



Adam Says: No Smoking

Dr. Mohamed Abou El-khir

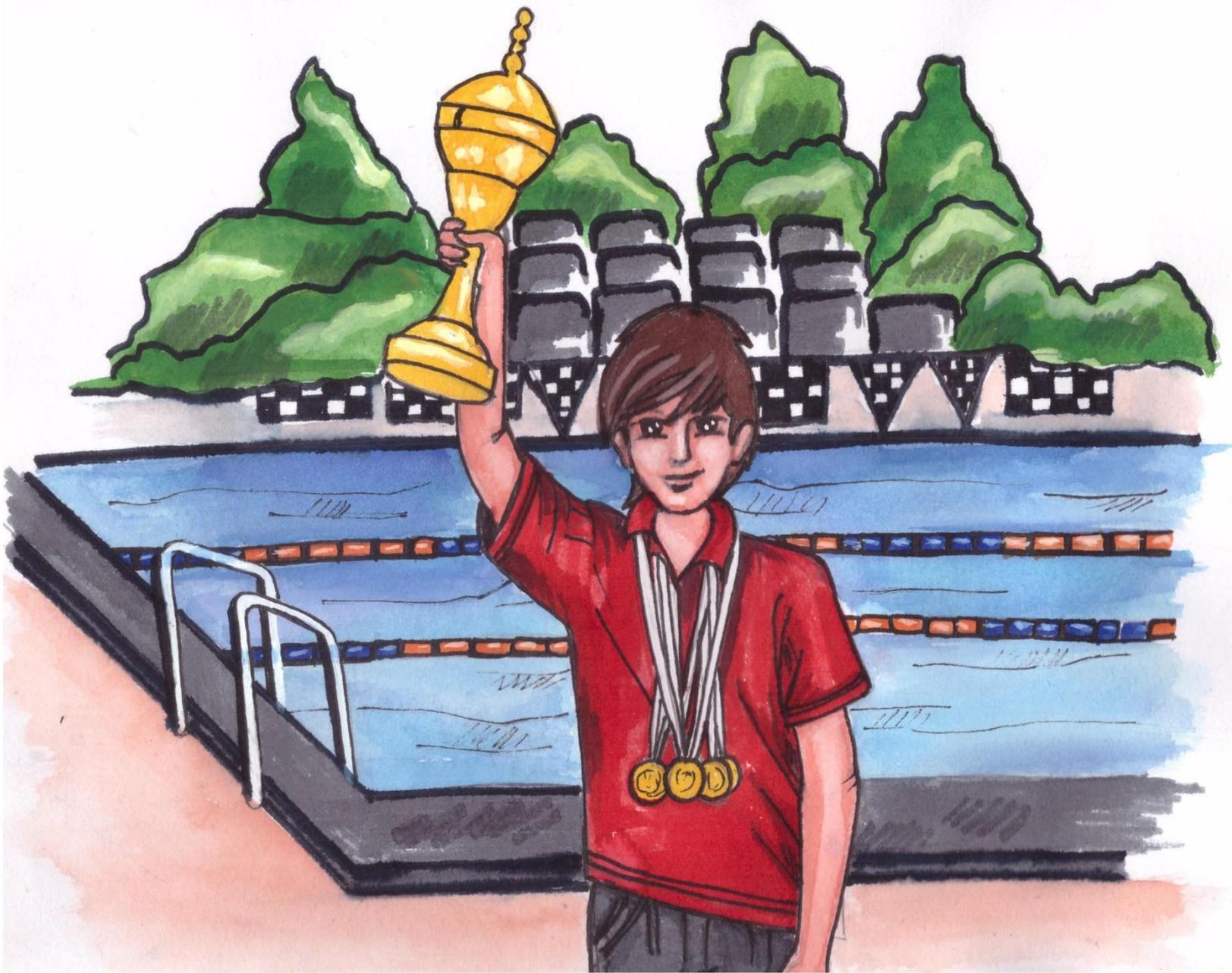
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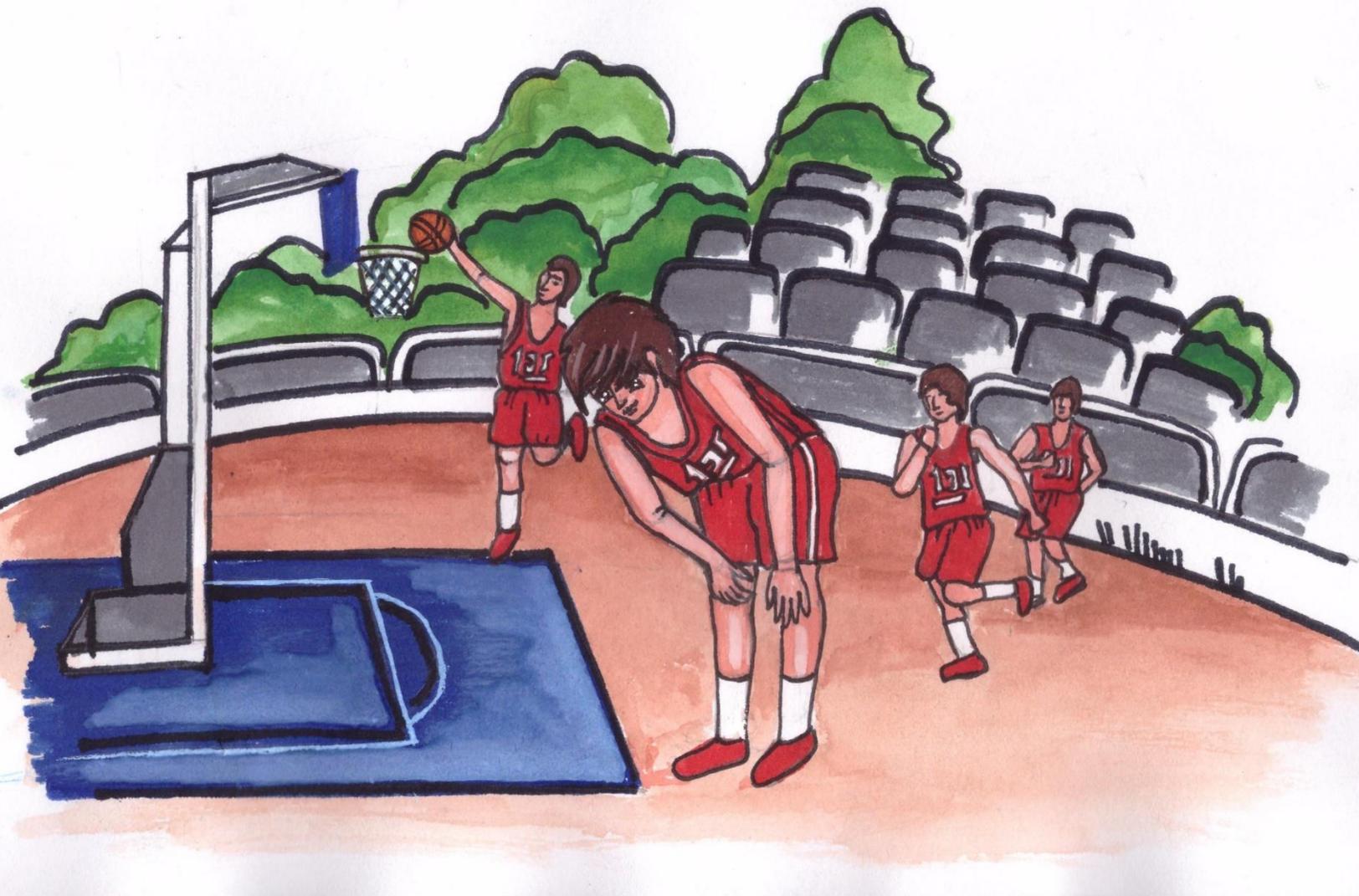
Adam is a young man who has a bright face, a svelte body and a good health because he likes sport. Thus, Adam won many prizes in swimming competitions.



