

# Hawkwind, Sonic Attack

In case of Sonic Attack on your district,  
follow these rules.....

If you are making love, it is imperative to bring all bodies to orgasm simultaneously

Do not waste time blocking your ears

Do not waste time seeking a soundproof shelter

Try to get as far away from the sonic source as possible, but do not panic.....

Use your wheels, it is what they are for

Small babies may be placed inside the special cocoons, which should be left if possible, in a shelter

Do not attempt to use your own limbs

If no wheels are available, metal, not organic, limbs should be employed whenever practical.....

Remember, in the case of Sonic Attack,

Survival does mean every man for himself

Statistically more people survive

if they think only of themselves

Do not attempt to rescue friends,  
relatives, or loved ones.

You have only a few seconds to escape

Use those seconds sensibly or you will inevitably die

Do not panic

Think only of yourselves....

These are the first signs of Sonic Attack:

You will notice small objects, such as ornaments, oscillating.

You will notice a vibration in your diaphragm

You will hear a distant hissing in your ears

You will feel dizzy

You will feel the need to vomit

There will be bleeding from orifices

There will be an ache in the pelvic region

You may be subject to fits of hysterical shouting,  
or even laughter

These are all sign of imminent Sonic destruction

Your only real protection is flight

If you are less than ten years old,

then remain in your shelter and use your cocoon

But remember: You can help no-one else,

No-one else,

No-one else.....