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How Smokin' Works

Smokin' is a simple, inexpensive way to quit smoking
and avoid nicotine withdrawals with the help of your computer.

Smokin' is a personalized, automated nicotine withdrawal tool designed with you in mind. The Smokin' software is built on a set of special algorithms. These mathematical formulas generate all the information needed to manage, reduce, and finally end your nicotine use, simply and comfortably. It doesn't matter how much you smoke, how long you have smoked, or how many times you may have failed to quit in the past. In fact, Smokin' was designed specifically for those of us who have found it impossible to quit using other methods. It doesn't matter what type of cigarettes you smoke now. In fact, it doesn't even matter whether you smoke cigars or a pipe, or if you chew. The Smokin' formula can adapt itself to you. Simply replace the word "cigarettes" or "smoke" with "pipe", or "chaw" or whatever word is most appropriate for you.

All you do is smoke whenever you get the smoke break signal from the computer (more about this later). The period between smokes each day takes just a tiny bit longer than yesterday - enough to cause some improvement, but not enough to cause the usual withdrawal symptoms. The formulas used to set this timing are designed to let you reduce your usage at a very slow, smooth pace over a period of several weeks or months, depending on what you need. Keeping your use paced and timed like this is the key to avoiding the withdrawal symptoms. As long as you follow the recommended smoke breaks, you can be assured that you are making progress each and every day. You don't score any extra points for speed here, so don't rush it. The basic idea is to keep stress and discomfort to a minimum. So relax. Light up, and enjoy! You won't find anything here which encourages any feelings of guilt or embarrassment over smoking - and nothing that rushes you into another unsuccessful quit. We've been where you are, and we know how it is.

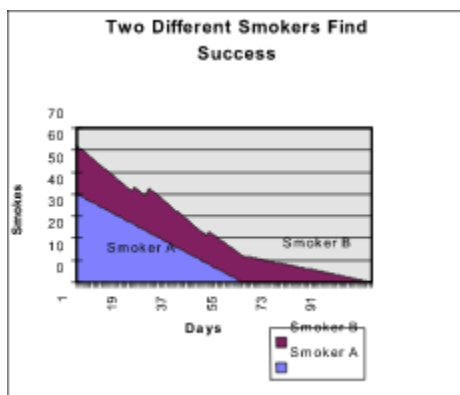
We could hardly claim that Smokin' is the only answer to *all* of life's problems. But we would argue that a [detox](#) program fitted to the individual smoker and easily adjustable by the smoker is a much more reasonable approach to solving the problem of nicotine addiction. With Smokin', we simply stick with what works, discard whatever doesn't work, and we do it on the fly. A lot can happen over a period of several weeks, and it is very important to be able to adjust easily to any given situation. Rather than risk a failure brought on by frustration and/or withdrawal symptoms, Smokin' was designed to fit itself to *your* needs. The need for good management of the withdrawal process is common to all smokers, but all smokers are *not* identical. Because of this, Smokin' is designed to remain under your control at all times. In this way, no phantom "statistical" smoker is allowed to set the pace. There isn't anything to be nervous about. You can really do this! Let's see an example:

"Two Very Different Smokers Find Success"

Smoker A smokes 2 packs of cigarettes per day. Smoker B smokes 8 pipe loads per day. It is clear that these two smokers are going to require very different timing intervals to be set throughout the period, if each is to avoid the withdrawal symptoms successfully.

Smoker A breezes right through the entire detox period without a hitch, completing the entire detox in 60 days flat. Smoker B, on the other hand, encounters a particularly stressful period when no improvement seems possible. At three weeks into the [Smokin'](#) Program, he's caught a head cold and just broke up with his girlfriend. Smoker B has hit a physical and emotional wall, and feels a bit shaky at the present rate of [nicotine](#) intake. Smoker B is having difficulty waiting for the next smoke break.

It is absolutely necessary that both smokers remain in control of the detox program if both are to succeed at kicking nicotine. By resetting the Smokin' program to a slower gradient as needed, Smoker B takes 105 days to complete the detox successfully. The following chart makes the picture clear:



Obviously, the number of days involved can vary quite a bit! Had both smokers been required to use exactly the same amounts of nicotine substitutes for an identical period of time, it is doubtful whether *either* of them could complete the Program successfully. So, in this example, it is clear that success is gained by keeping the smoker in control of the program at all times, rather than insisting that the smoker purchase expensive substitutes and use them according to some pre-set schedule.

It has become popular over the last few years to view the mind of an addict as somehow twisted beyond all reason. Of course it's easy enough to see that there just isn't a whole lot of rational thinking causing a person to inhale poison on a regular basis. But that's usually where the lack of ability to reason ends. We have entirely put aside the notion that the addict's own mind is simply incapable of providing its owner with good information. In fact, nothing could be further from the truth! The presumption is usually made that the smoker will continue to smoke despite all negative consequences, therefore all information generated by the smoker concerning smoking is bad

information. Not so! In fact, the smoker's mind and body have become incredibly accurate indicators of nicotine withdrawal symptoms.

We can actually use this highly accurate information to effectively *change* the pattern of the [addiction](#) without causing unnecessary pain and stress to the afflicted smoker. While there is still no "magic pill" for the smoker who wants to quit, there is no real need for the pain and suffering usually associated with quitting. The mind and body had to learn to become such amazingly sharp withdrawal indicators. They can also learn to become good health and well-being indicators once again, provided they are given the opportunity to do so. After all, despite the fact that there are some very attractive personal rewards that come with kicking nicotine, there are exactly no rewards for suffering any unnecessary discomfort while doing so!

In recent years, there has been a tendency amongst both researchers and political groups to lump all smokers (or even all tobacco users) into one big group merely for the sake of producing statistics. Although it may be true that almost all smokers share a common symptom of nicotine addiction, each person's mind and body will respond to all sorts of stimuli in very individualized ways. Each will learn and/or respond according to his or her own nature and learning capacity. Rather than try to generate some generic set of "rules" for everyone, the Smokin' Program was designed to allow each smoker to determine the pace that *feels* most effective, thus putting the smoker's highly-developed internal "nicotine alarm system" to good use. Meeting some predefined, third-party notion of an acceptable level of success is never allowed a priority over helping a smoker achieve progress on a daily basis.

Since the nicotine used is never substituted with some other form of delivery, such as a skin patch or gum, the habit of having that cigarette, pipe, or chew is phased out very slowly, right along with the nicotine itself. With nicotine replacement systems, the smoker is required to stop smoking completely and immediately before using the replacement system. With Smokin', it is not required that the smoker instantly abandon a habit which may be decades old. The habit of lighting up or dipping receives the same gentle approach used on the problem of nicotine withdrawals.

There is no "Pavlov's Dog" sort of behavioral re-training involved (such as that practiced by certain commercial programs which have used negative reinforcement, even including electrical shocks!). Such practices are barbaric, at best. The Smokin' approach is in every way consciously directed by the smoker. Using the Smokin' approach, the following assumptions are made about the smoker.

The Smoker Is:

- a) an individual, and not identical to all other smokers*
- b) an adult who can make informed decisions, and*

c) *entirely capable of deciding when he or she is uncomfortable.*

Because we are not making an attempt to treat any one smoker like any other smoker, there is no mental trickery or ritual involved. You know where you stand and where you want to go. It's that simple. Smokin's only job is to help you achieve your goal as easily as possible.

One could argue that the Smokin' Program requires one to turn his or her life over to the care of a computer for a period of time, but this isn't quite true. The job *could* be done by hand, but the pages of handmade calculations, on-the-fly adjustments, and clockwatching involved make this a job much better suited to a mere machine. We leave all the moral and value judgments in the hands of the infinitely more intelligent human, and leave the mere mechanics to the computer.

Based on the above, we can make some simple recommendations, as follows:

You may want to avoid making any other major changes in your life for a few weeks. It took time to become addicted, and it will take a bit of time to detox. The more you can relax and go with the flow, the better your chances for complete and lasting success.

We can't recommend the use of alcohol or recreational drugs during the Smokin' Program. The key to staying in control of the Program requires that you make adjustments if you should begin to feel uncomfortable at your present rate of nicotine intake. This is particularly important if you should have trouble waiting for the next smoke break. Since alcohol and most other drugs will tend to numb your reactions and feelings, it is probably best to avoid these kinds of substances until the detox period is completed.

Getting Support

Technical Support:

Technical support is available to registered users

By Email:

support@methodica.com

By Telephone:

(500)677-4614

By U.S. Mail:

Methodica Software
8920 Limonite Ave.
Suite 196
Riverside, Ca. 92509

Personal Support:

Smokin' is designed to cope directly with the physical aspects of smoking. But real change is about more than just physical symptoms and solutions. We wouldn't dream of telling you to go it alone. Addictions of all kinds affect us emotionally and spiritually, as well as physically. We'd really like to hear about what works for you, too.

If you believe you would do better with some additional personal support, then by all means, go right ahead. We've included a list of support group contacts in the text file Support.text. You will find this file in the Smokin directory. You can open the file in Notepad or any other text editor. (None of these organizations charge for their services, to the best of our knowledge. Frankly, a real solution doesn't have to be expensive. It just has to be effective!) There are no specific recommendations regarding any of these groups. You are, of course, the very best judge of what works for you. Your feedback/additions will be greatly appreciated. If you find that your copy of the Support List is outdated, please check your information service or bulletin board, or contact us for an update.

To get an updated support list, send Email to:

support@methodica.com

or visit the Smokin' web site at:

<http://www.methodica.com>

How To Register Smokin'

Registering brings benefits!

- ◆ The Smokin' Remote Feature Upgrade
- ◆ Free Lifetime Upgrades
- ◆ Notice of Future Upgrades
- ◆ Unlimited Technical Support

10 Easy Ways To Register:

Start the **Smokin'** Program.
At the **Welcome Screen**,
click on the **Read Me/Order Button**.
On the Read Me screen, click the **Order Button**.

☞ OB ☞

If **Smokin'** is already running,
Click the **Order Button** on the **Status Bar**.

☞ OB ☞

[Click Here to register on the Internet using your web browser.](#)

☞ OB ☞

[Click Here](#) to open a blank Order Form.
Copy and Paste into your favorite word processor,
fill in the blanks, and print.

