

"As I live says the Lord God, I have no pleasure in the death of the wicked, but that the wicked turn from their way and live. Turn, turn from your evil ways; for why should you die?"

EZEKIEL 33:11

## H 13 & H14

H 13



for life than being very badly burnt with fire.

Every time a person says yes to premarital sex, he or she is risking much more than playing with fire. Playing this game of sexual promiscuity, or sex outside of marriage, has a 100% risk factor of spoiling your life.

AIDS is the most feared of the sexually transmitted diseases (STDs), but there are now over fifty other Sexually Transmitted Diseases and new ones are showing up each year.

### GENITAL HERPES

Herpes is a relatively new disease which is highly infectious. Symptoms usually show up within 2 to 30 days after having sex. However, some people have no symptoms at all, yet they have the disease just the same.

Herpes is caused by a virus entering the body through a break in the skin or a mucuous membrane. It produces painful, itching blisters on the sex organs or mouth. Blisters last up to three weeks and go away. But you still have herpes and the blisters will come back.

Herpes cannot be cured. A doctor said, "Herpes will not kill you, but you won't kill it either." A mother with herpes can give it to her baby during childbirth.

A 17-year-old girl contracted herpes on her first sexual encounter. In her case, the menstrual cycle triggers the outbreak of herpes. The blisters last about 16 days. She can look forward to having these painful, itching sores on her body for 16 out of every 30 days for the rest of her life.

*Part of the pain for herpes patients is the conviction of being damaged goods. George Washington University's Elizabeth Herz reports "intense guilt feelings" among women who get the disease, and hears again and again the feeling that they are unclean, dirty. "We're looking for someone to love," says a woman who is an artist. "In this world our chances are so slim anyway, then*

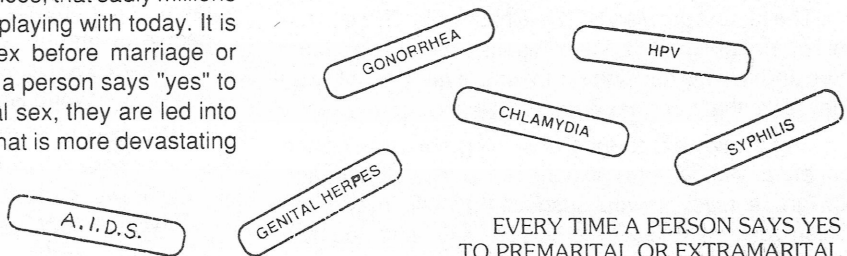
## THE FACTS ABOUT

# STDs

All parents, over and over again, warn their children not to play with fire or they will end up getting burnt. But the sad truth is, many young people do not heed these warnings and so there are accidents and tragedies that result in many individuals getting badly burnt. These accidents scar a person physically, mentally and emotionally for life.

The horror of being badly burnt can be forever engraved in the minds of all who have suffered this tragedy; they recall with regret that it was so foolish . . . so senseless to ignore all the warnings.

There is now something that is much worse than fire and has far worse life consequences, that sadly millions of young people and adults are playing with today. It is called sexual promiscuity or sex before marriage or outside of marriage. Every time a person says "yes" to having premarital or extramarital sex, they are led into being players in this sex game that is more devastating



EVERY TIME A PERSON SAYS YES TO PREMARITAL OR EXTRAMARITAL SEX, HE/SHE IS RISKING MUCH MORE THAN JUST PLAYING WITH FIRE.

*you add herpes and you think, "Why should anyone want me now?" " A doctor in Amityville, New York, says the same glum view has invaded the ranks of teenage herpes sufferers, who come into his office, cry, and say, "No one will ever want to marry me"*

Today there is an alarming increase in the millions of young women who are known to have genital herpes. They will have to cope with this embarrassing, painful disease the rest of their lives.

## SYPHILIS

Syphilis is one of the older STDs, but it still does its deadly work. A painless, reddish-brown sore shows up on the mouth or sex organs within a few weeks after having sex. After one to five weeks, the sore goes away, but you still have syphilis.

