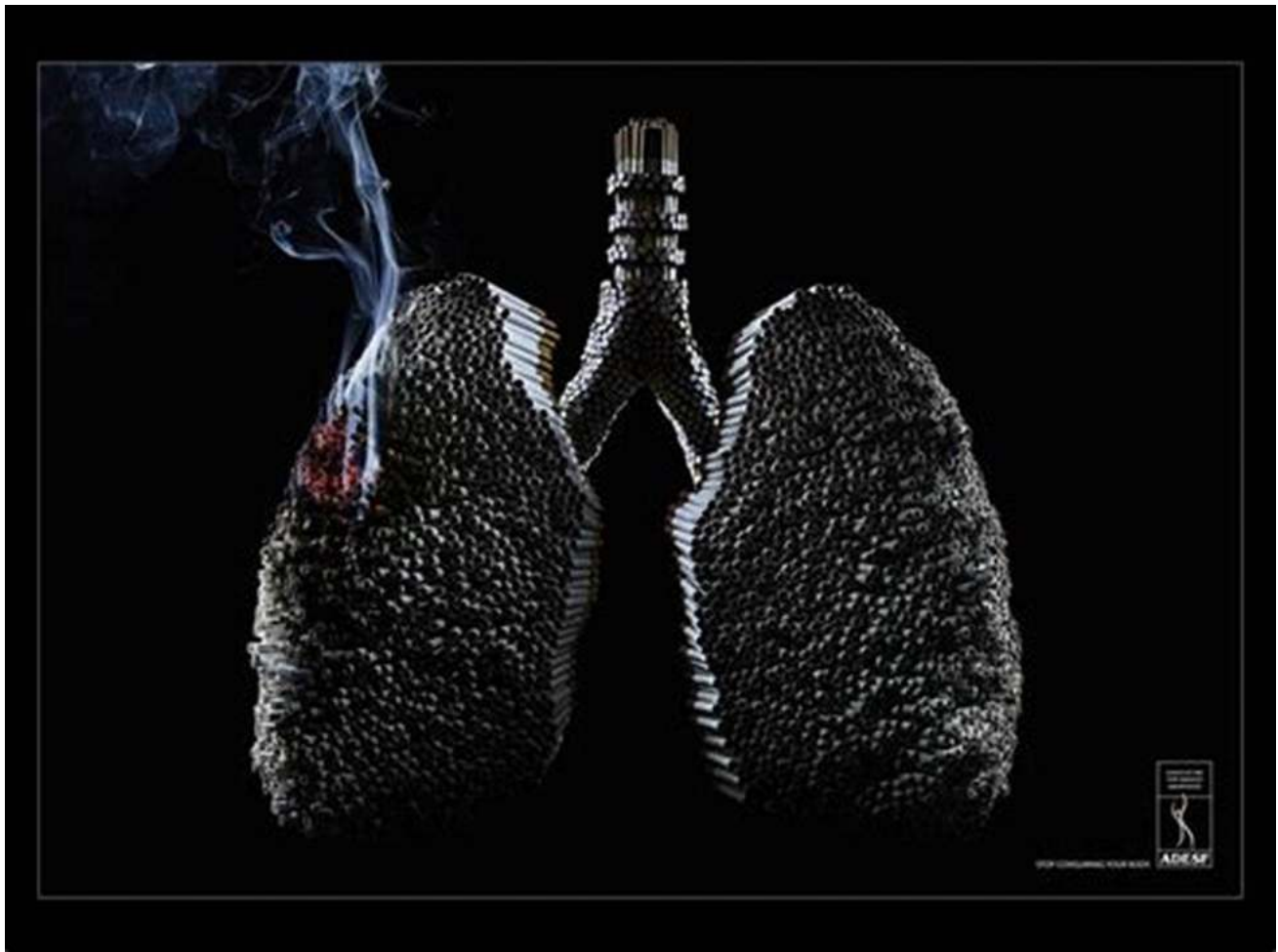


Second Hand High, Third Hand Not So High: The Surprising Truth Behind Secondhand Smoke

Smoking has always been a contentious issue due to its adverse health effects. While the dangers of smoking firsthand are well-documented, what about those who are exposed to secondhand smoke? The prevalent belief is that secondhand smoke is less harmful, but recent research has revealed a surprising truth: its effects are not to be taken lightly.



Before diving into the topic, let's understand what secondhand smoke is. Secondhand smoke is the combination of the smoke exhaled by a smoker (mainstream smoke) and the smoke that comes directly from the burning tobacco product (sidestream smoke). It contains over 7,000 chemicals, hundreds of which are toxic, and about 70 are known to cause cancer. As a result, secondhand smoke is classified as a Group A carcinogen by the U.S. Environmental Protection Agency.



“Second Hand High, Third Hand Not so High”: No Rules, Just Right by Danny Kleinman (Kindle Edition)

★★★★★ 5 out of 5



The Widespread Impact of Secondhand Smoke

Over the years, countless studies have been conducted to measure the impact of secondhand smoke exposure. The findings are alarming, to say the least. It has become increasingly clear that even brief exposure to secondhand smoke can have detrimental effects on our health.

Children are particularly vulnerable to the harmful effects of secondhand smoke. Their developing organs and immune systems are not fully equipped to handle the toxins present in the smoke. As a result, they are more likely to suffer from respiratory infections, asthma, ear infections, and sudden infant death syndrome (SIDS).

But secondhand smoke doesn't spare adults either. Studies have not only linked it to lung cancer but also to heart disease, stroke, and even reduced fertility in women. The dangers extend to the workplace too, with employees exposed to secondhand smoke facing an increased risk of developing various respiratory and cardiovascular diseases.