☞ OB ☞

Call Methodica Software at (500)677-4614 to make an **Instant Order** using your regular checking account. (Sorry - U.S. bank accounts only.)

☞ OB ☞

- CREDIT CARD ORDERS ONLY -

You can order with MC, Visa, Amex, or Discover from Public Software Library in the following ways:

FAX: 713-524-6398 ask for **product #15075** and please type or block print very plainly.

-OR-

Email: To PsL at "**15075@pslweb.com**"

-OR-

Mail: credit card orders to PsL at **P.O.Box 35705, Houston, TX 77235-5705.**

-OR-

Phone: 800-242-4775 Ext.15075 or 713-524-6394 Ext.15075

PsL's operators are available from 8:00 a.m. to 6:00 p.m. Monday-Friday.

(Please don't call them for Customer Support. They can only take credit card orders.)



Smokin' Order Form

Name: _____
Street Address: _____
City: _____
State: _____
Zip/Postal Code: _____
Country: _____
Phone: _____
Your Full Email Address: _____

If ordering using credit card:

Account-Holder's Name: _____
Credit Card Type: _____
Account Number: _____
Expiration Date: _____
____ Visa _____ MasterCard
____ American Express _____ Discover

If ordering using direct debit: (sorry - U.S. accounts only)
by phone, fax, regular mail, or Email:

Your Bank's Name: _____
Bank Branch Address: _____
Bank Routing Number: _____
Account Number: _____
Check Number: _____

I authorize the above purchase in the amount of \$ _____
to be debited from my account as listed above.

(Your Signature)

Check One:

____ No diskettes, deliver by Email
____ 3.5" diskette
____ 5 1/4" diskette

Your Total:

Number of Copies by Email delivery: _____ X \$20 = \$ _____
Number of Copies on diskettes: _____ X \$25 = \$ _____
Total \$ _____ *

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Phone: 800-242-4775 Ext.15075 or 713-524-6394 Ext.15075
FAX: 713-524-6398 ask for product #15075 please type or block print very plainly.
Email: To PsL at "**15075@pslweb.com**"

PsL's operators are available from 8:00 a.m. to 6:00 p.m. Monday-Friday.
(Please don't call them for Customer Support. They can only take credit card orders.)

Thank You!

**Your registration code will be mailed
to you within 48 hours (by Email, if possible,
unless you specify otherwise.)**

{ewc HLP_CTRL, EWnd, Print A Blank Form!Print()}

Installing Smokin'

Installing [Smokin'](#) is easy. We recommend you first copy smoke.exe and its accompanying files onto a floppy disk or tape for safekeeping.

To Install From A Floppy Disk:

One

Place the Smokin' disk in your floppy drive.

Two

From File Manager (Win3.1) or from Explorer (Win95), simply double-click on the setup.exe file. Setup will expand all needed files, and place them in the directory C:\smokin, unless you specify some other directory location.

Three

To run Smokin', double-click on the Smokin' icon.

To Install From Your Hard Drive:

One

Place the Smokin' file into its own directory. You can name this directory anything you wish. The install program will automatically install Smokin' into the directory C:\smokin, unless you specify some other directory location.

Two

From File Manager (Win3.1) or from Explorer (Win95), simply double-click on the setup.exe file in the directory where you have placed Smokin'. Setup will expand all needed files, place them in the correct directories, and will create the Smokin' Program Group.

Three

To run Smokin', double-click on the Smokin' icon.

Note:

You do need to have a copy of vbrun300.dll in your [Windows/system](#) directory if you are using Windows 3.1 or Windows For Workgroups. This file belongs in your [Win95/System](#) directory if you are using Win95. Chances are, you already have this file on your system, as it is needed to run many different Windows programs. If you do not have a copy of this file (use File Manager or Explorer to check for it), you can download vbrun300.dll from <http://www.methodica.com> This file is also available from America Online, GEnie, Compuserve, or the Microsoft Network (MSN). Follow the instructions for expanding this file to its full size, and place it in your /system directory. Then you can start Smokin' as described above.

Smokin' requires that share.exe be installed if you are using Windows 3.1, or vshare.exe if you are using WFW 3.1 or Win95. For more information, you can use the [Technical Troubleshooter](#) for instructions on using share.exe or vshare.386.

More About Nicotine

Although no one can pinpoint the exact moment when casual habit crosses the line and becomes [addiction](#), the experience is well-known and well-documented. Addictions have been defined as a behavior which is continued obsessively, despite all negative consequences. While thinking of oneself as an addict may be difficult at first, it does place the problem in its proper perspective. It is rather amazing to note that smoking is still being treated primarily as a social deviation, rather than as a physical addiction.

Whatever our individual opinions on the subject, most of us share the same basic experiences as smokers. It is this common experience which led to the development of [Smokin'](#).

In comparison to other addictions, [nicotine](#) is truly tough to beat. Everyone has heard of, or seen first-hand, the obvious physical withdrawal symptoms that are caused by heroin or alcohol. After all, delirium and nausea are pretty hard to ignore! While nicotine withdrawal may look a lot less dramatic from the outside, it doesn't feel any less horrifying to the person suffering. Leaving aside the obvious differences in physical and legal consequences, nicotine addiction probably compares most closely to crack cocaine, at least in terms of how the drug cycles through the body. The drug gets into the bloodstream very fast, leaves very fast, and the withdrawals come on quickly, producing the phenomenon of increased use, and eventually, chain-smoking. It may seem odd to think of a crack addict as a chain-smoker, this is exactly what happens (minus the hallucinogenic effects, of course). When you stop to consider that the rate of [recidivism](#) (failure to kick the drug) for cocaine addicts is quoted as being as high as 98%, the picture gets a whole lot clearer. Some research even describes nicotine as being 10 times as addictive as heroin!

If many of us have failed at kicking nicotine, it should come as no surprise at this point. Addiction is a tough disease, and nicotine is one tough drug. There will always be those rare individuals who can tell us that going cold-turkey is the best way, or that they suddenly woke up one morning and found that the desire to smoke had vanished. This simply will not be the case for everyone. These same kinds of sudden-success stories can be had from recovered alcoholics, heroin addicts, crack smokers, and every other type of addict imaginable. There is absolutely no reason to doubt that such things can also happen for the nicotine addict. However, until and unless such a miraculous experience comes to each one of us, we will simply have to do the best we can at pursuing other avenues of relief. Managing the physical withdrawals is certainly the obvious place to begin.

This has been the trouble with many of the more recent treatments for smoking. In the case of nicotine gum or "the patch", the smoker is required to stop smoking immediately, and to rely completely on the prescribed device to avoid nicotine withdrawals. This would probably be fine, except that both treatments address the physical addiction itself so poorly. For those who are heavily hooked on the nicotine itself, these solutions would contend that kicking nicotine without the cigars/cigarettes/pipe in the picture make the job a simple task. The schedule for withdrawing the drug begins very early in

the treatment, and in most cases, continues at a pretty fast clip. This places the newly "reformed" smoker at an additional risk of [relapse](#), as the withdrawal symptoms set in.

It is fairly common for smokers to find themselves smoking and using the gum or the patch at the same time! The success rate for these treatments is poor to moderate, and relies on the smoker having no allergic reactions to the treatment devices themselves.

(It is not uncommon for the smoker to develop sores in the mouth from the gum, or to get skin rashes from the nicotine patches.) There is a fairly long list of possible side-effects for any of the alternative nicotine delivery systems.

These troubles seem, on the whole, a minor price to pay for ridding oneself of the nicotine addiction. Yet in the final analysis, the only thing that truly matters is whether or not the smoker was successful in kicking smoking. Both the gum and the patch are usually prescribed to be used at times and in amounts deemed proper for some unknown "majority" of smokers. If the smoker in question does not fit that profile, then some trouble is in the making before the treatment has even begun. The success statistics are still rather dismal, and some of this information comes from the very information published by the manufacturers of the nicotine substitution devices.

Anyone who has found themselves in this position can attest to the frustration involved with not being fully in control of one's own behavior. A person who may otherwise be in full command of his or her own actions is faced with acting and reacting at the mercy of this addictive substance, whether he/she likes it, or not! So, for our purposes here, we will consider anything which works and does no harm as a "good" thing, and anything which does not work or which causes harm to be a "bad" thing. Clearly, this can vary quite a lot from person to person. Again, it is absolutely essential that each smoker be treated as an individual. One person's happily-ever-after is another person's drudgery.

In the case of various smoking cessation programs often found in healthfood and book stores, the recommendations vary wildly. Some advocate going cold turkey, some advocate mega-dosing certain vitamins and minerals, some even suggest drinking large quantities of orange juice to flush the nicotine out of the system even faster! Other programs caution against drinking orange juice, and still others have suggested that consuming the proper mix of anti-oxidant vitamins and minerals will negate the long term physical effects of smoking.. There seems to be little consistency in all these approaches, beyond the fact that the success rates quoted just don't spell real success for a large number of smokers. No doubt, any one of these approaches may work for some smoker, somewhere, and that is good news. Still, the problem of nicotine addiction remains both unwelcome and firmly entrenched in many people's lives. This is the fact that counts. A real solution is needed, and that is our focus.

[See How Smokin' Works](#)

What About The Patch or The Gum?

Many smokers have trouble with some of the more recent treatments for smoking cessation. In the case of nicotine gum or "the patch", the smoker is required to stop smoking immediately, and to rely completely on the prescribed device to avoid nicotine withdrawals. This would probably be fine, except that these treatments generally address the physical addiction itself so poorly. First, the promoters of these treatments would like to contend that kicking nicotine with the cigars/cigarettes/pipe out of the picture make the job of quitting a simpler task. To be fair, this may actually be true in the case of certain smokers, but for many, suddenly giving up the habit of smoking on top of giving up the nicotine habit itself may be just too much to handle all at once.

