MEMBERS:

-ANUSHA SAAD (19K-0281)

-HERMAIN QADIR (19K-1517)

-SAMAN KHAN (19K-0354)

ESSAY: WHY YOU SHOULD NOT SMOKE

English Composition and Comprehension(SS150)

ASSIGNMENT # 03

“WHY YOU SHOULD NOT SMOKE”

FINAL DRAFT

Sitting in seminar titled “Smoking a lifestyle or a disease?” had me thinking of how many times had I been exposed to the dangers of smoking despite not being a smoker. The answer is too many times to count. Unfortunately, smoking has been made so socially acceptable that it is hardly seen for what it is: a disease and an addiction. The culture of smoking has been normalized and perpetuated to the extent that it is causing easy deaths in both smokers and those around them. However, now is the time pull off the façade and understand why smoking should be discouraged.

It takes no rocket science to know that the major reason behind not smoking is the health risks it carries. In the long term, prolonged smoking leads to chronic cough that develops into emphysema and bronchitis. These pulmonary diseases combined most often results in lungs cancer in smokers. Moreover, tobacco increases chances of stroke because one of its short-term effects include rapid decrease in blood pressure and heart rate. Studies have proved that elimination of smoking in areas has resulted in fewer reported cases of stroke. The worst that can result from smoking is easy deaths. Researches have proven that smoking greatly reduces span of smokers.

Another reason why efforts should be made to eliminate smoking is that it as much of an addiction as alcohol or drugs. While has in tobacco smoke contains cascinogens and contributes to cancer and nicotine goes into the brain and evokes a feeling of euphoria. This is why smokers resort to smoking as a way to destress and relieve anxiety. Smoking is seen as a copying mechanism people should opt for something more productive and healthier instead. Furthermore, why choose it for distressing while making others a victim of passive smoking? It has been proven that babies born to fathers who smoke have decreased brain ability as mothers become a passive smoker.

The last but not the least important reason why one must not touch cigarette smoke is because of the adverse effects it has on climate. Discarded cigarettes enter rivers and oceans directly contributing to water pollution. This further leads to distraction of marine life and water ecosystem. Moreover, smoking also releases toxins into the air ruining its quality. Degradation of atmosphere will make the planet inhabitable for the future generations. In addition, tobacco plants used to manufacture tobacco smokes can be used for some better option. For instances, tobacco leaves can be used to produce herbal medicines.

To summarize, smoking is surely an easy shortcut if you are looking forward to meet death earlier than expected. Smoking carries health dangers that effect a smoker both physically and psychologically. Not only it results in lungs or mouth cancer but also makes one susceptible to other infections. It plays a role in environment dehydration by directly contributing to lord and water pollution. Next time, think before spending your hard-earned bucks on buying cigarettes packs. Are the few minutes of feel good really worth it?