

1 **"A Smoker's Plea."** Stephen Miller | Opinion Column | April 9, 2007, *The Chronicle* (Duke University  
2 Student Newspaper) <http://www.dukechronicle.com/article/2007/04/smokers-plea>

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4 As you may have heard, the University, under pressure from the Medical Center, may stop selling cigarettes on  
5 campus next year. The University has already banned smoking in indoor locations, and I think it's likely it won't be  
6 too long before Duke joins the growing collegiate trend (and its own Medical Center) and bans smoking on campus  
7 altogether. This would be a grievous error.

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9 With countless dollars and the awesome force of political correctness behind it, the anti-smoking crusade is nearly  
10 impervious to truth or reason. But I shall nonetheless make an effort to dismantle a few of the major lies that have  
11 brought our society to its knees before the unrelenting health fascists. So let's begin.

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13 A study in the British Medical Journal reports that men who quit smoking before the age of 30 live just as long as  
14 those who never smoked. Indeed, it is safer for college kids to smoke than to drive.

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16 But what of the people who don't quit? As the renowned Cato Institute, a libertarian think tank, reports, even if one  
17 uses the government's own dubious figures, the majority of smoking deaths occur at age 70 or above. Moreover,  
18 almost half occur at age 75 or above and almost 20 percent occur at age 85 or above. A great many smokers who  
19 die of tobacco-related causes are still outliving non-smokers.

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21 Again, the actual figures are probably even more optimistic for smokers because the anti-smoking studies are so  
22 biased. In these studies, smoking-related deaths are defined as anything that kills smokers at a higher rate than  
23 non-smokers, even if negligibly so. Thus, a smoker whose obesity kills him through heart disease still gets tallied as  
24 a smoking death. Even deaths by fire are counted as smoking-related. I kid you not.

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26 In "Lies, Damned Lies, and 400,000 Smoking Related Deaths," the authors show that if one even lightly firms up the  
27 standards for smoking-related deaths, the number immediately drops by 65 percent. And get this-if one applies the  
28 same methodology the Centers for Disease Control uses to calculate smoking-related deaths to lack-of-exercise  
29 related deaths, failure to exercise kills over 100,000 more people than smoking. And bad dietary habits? Over  
30 200,000 more people. Using the CDC's standards, smoking is healthier than getting too little exercise or eating  
31 poorly. So is the University going to shut down McDonald's?

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33 In fact, if one compares smokers who live a healthy lifestyle to non-smokers who live a very unhealthy lifestyle,  
34 smokers will in fact turn out to be "healthier and die less often by a factor of three than the never-smokers." And  
35 what of second-hand smoking, you say? Even if the risk of smoking is grossly exaggerated, don't non-smokers have  
36 a right to avoid the grave hazards of second-hand smoking? They would, if only second-hand smoking were in fact a  
37 grave hazard.

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39 As the Cato Institute Reports in "The Case Against Smoking Bans," a forgotten study from the New England Journal  
40 of Medicine in 1975 found that, "one would have to breathe smoke-filled air for 4,000 hours in order to inhale as  
41 much tobacco smoke as a smoker inhales in a single cigarette."

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43 How does this translate to cancer risks? A 2003 study of 35,000 never-smoking Californians who were married to  
44 smokers, based on data collected for 39 years, found "no heightened lung cancer risk among study subjects." And  
45 that's people living with smokers-not those who happen to dine in a restaurant or walk on a boulevard where  
46 someone is lighting up.

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48 What does this all mean? First and foremost, second-hand smoking cannot be used to justify efforts to restrict and  
49 ban smoking. Secondly, smoking, while risky and potentially lethal, is not nearly as dangerous as special interest  
50 groups and their cohorts in government have made it out to be. It is instead an issue with tremendous political  
51 capital that preys on people's fears.

52

53 The real risks are the fascistic tendencies that prohibit smoking in even private establishments, violating our  
54 liberties and setting the groundwork for a future where any personal habit can be regulated when it is politically  
55 expedient. So, to all smokers and people who value their freedom, I say it is time to draw a line in the ash and  
56 defend our right to light up. Washington Duke wouldn't have it any other way.  
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## 59 Smoking ban diminishes on-campus diversity

60 By [Simon Shieh](#), *Daily Aztec*, January 29, 2014.

61 <http://www.thedailyaztec.com/47214/opinion/smoking-ban-diminishes-on-campus-diversity/>  
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63 I smoked my first cigarette when I was 18 years old living in a remote mountain village in southern China. I was  
64 offered one almost every day and finally tried it out of curiosity. It made me nauseous and I didn't smoke again.  
65 The people who lived in the village either didn't know, chose to ignore, or had simply forgot that smoking is  
66 bad for your health. However, it held no connotations and nearly everyone did it. [quote]Living there, I learned  
67 that my healthy lifestyle was neither right nor better, but completely arbitrary.[/quote] San Diego State's recent  
68 move toward a smoke-free campus limits diversity in our community, restricts what some consider a social  
69 event and a coping mechanism and projects a misrepresented image of our student body.  
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71 The issue of secondhand smoke was probably the forefront decision to restrict smoking on campus, and  
72 although I agree that it's a serious issue, I don't believe that secondhand smoke outdoors in an isolated area  
73 would have a significant effect on the non-smoking population at SDSU. In a study done by the California  
74 Environmental Protection Agency, nicotine concentration from secondhand smoke was measured various indoor  
75 and outdoor locations. The results showed that the concentration of nicotine in the outdoor campus setting  
76 would be 0.051 µg/m<sup>3</sup> (microgram/cubic meter). Compared to the concentration of nicotine in secondhand  
77 smoke indoors, which is 29.2 µg/m<sup>3</sup>, that number is miniscule. Even with the previous outdoor smoking areas  
78 on campus, the effects on non-smokers were minimal. By further isolating the smoking areas, the effects could  
79 easily be eliminated altogether. When looked at this way, the benefits of isolated outdoor smoking areas  
80 outweigh the negative effects that this kind of controlled smoking would have on the general student population.  
81

