today that they are generally closer to receding the Pledge of Allegiance in classrooms in 9 states because it mentions "In God We Trust" - This would mean that the US Govt would endorse a religion - Horse Shit - This fucker in the white house now wants the banner to pisses the horn of Christians in order to make people buy into the fact that he will bomb folks in the name of peace & prosperity - Give Me a fuckin' Break

Not only does this happen with this Bush asshole - It's happened time after time with presidents before him - So - Is he ready to fuck the middle east up again in the name of God, Money & Greedy Blood - The kids can't sing - The kids can't sing no more - Not to that flag of ours -



Fact: The more nicotine there is in a particular brand of cigarette, the more difficult it will be for the smoker of that brand to quit -

Be for ...

Before -

Be for ...

Before -

Be for -

Be for ...

Be for ...

Be for -

Before -

Be for ...

Before -

Before -

Be for ...

Be for I began smoking
I would be for the fact that
I did want to smoke before,
but I don't now -





I don't got this whole fella p
thing

You know, You Never see any phantoms of
deers getting hit by cars

Apr 16 - Just Now - Was just thinkin' about the Crowley's
3/4/03 for nicornie & I don't have it -

Uncle - I don't Smoke - Uh, Morning was never
the time for it

The Mexicans love that fuckin' deep, loud &
low tuba Shakin' all over the fuckin' place

A good pizza delivery guy is like a good
dependable can of cold beer when you're hot
& tired

If the world was made of ice, it would
cut down all the fuckin' & people would know
how the eskimos feel with the absence of
all that Natural Heat -



Takin' the day off of work - Noshin'
but whatevera ne fide I wanna do - Noshin' but,
but no luv for this kid - Out HE was with
the Smokes - Fude the Cigarette & the fire
lighter that it came ridin' in on

Fact: Imagine a road being coated with tar,
a similar process happens to the lungs and
wind pipes of smokers because of tar in
the cigarettes

I'm havin' great blood flow to my Dick

Keep on draining mucus out of this fuckin' neck
& throat of myself - It is coming out in fuckin'
pibs & gobs -

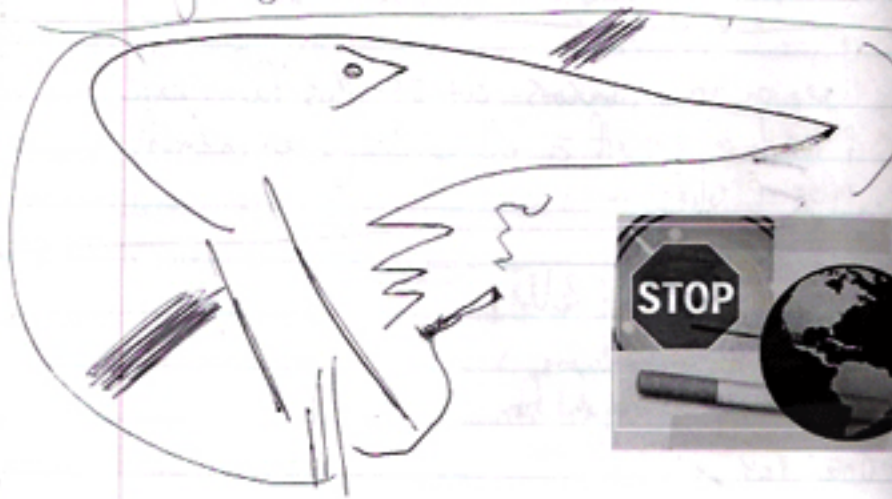
Fact 2: 12th Pres. of the US
was David Rice Atchison,
Missouri Senator, who served for
one day in 1849 -



Then say after you quit smoking that you should
buy flowers - because you will be surprised at
how well you can smell 'em Now - Go ahead -
I don't fuckin' Smoke no more

6:26 PM - G - I still don't smoke & this
Cat is ready to claw the balls straight
off the side of my arm.

