Stay Healthy By Not Smoking
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Press the buttons and hear Xiao Ming talking to you on how to Stay Healthy By Not Smoking
Hello. I am Xiao Ming and I am a student. I used to be the best runner in our school. Recently, however, I had chest pain and it was difficult for me to breathe. So I lost the competition that day. I had a bad cough and felt terrible, so I had to stay at home. I didn’t know what was wrong with me.
Mom and Dad took me to hospital and the doctor said I had Bronchitis. He also said that children from families with smoking parents were susceptible to this disease. I myself have never smoked, but my father was a heavy smoker and so were his friends. Whenever they got together they smoked. If they played Mahjong at our home, they all smoked a lot and our house had a very unpleasant smell.
The doctor said that there are a lot of poisons in smoke and that they travel through our bodies in our blood. These poisons make it difficult for us to resist diseases so that we become susceptible to illness. Even if they are not ill, smokers are less healthy than non-smokers. Smoking makes you, as well as the people around you sick. If a pregnant woman or her husband smokes, their baby is at risk of being much weaker.
The doctor told me that although I have never smoked, if people smoke around me, I will breathe in the smoke they exhale. This is called second-hand smoke, and it is as harmful to you as smoking cigarettes yourself. We all need clean smoke-free air to breathe and live. I’ll never smoke in the future!
The medicine that the doctor gave me cured me of my chest pain and cough, but I still could not run or play like before. The doctor said that if I wanted to be the fastest runner in our school, my family needed to make some changes.
Dad’s smoking was not good for any of us. If he did not stop smoking, he would eventually get sick. Dad often jokes that stopping smoking is very easy, since he often gives up smoking. I know it is difficult because he gives up halfway every time. The doctor said that smoking is addictive. If you do not smoke, please don’t start!
However, dad didn’t want to stop smoking. He said that smoking relaxed him and it was hard for him to refuse if his friend offered him a cigarette. It was even more difficult for him to tell his friends not to smoke in our house. But for the sake of our health, he agreed not to smoke inside the house and he would also try to tell his friends about it.
Mom and I didn’t like it when dad smoked. Dad often coughed at night. He had bad breath and his teeth were stained. Mom often complained that dad spent a lot of money on cigarettes. If Dad doesn’t buy two packets of cigarettes every day, the money we save can buy other things. I think, smoking is a waste of money.
Just the other day, dad got home late and looked very worried. Uncle Lee, one of his best friends, almost died of a heart attack at work. I have known uncle Lee since I was a baby. Like dad, he was also a heavy smoker. The doctor said uncle Lee’s illness was attributed to heavy smoking and drinking as well as a lack of exercise.
Dad has not smoked since he visited uncle Lee in the hospital. He was shocked at uncle Lee’s illness. That same night mom and dad spoke until very late. The next morning, they threw away all of dad’s cigarettes, lighters and ashtrays. Dad said that he would try his best to stop smoking for everyone’s health.
When dad came home from work, he told us that he couldn’t stop thinking about smoking all day and he battled to concentrate on his work. He decided to go to bed early to forget about smoking. He tossed and turned all night but could not fall asleep. The next day he was tired and bad tempered. He was angry with mom and I for no reason, and screamed at us. That was hard for us.
Mom and I were worried about whether dad would persist. The doctor said that it is never too late to stop smoking, but it is very hard to give it up. He said that my dad felt exhausted and bad because he has was addicted to Nicotine. He needed professional help.

The next day, Dad went to the Smoking Cessation Clinic at the hospital. The doctor asked him about his situation and gave him some advice. He also developed a specific plan to help my dad stop smoking.
Although my dad was very moody at the time he stopped smoking, our home is now much cleaner and the air is fresh. Dad no longer smells bad. My chest is not sore, I do not cough and my eyes are not red or itchy any more. Mom and I are happy that our home is finally a smoke-free zone.
Dad is also healthier and has a better appetite. He has started to exercise with me after work. I can run fast again. I regained the championship in this week’s competition. Uncle Lee stayed in hospital for a long time and recovered gradually. Seeing dad successfully stop smoking, has made his friends also want to give it up.
Now my dad no longer smokes. We eat out with the money that he saves by not buying cigarettes. I see people smoking everywhere in the restaurant. Dad says that some of his colleagues smoke in the office too. I wish to tell everyone how fresh the air will be if no one smokes and how much their children are suffering if they smoke at home.
Now everyone in our home is healthier and happier. If you know someone who smokes, please tell them my story so that they know the dangers of smoking. If they would like to stop smoking, please tell them that there are many ways to get help including visiting the Smoking Cessation Clinics listed at the back of this book.

Let’s live a more healthy and happy life in a smoke-free world!