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Relaxation May Help Kick Smoking Habit

A relaxed frame of mind coupled with continual anti-smoking indoctrination at bedtime may be just the right program to help you kick the cigarette habit, advises Sally Cames, Chicago sleep consultant.

In an experiment conducted by a University of Minnesota researcher, a control group of people heard radio programs of relaxing music, seashore sounds, re-

laxation messages, and anti-smoking messages each night for a week. At the end of the week, 72 per cent quit or cut down on smoking.

In a second control group, exposed only to the music and relaxation suggestions but not the anti-smoking message, 28 per cent reduced smoking.

If you want to try your own program to help you kick the cigarette habit, here's what the consultant advises: "Before going to bed, tune your radio to soft, relaxing music. At the same time, read all of the anti-smoking literature that you can find. It just may work."

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