

ASSIGNMENT ENGLISH

DEPARTMENT : BS MICROBIOLOGY 2ND SEMESTER

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1: ESSAY SMOKING SHOULD BE BANNED IN PUBLIC PLACES

The numbers of people who smoke have increase over the years. Although they are equipped with the knowledge of how unhealthy smoking can be, people still choose to smoke. It is a personal choice and a highly addictive habit. Smokers choose to subject themselves to the health risks of smoking. It is not for the government or any third party to dictate whether or not a person should be allowed to smoke. However, smoking does not only affect the smoker negatively. It also affects all the people around those who smoke because when people smoke in public the smoke travels everywhere through the air, and the negative effects of this smoke affects all living, breathing creatures. Therefore smoking should be banned in all public places.

People who smoke in public portray a bad example. Children are easily influenced in their growing stages. They imitate the people around them because they cannot differentiate between right and wrong. Therefore they perceive the actions they see around them as the way things should be. Besides that, teenagers who see people smoke in public take it as precedent to start smoking as well. There is a saying that goes "monkey see monkey do," which tells us that people imitate the actions of others as they see it in their daily lives. Teenagers happen to think that smoking makes a person "cool." When they see adults doing it on the streets it strengthens their belief in the "coolness" of smoking. Some teenagers think that smoking marks their transition into adulthood and maturity. Hence, more teenagers start smoking due to the influence of seeing other people smoke in public places.

If smoking is banned in public areas, it will promote a healthier lifestyle for everyone. People will see it as a government endorsement for a healthier lifestyle of everybody. This is because by banning smoking in public areas the government sends the message that the government cares about the health of the citizens and that the government discourages people from smoking. Thus, when smoking is not allowed in public areas it reminds people that health care is very important. It reminds each and every person that the government is seriously concerned for the well being of its citizens. Therefore, people would be reminded to live a healthy lifestyle.

If smoking is banned in public places it safeguards the life of the smoker as well as that of the public. Studies have shown that second hand smoke kills. Second hand smoke causes sudden infant death syndrome (SIDS), respiratory infections and asthma attacks in children. Besides that, second hand smoke causes heart diseases and lung cancer in smoking and non-smoking adults. According to the Center for Disease Control (CDC), secondhand smoke contains at least 250 chemicals known to be toxic, including more than 50 that can cause cancer" (CDC, 2009). These studies have proven that second hand smoke can cause cancer and is extremely bad for both the smokers and non-smokers' health. In addition, the CDC also states that, "The California Environmental Protection Agency estimates that secondhand smoke exposure causes approximately 3,400 lung cancer deaths and

22,700-69,600 heart disease deaths annually among adult nonsmokers in the United States" (CDC, 2009). This means that just by being near people who are smoking, innocent people are dying of diseases that are caused by second hand smoke. This violates a non-smokers' right to live a healthy lifestyle because just by being in public places where other people smoke they are subjected to breathing in toxic fumes. Consequently, the health of innocent non-smokers who are in public places are being jeopardized against their will.

By disallowing people who smoke from smoking in public, it will cause smokers to smoke less. Because smoking is not allowed in public, people are only allowed to smoke in their homes. This would mean that as long as they are out of their homes: at work, when they eat out, at the movies or even at the parks, they cannot smoke. Smokers will have to wait until they get home to light up a cigarette. As a result, their cigarette consumption reduces and they smoke less. This in turn will benefit the smokers who have been trying to quit smoking but are unable to because they have more reason to stop. The law prohibits them from smoking in public areas, so cigarette consumption is reduced. Also, should they have an urge to smoke in public they will put in extra effort to quash the craving because it is punishable by law. In addition, there is less temptation for smokers who want to quit smoking if the ban is enforced because no one will offer them cigarettes. Therefore, this allows them to abstain from smoking. This theory is proven in a report published in The Daily Mail (2008), stating, "At least 400,000 people in England have quit smoking as a result of the ban on lighting up in public places that was introduced last July." Smokers will benefit from this ban because it will help them reduce the amount as well as the frequency of smoking and it could also help them break their addiction to cigarettes. In the long run it could help them quit, and also help them develop healthier lifestyles.

ESSAY : APPEARANCE CAN BE DECEPTIVE

This is not real," she whispered softly, almost praying. "This is not reality." She tried, as she had so many times, to shut out what claimed to be her world. She attempted to detach herself from those who considered her to be one of them. She retained her incomplete knowledge, what small part of her former self was still hers, by a thread as thin as that which tied her to sanity.

"This is not real," she said, holding the words like a flickering candle against the darkness. Shivering from the cold emptiness within her, she hid her head as if it might help to save what she had left. What those around her saw seemed normal to them. They saw a girl with a brown braid, a pair of bluish eyes set in a square face that matched strong, broad shoulders, chapped lips the color of a year-old chewed eraser, and a nose of rather average proportions. Realistic imperfections of the usual human sort met their eyes. Others observed a tall, largish frame, three silver rings, faded blue jeans with a pink nano-pet clipped on a belt loop, a black Nike shirt adorned with the customary swoosh, and a pair of well-worn leather boots. Near her sat her Waldenbooks bag, her 20 pounds or so of school stuff, and whatever science-fiction book she was reading at the time. All of these were things which could have belonged to any teenager. Their eyes were not acute enough to sense the deeper things. To them, the ever-present headache that assaulted her like a sledgehammer, the minute

tremblings of her unsteady hands, and the look in her eyes of a deer caught in headlights were invisibilities. Her thoughts were not open to them, or they would know what she had known ever since she had watched "Star Wars," or even before that, at eight or nine years old, when she had read her first science-fiction book by Isaac Asimov ... or perhaps she had always known.

"This is not reality," she breathed, as a charm against whatever darkness might overtake her, from within or without. She was aware of the truth in her heart of hearts, even though she had lost so much of it. This was neither her time nor her place. She had forgotten what was, or how to get there, but she could take consolation that at least this was not it. She was sure, as well, that she was not alone in her loneliness. There were others, forgotten children of the past, misplaced children of the future, and confused children of faraway places. Chanting silently to themselves, they said, "This is not real; this is not reality." They were everywhere, and she saw them no more than the surrounding humans saw her. They don't see me ...