He's already makin' re-making of Salt Buckle's
good love goin' - Already a legend, as he
rightly should be -



Fact: In 1974, 51% of men and 41% of women smoked cigarettes - nearly half the adult population of the UK

Was around the coffee all day long - Drinkin'
Some liquor now - He got wrapped up a cigarette
for a piece I'm putting together & I'm just fine -
I'm with the fuckin' Smoke - no more cigarettes -
The nicotine gone - The temptation & urge
has slipped out of me - The smell of smoking
even makes me nose pickin' high, low & long -

I continue to drain like
an asshole from the fuckin'
nose & mouth -

at sits up there like some
kind of monolith - fuckin'
at the day as though things
suddenly going wrong -
Suddenly to correct -





Mumps puttin' together a screenplay
would keep it all goin' well here

Sello Can really keep your mind off of
shit & the cigarette degree is good as well -

Fact 1: Nicotine causes narrowing of the small
blood vessels under the skin

Fact 2: The average person lights 15 cigarettes
per day

Fact 3: 70% of the houses in the US
are painted white

Cigarette Fact: Smoking is estimated to be responsible
for 30% of all cancer deaths. It
also associated with cancers of the mouth, throat,
colon, pancreas, bladder, kidneys, stomach and
cervix & related to 75% of Chronic Bronchitis & 85% of

Apr 17 - 3/5/03 Didn't write in this

7:39 PM - back all day long -

forgot it in the morning & didn't have
the urge to smoke today - No cigarettes because
I can't - No more - It's over here -



In fact, I have been thinking a bit much
lately about how good I feel - How strong &
vibrant I feel - It's nice - To end of the cigarette -
I just want out of it - I don't need it - Yes,
I don't need it - That's the bottom line - I
really don't need it - I don't need out of these
tobacco cigarettes -

Fact: Smokers have a 10% Higher rate
of Coronary heart disease than non-smokers (
It is the major smoking-related cause of death,
nearly twice the risk of heart attack, and
five times the risk of stroke)

(On 4/18, fact, that's damn fact)

Pro: The highest recorded level of smoking
than was 82% in 1948

Enjoying charity this internal claim of Mike

Losers - No more fakes - Some fuckin' commercials
The time is still the time I got beer + cigarettes
planned with my new faster balls

Oh - Of all the fuckin' things!

Is all goes go down even when we have
a lot to go with

Don't
3/16/03

So - It's been a bit since I have had a
Smile - Some good shit has happened &
I am more than satisfied with the design &
it's still goes on to its work & we all



rise
do welcome the truth

9/6/03 Mon 9 PM - Had the strangest vision earlier on
to take down the cigarette - At a train in Blue
Springs at a Cannon Court & I saw the Dablebars
I went on to - to smoke, while I was drinking -
So - the vision was there with all the Cigarettes
Such - burn' towards me - but, I didn't do it -
Don't want to do it - I don't smoke - I am
not a smoker

Again, it's hard to be the most doomed, dumb workaholic
for smoking as humans - Just 100% flat stupid -

Spread legs & the kids all want to get involved
with more of the fitness fuckin'

All the cars appear to be north' the
wrong way down the One Way Street,
it could be just the judgement of the
2 hrs in my head main' road &
round & round -



While earlier month's coffee discussion was a man
pissing on the side of the Interstate - Cold as piss
Morning

Volunteers on the TV are waving straight at my face

Fact: If people stopped smoking, their health
and that of passive smokers would be improved
and lives could be saved - The environment would
benefit as well for the simple reason that there
be a reduction in:

- # of trees littered (not biodegradable and leak toxins into soil)
- # of forests being destroyed
- Side effects of deforestation, including soil erosion & floods
- Global Warming



- The amount of paper used to manufacture cigarettes and produce cigarette and materials
- The amount of cigarette

wrapping and packaging that enters
the Waste Stream



On the Side - No Matter what happens on the national platform of current, future imminent war, we will still have TV commercials to make everything feel OK -

No Frills, Pills, Koster Dills, Chills, Hills, Bites, Kicks, or Fices to kick this fuckin' Cigarette Habit

The side problem with this no smoking thing are the Smoking. All over my Arms - Smokin' the fuck out of that car

Today was the roughest round of non-physical pain withdrawal symptoms to reach for a cigarette - Not literally - but the cravings came barreling down my face

You know, I don't want to change too much of the Smoking habits of others - I want

them to Smoke around me - I
want to be in the room when the
Smoke is happening - I want to
see it - Smell it & know that I am at
it - No More Smoking - Done -



