

Smoking

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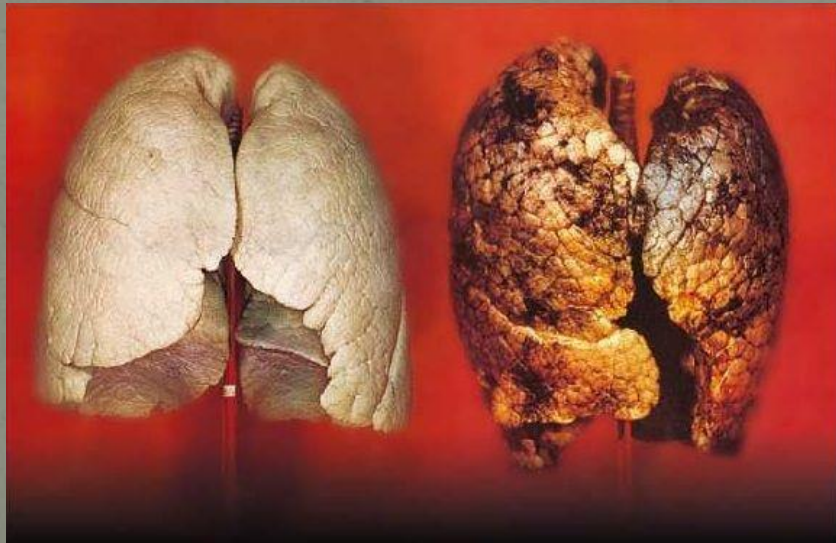
What is it?

- Smoking is a practice in which a substance is burned and the resulting smoke breathed in to be tasted and absorbed into the bloodstream. Most commonly the substance is the dried leaves of the tobacco plant which have been rolled into a small square of rice paper to create a small, round cylinder called a "cigarette".



Risks of smoking

- The risk of dying from lung cancer and heart disease .
- Smoking is dangerous for the fetus during pregnancy.
- Who smokes looks older.
- Passive smoking is dangerous, too.



History of smoking

- The history of smoking dates back to as early as 5000 BC in shamanistic rituals.
- Earlier tobacco was chewed and snorted.
- In 19th and 20th century was very popular.



Ban on smoking in the Czech republic

- Smoking is prohibited in restaurant (café, bars)
- On open stations, platforms of public transport.
- In hospitals and schools.
- You can buy cigarettes when you are older than 18 years

