

the energy and enthusiasm of Lord Balfour that science was welcomed into the inner circle of Imperial Administration; and India may confidently hope that the critical and constructive mind of the Marquis of Zetland may formulate a plan which would ensure a reasonable appreciation of the value of science in the administrative departments of the Government of India. We hope that an atmosphere favourable for initiating a movement for the establishment of the Indian Research Council will soon be produced by scientists in India who, by reason of their knowledge and capabilities, are entitled to exercise a greater

control over such administrative problems of the country as fall within the range of scientific influence. These problems should no longer be permitted to be entrusted to the hands of those who have no first-hand knowledge of science, and the first step in this direction is to remove the reproach that India is practically the only civilised country without a National Research Council, to which the Government of India could look up for advice and guidance in all practical measures affecting the moral and material advancement of the people.

NEWS

SMOKING: MORE THAN JUST A BAD HABIT

. . . "Ovide Pomerleau [Veterans Admin. Medical Ctr., Newington, Conn., and U. Connecticut Sch. of Medicine] reviewed scores of recent studies on the nature of cigarette smoking. Though avoiding withdrawal from nicotine addiction is a major reason many smokers cannot break the habit, it is not a complete explanation. . . . Studies show that 10 cigarettes a day will satisfy [the need for nicotine] in nearly all smokers. Then why do many people smoke more than half a pack a day? . . . New research is showing that nicotine affects the synthesis, release and turnover of a wide variety of brain chemicals that are fundamentally involved with mood and behavior. It is being studied in conjunction with a host of brain substances and structures—the so-called classical neurotransmitters, receptor sites, neuropeptides including endorphins and pituitary hormones. The emerging picture is that a smoker can fine-tune the way his or her brain responds to the events of daily life. . . . The way [nicotine] is delivered to the brain further reinforces the hold it has on people. Within seven seconds of

puffing a cigarette, a quarter of the nicotine in inhaled smoke enters the brain. . . . To the smoker, this means the wanted effects of nicotine are available on demand. Furthermore, the way the smoke is inhaled affects the response. Studies are showing that short quick puffs—low doses—tend to stimulate or arouse brain function and behavior. Deep, full drags—high doses—create the more sedative, relaxing effects of smoking. This may mean that different personality types use smoking to reinforce preferred behavior patterns. Type A people (competitive, impatient, hostile) might take shorter, smaller puffs to enhance arousal. Type B personalities (relaxed, laid back, less achievement-oriented) might take larger puffs to promote relaxation."

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