To live longer, one has to be healthy and to be healthy you have to chose the right healthy life style that will not only make live longer but also live happier. Smoking is one of the most devastating problems we now face in our modern societies. What helps in this is that it is mostly available for everyone, even teens under 18. This is not only the reason, also because there is less care from the parents.

Some of the parents themselves smoke due to life pressures and responsibilities as a result children mainly try to copy their parents. I also believe that governments should try to increase health awareness, not especially by advising and persuading their citizens not to smoke or by mentioning to them the disadvantages of smoking. They may just place high taxes on cigarettes and therefore force people to either pay more or buy less that would undoubtedly make some people to cut-back on cigarettes.

The government should also inform people that the high taxes to make up for the damages they make, for instance pollution, the person who smokes doesn`t only ruin or damage his lungs but also affect the people surrounded by him. The fume the other person inhales can definitely have a really bad effect on his lungs.

To sum up this, I strongly believe that people should take care of their health and understand the consequences of smoking, and put in their considerations that it doesn't only hurt the smoker but also the people are surround them in general. So it is better to stop smoking to live a healthy longer life.