

Should Smoking be banned

Many surveys, studies and scientific researches have proved that smoking is injurious to health. Smoke is unhealthy and surrogating. It pollutes the environment. There are two types of smokers-active and passive. The person who amoles is active and others who are near him and inhale the smoke is active and others who are near him and inhale the smoke are passive smokers. Both are walk affected by the ill effects of smoking. Smokers and non-smokers meet at many places like offices. Buses, hotels, etc. So, considering the ill effects of passive smoking on health and environment, smoking has been banned in public places. A person who wants to smoke may do so at permitted places.

In the present society, movies and television programs have glamorized cigarette smoking. More and more young boys and girls are attracted to it. Even the statutory warning on the cigarette packets does not stop them. The young generation thinks that those wine smokes are smart, modern and have an intellectual streak in them.

Smoking is undoubtedly an unhealthy practice. Those who smoke suffer from several health problems. A chain smoker is the worst sufferer. Cigarettes contain 4,000 types of chemicals out of which 43 are carcinogenic. The carbon monoxide concentration in the smoke is greater than 20,000 ppm. This diluted to 400-500 ppm during inhalation It displaces oxygen from hemoglobin and the result is impairment of the central nervous system. It may also cause cardiac and pulmonary diseases. These may eventually lead to heart attacks. Cigarettes also contain ammonia and other hydrocarbons which could cause asthma, other respiratory infections and lung cancer. The dust particles in it may cause irritation of the eyes, cancer, and emphysema. Its nicotine content is highly addictive and reaches the brain immediately. It constricts the blood vessels, raises the blood pressure the brain immediately. It constricts the blood vessels, raises the blood pressure and gives the central nervous system a small jolt. It can lead to reproductive disorders inhaling ton.

Some important data are found in 'A Nationally Representative Case-Control study of smoking and death in India, the most exhaustive study of smoking punished in the New England Journal of Medicine. This research was done by a team from India, Canada and the UK and was supported by the world Health Organization. According to this study, India is in the made of a catastrophic epidemic of deaths due to smoking. From 2010, smoking is expected to claim 10 lakh victims every year, while the study found no safe levels of smoking,

cigarettes were found to be more dangerous than bidis. There are 120 million smokers in India. The study also found that among men, about 61% of those who smoke would die at the age of 30-69 compared with 41% of otherwise similar nonsmokers. Among women, 62% of those who smoke will die within 30-69 years of age compared with only 36% of non-smokers. Smokers in India start at a later age than those in Europe or America and smoke less, but in India smokers die not only from lung diseases and cancer but also from tuberculosis and heart attacks.

It is very alarming that tobacco use among young women has risen rapidly in India, with 9.7% girls between the ages of 13 and 15 years using some form of tobacco as compared to 3.1% adult women. According to WHO, 14.1% children between the ages of 13 and 15 starts smoking in India or use some form of tobacco. The tobacco epidemic has shifted to the developing world, where 80% of the over 8 million annual tobacco related deaths are feared to occur by 2030.

Scientists have discovered that smoking has a far more damaging effect on women's health than men's. The harmful effects of smoking can kill women eight years earlier than men. Scientists claim that smoking can cut 11 years off a woman's average life expectancy. And in case of a man, it is just 3 years off. They even added that women are more susceptible to the commonest form of lung cancer, adenocarcinoma. If a pregnant woman smokes, it is not only harmful to her own health but also to the expected baby.

It is alarming to know that nearly 700 million children worldwide live in the home of a smoker. Passive smoking increases the risk of bronchitis, pneumonia, middle ear infection, cardiovascular impairment, asthma and behavioral problems in children. A US study found deficiencies in reading and reasoning skills among children even at low levels of smoke exposure.

The single best way for giving one's own family a smoke free environment is to quit smoking. Quitting requires planning and a strong intention. Today, effective support systems like psychotherapeutic interventions along with pharmacotherapy and nicotine replacement therapy are available to make the quitting process easier.

But if a government cares for the health of its citizens it should raise above the economic considerations and find a way out. So the government should ban smoking at least in public places. In India, the government has already implemented this policy in some parts of the country. It has also strictly instructed that children below 18 years of age should not be employed in tobacco industries. They are not allowed buying or consuming tobacco.

However, banning smoking in public places will give some justice to the non smokers. But for smokers, following the line of the developed countries, separate smoking sections should be introduced in workplaces. The smokers can go to that section for a puff and at least leave then on smokers free of pollution.