

Cigarette Smoking Costs More Than You Think

by Mir Lutful Kabir Saadi

A firm mental resolve on the part of the individual smoker to stop smoking appears to be the essential ingredient in breaking the habit. The methods that deal with psychogenic drives appear to contribute most for the smoker who wants to stop.

ACCORDING to the World Health Organisation (WHO), more than three million people die every year throughout the world on account of cigarette smoking. This roughly means one death every 10 seconds. In Bangladesh too a large number of people die.

Cigarette smoking is a leading cause of many life-threatening diseases. The rate of death from cancer and heart disease is twice as high among smokers than among nonsmokers. People who smoke two or more packs of cigarettes daily are three or four times more likely to have cancer or heart disease than nonsmokers. Also, the efficiency of the lungs decreases with age much faster in smokers.

Increasing evidence indicates that cigarette-smoke also harms nonsmokers. Research shows that nonsmokers who for many years have worked closely with smokers suffer decreased lung efficiency. Studies also indicate that nonsmoking spouses of smokers have higher rates of lung cancer and heart attack than do nonsmoking spouses of nonsmokers. Also, infants under one year of age whose mothers smoke have twice as many lung infections as infants of nonsmoking mothers.

Clinical, pathological and epidemiological evidences indicate that cigarette smoking is the main cause of lung cancer in men. Cigarette smoking is also a cause of lung cancer in women, but accounts for fewer cases than men. The risk of developing lung cancer increases with the number of cigarettes smoked per day and the duration of smoking and it diminishes with cessation of smoking. Smoking appears to be much more important than other factors, such as air pollution. The lung cancer risk for pipe and cigar smokers appears

to be only slightly greater than for the nonsmoker, and it is much less than for cigarette smokers.

Cigarette smoke contains thousands of chemical substances. Chemical substances occur in cigarette smoke as gases or as particulates (tiny particles). Gases in cigarette smoke that pose a great threat to health include hydrogen cyanide, nitrogen oxides, and especially, carbon monoxide. Carbon monoxide is a poisonous gas that readily affects hemoglobin. Carbon monoxide, in the blood, prevents oxygen from reaching the brain and the heart and other muscles.

Particulates in cigarette smoke are often referred to as tar. These particulates include a variety of health-damaging substances, of which nicotine is the most hazardous. A thimbleful of nicotine — about 60 milligrams, could kill an adult if taken all at once. A typical cigarette contains about 1 milligram of nicotine. The body prevents the accumulation of fatal doses by quickly breaking down the nicotine from each cigarette. However, nicotine raises the blood pressure, increases the heart beats and contracts blood vessels near the skin. Its effects on the body, along with the effects of carbon monoxide, may contribute to the high rate of heart disease among smokers.

The particulates in tobacco smoke have different effects on lung function, depending on how well the cigarette is filtered, how far the cigarette is smoked, and how large the particulates are. Cigarette filters prevent nicotine and other particulates to an extent, but the concentration of particulates in the last three puffs of a cigarette is as much as 67 times greater than the concentration in the first puffs.

Extensive studies based on the prevalence of specific signs and symptoms show a consistently more frequent occurrence of the manifestations of chronic bronchitis (cough, sputum, or the two combined) in cigarette smokers than in non-smokers. Breathlessness, often a manifestation of emphysema, is associated with cigarette smoking among males. Thus the clinical expressions associated with chronic bronchitis and emphysema are closely linked with cigarette smoking.

No clearly defined "smoker's personality" has been established. Furthermore, no personality characteristics is found exclusively in either the smoker or the nonsmoker. Certain personality factors — among them extroversion, neuroticism, and increased psychosomatic complaints — have been found to be slightly more common in smokers.

Stressful situations occurring in an environment favourable to smoking may contribute to the starting of the smoking habit as well as to its continuation. A smoker's dependence on tobacco is scientifically labeled habituation to distinguish it clearly from drug addiction.