If untreated, syphilis can cause paralysis, blindness, heart damage, brain damage, and death. A mother can give syphilis to her baby during childbirth. Syphilis can be cured, but you can catch it as many times as you have sex with someone who has it.

## GONORRHEA

Gonorrhea has been around for a long time. Symptoms usually show up 2-21 days after having sex. Most women and many men have no symptoms, but they have the disease and can spread it.

When symptoms do appear, men usually experience a burning sensation when urinating. Women may experience a slight burning and itching. In cases where there are symptoms, they frequently disappear for a time. That does not mean that the disease has disappeared. It has merely gone underground where it continues to do its deadly work.

If untreated, gonorrhea can cause arthritis, heart trouble, skin disease, blindness and sterility. Because of gonorrhea, many men and women are no longer able to have children.

At one time gonorrhea was easily cured by a shot of penicillin, but now there is a new strain which is penicillin resistant. You can be reinfected with gonorrhea as many times as you have sex with someone who has it.

## CHLAMYDIA

The fastest growing STD is Chlamydia. Three to ten million people get this "new" disease every year. Most men and women have no symptoms at all. The only way they learn that they may have it is if a partner tells them.

Some men experience a burning sensation when urinating. Women may experience vaginal itching and low-grade fever. If you suspect that you may have Chlamydia, the only way to be sure is to be tested by a doctor.

Chlamydia can be cured if it is treated in time. If left untreated, it can lead to more serious infection. Reproductive organs can be permanently damaged. Both men and women may no longer be able to have children. A woman can give this disease to her baby during childbirth. Her baby can be born with eye and lung diseases.

## HPV

"This virus is rampant," says Dr. Stephen Curry of the New England Medical Center in Boston. "If it weren't for AIDS, stories about it would be on the front page of every newspaper." The doctor is referring to HPV, a relatively new, fast-spreading disease that now afflicts millions around the world.

HPV (named after the virus which causes it) is a particular threat to teenage girls. It is sexually transmitted, painful, and often incurable. Its chief symptom in both men and women is genital warts.

Conventional treatments cannot get rid of HPV it can go "underground" for years; then the warts recur. Worst of all, some types of HPV have been linked to cervical and other cancers. Carriers of the virus who do not have warts are often unaware that they have the disease. They do not realize the risk to themselves or their sexual partners.



## TEENS DO PAY THE PRICE

It has been said that teenage sex is spontaneous and is based on the passion of the moment and not on thought or reason. They don't worry about AIDS and the other STDs because they think it will never happen to them. Unfortunately, it **does** happen to them. Every day people by the thousands become infected with one of the dreaded STDs. Concerning sexually transmitted diseases, the World Health Organization report says,

*The extent of the epidemic is unknown, since only a fraction of the cases are reported to health officials. Experts think at least 25 STDs strike millions each year, **primarily teenagers and young adults.***

*The STDs cannot be dismissed as a controllable*

collection of "social diseases." The open genital sores that many STDs cause can be the gateways for the AIDS virus. If left untreated, STDs can cause severe consequences, including heart damage and birth defects.<sup>6</sup>

Like everybody else, teens pay the price of illicit sex. Like others, they think, "This may happen to someone else, but not to me." And like others, they are in a state of shock when they discover that they have an incurable STD.

*After a high school assembly, a girl caught Dave Roever, a well-known youth councilor, just as he was getting into his car. Crying, she whispered to him, "Please tell all the kids in this nation what you told us today — 'that virginity is not a dirty word.'"*

*When Dave asked why she was crying, she said, "Mr. Roever, I'm sixteen, but I don't have any hope."*

*"Yes, you do! Your whole life is in front of you; you do have hope!"*

*"No, Mr. Roever, I have AIDS."*

## TO SUMMARIZE . . .

**Every time a person says yes to sex before marriage, he or she is risking much more than playing with fire. Playing this game of sexual promiscuity, or sex outside of marriage, has a 100% risk factor of spoiling your life.**

## WORTH QUOTING

**"Reducing** the risk is not the same as **eliminating** the risk . . . . The truth is, doctors can't fix most of the things you can catch out there."