How wonderful it is that nobody need wait a
single moment before going to improve the world -
- Albert Einstein

Mar 19 - March 7, 2003
12:14 PM - Again, make to feelin' all right -
No Smokes - No takin' problem - - do
I don't Smoke -

Somewhere, Something incredible is waiting to
be known -
- Blaise Pascal

Mar 14 PM - Worked out today for the 1st time
in 3 weeks - Really my no-Smoke game -

To learn to understand something how the fuck people get
as angry as they do

Fact 1: About $\frac{1}{3}$ of all adult males in the
population smoke

Fact 2: About 15 billion cigarettes are sold
daily - or 10 million every minute

Fact 3: Every 8 seconds, someone dies from
Tobacco use

Fact 4: Smoking is the single largest preventable
cause of disease & premature death

Fact 5: One survey found that 60% of
Chinese adults did not know that smoking can
cause lung cancer, while 96%
were unaware it can cause
heart disease





Mar 20 - March 8, 2002
About 11 AM - Starting all the burnings
bit of the log out of the garden
as I remain a non-smoker -

No more of the cigarettes. Out - down -
Nothing - So - Still down like a piece
of cheese & doing this sort of minor work -
I can pinpoint a smoke guard 100 feet away -

Mar 21 - March 9, 2003 -

About 2: PM - Tugh, It's past midnight on
the next day - I'd like to get
the writing down all day long - Tugh it
has been a full 3 weeks since I have
had a cigarette & I can smoke - No more
smokers - I do not smoke -

Tugh I know about the Sunday,
of the Sunday, it was a solid day to
be done with the smoke -

I DO NOT Smoke -

Apr 22 - March 10, 2005

12:24 AM - I have just had a PBR
Motherfucker - Go it - Natin' Fuck - Yet,
I have been drinking a whole lot more of
everything since I got the nod - I'm willin' to
take this chance - I have been & am gone
in the elbows from living with - The Flexall 54
is there as was born in the absence of the cigarette
lighter - The cigarettes have faded & I see 'Smokin'
as a long exhausting fight I don't want to
get into ever again - 'Smokin' - The Idol
of Smoking has been killed in the mind of
mine - I don't want or need or have to
Smoke cigarettes -

FACTS: Smoke & Jazz Great Art Blakey
died at the age of 71
from Lung Cancer





Fact 2 The tobacco market is controlled by just a few corporations - namely American, British and Japanese multinational corporations

Fact 2: About 12 times more British people have died from smoking than from World War II

Fact 3: Between 80,000 and 100,000 children worldwide start smoking everyday - roughly half of whom live in Asia

12:44pm Up here taking refuge in the attic away from the bottom floors as the smell of tears of smoke sings the song of the innocence & I continue to write in this end journal & confirm the fact that I am not a smoker no more - done - Over - The game is over - I don't smoke & love it for the fact that I don't - I'm out & glad that I'm a fuckin' quitter

Talked to a good friend yesterday who got with
his girlfriend - Jane - was on his 5th day w/
smoking & was feelin' the crazies - people are
feelin' away from it like flying - Gal at work
got with a hipnotist a group full of feelin'
guiness

I do Not Smoke - Oh no,
No, I don't Smoke Cigarettes -

9:32 AM - I have the urge this morning insofar
as I need to get this pile of feelin' shit out
of my colon - It would be nice to get smokin'
in the j'a' center with coffee to squeeze this
maybe hard out of the system for good -



Little Stopped up this morning, though not a
whole lot of the coughin' & feelin' up of lung matter
& junk like that - I do Not Smoke - I'm
a non-smoker - No, no, I do not Smoke -



FACT: Every 8 seconds
someone dies from tobacco
use

These conditions don't back around when it comes
to stop people off from the habit cigarette

Had a dream last night that the big friend & I
were supposed to get married in 3 days

Isn't it plain to see that I don't smoke
the cigarettes any more, any more

The end of the end is just lookin' back at the
beginning

The main thing is to keep the main thing
the main thing. - Stephen Covey

12:35 PM - A bit of Spat & a bit more here

Fact: Among WHO Regions, the Western Pacific Region - which covers East Asia and the Pacific - has the highest smoking rate, with nearly 2/3 of men smoking.

