

SMOKING YOUR LIFE

Dr.Indu K.C."Smreeti"

By entering the colorful teenage
I lit the cigarette enthusiastically
It started burning me
unknowingly and cunningly.
My companions were getting more
ever than before
all we giving their life
to me ?.....? not for sure !
Each puff of CO, Tar and Nicotine
Elated me higher and higher
My finger, blood & lungs were
getting stained more darker & darker
Moreover, I became short tempered
& a casual fighter !
To my very dear ones in the family
I became the real fighter !

Slowly and steadily my demands raised
& carving to even higher !
Since then my wallet started
getting lighter & lighter.

Initially I was very proud
being the gold-chain owner
later I transformed into
weak-personality a "chain -smoker."

Nothing remained brighter in my life
when smoke distanced my wife
passive smoking when cruelly
took away my newborn's life.

Then was the persistent coughing time
when I really opened my eyes
The unbearable chest pain tortured
& dyspnoea disturbed my nights

I looked much more older
as if the mirror lied
Lung cancer had cripple me
& death sitting beside.

Pain was so severe
nevertheless urge and desire
I was totally hollow from inside
yet my hands were bizarre !!!

Had I ever listened to my dad
& obeyed to my mum
that D'day of my premature death
certainly would not have come !



Doctors & Officers of Shree Birendra Hospital