

# Chain smoker attempts to douse her cigarette habit

If you are a smoker, the odds are you're thought about or have tried to quit. So has free-lance writer Barbara Arnoldussen. But this time she's trying to kick the habit for good. So Barb, along with several hundred other Oakland County residents, enrolled in a stop smoking clinic. Overnight, she had to change her eating and drinking habits. Even the timing of showering was part of the regimen. In this story, the first of three parts, she tells what that first night was like at the clinic. In future editions, she'll explain whether she, or any of her suffering classmates, have been able to break the cigarette habit.

By Barbara Arnoldussen



Institute's parking lot Tuesday evening.

But I saw several people staying in their chilly cars until the last minute to enjoy "one last cigarette."

DR. WEAVER opened his talk with the statement that "the drug scares me. I'm a cancer surgeon and get paid for operating. I do this for free. Maybe it clears my conscience."

He then showed a movie that told of a newspaper editor who discovers a lung tumor on a routine, but delayed, chest X-ray.

The opening scene shows him lighting a new cigarette from his old one. The narrator states he needs to relax with a cigarette, and then the camera zooms into a shot of his overflowing ashtray.

The Cranbrook audience laughed nervously as the narrator commented, "He's relaxed a lot today."

But absolute silence greeted the first look at the actual lung "whose blackness showed the collection of fat residues." The narrator continued.

"Many packages of relaxation were needed to effect this discoloration."

KATHIE WUNDERLICH, associate director of external affairs at Cranbrook, who arranged the clinic, told the audience after the movie that she used to smoke four packs a day.

"But four years ago in Dr. Weaver's clinic, in this very room, I quit," she said.

Dr. Weaver added a comment. "Can't you imagine how she used to smell?" he asked. "No 'Evening in Paris'... just stale tobacco."

"Everyone who can quit easily, quit long ago," Dr. Weaver told the crowd. He ruled out the theory that "All you have to do is make up your mind."

"Let's face it, this group is the slow learners, the remedial class, the hard-core smokers."

THEN, THE group was told by John Swanson of the three-pronged attack which would be used to stop the urge to smoke.

"Don't say 'I will never smoke again.' Instead say 'I choose not to smoke.'"

Like a dutiful remedial class, we recited that sentence three times. The next step to counter the desire for smoking was a deep breathing exercise which includes coughing twice after exhaling.

If both of those fail, aversion therapy is next. Ordinary rubber bands were distributed as "door prizes" to everyone.

"Snap it on your wrist so that it stings," Swanson instructed. "That will divert your attention from the urge to smoke."

DR. WEAVER also instructed us to get rid of all cigarettes "to stop the automatic response of unconsciously lighting one from habit."

An audience member asked the question on my mind.

"What do you do about getting rid of all the cigarettes in the house if your spouse continues to smoke?"

"Since you can't get rid of him or the cigarettes he smokes," Dr. Weaver replied, "you could ask him to smoke elsewhere or go for a walk yourself to remove yourself from the smoking atmosphere."

"It's going to be awfully lonely," said the woman sitting next to me.

COMPANIONSHIP is not going to be the only sacrifice.

On Tuesday, were told that our diet for the next 28 hours could consist solely of fruit and fruit juices, unless medical conditions required otherwise.

"Oh no. Now I've got to get to the grocery store on the way home,"

moaned a woman near me. I thought of the meager two pieces of fish I had for dinner.

"No alcohol," Dr. Weaver continued.

"Oh no. That's what I was going to spice up my fruit juice with," confided the woman at my side.

But the hardest, and most surprising, instructions were that no caffeine beverages would be allowed. One woman spoke for a great number of us.

"I don't know how I'm going to get going in the morning," she said. "You can always suck your thumb."

Dr. Weaver counseled, "No one ever died of buck teeth."

Additional directions were contained in a booklet distributed at the end of his lecture.

I CAN follow directions.

