

Essay on cigarette smoking

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



This is a practice of inhaling smoke from burning tobacco for getting a state of mind that is considered as being “high”. Cigarette smoking is referred to be among the key factors that contribute to lung cancer. It is a common and emerging trend with the young generation and is facilitated by the peer pressure at an adolescence stage.

This practice has raised concern of the rate to which it is currently increasing and the effect it is posing to the community in general. A larger population is now exposing to the danger of smoking cigarettes since some of the smokers taken their smoking habits to an extreme of smoking in the public places.

(Brandt, 2007 P. 23)

It is important since the most affected generation is within the youth bracket where majority of our friends are and the crucial generation in the country.

In a general view, smoking is a health hazard and plays a role in influencing the shortcomings in the society that is, the social effects that set in.

Many campaigns that were against the act argued that it is best if the entire practice of smoking cigarettes should be banned basing it on the fact that it is having a negative reflection in the economy of the country (Egendorf, 2008 P. 14).

Its effects are avoidable through a proper and effective education on the problems brought by smoking and advocating for active participation on recreation activities to shun the chances of a person getting idle for the urge of smoking. The issue reveals that smoking got its “root” at a tender age of adolescence hence has affected majority of the people. This therefore calls for immediate reaction with an objective of eradicating or rather reducing the rate to which it is increasing.

Works Cited

Brandt, Allan M.. The cigarette century: the rise, fall, and deadly persistence of the product that defined America. New York: Basic Books, 2007. Print.

Egendorf, Laura K.. Smoking. Detroit, MI: Greenhaven Press, 2008. Print.