

Write Me As The Cause

The smoke you emit from your mouth is really gross. Sorry, but true. It was bad going into your mouth as well, but it is especially bad coming out. If you smoke all the time then the emission that comes along with this habit is like the guest that will never leave. The smoke stays long after the cigarette and possibly even you do.

Now it is pretty obvious that the longer you smoke the less aware of this problem you become, for why else would you abuse the rest of us? This ostrich-like behavior is driven by the addiction, so you know. So much so that you become desperate enough to have more cigarettes and you seem to stop caring where. Enclosed places are fine with you now. Places that, for us, are transformed into a torture chamber. Our eyes burn, we cough, and our noses get irritated. It is gross.

You have to realize that, for the rest of us, an enclosed space is the equivalent of a closet with the door closed. Smoke from cigarettes is relatively inert as gasses go. Therefore, it hangs about. We are trapped, forced to breathe the same deadly toxins you choose to suck in. If you ask our permission and we are selfless (or dependent) or polite and say yes, it doesn't mean you are doing the right thing.

We know it is your right and privilege to hurt yourself in the manner to which you choose. But it is not all right to hurt others. When you smoke in the vicinity of others, you do just that.

It is worth repeating that few people think you are doing this consciously, "I think I'll trap my mother and spray her with tobacco toxins," is not accurate. But it doesn't take away from the fact that it is dangerous, what you are doing.

Imagine for a moment that you come home from work and your husband or wife greets you at the door and pulls you into the kitchen where several pots are boiling and the oven is on fire. He or she shuts the door, trapping all the smoke in the room and smiles, saying, "Doesn't it smell good?" If you can imagine that then you can be in our shoes.

It is a well known fact now that family members of smokers, anyone in constant contact with a smoker, is just as much at risk for developing lung cancer, emphysema, chronic bronchitis, and a host of other serious respiratory illnesses.

So in that light, when you take someone you love to the doctor, or god forbid, the hospital, and you fill out the forms stating what is wrong, will you have the courage to say to them "Write me as the cause."

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About the Author

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