

Puffing to stop? All systems are go for Weedless Wednesday

All Canadian smokers will be asked to quit smoking for one day, Wednesday, Jan. 21 to mark National Non-Smoking Week, Jan. 18 to 24.

The non-smoking day is called WEEDLESS WEDNESDAY and is designed to give Canadians who are serious about quitting a hard and fast date to begin joining the non-smoking majority said Betty Earles Chairperson of the Simcoe County Interagency Council on Smoking and Health.

It was planned she said, for the mid-week of the National Non-Smoking Week so that aids such as stop smoking classes, pamphlets, other health education materials and agencies that can help the smoker to quit would be highly visible.

Objectives

The objectives of the National Non-Smoking Week are to influence young people not to start smoking and to persuade and assist smokers to quit.

While there is some evidence that cigarette consumption is falling overall, the figures for teenagers who smoke are depressing. A 1977 survey reports that 26.9 per cent of the boys and 26.7 per cent of the girls between 15 and 19 years of age are regular smokers. However, between 1965 and 1977, the percentage of adult men who are regular smokers fell from 57.9

per cent to 43 per cent and from 33.1 per cent to 31.8 per cent for women.

Evidence also indicates that women who smoke during pregnancy may be adversely affecting their unborn children. Babies born of women who smoke during pregnancy weigh six to eight ounces less at birth than do newborns of non-smokers. And as smaller babies have a higher prenatal mortality rate, this is the main problem of reduced birth weight due to maternal smoking.

Smoking areas

It appears that many people want to restrict smoking areas. Recent surveys indicate that approximately 80 per cent of the general population favour restrictions. Fifty-four per cent of heavy smokers favour the current campaign against smoking.

Rights of the Non-Smoker

Mrs. Betty Earle, said cigarette smoke can be harmful to non-smokers, especially if they have heart and respiratory conditions.

Merely by being in the same room with smokers she said, is enough to induce nausea, cause allergic reactions and contribute to the general discomfort for many other non-smokers.

This was the message she wants to get across to smokers during the current

National Non-Smoking Week.

She said that studies in smoke-filled rooms have shown that the level of carbon monoxide (CO) may be in excess of the legal limits for maximum air pollution. Exposure to such concentrations of carbon monoxide, she added, can be hazardous for those who suffer from heart disease or chronic bronchopulmonary disease.

Mrs. Earle pointed out the following recent steps that have been taken to protect the rights of the non-smoker.

-Non-smoking areas in cafeterias, conference rooms, and auditoriums are being

established at an increasing rate. Many other industrial, civic, fraternal and religious organizations are taking similar action.

-Nearly all major airlines provide separate smoking and non-smoking sections for passengers.

-Many hospitals and other medical care facilities are removing cigarette vending machines and are establishing no smoking areas for patients.

-Many groups are being formed at the local level to publicize and support the rights of the non-smokers.

Players look for talent

The Little's Hill Players, an amateur theatrical group based in Barrie, is looking for new talent to help them stage their spring dramatic production: Alexander Steele by Robert Newby.

The play will be

presented in various locations in and around Barrie in April and May of 1981.

The search for acting talent was sparked by a drive within the club to expand its membership. "Some of the parts have already been filled

by club members," says Connie Hodges, the club's president, "but there are a few good roles still vacant. We hope that any budding actors or actresses, or even just untried hopefuls, will come out and give us a chance to see what they can do.

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					<p>TENDER FOR SERVICE The Historic Naval and Military Establishments, Penetanguishene, requires the supply of TWO (2) HORSES AND A DRIVER to transport visitors on the site using a wagon supplied by the Establishments. The service is required on Sunday, May 10, 1981, from 10:00 a.m. to 5:30 p.m. and daily from May 16, 1981 to September 7, 1981 inclusive, between the hours of 10:00 a.m. and 5:30 p.m. Further information and copies of tender documents can be obtained from the Huronia Historical Parks office located at Sainte-Marie among the Hurons, Hwy. 12, east of Midland (526-7838). Sealed tenders submitted on the prescribed form will be received at the above office no later than 12:00 o'clock noon, Friday, January 30, 1981. Lowest or any tender not necessarily accepted. 3</p>	
					<p>Ontario Ministry of Culture and Recreation</p>	

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