Smoking

Smoking in public is a bad habit and is dangerous for innocent by standers. Recent studies have confirmed that when you smoke in public you put others health at risk. The dangers of second hand smoke have caused a lot of controversy and therefore there have been a lot of restrictions and new laws about smoking in public places. Second hand smoke is very dangerous because it can cause nicotine and other bad chemicals to enter the secondhand smoker's lungs. Secondhand smoke can damage the body in the same way as the smoker smoking the cigarettes. Secondhand smoke can lead to the same health problems as a smoker, such as lung cancer, heart disease and in an infants case it can lead to upper respiratory infections. The American Lung Association reports that secondhand smoke also causes at least 150, 000 respiratory infections in infants each year in the U. S. There are two kinds of second hand smoke, side stream smoke and mainstream smoke. Side stream smoke is the smoke that is released from the burning end of the cigarette. Mainstream smoke is the smoke that is exhaled from the smoker. Either way they both harm innocent non smokers. A smoker's poor choice should not affect the health of others. Secondhand smoke contains hundreds of toxic chemicals including arsenic ammonia, hydrogen cyanide, formaldehyde, benzene, and vinyl chloride. It is known to cause cancer, coronary heart disease, and respiratory problems. There is no risk-free level of exposure to secondhand smoke. I think smoking and second hand smoke consumption should be someone's choice. Second hand smoking is proven to be worse than first hand smoking. If a person makes the choice to live a lifestyle where their own health is at risk, they should not create health hazards for those around them. When smoking in public places

where there are children and pregnant women who now do not have the choice of not being exposed to cancer and other disease smoking causes. Smokers should smoke in privacy and not put others health at risk. That's why I feel it should be banned in all public places. Smokers should smoke at their own risk and not involve others in their habit. The U. S. Federal government has banned smoking on all domestic flights, interstate buses and most passenger trains, also federal buildings, and organizations that provide federally funded services to children. Local governments vary in their restrictions like prohibiting smokers from smoking in public places and nightclubs and bars. In my personal opinion I'm glad that they have prohibited smokers from smoking in most public places for the simple fact that I'm not a smoker and I have kids as well that I wouldn't want to get second hand smoke. Smokers should take that into consideration that it's not fair or right to smoke in public for the fact that they could be putting other people's health in danger. Smoke free is the way to be but if others feel different they should at least respect the health of innocent by standers. Some smokers feel that these smoking bans are taking away their freedom but not taking into consideration of the damage it does to non smokers. The sad thing about second hand smoke is that it is more dangerous for non smoker restaurants and other public places are because the smoke does not stay solely in the smoking area. The smokes spread from one area to another which still causes second hand smoke. I feel it's unfair that I can't take my children to some public places because there are still public places that allow smoking in them such as bowling alleys, some arcades, and also some restaurants. I don't think I should feel like I have to isolate my kids and

take away there freedom of being a kid and wanting to go places and enjoy themselves all because a smoker feels like they just have to have a cigarette. I think it's unfair and very selfish. Secondhand hand smoke has been proving to be more dangerous then the smoker smoking the cigarette themselves. It also affects children and young adults more. The smoke enters their lungs and becomes a sticky phloem which can cause lung disease or other harmful disease and it is also proven that it causes more ear infections in children that have been around second hand smoke verses a child that hasn't been exposed. I know this controversy will continue but all I can do and advise other non smokers to do is to protect yourself and your children the best way you can. Limit them to certain places that you know smoking is prohibited. Don't allow people to smoke around you or your children in your house hold or anywhere around you. If your friend is a smoker they will respect your decisions and hopefully will make the decision to quit to once they research how bad and dangerous cigarette smoke can be to your body. It can truly lead up to death of smokers and secondhand. We need to make a stand to protect ourselves and our children from it so that we can live a longer healthy life.