The Lesser-Known Thirdhand Smoke

While secondhand smoke's harmful effects are now widely recognized, an even lesser-known danger lurks in our midst. Enter thirdhand smoke - a term coined for the residual chemicals that remain on surfaces even after the smoke has dissipated. These residual chemicals continue to pose health risks, making thirdhand smoke a cause for concern.

You may be wondering how thirdhand smoke can affect you if you're not exposed to secondhand smoke. Well, here's where things get interesting. When a person smokes, the chemicals from the smoke settle onto surfaces like walls, furniture, clothing, and even hair. These surfaces then become reservoirs for toxic compounds, known as thirdhand smoke. Even after months or years have passed, these chemicals can still reactivate and pose a health risk.

The Dangers of Thirdhand Smoke

The lingering effects of thirdhand smoke are not limited to immediate health problems like respiratory issues and allergies. Studies suggest that prolonged exposure to these chemicals may lead to more severe long-term consequences. Researchers have linked thirdhand smoke to an increased risk of developing cancer, liver problems, and even neurobehavioral disorders.

There are certain vulnerable groups susceptible to the dangers of thirdhand smoke. Infants and young children, in particular, are at risk due to their proximity

to contaminated surfaces. Since they explore their surroundings by crawling and putting objects in their mouths, they can easily come into contact with these harmful substances.

Protecting Yourself and Your Loved Ones

Given the severity of the health risks associated with secondhand and thirdhand smoke, it is crucial to take steps to protect yourself and your loved ones from its harmful effects.

One of the most effective measures is to create smoke-free environments. This can be achieved by implementing smoking bans in public spaces and homes, thus reducing exposure to both secondhand and thirdhand smoke. By making smoking socially unacceptable, we can create a healthier environment for everyone.

But what about smokers themselves? Quitting smoking is undoubtedly the best decision one can make for their overall well-being. It not only eliminates the risk of secondhand and thirdhand smoke for others but also dramatically improves the smoker's health. Various resources, such as counseling, support groups, and nicotine replacement therapy, are available to aid smokers in their journey towards a smoke-free life.

While the dangers of firsthand smoking have long been acknowledged, it is imperative that we recognize the harmful effects of secondhand and thirdhand smoke as well. Protecting ourselves, our loved ones, and even strangers from the dangers of secondhand and thirdhand smoke should be a shared responsibility. By being aware of the risks and taking proactive measures, we can create a healthier and smoke-free future for all.



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“Second hand low” and “third hand high” are adages we learned in Bridge 101 along with others like “cover an honor with an honor” and “always return your partner’s suit.” These so-called rules will get you by, but they won’t see you very far.

Second hand must become familiar with certain basic positions to try to foil declarer’s plans, often by playing second hand high. Likewise, many contracts are decided by the play of third hand at trick one. While your play may at first seem so obvious, a little thought may help you find the right card.

Being a slave to either “second hand low” or “third hand high” can only lead you down the road to many disasters. Take time to review what you know from the bidding. Think about the hand type. Does it call for passive or aggressive defense? Hopefully after reading the examples in this book you will become more attuned to the variety of options available.

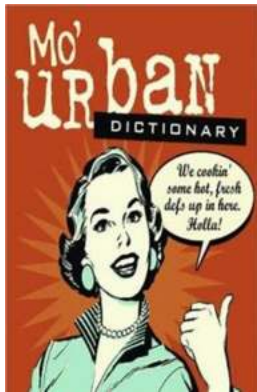
The hands are placed in chapters by themes, but of course there is some overlap. We’re sure you will recognize situations from your own experiences at the table. We’re sure after reading this book you will be more attuned to

becoming a thinking bridge player, and less a player just following old nursery rhymes.



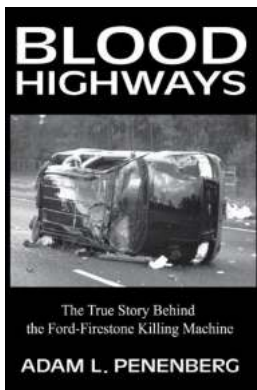
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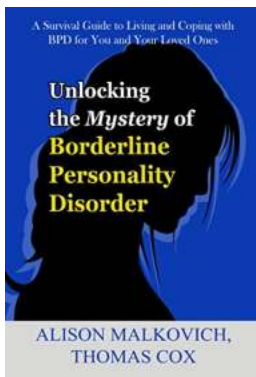
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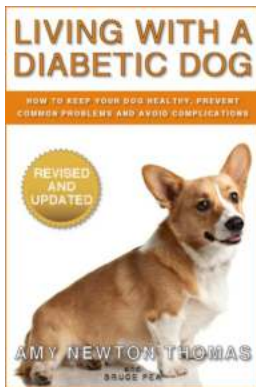
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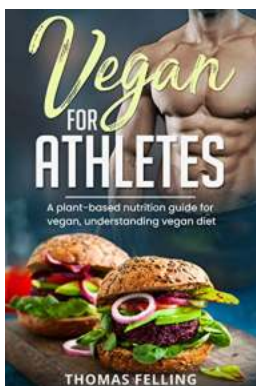
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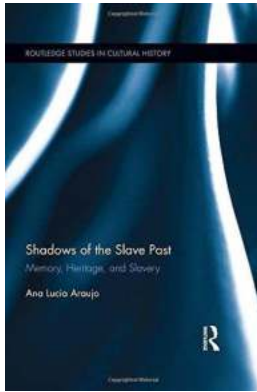
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