

Title:

Beware of What You Puff!

Word Count:

555

Summary:

Smoking seems to be a part of our society. It is addicting that too much of it can cause various

Keywords:

second-hand smoke

Article Body:

Did you know that puffing one cigarette can shorten a smoker's life by 11 minutes?

Research has shown that smoking reduces life expectancy by seven to eight years. About 90 percent

Even if the ill-effects of cigarette use are widely known, why do many people still continue to

People start smoking for a variety of different reasons. Some smoke because they think that it

Many of us breathe smoke whether we like it or not. We usually inhale smoke in public places,

Cigarettes produce about 12 minutes of smoke, yet the smoker may inhale only 30 seconds of smoke

Moreover, second-hand smoke causes sore eyes, throat and nasal irritation, headaches, coughing

The only thing that really helps a person avoid the problems associated with smoking and second

Even the slightest exposure to second-hand smoke is dangerous. A piece of advice for smokers:

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