

Save your lungs AHS students told



Beth Henderson, who will soon be two-years-old, won a Raggedy Ann doll during the recent Co-Operative Nursery School draw. Beth, who lives on St. Alban's Drive, is with her Mom Sharon and other brother Mark. The doll is taller than Beth. Mrs. M. Swan won a silk and dry flower bowl and Sean Briggs won a rose wood mounted mirror.



"I'm pooped" Tracey Wrigglesworth, 10, seems to be saying to Sleepy the seven dwarfs. Actually Tracey was Sleepy in the parade. Afterwards she took time out for a candy cane at the Scout Hall.

Cold hands and feet are just two of the many effects cigarette smoking can have on you, a spokesman for the Halton Lung Association told AHS students during Save Your Lungs Day, Friday.

Mrs. Joyce Armour of the Association and also of the Christmas Seals Association, spoke to students between 10 a.m. to 2 p.m. after showing them a film from the Cancer Society called the Feminine Mistake.

The film, starring American television personality Bonnie Franklin, spoke frankly about the effects of cigarette smoking on women, including an interview with a woman stricken with lung cancer. She died six days after the interview at age 43. She weighed 88 pounds and lost all her hair from chemotherapy treatments.

The film also dealt with smoking's effects on pregnant women and unborn children.

Mrs. Armour told students after the film she used to smoke because she thought it made her look glamorous and mature. But she said, specifically

women, who smoke have wrinkled skin more than non-smokers. Between ages 35 and 40, wrinkles will suddenly appear around the eyes and mouth. She said studies have linked this to cigarettes.

Mrs. Armour said if you inhaled carbon monoxide by running behind a car from Acton to

Toronto you wouldn't get as much poisoning gases as from just one cigarette.

She said besides getting cancer, smoking can make a person prone to colds and bronchitis, contract blood vessels, constrict blood flow, raise the pulse rate and blood pressure, affect your hearing and cause em-

physema, an incurable lung disease. Students were also told a newborn child may be susceptible to colds and bronchitis and may be born smaller than it should have been if the mother smoked during pregnancy.

Second-hand smoking she added is detrimental to your health since the

smoke from the end of the cigarette is far more dangerous than the smoke directly inhaled. She advised non-smokers to stay away from those who do indulge especially in closed rooms.

Later Mrs. Armour said members of the Lung Association will go anywhere they are invited.

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