Jan 23 - March 11, 2003 —
12:35 - I'm back & I don't Smoke

Had a good tug of the Smoke on my clothes & person last night & it almost made me fuckin' sick this morning

Had a cigarette between my fingers last night & it felt strange, alien - As though I didn't know what I was doing —



Fact: At least a quarter of all deaths from Heart Disease and about 3 quarters of the world's ~~are~~ Chronic bronchitis is related to Smoking —



Press Against a few years
ago found that nearly 80%

of American advertising executives from top agencies
believed cigarette advertising does make smoking
more appealing or socially acceptable to children -

Sinister opportunity by the devil, for it is built
behind -

- Belgian proverb

3:34 PM - Again I was upended by the Man only 4
45 fuckin' Mark Summers

8:06 PM - The idea of havin' a smoke is foreign
as I sit about the place after work - I have
completely killed the idea in my head - After -
the smoke attack is no longer - I do not
smoke - I am not a participant in the
activity of smoking cigarettes - OH NO,
not me, I don't smoke NO NO -

fact: In China, 67% of men smoke and 4%
of the women do -

fact: In Russia foreign tobacco companies are
the largest advertisers, accounting for as much
as 40% of all TV and Radio Advertising -

The whole idea of cigarettes is fading by the
day

I do still have some jabs & small pains that
signify healing - up my foot - through the chest
& down

No More Smokes



CIGARETTES

Facts: Humphrey Bogart died
at age 57 from Cancer of the Esophagus -



Jan 24 - March 13 2003

10:07 AM - No More for this bloke - up &

hot coffee before the 1st the allure, mystique - the feel
of that nicotine slide is gone - don't need none
no more - out of here - I do not Smoke -

I am Not a Smoker - Europe or high water,
I'm out of the game - Gunned -

Had a dream last night that I broke down
& pulled Smokers into my lungs - Dreams are
tore to wake us up & I'm up, baby, I'm up
- No More Smokers for this kid

Facts: In 1997, the tobacco industry's spending on a campaign
in the US was about \$15 Million a day (\$5.2 Billion for
the year

Fact 2: Though advertising, tobacco firms try to link Smoking with athletic prowess, sexual attractiveness, Success, adult Sophistication, Adventure and Self Fulfilment

Having a Smoke now or later isn't even an option, my body is thinking me hurt too much, You know?

Can't get thoughts of Europe out of my Head -

Fact: A survey in the UK found about half of smokers think that smoking "Can't really be all that dangerous", or the Government wouldn't let cigarettes be advertised

Fact 2: A survey in Japan in the early 1990s found that 44% of Male physicians Smoke



Oh No, Me?

I don't Smoke -

No More cigarettes for this kid -

7:30 PM - I am consuming a great deal of food - particularly in the evening - but I am OK with this trade off - You know, most of what we consume & expose ourselves to are not good for our bodies -

Shower - Yesterday - Chicken - tonight - the meat is off and we & the Monks & Shrin' Center I do not smoke - I am not a smoker - No cigarettes for me -

Fact: There are more than 300 Million Chinese smokers - more than the entire US population - They consume an estimated 1.7 trillion cigarettes per year - or 3 million cigarettes every minute

Makes more sense to me after seeing all the dangers & known horrors of how the cigarette works & what it does to the human body & how little is done to curb it compared to what is done to make folks hooked



**WARNING
CIGARETTES ARE A
HEARTBREAKER**

Tobacco use can result in the clogging of arteries in your heart. Clogged arteries cause heart attacks and can cause death.



**WARNING
CIGARETTES ARE
HIGHLY ADDICTIVE**

Some studies have shown that tobacco
can be harder to quit than heroin or
cocaine.