The second problem arises as the schedule for withdrawing the substituted nicotine may begin immediately for heavier smokers who habitually consume more nicotine than the strongest dosage offered by the nicotine replacement system. After that, the reduction in nicotine intake continues at a pretty fast clip. This places the newly "reformed" smoker at an additional risk of relapse, as the withdrawal symptoms set in. It is fairly common for smokers to find themselves smoking and using the gum or the patch at the same time! The most immediate question would seem to be, "Why not just change the dosages?" Both the gum and the patch are usually prescribed to be used at times and in amounts deemed proper for some unknown "model" smoker, who may exist only as a statistic. If the smoker in question does not fit that model profile, then some trouble is in the making before the treatment has even begun. However, nicotine is actually a strong poison used in agriculture as a powerful insecticide. It doesn't take much imagination to understand why the companies which manufacture nicotine gum and patches would hesitate to deliver higher dosages of the nicotine, even if doing so might benefit many would-be quitters.

The third difficulty with nicotine replacement systems arises because these treatments also rely on the smoker having no allergic or other unfavorable reactions to the treatment devices themselves. (It is not uncommon for the smoker to develop sores in the mouth from the gum, or to get skin rashes from the nicotine patches.) There is a fairly long list of possible side-effects for any of the alternative nicotine delivery systems.

Last, but certainly not least, the currently available nicotine replacement systems are simply out of reach financially for a great many smokers. The cost of any one nicotine replacement system is easily two to three times the costs of smoking the nicotine, and this applies to even a heavy smoker in most regions. Cost will not be a problem to all smokers, of course, but a large number of smokers have neither health insurance nor enough money to pursue any type of nicotine replacement.

Overall, the success rate for these nicotine replacement systems is poor to moderate. Clearly, there are also some success stories, and we have no intention of minimizing these. We favor anything which really helps the smoker. But as we continued to do research, it was clear that there were still many millions of smokers who would want to quit, but who would not be able to clear all of the hurdles mentioned above. It was good that the basic problem of addiction was finally being addressed, yet there was still plenty of room for a fresh approach. There had to be a way to address the problems encountered by those who were not successful with nicotine

substitution treatments or who could not do it cold turkey.

How Is Smokin' Different From Other Quit Aids?

Smokin' offers an alternative solution to smokers which combats all of the problems mentioned above. There *is* no nicotine substitution system. You continue to smoke as usual. The only difference is that you let the computer notify you *when* to smoke. You won't have to worry about nicotine fits, because *you* remain in control of the Smokin' Program at all times. Each day, Smokin' will calculate smoke breaks which are designed to keep you comfortable using a special algorithm. Using Smokin', you can let go of the nicotine habit surely and gently - without creating trauma to your nervous system.

The period between smokes each day takes just a tiny bit longer than yesterday - enough to cause some improvement, but not enough to cause the usual withdrawal symptoms. Keeping your use evenly paced like this is the key to avoiding the withdrawal symptoms. As long as you follow the recommended smoke breaks, you can be assured that you are making progress each and every day. You don't score any extra points for speed, so don't rush it. The basic idea is to keep stress to a minimum. You can actually smoke your way right back out of the nicotine trap.

Any smoker can turn any Windows PC into a personal quit tool. Smokin' was designed to adjust to your needs. If you should relapse, Smokin' makes it easy to get right back on track. You get notified of smoke breaks using sound and visual aids you can configure to suit your own preferences. In the registered version, Smokin' will even call you at any telephone or on your pocket pager to notify you of smoke breaks - so you can be anywhere, doing anything you like while Smokin' takes care of the 'chores'.

Why Do I Need A Computer For This?

Strictly speaking, you don't need a computer to do this detox program. You could do all the calculations by hand, and time all the smoke breaks with a stop watch. However, this would be pretty time-consuming, and you would spend a large part of every day doing the math and re-setting your watch. As tools, computers are most perfectly suited for doing repetitive calculations and timing operations, so it really makes sense to use your computer for this 'job'. With so much talk of how computers can make our lives better, what could directly improve the quality of our lives more than freedom from this problem of addiction?

Overview

[Smokin'](#) is an automated, personalized, [nicotine detoxification](#) tool designed and built for those who have a desire to quit smoking.

Smokin' is designed specifically to eliminate nicotine withdrawal symptoms as a first priority. Unfortunately for us smokers, nicotine has a very short life in the human body. When we smoke, the nicotine gets into our systems very quickly. The unfortunate part is that the nicotine also leaves us very quickly, causing the withdrawal symptoms to begin building almost immediately. Like most other addictive substances, the body quickly builds up a tolerance to the drug, and we end up using more and more of the drug to produce the same (or less) effect. As with other addictions, we reach the point where the withdrawal symptoms become more and more uncomfortable, and sometimes downright painful. Headaches, stomach upset, insomnia, muscle spasm, and irritability are commonplace. Eventually, we reach that point where we are smoking just to stave off the withdrawals, rather than to produce a fully pleasurable effect!

This is not to say that we don't still thoroughly enjoy smoking at times. But it's a very fine line, at best. There is no neon light that goes off when we cross that line from mere social habit into addiction. Nor do we ignore the fact that there are psychological components involved with the process of addiction. But this is an area where everyone is a bit different, and we will make no judgments on your behalf. Presumably, everyone who uses the Smokin' Program is an adult and quite capable of arriving at their own conclusions about this. Many smokers are pretty well fed up with the kinds of draconian controls which have come into vogue during the last decade or so in some communities. In response to this situation, Smokin' makes no particular demands beyond notifying you of times for smoke breaks, and contains no rules. You are in control from the very moment you install the Smokin' program, and every second thereafter.

See the Topic:

["How Smokin' Works"](#)

See the Topic:

["What Smokin' Does"](#)

See the Topic:

["What Smokin' Doesn't Do"](#)

What Smokin' Does:

- 1- Sets times for smoke breaks based on a very gentle gradient designed to avoid [nicotine](#) withdrawal symptoms.
- 2- Allows you to set the initial pace, and to adjust the pace at any point, if necessary.
- 3 - It doesn't matter what brand or how many cigarettes (or cigars or pipes) you smoke. [Smokin'](#) is only concerned with reducing your intake of nicotine, because that is the only known physically addictive substance involved.
- 4 - The registered version of Smokin' will actually call you when a smoke break is indicated. You can set Smokin' to call you at a telephone, or on your pager. You do not have to be near a computer to use Smokin'.
- 5 -Smokin' is designed to allow you to make a travel disk, which you can take home from the office, or install on your laptop when you travel.
- 6 - The Smokin' formulas are designed to ensure that your overall nicotine usage is reduced each and every full day you use the program. It does not matter how many hours you are awake, or at what times you are awake. It does not matter how often you [relapse](#), providing there is at least one or more successful days between relapses.
- 7 - Smokin' will allow you to pre-set its clock, so that the program will start and end without inconvenience.
- 8 - Smokin' will notify you of smoke breaks with a flashing light and/or your choice of audio signals (See the Help Topic "[The Start Window](#)". Smokin' can also call you on the phone or on your pocket pager (See the Help [Topic "The Remote Window"](#) - registered version only). You can set and reset these options at will, using any combination you find suitable for your situation.

What Smokin' Doesn't Do:

- 1- No guilt trips, no insults of any kind, no "negative reinforcement"!
- 2- No blinding graphics displays.
- 3- No Special Diets.
- 4- No special exercises.
- 5- No lectures.
- 6- No expensive prescriptions, skin rashes, sore gums, or other unwelcome side-effects!
- 7- No cravings. You are in complete control of the detox process. The approach is not to withstand cravings, but to eliminate them altogether.

Quick Start

- 1) Place Smokin' and all accompanying files in their own directory.
- 2) Double-click on the setup.exe file to expand its contents.
- 3) Double-click on the smokin.exe file to open the program.
- 4) Have an egg timer, stopwatch, or alarm clock handy to use until you receive your registration code. You will need one of these to use until the Remote Feature has been installed for you.
- 5) Follow the on-screen directions to start the Smokin' Program.
- 6) Register Smokin' now, so that you can take advantage of the Remote Feature a.s.a.p. (If you order by e-mail, we'll get your registration code to you within 48 hours by e-mail.) The Remote Feature will allow you to set up the Smokin' Program to notify you of smoke breaks by phone or pager whenever you are away from your desk (even when you're out of town!).
- 7) That's it! Best Wishes, and thanks for using Smokin'. You can click the Help button or push the F1 key at any time for more detailed help.

See the Help Topic ["The Remote Window "](#)

See The Help Topic ["How To Register Smokin"](#)

Shareware

DEFINITION OF SHAREWARE

Shareware is a distribution method, not a type of software. By allowing free distribution of the Shareware version of a program, its distributor gives users a chance to try the software before buying it. If you try a Shareware program and continue to use it, you are expected to purchase the program.

Copyright laws apply to both Shareware and regular commercial software, and the copyright holder retains all rights. The author specifically grants the right to copy and distribute the software as specified, either to all and sundry or to a specific group. In this case, beta testers are not required to register the software, but beta testers are prohibited from sharing beta versions of the program with others, as per the non-disclosure agreement.

Smokin' and The Workplace

This is another area where we are constantly learning, and we're always glad to hear new ideas and tips. We have tentative plans to produce a network version of Smokin', designed specifically for use in corporate-type environments. However, the present version is reasonably small, and will run just fine on a workstation with a minimal amount of memory installed. Smokin' can be a very good way to help ease the transition for some of the smokers affected by those employers who feel they must insist on creating "smoke free" workplaces. Some companies also offer various classes and hospital programs as a regular part of their employee health plans. Smokin' can provide another useful tool for those employees who desire it. If your employer is a real team-player, pass our address on to them. We are willing to consider custom-tailoring Smokin' and training sessions for interested organizations.

As with workplace smoking policies, sometimes the restrictions placed on computer users in the workplace can make things a bit difficult. In some locations, employees are not allowed to run software which has not been approved or licensed for the employer's machines. If we can be of service in communicating with your company's Network Administrator or [M.I.S.](#), please let us know. We will be happy to provide any technical information required at no charge to you or them. We do understand the employer's concerns, and we'll be happy to cooperate in any way we can. Frankly, we don't care how many machines you personally use this version of Smokin' on, as long as you register the product once and use the registered version solely for yourself. Our policy is that the license travels with the user, not the machine. The very personalized nature of the product demands this, and we really want you to be able to take advantage of this tool no matter where you are.

