

NO MORE SMOKING!

BY WILL G.

“Cough! Cough!” That is the sound of the result of cigarettes. Cigarettes are unhealthy and terrible for you, your friends, your family, and others. Smoking can make it hard for air to travel in your lungs, make yourself and others sick, and waste your money. If you are a smoker, please listen. Nobody likes to have the smell of cigarettes polluting the air.

The tar nicotine (a deadly poison found in cigarettes) makes in your lungs can make your lungs clogged. The same kind of tar that is in tires is in your lungs. This kind of tar is one of the main reasons that cigarettes make some people have lung cancer. In the factories, they put in the tar to give the cigarette flavor that smokers find addicting. The only problem is that these could lead to lung cancer. It's almost like cigarettes are little, skinny tubes full of cancer!

If you smoke there is a dangerous aftermath. Smoking can make your nose bleed, make severe rashes on your skin, make you have an irritated stomach, yellow teeth, headaches, and a chance you could get lung cancer. A cigarette is full of disasters waiting to wreak havoc on your body.

Many people feel that if a child or another person inhales the smoke you exhale into the air, it messes with their lungs as well as yours. This is called 'second hand smoke'. It can also get those people sick. So remember,

every time you see a person smoking, hold your breath. After you pass, you're free to breathe or else you'll be second hand smoking!

Do you have a family? Don't you want to keep them in a home? Well, if you do, you should keep your money to pay your taxes, buy food for them to eat, get what your children need. Never ever waste money on just cigarettes! If you spend money on one set that costs \$7.00 for 365 days, you will spend \$2,555 of your money on killing cigarettes. You could buy what your family needs, not what you want to smoke.

It's easy see why smoking is terrible for you. The more cigarettes you inhale, the more nicotine is in your system ready to kill you! Your lungs could be seriously in danger from the tar, can make you and others sick, and waste your money. You might believe me now that cigarettes are a sin. So if you know a person who smokes, warn them of these things. To smokers everywhere, I'd like to tell you something. Two words, "Stop smoking!"