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Nota di bibliografia	Includes bibliographical references (p. 223-227) and index.
Nota di contenuto	Personal life -- Preparation and start in public health -- Military life -- Disease control -- A larger view of public health -- Tobacco control -- Concepts, determinants and measurement of health -- International health -- Public health administration -- Academe -- Reflections.
Sommario/riassunto	From his time as a Truman appointee on the Health Needs of the Nation to his tenure as Dean of UCLA's School of Public Health, Dr. Lester Breslow has been a force behind the most important public health developments of the last century. With his trademark humor and conviction, Breslow recounts his participation in the field's ground swell from the study of communicable disease to the current control of chronic illnesses. He reveals the story behind his Human Population Laboratory's ""seven healthy habits"" (sleep right, eat right, don't smoke, don't drink too much, exercise, keep your weight d