

**Dr. Kallgren Kicks Deadly Habit**

# Smoking: The End of A Way of Life

by Traci Fenton  
Collegian Staff Writer

A heated issue on Behrend campus today is one of smoking. With the new restrictions soon to be imposed on Penn State campuses, will some smokers learn to limit or quit their habit? Dr. Kallgren, a psychology professor here at Behrend already has. Kallgren, who started smoking at age thirteen, because of what "peer pressure," hasn't smoked for the past eleven months.

How does someone smoking a pack a day since their teenage years quit completely? He said it wasn't easy. In fact this is not the first time Dr. Kallgren has quit, yet he said, "I feel confident I won't start again." At age twenty he kicked the habit for six months because of yoga and the whole health experience. Yet being around people smokers got him started again. Dr. Kallgren laughed as he used Mark Twain's famous one-liner, "Quitting smoking is easy-- I've done it hundreds of times."

A big motivator for this professor to quit was word from his doctor. He explained that "... vividness of information is what people need to influence them." When Kallgren's doctor explained the extensive damage smoke was doing to his lungs, he was convinced. The doctor pointed out highlights from his experience of witnessing people having lungs

surgically removed and the graphic details of dealing with emphysema. Doctors see the effects of smoking and are vividly motivated to quit or not to start. Dr. Kallgren paraphrased what Surgeon General Coop explained, "We need to educate our physicians to inform the public smoking is extremely harmful to their health."

Many people pick up substitute habits in place of smoking. Nicorette gum is what

**"I don't know anyone who smokes because they think that it is good for them."**

helped Dr. Kallgren. Though he experienced sore gums and a slight weight gain, he feels considerably healthier. Also, the correlation between smoking and alcohol is strong. Along with chewing prescription gum, the temporary avoidance of parties and alcohol helped him.

Concerning the new Penn State University law which will ban smoking in university buildings starting April 1, Dr. Kallgren had both positive and negative feelings. "From a health stand point, the new law is great. There is evidence from social psychology that behaviors determine attitudes. Therefore, if a law is made to ban a bad behavior you may begin to realize how bad it is and not

smoke. I don't know anyone who smokes because they think it's good for them." Yet he believes the law can have a negative effect because "people might tend to have bitter feelings about being controlled or restricted."

People often go to great lengths to quit smoking. Hypnotic sessions often enter the picture when people look for a painless way to kick the habit. From a psychologist's point of view, Dr. Kallgren doesn't believe in them. "Evidence shows hypnosis [by itself] does not work, but if the patients truly believe it will work-- they will quit." He explained it's not the hypnosis that does the trick, it's the person's sincere desire to quit and other components of the program.

When asked for advice for those people who are currently trying to stop smoking, Kallgren said, "I know there is no *one* sure method for everyone, yet the biggest part is for the person to not lose faith. Don't think you're weak willed, and be able to say I want to quit!"

**FreshStart**  
Quit Smoking Program of the American Cancer Society

REGISTRATION FORM

Name \_\_\_\_\_ Date \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
Day Phone (\_\_\_\_) \_\_\_\_\_ Night Phone (\_\_\_\_) \_\_\_\_\_  
Please answer the following questions:  
1. How many cigarettes do you usually smoke each day? \_\_\_\_\_  
2. Why do you smoke? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
3. What do you expect to be your most difficult hurdle in stopping? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
4. Additional comments: \_\_\_\_\_  
\_\_\_\_\_

5. Please check the session you will be attending. Each session is from 5:00 p.m. to 7:00 p.m. The meeting place will be announced.

•  Session I Tuesday, March 7, Thursday, March 9  
Tuesday, March 14, Thursday, March 16

•  Session II Tuesday, March 21, Thursday, March 23  
Tuesday, March 28, Thursday, March 30

Each session is limited to 25 participants. After completing this form, please return it to Patty McMahon at the Health Center, Glennhill Farmhouse, by the middle of March 1989. Thank you.

**Collegian Smoking Survey**

The Collegian, in cooperation with a group of Behrend students is conducting a survey to find out how students and faculty feel about the new smoking policy which will go into effect this April

**PART I: Status**

1. Male  Female   
2. Student  Non-student

3. Housing Status:  
On campus  Off campus

4. Smoker  Non-smoker

5. If so, how long have you been a smoker? \_\_\_\_\_ years

6. Were you aware of the smoking policy going into effect 4/1/89?  
 Yes  No

**PART II: Opinions**

Please indicate the degree to which you agree or disagree with the following statements.

7. Smoking should be prohibited in all campus buildings excluding private residences.

1 strongly agree      2 agree      3 neutral      4 disagree      5 strongly disagree

8. Smoking should be permitted in well ventilated designated indoor areas.

1      2      3      4      5

Please return surveys to Collegian Office

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