

Tuesday
August 3, 2010

THE NEWS

Islamabad/Rawalpindi Edition
Also published from
Karachi, Lahore, London and
globally on World Wide Web at
www.thenews.com.pk
JANG GROUP OF NEWSPAPERS

Shaban-ul-Muazzam 21, 1431 A.H.

28 pages
Price Rs. 15.00

humour

Confessions of a smoker

By
Umair Wasim

Another amazing experience is when you are travelling in a public bus and once you light up a cigarette, everyone around you gives you the look. It isn't the look of admiration; it is one of pure hatred - the 'I want to rip you off' look!

For many smokers, quitting smoking is a very difficult task. Imagine how difficult it would be for a chain smoker. For me, a self-confessed chain smoker, I've tried many a time and failed on each one of those occasions with a devastating effect.

I come from a family of doctors where smoking is considered really bad. Yet when I started smoking, the reaction from my father kind of startled me. While he was comfortable with it, my mother had a truckload of issues with it - another shocking phenomenon.

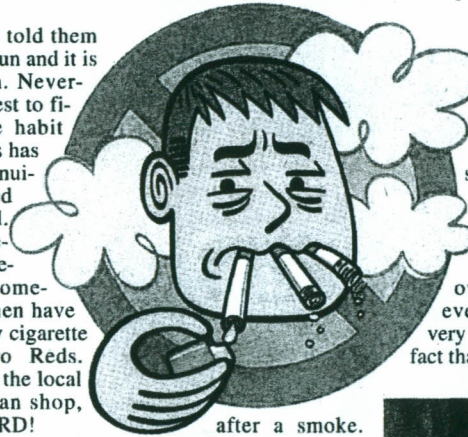
So I was in a divided state of mind and when that happens, what is better than lighting up a good old smoke? So it happened. And now, some six years later, I have a strong nicotine dependency - one thing that I would never let my parents know!



I have always told them that I smoke for fun and it is not an addiction. Nevertheless in my quest to finally rid of the habit which sometimes has become a social nuisance I have tried long and hard. Long and hard reminds me of something. This is something many women have told me about my cigarette brand; Marlboro Reds. Well if you go to the local 'khoka' or the pan shop, it's Marlboro HARD!

Coming back to the times when my habit of smoking has been a nuisance, the biggest one I remember was going into the lecture halls smelling of smoke. I am an Engineering student and study in one of the biggest Engineering universities of Pakistan and the best part of that institution is that there isn't any rule that says that you cannot smoke in the campus.

So I go into every lecture



after a smoke. First it's the teacher who gets irritated and if the person I'm sitting next to is not a smoker, he or she has to bear with the fantastic aroma of a cigarette throughout the boring lecture. How annoying?

Another amazing experience is when you are travelling in a public bus and once you light up a cigarette, everyone around you gives you the look. It isn't the look of admiration; it is one

of pure hatred - the 'I want to rip you off' look!

And if I wasn't trying to quit smoking because of the fact that it becomes socially unacceptable, I feel guilty over the fact that even though I am very much aware of the fact that it causes a lot of

internal damage, I still smoke.

When I try quitting, my fantastic circle of smoky friends don't let me and then the biggest factor is the one that causes great discomfort. I cannot defecate until and unless I smoke. I am used to smoking while sitting on a toilet seat. Now imagine how uncomfortable it is to carry that entire load in your intestines throughout the day when you cannot

answer the call of nature!

So technically, emotionally and physically I just cannot quit smoking. And even though the technical factor is very less since there is not much technique involved in smoking, I am trying to use a technical way out.

The technique is simple. Find a woman who hates smoking and she will help you get rid of your smoking habit. And even though I've used a catch-phrase of "I will leave you but no cigarettes" on other girls in my life, there's always someone you just cannot say that to!

Now I am on an epic journey of my life as I try to live without an element which has been an integral part of my life. It looks like a self-inflicted divorce even though I have had no experience of marriage. But alas, I can please myself with the fact that a good thing in life has to come to an end!

