

Want To Stop Smoking? Parks Called Cheap Start Counting Cigaretts

ANN ARBOR -- If you want to cut down your smoking, start counting.

A three-week study of smokers attempting to cut down indicates that counting the num-

ber of cigarettes you smoke makes the habit easier to control.

The first group cut down an average of 30 per cent, the second group 32 per cent, the third group 27 per cent, and the final group 40 per cent.

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Furthermore, if you count half cigarettes instead of whole ones, the chances of controlling your smoking are even greater.

Stuart Albert, a University of Michigan social psychologist who conducted the study, speculates that most people feel little control over big and vague units like the number of packs or cartons.

As an experiment, he recruited 50 smokers who expressed an interest in cutting down. Dividing them into four groups, he asked each to report daily for three weeks on the amount smoked.

One group was asked to count the number of cigarettes smoked in one day. Another group was asked to count the number of half cigarettes smoked in one day.

The third group was asked to count the number of cigarettes smoked each half day and the final group counted the number of half cigarettes smoked each half day.

AT THE SURVEY'S conclusion, some people expressed most confidence of their control over smoking, particularly those who had counted in units of half cigarettes.

Although only a few persons were studied, Albert thinks the encouraging results provide the basis for further research.

There was little evidence of progressive cutting down. Those who cut down by one cigarette a day the first day of the study maintained the same general level over the following three weeks.

Albert thinks that during the three weeks, some subjects began incorporating the smaller units of measurement into their thinking.

For example, before the study began, one smoker said he smoked "about a carton a week." After the study, this smoker reported smoking about 15 cigarettes a day.

Before the study, few subjects reported smoking in units smaller than packs per day. After the study, most reported in units of cigarettes or half cigarettes per day.

LANSING -- Gov. Romney's bonding proposals aimed at providing \$335 million for water pollution control and \$100 million for recreation would carry a big impact at state and local levels without adding more taxes, Conservator, Director Ralph MacMullan points out.

The bonding funds would also permit the Conservation Department to install new Great Lakes fisheries stations and egg-taking facilities, develop additional pipe marshes with spawning reefs and channels, and build fishing piers in people-impacted areas of the state.

The two bonding measures must clear the state Legislature by a two-thirds vote and then gain a majority of "yes" ballots in this November's elections.

In a special briefing before the Conservation Commission, MacMullan described the bonding proposals as being at "reasonable" levels which would give thrust to the Department's plan for clean waters and recreational expansion.

HE EXPLAINED that two bond programs are about to be reauthorized which provide approximately the same funding amounts as sought for the pair of bonding measures requested by Gov. Romney.

This means, he added, that general fund monies used to repay the existing bond programs could be redistributed to meet bonding debts for water pollution control and recreational development without any increase in taxes.

MacMullan also said that of the \$445 million requested by Gov. Romney, all but \$70 million would be used to underwrite local spending for water cleanup and recreation. The remaining \$70 million would finance state projects for parks, wildlife, fisheries, and forest recreation.

All of the \$335 million sought under the bonding proposal for water pollution control would go direct to local communities. When supplemented with federal and local funds, it could expand into a \$1.2 billion program, keyed to meeting Michigan's total projected needs for water pollution control by 1980.

THE \$1.2 BILLION program would cure Michigan's water pollution ills by that year by financing construction of 210 sewage treatment plants and improving 128 existing plants.

It would also call for \$241 million for development of sanitary and storm sewers to serve an additional 3.5 million people by 1980. Local communities would carry the full financial load for the \$241 million phase of sewer expansion.

Of Gov. Romney's proposed bonding package of \$335 million for water pollution control, \$283 million would be used to cost-share construction and improvement of disposal plants. This would cover the state's share of \$142 million, the pre-funding of \$141 million covering about one-half of the federal government's eventual match-up of \$284 million.

Thus, the state's bond total of \$283 million plus federal financing would pay 75 per cent of the cost of building new disposal plants and improving existing plants to foster secondary treatment and laying interceptor sewers for all municipalities now contributing to water pollution.

The remaining \$50 million would be earmarked as a guarantee or loan fund from which local communities could borrow money at lower interest rates to ease their burden in paying for construction of lateral sewers.

GOV. ROMNEY'S recommended \$100 million, ten-year recreation program would provide \$40.8 million for parks, \$30 million for general recreation, \$17 million for fisheries work, \$7.5 million for wildlife, and \$4.7 million for forest recreation.

Arguments by federal and local funds, it would blossom into a \$170 million program. Bonding revenues under this program would finance purchases of 60,000 acres for 191 new state parks and expansion of existing parks. Much of the additional land would be in southern Michigan where 89 per cent of the state's people live.

Bond funds would also pay for construction of 5,000 campsites and expansion of day-use parking facilities which together would serve an additional 150,000 people daily.

BOND-MONEY grants to local communities would total \$30 million.

Local governments, unable to handle the full load on their own, would receive back-up funds for such facilities as tot lots, playsets, golf courses, swimming pools, hiking and riding trails, tennis courts, skating rinks, and beautification projects.

The state's aid program, to be cost-shared with local and federal funds, would also boost facilities for the handicapped, senior citizens, and underprivileged. It recognizes the high price



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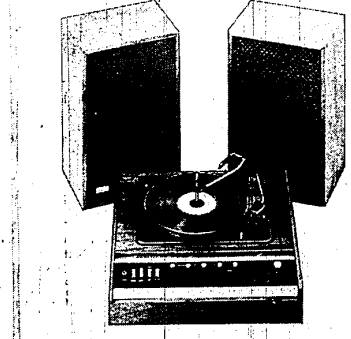
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