

Minimum credible
deterrence to be
maintained: Gilani

OUR STAFF REPORTER

ISLAMABAD - Prime Minister Syed Yousuf Raza Gilani has said that the Government would not compromise on maintaining minimum credible deterrence despite financial constraints and would

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The Nation

NAB out to withdraw
more 'politically
motivated' cases

ABRAR SAEED

ISLAMABAD - Following the move to withdraw certain corruption references against Federal Interior Minister, Bohman Malik, the National Accountability Bureau high-ups were contemplating the withdrawal of more high profile cases

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Second-hand smoke harms seriously

ISLAMABAD (Online) - Breathing any amount of someone else's tobacco smoke harms non-smokers, said a long-awaited US Surgeon General's report on Tuesday.

Some 126 million non-smokers are exposed to second-hand smoke in the US, what US Surgeon General Richard Carmona repeatedly calls "involuntary smoking" that puts people at increased risk of death from lung cancer, heart disease and other illnesses. Moreover, separate smoking sections don't cut it. Only

buildings and public places truly protect non-smokers from the hazards of breathing in other people's tobacco smoke, according to the report. "The debate is over. The science is clear: Second-hand smoke is not a mere annoyance, but a serious health hazard," said U.S. Surgeon General Richard Carmona.

Carmona is especially concerned about young children who can't escape their parents' addiction in search of cleaner air:

Just over one in five children is exposed to second-hand smoke at home, where workplace bans don't reach. Those children are at in-

creased risk of SIDS, sudden infant death syndrome; lung infections such as pneumonia; ear infections; and more severe asthma.

Carmona implored parents who can't kick the habit to smoke outdoors, never in a house or car with a child. Opening a window to let the smoke out won't protect them. "Stay away from smokers," he urged everyone else.

A coffee a day may keep diabetes away

A morning cup of coffee may help prevent diabetes, a new report in the Archives of Internal Medicine, US Tuesday claimed, adding caffeine apparently has little to do with the effect.

Researchers compared the coffee consumption habits of 28,812 women enrolled in the Iowa Women's Health Study in US and found that the women who drank the most coffee - especially decaffeinated varieties - were 22 percent less likely to develop diabetes than women who didn't consume coffee.

Researchers do not know which ingredients in coffee provide the protective benefit; although it is known that caffeine does not reduce diabetes risk.

HEALTH COLUMN