

CAN'T YOU GET IT THROUGH YOUR HEAD? SMOKING CAUSES DEATH

In 1985, more than 350,000 Americans died prematurely due to diseases associated with cigarette smoking.*

Even when a smoker inhales, researchers have calculated that two-thirds of the smoke from the burning cigarette goes into the environment.*

Very few nonsmokers develop emphysema. Most people who have the disease have been heavy smokers for years.*

Removing certain environmental hazards would drastically reduce the number of lung disease patients: for example, tobacco smoke; dirty air; and harmful substances in the air produced at the work place.*

A recent study showed that 50 percent of nonsmoking employees reported difficulty working near a smoker. Another 36 percent said they were forced to move away often from their desks or work stations because of secondhand smoke.*

Contamination and odors are immediately created by such elements in tobacco smoke as ammonia and pyridine. Pyridine is a strong irritant that is produced when nicotine burns. The presence of a minute amount in the air produces distinctly unpleasant odors.*

The contamination is so intense that when someone smokes in an air-conditioned environment, the air-conditioning demands can jump as much as 600 percent to control odor.*

...the human body attracts tobacco smoke. Burning tobacco smoke creates a high electrical potential, whereas the water-filled human body has a low one. The smoke in a room gravitates and clings to people...*

And the odors linger on. Chemicals in tobacco smoke called aldehydes and ketones supply the penetrating smell, while the tars hold them to your skin and your clothes. But the smoker is not sensitive to the smell because of the destructive effects of smoke on the inner lining of his or her nose.*

* From the American Lung Association

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