

SMOKING

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A Destructive Habit

Think of yourself in a park. You are sitting on a bench and this man comes over and he has a cigarette, and smoke is coming out of it. You smell something but what is it? It's not the good smell of the fresh air!

Do you smell that? That's the smell of smoke. It's coming from something called a cigarette. A cigarette is a paper roll filled with poisons and tobacco. It has rat poison, nicotine and even rocket fuel. You probably are wondering, "What's nicotine?" Well, it makes you addicted to smoking; it's a kind of chemical you don't want to try.

HISTORY OF SMOKING

A long time ago when the Native Americans were around, smoking was invented. Some people smoked cigars and some people smoked cigarettes. Cigarettes and cigars are rolls of tobacco that you light up with a lighter or match. You may think, "Oh its jut a roll!" BUT there are risks ... many kinds of cancer, heart disease, bad breath, and many rashes.

EFFECTS OF SMOKING

The Tobacco-Free Kids Organization made a thick rubber bracelet with the number 1,200. Why 1,200? Because that's how many people die a year from tobacco products. Did you know 1 in 5 high school students use tobacco? Kid's smoke at illegal ages like 12-17. The legal age to purchase cigarettes is 18! Also kids get damaged faster then grown ups when they smoke.

From smoking you can get lung cancer, heat disease and lots of rashes. You can also have difficult time playing sports because smoking shortens your breath. Smoking can also shorten 10 years of your life, maybe even more, but the worst part is, kids at illegal ages are smoking. Statistics show one out of five deaths in the U.S. is caused by smoking.

Cigarettes are made out of many things like nicotine, carbon monoxide, and formaldehyde,

ammonia and even DDT, which are all chemicals.

Did you know there are other secret ingredients in cigarettes?

They are:

Paint

Tar

Rocket fuel

Batteries waste

Candle wax

Toilet cleaner

Also, did you know lighting a cigarette is very hot? It is like inhaling 1,400°F or 800°C into your body.



A picture (above) shows some ingredients in cigarettes.



Some people hang signs like this one in a taxi.



Newport is a brand of cigarettes.

Don't Smoke!

The problem is that more and more people try smoking every minute! That means more murdering from cigarettes. Guess what? Smoking can shorten 10 years of your life and sometimes more, but the worst part is kids smoke at illegal ages. They may only live until 30 or any age, but if you smoke and you live until 80 your real life may have been about 90. You live longer if you don't smoke.

If you love sports, don't smoke because you can't play whatever sport you like. Also you can't exercise that much because your lungs get tar stuck in them and it shortens your breath. Kids smoke for many reasons, like they like dangerous things or they want to know what it feels like or even smoke because a family member smokes. Those are all the worst reasons.

CIGARETTES



* Another brand of cigarettes



Here is what a cigarette looks like.

QUIZ

What is one thing you smoke with?

- A a apple
- B a cigarette
- c a monkey
- d DDT

Is smoking good for you or bad for you?

- a. good
- b bad