# 5.31世界无烟日的英语作文：Smoking

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Smoking is harrnful to health. Medical science has now proved that smoking cancause lung cancer and other diseases such as emphysema. Your chances of having a heartattack also increase the more you smoke. Smoking is dafinitely a health hazard.

Getting rid of the smoking habit is not easy. Many inveterate smokers are never able to quit completely. Those who try to quit often experience depression, severe headaches, and sometimes get a lot of weight as they turn to food as a substitute.

In order to protect non-smokers from being affected, measures must be taken to reduce the chances of smoking. Children must be warned about the dangers of smoking. Cigarette companies should not be allowed to advertise on TV or radio, or in newspapers and magazines. Remove cigarette vending machines. Raise cigarette prices by adding higher tobacco taxes and use the money for antismoking campaigns.

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