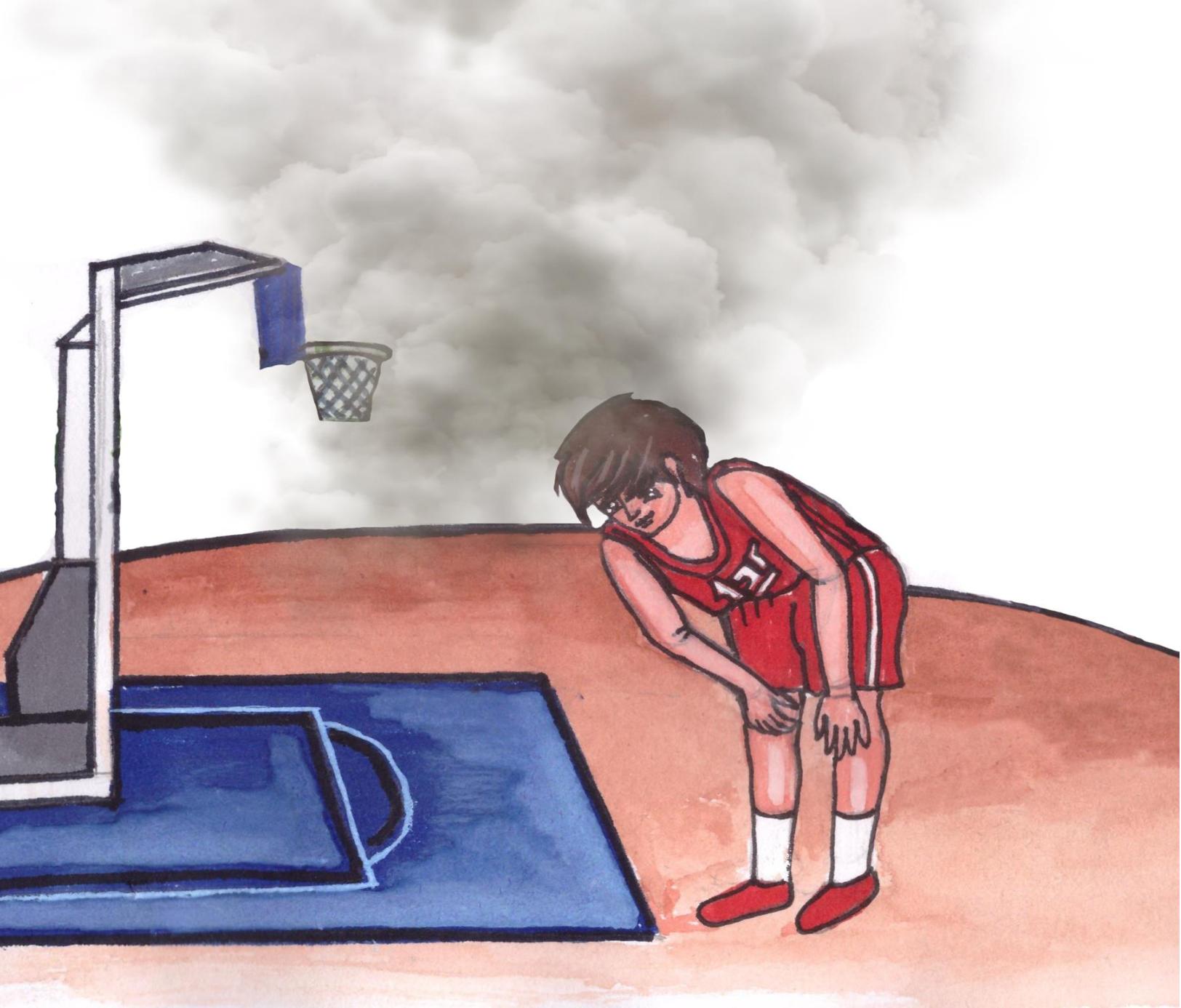
Suddenly something unpleasant happened, Adam smoked cigarette, then, his life has been changed completely. He couldn't reach the finish line in swimming because he felt so tired. Smoking harmed Adam's health and he couldn't breathe well, so he lost the race.