Health Canada

it seems that governments
around the world keep cigarettes flowing as much
as they are to control the population - And it
has to be a population control mechanism - Also
this works with liquor as well - To have
this a legal drug is gilly even though I like
to drink this much

Fact 1: China is the world's largest tobacco producer,
accounting for about a quarter of the global tobacco
leaf production

Fact 2: Japan - With 500,000 cigarette vending machines,
the young can easily buy cigarettes

Fact 3: It's estimated that about one in 8 deaths
is due to smoking (about 100,000 deaths a year)
Smoking may also contribute to 4 of the 5 leading
causes of death



It's so silly, just little
cigarettes, but it's true, I do not at all
like you any more - Sure, it's true, I don't need
you - No-no-no - I'm out of this cigarette
game ==

Fact: US-based multinational Philip Morris - the
world's biggest cigarette company - was the world's
9th largest advertiser in 1996, spending more than
\$3 billion -

Fact: In 1997, the tobacco industry's
spending on advertising in the US was about
\$15 million a day (\$5.7 billion for the year) -

No more of that roger's euphoria, I was used
to in the morning or late at night from the
smokers - Used to think I was gonna get
fucking passion out - No passion! 'GD - I'm
out like a night light -

The following pains have ended after I said to
FUCK WITH THE SMOKE - The needles stabbing
my lungs - Shortness of breath - violent coughing
at any given time - the numbity of extremities -
particularly waking at night - no more of the
Pushing headaches - no more of the shit feeling
in the middle of the night - no more sharp
stabbing pains in the stomach - no more of the
~~shit~~ stretch - ~~from~~ P. Gore -

On the Flip Side - My circulation is back
My breaths into the lungs are uncut - No
more pain in the stomach or uneasy mouth than
discomfort - Headaches gone - Leg gone -
Good Blood Flow all around - Especially to
the cock - Agony -

The smoke is dead to
me - I don't need it,
or want it or would like to go back to it -
Gone - Out of the door - No More Smoking -

Estimated Deaths in Canada, 1996

■ Smoking: 900

■ Alcohol: 1,300

■ Car accidents: 2,300

■ Drowning: 500

WARNING:
EACH YEAR, THE EQUIVALENT
OF A SMALL CITY DIES FROM
TOBACCO USE

Health Canada Tobacco: 46,000

Fact 1: Smoking related diseases kill one in 10 adults globally, or cause four million deaths. By 2030, if current trends continue, Smoking will kill one in six people

Fact 2: Cigarettes cause more than one in 5 Americans to die

Fact 3: Among WHO Regions, the Western Pacific Region, which covers East Asia and the Pacific has the highest smoking rate, with nearly 2/3 of men smoking

Fact 4: Among young people (aged 13 to 15), about 1 in 5 smokes worldwide

Fact 5: Half of long-term smokers will die from Tobacco - Heavy cigarette smokers cut at least four minutes of life on average - About the time taken to smoke it -

the page left before this one - Admiring it -
I admit in this final page of my no
journal - on the verge of year 25 without
cigarettes that I don't miss it - I've withdrawn
it during the first week to week & a half,
now we are riding the royal road to
eating - feels feels incredible & it almost
seems as though I have never, ever smoked -

and out some things along the way -
I'm done with this habit - No smoking
& it's gonna stay that way -

I have claimed
my smoke - & that's

that how it's gonna
work here on out -

I Do NOT Smoke





J. Ford
 3/10/03
 (The above is
 a new budget
 for the
 Ministry of
 Health)

Dan & Carl
804-7355

USEFUL INFORMATION

MULTIPLICATION TABLE

2	3	4	5	6	7	8	9	10	11	12
2	6	8	10	12	14	16	18	20	22	24
3	6	9	12	15	18	21	24	27	30	33
4	8	12	16	20	24	28	32	36	40	44
5	10	15	20	25	30	35	40	45	50	55
6	12	18	24	30	36	42	48	54	60	66
7	14	21	28	35	42	49	56	63	70	77
8	16	24	32	40	48	56	64	72	80	88
9	18	27	36	45	54	63	72	81	90	99
10	20	30	40	50	60	70	80	90	100	110
11	22	33	44	55	66	77	88	99	110	121
12	24	36	48	60	72	84	96	108	120	132

Table of Time Measure

seconds	= 1 minute
minutes	= 1 hour
hours	= 1 day
days	= 1 week
weeks	= 1 calendar month
months	= 1 year
years	= 1 common year
leap years	= 1 leap year
centuries	= 1 century

Table of Dry Measure

quarts (qt.)	= 1 quart (qt.)
pints (pt.)	= 1 pint (pt.)
gallons (gal.)	= 1 gallon (gal.)
barrels (bbl.)	= 128 cu. ft.

