

Name

Course

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Date

Mock Solutions to Smoking

Introduction

Smoking is one of the most prevalent habits in most societies, if not all. It is an irritating behavior that is common among many people regardless of age. To addicts, smoking is a sweet hobby which they cannot do without. Smoking has no connection with any age since smokers vary across the age groups. It is not weird to find children underage smoking among the elderly. It is also an act with no association to gender. It is not surprising to find a husband and wife smoking in the same house, yet they find it okay. It is not also surprising to find that some women are more addicted to smoking than some men in the society. With this regard, smoking is a key problem in many societies and those who smoke find it hard to abandon the habit. Some people have had medical complications because of smoking, yet they cannot do without it. Some people get sick to a point of death, yet they die smoking. In short, it is vivid that smoking is an irritating habit which is spreading like a bush fire. It is a critical addiction which affects one's economic and social life.

Solutions to the Smoking Problem

The solutions to smoking can only work well if we look at various groups affected by smoking. This should be followed by identifying various reasons behind their addictions. Finally, solutions that fit each group should be identified. Once identified, many people, if not all, would find a way to quit smoking. Looking at the solutions to smoking, it is worth noting that the total

elimination of smoking is next to impossible. First of all, some people have been ruined by smoking beyond repair. These are people who prefer to die rather than quit smoking. At the same time, there are other institutions within the society that earn much money out of cigarettes, bhang and other things that people smoke. These are the institutions which would go to the extent of paying people to smoke and sell the commodities to them once they have become addicts. Finally, the number of smoking addicts increases more and more in the society. This means that smokers influence non-smokers. However, there are measures which can be put in place to reduce the rate at which people smoke. These measures among other things would provide some solutions to smoking if well implemented.

Smokers find it easy to move about with cigarette sticks. This is because they are light and small in size. Smokers, therefore, find it easy to smoke while doing their chores. This makes it hard for them to quit. If cigarette sticks were heavy and large, many smokers would be unable to smoke because of the inconvenience of smoking while working.

For one to smoke a cigarette, it must be lighted using a lighter. In many places, these lighters cost even less than a cigarette thus readily available. To address the smoking problem, the government should inflate the cost of these lighters and limit their supply. This way, smokers will quit smoking due to scarcity of lighters.

Smoking is usually a social habit driven by peer influence. It might also be passed through generations. Some smokers consider smoking as a way of life, while others smoke to fit in a certain group. Considering that smoking is a social problem, the government should identify all the smokers and isolate them from non-smokers. This way, non-smokers will not be influenced by smoking. The coming generations will not be smoking, since no one will pass on the habit to them.

Many countries prohibit smoking in public. This is because the smoker puts the non-smoker at risk of diseases related to smoking. Despite the ban on public smoking, many smokers still smoke in public out of ignorance or due to addiction. To prevent this, the government should enact strict laws for public smokers to be jailed for life. This way, many smokers will quit smoking to avoid life imprisonment. It will also reduce the exposure risk to the non-smoker

Most perishable goods are not addictive. This is because they have a short shelf life. Cigarettes, on the other hand, have no expiry date and have a long shelf life. This makes it possible for an addict to buy many cigarettes since they cannot expire. In addressing this problem, perishable cigarettes should be manufactured. A smoker will find it difficult to deal with perishable cigarette and quit smoking.

In many countries, unemployment rates are high. On the other hand, the number of smokers is also high. The smoking problem, however, cuts across the division of the employed and unemployed persons. The smoking problem should be addressed in this regard considering the high cost of living. Employers should find ways of identifying smokers and non-smokers when doing their recruitment. Smokers should be disqualified despite other qualifications. The need for employment and the high cost of living will drive smokers to stop smoking

Smoking has negative effects on the economy. When smokers get ill, they use the countries resources to access treatment. These resources could be used for other purposes. The governments, therefore, in addressing smoking should identify all smokers and impose heavy taxes on them. The taxation will discourage many people from smoking.

In most cases, nicotine in tobacco is responsible for addiction. Many plants contain this chemical, and the processing of these plants to make cigarettes is expensive. Smokers, therefore,

should be forced to eat these plants to get the nicotine they get from smoking. Humans are not herbivores, thus most smokers will consider quitting this irritating behavior.

Smoking is a habit that is irritating to many people. It is unhealthy and a nuisance. Many people do not like to be branded as smokers. Permanent tagging should be introduced for smokers. This would distinguish them from non-smokers. Since many people do not like being the center of attraction, many smokers will consider quitting their habit in order to avoid tagging.

Many efforts in addressing the problem of smoking are directed to smokers. Without the source of cigarettes, smoking would not be a problem. The source is the industries that process and distribute tobacco products. To reduce smoking, efforts should be directed at the source. Heavy taxation should be imposed on industries therefore making their operations difficult and eventually close down. There will be no tobacco products when they close down, thus smokers will stop the habit.

Smoking is not only an irritant and a nuisance, but it has serious health implications. These health problems affect both smokers and non-smokers. It is therefore important that the habit is stopped. This will ensure there is a healthy society which is also morally upright.