

Writer experiences agony of nicotine cutoff

Free lance writer Barbara Arnoldsson, like more than 200 people crammed in Cranbrook's Stop Smoking Clinic is trying to give up cigarettes. But if she hasn't been seen in this story, the second of three parts, she tells about it's been like to live without a quartly for 28 hours. Like others in the group, she is nervous, when she stands and feeling a little shaky between desire to light up and not want to do this to quit.

This article should probably have a disclaimer at the beginning: It was composed by a former chain-smoking, coffee-drinking, wine-with-dinner person who has not had an injection of nicotine, caffeine or alcohol at the three day mark of Dr. Arthur Weaver's Stop Smoking Clinic at Cranbrook, Bloomfield Hills. I am irritable as hell. I am unable to concentrate. My eyes water, and sharp, stabbing pains across my head at random intervals. I yelled at my son so loudly that he told me he couldn't understand the words. I was ready to declare war on the woman in the department store refund line who tried to steal my place.

I argued with the university admissions officer who told me my name was not on the computer print-out of admissions. "As far as we're concerned, you don't exist," she said, summing up her position. I exist. I hurt. And I'm not alone.

I ARRIVED AT Cranbrook's Science Institute auditorium 20 minutes early the second evening of the clinic. Fifty people were already there. "I just had to get out of the house," one woman said. "I couldn't stand my family and they couldn't stand me." Another woman also used the room as an oasis. "Evenings are the worst for me," she said. "I come here as soon as I finish dinner, and then go to bed immediately when I get home." Dr. Weaver selected several members of the audience to tell their reaction to the first day of not smoking. An athletically built man, who had smoked more than two packs a day for 15 years, complained of muscle cramps. "But even worse," he said, "every 15 minutes, which corresponds to how often I used to light one up, I get the strong urge to smoke."



By Barbara Arnoldsson

from the last row to give her reaction. "I hurt from head to toe," she said. "I hope I can quit smoking before I get here. I just can't get anything done at the office." "It will help if you think of smoking as a loaded pistol," said John Swanson, who introduced a movie to the group. "I got so nervous, I searched for a cigarette." But she couldn't find one, and so had not smoked. A young mother said she had slipped twice and smoked. "First, they called me when I school to take my son to the doctor. So I had a cigarette. "And then I found I couldn't even go into the grocery store without having a cigarette first. So I came home and had coffee and a cigarette." That was still more than a dozen fewer than her habit of 20 years. DR. WEAVER selected a woman

Then he fed a drop of pure nicotine to a mouse, who jerked frantically before being frozen in death. The third evening's movie, "I'm Sorry Baby," showed the effect of smoking on nonsmokers exposed to the fumes. The hero was blown with a guest who had lit up. "We purposely don't have any ashtrays in the house, because of our daughter's health." DR. WEAVER again selected people from the audience to measure the group's response. An area businessman began by mentioning his dizzy spells. "But even worse, I couldn't concentrate," he said. "I thought about cigarettes constantly." "What method helped you the most to not smoke," Dr. Weaver asked. "Hitting people," he replied, happily only kidding. The next woman described her day as "miserable and horrible." "I had chills, shaking and I couldn't get warm. I got so sleepy and had such vision problems. I had to leave work." The audience murmured sympathetically. "My boss had to drive me home," she added, and we felt even worse. "I'm going to make it through and continue to quit," she said.

straightening her back. "I never want to go through this again." Amen to that. THE FRUIT and fruit juice diet that we had to stick to the first 24 hours of the clinic had been changed to a regular diet, low in spices, with plenty of fruit and water. Still no coffee or alcohol allowed. We must still shower both at night and in the morning. And walk after every meal. And still I hurt. Dr. Weaver explained that such hurt could be expected. "It takes more than 48 hours to flush the nicotine out of your body," he said, adding that the symptoms show the strong effect nicotine, caffeine and alcohol have had on the body. Finally, he cautioned us not to consider our present condition permanent. Rather, it is only a temporary response to the "introduction of a new habit—the nonsmoking habit." When three-quarters of those attending stood to indicate they had had a smokeless day, Dr. Weaver congratulated them. "QUITTING TODAY adds five years to your life statistically, regardless of how long you have smoked," he said. "This is because nicotine has an immediate effect, and so does its withdrawal."

