

Drugs are generally recognized as of the greatest problems in the United States. According to the statistics, tobacco has the highest death rate.

Smoking is a very popular habit, even though we all know that smoking is very dangerous. Millions of people around the globe want to quit smoking for medical reasons such as having already two heart-valve replacement surgeries. What did some people do to quit smoking? Some people substituted eating ice-cream for smoking.

Why is smoking a very popular habit? The reason is you can get them anywhere. All the stores are selling cigarettes. You don't even need an identification card to identify your age if you want legal! Almost anyone can buy them! Yes, they are legal! Nowadays, even middle high school students are already smoking, and will even lead to using drugs such as: marijuana, cocaine, and heroin.

Smoking causes all sorts of cancer. It affects your brain and it does not prolong your life, not only in America, but all over the globe.

Every person knows how smoking can affect our health. People know how harmful it is. They learned how harmful the cigarette from their parents, teachers, and others. Ironically, they still continue smoking! They are addicted to it, and most addicts want to be cured.