

## YOUTH AGAINST SMOKING

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About harm of smoking it is told much. However the anxiety of scientists and the doctors, caused by distribution of this addiction, grows, as for the present the significant number of people does not consider smoking unhealthy.

Smoking - not harmless employment which can be thrown without efforts. It is the present narcotism and the more so dangerous, that many do not take seriously.

Nicotine - one of the most dangerous poisons of a phyto-genesis. Birds (sparrows, pigeons) perish, if to their beak be it only to bring the glass stick moistened by nicotine. The rabbit perishes from 1/4 drops of nicotine, a dog - from 1/2 drops. For the person the fatal dose of nicotine makes from 50 up to 100 mg, or 2-3 drops.

Such dose acts daily in blood after smoking 20-25 cigarettes (in one cigarette contains about 6-8 mg of nicotine from which 3-4 mg get in blood).

The smoker does not perish because the dose to be entered gradually, not in one step. Besides, the part of nicotine will neutralize formaldehyde - other poison containing in tobacco. Within 30 years such smoker smokes approximately 20000 cigarettes, or 160 kg of tobacco, absorbing on the average 800 mg nicotine. Regular absorption small, not fatal doses of nicotine causes a habit, predilection for smoking.

Nicotine joins in the processes of an exchange occurring in an organism of the person, and becomes necessary. It also is a principal cause why so it is difficult to leave this addiction. Smoke all categories of the population: women and men, elderly and teenagers, and even children. Especially negatively affects children and teenagers. Experts consider, what exactly in 12-13 years at children occurs "explosion" of interest to an adult life and its attributes to which many teenagers carry also cigarettes.

Smoking of teenagers, first of all, affects on nervous and intimate - vascular Systems. In 12-15 years they already complain on troubles with breathing at physical activity. As a result of long-term supervision the French doctor Dekalzne of 100 more years has come to belief back, what even insignificant smoking causes an anemia, frustration of digestion in children. But, despite of furnished proofs about harm of smoking, consumption of tobacco and tobacco products in our country grows also the market becomes more and more various and accessible.

Our generation already does attempts of struggle against smoking: " At schools of St.-Petersburg and Leningrad region realization of the program under the name " Competition of classes, free from smoking has begun ". According to Northwest public advice on a problem of teenage smoking, competition are called to promote prevention of teenage smoking and to form in the youth environment of principles of a healthy way of life ". In competition will take part more than 700 sixth and seventh classes of the Petersburg and regional schools.

"I have friends and friends who smoke. To me too offered, but I prefer to communicate with those who does not smoke. If all over the world nobody smoked, the culture of all countries would rise". So schoolboys in the compositions write. Smoking schoolboys consider, " that if their comrades did not smoke, they too did not smoke".

- If we wish to care about health of the nation and the future generation as has shown an expert, it is necessary to forbid smoking legislative by and introduction of innovations as for example, it have made in the USA where smoking is forbidden in all public places, offices and premises, that to the detriment of tobacco firms, on packs of cigarettes photos of a liver of the smoker are located, people with cancer diseases, etc. the State is much more interested in health the citizens, therefore the center of selling has moved to the countries of the East Europe, and Russia, unfortunately, borrows, and will borrow the leading part in consumption of tobacco products.

Unfortunately Russia, Ukraine yet has not taken advantage to so To strict measures on struggle against smoking, all passed laws have no reinforcement in the future and the present. Unfortunately people do not reflect on that that they ruin the future, and our future-it children. We continue to poison them even in places specially allocated for them-children's playgrounds and they from infancy get used to that that smoking -it normally and daily not seeing the present harm.

You can follow this advice or not-it already on your discretion, everyone chooses the way, but not forget -the only thing that it is impossible to buy so this health.