

GPT

"Addiction"

Some anti-smoking government officials and others have gone so far as to brand smoking a "drug addiction." This claim is clearly false. It has no more scientific validity than statements by exercise enthusiasts that they are "addicted" to running, or the Surgeon General's recent statement that video games are "addicting."

from Chadbourne text

JH
10.28.8

Vocal advocates of the claim that smoking is "addicting" concede that there is no scientific demonstration of the necessary element of addiction -- physical dependence. In 1981, Dr. Jack Henningfield of NIDA stated that whether physiological dependence is an important factor in smoking was only "suspected." (Henningfield, et al., 1981). Dr. William Pollin, Director of the National Institute on Drug Abuse (NIDA), testified before Congress that "[e]vidence is not yet conclusive as to whether or not there is physiologic dependence or what type of withdrawal syndrome is associated with cigarette smoking." (Pollin statement on May 5, 1983 before the Senate Committee on Labor and Human Resources.)

The fact is that over 33 million people in this country alone stopped smoking -- the overwhelming majority on their own. This refutes claims of "addiction." "Addicts," unlike cigarette smokers, require ever increasing substance levels.

What about claims that many smokers would like to quit smoking? Even Lynn T. Kozlowski, a scientist well-known for his anti-tobacco views, "encouraged caution in what is made of what smokers say about their wish to give up smoking and their attempts to do so," and advised that "[b]oth what smokers say about their smoking and what researchers make of these statements should be read sceptically." (Kozlowski, et al., 1980)

As Jaffe and Kanzler point out "[I]t is quite apparent that most smokers can stop without formal help." In the words of another anti-smoking researcher, the alleged difficulty in stopping smoking is a conclusion based largely on the results of "single therapeutic interventions with populations of self-selected subjects who had actively sought help." (Schachter, 1982). A 1978 New Scientist article challenged that people smoke for physiological reasons:

One of the strongest challenges to the theory of 'physiological' cigarette dependence is the simple observation that those who are most likely to stop smoking are determined far more by social class than by individual psychology or physiology.

Does cigarette smoking, as Dr. Pollin has claimed, lead to the use of heroin and cocaine? A 1979 NIDA publication by Dr. John O'Donnell reports that "Whatever the nature of the association, it is small,

and would not suggest that cigarette use would be a useful predictor of later drug use." The experience of many millions of smokers supports that conclusion. Cigarette smoking is not a so-called "gateway" to other substances.

In 1964, the Report of the Advisory Committee to the Surgeon General differentiated smoking from "addiction":

"since the biological effects of tobacco, like coffee and other caffeine-containing beverages, betel morsel chewing and the like, are not comparable to those produced by . . . potent addicting drugs."

Reports of the basic pharmacological properties of nicotine have been around for decades. Such reports were taken into account in the 1964 Surgeon General's Report. The nature of the relevant scientific knowledge in this area has not changed significantly in recent years.

Dr. Morris A. Lipton, one of several scientists who performed a NIDA review of the evidence for alleged "cigarette addiction" gave the following reason for the "addiction" label: "It was selected because it's sort of a dirty word."

DSM-III

As to DSM-III (the third edition of the Diagnostic and Statistical Manual of the American Psychiatric Association), which talks about smoking under some circumstances as a "disorder," a noted psychologist, Dr. William T. McReynolds, has stated that the bases whereby the new "disorders" have "come to occupy a new place in psychiatric nosology are social and political, not scientific, in nature." DSM-III does not mention "addiction."