Smoking: It’s Bad Essay, Research Paper

Smoking: It?s Bad

This year alone cigarettes will kill over 420,000 Americans, and many more will suffer from cancers, and circulatory and respiratory system diseases (American Cancer Society). These horrible illnesses were known to originate from cigarettes for years, and recently nicotine, the main chemical additive in cigarettes, was declared addictive by the Food and Drug Administration. This explains why smokers continue to use cigarettes even though smokers are aware of the health dangers in cigarettes. Although smokers constitute the majority of people who suffer from cigarettes, they are not the only ones ailing from cigarette smoke. The amount of second-hand smoke inhaled by the typical nonsmoker is equivalent to one cigarette smoked per day. Even that amount of cigarette smoke can damage a person’s heart. Some researchers have also concluded that smoking by pregnant women causes the deaths of over 5,000 babies and 115,000 miscarriages. The only way to terminate the suffering and loss of life brought upon by cigarettes exists as a complete proscription on them. Opponents to the banning of cigarettes argue that it will create a profound negative impact on the economy. They do not realize that this nation places the health of its citizens above its financial status. Although many people continue to remain convinced that absolving our country of cigarettes does not merit some economical loss, this remains as a necessary step in eradicating our country of these killers of life (American Lung Association).

For years cigarettes have been known to cause cancer, emphysema, and other horrible illnesses (American Cancer Society). The deaths of over 420,000 of Americans this year will be attributable to cigarettes. With all the other causes of preventable deaths, alcohol, illegal drugs, AIDS, suicide, transportation accidents, fires, and guns, cigarettes still account for more preventable deaths than those do combined. People can no longer stand aside and watch fellow Americans die because they smoke cigarettes. Thousands of smokers try to rid themselves of cigarettes but cannot because of the physiological dependence they develop, mainly due to its chemical additive nicotine. Nicotine was recently declared addictive by the Food and Drug Administration, which explains why many smokers continue to smoke despite the numerous health warnings on cigarette smoking. Although cigarettes do not offer as intense an effect as drugs like heroin and cocaine, they rank higher in the level of dependence it creates in the user. Since cigarettes fit in the array of regulated addictive drugs, they should also be regulated like other addictive drugs. Although technology to remove nicotine from cigarettes was developed years ago, cigarette manufacturers shun it. Instead they control, with precision, the amount of nicotine in their products, ensuring that it will maintain an addiction. Nicotine makes it almost impossible for cigarette smokers to quit smoking because of its addictive nature, and with the cigarette manufacturers manipulating the amount nicotine the only manner available remains to outlaw cigarettes (American Lung Association).

The health of tens of thousands of nonsmoking Americans a year are affected by cigarette smokers. Of those who do not smoke 53,000 will die and countless others will suffer from cardiovascular diseases. The scientific evidence continues to accumulate that says there is a connection to secondhand smoke and cardiovascular disease. Why should smokers be allowed enjoy their cigarettes at the expense of those who do not smoke? By permitting the smoking of cigarettes the United States government denies the right the fifth amendment gave its citizens. The fifth amendment states that nobody shall be deprived of life and liberty Secondhand smoke reduces the body?s ability to deliver oxygen to the heart because the carbon monoxide produced by the cigarettes competes with the oxygen for binding sites on red blood cells, it increases the amount of lactate -a salt derived from lactic acid- in blood, making it more difficult to exercise, it activates blood platelets, the cells which cause cuts to form scabs, causing blood clots in the arteries, and it irritates tissue damage after a heart attack. If cigarettes were outlawed not only would it be saving millions of smokers, but also thousands of nonsmokers as well (American Lung Association).

Opponents to the banning of cigarettes base their arguments on the possible negative impact that may transpire on America?s economy. Such arguments include statements like ex-smokers could live longer and receive greater Social Security and Medicare payments, and that tobacco farmers would lose a large piece of their revenue. The first argument makes Americans appear to be burdens to this country, and by smoking cigarettes they make themselves less of a nuisance by killing themselves. The opponents second statement about tobacco farmers is misleading because farmers also sell their tobacco for cigars, and in addition to tobacco, hundreds of varieties of other cash crops may also be planted. The benefits of outlawing cigarettes greatly outnumber the disadvantages, for example, many scientists believe a link between smoking and a shortened life span exists. A ban on cigarettes could increase life spans. Billions of dollars now spent on smoking related illnesses could create health care savings. Smoking related ailments could be reduced by outlawing cigarettes. Families could save money by not purchasing cigarettes. Accidental fires caused by cigarettes would cease also. With all of the many benefits attached to a proscription of cigarettes, the next logical step is to outlaw them (American Lung Association).

A complete ban on cigarettes is the only way to save smokers? lives. Smoking is a nuisance that needs to be ended. It not only harms the smoker, but it harms anybody around the smoker as well. With all of the disadvantages to smoking, it is hard to believe that it is legal. That is why people must rise up against the sale of cigarettes, and help to save not only smokers? lives, but also their own.

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American Cancer Society. ?American Cancer Society.? American Cancer Society. 27 June,

2000.

American Lung Association. ?American Lung Association.? American Lung Association. 27

June, 2000.