Dr. Robert C. Noble  
Infectious-diseases physician

## THE FACTS . . .

### STDs

- STDs strike millions of people every year.
- Each year some millions of teenagers are infected with genital warts or more than a dozen other STDs. If left untreated, STDs can lead to infertility, heart disease, arthritis, brain damage, even death.

*Newsweek*, December 9, 1991

- The syphilis rate among 15 to 19-year-olds jumped 50% in the 1980s.
- STDs tend to travel together. People who acquire an STD are at risk to get HIV, the virus that causes AIDS.

### AIDS

- 75% of the people who have AIDS worldwide were infected heterosexually.
- As many as 1 million Americans may be infected with the virus that causes AIDS. 120,000 have died from AIDS—more than the death toll in the Korean and Viet Nam wars combined. The world-wide figure is 10 million known cases with an estimate of four times this number, around 40 million, who have AIDS but have not as yet sought any medical help. In most countries around the world STDs and AIDS are notifiable diseases by law.
- The number of heterosexual cases of AIDS jumped 40% in 1990.
- The number of reported cases of AIDS doubles every 12 months.

*Time*, November 25, 1991

### CONDOMS

- Today all around the world there is much advertising promoting the use of CONDOMS for safe sex. But the facts are that condoms can come off or break during active sex, then they are no protection at all against getting STDs or falling pregnant.

### ENJOYING SEX . . .

- Abstinence, by both men and women, is not saying no to sex; it's postponing sex until you are married so you can enjoy sex to the fullest and over the longest period of time — 100% safe sex.

# A.I.D.S.

## HOW TO BE SAFE

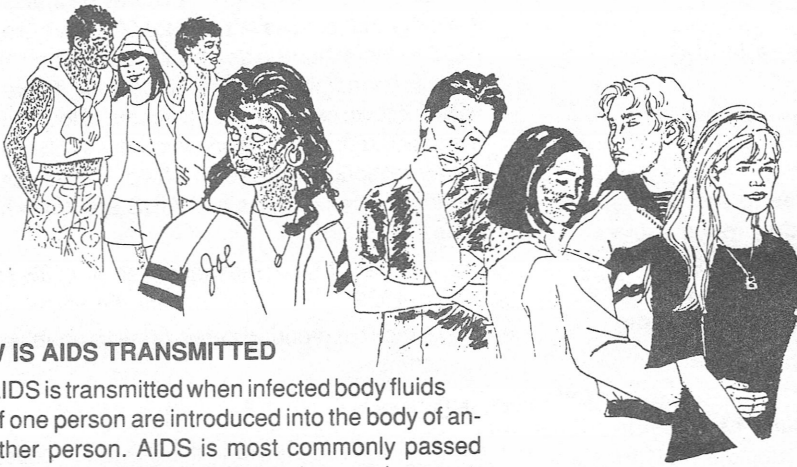
The world of AIDS is very real, but not wonderful. Of all the sexually transmitted diseases, AIDS is the most feared. With good reason too. If you get AIDS, you die. It's as simple as that.

### WHAT IS AIDS?

The name "AIDS" stands for "Acquired Immune Deficiency Syndrome." This means that the immune system of your body has become "deficient" — unable to operate as it should.

Everyone has what is called an "immune system." This means that our body builds a protection against diseases that would invade our body and threaten our life. The AIDS virus attacks this immune system and destroys it. The person is then left without the means of fighting disease.

People don't die directly of AIDS, but rather of some infection or illness they can't fight off. A "harmless" virus or a simple cold that would be no threat to a healthy person can be deadly to an AIDS patient.



WHEN YOU HAVE SEX WITH SOMEONE, YOU HAVE SEX WITH EVERYONE THAT PERSON HAS HAD SEX WITH, AND EVERYONE THEY HAVE HAD SEX WITH.

