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**Food Quality and Safety,
Health and Nutrition**

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TOBACCO PRODUCTION AND SOME OF ITS POSITIVE AND NEGATIVE EFFECTS

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Abstract

Tobacco is by no means treated as healthy food, but it is a traditional activity of many families in the Republic of Macedonia, which brings them financial resources to provide food, livelihoods or supplement the family budget. Retrospectively over the past fifty years, tobacco production has seen fluctuations in lows and rises, from about 15,000 tons to 35,000 tons, and in the last five years it has been around 25,000 tons.

Tobacco, as an agricultural and industrial culture, although 65 years ago was also highlighted as a healing culture, is now often treated as a culprit for many diseases. The numerous studies conducted over the past few decades suggest that smoking cigarettes is the worst thing about human health, although some smokers experience deep old age. In some scientific researches conducted between 1990 and 1996, conducted by numerous researchers from various universities, it was emphasized that cigarettes with a higher nicotine percentage allowed better processing of information in the brain, but also allowed better handling of stress. On the other hand, the empirical research performed and the calculations performed with the H₂ test, between smokers and non-smokers show that their views are not identical. While research conducted between men and women smokers show the same answers to the questions asked.

For better visibility, in the paper, through statistical-econometric calculations, spreadsheets and graphic previews show the research results, which can serve as an example of further calculations in the activity.

Key words: *Tobacco, Production, Existence, Smoking, Negative, Positive effects.*