If your employers simply will not allow you to install the Smokin' software on their machine, you can still use the program by installing it on your own, or a friend's computer equipped with Windows and a modem (See the Help Topic [System Requirements](#)). The registered version of Smokin' contains the [Remote](#) feature, which will allow you to receive a phone call or a page when it's time for a smoke break. Using Remote , it doesn't matter too much where the computer is physically located, since you will get all smoke break notices through your pager.

Special Tips And Tricks

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs92')}}I have a really long day ahead. How can I handle it?

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs93')}}I don't have time for breaks!

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs94')}}What if I relapse?

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs95')}}I don't have access to a computer all the time.

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs88')}}The Smokin' program interferes with my other work.

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs89')}}I'm not getting any (or enough) smoke breaks.

What do I do on those really busy days? I'll be up late, and I usually smoke much more when I'm rushing around!

On a day such as this, you may actually smoke more total cigarettes than you did the day before, but you are still reducing your overall intake of [nicotine](#)! As long as you follow the smoke breaks suggested by the Smokin' program, you will still find yourself smoke-free in a few weeks. Even if you could stay awake for the entire length of this program, and you never missed a smoke-break, you would still succeed. Don't worry about busy days. Just make sure to keep your cigarettes where you have to think before lighting up.

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs14')}I want to see more. Return to the previous screen.

{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

Smoke break? I haven't got time for a smoke break!

C'mon....you always found plenty of time before, didn't you? There is NO benefit to be gained by missing smoke breaks! You can't save them up for one giant smoke-fest later on. Remember, the key is to level out your use. Denying yourself a cigarette only has the possible effect of causing withdrawal symptoms eventually, and increasing the craving for nicotine. Why put your progress at risk?

So Now What?

Smokin' is not like those programs which require you to fill your days and hours with all kinds of non-smoking distractions. You will find that making some adjustments to your daily routines will come as a very natural result of smoking when prompted. Those who tend to smoke a lot at certain times, and much less at other times will see this effect a bit more noticeably.

Most long-term smokers have developed the habit of smoking more at certain times, such as first thing in the morning, after work, or after dinner. The key is to remain as relaxed as you possibly can. In a very short time, you will see that the program is designed to make sure you are comfortable. Perhaps you would enjoy making a list of new and enjoyable things you'd like to do with the time you used to spend smoking. For now, you will be acquiring a bit more of this new free time each day. For example, if you smoke 100's, and you smoke one pack each day, you will eventually regain more than an hour of smoke-free time each and every day.

If you find that exercise or chewing gum or some other distraction works for you, then by all means, go right ahead! It isn't absolutely necessary that you do anything other than whatever suits you. The only thing that is especially not recommended is the consumption of alcohol or other mind-altering substances while you do this program. The effects of these other substances make it pretty very difficult or even impossible to stay on track, as they tend to numb your reactions and feelings. Your mind and body have become world-class experts at sending out "Nicotine Alerts". You will need to have both mind and body awake and aware if you are to make use of the new information you are about to start using. (It goes without saying that we are not referring here to any medicines your physician may have prescribed for you.) But *do* stick with the scheduled smoke breaks! It is actually important that you do smoke when it is indicated.

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp'; 'SMOKIN_cs14')}I want to see more. Return to the previous screen.
{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

What about Relapses?

If you should suffer a [relapse](#), and actually smoke an extra cigarette, or if you should start to feel consistently uncomfortable at any particular level, it is very easy to get back on track. Simply go back to the last level where you felt good (usually, yesterday's rate or perhaps the day before). Simply start again from there. This has the effect of pushing your smoke-free date a bit further into the future, but this is not a major problem. There is no need to panic or feel bad about it in any way. All that has happened is that your body is telling you that you need to be on a slower gradient. Remember - the idea here is to keep the withdrawal symptoms at bay, while making steady improvements. You just may need to go a little slower than you had expected. The worst thing you could do would be to just abandon the program altogether. That is actually the only thing you can do to avoid getting good results. Otherwise, each full day you stay with the program, you will gain a definite improvement in your nicotine use.

As with any other changes we make in our habits, it can be a good idea to work on the buddy system. Spending some time getting and giving encouragement with other smokers is the best guarantee of progress, outside of simply following the indicated smoke breaks. No one knows everything, and a support group can be a great place to exchange ideas, tips, and just plain have a good time with other like-minded individuals.

See the Help Topic "[Getting Support](#) "

See the Help Topic "[The Relapse Window](#)"

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs14')}}I want to see more. Return to the previous screen.

{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

On The Move

You can't stay at your desk all the time. So what do you do?
Take Smokin' along! Here's how:

Moving between home and office? If you have a home computer, and another in your office, you can transfer Smokin' between your computers using the following steps. If you have never installed Smokin' on your second computer:

1) Use two blank, formatted floppy diskettes. From the Smokin directory, copy all files to the floppy diskettes. Transfer all the files to the computer you will be using, and run smokin.exe.

2) After that, you only need to make sure that if you enter a [relapse](#) on one computer, that you also enter the relapse on the other computer that same day. Should you forget, you can copy the files smokin.mdb and smokin.ldb from the most current computer to the other. This will put your two copies of Smokin' in sync again.

Moving Goofs

We don't recommend it, but.....even if you forget to make a copy of Smokin', the program will update itself automatically to today's predicted schedule. A relapse is the only thing which can change this prediction. So, no relapse, no problem. You can make minor mistakes and continue on very successfully.

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs91')} I want to see more. Return to the previous screen.
{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

Using Laptop Computers With Smokin'

Follow the instructions above, but with this in mind - Smokin' cannot notify you of smoke breaks if your laptop is not turned on. Since laptop batteries do not usually last more than a couple of hours, you may want to continue using Remote Notification while away from your regular desk. Use Smokin' on your laptop only when you can plug into a wall jack.

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs91')} I want to see more. Return to the previous screen.
{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

I don't have a home computer AND they shut down the computer at work on the weekends. Now what?

No, you don't have to give up. There is a Plan B! Do this:

- 1) Keep the Smokin' program running all during the week.
- 2) Just before leaving the office for the weekend, push the Progress Button, and take note of the present number of minutes between smoke breaks.
- 3) Manually time your smoke breaks, using Friday's interval throughout the weekend.
- 4) On Monday, start the Smokin' program. At the Start Screen, enter the number of cigarettes you were at on Friday, and push the Start Button. This has the effect of forcing a relapse every Monday morning, but you keep all your progress from the previous work week. This method causes the [detox](#) program to take a little longer (a total of two weeks, actually). But in the end, you will still be just as nicotine free as you wanted to be, and that's what counts!

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs91')} I want to see more. Return to the previous screen.
{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

Advanced Tips On Remote Use

Using A Pager

Depending on how much tobacco you use and the paging service you use, there may be a per-page charge. This will not be the case for most users, but you may want to check with your paging service just to be sure. With most paging services, you can upgrade the number of "free" pages included in the monthly fee for a small additional charge. Since the Smokin' program runs for at least 60 days, you may want to upgrade your paging service just for that period. Bear in mind that you will probably not use the paging feature while you are actually using the computer where the Smokin' program is installed. Also, you will be reducing your nicotine usage all the time, so the number of smoke breaks will start out high, but decline over the next few weeks.

You may also wish to take note of whether your pager number is a local call from the computer where you have installed Smokin'. In general, even if you will be receiving many pages, and the pager number is not local from the host computer, you will find that the phone and pager charges are quite small, since each call generally takes only a few seconds to complete.

Configuring Smokin'

Smokin' can use Comm Ports 1 through 4. If you are not sure which Comm Port your modem is configured for, you can do one of two things: 1) You can check in Control Panel for Modems, and read which Comm Port is being used for your modem. Or 2) you can use the Auto-Select Modem Button on the Smokin' Remote Screen. Smokin' will check to see which port your modem can use. This process can take a few minutes, but you can see which port is being tested in the top window. When finished, you can use the Test Button to make sure you have everything set up correctly.

Don't worry about baud rates. Most paging services still only operate at 300 baud, so even the most ancient modem should work just fine. The modem must be Hayes-compatible, but most modems are built to respond to the Hayes Command Set.

About Pager Messages

If you wish to be called by phone for smoke breaks, you will want to use a touch-tone phone (the most common type of push-button phone). For now, though, you may want to enter a numeric pager message on the Remote Options Screen, whether or not you are also using your pager. Unless you enter such a code, which you will hear played as tones over the phone line, you would only get a call with no message or tone to let you know that it was actually Smokin' calling you. So, if you enter a pager code when you set up for Remote Notification, you can be sure that you are not smoking in response to a wrong number!

You may also wish to check your phone book to see if the phone(s) you use while you're away from your computer is a local call. The charges for toll calls (or even long distance) are minimal, because each call for a smoke break only takes a few seconds to complete.

Calling Cards

If you are in the habit of using a calling card, you may need to make some additional adjustments in the Dial Prefix box. Many calling cards require you to dial one phone number, wait for the "bong" tone, and then complete your dialing. Smokin' does not recognize that tone, so you will need to use additional wait commands. Here is a brief summary of commands you can use:

- ATD5551212** Instructs the modem to dial the number 555-1212. In almost all cases, you will simply enter the number to be dialed in the Phone Number or Pager Number box. You may, however, use this additional command in the Dial Prefix box to reach an access point when using a calling card to dial out. In most cases, though, you would only need to enter a single number to gain access to an outside line from your office phone (usually 9).

- ,,,** Instructs the modem to pause for approximately 6 seconds. For most modems, each comma is an instruction to wait for 2 seconds before continuing. When dialing an outside number from a PBX system, you would ordinarily enter the access number for an outside line followed by a single comma, which allows the PBX system time to get the outside line and for the modem to notice the dial tone.

- *70** Turns off call-waiting in most areas. Usually, you follow this with a single comma. You may need to check with your local phone service, if some other command is required. If you have call waiting and you do not disable it, it will be possible for an incoming call to disrupt Remote Notification as it calls to notify you of a smoke break.

- #** The pound key is required by most paging systems following your entry of the phone number where you can be reached. The # character notifies the paging system that you are through entering your message. Even though you will only be entering some simple numeric code to notify yourself of smoke breaks, you will still need to enter the required signal to end the message. The # character is the default in Smokin' and has already entered for you. If your paging system requires some other character, be sure to enter it at the end of your entry in the Pager Message box.