According to scientists, habit of smoking is condition characterised by: 1) a desire but not a compulsion to continue taking the drug; 2) little or no tendency to continue increasing the dose endlessly; 3) some degree of psychic dependence, but absence of physical dependence on the drug; and 4) the confinement of detrimental effects to the individual rather than jeopardising the society as a whole.

appear to contribute most for the smoker who wants to stop. Methods employed to reinforce determination include group and individual psychotherapy, psychoanalysis, hypnosis, and educational efforts based on fear of the health consequences or on religion.

According to the WHO, cigarettes currently cause just under 20 per cent of all deaths in the developed countries: Over three million deaths a year now, with about one-third of them in developing countries. If current smoking trends persist, it will be approximately 10 million a year in 30 to 40 years, with about 70 per cent of them in developing countries. WHO statistics show that at present there are 1.1 billion smokers worldwide and 6000 billion cigarettes are smoked every year. In developing countries, 50 per cent of men and 8 per cent of women do smoke. In developed countries, 41 per cent of men and 21 per cent of women regularly smoke.

The tobacco industry has turned a blind eye to the needless deaths and suffering caused by its products, by marketing a substance that has as much potential for causing dependence as heroin and cocaine. I feed confounded when I notice that a cigarette manufacturing unit is given Prime Minister's award for "preserving environment!" It is strange as to how a cigarette manufacturing company is awarded when its products cause environmental deterioration, death and disease. Can planting a few trees normalise or improve the environmental imbalance? However, let us hope for the better. Let things change for better.

The writer is general secretary, Society for Prevention of Smoking.

A Quiet Day for the One-Death-Per-Ton Crop

With tobacco farming providing thousands of agricultural jobs and reaping large sums of foreign exchange, Zimbabwe had no intention of celebrating World No Tobacco Day. Gemini News Service looks at an industry playing a key role in national development, which stands accused of spreading disease. Ronald Watts writes from Harare.

ZIMBABWE is planning to kill 210,560 people this year — most of them foreigners — and to get paid handsomely for it.

The government is so pleased with its earnings that it is hoping to export an even bigger death toll in 1998.