### HOW IS AIDS TRANSMITTED

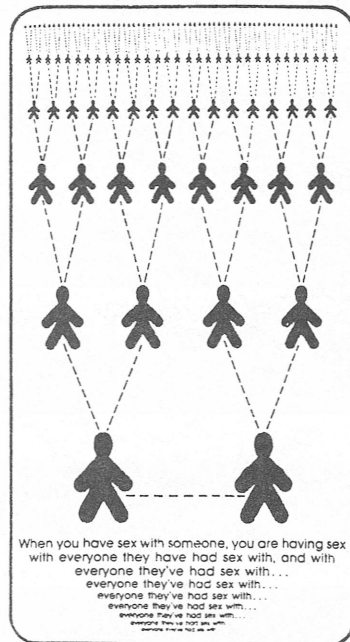
AIDS is transmitted when infected body fluids of one person are introduced into the body of another person. AIDS is most commonly passed from person to person through sexual contact. With regard to any sexually transmitted disease, it is important to understand that *every* sexual act provides the means for transmitting the disease.

It is also important to understand that, when you have sex with someone, you are, in a sense, having sex with everyone that person has had sex with . . . and everyone they've had sex with! You are linked sexually with everyone in that "network." If *anyone* in the entire network has AIDS, then you have been exposed to this deadly disease.

### WHAT YOU DON'T KNOW CAN KILL YOU

The old saying, "What you don't know won't hurt you," is not true. What you don't know can not only hurt you, it can kill you!

According to the National Adolescent Student Health Survey, most teenagers know how AIDS is transmitted, but they don't know how to avoid getting it or the other STDs. A survey of 11,000 eighth, ninth and tenth-graders showed that:



When you have sex with someone, you are having sex with everyone they have had sex with, and with everyone they've had sex with . . . everyone they've had sex with . . . everyone they've had sex with . . . everyone they've had sex with . . . everyone they've had sex with . . . everyone they've had sex with . . .

■ More than half do not know that taking birth control pills won't protect them from a sexually transmitted disease.

■ Nearly four out of every 10 young people don't know an adult they could talk to if they thought they might have a sexually transmitted disease.

■ Half are either unsure or believe — wrongly — that washing after sex reduces chances of AIDS infection. (It doesn't!)



## HOW MANY PEOPLE HAVE AIDS?

There are an estimated 40 million people in the world believed to be infected with the virus that causes AIDS with 10 million reported cases. The numbers appear to be doubling every 10 to 12 months. Most of these people have no symptoms of AIDS; yet they are capable of spreading the disease. It is predicted that 75 percent of those carrying the virus will develop full-blown AIDS within ten years, and within 15 to 20 years, 90 percent of all AIDS carriers will have full-blown cases.

It's frightening to think about a deadly disease that can lie dormant in your body for a long time (15 years is an estimate) and then break out and destroy you. It is also frightening to realize that, during this time, you can pass this on to anyone you have sex with. It is likewise true that the other person can have it and not know it and pass it on to you.

*Time Magazine* compares AIDS with history's worst killers. *Time* says concerning the bubonic plague of the 14th century, "By the time the epidemic subsided a few years later, at least a quarter to a third of all Europeans — perhaps 25 million — had perished." Concerning AIDS, *Time* says, "If we can't make progress, we face the dreadful prospect of a worldwide death toll in the tens of millions a decade from now." (*Time*, February 16, 1987, p.54)

Statistics don't tell the story of how terrifying and tortuous AIDS is to its victims.

## IS THERE A CURE FOR AIDS:

As of now, there is no cure for AIDS. If you get it, you will die. And there is no vaccine to keep you from getting it. A mother with AIDS can give it to her baby in the womb. There are over 500,000 children reported to have AIDS transmitted from their mothers.

Although AIDS and the other STDs are frightening and deadly diseases, they can be avoided. But there is much misinformation on the matter.

It is being widely publicized that the use of condoms will enable a person to enjoy "safe sex" without any radical change in lifestyle. This is far from the truth.

In actual practice, couples who use condoms to prevent pregnancy discover that the failure rate is 10 percent or more per year. Some studies indicate that the failure rate is much more than that — about 30 percent to be exact. Condoms have not stemmed the tide of teen pregnancies. Why should we think that they will be any more effective for the prevention of deadly AIDS?