Here is an example of how the above commands may be used together:

In the Dial Prefix box, you enter ***70, 9**,

In the Pause box, you enter **8**

In the Pager Number box, you enter the phone number for your pager number

In the Pager Message box, you enter **123123123123**

Taken altogether, the modem will now dial ***70** (disables call-waiting), **wait 2 seconds**, dial **9** (to get an outside line), **wait two more seconds** for a dial tone, **dial** your pager number, **wait 8 seconds** (while the pager answers), then enter the message **123123123123** and a **#** to end the message. Now the modem will hang up and wait for the next smoke break. You will see the code 123123123123 on your pager, and know that it's time for a smoke break.

If the modem could not reach your pager number for any reason, Smokin' will attempt the call again each minute for another five minutes. After that, Smokin' will simply wait for the next smoke break. If you are sure that your phone line was not already in use for a voice call or some other modem call, such as a pre-scheduled download of Email, then check the [Trouble Shooting](#) section of this Help file.

We offer you this information so you will be aware of any additional phone or pager charges you may incur. This way, you can configure your Smokin' program in whatever way is most economical for your situation.

The Remote Window

The image shows a software interface titled "The Remote Window" with a blue sky background. It contains two main sections: "Modem Settings" and "Notify me of smoke breaks by".

Modem Settings

- COM Port selection: COM1, COM2, COM3, COM4
- Auto-Select Comm Port:
- Pause After Dialing: Seconds
- Dial Prefix:

Notify me of smoke breaks by

- Phone at
- Pager at
- Send this pager message:
-

A "Done" button is located in the top right corner of the window.

Click on various parts of the Remote Window to learn how it works.

The Smokin' User License

Smokin' is Shareware. Shareware is not freeware . Shareware is a "try before you buy" type of marketing. If you find this program useful, please register it! Your registration allows us to continue to offer improvements and support.

This software has not been crippled in any way. Registering this software entitles you to the upgraded Remote Feature and technical support of the product. (See the Help Topic "The Remote Window".

Upon registering this program, you are entitled to use it on any computer(s) you choose. The license travels with you - not with the computer. Once started, this program becomes personalized with your data, and so it would not be very useful to any other person. With this in mind, we have provided a means for you to make a fresh, unused copy to share with friends or family. Like you, they will need to register their copy of Smokin' for their own use. (See the Help Topic The Status Bar for details.)

Users of Smokin' accept this disclaimer of warranty: Smokin' is supplied as is. The author disclaims all warranties, expressed or implied, including, without limitation, the warranties of merchantability and of fitness for any purpose. The author assumes no liability for damages, direct or consequential, which may result from the use of Smokin'.

We are not medical doctors; we are software designers and former smokers. As such, we believe Smokin' to be an excellent product when used as directed. We do not encourage anyone to actually increase their rate of nicotine or tobacco intake at any time - that is a matter of personal choice on the part of any user. If, for any reason, you wish to obtain medical advice before proceeding with this program, please do so. Although we will be happy to supply any technical information to any physician who asks, we accept no responsibility for your medical condition or treatment, past, present, or future. We neither encourage nor discourage the practice of using tobacco. Smokin' is designed solely as a tool for those who wish to kick the nicotine habit, and recommendations contained herein apply specifically to proper use of the Smokin Program.

Any registered user of this program is entitled to a full refund of the registration fee if not satisfied with the program. Send a letter and the original diskette (if you have one) to our address (which is listed on the Welcome screen) asking for a refund. We would like to hear why, but that is not a requirement. Your request must state that you will discontinue all use of the program upon receipt of your refund. It's as simple as that - no questions asked.

If you do not agree with these terms of use, then we expect you to stop using this program. You are welcome to pass it on in its entirety to someone else who may find it useful, as long as you do not charge that person for the program.

And thanks for evaluating Smokin'. We'd like to hear from you as to what else, if

anything, you would like to see in a nicotine detox program. Whenever someone sends us an idea we can use, we will grant that person a free registration for the finished product with the suggested improvements included.

Potential Vendors: See the text file vendor.txt in the Smokin' directory for any applicable terms and conditions.

The Start Window



Set options and enter starting data here. You will be able to return to this screen at any time.

Click on The Start Controls listed above for more information.

The Status Bar



During most of the time you are using the Smokin' Program, the Status Bar will be the only visible portion of the program. The Status Bar will remain at the bottom of your screen. If you should cover up the Status Bar with some other window, it will come to the front long enough to inform you of the next smoke break. The Status Bar will always come to the front to notify you of smoke breaks. If you do not wish to be disturbed, simply double-click anywhere on the Status Bar. Smokin' will continue to announce the smoke break, but one click anywhere on your current app will bring that app back to the front of the screen again.

See the Help Topic "Using Smokin' With Other Applications"

System Requirements

IBM or Compatible Processor - (386 or better)

Windows 3.1 or above, or Win95

256 Color Display (that's SVGA)

vbrun300.dll (available where you got this program)

Optional:

A modem and phone line (only for the Remote feature)

A sound card or speaker.driv(also available where you got this program)

A personal pager (only for the Remote Feature)

Return To [Installation Instructions](#)

Return To [Contents Page](#)

The Today Window

The screenshot shows a web browser window titled "Today" with a blue sky background and the word "Smokin'" in a stylized font. The window contains a form with five rows of controls and a promotional message at the bottom.

Days On Program:	9
Cigarettes Per Day:	20
Intervals In Minutes:	48
Total Improvement:	
Be Nicotine-Free By:	4/8/97

Want the latest nicotine freedom news and resources?
Visit us on the Internet at <http://www.methodica.com>

Click on The Today Controls listed above for more information.

Troubleshooting

As of this writing, we have not encountered any serious problems with the Smokin' program itself. If your modem is installed correctly and Windows is configured properly, you should have no technical trouble at all. This troubleshooter will help you identify and correct any configuration problems you may have, as well as help you run the Smokin' program from a practical standpoint. Simply answer the following questions by pushing the appropriate button:

[{ewl HLP_CTRL, EWnd, Go!JumpId\(`SMOKIN.hlp>Tips';`SMOKIN_cs14'\)}](#)I need more help using the Smokin' program.

[{ewl HLP_CTRL, EWnd, Go!JumpId\(`SMOKIN.hlp>Techie';`SMOKIN_cs91'\)}](#)The trouble seems to be with my computer.

Technical Troubleshooter

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs99')}The trouble seems to be with my modem.

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs88')}Smokin' seems to interfere with another application I use.

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs98')}I need to use Smokin' on more than one computer.

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs82')}I get the error message "Sharing violation".

Sharing Violations

To use Smokin', you must run either SHARE.EXE or VSHARE.386 as shown:
(VSHARE.386 eliminates the need for SHARE.EXE)

If you run:

Windows 3.1 in standard mode run SHARE.EXE.
Windows 3.1 in 386 enhanced mode or Win95..... run VSHARE.386.

If you are running Windows for Workgroups 3.1 or 3.11 in 386 enhanced mode, you are already using VSHARE.386. If you are running Windows 3.1, follow this procedure to use VSHARE.386.

To use VSHARE.386:

1. Make sure VSHARE.386 is in the Windows \SYSTEM subdirectory.
2. Using a text editor (such as MS-DOS Editor), edit your AUTOEXEC.BAT file and remove the command for SHARE.EXE.
3. Edit the [386Enh] section in your SYSTEM.INI file to add the following line:

device=vshare.386

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs91')} I want to see more. Return to the previous screen.

{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

The trouble seems to be with my modem.

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs101')}I get the error message "Device Unavailable".

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs85')}My modem is making a loud screeching noise.

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs86')}The modem test hangs up or does not complete.

{ewl HLP_CTRL, EWnd, Go!JumpId(`SMOKIN.hlp';`SMOKIN_cs87')}I can't get Smokin' to call me.

Using Smokin' On More Than One Computer

{ewl HLP_CTRL, EWnd, Go!JumpId('SMOKIN.hlp';`SMOKIN_cs96')}}Using A Laptop Computer With Smokin'

**{ewl HLP_CTRL, EWnd, Go!
JumpId('SMOKIN.hlp';`SMOKIN_cs95')}}I don't have access to a computer
all the time.**

**{ewl HLP_CTRL, EWnd, Go!JumpId('SMOKIN.hlp';`SMOKIN_cs97')}}How do I switch
from one computer to another?**

I get an error message "device unavailable"

If your modem is connected to a line which also has a telephone on it, pick up the receiver and see if there is dial tone. If there is a dialtone, use the Test Button on the Remote Screen to try the modem again. If the test call goes through successfully, you can ignore the "device unavailable" message. If the call does not go through successfully, shut down Smokin' and any other programs you are running. If you have an external modem, turn it off and then back on again. If you have an internal modem, shut you computer down completely and then turn it on again. Your modem will usually reset when you turn it back on. If this fails, you may need to repeat the process, and try unplugging your phone line, and then plugging it back in while the computer (and modem) are turned off. Try another test call from the Smokin' Remote Screen.

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs91')} I want to see more. Return to the previous screen.

{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

I hear a loud screeching noise coming from my modem.

If your modem is connected to a line which also has a telephone on it, pick up the receiver and see if there is dial tone. If there is a dialtone, use the Test Button on the Remote Screen to try the modem again. If the test call goes through successfully, you can ignore the "device unavailable" message. If the call does not go through successfully, shut down Smokin' and any other programs you are running. If you have an external modem, turn it off and then back on again. If you have an internal modem, shut you computer down completely and then turn it on again. Your modem will usually reset when you turn it back on. If this fails, you may need to repeat the process, and try unplugging your phone line, and then plugging it back in while the computer (and modem) are turned off. Try another test call from the Smokin' Remote Screen. The noise will stop when the modem has been turned off. Complete the procedure to reset the modem.

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs91')} I want to see more. Return to the previous screen.
{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

The Modem Test hangs up or does not complete.

The Modem Test may take several minutes to complete, so please be patient. Every effort is being made to see that your modem is set up properly. You can see the present status of the Modem Test in the top window of the Remote Screen. While the test is running, the Modem Button has the caption "Cancel". You can cancel the test at any time, but you may have to run it again later to set Smokin' up with the Remote Notification feature.