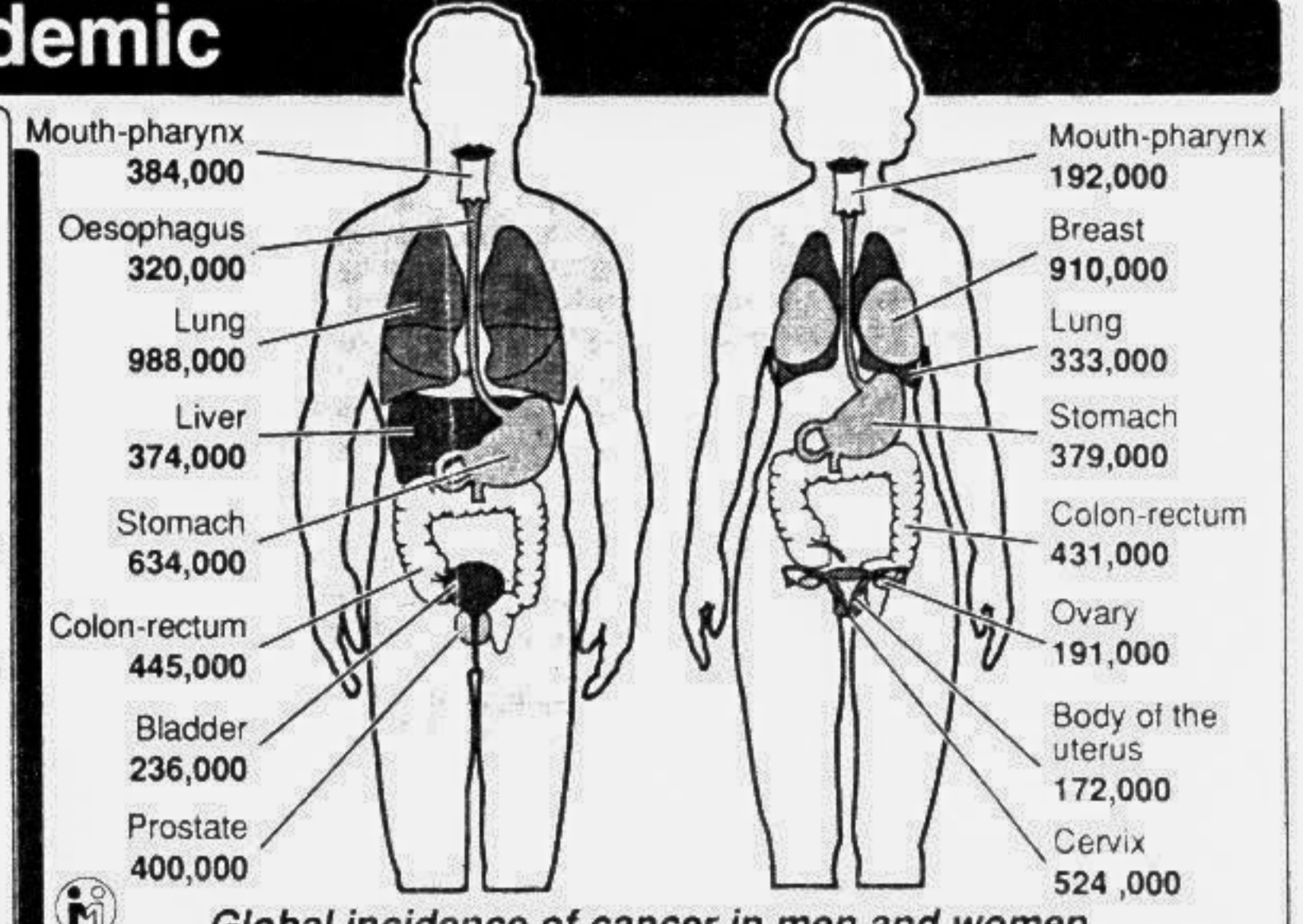
This is how anti-smoking campaigners characterise Zimbabwe's tobacco industry, based on a World Bank contention that "for every ton of tobacco produced one person eventually dies."

They hold smoking largely responsible for a global epidemic of lung and other cancers. Dr Timothy Stamps, the Welsh-born Health Minister, would like to protect Zimbabweans from the dangers. With this in mind, he once suggested that the country should export its entire tobacco crop and not just 99 per cent. Critics accused him of peddling a "Medellin philosophy" — a reference to the infamous drug cartel in Colombia.

President Robert Mugabe's government, which benefits from the business by levying a 10 per cent tax on tobacco sales by farmers, is used to attacks from anti-smoking campaigners. But Zimbabwe, like other

A global epidemic

- With 1.3m new cases a year, lung cancer is most common cancer in the world
- Globally, 85% of cases in men and 46% in women are due to smoking
- Tobacco consumption is rising in most countries, so the epidemic will continue to evolve over the next 10-20 years
- A lifetime smoker is 20-30 times more at risk than a non-smoker
- Tobacco is also linked with cancer of the mouth, bladder, larynx and oesophagus and with coronary heart disease



major producers, is caught in a bind.

On the one hand, the World Health Organization (WHO) and the increasingly influential international anti-smoking lobby describe tobacco as one of the world's most pressing health hazards.

On the other, the crop provides a livelihood for tens of thousands of farmers and their families and is a vital export earner.

Lal Taylor, public relations director of the Zimbabwe Tobacco Association, says the crop earns almost six billion Zimbabwean dollars a year and is "the largest foreign exchange earner and the largest employer of agricultural labour".

She says there is no change in the association's policy that it "will continue to produce tobacco as long as there is a market niche to fill."

The association says it is planning an increased hectare for the 1998 season following good rains over the past year.

A few hundred white farmers have long controlled Zimbabwe's tobacco industry, but blacks are beginning to chal-

lenge this total domination.

In April, Roger Boka, a self-styled crusader for black economic empowerment who was described by a former agriculture minister, Denis Norman, as "a man of vision, a man of action", opened a new tobacco auction floor.

