Every year under the auspices of World Health Organization (WHO) the UN Member nations observe 31 May as the “World No Tobacco Day”. The focus of 2019 World No Tobacco Day is to create awareness regarding the impact of tobacco on the lungs, or “Tobacco and Lung Health”. The proposal for observing a “tobacco free day” was floated by WHO in 1987 and starting next year the days is observed with a unique theme and resolve. These themes have acted as milestones and WHO has made noticeable progress in tobacco control and elimination.

The focus of World No Tobacco Day 2019 is on “tobacco and lung health.” The campaign will increase awareness on: the negative impact that tobacco has on people’s lung health, from cancer to chronic respiratory disease, the fundamental role lungs play for the health and well-being of all people. The campaign also serves as a call to action, advocating for effective policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control.

King James I of England followed the suit slapping 4000% tax increase (bless his soul!) and published his treatise “Counterblaste tobacco” stating that smoking is “a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black, stinking fume thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless.”