

they also recognize that many of their patients find, in a pipe or a cigar or a cigarette, a pleasure and solace and a relief from nervous tension that should not, too readily, be denied them.

They have noted, for example, that when they take their heart patients abruptly off their tobacco ration, mild depressions often ensue.

They find that among their neurotic and nervous patients, the denial of cigarettes often produces outbreaks of other, and far less desirable, nervous habits. Such people, unable to channel their energies into puffing, become face-pickers, foot-tappers, ice-box raiders.

Even the appetite-depressing effect of cigarettes, which seems to be scientifically well established, is now being recognized as not by any means always an evil. The smoker who starves himself into malnutrition is an extremely rare, if not a totally nonexistent, phenomenon. But the man who smokes to stifle a tendency toward overeating is familiar to most doctors.

#### MEDICAL CONSENSUS SUMMARIZED

Perhaps the best and most judicious summary of the most generally accepted medical viewpoint is to be found in an editorial published a few years ago in the *Journal of the American Medical Association*. "Actual surveys indicate," it stated, "that the majority of physicians themselves smoke cigarettes. From a psychological point of view, more can be said in behalf of smoking as a form of escape from tension than against it. There does not seem to be a preponderance of evidence that would indicate the abolition of the use of tobacco as a substance contrary to the public health."

To that authoritative statement it might be well to add the advice given me by a Washington physician after a long evening of discussing the pros and cons of smoking. Together with two cancer researchers and a statistician, we had all puffed away for hours while we analyzed the medical evidence for and against the cigarette. When we finally quit, at three in the morning, a deep blue haze filled the room.

"Summing it all up, Doctor," I asked, "would you advise me—an average, sedentary, moderately healthy character—to keep on smoking or to quit?"

Cigarette in hand and glancing at the overloaded ash trays, he laughed.

Then he leaned over and whispered, "I'm going to tell you exactly what I tell most of my patients. Don't smoke—unless you like it."

Ask yourself every night these three questions:

1. Have I accomplished anything today?
2. Have I done my best toward my fellow employees?
3. Have I had fun?

## FAMOUS PROBLEMS THE COUNTERFEIT COIN

By Richard L. Frey

Among the contestants on a radio quiz show one evening was a T-man, an agent for the United States Treasury.

When the T-man's turn came, the master of ceremonies said, "I have a problem that should be right up your alley. It is part of your job to detect counterfeiters and counterfeit money. Here are nine coins. Eight of them are genuine silver dollars; the ninth is a counterfeit, which is lighter in weight than the honest coins. Now, here is an apothecary's scale. I'm not giving you any weights to put in the pans because the problem is to detect the counterfeit by balancing the coins against each other.

"Of course, you can do it by weighing one coin at a time, and if you are lucky maybe you'll discover the counterfeit on your first trial. However, only the first weighing is free. For each additional try, you must return one of the coins to me."

The T-man was clever enough to figure out a method that would surely detect the spurious coin within two weighings. He returned the counterfeit to the quiz master as payment for the second weighing, and thus kept the eight honest dollars. How did he do it?

ANSWER: The T-man divided the nine coins into groups of three, calling them A, B, and C; He first weighed A against B. If they balanced, the counterfeit would be in C; if they did not, the counterfeit must be in the lighter group. Then, from the marked group, he could weigh any coin against any other. If they balanced, the counterfeit would be the third coin; if they didn't, it would be in the pan that went up.

#### HOW TO GET ON

"Tell me how to get on in life," said the kettle.

"Take pains," said the window.

"Never be led," said the pencil.

"Do a driving business," said the hammer.

"Aspire to great things," said the grater.

"Make light of everything," said the fire.

"Make much of small things," said the microscope.

"Never do anything offhand," said the glove.

"Reflect," said the mirror.

"Do the work you are suited for," said the chimney.

"Be sharp," said the knife.

"Find a good thing and stick to it," said the glue.

"Try to make a good impression," said the sealing wax.