At the end of the test, you should see a notice such as "A modem was found on port 2. That port has been selected." or "Modems were found on ports 2 3." If more than one modem was found, you must choose which one will be used by Smokin'. Select that port by clicking the option button for that port.

If you see the notice "No modem was found." then the Modem Test was unable to find a modem in your computer. At least one of the following is true:

- You do not have a Hayes-Compatible modem.
- Your modem uses some port number other than 1,2,3, or 4.
- Your modem has not been installed properly.

In any of these cases, check your modem documentation for specific help regarding the modem you have. If your modem does not recognize Hayes Commands at all, then you will not be able to use that modem with Smokin'. If your modem is Hayes-compatible, and will work with any other communications application on your computer, then you should re-check your settings in Smokin'.

If you do have a modem installed, you can verify that your modem is installed correctly by placing a call through any other communications program installed on your computer. If you use Windows3.1, you can use the built-in Terminal program to do this (assuming you have installed Terminal). In Win95, you can use HyperTerminal or the Phone Dialer to test the modem, again assuming you have installed these optional programs. Of course, if you have an account with any BBS or Information Provider, you can use your usual program for any of these services to make sure the modem is properly connected. If the modem can place a call successfully using any of these means, then you can be absolutely certain that the modem is installed correctly. Most communications programs have a Setting or Options window where you can see what settings (including which port) the modem is using. If the modem is installed on port 1,2,3, or 4, you can simply click the corresponding option button on the Smokin' Remote Screen.

If it turns out that the modem is already installed for use with some port other than 1, 2, 3, or 4, you will need to use the modem documentation to set the modem for use with one of these 4 ports in order to use the Remote Notification feature with Smokin'.

If you use Win95 as your operating system, you can also use Win95 Help. Under the

Help Topic "Troubleshooting", you will also find step by step troubleshooting instructions for your modem.

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs91')} I want to see more. Return to the previous screen.

{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

I can't get Smokin' to call me.

There could be several reasons for this. Obviously, Smokin' cannot send you Remote Notification of a smoke break if the phone line attached to your modem is already in use for a voice call or for some other communications program. Should this situation arise, Smokin' will send a visible notice to your display that it could not complete the call. Smokin' will then continue to try the call once every minute for another 5 minutes. After that, whether or not a successful call was made, Smokin' will not make any further attempts to call until the next scheduled smoke break.

If you have any communications programs which turn on and off automatically, such as an automated download of your Email, this could interfere with Smokin's Remote Notification feature. You may want to set any such programs to run while you are asleep, or you may find it best to only run such programs manually while you are completing the Smokin [detox](#). In any case, other communications programs will usually not interfere with Smokin', as Smokin' will try to redial any call 5 more times over five more minutes. The two programs should seldom need access to your modem at the same time unless you spend a great deal of time online.

To insure that you have the Remote Feature set up correctly, click on the Options Button, then the Setup Button on the Start Screen. This will open the Remote Screen. From here, you can use the Modem Button to make sure your modem is set to use the correct port.

Once you have the modem set to use the correct port, you can also use the Test Button on the Remote Screen to make sure you have set up Smokin' to dial out correctly. If you are dialing out through a PBX system, please see the Help Topic "Advanced Tips On Using The Remote Feature" for specific setup instructions. Any status messages during the test will be displayed in the top window of the Remote Screen. As with any regular call, if Smokin' is unsuccessful on the first attempt, Smokin' will try to make the call 5 more times over the next five minutes. If you are sure your phone line is not already in use, click the Cancel Button, and re-check your modem connections and the dialing instructions you have entered on the Remote Screen. You may want to call the selected number using a regular handset, and time the various parts of the call to make sure you have done the setting correctly. For example, one pager may only need a delay of 4 seconds before entering the pager message, while another pager may need 10 seconds. One PBX system may require the number 9 and a 2 second delay be dialed to get an outside line, while another may require the number 7 and no extra delay. By making the call yourself, you can verify that your settings are correct.

If you use Win95 as your operating system, you can also use Win95 Help. Under the Help Topic Troubleshooting, you will also find step by step troubleshooting instructions for your modem.

{ewl HLP_CTRL, EWnd, More!JumpId(SMOKIN.hlp';`SMOKIN_cs91')} I want to see

more. Return to the previous screen.
{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

Smokin' is interrupting my work on the computer.

This does not ever have to be a problem! When a smoke break is announced with the flashing Status Bar, Smokin' will place the Status Bar at the front of your screen. In order to do this, Smokin' takes control of your computer just for a second. If you are busy using some other application at the time, and don't wish to be interrupted, double-click anywhere on the colored part of the Smokin' Status Bar while it is flashing. The Status Bar will continue its scheduled announcement, but you can shift the focus back to your application by merely clicking anywhere on your application's window. When the flashing notice is done, Smokin' will once again sit unobtrusively at the bottom of your screen, and you can cover it with any number of other windows.

The Status Bar will become the topmost window again when it is time for another smoke break. If you do not want to see the flashing notice at all, you can simply click on the Options Button, and toggle the Flashing Notice Button to the Off position. You can reset this and any other options at any time.

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs14')}I want to see more. Return to the previous screen.

{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

I'm not getting any (or enough) smoke breaks!

If you think that Smokin' has somehow failed to notify you of a smoke break, or perhaps you got busy and didn't notice a smoke break signal, don't worry. Simply click once on the Status Bar - over the panel that says "Smokin'" and the version number. You will see the time of the last smoke break. This message will disappear automatically in about 10 seconds, but you can click to see it again at any time.

If Smokin' was turned on, but the notice says there have been no smoke breaks so far, you can click on the Progress Button to check your status. You can find out how many cigarettes you currently smoke each day, the current interval (in minutes) between smoke breaks, and your projected Smoke-Free date. If all is in good order, you now need to consider whether you have simply run into a [relapse](#). Clearly, if you are feeling very uncomfortable, go right ahead and click on the Relapse Button. You can enter the number of cigarettes you were at yesterday or perhaps the day before. See the Help Topic "How Smokin' Works" for more specific information.

If you feel you would do better with some personal support, see the Help Topic "Getting Support" for information on available support groups. You can also check the support.txt file in the Smokin directory for additional information on sources of personal support.

see the Help Topic "[Getting Support](#)"

see the Help Topic "The Relapse Window"

see the Help Topic "[Advanced Tips on Using the Remote Feature](#)".

{ewl HLP_CTRL, EWnd, More!JumpId('SMOKIN.hlp';`SMOKIN_cs14')}I want to see more. Return to the previous screen.

{ewl HLP_CTRL, EWnd, Done!Exit()}That answers my question. Exit Help now.

What Do I Do If...

...I Relapse?

In case of a Relapse (smoking more often than the program indicates), you can reset the program to back up a day or two, and then it will run more slowly so that you can remain comfortable. Click on the Progress Button on the Status Bar to check your present use then click on the Relapse Button to reset number of cigarettes you smoke. It may also be a good idea to Review the following Help Topics:

["Getting Support"](#)

["More About Nicotine"](#)

["Special Tips And Info"](#)

...I want to register Smokin'?

Refer to the help Topic "How To Register Smokin'". Complete instructions may be found there.

...I have to shut down my computer?

There are two ways to handle this:

1) If you know in advance that you will be shutting down your computer, make a copy of Smokin' to use as a Travel Disk. You can then install Smokin' on another computer, if you have one available.

2) If you don't have another computer available, you can check your current usage rate by clicking the Progress Button on the Status Bar. This will give you your present interval between smoke breaks. You can then time the breaks manually (using an egg timer, stopwatch, wristwatch, or alarm clock) until you turn your computer back on. It is always a good idea to keep an up-to-date Travel Disk or note of today's interval handy, in case you suffer an unexpected computer crash.

...I Can't Get My Modem To Work?

Read the Help Topic "Troubleshooting".

...I have trouble taking my smoke breaks at work?

Review the Help Topic "[Smokin' And The Workplace](#)". Clearly, you will have to decide for yourself what is the best method of handling this. You might want to consider joining one of the support groups where other smokers will no doubt be discussing this and other related subjects. A list of nicotine-freedom support groups is contained in the text file support.txt. You'll find this file in the Smokin' directory on your

hard drive.

Uninstall Smokin'

It is easy to remove Smokin' from your system.

All files used are in the directory to which you originally installed Smokin'. (The default directory offered by the install program was C:\smokin.) Simply delete that directory and Smokin' will be uninstalled.

Using Smokin' With Other Applications

The Status Bar rises on top of all other windows during smoke break announcements so that you can always see the Flashing Notices when they occur. Once the smoke break has been announced, you can cover the Status Bar up again with any other window. If you were using some other application and do not wish to be interrupted, simply double-click anywhere on the Smokin' Status Bar before it stops flashing. The announcement will continue to run its course, but you can click anywhere in your original application's window, and the application will cover up The Status Bar again. This also applies to using the Taskbar in Win95 in auto-hide mode. The Status Bar will come to the front again when it is time to announce another smoke break. Smoke Break announcements last approximately 45 seconds, to make sure you see them.

See the Help Topic "[The Status Bar](#) "

Windows

Smokin' uses the System Date and System Time (as shown in the Control Panel) to set smoke breaks. Before making changes to the system time or date, exit the Smokin' program. When you have finished making the desired changes, simply restart Smokin'. All smoke breaks will now be set according to the current system date and time.

Screensavers

If you are using a screensaver, Smokin' will still come to the front of the screen when it is time to announce a smoke break. With all screensavers we have tested, the screensaver will assume control of the entire screen again when the Smokin' program has been idle for as many minutes as you have specified in the screensaver program.

Wordpad

We have noticed that Wordpad will not place its window on top of Smokin' once a smoke break has been announced. This does not appear to cause any problems in the way Wordpad functions.

Colorfast

You may have trouble printing out the order form if you use the Colorfast driver for certain Hewlett Packard printers. This is not caused by a bug in Smokin'. Colorfast is known to cause problems with a number of Windows applications, and after much testing, we consider this to be caused by design/documentation flaws in the Colorfast product. (Colorfast is not a product of Hewlett-Packard). We suggest you simply switch to the Windows generic printer driver, or use the driver supplied by the manufacturer of your printer.

