

HOOKAH

ARE YOU HOOKED?

The smoking of the Hookah, better known to South Africans as the “Hubbly Bubbly” has become a new craze in our country and a common social pastime. Family members - young and old - partake of the “clay-pot”, “pipes” and sometimes weirdly called “clutch”.

It is a myth that Hookah smoking is safer than cigarette smoking. In fact, Hookah smokers inhale more tobacco than cigarette smokers.



Hookah smoke is similar to cigarette smoke in that it contains the same deadly chemicals like nicotine, carbon monoxide and cancer-causing tars. The water in the hookah pipe does not remove these poisons, and smoking a hookah daily may be the same as smoking 10 cigarettes a day.

Hookah smoking also carries many of the same health risks as cigarette smoking, such as heart disease and cancer. And because the mouth pieces are shared, users are at risk of infectious diseases.

The Noble Quran emphatically says:

“...and do not throw yourselves into destruction” (2:195) and at another place “...and do not kill yourselves. Surely Allah has been very Merciful to you” (4:29)

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