By Wednesday morning, I had "chain eaten" five tangerines and an apple. I'd lost track of the number of mugs of lemon juice and hot water I'd consumed.

My husband locked up his cigarettes in his car and took away my key. I took a short walk necessary before going to bed Tuesday night. It was 17 degrees outside.

I have a reddened left wrist and have broken three rubber bands already. The booklet's second instruction answered any fears about germs inhaled during the coughing exercise at Cranbrook. A warm bath or shower is required before going to bed, and another one before the "bowl of fruit" in the morning.

Wish my desire for cigarettes could go down the drain as easily.

## O.U. professor writes best-seller without hoopla

By ED BAS

Paul Tipler has a best-seller on his hands, but there are no autograph parties, no interviews waiting on morning talk shows. Some would consider his subject matter a bit dry. Other consider "Foundations of Modern Physics" a necessary part of the college curriculum.

Tipler is an associate professor of physics at Oakland University. Not only is his book well received in textbook circles, but his publisher granted him enough of an advance to take a year's sabbatical and finish the book at the University of California at Berkeley. "It's just a nice place to work," he said.

Tuesday morning Tipler showed up at OU bright and early for his 8 a.m. class, though no one told him classes had been cancelled. So instead of teaching, he took to his cluttered office and battered typewriter. A sign on his shelf reads "It's only January and already I'm three months behind."

Tipler, who has taught at OU since 1960, said he doesn't enjoy writing, doesn't like the time and effort that go into it. Yet the book is his third and has sold over 50,000 copies, from Maine to California.

WRITING BECAME an extension of the class notes he would hand out to supplement textbooks. "There are really a lot of bad textbooks out," he said. He describes himself as a "careful" writer, rewriting everything several times. It's tougher when writing a textbook. He gets letters fairly often from readers who find, or think they find, errors in his book.

"I never taught from a book I've written," he said. "It's too repetitious. I feel I have to go on and do something else. However, I always enjoy it when a student will bring my book to me and ask me if I know what they (the writer) meant."

His success has gone relatively unnoticed. His publisher, Worth of New York, had only three or four books before Tipler's. "They were new, but energetic and enthusiastic," he said.

The book is dedicated to Libor Velitsky, a fellow professor who began the book with Tipler, but died of a heart attack last year while jogging on the OU campus.

One of the unusual features of the textbook is use of still photos from old movies, including those of Charlie Chaplin and W.C. Fields. "It's great to be able to illustrate a point with them," Tipler said. There are also pull-out essays by some of the brightest stars in physics, including pieces on Ben Franklin and Isaac Newton by I. Bernard Cohen of Harvard.

FOR EXAMPLE, did you know that Franklin was an early physicist

accepted in Europe's scientific circles, which paved the way for his later role as diplomat? He was also elected a member of the British Royal Society, and his dues were waived.

"Some people say the book is too easy. Some say it's too hard," Tipler said. Some of the book is readable by the layman, other pages are covered with formulae and devoted to "harmonic waves in one dimension" and "interference of two point sources." It sells for \$15, but is an attractive book in two colors, with hundreds of line drawings and photographs.

"It's amazing how you can get some famous people to write something for your book, just by asking them," Tipler said. "I told the publishers who to ask, and they came through." He uses much the same method for obtaining photographs he likes rather than relying completely on the publisher to supply them.

Tipler said one of the most exciting areas of modern physics has to do with elementary particles, though smaller than the atom that exist only for tiny fractions of a second in atomic accelerators such as the one at Berkeley. It is one area of research that is constantly changing.

One particle, the quark, has properties known as up, down, color and charm, but scientists have yet to isolate a quark. It is one of the new frontiers of physics.

Whenever he isn't teaching or writing, Tipler can probably be found cross country skiing out behind the university. He is married and lives in Avon Township. He was born in Wisconsin and attended Purdue and the University of Illinois. He drives a Volkswagen Rabbit and is proficient with chopsticks as he is with a typewriter.

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