

# PARENTS SHOULD WARN SCHOOLCHILDREN OF CIGARETTE DANGER

Schoolchildren should be warned now that cigarette smoking is an unhealthy habit which they should avoid, says the N.S.W. Department of Public Health.

Cigarettes are sometimes jokingly called "cancer tubes" and "coffin nails", but the joke is a grim one, and always at the expense of the smoker.

Smoking is the most important form of exposure to the risk of lung cancer. It has been proved that the more a person smokes, the more damage he is likely to cause to his health.

The chemicals inhaled in tobacco smoke have a harmful effect on the heart, blood vessels, digestive tract, lungs, kidneys, and nervous system.

Very few of the world's top athletes smoke even ten cigarettes a day, and then only when not training for competition. Most athletes admit that smoking is harmful to their training.

Doctors of all nations are giving up or cutting down their smoking. Some of them, like millions of other people, are changing to less harmful forms of smoking, like pipes and cigars.

Apart from these things, carelessness with lighted cigarettes causes fires and explosions (and deaths) in city and country each year.

## Parents

Many parents do not realize the influence their own smoking habit has on children. But research shows that children whose parents smoke are far more likely to smoke than children whose parents don't smoke.

The earlier a child begins to smoke, the more he can be expected to smoke when he reaches maturity. And the longer he has been smoking, the harder he will find it to give up the habit in later years when he realizes the disadvantages of the habit.

## Waste

Smoking is a wasteful habit. An average smoker will spend more than \$100 a year on cigarettes, and this money could be well spent to help educate children or to buy entertaining and useful things.

Responsible parents should tell their children about the harmful effects of smoking, and try to stop them from experimenting. Usually there is little time between the first cigarette and the beginning of smoking many regularly.

Few people think about the risk they are taking by smoking heavily, but it is never too late to break the habit. Most parents would agree that if the harmful effects of cigarette smoking had been known when they were young, they probably would not have begun to smoke.

Those who feel that way would be doing their children a great service by discouraging them from taking up the habit.

## DUBBO GIRL APPOINTED J.P.

Twenty-one-years-old Barbara Nolan, of Dubbo, is believed to be the first part-Aboriginal woman in the Central West to become a Justice of the Peace. She is certainly one of the youngest.

Barbara was sworn in before Judge R. F. Cross at Dubbo Quarter Sessions late in February. Her justly proud parents are Mr and Mrs W. T. Nolan, of Macquarie Street, Dubbo.

She left Dubbo High School with her Intermediate Certificate then took a 2½-years course in typing at Dubbo Technical College, where she gained an exceptionally good pass.

Barbara is employed by the Clerk of Petty Sessions Office at Dubbo and is studying for additional examinations which will advance her career.