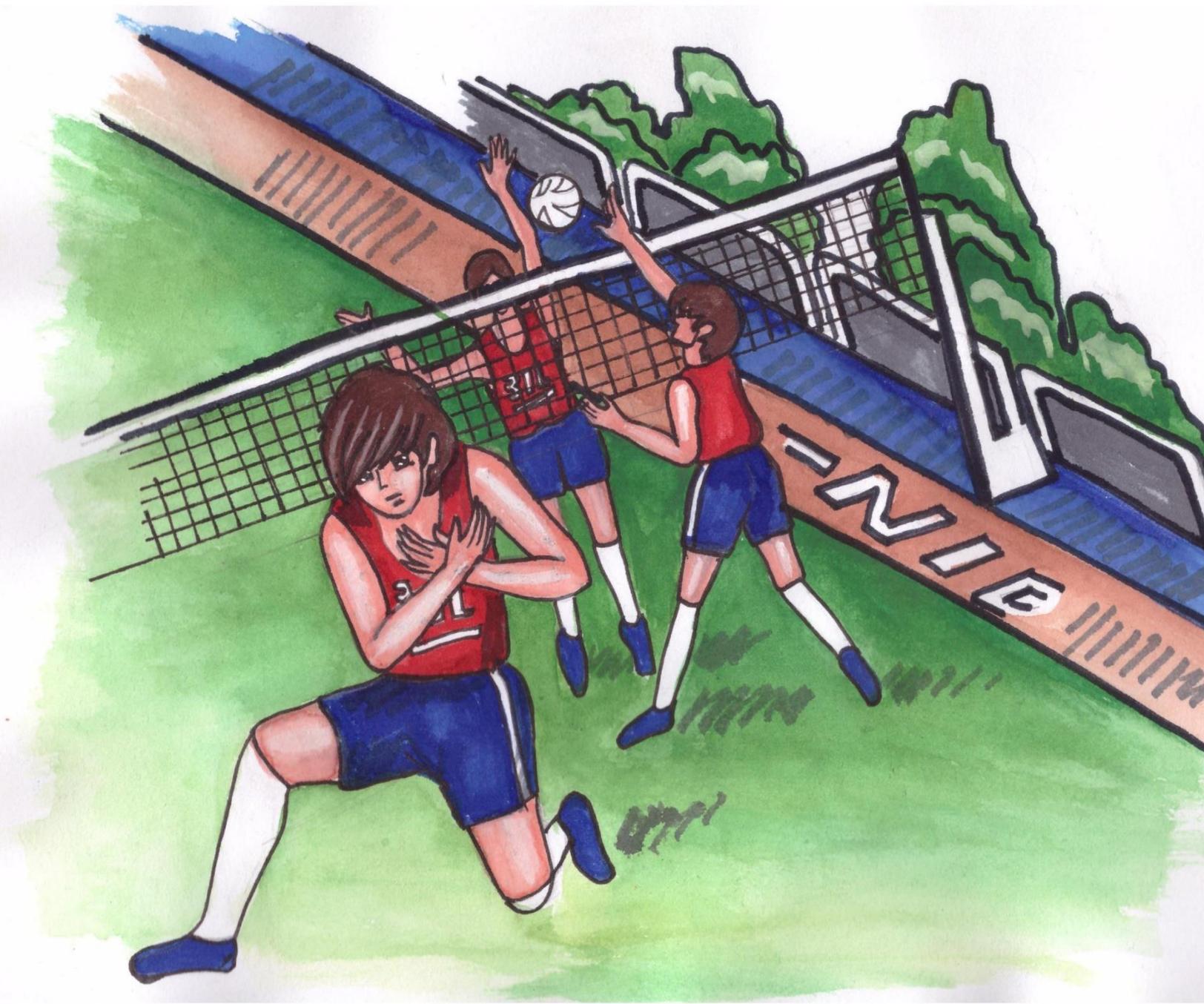
Adam left swimming and played football. Adam couldn't run throughout the game because he felt exhausted.



