

January 15 to the 21 is non-smokers' week

Jan. 15 to Jan. 21 is National Non-Smoking Week and the following stories have been provided by the Stop Smoking Information Bureau.

It is the bureau's intention to generate public awareness about the health risks of smoking and strategies on how to "join the quitting team."

It's time to put your good intentions and New Year's resolutions into full gear by living up to your commitment to stop smoking.

Follow these basic principles to help you kick the habit and start on the road to a smoke-free lifestyle.

1. Motivation

It's the key to any goal. You must want to quit for yourself- not for your family, not for your friends.

2. Analyse

Find out which situations make you crave a cigarette, write them down and look for a pattern.

3. Imagine

Think of yourself as a non-smoker; healthy and smoke-free.

4. Support

Enlist the aid of your family and friends. Talk to your doctor; he may recommend a smoking cessation aid, nicotine chewing gum, to help you cope with your community for smoking cessation programs offered by local health agencies.

5. Planning

Stay away from situations you associate with smoking such as parties or bars. Not forever- just for now.

6. Activity

Keep active. Take up a new hobby or rediscover an old one to take your mind off cigarettes.

FAGERSTRÖM NICOTINE TOLERANCE SCALE

Answer the questions and assign a value to each response. Each answer in column A equals "0". An answer in column B is worth "1" point. Give yourself "2" points for each answer in column C. Total the number of points to arrive at your final score. The highest possible score is "11".

Results: If you score "7" or more you are considered to be highly dependent on nicotine. If you score less than "6", your nicotine dependence is mild to moderate.

	A	B	C
1. How soon after you wake up do you smoke your first cigarette?	After 30 min	Within 30 min	—
2. Do you find it difficult to refrain from smoking in places where it is forbidden, such as the library, theater, doctor's office?	No	Yes	—
3. Which of all the cigarettes you smoke in a day is the most satisfying one?	Any other than the first one in the morning	The first one in the morning	—
4. How many cigarettes a day do you smoke?	1-15	16-25	More than 26
5. Do you smoke more during the morning than during the rest of the day?	No	Yes	—
6. Do you smoke when you are so ill that you are in bed most of the day?	No	Yes	—
7. Does the brand you smoke have a low, medium, or high nicotine content?	Low	Medium	High
8. How often do you inhale the smoke from your cigarette?	Never	Sometimes	Always

7. Live

Continue to eat normally and consider starting an exercise program to help avoid gaining weight. Try to enjoy life.

8. Substitute

Keep a bowl of low calorie snacks nearby. When you crave a cigarette, substitute a carrot stick, chew sugarless gum or have a diet drink instead of a high-calorie snack.

9. Reprogram

Break the habit! If coffee signals cigarettes, switch to tea. An after dinner cigarette? Go for a stroll in the moonlight instead.

10. Be optimistic

Quitting is a process, not an event. If you slip up, don't get discouraged, try again.

If you're a smoker and think you can kick the habit any time, think again. For many, smoking is not merely a simple habit but an addiction because

nicotine, the drug found in cigarettes, is an addictive substance.

Dr. Karl-Olov Fagerstrom, from the renowned Smoking Cessation Clinic at the Ulleraker Hospital in Uppsala, Sweden, conducted a series of studies over a one-year period to examine nicotine addiction.

He discovered that smokers who had difficulty in quitting were usually more dependent on nicotine.

He also found that the seriousness of withdrawal symptoms is determined by the degree of the smoker's nicotine dependence.

These findings led Dr. Fagerstrom to develop the **Nicotine Tolerance Scale** to measure a smoker's dependence on nicotine.

He found that people who scored seven points and higher are considered more dependent on nicotine and often need help to stop smoking.

Dr. Fagerstrom's research confirmed that more dependent smokers benefitted most from Nicorette, a nicotine chewing gum, to help them quit.

The gum alleviates the symptoms of nicotine withdrawal by substituting nicotine in a less harmful manner and without all the toxic substances found in cigarette smoke.

Whenever the smoker feels the urge to smoke, he slowly chews a piece of nicotine gum.

This allows the smoker to focus on overcoming some of the habits associated with smoking without having to cope with nicotine withdrawal.

When the smoker no longer feels the urge to smoke, he gradually weans himself from the nicotine chewing gum.

In order to determine your level of nicotine dependence, complete the Fagerstrom Nicotine Tolerance Scale. Once you have learned your score- that is, how dependent you are on nicotine- you can use that information to help plan your own personal smoking cessation program.

You may want help to quit. Talk to your doctor before deciding which smoking cessation approach is best for you.



TOWNSHIP OF SCHREIBER TENDER NO. MB(1) - 1987 CHIMO CLUB RENOVATIONS

The Township of Schreiber is now accepting tenders for renovatons at the Schreiber Chimo Club, 307 Scotia St. Schreiber, Ont.

Tender Closing time and date is:

Wed. 21 January 1987, 4:00 p.m.

Tender Forms and documents may be obtained from the Schreiber Municipal Office, 608 Winnipeg St. (824-2711).

Lowest or any Tender not necessarily accepted.

CHIROPRACTOR

Nor-Shore
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WEDNESDAY
12 to 8:00 p.m. or Sportsworld

824-3336

824-2506



Perth's

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Comforters & Bedspreads..... **4.99**

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7 Simcoe Plaza
Terrace Bay
825-3776

TRAILER PARK
Schreiber
824-2617



As the holiday season approached, there was plenty of partying around. These folk at the

Moose Lodge did not let anything stand in their way of having a good time.

THE LAW OFFICE OF EDWIN W. (TED) PAGET

can now accommodate clients in Schreiber & Terrace Bay

For appointment, call:

825-9379 or 9395

or

824-3122

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TERRACE BAY, ONTARIO
(Mon. - Fri. 10:00 a.m. - 5 p.m.)

302 SCOTIA, 2nd Fl. (above
Library)
SCHREIBER, ONTARIO
(Tues. 9 - 12 a.m. & 1 - 5 p.m.)