In general:

There are no known conflicts with any other applications at this time. Please check with us for current information at [Tech Support](#).

Addiction

ad-dic-tion (uh dik'shuhn) n.

- 1. dependence on or commitment to a habit, practice, or habit-forming substance to the extent that its cessation causes trauma.**

[1595-1605; < L]

Audio Option

You can toggle this option on and off with the command button in this box. Leaving this option turned on will cause the selected .wav file to play when it is time for a smoke break.

You can use the radio buttons to choose either the smokin.wav file or the chimes.wav file. Choosing a radio button will cause the associated .wav file to play once, so you can test your choice. This is also a good time to set the speaker volume to a comfortable level.

AutoWake

This Smokin' option allows you to set alarms to turn Smokin' on and off automatically. Use the spin buttons on the clock to set the Sleep. Use the on/off button to turn the alarms on and off. You will not be notified of any smoke breaks while Smokin' is asleep.

This feature can be particularly useful if you don't want to have to turn Smokin' on or off when you leave your desk.

AutoSleep

This Smokin' option allows you to set alarms to turn Smokin' on and off automatically. Use the spin buttons on the clock to set the Sleep. Use the on/off button to turn the alarms on and off. You will not be notified of any smoke breaks while Smokin' is asleep.

This feature can be particularly useful if you don't want to have to turn Smokin' on or off when you leave your desk.

Beta Tests

If you are interested in becoming a beta tester, please send Email to:
support@methodica.com

Copy

Use this button to make a travel disk for another computer, such as a laptop or your home computer. The travel disk will only contain your current Smokin' data. (You must already have installed the Smokin' program on the other computer.)

Your registered copy of Smokin' is licensed to you, and you alone. Because of the very personalized nature of the data Smokin' uses, sharing the registered version would result in incorrect delivery of smoke break and status information to the person receiving your registered version of the program. If you decide to share Smokin' with a friend, please be sure to share an unregistered copy. (Registration is both easy and inexpensive. See [How to Register Smokin'](#) and the [Smokin' User License](#) for details.)

Days In

The total number of days since you started the Smokin' Program

Detox Program

de-tox-i-fy (dee tok'suh fie) v. <-fied, -fy-ing>

v.t.

- 1. to rid of poison.**
- 2. to subject (a person) to detoxification.**

v.i.

- 3. to undergo detoxification.**

[1900-05; DETOX (ICATE) + -IFY]

Dial Prefix

*You can use this box to enter special instructions to turn off call-waiting, or for the modem when dialing out of an office PBX system. To disable call-waiting, Enter *70, in most areas. Check with your local phone service for the commands used in your area. To dial out of an office PBX system, you would enter the number used to get an outside line, followed by one comma for each 2 seconds the modem should wait for an outside dialtone. As an example, if you entered *70,9, in this box, the modem will dial *70 (shut off call-waiting), wait 2 seconds, dial 9 (for an outside line), then wait 2 more seconds for dialtone.*

Done Button

When you have finished entering and testing you settings, click here to return to the Start screen.

Exit

Use the Exit button to end the Smokin' Program. This will call up a message screen advising you of help available on possible ways to exit the program without jeopardizing your present progress. This is not a "nag screen". It is simply there to confirm your wishes and help you take the appropriate action(s) for the results you want. Your data has been automatically saved, and will reappear when you start Smokin' up again.

To exit Smokin' completely, click the Yes Button on the message box. To return to Smokin', click the No Button on the message box.

Flashing Notice

You can toggle this option with the on/off button in this box. When you switch the button to the on position, the flashing notice is demonstrated. In actual practice, this will cause the Status Bar to flash when it is time for a smoke break.

Free Date

At the present rate, you could be 100% nicotine free on this date. This number changes only in the case of a relapse.

Help

*Use the Help button any time to bring up this Help File.
You may also use the F1 key at any time to get context-sensitive help.*

Improvement

This is the overall percentage improvement in your rate of nicotine use from the time you first started the Smokin' Program. 0% shows no improvement (You'll start out here) and 100% is complete success.

Interval

This is the number of minutes between smoke breaks. This number changes at least once each day.

JoEllen

(It's pronounced just like the names Jo and Ellen together.)

M.I.S.

Manager of Information Systems

Modem Button

Use the Modem Button to let Smokin' find the correct Comm port for your modem. This test may take several minutes, but you can watch the status of the test in the topmost window of the Remote Screen.

Modem Settings

Click on the radio button for the Comm port your modem uses. If you do not know which Comm port your modem uses, you can click on the Modem Button. Smokin' will attempt to locate the port used by your modem.

Nicotine

nic-o-tine (nik'uh teen , -tin, nik uh teen') n.

1. a colorless, oily, water-soluble, highly toxic liquid alkaloid, $C_{10}H_{14}N_2$, found in tobacco and valued as an insecticide.

[1810-20; < F; see NICOTIANA, -INE 2]

Derived words

--nic'o-tined , adj.

--nic'o-tine less, adj.

Number Smoked

This is the number of cigarettes you will smoke today. This number usually changes daily.

Options

Use This button to reset the options found on the Start Screen. You can reset the Flashing Status Bar, Audio Notification, Wake and Sleep Alarms, or the Remote options at any time.

Note: Smoke breaks are not announced while you are resetting the Option on the Start Screen. To resume the announcements, push the "Start Smokin' Now" Button.

Order

You can print out an order form from here.

Pager Checkbox

Click on this box to have Smokin' dial the Pager number to notify you of Smoke Breaks. If the Phone Checkbox is checked, you must first uncheck it.

Pager Message

Enter the pager code you wish to see when Smokin' notifies you of a smoke break. You can enter up to 12 single-digit numbers. It is suggested that you enter a number sequence you can easily remember and identify.

If you have chosen to have Smokin' notify of smoke breaks by calling you on a phone, entering a number in this box will also cause Smokin' to "play" this number digitally over the phone, if you are using phone notification. This makes it easy to distinguish between a call from Smokin' and a simple wrong number call.

Pager Number

Enter your pager number here. Smokin' will page you when it is time for a smoke break.

If your office phone system requires a number be entered to get an outside line, enter that number in the Dial Prefix box.

Pause After Dialing

You can use this box to enter special instructions for the modem when a pause is needed before entering the pager message. The format of this entry is the number to be dialed followed by as many commas as necessary. (Each comma causes a 2 second delay before the modem goes any further.)

Phone Checkbox

Click on this box to have Smokin' dial the Phone number to notify you of Smoke Breaks. If the Pager Checkbox is checked, you must first un-check it.

Phone Number

Enter the phone number where you would like to be called when it is time for a smoke break.

If your phone system requires a number be entered to get an outside line, enter that number in the Dial Prefix box.

Pragmatic

prag-mat-ic (prag mat'ik) adj.

- 1. concerned with practical considerations or consequences; having a practical point of view**

Progress

Clicking this button will take you to the Today Screen, where you can review your progress.

Recidivism

re-cid-i-vism (ri sid'uh viz uhm) n.

1. repeated or habitual relapse, as into crime.

[1885-90; < L *recidiv* (us) relapsing (*recid* (ere) to fall back (re- RE - + -*cidere*, comb. form of *cadere* to fall) + -*ivus* - IVE) + -ISM]

Register

Use the Register Button to enter your registration code. When you register Smokin', you get the Remote feature upgrade. The handy Remote feature allows you to be notified of smoke breaks by phone or by pager whenever you are away from your desk.

Relapse

re-lapse (v. ri laps'; n. also ree'laps) v. <-lapsed, -laps-ing>
n.

v.i.

1. to fall or slip back into a former state or practice: to relapse into silence.
2. to fall back into illness after convalescence or apparent recovery.
3. to fall back into wrongdoing or error; backslide.

n.

4. an act or instance of relapsing.
5. a return of a disease after partial recovery from it.

Relapse Button

You can use the Relapse Button to slow the detoxification process. Enter the number of cigarettes you smoked yesterday, or perhaps the day before. This will move your Smoke-Free date a bit further into the future, but should eliminate withdrawal symptoms.

Remote

In the registered version, Smokin' can notify you of smoke breaks by calling you on the phone or on your pager.

Screen Names

(Also called an Alias, Nickname, or a Handle)

Should Smokin' Call You?

This is a very handy feature to have when you must be away from your desk or laptop computer for extended periods of time. Before using, please read the help topic "[Advanced Tips On Using The Remote Feature](#)".

If your copy of Smokin' remains unregistered, you may want to get an inexpensive stop watch or egg timer to keep track of smoke breaks. This will work just fine until you obtain your registration code. Using a hand-held timer will allow you to go ahead and begin the Smokin' Program prior to registering.

Once your copy of Smokin' is registered, you will find a set of radio buttons and an on/off button in the box next to the label "Remote Notification?"

You can use the radio buttons to choose whether Smokin' should call you at the phone number of your choice, or whether Smokin' should call your pager and enter a numeric message. Then Toggle the on/off button to the on position. This will bring up the Remote Screen, where you can enter and test the rest of your communications settings.

Smokin' Panel

You can click once at any time on the grey panel where you see the name Smokin' and the version number. The exact time of your last smoke break will appear in that location for approximately 10 seconds.

Smokin'

An automated, systematic, and personalized nicotine withdrawal tool.

Start Smokin' Now

Once you have set all your options, you can click on this button to begin the [Smokin' Program](#). The Start Screen will disappear, a short .wav file will play, and only the gray Status Bar will be visible at the bottom of your screen. You will be able to return to The Start Screen at any time by clicking the Reset Button on the Status Bar.

Starting Data

Enter the present number of cigarettes you smoke each day. Try to be accurate here. If you are not quite sure, go with a higher estimate, rather than a lower estimate. You can change this number at any time, after you have started the Smokin' Program by clicking on the Start Smokin' Now Button. However, changing this number is interpreted by Smokin' as a relapse, so it is best to be accurate from the start.

Test Button

Once you have entered the desired Phone Number or Pager Number, and selected a Comm Port, you can click the Test Button to try your selections. While testing Comm Port Settings, you may get a message box "Comm Port unavailable." Simply Click on o.k., and try a different port setting.

Note: If your phone system requires a number be dialed to get an outside line, try adding some commas between that number and the rest of the phone number to be dialed. This will give your phone system more time to connect an outside line.

