

If you walk in to The Dixie Chicken or Dudley's Draw on a weekend night, it might seem to you that the whole world smokes. The wooden walls of The Chicken probably contain the smoke of several thousand cigarettes, and you must have x-ray vision to see through the smoke in Dudley's on a Saturday night.

Although this nicotine-filled world exists only a few feet away from the borders of the Texas A&M campus, the smoke stops at Northgate. A student walking across campus between classes probably comes into contact with very few smokers.

And if you live on campus, unless you are a smoker, chances are you won't live with a smoker. John T. White, Housing Services supervisor, says this is because the department of Housing Services tries to place smokers together.

However, the information received by Housing Services is often inaccurate.

"A lot of times mom or dad fills out the housing application, and they are going to mark 'no' on the sheet," White says.

Although Housing Services keeps no statistics on the number of on-campus students who smoke, White says he thinks the number is increasing.

"This is purely conjecture, but based on the number of student complaints I get about smokers, I would say we have an increasing number of smokers on campus," he says.

However, Elvin Smith, professor of medical physiology and first vice president of the Texas Heart

Lunsford says ex-smokers number 37 million. And of the 54 million people in the United States who still smoke, 9 out of every 10 say they want to quit.

George Thomas, Corps area housing coordinator, says there also are no statistics available on the number of cadets who smoke.

"I would say the amount is minimal," he says. "Smoking is allowed in the dorms, but of the 1900 cadets in the Corps, probably less than 50 smoke."

Lisa Lunsford, director of the American Cancer Society in College Station, notes a decrease in the number of college-aged smokers, based on data from a nation-wide survey.

"In a survey comparing smokers from 1977 to 1987, results show college students who smoke are diminishing in number," she says. "In 1977, 36 percent of college-aged males smoked. In 1987, that number was down to 29 percent.

"Women showed a larger decrease. In 1977, the percentage was 32 percent. In 1987, it was down to 24 percent."

However, Lunsford says that the per capita cigarette consumption increased by 18 percent in the past ten years.

"Those who still smoke are smoking more," she says. The American Cancer Society's statistics support her point.

"In males 20 years and over, the number of men who smoke 25 or more cigarettes a day increased from 31 to 34 percent," she says. "In

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One A&M student who has quit smoking is Angie Pahde. The senior speech communications major says quitting smoking was one of her New Year's resolutions.

"I only smoked when I drank, and I really didn't enjoy it," she says. "I decided to quit drinking, and so it really wasn't worth it to smoke anymore."

But some smokers just can't quit cold turkey. For those smokers who do want to kick the habit and need a little help, there are many services available.

Dr. Bob Reilley, a professor in the educational psychology department, says graduate students in that department use hypnosis to treat problems.

"We use hypnosis for several disorders, one of which is smoking," he says. "We run our program in the spring, and it has a good success rate. Generally, hypnosis is effective in helping people stop smoking 30 percent to 50 percent of the time."

Dr. Billy Trail, a College Station psychologist, also uses hypnosis techniques to help people stop smoking.

"Before I start hypnosis treatment, I spend some time talking with patients," she says. "I help them get rid of any misconceptions they may have about hypnosis, and then I talk

smoke. When they are in the relaxed state of hypnosis, I suggest other things they could do instead of smoking. For instance, if a person smokes during breaks at work, I suggest they talk to co-workers, walk around or go to the water cooler instead."

Trail says she also talks to the patients to find out their motivations.

"I ask them why they want to stop, and I tailor the hypnotic sessions and use their words and motivations, which are a lot stronger than any I could impose on them," she says.

Trail says her program is quite successful, and knows firsthand how successful hypnosis can be.

"I smoked for 38 years, and was up to three packs a day," she says. "I took four hypnotic sessions in Houston and quit for good."

Dr. Francis Kimbrough, a psychologist in College Station, says she uses a number of methods to treat addiction to smoking.

"We first look at the cognitive reasons why people smoke," she says. "We tell smokers to determine what they are doing when they smoke. For instance, are they happy or depressed

# Sm

## The choice

when they smoke, do they smoke to reward themselves, or just out of habit. Once they understand why they smoke, we try to help them quit."

Kimbrough says behavioral techniques are very helpful.

"One thing we do is to have patients pop themselves lightly with a rubber band when they want to smoke," she says. "Also, we have them chew gum, and tell them to try to stay away from people who smoke."

Not everybody who smokes, however, wants to quit. Some students who smoke at A&M say they don't want to quit right now, and aren't even trying to.

Kenneth Kerr, a junior English major, has been smoking for five years.

"I don't worry about my smoking," he says. "I'm sure I will have to quit sometime, for health reasons, but I don't think much about it now."

Randy Brothers, a junior chemical engineering major, agreed.

"I've been smoking since high school," he says. "I may consider quitting smoking in the future, but not now."

Dr. Paul Kingery, associate professor of health education, says young people think they are immortal, and don't really see the long-term effects of their smoking.

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Klaus-Peter Larsbach and Patricia Grant enjoy their cigarettes while relaxing at Duddley's Draw.