If you were planning to buy a plane ticket and you were told that only three out of ten planes on that flight crashed, would you take the flight? Suppose you were told that *only one* out of ten crashed, would you want to take the flight? Probably not.

When it comes to something that is a life or death matter, we simply don't want to take *any* unnecessary risks. In the case of AIDS, a 10 percent or even a one percent risk rate is not acceptable when the price for failure is getting a disease that will kill you.

Many sufferers of AIDS and other STDs are inclined to blame God for bringing this devastating condition upon them. It is important to know that it is not GOD that has afflicted them, but it is Satan. For we learn from God's Word that when a person chooses to turn their backs on God and step out of God's circle of love, protection and blessing for their life, they then step into Satan's circle of temptation to live in sin, wickedness and selfishness and to rebel against all that God has made for our good and blessing. The rewards of living in sin bring sickness, suffering and sorrow. It is Satan who afflicts all who are led by the lusts of the flesh and the sinful imaginations of their hearts. God warns that all who commit the sin of sexual relationships outside of marriage will have to endure the lifelong consequences. But, there is good news! God in His great love and mercy is willing to forgive and cleanse all who will turn away from living in sin, repent of their sins and believe that the Lord Jesus Christ died for them and thank Jesus for bearing God's judgment of their sins when He suffered on the cross. The reason God sent His Son, the Lord Jesus Christ, was to save all of us who were held captive by Satan's temptations and our sins.

### "If only I had waited . . ."

**I've got herpes.** There's nothing I can do about it. It's with me for life. I wish I could avoid the pain and shame.

**For years I've lived with it.** Breakouts on my penis (like cold sores of the mouth, but much more painful and irritating). With herpes you get a lot of extras. Like isolation, fear of others finding out about it, not knowing when you will get an attack, embarrassment, low self-esteem, stress like you wouldn't believe, and bitterness. Add to that the fear of having to tell the girl you want to marry, fear of her getting it, fear of the children getting it at birth.

**I didn't want to give it to somebody else** so I just didn't date girls for a long time. And if I did, I just never let myself get into a potential sexual situation.

Why am I risking the embarrassment of digging up my past and present hurts to share them with you? For one reason. So you won't trade in a beautiful gift (your gift of sex to your marriage partner on your honeymoon) for an unmeaningful, stained sexual experience.

**I was lucky, you could say.** After many years I met a girl I really liked. She liked me too. We began seeing more and more of each other. Love began to grow for both of us. I wanted to ask her to marry me, but my terrible secret hung over me like a cloud. I had to tell her. It was the hardest thing I have ever had to do. What if she rejected me? I couldn't blame her if she did.

**With fear, trembling and much tears,** I shared

it with her. Fortunately she loved me enough to want to go ahead with our plans, so now we're engaged. But we still will have to live with it the rest of our lives. I'll still have the fear of her getting it or the children getting it at birth.

**If only I had waited** until my honeymoon night. If only my parents had warned me. If only my school had taught me. But I really can't blame them. I'm responsible for my own actions.

*If only . . .*

#### **HONEST TRUTH ABOUT FIRST TIME:**

I am a student in a private girls' school. Like many of the other students here, I have lost my virginity. Although most people consider this subject a very personal one, I feel the need to share this part of my life with girls who are wondering whether to give in to their boyfriend and have sex for the first time. In all the years I've been reading books on this subject, I have never seen the honest-to-goodness truth and I think it's time somebody spoke out.

Take my word for it, sex under these circumstances does not live up to the glowing reports and hype you see in the movies or read in magazines. In fact, it's disappointing and afterwards it's emotionally devastating as you worry yourself sick wondering "Have I now got one of those Sexually Transmitted Diseases or am I pregnant?" These nagging thoughts are still there even if you have taken all the so-called precautions. I know friends who have had their lives

shattered by these precautions going wrong.

I realize now that the first time is a very big step in a girl's life. After you've done it, things are never the same. It changes everything. I truly regret giving in that first time. It made me feel so cheap and dirty inside. Take my advice and don't be fooled into that first time. Save yourself for that someone special you will spend the whole of your life with. Sex is not for entertainment, it should be a meaningful commitment only in marriage.

