## **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 them 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."

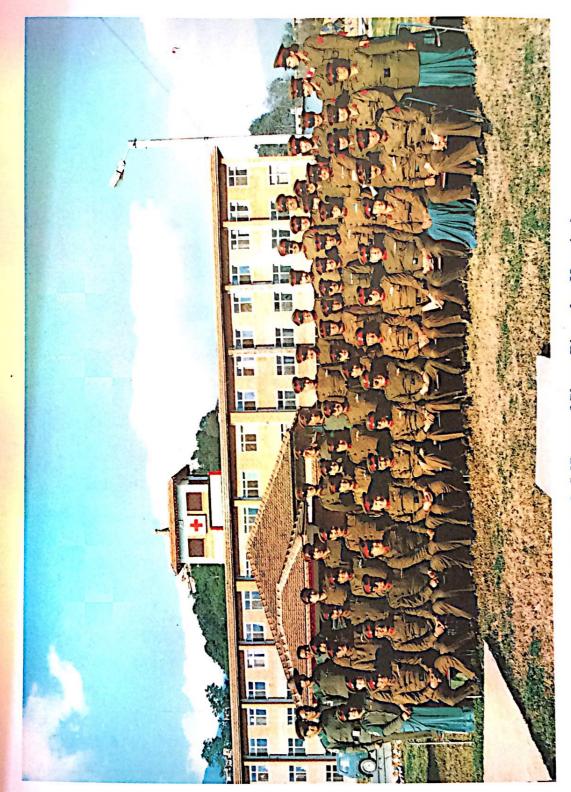
Nothing remained brighter in my life when smoke distanced my wife passive smoking when cruelly took away my newborn's life.

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