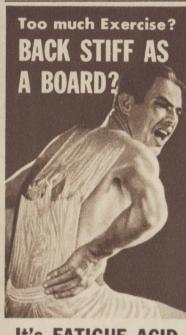


A BRITISH DEPTH CHARGE EXPLODES.



International photo



# It's FATIGUE ACID in your muscles!

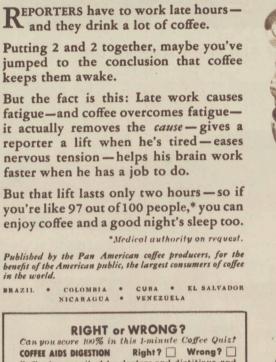
AFTER heavy exercise, certain waste products called fatigue acids form in your muscles. As a result, your muscle swells up inside its sheath. No wonder pains and aches follow!

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Coffee, for centuries, has been the mainstay of men working under pressure — firemen, seamen, Red Cross workers. They drink coffee to relieve the nervous strain, for better mental and physical coordination. Check "Right" above. COFFEE IS HABIT-FORMING

Right? Wrong? Of course, coffee is a stimulant. Yet it is a very beneficial one. For it relieves fatigue instead of merely dulling the sense of fatigue as a narcotic does. And when the pleasing effects of coffee wear off, there is no feeling of depression – no physiological craving for more. Check "Wrong" above.

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