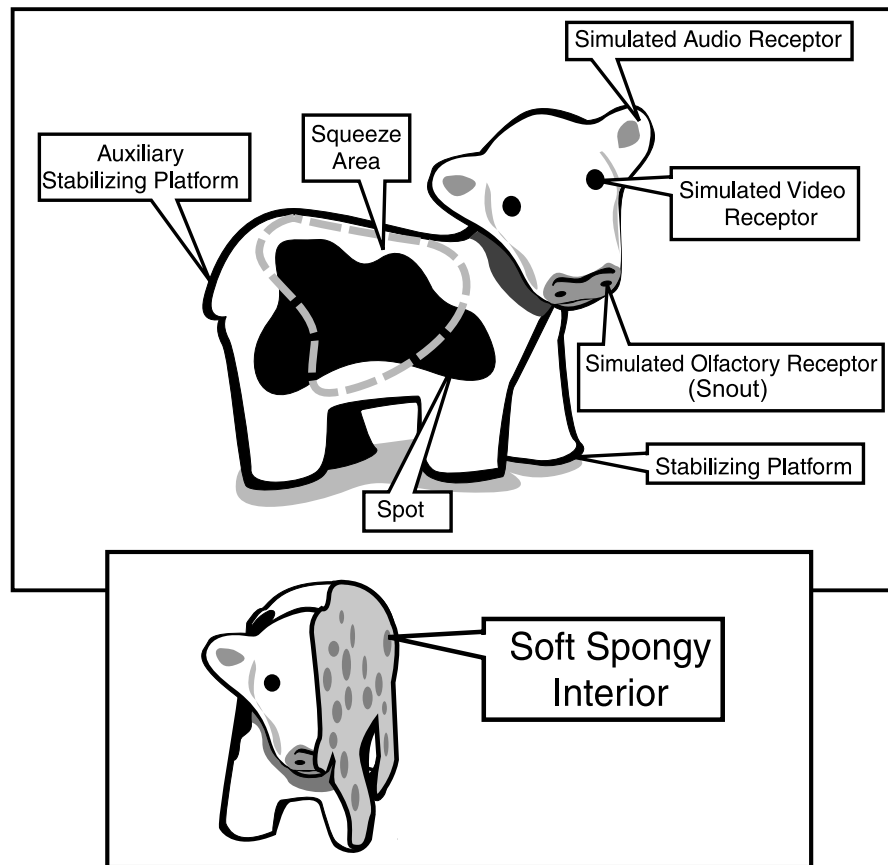


# Using Your Stress Cow



## Know your cow



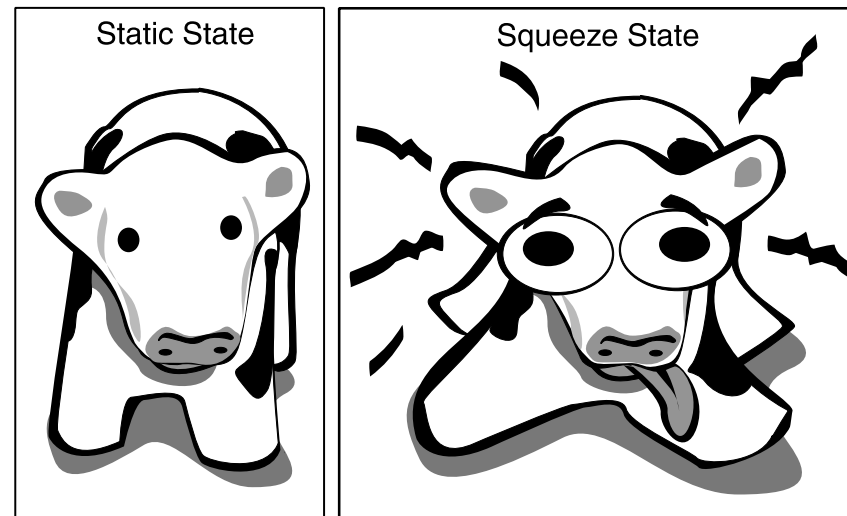
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## Using your Stress Cow

When squeezing your Gateway® Stress Cow™, it's important to use the proper technique. Failure to follow these guidelines may lead to repetitive motion injury or partial paralysis of the extremities (yours, not the cow's).

### ➔ To squeeze your Stress Cow:

- 1 While holding your forearm at a 90° angle to your upper arm, encircle the cow's midsection with your fingers.
- 2 Squeeze until the cow looks similar to the "squeeze state" as illustrated below.
- 3 Repeat Steps 1-2 until you feel relaxed.



## Using your Stress Cow in self-defense

Using your cow in self-defense is not something to be taken lightly. We strongly recommend the following:

- Attend a Stress Cow safety course to be aware of the numerous ethical and legal ramifications of enforcing "cow justice." See "Training" on page 5.
- Although you probably want to keep the cow handy for use at a moment's notice, you should always keep the cow out of the reach of children. As an added measure of safety, lock it securely in a fireproof safe. Swallow the key.
- Do not brandish the cow or "show off" your quick-squeeze to your friends.
- If approached by an assailant, do not point the cow at the attacker if you have an opportunity to retreat from the confrontation. You don't want a hasty cow-squeeze on your conscience for the rest of your life.
- In your home, never squeeze at a suspected intruder until after you declare in a clear voice, "I am the homeowner! I have a Gateway Stress Cow! Don't make me squeeze this thing!"
- If a vigorous cow-squeezing does not stop the attacker or intruder, modify the above phrase by shouting, "Stop, or I shall squeeze you!" Remember, a cow is not required to squeeze someone directly.