In an educational video designed for high school students, the students are told that the *best* they can do to protect themselves against AIDS is to "know their partner" (whatever that means), wear a condom during intercourse, avoid anal intercourse, and not make sexual decisions while using drugs or alcohol.

That is NOT the best they can do to protect themselves. There is something far better — something that carries a 100% guarantee of safety. What is it? It's abstinence — saying no to sex before marriage.

The young person who says no to sex before marriage, and marries someone who had made that same choice, does not have to worry about AIDS and the other STDs. As long as the couple remain faithful to each other, they can enjoy sex that is truly 100% safe.

#### **TO SUMMARIZE . . .**

AIDS and the other deadly STDs have made this a dangerous world in which to live. Abstinence before marriage and faithfulness in marriage is the way to enjoy truly safe sex.

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H 14

# How to *Enjoy* 100% SAFE Sex

According to the dictionary, the word "safe" means, "freedom from danger; involving no risk of mishap." Being safe means absolutely no risk. If there is a risk involved, you are not safe. The Bible teaches that God created sex to be 100% safe and fully enjoyed within the true love bond of marriage.

#### **WHY GOD MADE US MALE AND FEMALE**

In Genesis 1:27, we learn that God wants us to know beyond all doubt, that when He, in the beginning, made MALE and FEMALE, it was to fulfil both men's and women's individual needs in LOVE, PEACE and SECURITY within marriage and the family.

God has ordained sexual love to be the consummation of His Divine ordinance of Marriage. Genesis 2:23-25 says, "Therefore shall a man leave his father and mother

and shall cleave unto (live with) his wife and they shall become one flesh." Also St. Matthew 19:6 says, "Whom God has joined together, let no man put asunder (or cause to separate)." Proverbs 5:18-19 says, "Let your own fountain of love be blessed, rejoice with the wife of your youth. Let her breasts satisfy you at all times, and be ravished always with her love."

#### **GOD'S WONDERFUL PROMISE**

It is wonderful to know that God has promised to greatly bless all who will keep themselves sexually pure as a virgin until marriage and those who will remain faithful to each other throughout their marriage.

Psalm 128, "Blessed is every one that loves the Lord; that walks in His ways. For they shall eat from the labour of their hands; and happy shall they be, and it shall be well with them. The Lord shall bless and you shall see goodness all the days of your life. Yes, you shall see your children's children."

Genesis 6:18 tells us that God blessed Noah and his wife, their three sons and their wives for they were all saved from the great flood judgment that God sent on all the world.

God sent the great flood because all the other people in those days chose to live wickedly by lusting after sexual promiscuity (Genesis 6:1-7). In St. Luke 17:26 the New Testament tells us, "That as it was in the days of Noah, so shall it be in the last days." The whole world is again facing another great devastation of lives by the spread of STDs through lusting after sexual promiscuity.

### **GOD'S WARNING**

God warns that there will be great trouble in the life of every person who will go lusting after committing fornication (sex before marriage) and adultery (sex with persons other than their marriage partner). I Corinthians 6:18 says, "Flee fornication. Every sin that a person does is without the body; but they that commit fornication sin against their own body."

Galatians 5:19-21, "Now the works of a sinful heart are, adultery, fornication, idolatry, hatred, wrath, strife, witchcraft, envy, murder, drunkenness. They that do such things shall perish and not inherit the kingdom of God."

In St. Matthew 5:27-28 Jesus said, "You have heard that the law said, You shall not commit adultery. But I say unto you that whosoever looks on a woman to lust after her has committed adultery with her already in his heart."

The Bible declares that God holds the man more responsible than the woman when they seek sexual gratification outside of marriage. Exodus 20 says "I will visit the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me."

There are two great forces of influence in the world. One is God who has made you for His glory and your blessing not only for this life, but for ever and ever in eternity with Him. The other is Satan who is out to tempt you to turn your back on God and His love and blessing for your life. Satan then will be able to lead you into sinning so you will have to suffer the great judgments of sin in this life and then bring you finally into hell and eternal death.

