

By disallowing people who smoke from smoking in public, it will cause smokers to smoke less. Because smoking is not allowed in public, people are only allowed to smoke in their homes. This would mean that as long as they are out of their homes: at work, when they eat out, at the movies or even at the parks, they cannot smoke. ã, Smokers will have to wait until they get home to light up a cigarette. As a result, their cigarette consumption reduces and they smoke less. This in turn will benefit the smokers who have been trying to quit smoking but are unable to because they have more reason to stop. The law prohibits them from smoking in public areas, so cigarette consumption is reduced. Also, should they have an urge to smoke in public they will put in extra effort to quash the craving because it is punishable by law. In addition, there is less temptation for smokers who want to quit smoking if the ban is enforced because no one will offer them cigarettes. Therefore, this allows them to abstain from smoking. This theory is proven in a report published in The Daily Mail (2008), stating, "At least 400,000 people in England have quit smoking as a result of the ban on lighting up in public places that was introduced last July." Smokers will benefit from this ban because it will help them reduce the amount as well as the frequency of smoking and it could also help them break their addiction to cigarettes. In the long run it could help them quit, and also help them develop healthier lifestyles.