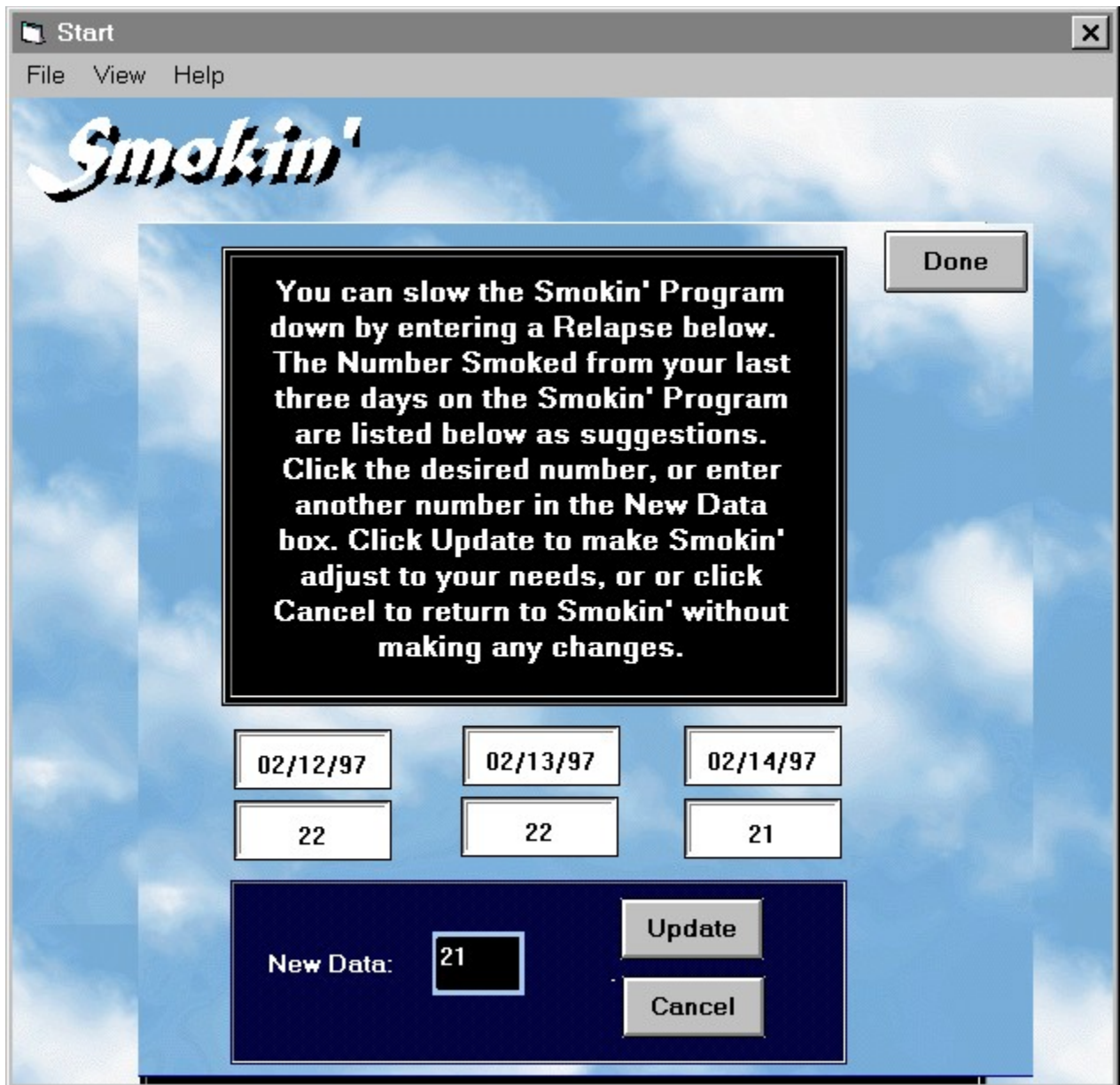
The Smokin' Program

An automated, systematic, and personalized nicotine withdrawal tool.

Windows

Windows and Win95 are trademarks of the Microsoft Corporation.

The Relapse Window



The Relapse Window is available from the Status Bar. Click on the button marked 'Relapse'. This window is used to change the number of smoke breaks announced each day. If you look at the Relapse Window itself, you will see that the last three days are shown, along with the number of smokes for the last three days. You can click on any one of these numbers or dates, and the appropriate number will be automatically transferred to the New Data box. Once you have entered the new number in the New Data box, click Update to make Smokin' instantly recalculate your smoke breaks, or click on Cancel to return to the regular program without making any changes.

Note: You do not have to use any of the numbers suggested by the Relapse Window. You may enter any number you choose. The figures from your last three days on the program are given as suggestions only. Once you get started with the Smokin' program and begin to feel comfortable using it, you will very

likely start losing track of exactly how many cigarettes you smoke each day. The suggested figures are offered to help you avoid backtracking any more than necessary in the case of a relapse.

Why Can't I Just Quit?

Some people *do* "just quit". But this isn't the case for most smokers. Although no one can pinpoint the exact moment when casual habit crosses the line and becomes addiction, the experience is well-known and well-documented. After all, humans have suffered from various addictions throughout known history. It has only been within this century, though, that addiction has even been recognized as a complete and worthwhile field of its own field of study in its own right.

Addiction has been defined as a behavior which is continued obsessively, despite all negative consequences. While thinking of oneself as an addict may be difficult at first, it does place the problem in its proper perspective. Various studies on nicotine addiction have shown that some people just have a much harder time quitting smoking. You could say that some people become more *addicted* than others.

Unfortunately for us smokers, nicotine has a very short life in the human body. When we smoke, the nicotine gets into our systems very quickly. The unfortunate part is that the nicotine also leaves us very quickly, causing the withdrawal symptoms to begin building almost immediately. Like most other addictive substances, the body quickly builds up a tolerance to the drug, and we end up using more and more of the drug to produce the same (or less) effect. As with other addictions, we reach the point where the withdrawal symptoms become more and more uncomfortable, and sometimes downright painful. Headaches, stomach upset, insomnia, muscle spasm, inability to concentrate and irritability are commonplace withdrawal symptoms. Eventually, most smokers reach the point where smoking is necessary just to stave off the withdrawals as much as to produce a pleasurable effect.

It is rather amazing to note that smoking is still being treated primarily as a social deviation. This approach really doesn't make much sense. Once we have recognized that the problem is nicotine addiction and that negative consequences mean very little to an addict, then it becomes clear that trying to apply negative social consequences to a hardcore smoker is unlikely to have any meaningful or lasting effect on the smoker's behavior. Whatever our individual opinions on the subject, most of us have shared the same basic experiences as smokers. That moment of fully realizing that we have lost control over our nicotine use is not something easily forgotten. It is this and many other common experiences which led to the development of the Smokin' Program.

In comparison to other addictions, nicotine is truly tough to beat. Everyone has heard of, or seen first-hand, the obvious physical withdrawal symptoms that are caused by heroin or alcohol. After all, delirium, nausea, and convulsions are pretty hard to ignore! While nicotine withdrawal may *look* a lot less dramatic from the outside, it doesn't *feel* any less horrifying to the person suffering. Leaving aside the obvious differences in physical and legal consequences, nicotine addiction probably compares most closely to crack cocaine, at least in terms of how the drug cycles through the body. The drug gets into the bloodstream very fast, leaves very fast, and the withdrawals come on quickly, producing the phenomenon of increased use, and eventually, chain-smoking. Although it may seem odd or even repulsive to think of a crack addict as a chain-smoker, this is exactly what happens to the nicotine addict - minus the hallucinogenic effects, of course. When you stop to consider that the rate of recidivism (failure to kick the drug) for cocaine addicts has been quoted as high as 98%, the picture gets very clear.

Some research even describes nicotine as being 10 times as addictive as heroin!

There still exists a kind of folklore which treats any and all addictions as some sort of defect of character, or lack of basic willpower. In truth, nothing could be further from reality. If this was really the problem, then we could characterize all smokers as "spineless" and having "bad character". You can easily make a mental check amongst your own acquaintances and see for yourself if this folklore stands up to the facts and your own experience. Then there is the present socio-political machine, which insists that smokers are by definition somehow lacking in character, since the very act of smoking places certain toxins into the same air others have to breathe. Again, this involves some very poor reasoning, as it insists that literally 100's of millions of people are knowingly and willfully trying to poison their own friends, families, and co-workers! Again, make a mental check and see for yourself if this folklore stands up to your own experience.

We won't get into the politics of tobacco and addictions any further - that's not our purpose here. The point is only that there is still a huge cloud of controversy and misinformation surrounding addictions of all kinds, and nicotine addiction in particular. It isn't hard to see that such a situation doesn't really contribute to helping the smoker who really *wants* to quit but can't.

If many of us have failed over and over at kicking nicotine, it should come as no surprise at this point. Addiction is a tough disease, and nicotine is one tough drug. There will always be those rare individuals who can tell us that going cold-turkey is the best way, or that they suddenly woke up one morning and found that the desire to smoke had vanished. This simply will not be the case for everyone. These same kinds of sudden-success stories can be had from recovered alcoholics, heroin addicts, crack smokers, and every other type of addict imaginable. There is absolutely no reason to doubt that such things can also happen for the nicotine addict. However, until and unless such a miraculous experience comes to each one of us, we will simply have to do the best we can at pursuing other avenues of relief. Far too many smokers are trying to quit, but failing because of the sheer level of discomfort and frustration involved. Managing the physical withdrawals is certainly the obvious place to begin.

New Data

This is the amount you will begin with from today forward. All smoke breaks will be re-calculated according to what you enter here.

Comm Port

You can manually select the Comm port for your modem, or you can click on the Modem Button. The Modem Button will test ports 1 through 4, and select the proper Comm port for your modem. This testing may take several minutes.

Most Recent Dates

These are the numbers smoked during the last three days. These numbers are suggested as good entries if you have had a relapse.

Update Button

Clicking this button will update Smokin' and re-calculate all smoke breaks.

Cancel Button

Clicking this button will cancel all changes to the Smokin' program. Smoke breaks will be announced as they were before opening the Relapse Window.

