

Essay on smoking cigarettes should be illegal

[Health & Medicine](#), [Addiction](#)



Smoking cigarettes is the act of inhaling the smoke from cigarettes which are slender rolls of tobacco enfolded in paper. Smoking cigarettes can either be casual or habitual. Casual smoking is the act of smoking occasionally, usually to relieve stress or in a social situation. A smoking habit, on the other hand, is a physical addiction to tobacco products. Habitual smoking is nowadays regarded as a psychological addiction which has severe health consequences. Smoking cigarettes have adverse effects on the health of smokers, passive smokers and the environment at large and should, therefore, be made illegal. Non-smoking also referred to as passive smoking or involuntary smoking occurs when the exhaled smoke from one person's cigarette is inhaled by other people. Passive smokers exposed to second hand smoke are also at a greater risk for many of the health problems associated with direct smoking. This is extremely unfair as innocent individuals suffer as a result of lack of control.

Smoking cigarettes causes an overall reduction in life expectancy of both smokers and non-smokers. This is due to the adverse effects it has on health at large. First and foremost, smoking cigarettes is a major risk factor for heart attacks and various cancers such as pancreatic cancer, lung cancer, cancers of the larynx and mouth. Some smokers even end up having their limbs amputated. Secondly, smoking makes ones` teeth become yellow. This normally leads to physiological torture as most of the smokers will always try to hide their teeth while smiling. Moreover, cigarette smoking weakens a persons` immune system. This is as a result of overworking the immune system which starts fighting immediately when smoke gets in ones` body. It also leads to bad breath and less oxygen in the blood system. Cigarettes

contain a mixture of nicotine and carbon monoxide. This causes life style diseases such as stroke, high blood pressure and heart failure. The life style diseases results from clogs due to contamination of the blood by nicotine and carbon monoxide.

Smoking cigarettes also reduces the quality of ones` life since it not only lessens the ability to smell but also leads to ugly yellow fingertips and reduced glowing of the skin. Clogging of the arteries makes ones` skin greyer and pale. Smoking cigarettes should also be illegal as it leads to increased risk of spontaneous abortion, low birth weight, prematurity and perinatal mortality in humans during pregnancy. This is referred to the foetal tobacco syndrome. All this is as a result passive smoking by a baby whose mother smokes. Moreover, passive smoking is dangerous for children and babies can cause bronchitis, pneumonia, and middle ear infections.

On the other hand, smoking cigarettes should be illegalised due to its` severe environmental effects. Cigarette butts which are the remains of a cigarette after smoking are a major cause of environmental pollution. The butt typically consists of a tissue tube remains of tobacco and a filter . They accumulate outside streets, buildings and on a parking lot and can therefore be easily transported through storm drains to rivers, streams and beaches. This will automatically lead to water pollution. Cigarettes have also been a great contributor of deforestation. For instance, in Africa, 5 percent of deforestation is caused by tobacco drying. Trees are destroyed to provide the necessary fuel in drying tobacco as it requires millions of tons of solid wood annually.

In conclusion, smoking cigarettes is not only harmful to people`s health in

several ways but also cause environmental degradation. Unfortunately, it is passive smokers who bear the brunt. Therefore; smoking cigarettes should be made illegal.

Works Cited

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