

# Contents

Preface .....	vii
<b>1 Introduction: Debate Concerning the Effects of Smoking on Health .....</b>	<b>1</b>
<b>2 Does Quitting Smoking Save Lives? .....</b>	<b>9</b>
<b>3 How Strong is the Association Between Smoking and Disease? ..</b>	<b>20</b>
<b>4 The Methodology of Epidemiological Studies of Smoking .....</b>	<b>28</b>
<b>5 The Causes of Smoking: Needs or Addiction? .....</b>	<b>46</b>
<b>6 Personality and Stress as Risk Factors .....</b>	<b>53</b>
<b>7 Intervention Studies in Cancer and Coronary Heart Disease .....</b>	<b>72</b>
<b>8 Summary and Conclusions .....</b>	<b>88</b>
<b>9 Epilogue .....</b>	<b>92</b>
References .....	96
Appendix: Short Disease-Proneness Inventory .....	114
Author Index .....	119
Subject Index .....	127