

WOMAN'S

JOURNAL

MARCH 1992 £1.60

HEALTH

SACKCLOTH AND ASHES

Attentive readers of this column may have noticed that I have a bit of a thing about smoking. Well, yes, I confess! I'm a former smoker so I may be imbued with the convert's zeal, but the catalogue of disasters laid at smoking's door does seem to be lengthening.

It's especially dangerous for women. There is hardly an organ in our bodies that isn't vulnerable. It can promote early menopause, increase our chance of stroke, heart disease and osteoporosis, as well as threaten us with various cancers, most notably lung, which is about to overtake breast as the main female cancer killer. (It has already done so in Scotland.)

Smoking kills about 115,000 people in the UK each year; passive smoking kills

300. The children of smoking parents are more prone to minor ailments, asthma and other respiratory problems, and a recent study suggests that they have lower growth rates and make slower progress in learning.

Need any more convincing? National No Smoking Day is 11th March, and if you really want the best help possible, go straight for Gillian Riley's Full Stop method. It succeeded for me after 25 years of smoking and when all else had failed.

There is only one condition—you must really want to stop. That's where it begins and ends—in your head. Gillian Riley's book is called *How to Stop Smoking and Stay Stopped for Good* (Vermilion, £5.99)—the best value for 50 fags you'll ever get. >