

TAMILNADU TYPEWRITING - COMPUTER INSTITUTES ASSOCIATION

MODEL TEST - FEB 2022

447

Time : 10 minutes. Max. marks: 100



Typewrite the following in **double line spacing** with a left margin of ten degrees (Special attention must be paid to accuracy and neatness):-

Many people get into many harmful habits such as use of alcohol, cigarettes and other intoxicants. They have a very harmful effect on our health. They are also considered social evils. People generally consume tobacco in the form of beedi, cigarette or hookah. Some people chew it raw. Tobacco contains a powerful poison called nicotine. Even though it is contained in extremely minute quantities, yet it is very harmful to our health. When we smoke some amount of nicotine, carried along with the smoke, is absorbed by our blood. This nicotine excites our nose and throat and causes coughing also. Smoking increases blood pressure. It increases heartbeat and causes heart ailments and also affects the body temperature and blood circulation.

Scientific research has shown that smoking causes lung cancer and shortens life too. Moreover, indigestion, peptic ulcer and cancer of the mouth are also among its other effects. Besides causing these diseases, it involves wastage of money also. Nicotine is habit-forming material. After some time the body starts feeling the need for it. The use of alcohol is also very harmful to our health and with its consumption all the physical processes get slowed down. Whatever may be the drink, it always has a high degree of alcohol content which affects our body. Some people take many types of pills to relieve themselves of pains and mental tensions and these are also very dangerous for our health. Excessive use of these weakens the memory.
