

Letter to the Editor - This one's for you Karen!

Dear Karen:

How appropriate ... 1984 is only 4 days old and now Big Sister (and everyone else who reads the Personals) is watch-

ing me.

Actually, I'm grateful. Any incentive to stay off cigarettes is welcome, because let's face it ... it's tough

going.

It's tough to give up shortness of breath, smokers' cough, and yellow teeth. It's not a simple matter doing without orange-coloured fingers, smelly ashtrays, and burn-holes in clothes and furniture. And I'm really going to miss going out in -40 degree weather at 10:00 p.m. on a Sunday night to get another pack of smokes.

Then too, I've probably lengthened my life

by several years, avoided some premature wrinkles, and cut my chances of lung and/or heart disease by about 50 per cent, but I guess I'll just have to live with that.

I can understand why, in the face of all these things, you choose not to quit. What I can't understand is why someone like you, fiercely independent in the great journalistic tradition, can so easily (and publicly) give in to

a chemical dependency.

And speaking of publicly, since you've chosen to make both our personal habits a matter of discussion in the streets, here's my public challenge to you:

(1) Print this letter.

(2) Quit smoking. Do it during "Stop Smoking Week" later this month. In fact, do it on "Weedless Wednesday" along with thousands of others.

Go. Go for it. I dare you. I double-dare you. I triple-quadruple-right-here-in-front-of-your-faithful-readers-dare-you.

I'll go a step further. If you'll quit, I'll help. Anytime you get a craving for a smoke, day or night, you call me, and we'll talk until it goes away. Kind of a "Smokers' Anonymous", just between us.

One other point. I like to think I'm an honour-

able person; so if I do start smoking again, I'll save your readers the trouble of catching me. I promise, right here in print, to turn myself in to you, personally.

Then you can mail me the reward later.

Regards,

Larry Simons

Editor's note:

It's a deal Larry! P.S. To you the readers ... we'll keep you posted on our progress.

FUNERAL ANNOUNCEMENT

JOHNSON - The death occurred of MCPL James Johnson by drowning, during a fishing trip off Vancouver Island, on or about Dec. 29, 1983. Jim received his education and was well known by many friends and relatives in Rossport, Schreiber and Terrace Bay.

He leaves to mourn him, his wife, the former Elaine Long and their two children Tammie and Christopher of Victoria, B.C., his mother Margaret of Winnipeg, three sisters Sally of Kitchener, Donna of Windsor and Shannon of Winnipeg, two brothers Patrick of Thunder Bay and Tim of Winnipeg and several other relatives who survive throughout the area.

Jim had been in the Royal Canadian Navy for 27 years, with the exception of two years posting to Winnipeg, the remainder of the time had been spent in Victoria, B.C. which he truly loved. He had an enthusiastic love for life which included his family and his faith. His main hobby was salmon fishing. Jim will be sadly missed by all who knew him and loved him.

Make January the month you stop smoking

New Year's Day is the time most people compose a list of resolutions to start the year off right. Losing weight and getting more exercise usually make the top five. But for thousands of Canadians, giving up cigarettes will be the number one item on their list.

If you blow your impassioned New Year's resolution to kick the cigarette habit, don't worry - you have another opportunity to make

amends during National Non-Smoking Week, January 22-28.

Three out of four smokers make a serious attempt to stop smoking at some point in their lives; unfortunately, only one of them succeeds. Why? Because cigarette smoking is more than just a psychological habit - it's also a physical addiction to nicotine.

"Smokers don't like being called nicotine addicts, but they are," said Dr. Chris Steele, a family physician who runs the largest stop-smoking clinic in the United Kingdom, on a recent visit to Canada.

Just as the alcoholic must have a drink early in the day to function, the tobacco addict reaches for a cigarette the first thing in the morning. In fact, the earlier in the day that a smoker lights up, the greater the nicotine dependence. Research indicates that the first cigarette of the day boosts the level of nicotine in the blood, and increases the heart rate more rapidly than with any other cigarette smoked during the day.

Pipes, cigars, chewing tobacco and snuff have been used by mankind far longer than

cigarettes, but they may be just as addictive, depending upon smoking frequency and the level of inhalation from pipes and cigars, or the amount of snuff or chewing tobacco ingested.

Interestingly, it's the length of time someone smokes, not how heavily, that leads to lung cancer. It is more dangerous to smoke 10 cigarettes a day for 40 years than to smoke 20 to 30 cigarettes a day for 20 years.

These are the kinds of facts family physicians can provide. A good working relationship with the doctor can make the difference between success and failure in a smoking cessation program. It takes a tremendous amount of willpower to quit, and not everyone can do it on their own.

"Smoking cessation treatments have been around for the past 20 years, and all kinds of techniques have been tried - hypnosis, acupuncture, electric aversion therapy and rapid smoking. None have been as effective as the physician's personal attention," said Dr. Steele.

Modern medicine today endorses a compre-

hensive strategy of long-term maintenance, continuing abstinence and behavioral coping techniques, which has proven to be much more successful in helping people to give up smoking.

Nicorette, a nicotine-containing chewing gum, was developed several years ago to help ease the physical withdrawal symptoms that usually accompany cessation.

"I've had great success in the U.K. with the nicotine chewing gum," said Dr. Steele, who has used Nicorette in his practice for three years. "Nearly half of the smokers who use nicotine gum under medical supervision are still free of the smoking habit a year later," he said.

Nicorette has been available in Canada by prescription since 1979. One piece of gum can produce up to the same level of nicotine as one smoked cigarette.

During the first week of treatment with nicotine chewing gum, patients throw away their cigarettes but replace the nicotine their bodies crave by chewing from 6 to 10 pieces of gum per day. They gradually re-

duce the amount of gum chewed; after three months, they give it up completely.

Added Dr. Steele, "It takes willpower and a strong determination to stop smoking. Resolving to quit smoking on New Year's Day or during National Stop Smoking Week may be just the psychological boost smokers need to beat the nicotine habit for good."

Tips to Quit Smoking

Just as there is more than one reason for smoking, there's also more than one way to quit. Begin your successful smoking cessation effort by applying the following principles: **Desire**

Wanting to quit is the single most important factor, since the withdrawal symptoms and cravings can last for several months.

See Your Doctor

Your family physician can help personalize your smoking cessation program, and give you the support you need to succeed. Nicorette, a nicotine-containing chewing gum, is available by prescription to help break the cigarette habit and ease physical withdrawal symptoms.

Avoidance

Avoid certain social situations where you know you'll want to smoke. After you survive the first crucial weeks of withdrawal, you won't need to take such drastic measures to preserve your sanity.

Substitutions

Take up a hobby that requires concentration or increased activity. Focus your mind on more pleasant activities during the moments when your willpower is wilting.

Deprivation

You can only lick one problem at a time. Don't deprive yourself of food; continue eating normally, and don't worry about weight gain until after you've kicked the cigarette habit.

Imaging

Associate smoking with blackened lungs and smelly breath, or create positive self-images of yourself as a healthy, active, easy-breathing non-smoker.

Interior Dialogue

When temptation strikes, identify the cause. Many smokers automatically reach for a cigarette without realizing why. Keep a



The

Manor House

We would like to take this opportunity to send our

New Year's Greeting

and Thank You for your Patronage.

We expect to be in Terrace Bay / Schreiber in January and look forward to serving you in the New Year.

The

Manor House

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