

Additi-

Note to Mr R L O Ely

Comments on Martin Jarvis' letter would largely repeat previous comments on the subject of addiction:

1. It is a matter of opinion whether or not the so-called 'withdrawal syndrome' is clear; it is by no means as clear as withdrawal syndromes from drugs such as heroin and not all smokers find that symptoms occur.
2. Nicotine does of course "affect the brain's activity" but this is a characteristic of a psychoactive drug, not an addictive one.
3. Difficulty in giving up occurs with all habits, and quantification is difficult. Jarvis seems to forget all of the smokers who have given up successfully without professional help.
4. He believes addicts have control over their addictive behaviour. This is totally contrary to current thinking.
5. The letter highlights the usual problems with addiction i.e. everyone having their own definition and beliefs about which aspects are important.



DR S BOYSE

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SB/PTM

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