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## Handling your Stress Cow safely

Just like other tools, Stress Cows can be used for both good and evil. Follow these safety precautions to avoid the dark side:

### 1. Be sure of the squeezable object.

Never squeeze anything until you have positively identified it. If you have not identified the object, you may inadvertently squeeze a cactus, porcupine, or insignificant other.



To prevent accidental squeezing of a real cow, study these differences:

- Real cows are considerably larger than a Stress Cow.
- Real cows usually smell worse than a Stress Cow.
- Real cows emit sounds and green substances from both ends.

### 2. Always keep your fingers off the cow until ready to squeeze.

This we call the "Golden Rule" because its violation is responsible for about 80 percent of the Stress Cow disasters we read about. When nearing a Stress Cow, people have a natural tendency to place their fingers on it. Don't do it! Rest your fingers on the table or desk alongside the cow, or fold your arms. Until you are actually ready to squeeze, do not touch the cow.

### 3. Always keep the cow pointed in a safe direction.

This is the primary rule of cow safety. A *safe direction* means that the cow is pointed so that even if it were to be accidentally squeezed, it would not cause damage or injury. The key to this rule is to control where the *snout* (front end of the cow) is pointed at all times. If you do not know how to safely pick up a cow, leave the cow alone and get help from someone who does.

### 4. Always keep the cow holstered until ready to use.

If you suffer from chronic stress problems and carry your Stress Cow in the convenient, patented HolsteinHolster™, carry it safely. Make sure the hindquarters strap is securely snapped down, and that the belt to which the holster is attached is buckled. If confronted by a law enforcement officer, immediately tell them you are wearing a cow. Never remove the cow from the holster to show off to friends, and never allow another person to handle the cow unless they have been trained in safe cow handling.

### 5. Wear eye, ear, and body protection as appropriate.

Cows are stupid, big, and loud. Their noise can cause hearing damage. They can also emit debris and hot gas that can cause eye injury. If panicked, they will stampede right over you. For these reasons, shatterproof glasses, hearing protectors, and body armor should be worn by squeezers and spectators.

Wait, this is a safety rule for *real* cows. Un-read the previous paragraph.

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## Caring for your Stress Cow

Your Gateway Stress Cow is a durable product. However, when transporting your Stress Cow, you should put it in an Gateway-certified carrying case or holster. For more information on Stress Cow carrying accessories, contact Gateway Sales at 1-800-555-9899.

## Cleaning

Regular cleaning is important in order for your Stress Cow to operate correctly and safely. Taking proper care of it will also maintain its value and extend its life. Your cow should be thoroughly cleaned after every use.

### Caution



If you have any question concerning your cow's ability to function, a knowledgeable cowsmith should look at it.

A cow brought out of prolonged storage should also be cleaned before squeezing. Accumulated moisture, dirt, or oil can prevent the cow from being properly squeezed.

### ➡ To clean your Stress Cow:

- 1 Remove the cow from its storage container or holster, then place it on a stable surface. Make sure the cow is placed in an upright position, on all four legs.

### Warning



Cleaning your cow is a delicate process and should be done only in an environment free from distraction. Remove pets, children, strobe lights, and mirrored balls from the room and store them in a safe place until you are done.

- 2 Point the cow in a safe direction.
- 3 Spit on it, then rub the saliva uniformly over the entire cow.
- 4 Wipe it with your shirt sleeve until it is udderly dry.

## Breeding

If want more Stress Cows, you must contact Gateway Sales at 1-800-555-9899. Do not attempt to breed Stress Cows for the following reasons:

- Stress Cows have traditionally been “cloned” using foam rubber injection molding technology. No other way of producing more Stress Cows has been discovered.
- Stress Cows exhibit a marked disinterest in all other cows, whether the cows are real or artificial.
- Your Stress Cow is an inanimate object.
- All Stress Cows are female.
- No Stress Bulls are currently available to the general public.

## Training

If, after reading the above precautions, you feel at all unsure about your ability to handle the cow, call Gateway Sales at 1-800-555-1666 to purchase a hard plastic Training Cow. Training Cows are oversize replicas of the Stress Cow to help you get familiar with Stress Cow anatomy, and are colored in attention-getting blaze orange to help prevent accidental contact.

Gateway Education also provides other cow-related courses to help you increase your cow handling proficiency:

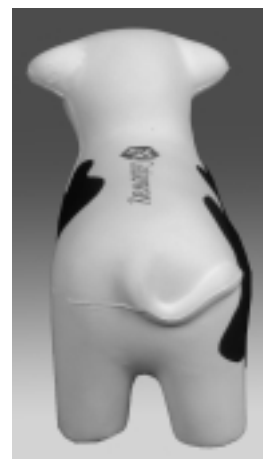
- Stress Cow Advanced Techniques
- Understanding Cows
- Cows in the Moovies
- Petting a Real Live Cow
- Looking at Real Dead Cows
- Recreational Bloating
- Where Glue Comes From

## In case of recall

In the unlikely event of a worldwide recall of the Gateway Stress Cow, do *not* return your cow. That's just what they *want* you to do. If you return your cow, the next thing you know they'll be confiscating other squeezable stress-relievers like koosh balls, hacky sacks, pillows, and sweethearts.

Instead, insert your Stress Cow into a small, watertight container (such as PVC pipe) and bury it in your backyard. When the jack-booted Department of Agriculture goons break down your door, you can honestly say, “It isn't here,” then break into maniacal laughter.

## The End.



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# Gateway



## Using your Stress Cow