

Jump Off The CN Tower? Sure Why Not.

Thoughts on Smoking

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I would like to take a vote. How many people would stick their heads over a smoking chimneystack and take a deep breath in? None of you. But one third of Canadians willingly subject themselves to this every day through smoking. It seems pretty illogical. Why would anyone do this to themselves? The lamebrain individuals who defend their smoking as a freedom of choice are right up there with people who choose not to wear seatbelts.

Smoking ruins your body. Anyone who wishes to ignore this fact or would like to pretend it isn't true better open their eyes while there is still time. Cigarettes are full of tar. Tar. You know that black stuff that people put on their driveways. Just imagine that black guck coating your mouth, nose, throat and lungs. Even more startling are all the additives that aren't listed on your pack of cigarettes. Cigarettes contain nothing beneficial for your body whatsoever. They aren't nutritious. They don't contain any vitamins or minerals. You can't even eat a cigarette. People who smoke are willingly killing themselves through a slow sadistic suicide.

Let's relate smoking to something really practical – money. A pack of cigarettes can cost anywhere from \$5 to \$7. So an average pack of cigarettes costs approximately \$6. If I were to smoke a pack a day I would be buying 365 packs of cigarettes a year. At \$6 a pack that's almost \$2200 a year. Think of the things you could do with that money. I know a myriad of possibilities that are a lot more appealing than sucking up smoke. I'm sure you do too.

Smoking is also filthy. The smoke makes your teeth and fingers yellow. It also stays in your hair, clothes and home. My deceased grandparents were chain-smokers, but it was rather hard to tell. Their home was spotless.

I was given a framed picture that had been in their home for years. The glass looked a little dusty, so I wanted to clean it off. I sprayed some Windex on it and it turned dark brown on contact and a cigarette smell combined with ammonia erupted from the picture. This was disgusting. I then wiped this off. I sprayed again and the Windex turned yellow this time. I sprayed and wiped five times before there was no longer any discolouration. If over a period of years this is what

cigarette smoke can do to a piece of glass, just imagine what abuse you are inflicting on your body through smoking.

Smoking is also a habit that takes several victims along with it through second-hand smoke. To suggest that a non-smoker immersed in a smoke filled room on a day-to-day basis is perfectly fine is totally ludicrous. That's like saying if I stayed in a smoke filled burning house I'd be fine.

Smoking is an inconsiderate and rude habit as well. How many times have you or have you seen someone carelessly flicking some ashes somewhere or just blindly throwing their entire cigarette away?

Smoking also seems to turn people into fruitcakes. I've seen people driving and smoking, dancing and smoking, gardening and smoking, swimming and smoking, eating and smoking, bicycling and smoking and even jogging and smoking. Smoking turns people into obsessed weirdoes. They just can't seem to get enough.

Smoking is an illogical habit on every level. Smoking ruins your health, wastes money, makes everything around you filthy, harms people around you and is extremely addictive. Save yourself now. Stop smoking and don't start.