82 Smoking is a social event, a chance to escape outdoors and share a calming activity with friends. Those who feel  
83 anxious around others, and often avoid social situations, suddenly have a reason to join a group of smokers.  
84 They ask for a lighter and let themselves get swallowed into a group wherein their cigarette is physical proof of  
85 membership. Smokers share experiences and an identity just by smoking. They exhale an amiable nonchalance  
86 about the frailty of their lives, letting their vice permeate their day-to-day lives in a physically destructive,  
87 emotionally liberating recesses, while banded together in spite of, but not against, the grimaces of passers-by.  
88 For me, a non-smoker, seeing the groups of people clustered around a bench or a walkway talking and laughing  
89 with a cigarette is always a comforting sight.  
90

91 Smoking is not just a social experience, it's also a coping mechanism. We all have them, but we like to  
92 categorize and judge others based on their dependence and their effects. On the spectrum of coping  
93 mechanisms, smoking is probably on the "bad" end because of its adverse effects on health, and its shameless  
94 ability to cause addiction. [quote]While I'm a strong advocate for health, I'm also an advocate for doing what  
95 makes you happy.[/quote] Of course, there's a line to be drawn here, but the way I see it, cigarettes fall short of  
96 that line. College is stressful and some personalities are better equipped to handle that stress than others. It's  
97 unfair to take away what some people consider their form of stress relief in the place they probably need it most.  
98 While it's unfair to compare SDSU to a Chinese village, I admire the uninhibitedness of the latter. A campus  
99 that promotes a homogenous lifestyle is sacrificing an element of diversity and freedom. Students should be free  
100 to smoke on campus as long as they are not affecting the health of others, regardless of how they affect others'  
101 sensibilities. Having a smoke-free campus misrepresents the diversity of the characters that make up our student  
102 body. The student plagued with anxiety is as much a part of our community as the confident and collected  
103 student; while one craves the stimulation of class work and deadlines, the other just needs to step outside and  
104 smoke a cigarette. Any student here is made well aware of the effects of cigarettes on his or her health, so I see  
105 no reason why isolated smoking should be prohibited on campus.

106 Op-Ed: E-cigs are a risk to everyone, not just the user

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108 By [Diona Shelbourne](#), *The Daily Aztec*, February 10, 2016.

109 <http://www.thedailyaztec.com/74200/opinion/op-ed-e-cigs-are-a-risk-to-everyone-not-just-the-user/>

110

111 I thought it was my right to smoke. When people would pass by me and cover their mouths and make a face, I  
112 would get irritated. There was enough air for everyone, why were people judging me based on my personal  
113 choice?

114 I continued this way for 10 long years.

115

116 Little did I know that my lungs were becoming dangerously fragile. So fragile that one day when I was cleaning,  
117 the combination of bleach fumes and a decade of smoking caught up to me. My lung collapsed. I was rushed to  
118 the hospital and remained in the ICU for three weeks where I was unable to breathe without the help of a bypass  
119 machine.

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121 I was only 33 years old at the time.

122

123 The doctors told me I would die if I smoked again and at that moment, my life changed. I wanted to take action.  
124 Currently I am enrolled as a student at CSU East Bay, which like many CSU campuses, private colleges and  
125 community colleges, it is not smoke-free. Secondhand smoke is dangerous, but it is especially harmful to  
126 students like me, who have severe lung conditions.

127

128 Because of my lungs, I can't be exposed to smoke, even smelling smoke can be potentially life threatening.  
129 There have even been days I have had to miss class entirely because I wasn't able to make it to across campus  
130 without coming in contact with smoke.

131

132 To make matters worse, cigarettes aren't the only tobacco-related problem on campus anymore. E-cigarettes are  
133 becoming extremely popular and come in a variety of flavors that appeal to young adults. Because they don't  
134 smell like traditional cigarettes, people assume that they are harmless.

135

136 Unfortunately, this isn't the case.

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138 While e-cigarettes may be less harmful than traditional cigarettes, they aren't safe or harmless, as they are often  
139 marketed. Many contain nicotine and a variety of other harmful chemicals. It's not harmless water vapor either.  
140 E-cigarettes emit an aerosol, which contains toxins like lead, formaldehyde and nickel, which not only pose  
141 health risks to those who use them, but to people around them as well.

142

143 Many people think that vaping threatens Big Tobacco, and that using e-cigs is a way to reduce dependence on  
144 tobacco. What they don't realize is that Big Tobacco owns many of the top selling e-cig brands, and profit  
145 immensely from their sales.

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147 This makes me feel as if once again tobacco is targeting our schools and our students. This feels personal since I  
148 know firsthand how deadly tobacco products can be.

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150 Unfortunately, though Cal State East Bay has had a no smoking policy in place for over a decade, these rules  
151 don't include e-cigarettes. I have even seen people 'vaping' in class.

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153 Ultimately, I believe it is every student's right to have equal access to education and the ability to attend classes  
154 without putting their health at risk, just as I believe students who smoke and vape should know and understand  
155 the true risks involved.

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157 We all have the power to decide what to do with our own bodies and health, but we have to stand together to  
158 ensure that we are protecting all students from the health risks posed by tobacco in all forms.