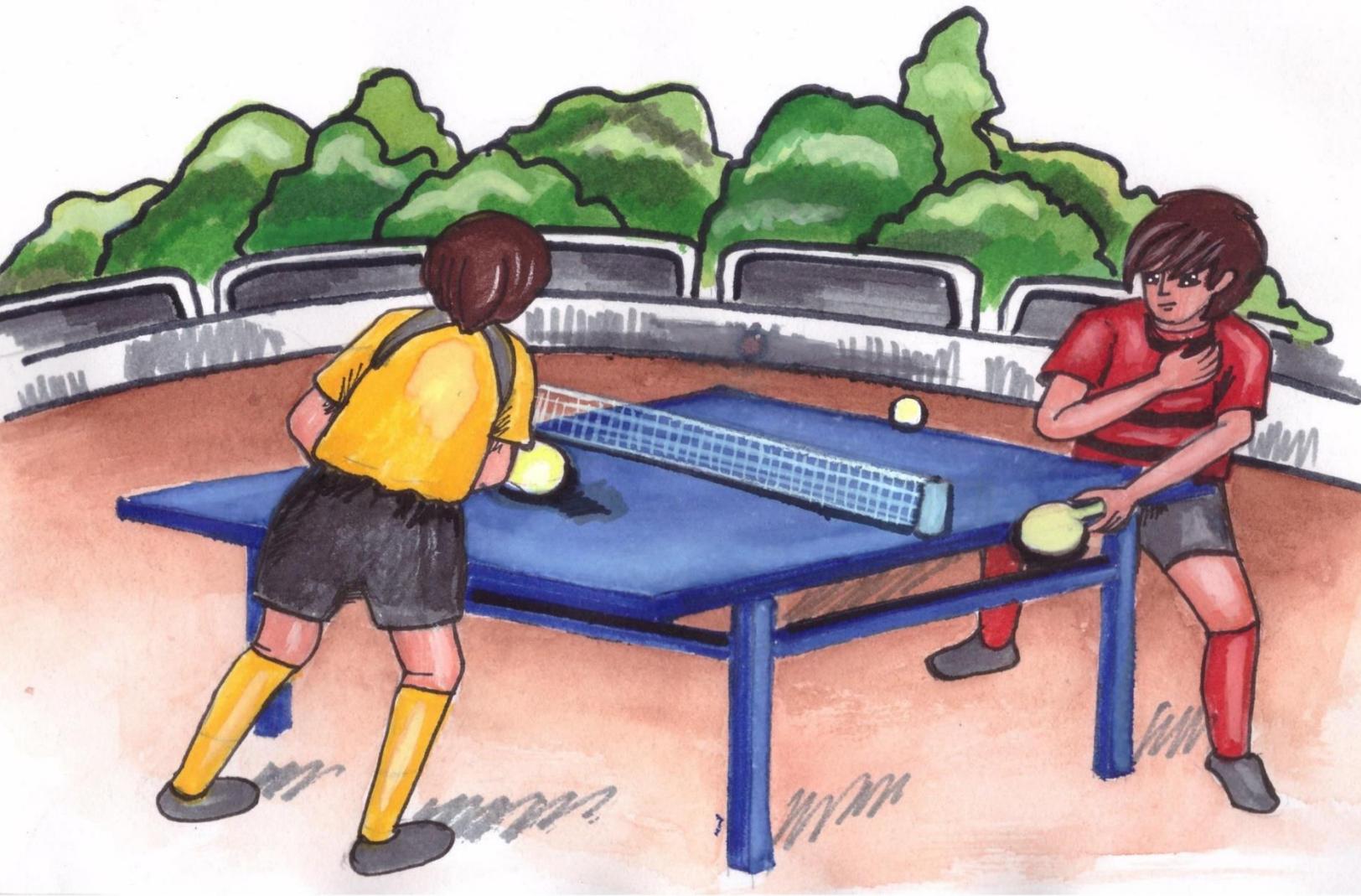
Then, Adam played basketball, but he was unable to jump highly to score goals.