It is essential for you to realize that God has a purpose for your being born and also He has a wonderful plan for your life.

### **THERE IS HOPE AND FORGIVENESS**

For all who have sinned, no matter how great those sins or how hopeless your life seems at this point of time, there is good news for you. God, in His great love and mercy, is waiting for you to come right now and confess your sins to Him and ask for His forgiveness. God will hear your prayer and will point you to look, by faith, to the cross on Calvary's hill and see the Lord Jesus Christ bearing the judgment and punishment for all your sins as He, in love for you, suffers and dies. At the very moment that you ask Jesus to be your Saviour and now Lord of your life and thank Him for loving you enough to die for you on the cross, right then God will forgive you and cleanse your heart and soul of all your sins and give you the power of the Holy Spirit so now you can start to live

the new life in God's love and blessing.

Also, God wants to pour His healing comfort into the heart and soul of those who have been victims of sexual abuse and rape. Jesus is calling "Come unto me all you who are weary and heavy laden and I will give you rest." Only Jesus is able to take away the deep distress of heart and soul because of the past that has been experienced. He gives new hope and peace as you put your faith into His saving love and power to bring you into the new relationship of being a child of God. You can know that now you are part of God's forever family and have the joy of being loved with an everlasting love.

Some ask the question, "Why does God allow child abuse and rape?" It is important to understand that all people have a free will to choose good or evil. All who choose evil are under Satan's influence to do evil. In St. Matthew 18:6-7 the Bible says, "Whoso shall offend one of these little ones, it were better for him that a millstone were hanged about his neck and he be drowned in the depths of the sea. Woe unto the world because of offenses, it must needs be that offenses come; but woe to that man by whom the offense comes." We can be sure that God will judge all who commit sin and evil.

The only hope for each individual in the world is the gospel of God's love in the birth, life, death, resurrection, ascension and coming again of His Son, the Lord Jesus Christ.

### **TO SUMMARIZE**

It is important for you to realize that God has a purpose for your being born and also He has a wonderful plan for your life.





Please study the lessons carefully before filling in the answers.

**QUESTIONS — H 13**

Record No \_\_\_\_\_

1. Parents warn their children not to \_\_\_\_\_ with \_\_\_\_\_ or they will end up \_\_\_\_\_.
2. Sexual promiscuity means having \_\_\_\_\_ before \_\_\_\_\_ or \_\_\_\_\_ of \_\_\_\_\_.
3. \_\_\_\_\_ is the most feared of the \_\_\_\_\_ diseases.
4. There are now over \_\_\_\_\_ other STDs.
5. Every time a person says \_\_\_\_\_ to \_\_\_\_\_ sex, he or she is risking \_\_\_\_\_ more than playing with \_\_\_\_\_.
6. Sex outside of \_\_\_\_\_ has a \_\_\_\_\_ factor of \_\_\_\_\_ your \_\_\_\_\_.

**QUESTIONS — H 14**

1. God created sex to be \_\_\_\_\_ safe and fully \_\_\_\_\_ within the true \_\_\_\_\_ of marriage.
2. When God, in the beginning, made \_\_\_\_\_ and \_\_\_\_\_ it was to \_\_\_\_\_ both men and women's \_\_\_\_\_ needs in \_\_\_\_\_, peace and \_\_\_\_\_ within marriage and the \_\_\_\_\_.
3. God has ordained \_\_\_\_\_ love to be the \_\_\_\_\_ of the Divine ordinance of \_\_\_\_\_.
4. It is wonderful to \_\_\_\_\_ that God's has \_\_\_\_\_ to \_\_\_\_\_ all who will \_\_\_\_\_ themselves \_\_\_\_\_ pure as a virgin until \_\_\_\_\_.

Would you like to share with us if these lessons have been a help to you and the most important things you have learned from them.

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If we can help you with any problems that you have in your life, please write to us and enclose your letter with this answer page. We are always happy to help you in any way we can.

**Please print YOUR name and address below.**

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