

Smoking and god

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



Smoking

“ If God had wanted us to smoke, he would hold given us a separate hole for it. ” These are the words that I have heard when I was immature. My male parent kept stating me these words as he experienced it himself. My male parent was a tobacco user. He started smoking when he was 18 and he kept smoking until 35 when I was born. He was smoking more than three battalions of coffin nails daily. He described himself when he was a tobacco user as a really thin adult male and his face was pale. He was like a adult male who lost his wellness. After a few old ages he suffered from diabetes. He spent about 17 old ages smoking until God had enter his life and he quit smoking. From that clip, he kept warning me and my brothers about smoke. This essay is traveling to discourse the smoke issue among teens and offers some solutions.

Smoke is considered a really unsafe disease that threats every tobacco user. It contains nicotine which is the chief beginning for smoking 's diseases. Nicotine has three of import effects. First, it rises up the blood-pressure. Second, it increases the bosom rate. Third, it constricts blood vass. The people who smoke inhale C monoxide which decreases the sum of O which goes to the encephalon and in the bosom. Furthermore, smoking makes the tobacco users agony of shortness of breath, bosom diseases, lung diseases and other disease such as malignant neoplastic disease.

“ Smoke putting to deaths. If you 're killed, you 've lost a really of import portion of your life. ” Brooke Shields

This was one of Brooke Shields ' expressions. He was seeking to converting people non to smoke by stating them about smoking 's hazards. Presents, most of the tobacco users are teens. Harmonizing to the Egyptian Smoking Prevention Research Institute (ESPRI) , Egypt has the biggest figure of tobacco users than any other state in the Middle East. There are more than 50 % of work forces over 18 smoking and they consume more than 70 billion coffin nails yearly.

Smoke is considered a really of import societal issue. Nowadays, smoking becomes available for everyone. There are immature kids, teens, grownups, work forces and adult females who smoke every twenty-four hours. The figure of tobacco users is increasing every twelvemonth. In add-on, most of those tobacco users are teens. They want to smoke for chief three grounds which they are to look mature, to experiment, and to be like their friends. First, teens think that they will go older when they smoke as they see the old people smoke. Second, they want to experiment new things because they are young persons. They ever have the ability to seek out something new, particularly when they see many people do so. Third, many teens smoke because of their friends because they think that they should make the same to be accepted in this group. Although of these of import grounds, there are other grounds for them to smoke such as personal jobs and household jobs. Most of the tobacco users when they get nervous or angry, they do anything. Some of them smoke believing that this coffin nail will do them experience happy. Other tobacco users have jobs with their household or work, particularly with the parents who are tobacco users. Many kids imitate their parents ' wonts and as they see them smoking, the start to make like them.

They believe that when they do like them, they will move like them besides as a adult male or adult female. This can do them hold a batch of force per unit area and emphasis. Weight is considered another ground as there are many people who smoke to free their weight.

Every state should pay more attending to those people who are addicted to smoking. These states should increase the consciousness plans and set more advertizements in the street. They besides should forestall smoke in crowded topographic points and edifice. Beside, there must be a jurisprudence that punishes the people who sell coffin nails to immature people and teens.

`` For thy interest, baccy, I would make anything but dice. `` - Charles Lamb,

This sentence is the ground for halting smoke. Smoking leads to decease and this is the chief ground. Teens must hold an internal ability to halt quit smoke.

`` The best manner to halt smoke is to transport wet lucifers. " - Anonymous

If one has truly wants to discontinue smoke, he will make anything to discontinue. There are many people who tell themselves that if they want to discontinue smoke, they can. But, in fact, they are non honorable with themselves. They are fallacious to themselves as they do nil to discontinue.

Actually, this societal issue had truly affected me in a positive manner. When I thought in my male parent 's narrative, I found that if I smoke I will destruct my wellness with my ain custodies. As a consequence, I will destruct my organic structure which God had given me to salvage. In the beginning,

when I was immature, my male parent told me his experiment with smoking many times but, I did n't cognize the underlying significance of this narrative until I grown up. I found that many tobacco users had encountered many diseases through their life. This narrative was the chief factor that encouraged me to maintain away from smoking.

Finally, smoke is a really unsafe disease and can infect anyone who does non hold unsusceptibility. I think my male parent 's narrative is my unsusceptibility against smoke. Every clip he tells me his narrative, I get encouraged to halt believing about smoke. This besides promote me to avoid what my male parent has encountered and what he has suffered through his past life and even his recent life after quit smoke.

Procedure Memo

This essay has been organized harmonizing to the experience that I have lived, so in what manner this experiment has affected me. Then, talk about the consequences of smoke. The theses were in the debut to allow the reader know what I will speak about.

Work Cited

1. [hypertext transfer protocol: //www. americanheart. org/presenter. jhtml? identifier= 3003308](http://www.americanheart.org/presenter.jhtml?identifier=3003308)

2. [hypertext transfer protocol: //health. nytimes. com/health/guides/specialtopic/smoking-and-smokeless-tobacco/background. html](http://health.nytimes.com/health/guides/specialtopic/smoking-and-smokeless-tobacco/background.html)

<https://assignbuster.com/smoking-and-god/>