

LIFE IN HELL

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Dweezil

by Chris Farrar

# HOW TO GET BEYOND STRESS

LET'S FACE IT: WE ARE ALL STRESSED TO THE MAX. FOR SOME SENSITIVE PEOPLE, MERELY READING THE PHRASE "STRESSED TO THE MAX" CAUSES STRESS.

I'M SO STRESSED I CAN BARELY STAND TO LOOK AT YOU.  
OH, MOODY.

FEW OF US KNOW HOW TO GET BEYOND STRESS. WE YELL AT THE TV, WE HONK IN TRAFFIC, WE RIP UP OUR LOSING LOTTERY TICKETS, WE SNAP AT OUR LOVED ONES-- BUT SOMEHOW IT ISN'T ENOUGH.

DON'T CALL ME MOODY, GRUMPY.  
DON'T CALL ME GRUMPY, MOODY.

SO WE TRY TO GET PEACE OF MIND BY EATING TASTY SNACK TREATS, PUFFING ON SOOTHING CIGARETTES, DRINKING DELICIOUS ALCOHOLIC BEVERAGES, OR SMOKING RELAXING CRACK.

WUTZA BLAPH MAMBL BLAH.  
THIS IS THE LIFE, EH?

AND YET WE OFTEN END UP JUST AS STRESSED AS WHEN WE STARTED.

I HATE MYSELF FOR LOVING YOU.  
WE ARE ALIVE IN MANY WAYS.

SO HERE'S WHAT YOU MUST DO. SIT ON A COMFY SOFA IN A DARK, WARM, QUIET ROOM. TURN OFF THE TV, OR AT LEAST KEEP THE VOLUME DOWN.

PLEASE DON'T WHISTLE.

STARE AT A BLANK WALL. BREATHE SLOWLY AND DEEPLY, EACH TIME YOU EXHALE, REPEAT THE WORD "STRESS" TO YOURSELF. THIS WILL BE YOUR MANTRA.

STRESS STRESS STRESS STRESS STRESS STRESS STRESS STRESS STRESS STRESS

VISUALIZE YOUR BODY AS THE RUSTY, HOLLOW HULL OF A SUNKEN OCEAN FREIGHTER, AND THE WORD "STRESS" AS A GIANT BEL SWIMMING IN AND OUT OF YOUR PORTHOLES.

CONTINUE BREATHING DEEPLY WHILE THE BEL SLITHERS THROUGH YOUR DEPTHS. SOON THE BEL WILL SWIM AWAY, AND YOU WILL FEEL RELAXED AND REFRESHED.

DON'T CALL ME PERCY, CHUCKLES.  
DON'T CALL ME CHUCKLES, PERCY.  
CHUCKLES PERCY.

JUST LOOK AT ALL THE POOR SUCKERS AROUND YOU WHO ARE LIVING IN CONSTANT MENTAL TURMOIL, BUT NOT YOU! YOU HAVE ACHIEVED INNER PEACE. YOU SHOULD BE VERY PLEASED WITH YOURSELF.

GRUMPY.  
MOODY.  
I FORGIVE YOU.

THIS IS A TEST OF THE "EMERGENCY BROADCASTING SYSTEM."

FOR THE NEXT SIXTY SECONDS, THIS STATION WILL CONDUCT A TEST OF THE "EMERGENCY BROADCASTING SYSTEM."

REPEAT, THIS IS ONLY A...  
OH GOD!! IT'S FOR REAL! IRAQI NERVE-GAS BOMBS ARE HEADED RIGHT FOR US!!  
RUN FOR YOUR LIVES!!

SORRY. JUST KIDDING. BOREDOM GOT TO ME.

# DO YOU KNOW WHEN TO SAY WHEN?

Every day, good people all across America enjoy the refreshment of a cold beer or alcoholic beverage. And they do it with good sense.



But, there'll always be a few who don't know the meaning of moderation.

To help educate these people, Anheuser-Busch and your local distributor are proud to have developed "KNOW WHEN TO SAY WHEN." A national campaign to promote greater awareness of the responsibilities associated with drinking.

Anheuser-Busch is proud of the product we brew and sell. We know having a drink in moderation is part of a normal lifestyle for millions of Americans. All it takes is to know when to say when. Because you're the cutoff man.

OPERATION ALERT



This message brought to you from your friends at Nevada Beverage Company and the Yellin' Rebel.

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