Pratt noted as "the world's largest tobacco sales centre", it attracted opposition from the still largely white-controlled farming press, grumbling about newcomers muscling in on the market.

Tobacco is so important to Zimbabwe that it is no surprise that International No Smoking Day 31 May — scarcely gets a look in.

"The Zimbabwe Tobacco Association will not be issuing a specific statement on 31 May as the day tends to get very little recognition here," says Lal Taylor, adding, "Dare I say, thank goodness."

In previous years, the Zimbabwe Medical Association has issued a statement on the day and, in 1993, Harare was the venue for the All Africa Conference on Tobacco or Health. But Dr Charles Todd of Harare's School of Medicine says that pressure on the industry from health professionals has not

increased.

"Alcohol, AIDS, wife-beating, road accidents and family break-ups are bigger issues in health terms," he says.

Dr Yussuf Saloojee of the South African Council Against Smoking says that even Health Minister Stamps is now more pragmatic and realises "that Zimbabwe has a Catch-22 situation and can't stop growing tobacco tomorrow."

If tobacco is to be phased out, as the no-smoking campaigners want, other profitable crops will have to be found. One Zimbabwean farmer, David Hamilton, says a good alternative is paprika. Like tobacco it will grow on sandy soils, with or without irrigation.

But the fact will not have escaped the notice of the Zimbabwe government that even as anti-smoking pressure mounts, the big United States cigarette manufacturers — under threat from legal action by domestic consumers — are likely to compensate for potential losses of revenue at home by marketing more aggressively in developing countries.

The writer is a South Africa based agriculturist who writes on environmental issues.

Tom and Jerry



James Bond



James Bond



ONE of the serious evils and ubiquitous curses of modern society is the habit of smoking. A little fire from the butts of Cigarettes or Bidi can lead to a wildfire or conflagration causing heavy loss of lives and properties. To make the matter worse, those who are smoking publicly are committing public nuisance to the detriment of the very atmosphere and the people.

As far as we know, it was Columbus who for the first time saw the tribal natives of America puffing smoke by burning leaves of a wild herb — tobacco. Man is imitation-prone. Columbus introduced it in Europe. Now it has become so widespread that, its poisonous effect has engulfed the whole world. People — young and old, male and female — have become addicted to the evil habit of smoking.

It is a fait accompli that health is better than wealth. Profulla Chandra Roy, a Bengali scientist and a true patriot used to admonish his students time and again — "Don't smoke, it is nothing but double loss — loss of health and loss of money."

Who does not know that "Death is the wages of sin" and that "if you go against nature, nature will take retaliation upon you." The habit of smoking is not only unnatural but also despicable. But people are

The Evils of Smoking

by Prof Abul Kalam Elias

not disillusioned even after paying heavy penalty for eating what is uneatable. They do not come to senses, but face the music at all costs — even at the cost of life.

Campaign against smoking: A great many advanced countries including Australia, Malaysia, many countries of Europe and Asia have banned smoking in public places — starting from the educational institution down to the open market. There are smoking dens for the smokers — office and cinema goers. Very many countries have launched a crusade against smoking as they have done against drug addiction.

In recent years, President Clinton of America has also become very vocal against smoking among the teen-aged generation, with an eye to the future of the country. Smoking is not only detrimental to human health but also responsible for the huge wastage of natural economy.

As far as I can recollect, Abu Said Chowdhury, the late former President, earmarked four enemies of the youths on the occasion of International Youth Year celebration at Dhaka — as

- (1) smoking (2) drug addiction (3) drinking (wine brandy, beer etc.) (4) sexual crime.

Hazards of smoking: We ought to be alive to the disastrous consequences of smoking. Dangers of smoking can better be imagined than described. It is admitted on all hands that smoking may cause eye diseases, lip-sore, mouth-sore, tongue-sore, chronic bronchitis, tuberculosis, lung-cancer, peptic ulcer, stomach disease, heart disease, blood pressure, gangrene (decomposition of limbs) and many other serious ailments and maladies.

