

By Invitation



Leah Liz Jacob

SAY NO TO TOBACCO!

May 31st has been declared as the 'World No Tobacco Day' by the World Health Organisation (WHO). The need for such a day is very important these days as around 7 million people are killed annually due to tobacco use, listing it as the one of the leading cause of preventable illness and death. The theme WHO has taken up this year is "Tobacco - A threat to Development" and tobacco has indeed become a hindrance to one's health, economic stability and development. A great many people begin smoking when they are in their high school and are completely dependent on it when they reach adulthood. Some have attempted to stop, however they have come back to cigarettes since smoking is such a solid enslavement. It is an inclination that is exceptionally hard to break. If one wonders how it starts, there are many reasons.

How It Starts

In youngsters there are three main reasons that can be cited: - to look mature, to impress or imitate their friends and to experiment.

- Since high school students see more established individuals close to them smoking, particularly their parents and relatives, they smoke to act more grown-up.
- In the event that their companions or acquaintances smoke, they may feel forced into doing likewise to be acknowledged.
- The last reason is the excitement of exploring different opportunities regarding something that is prohibited.

Among adults on the other hand the reasons are different. Mostly it's seen as an escape route, to avoid stress they face from different scenarios be it from the career space, their family environment or simply because they have no choice as it is an addiction. Be it young or old, it's a habit that needs to stop. They mean it quite intensely when it is advertised that 'Smoking Kills.' So why are we blatantly ignoring all the warning signs?

How It Affects You (and Others)

There are over 4,000 chemicals in cigarettes. 51 of them are known to be carcinogenic. A carcinogen is something that causes cancer. Chemicals in cigarettes

and cigarette smoke are known to cause not only cancer but also other serious health problems. Many of the chemicals are poisonous.

It's not just the ones who smoke who are harmed it's also the dear one's around you. The people who inhale the smoke that you exhale, known as passive smoking, can cause vast damages to them. Smoking can diminish your profitability at work, in addition to every one of those potential medical complexities connected to smoking such as coronary illness, diabetes and reduced immune capacity.

Taking in second hand smoke — regardless of whether it's from a neighbor's lit cigarette or from a cigarette outside your window—has appeared to effectively affect the cardiovascular arrangement of people around the smoke. After some time, passive smoking incurs significant injury on individuals' lungs and has been found to build the risk of stroke by 20-30% to those exposed to it.

How to Stop

Ever heard prevention is better than cure? It couldn't be truer for this case. The tell-tale signs have already been discussed in this article so it's necessary that the habit does not start, especially among your young ones. This addiction is a tough battle to get into but help is available.

- The first step of-course is that you realizing that you need help. Nothing can help more than this self-realization to help your-self. Once that's done the rest gets easier.

- Choose a method to follow and stick to it. Set milestones so you can check for yourself how far you've come. Be it cutting down on the number of times you smoke daily or avoiding it completely, stick to your method you have chosen at all cost! Try not to fall into temptation when you are doing such a good job.

- Realize that there are alternatives to help you with this. Using E-cigarettes while trying to quit is known to be helpful to the process. Also there are other forms of nicotine that can also curb the addiction such as nicotine gum or patches this is known as Nicotine Replacement Therapy.

- Finally, make sure you understand when it is time to seek out professional help. If deemed necessary it's always handy to have an expert on board to help you quit smoking.

Well saying no to tobacco is not just beneficial to your health but to your wallet as well as your time. It relieves you of the burden of unnecessarily spending money on something that can potentially kill you. In addition, all that free time you at this moment have from not having to take those 10 minute cigarette breaks can efficiently be used to do something more productive. We can see now why WHO has seen Tobacco as a threat to development right?

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the policy or position of this newspaper.)

Waad dissolved, assets liquidated

DT News Network
news@dt.bh

An opposition Society was dissolved yesterday for violating the Kingdom's laws and regulations, almost one year after another Society was permanently shutdown for similar reasons.

This came as the judicial authorities in the Kingdom yesterday ordered to dissolve the National Democratic Action Society (Waad) and liquidate its assets.

