

Iska Jooji Caadada Sigaarka!



Iska jooji sigaarka caafimaadkaaga iyo wacnaanta naftadaa iyo qoyskaaga daraadood.

“Sigaarka iyo dhiig kar is weheliya waxay ii keeni karaan wadne-qabad. Waan joojiyay sigaarka sababta oo ah waxa aan

doonayaa inaan sii wado masruufidda qoyskayga. Hadafkaa ayaa i siiyay awooddii aan si rasmi ah iska joojin lahaa sigaarka.”

“Ninkayga iyo aniguba waxa aanu sigaarka joojinay bishii hore. Qiiqa ka soo baxayay sigaarka aanu cabbaynay ayaa wiilkayagi u keenay hargab iyo neef ama asmo badan. Waxa nagu adkaatay inaan sii wadno cuduru-keenista ilmahayaga. Joojinta sigaarku ma fududeyn, laakiin waanu iska joojinay.”

Goynta Caadada.

Waad joojin kartaa sigaarka. Qiiqa ka baxaya sigaarku waxa la socda oo hawada gala in ka badan 4,000 oo ah waxyaabo waxyeello leh. Waxa aad halis galinaysaa caafimaadkaaga iyo caafimaadka qoyskaaga marka aad sigaar cabtid. Sigaarku waxa uu kugu kordhinayaa halista wadne-qabad, cuduro sambab, xidid dhiig oo maskaxda ka xidhma, iyo kaansar.

Talooyin lagu joojiyo sigaarka

1. Qabso maalin aad sigaarka joojinaysid.
2. Sii wad is-xusuusinta sababta aad u doonaysid inaad joojisid sigaarka.
3. Tuur sigaarka, sigaar-shideyaasha, iyo weelka bakhtiinta sigaarka aad haysatid.
4. Cab biyo ama dhuuq baraf halkii aad sigaar ka cabbi lahayd.
5. Calaasho xanjo aan sonkor lahayn ama cun gobol khudrad ah halkii aad sigaar ka cabbi lahayd.
6. Samee dhaqdhaqaaq. Mar kasta oo uu ku qabto damac sigaar-cabbid, socod samee. Si dhakhso ah ayaa damacu kaaga tagi doonaa.

Sameyso qorshe aad ku doonaysid inaanad dib ugu noqon sigaarka.

Marka ugu horeysa, iska ilaali meelaha kugu ridi kara damac sigaar-cabbis. Weydii qoyskaaga iyo saaxiibadaa inaanay agtaada sigaar ku cabbin. Marka aad xafladaha joogtid, isku day inaad la joogtid saaxiibada aan sigaar cabbin. Marka qof ku siiyo xabbad sigaar ah, ku dheh, “Maya, mahadsanid. Ma cabbo sigaarka.” Mudo aan dheereyn ka dib waxa aad isku arku doontaa qof aan sigaarka cabbin. Naftaada u naxariiso. Haddii aad sigaar cabtid, halganka ha joojin. Is xusuusi sababihii aad u doonaysay inaad sigaarka u joojisid. Mar kale isku day inaad joojisid.



Sii wad isku-dayidda!

Nikotiinta ku jirta sigaarku waa wax walaf ama qabatin leh. Iska-joojinta sigaarku ma fududa. Haddii marka ugu horeysaba aanad joojin karin sigaarka— sii wad isku-dayidda joojinta. Si aad u heshid gargaar dheeraad ah oo aad ku joojisid sigaarka, weydii dhakhtarkaaga xanjada nikotiinta ama dhajiska maqaarka.

**Maanta iska jooji sigaarka!
Ka-hortagga ayaa wax badan ka fiican daweynta lagu siiyo ka dib marka cudurku ku haleelo.**

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