Active and passive smokers: Those who are smoking in buses and trains, boats, steamers, educational institutions, offices, hospitals, bazars, markets and shopping centres are causing damage to the non-smokers around them. Because they also inhale the smoke full of nicotine and tar. According to Reader's Digest, an international journal, most of the smoker-husbands in American society are responsible for various lung complications of their wives who are passive smokers.

Lack of decency and decorum: What is all the more

painful is that I have seen many of my colleagues, while at schools and colleges, smoking before the very eyes of the students. Man is not angel, he is not infallible. But a teacher must be an ideal man to the taught. He must conceal his bad habit, if any, from the knowledge of the pupils. Otherwise his teaching may fall flat on them. According to Newman, a famous political thinker, "a gentleman is a person who has consideration for others."

Backward looking attitude: Are we forward looking or backward looking nation? We are well aware of the anti-smoking movement in France. There have been prosecutions against cigarette companies not only in France but also in United Kingdom.

This should act as an eye-opener to us all in Bangladesh, a third world country crawling with very many momentous problems.

There is no denying the fact that to put forward support in favour of freedom of smoking is not only inhuman and harmful but also backward looking attitude.

Time has come when we should pause and ponder over the matter with deep concern and try our utmost to cry a halt to this dangerous and detrimental habit.

The writer is a teacher of Brahmanbaria College

Metropolitan



BNP Chairperson and Leader of the Opposition Khaleda Zia at a discussion meeting organised by Jatiyatabadi Jubo Dal to mark the 16th death anniversary of Ziaur Rahman at her official Minto Road residence yesterday. — Star photo

AL relief team leaves for cyclone-hit areas

A relief team of Bangladesh Awami League led by convener of the party's central relief committee Amir Hossain Amu left the city yesterday for cyclone-affected areas of Chittagang to distribute relief materials, reports BSS.

Amu was accompanied by member-secretary of the relief committee Mukul Bosh, AL leaders Nurul Fazal Bulbul and Prof Fazlul Huq.

Earlier Dhaka City Awami League president and Mayor of Dhaka Mohammad Hanif handed over the relief materials, collected by the city Awami League, to the convener of the central relief committee.

Team led by Nurul Islam leaves for Tehran today

State Minister for Religious Affairs Moulana Mohammad Nurul Islam will attend the 8th death anniversary of Imam Khomeini in Tehran on Wednesday, reports UNB.

A two-member delegation, led by the State Minister, leaves city today on a week-long official visit to the Islamic Republic of Iran.

The members of the delegation are Quazi Sirajul Islam, MP, and Bangladesh Madrasa Education Board Chairman Yunus Sikder.

During their stay in Tehran, the delegation will call on the Iranian Cultural and Islamic Guidance Minister Syed Mostafa Mir Salim.

Armed forces continue relief programmes

Bangladesh armed forces continued their relief, rehabilitation and medical support programme in coordination with the local administration and other concerned agencies at different cyclone-hit areas, an ISPR press release said, reports BSS.

Army personnel are engaged in distribution of relief and reconstruction of dwelling houses at the coastal areas. Medical teams of the army are also providing medical assistance to the people.

Bangladesh naval personnel are providing succour to the distressed people at the off-shore islands.

More donations to PM's Relief Fund

Prime Minister Sheikh Hasina yesterday received donations from different organisations and individuals to the Prime Minister's Relief Fund at her office, reports BSS.

The donors include Rangs and Sea Resources Limited Taka 10 lakh, officers and employees of comptroller and auditor general's office Taka 3 lakh 20 thousand, officers and employees of Rupali Bank Taka 7 lakh 50 thousand, Bangladesh Cold Storage Association Taka 2 lakh and Ideal School and College Taka 2 lakh.

The donors also include Cox's Bazar Press Club Daily, Cox's Bazar, Anjuman-E-Malidul Islam Jessore, officers and employees of Chittagong Hill Tracts, the Guild of Bangladesh Restaurants in UK and Bangladesh Horizon Shanjukt Sangstha.