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CURTAIN TIME
The Corn Is Green. Joanne Arnold and Tom Spackman head the lively cast in Emlyn Williams' shining drama of teacher who inspires young Welsh coal miner to higher education. Through Sunday, Jan. 22, at Meadow Brook Theatre on Oakland University campus in Rochester. Performances are at 8:30 p.m. Thursday and Friday, 2 and 8:30 p.m. Saturday and 6:30 p.m. Sunday. Tickets at Hudson's or by calling Meadow Brook box office, 377-3300.

Costumes and Other Props a musical revue at the Botsford Inn in Farmington Hills. R. Diehl Production presented in dinner theater format on Thursdays, dinner at 7, show at 8:30 p.m.; and Sundays, dinner at 6, show at 7:30 p.m. Ticket information at 474-8000.

Come Blow Your Horn Neil Simon's Broadway comedy starring Vic Caputo of WJBK-TV runs through Saturday, Jan. 20, at Cracker's Dinner Theatre in the lower level of Squires Table Restaurant in Walled Lake. Ninth Pierre Turgeon/Jimmy Launce Production. Diner at 7:30 p.m.; show at 8:45, every Friday and Saturday. Reservations at 624-6660.

One Flew Over the Cuckoo's Nest

drama runs Friday, Jan. 20, through Saturday, Feb. 4, at Will-O-Way Repertory Theatre, Bloomfield Hills. Curtain time 8:30 p.m. Friday and Saturday. For information and reservations call 644-4418.

The Sunshine Boys comedy by Neil Simon presented by the Ridgedale Players Friday-Sunday, Jan. 20-22, at Ridgedale Playhouse in Oak Park. Curtain time 8:30 p.m. Friday and Saturday, 7:30 p.m. Sunday. Afterglow following each performance included in price of admission. Ticket information from Ann Sale at 541-7229.

A Greek Odyssey dinner, dance and a theater-in-the-round performance of "Antigone" by Jean Anouilh presented by Roper City and Country School at 7 p.m. Saturday, Jan. 21, at Roper School in Bloomfield Hills. For ticket information call 642-1800.

Promises, Promises Broadway hit based on Neil Simon comedy with music by Bert Sheinwald and lyrics by Hal David, presented by Birmingham Village Players on Friday and Saturday, Jan. 27-28; Thursday-Saturday, Feb. 2-4; Friday and Saturday, Feb. 10-11 at playhouse in Birmingham. Curtain 9 p.m. except Thursday at 8. Ticket information at 644-2075. AFS Benefit Night: Thursday, Jan. 26; call Judy Manum at 647-0192 for information.

Charlie and the Chocolate Factory written and adapted to stage and screen by Roald Dahl presented by Farmington Family Players at 7:30 p.m. Friday-Saturday, Jan. 27-28, 7 p.m. Sunday, Jan. 29; 7:30 p.m. Saturday, Feb. 4; and 7 p.m. Sunday, Feb. 5, at Franklin Community Church, Feb. 3 is a snow date. Tickets by calling 632-8222 or 642-8357. Group rates available.

CONCERTS
American Artists Series presents chamber music concert for flute, harp, strings and piano at 3 p.m. Sunday, Jan. 22, in museum of Cranbrook Academy of Art in Bloomfield Hills. For information call Cranbrook Museum at 615-3312 or 672-2220.

Musical Photo-Paintings of Richard Vernick featured by West Bloomfield Symphony Orchestra under direction of Felix Resnick at 7:30 p.m. Sunday, Jan. 29, at West Bloomfield High School Auditorium. Tickets priced for adults and for senior citizens and youth under 18. Reservations suggested; call 851-2243 or 661-4820.

TALKING
Religious Cults and the Deprogramming Effort presented in Coffee & Conversation Series at 1:30 p.m. Tuesday, Jan. 17, at the Community House in Birmingham. Kathy Buttery, deprogrammer, and attorney Morton Eden bring program. Further information at the Community House, 644-8832.

Coping With Change series by Rabbi Sherwin Wine presents program at 8:30 p.m. Monday, Jan. 16, at the Birmingham Temple in Farmington Hills. Discussion centers on Amaury de Biencourt, author of "Sex, Power and History." Admission charge.

For area events in Oakland County be considered for listing, send information to: Ed Simmons, Entertainment Editor, the Observer & Eccentric, 1225 Bowers, Birmingham 48012. Deadline is two weeks in advance of event.

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Board will try again Tuesday
A meeting of the Southfield Board of Education was cancelled last Tuesday because of the snow storm. That meeting has been rescheduled for 8 p.m. Tuesday at Leonard Elementary School, 20900 Independence. The meeting is open to the public. Board members will consider establishing a series of goals for student learning and a statement of intent for the school board, among other goals for the school district.

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