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Grade: 12 "B"

An English Assignment: Essay

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Essay: Smoking should be banned in all public places.

Smoking can mean different thing to different people. To many non-smokers, it is seen as poison that people voluntarily put into their body. For smokers, it is seen as a distraction from reality or an escape from stress. But recently, there has been a call made to ban smoking in public places. So, why would they want to ban smoking in public places? Today we will answer this question by exploring the many different side effects of smoking.

Smoking is the action of inhaling and exhaling smoke the smoke of a cigarette, a cigar etc. In a cigarette contains many different substances that can fatally damage the human body. Most prominent ones being Nicotine, Hydrogen Cyanide, Ammonia, Arsenic and Carbon Monoxide. Many of us have learned in biology that smoking can cause low oxygen levels in many important parts of the body, cause a multitude of cancer, irritation of the eyes, nose and throat, as well as a lot of other disease. In rare occasions, the combination of all these side effects can cause an entire system of the body, such as the Central Nervous system, Cardiovascular system or the pulmonary system to fail entirely, thus leading to death.

What is perhaps even more concerning is that, these cigarettes include radioactive materials that are released when the cigarette is burned. Recent studies have shown that the average lung of a smoker comes in contact with more radioactivity than a nuclear plantation worker. These radioactive substances play a big part in secondhand smoking. Secondhand-smoking or indirect smoking is when a non-smoker inhales the smoke of cigarette from another person. Young children and pregnant women are most at risk of secondhand smoking. While directly smoking a cigarette is worse, indirectly smoking isn't that far behind either as both can cause the same health problems. Difference is that secondhand-smokers are at a slightly lower risk than the smokers themselves.

It is because of these reasons that most people want smoking to be banned on public places, as the health problems and the awful smell of tobacco not only effects the smoker but also those around them as well.