

# Quit Smoking and Such and . .

smoking, says the National Clearinghouse for Smoking and Health, your problem isn't going to be smoking but just staying alive.

If you're a heavy smoker — using a pack or more a day — you've heard it all before. You know you're leaving yourself wide open to diseases like coronary heart disease, chronic bronchitis, emphysema and cancer. But you're still smoking, and maybe looking for some tips on how to cut down a little.

The National Clearinghouse for Smoking and Health suggests the following steps if you find it impossible to quit smoking right now:

1. Don't smoke your ciga-

rette all the way down. Smoke halfway and you get only 40 per cent of the total tar and nicotine.

2. Take fewer draws on each cigarette. Put it in an ashtray between draws instead of holding it.

3. Reduce your inhaling. Take short shallow draws. Remember, you're not gulping in fresh Indian mountain air.

4. Smoke fewer cigarettes each day. Pick a time of day not to smoke — before breakfast, on the way to work, between 3 and 4 o'clock. Then make it a habit, and every time you reach for a cigarette, think about it. See if you can't postpone it for a short while.

5. Change the place you usually carry your cigarettes. At work, keep them in a drawer or other place out of reach. Keep matches or lighter in another place. Make it an effort to smoke.

The whole idea is to change the patterns of your habit. While cutting down is not as good as quitting, it can reduce the health danger a little. And by changing your habits now, you may find it easier to quit entirely after a while.

After you do quit, stay pretty close to your doctor. Get yearly check-ups at least.