Table of Liquid Measure

quarts (qt.)	= 1 quart (qt.)
pints (pt.)	= 1 pint (pt.)
gallons (gal.)	= 1 gallon (gal.)
barrels (bbl.)	= 1 barrel (bbl.)
kegs	= 1 keghol (keghol)

Table of Paper Measure

quarts	= 1 quart
pints	= 1 pint
gallons	= 1 gallon

Table of Linear Measure

inches	= 1 foot
feet	= 1 yard
yards	= 1 rod
rods	= 1 furlong
furlongs	= 1 mile

Table of Apothecaries' Weight

grains	= 1 grain
scruples	= 1 scruple
drams	= 1 dram
ounces	= 1 ounce
pounds	= 1 pound
quints	= 1 quint
sexts	= 1 sext
septs	= 1 sept
octs	= 1 oct
nonas	= 1 nona
decas	= 1 decas
undecimas	= 1 undecima
duodecimas	= 1 duodecima
tredecimas	= 1 tredecima
quadragesimas	= 1 quadragesima
quingentesimas	= 1 quingentesima
sexagesimas	= 1 sexagesima
septuagintas	= 1 septuaginta
octogintas	= 1 octoginta
nonagintas	= 1 nonaginta
centesimas	= 1 centesima
milliesimas	= 1 milliesima
microscopicas	= 1 microscopica
nanoscopicas	= 1 nanoscopica
picoscopicas	= 1 picoscopica
femtoscopicas	= 1 femtoscopica
attoscopicas	= 1 attoscopica
zeptoscopicas	= 1 zeptoscopica
yottoscopicas	= 1 yottoscopica

Table of the Cubic Measure

128 cubic inches	= 1 cubic foot
27 cubic feet	= 1 cubic yard
128 cubic feet	= 1 cord of wood
24 cu. cubic feet	= 1 perch of stone

NOTE: A cord of wood is a pile 8 feet long, 4 feet wide, and 4 feet high. A perch of stone or brick is 16.5 feet long, 1-1/2 feet wide, and 1 foot high.

Table of Troy Weight

16 grains	= 1 penny-weight (pwt)
20 penny-weights	= 1 ounce (oz.)
12 ounces	= 1 pound (lb.)

Table of Circular Measure

60 seconds (")	= 1 minute (')
60 minutes	= 1 degree (°)
360 degrees	= 1 circumference
A degree of the earth's surface or a mile	= 60.76 miles at the equator.

Table of Surface Measures

144 sq. in.	= 1 sq. ft.
9 sq. ft.	= 1 sq. yd.
36 sq. yds.	= 1 acre
160 sq. rods	= 1 acre
640 acres	= 1 sq. mile

An acre measures 360.71 ft. on each side.
A section of land is 1 sq. mile.
A quarter section is 1/4 sq. mile.
A township is 36 sq. miles.

CONVERSION

METER
1.000
.914

CENTIMETERS	INCHES	FEET
1.00	.394	.0328
2.54	1.000	1/12
30.48	12.000	1.000

KILOMETERS	MILES
1.000	.621
1.609	1.000

GRAMS	OUNCES	POUNDS
1.00	.035	.002
28.35	1.000	1/16
453.59	16.000	1.000
1,000.00	35.274	2.205

KI		1000
LEH		1000
	1 decameter (dkm)	= 10 m
	1 hectometer (hm)	= 100 m
	1 kilometer (km)	= 1,000 m

		1 kilogram (kg)	= 1,000 g
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forced to file suit to get a march permit from the city. For more information, go to www.unitedforpeace.org. Kansas City area activists are seeking to charter a plane to fly activists to NYC on Feb. 14. For information, contact Danny McGuire at archiekiid@hotmail.com or call AFSC at 816-931-5256. Those wishing to register support or opposition to war with Iraq can call the White House opinion line, 202-456-1111, 9-5 p.m., EST, Mon.-Fri.

Send News Brief items to

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Argentine Middle School
Career Day
February 21, 2003

Presenter



ter



January 23, 2003

Career Day

Knowlhead Middle School