The order followed a complaint lodged by Justice, Islamic Affairs and Endowments Minister Shaikh Khalid bin Ali Al Khalifa against the Society.

The minister said that the Society has committed violations that harm the principle of respecting the rule of law, support terrorism and support for those convicted of inciting, promoting and practicing violence, in addition to promoting changing the country's political system by force.

"The High Civil Court ordered the dissolution of the National Democratic Action Society (Waad) and the liquidation of its assets," a statement issued by the ministry said. Waad had issued statements earlier this year, glorifying three cop killers who were executed in January.

The ministry explained in its statement, "The court said that Waad used on its official online account the term "Martyrs of the Nations" to refer to criminals sentenced to death after they targeted police officers with explosive devices, resulting in three officers losing their lives. The term is a violation of Article Six of the Political Society Law that stipulates that societies must protect the independence and security of the Kingdom and its national unity and reject all forms of violence."

"Waad also expressed its solidarity with Al Wafaq National Islamic Society which was dissolved per a court ruling in 2016 after it was found guilty of questioning the Constitution of the Kingdom of Bahrain and adopting deviant political activities, inciting violence and illegal rallies and sit-ins likely to cause sectarian sedition in the country. This alignment is in breach of Clause 4 of Article 7 of the Political

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Society Law that bans association or cooperation with any political society that doesn't respect the principles and articles of the constitution or the premises of the political regime in the Kingdom," it was clarified in the statement.

The ministry revealed that Waad announced a solidarity statement with other societies that it rejected the 2002 Constitution as illegitimate.

"This attitude is in breach of Article 6 of the Political Society Law that calls for complying with the principles of the National Action Charter and the Constitution and respect for the rule of law," the ministry stressed. The ministry said that the arguments presented by Waad in its defence could not constitute a valid explanation for its attitudes and breach of the law, particularly in light of the terror incidents that hit Bahrain.

"The Society, as a popular national organisation, was supposed to help protect the security of the Kingdom within a spirit of national unity and social peace as stipulated in the Constitution and the law, and not to praise criminals who had carried out terror attacks or to support political societies that harmed the state's public interests as confirmed by a court of law," the ministry's statement mentioned.

"Waad has deviated off the normal course of political activities by issuing statements and declarations that were likely to harm public interests, undermine security and stability. The society also failed to recognise the Constitution and thus violated the articles of the Political Society law," the ministry added.

Major airport road closed

DT News Network
Manama

Bahrain Airport Company (BAC), the operator and managing body of Bahrain International Airport (BIA), has advised the public of potential traffic delays which may arise from the closure of Road 2403, which leads to the airport from Arad Highway. The closure, beginning 2 nd June 2017, was earlier announced by the Ministry of Transportation and Telecommunications, in coordination with BAC, the Ministry of Works, Municipalities Affairs and Urban Planning's Roads Directorate, and the Ministry of Interior's General Directorate of Traffic. The redirection of traffic, which accommodates

construction works on the new passenger terminal building, part of ongoing efforts to modernise the airport, will continue until the end of this major project.

There will be three alternative routes to the terminal building and parking lots during the closure of Road 2403. The first route is from Busaiteen area heading towards BIA through Airport Avenue; the second goes through Arad Highway, reaching the Falcon junction on its way to Khalifa Al-Kabeer Highway, and the third comes from Hidd area, leading to Falcon Junction on its way to Khalifa Al-Kabeer Highway.

Upon completion, the new terminal building will expand the airport's services and commercial offerings

at optimised operational efficiency, increasing its capacity to more than 14 million passengers a year by 2018, which is an increase of 50%, in line with the projected passenger demand and aviation trends in the region.

BAC is the authority responsible for enhancing BIA and increasing the airport's contribution

to the local economy in line with Bahrain's Economic Vision 2030. In its operational role, BAC is responsible for elevating the airport's operations, infrastructure and services. This is set to improve BIA's capabilities and cater to the growing number of passengers as well as the changing demands of stakeholders.

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