Adam had difficulty breathing, his face became pale, and his body turned wilt. Adam's health is weakened, because he is still smoking, and smoking is harmful to health.



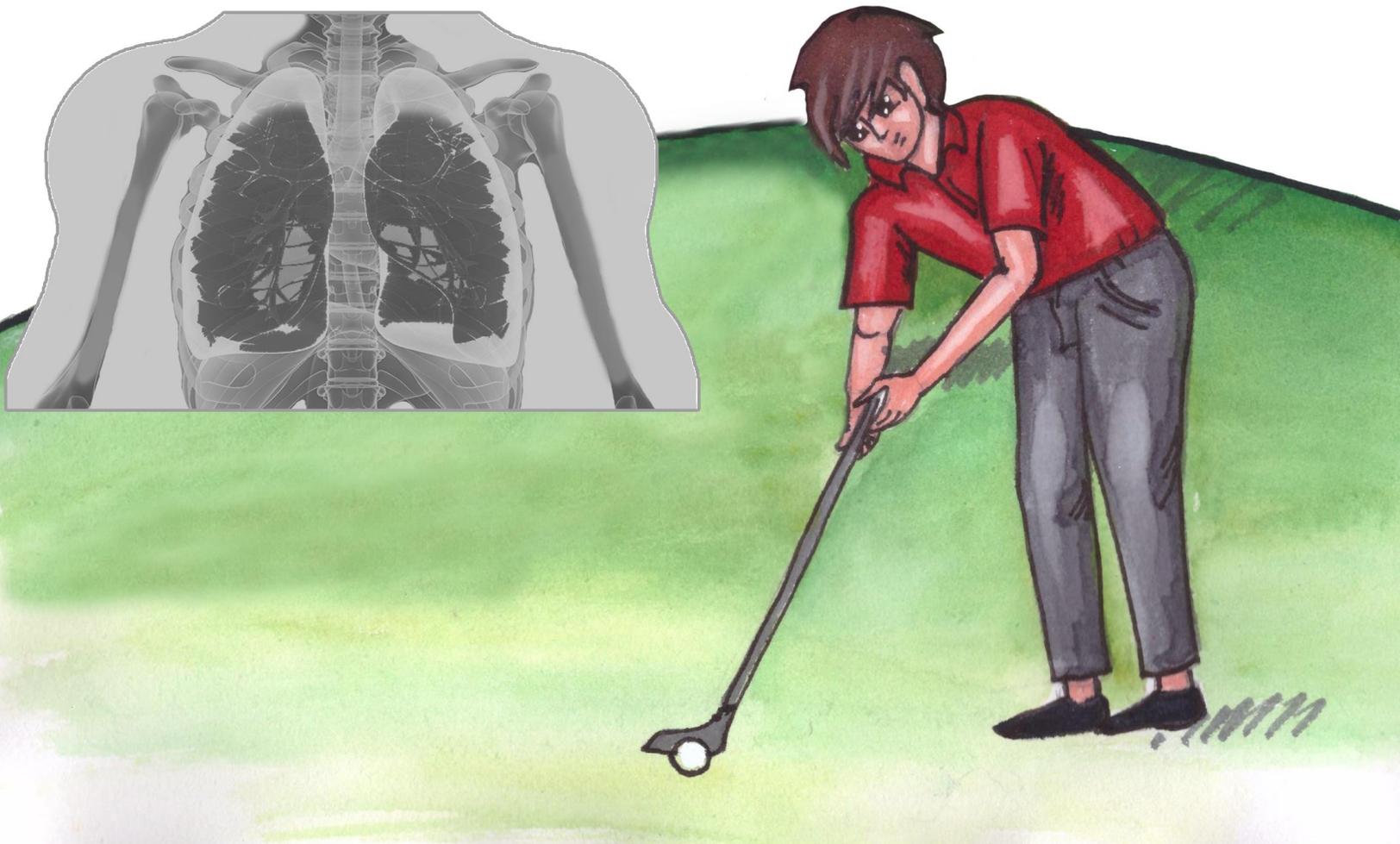
Adam was looking for another sport that would be less effort. He played volleyball, but he couldn't push the ball towards the other team.



Even when Adam played table tennis, he couldn't react with the opponent player quickly. Adam's movements were slow and weak, because smoking harms the integrity of the human body.



When Adam went to play golf, he was unable to walk well. He fell on the playground unconsciously.



Adam's health changed from strength to weakness, and he could not play sports, because his chest was seriously ill, the impact of cigarette's smoke on his lungs.



Suddenly the alarm sounded, Adam awoke from his sleep, saying “what is this?!”

Adam was on his bed and he was dreaming.

Adam jumped quickly and said, "No smoking, no smoking".

Adam set out for the Olympic Swimming Competition, all hoping to win.