BEWARE OF OVERUSE OF DRUGS
In many cases drug reactions have been far more serious than the original health problem — and in too many cases, they have been fatal.

It is essential to health that we neither overuse, misuse or become dependent on medicines. The risk is far too great and the positive results are far too few.

Here is a list of toxic effects associated with commonly used drugs.

**SPECIAL NOTE:**

The reactions indicated with an asterisk are taken directly from Physicians' Desk Reference to Pharmaceutical Specialties and Biologicals, published by Medical Economics, Inc., Oradell, N.J. The Physicians' Desk Reference is published annually with the cooperation of the 251 manufacturers whose major products are described. It is distributed to more than 200,000 medical doctors and doctors of osteopathy. It has been described as the "physician's bible" as related to drug information.

**ANTIBIOTICS**


**ANTI-CHOLESTEROL DRUGS**

**Drug Reactions:** Gastrointestinal hemorrhage, thrombophlebitis, cerebrovascular accidents, tachycardia*, jaundice, gallstones, muscle pain, paresthesias, psychic changes, visual disturbances, fatigue, swelling, dizziness, ringing in the ears, hoarseness, headache, nausea, indigestion, itching, skin rashes and discoloration*, menstrual irregularity, aggravation of existing heart disorders, frequent urination, changes in bowel habits, hair loss, niacin flush*, sweating, weight loss, tremors, nervousness*, insomnia, and increased metabolic rate.

**ASPIRIN**


**CEREBRAL AND CENTRAL NERVOUS SYSTEM STIMULANTS**


**HIGH BLOOD PRESSURE DRUGS**


**ORAL CONTRACEPTIVES**

Nausea*, headache*, false pregnancy, damage to nervous system, baldness, liver damage, strokes, weight gain*, dizziness*, pulmonary embolism (clot), eye problems, jaundice, itching, continued on back page
continued from inside

ing, irritability*, heart complications, cancerous
type growths, breakthrough bleeding*, frigidity,
steroid diabetes, sterility, edema, death.

TRANQUILIZERS
Fever*, chills*, dryness of the mouth*, muscular
weakness and incoordination, lethargy,
drowsiness*, dizziness*, mild to severe skin
reactions*, myopia, cataracts, visual disturbances*, increased appetite, weight gain
menstrual irregularities*, nausea, constipation,
low blood pressure, fainting, severe mental
depression*, headache, cholestatic jaundice*,
convulsions, irritability, anxiety, nasal stuffiness,
bronchial spasms*, diarrhea, euphoria*,
 stomatitis*, fatigue*, aneurism*, nightmares*,
flushing, tremors, ataxia*, swelling in hands
and feet, anaphylaxis*, angioneurotic edema
and vascular collapse, muscle paralysis, leukopenia*, agranulocytosis, psychological de-
pendence*, suicidal attempts, death.