

Passive smoking (breathing other people's smoke) is an intake of sidestream smoke which contains higher concentration of tar, nicotine and carbon monoxide than mainstream smoke.

Children with smoking parents get more coughs and colds and are more likely to get bronchitis and pneumonia.

About 123,000 children under 18 smoke in New Zealand.

Over two million dollars is spent annually in New Zealand on cigarette advertising in the print media. A further three million dollars is spent on tobacco companies advertising their sponsorship of sport. Probably one million dollars is spent each year on direct sponsorship by tobacco company's of sport and art. Tobacco companies encourage the social acceptability of smoking and influence children to start.

There are 2000 potentially toxic compounds in cigarette smoke which is an alarming variety of noxious chemical and biological materials. Apart from carbon monoxide, tar and nicotine, other health hazards are acrolein, cresol, hydrogen cyanide, nitric oxide, nitrogen dioxide, phenol, DDT, formaldehyde, ammonia, acetaldehyde, acetone etc.

Traces of other toxic material include heavy metals, insecticides, fungicides, fungal products and viruses.

Who smoke in New Zealand from the 1981 census.

Table 2 Group	Percentages	
	1976	1981
total	35	32
male	39	35
female	32	29
males 15-19	28	27
females 15-19	29	30
males 20-39	43	38
females 20-39	34	30
males 40-59	43	37
females 40-59	34	30
Maori males 15-19	50	49
Maori females 15-19	55	57
Maori males 20-24	64	63
Maori females 20-24	69	70
Pacific Island males	45	42
Pacific Island females	24	24
Maori males	55	54
Maori females	59	58

Table 3. Maori men and women smoking census data 1981

Age group	Percentage	
	Men	Women
20-24	63	70
25-29	60	66
30-34	57	63
35-39	56	61
40-44	53	56
45-49	49	52
50-54	47	49
55-59	46	42
60-64	41	37
65-69	36	30
70-74	34	25
75-	30	19

If you won't accept my advice take the word of world famous American entertainer-actor-singer, Frank Sinatra.

Frankie's famous trademarks were a cigarette slouched in the corner of his mouth in a rakish fashion and an angled hat. Said Sinatra, a veteran of 40 years of smoking, "Smoking is stupid. I gave it away one day — just stopped cold when I realised what I was doing to myself."

Sinatra, now 70, still wears his hat but he is lucky he has a head left to prop it up.

Give smoking up in the nick-of-time.
Don't let nicotine extinguish your life or those around you.

Quick reference from ASH

Did you know that:

- Over 3600 Kiwis die every year as result of their smoking — equivalent to one MT Erebus crash every month.
- Smoking causes lung cancer, heart disease, bronchitis and emphysema.
- Cigarettes are the most addictive product on the market.

- Two out of three New Zealand smokers want to give it up.
- Although adults are giving up smoking, more than 40 teenagers every day are taking up the habit.
- There have been more than 20 major official reports and over 30,000 articles published proving the health hazards of smoking.
- Smoking is the single largest preventable cause of death and disease in New Zealand.
- Lung cancer rate has tripled in the last 30 years.
- A one cent rise in tobacco tax yields three million dollars which is more than enough to replace all cigarette money given to sport, arts and community services.
- One quarter of 15 year olds smoke regularly.
- According to an NRB poll in 1984, 75 per cent of the public want a ban on smoking in enclosed public places.
- In 1984 the Government spent only 0.1 per cent of cigarette taxes for education on smoking and health.

