

Smoking in Public

Your Name

Title of Course

Professor's Name

Date

Smoking in Public

According to numerous scientific research studies, smoking is harmful and can seriously damage human health. Since people can meet in various public places such as bus stops, museums, parks, and offices, smoking can affect anyone, even non-smokers. Thus, smoking should be banned in all public places because it violates the rights of non-smokers. By doing this, we will help non-smokers avoid second-hand smoke and all the health risks associated with it, as well as give all smokers an opportunity to enjoy smoking in isolated places and thus help avoid conflicts between smokers and non-smokers.

Miller suggests that banning smoking will definitely help reduce all health problems associated with smoking (Miller, 2009). Scientists see many chronic respiratory diseases as a consequence of being in contact with cigarette smoke, which contains chemical substances such as hydrocarbons and dust particles. That is why medical research from Yale University shows that by banning smoking, we can reduce the number of illnesses caused by it, as well as reduce the number of smokers.

Some research even proves that smoking is less harmful to smokers than for those who do not smoke but are constantly exposed to cigarette smoke. The latter are more likely to have cigarette-related diseases. Many supporters of smoking claim that banning smoking violates their rights. On the other hand, if one right endangers another person's right, that may be the reason to consider banning the former one. That is particularly true when talking about smoking. It can be perfectly explained by using the following example—a smoker has a right to smoke; however, smoking in public places is harmful for pregnant women. Cigarette smoke may cause diseases and complications that can even lead to the premature death of a baby.

People usually start to smoke at a young age. The problem is that when you start smoking at a tender age, you quickly get used to it, then it becomes an addiction, so you cannot easily give it up later. If parents are smokers, children are more likely to start smoking at a young age as well.

According to Slovic, the most effective way of protecting children from exposure to cigarette smoke is providing effective legislation (Slovic, 2001). In other words, children should be protected from smoke by law, no matter whether they are at home or in a public place. This will both lower the number of smokers in many areas, as well as lower the chances of children taking up the smoking habit when they grow up, as a consequence of their parents' habit.

Additionally, Edlin and Eric state that by curbing smoking, we can help reduce litter pieces in environment (Edlin, Eric, 2010). There is no effective method to dispose of waste related to smoking, which makes smoking an environmental concern. That's why banning smoking will also help solve the problem regarding litter pieces.

In short, the benefits of banning smoking in public places often outweigh the implications of such behavior. Banning smoking in public places will help increase the health safety for many smokers and non-smokers, e.g., save non-smokers from health risks associated with passive smoking and help to prevent people from habitual smoking and thus saving their lives in the long run. At the final analysis, banning smoking in public places will help prevent people from the negative health hazards, protect non-smokers' rights and reduce environmental pollution associated with smoking.

To sum up, the benefits of banning smoking are clear. First, it will protect non-smokers from the hazardous impact of cigarette smoke; on the other hand, it will likely help people get rid of habitual smoking in public places and save their health as well. And of course, it will also have a positive effect on an environment.

Bibliography

Miller, Carol A. *Nursing for Wellness in Older Adults*. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins, 2009. Print.

Slovic, Paul. *Risk, Perception & Policy*. Thousand Oaks, Calif: Sage Publications, 2001. Print.

Edlin, Gordon, and Eric Golanty. *Health & Wellness*. Sudbury, Mass: Jones and Bartlett Publishers, 2010. Print