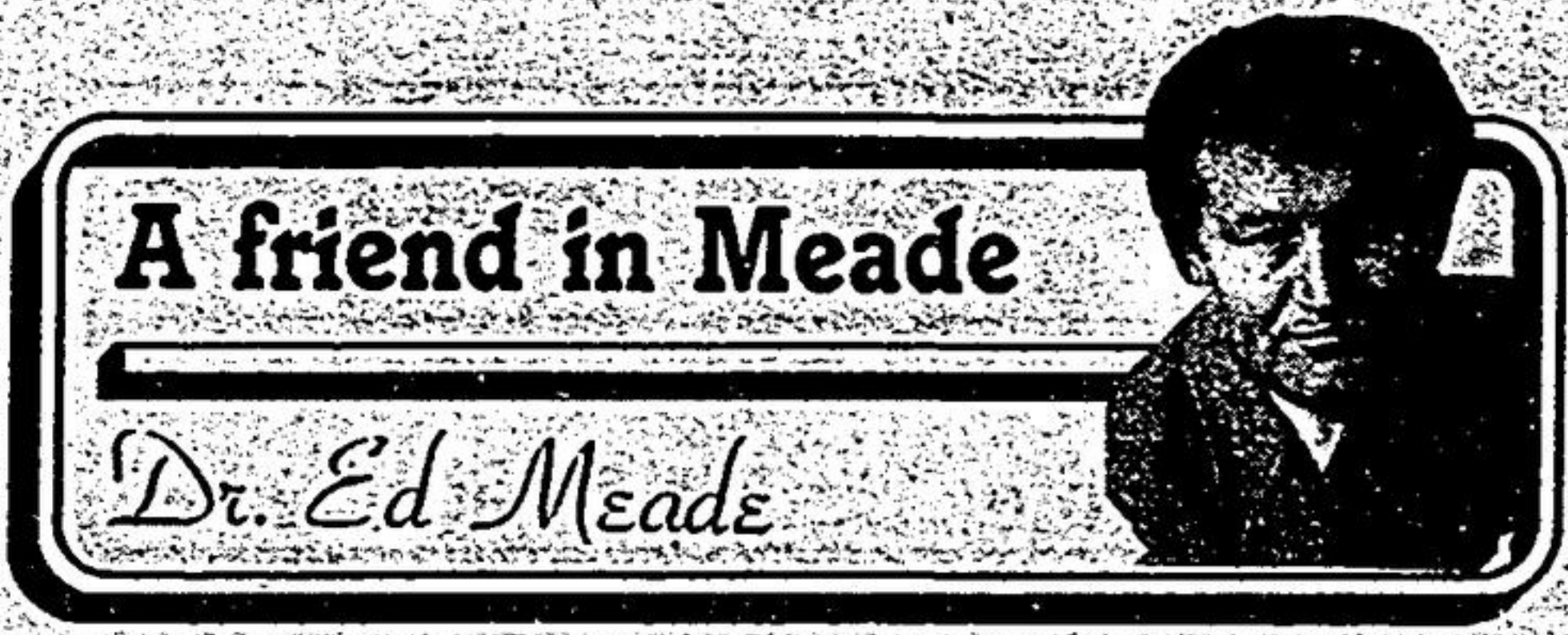


# Girl angered by parents' smoking

Dr. Ed Meade is a registered psychologist and director of the Markham Stouffville Family Life Centre. In this column, he answers questions from readers who remain anonymous.



**Q.** I am the only one in my family who doesn't smoke. I am very upset about my parents. My mother was told she has emphysema eight years ago. Between them they smoke four packs a day at least. I've tried talking to them about it but they just get angry. Do I just give up, or do I keep trying?

**A.** The risk to health associated with tobacco smoke is now well-established. Cigarette smoking is seen as one of the major health hazards of society. Heart disease, lung cancer and emphysema are just three of the major health hazards associated with cigarette smoking.

Besides the major hazards, one's general feeling about self, the ability to enjoy a deep breath and the ability to enjoy exercise all improve when one stops smoking.

As a non-smoker, you could insist that your family members respect your health and refrain from smoking, especially in closed areas. You may ask that there be designated areas in the home which can be smoke-free.

You could encourage your family members to join Smoke-Enders (963-9042) or any of the other treatment methods to avoid the health hazard of smoking.

By not smoking you are doing something positive; promoting your own health. That is a statement in itself which your family members cannot ignore.

**Q.** I am a compulsive nail biter. How can I ensure that my children will not acquire the same habit?

**A.** A compulsion is a repetitive act which appears to be beyond one's own self-will. Rather, the habitual repetitive act appears to be imposed on the individual.

Nail biting is one of the more common habitual behaviours which, harmless enough, is most annoying. Whether or not you have attempted to overcome your habit is a question you leave unanswered. What you are more concerned about is the effect your habit is having on your children.

Children do not necessarily pick up the bad habits of their parents. However, there is no way, in my opinion, to ensure that your children will not adopt a similar habit.

The psychologist Bandura has demonstrated some effects of modelling when he pointed out that children who watch movies in which mannequins are violently struck are more likely to exert violence in their own play than children who have not been exposed to movies displaying violence.

The point I am making is this. There may be some learned be-

haviour that your children will pick up through their identification with you. By understanding your behaviour, integrating it and consciously working at overcoming it, it will assist your children in avoiding this annoying habit.

**Dr. Meade welcomes your questions. If your response is published, name and identity, if included will be withheld. Questions may be directed to the Markham Stouffville Family Life Centre, 113 Main St. Markham.**

## More Milliken news

By **BARB YANEVSKY**  
Carlton Pearce, tennis coach of the Milliken Mills Tennis Association, reports that the club had a very successful season so far this summer. There was a very good turnout.

The club competed in the Inter-County Tennis Association Tournament of which it is a mem-

ber. This association is made up of six tennis clubs from surrounding areas.

The adults who were entered in the mixed tennis competition, have completed their matches.

The junior boys also competed in the Inter-County Tennis Tournament and placed in the finals again this year.

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