Prime Minister Sheikh Hasina will receive donations to the relief fund everyday between 6 pm and 7 pm at her office.

2 held in Savar pourea commissioner killing case

SAVAR, June 1: Two accused of the sensational pourea commissioner murder case were arrested from Savar Bazar yesterday, reports UNB.

A squad of the Detective Branch of police arrested the accused Shahin, 30, and Ratan, 30, at noon.

Maznu, a commissioner of the Savar Poursava and a local BNP leader, was killed last year.

NSC lottery launched

President of Lottery Committee of National Sports Council (NSC) chief of the Air Staff, Air Vice Marshal Jamaluddin Ahmed said in the city yesterday that the target of the council was to raise Taka five crore through the sale of 50 lakh lottery tickets, reports BSS.

Exchanging views with the journalists in the conference room of NSC, the Chief of Air Staff said the NSC lottery was launched yesterday to raise fund for development of sports in the country.

Minister calls upon Biman managers to help raise revenue earnings

State Minister for Planning, Civil Aviation and Tourism Dr Mohiuddin Khan Alamgir has called upon the Biman managers to put in their best efforts to increase revenue earnings of the national flag-carrier, reports UNB.

He was inaugurating a 3-day 15th System Marketing Conference as chief guest at the Biman head office 'Balaka' yesterday.

All the station heads of Biman from home and abroad, including country managers, station managers and concerned officials from Marketing and Sales and Customer Services Directorate, are taking part in the conference.



SAMS Kibria, Minister for Finance addressing a conference on 'Revitalisation of Capital Market', jointly organised by the Federation of Bangladesh Chambers of Commerce and Industry (FBCCI) and American Chamber of Commerce in Bangladesh at a local Hotel yesterday.

Discussion on Manik Mia held

Speakers at a discussion in the city yesterday said late Tofazzal Hossain Manik Mia made an outstanding contribution in the country's struggle for socio-economic and political emancipation, reports UNB.

Organised by the National Association of UNESCO Clubs in Bangladesh at its central office here, the discussion was participated by Enayetur Rahman, MG Kibria, Javed Chowdhury, Mozammel Huq and Mohammad Sharif.

Secretary General of the organisation Mahubuddin Chowdhury presided over the function to mark the 28th death anniversary of former editor of the Daily Ittefaq, said a press release.

Paying a rich tribute to the memory of late Manik Mia, the speakers recalled his contribution to the country's journey for socio-economic and political emancipation during the fifties and sixties as a brave journalist.

US Pacific Air Force commander leaves

The visiting US Pacific Air Force commander, General John G Lorber, Mrs Sussan M Lorber and members of his delegation left city yesterday morning ending a three-day goodwill visit to Bangladesh, reports BSS.

Chief of the Air Staff Air Vice Marshal Jamal Uddin Ahmed and Begum Tuhura Jamal saw them off at the airport. PSO's their wives and other senior BAF officers were present to bid the distinguished guests farewell, ISPR said.

The members of the US diplomatic mission in Dhaka were also present at the airport.

During his stay in Bangladesh, General Lorber called on President Justice Sahabuddin Ahmed. He also met the chiefs of staff of the three services. Besides placing wreath at the Shikha Anirban, General Lorber visited a BAF base in Dhaka.

Programmes on BCSIR founding anniversary

Bangladesh Council of Scientific and Industrial Research (BCSIR) has taken up programmes in observance of its 25th founding anniversary, reports BSS.

According to a BCSIR press release, a two-day science exhibition, 'Open House' will be held to mark the organisation's silver jubilee celebration on June 3 and 4.

The exhibition will remain open from 11 am to 4 pm on both days.

Samples of the research achievements since 1972 will be shown in four establishments of BCSIR. They are: Institute of Fuel Research and Development (IFRD), Pilot Plant and Process Development Centre (PP and PDC), workshop and science and technology information centre.