



I recently took a non-stop flight from JFK airport in New York to LAX Los Angeles. It was a red eye. and because there was no smoking allowed, I settled down flat in my expensive first class section seat to a pleasant all-snooze, five-hour overnight flight.

No such luck. The rumpled passenger in the nearest seat to me was obviously a heavy smoker. As with most tobacco addicts, his clothing, skin, breath, hair and everything else had the heavily obnoxious odor. I didn't get much sleep on that flight.

Advice to tobacco addict travelers: Before you fly or use other public transportation, shower, wash your hair and wear clean clothes. And if you have to wait in the airport for your flight, don't smoke before boarding. In other words, be considerate of those who are not addicted to the stinky habit.