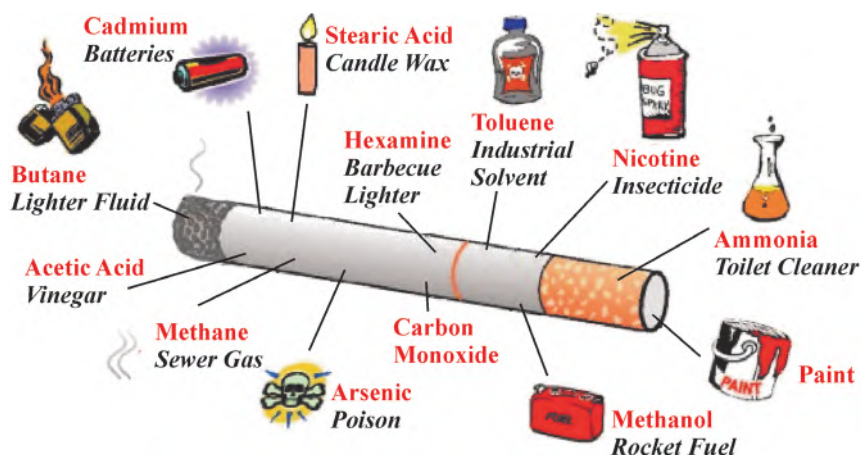



Lesson 5. No smoking, please

1. Is smoking a healthy habit? Look at the cigarette [ˌsɪɡə'ret] and see what it is made of.



habit ['hæbɪt] – something that you do regularly or often, without thinking about it

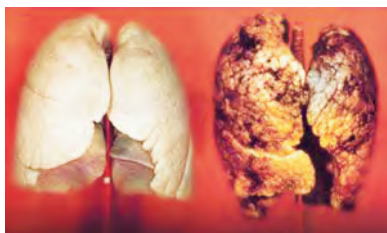
2a.  Listen and read the text and give 3–4 sentences to explain what it is about. Guess the words in bold.

No one in the right mind will have a cocktail made from a rat **poison**, an insecticide [ɪn'sektɪsaɪd] and a nail polish remover¹. Then why breathe it into your body? Do you know, cigarette smoke **contains** over 4,000 **chemicals** including around 46 **carcinogens** [kɑː'sɪnədʒ(ə)nz], some of which are hydrogen cyanide² (found in rat poison), nicotine (used in insecticide), acetone (found in nail polish remover), formaldehyde used to embalm³ dead bodies and still more. All these chemicals are breathed into the body while smoking a cigarette.

¹ a nail polish remover – жидкость для снятия лака

² hydrogen cyanide – цианистый водород

³ embalm [ɪm'baɪm] – бальзамировать



One out of ten men in the world is a smoker and every 8 seconds someone dies because of this habit. According to the statistics, smoking kills around 5 million people a year.

Nicotine in tobacco [tə'bækəʊ] reaches the brain through blood stream just 10 seconds after a person starts smoking.

Smoking influences different people in a different way. More than 40 diseases¹ are associated with smoking; it **increases** the risk of cancer (рак), bronchitis [brɒŋ'kaɪtɪs], heart diseases, etc. Nicotine **decreases** the oxygen carrying capacity (способность) of blood. The immune system of an active smoker is so bad that they take more time to recover from (поправиться от) any disease.

increase [ɪn'kri:s] – увеличивать

decrease [dɪ'kri:s] – уменьшать

Vitamin C is destroyed (разрушается) by smoking. This is the reason why an active smoker usually looks older than their non-smoker friend. According to studies, an active smoker is likely to live fourteen years less than non-smokers.

Smoking not only affects active smokers, but also affects the so-called passive smokers. If somebody smokes in the room, infants under 2 years of age can get bronchitis and pneumonia [nju:'mɒniə].

It is never too late to start anything or stop anything. Deciding to stop smoking is deciding to choose a healthy way of life. The body can go back to its normal soon after you say goodbye to your very last cigarette. One year after people stop smoking, the heart diseases decrease by 20%. So, just say “I am never-ever going to smoke away my life and health” and be happy!

¹ **diseases** [dɪ'zi:zɪz] – болезни


2b.  Listen and read the text again and find answers to the following questions.

1. How many chemicals and carcinogens does a cigarette contain? 2. How often do people die from smoking? 3. How many people die from smoking every year? 4. Why do people who smoke look older than non-smokers? 5. How does smoking affect non-smokers?

2c. Complete the table about the chemicals found in cigarettes. Compare the table with your classmates and discuss which of problems you find most dangerous. Why?

Chemicals found in cigarettes

Chemical ['kemɪk(ə)l]	Where it is usually found	What it causes
Hydrogen ['haɪdrədʒən]		
Cyanide ['saɪənaɪd]		
Nicotine ['nɪkətiːn]		
Acetone ['æsɪtəʊn]		
Formaldehyde [fɔː'mældɪhaɪd]		

3a.  Listen, read the text and answer: *How can you prolong your life? How much can you prolong your life?*

American scientists have been examining 20,000 men and women for 10 years. Their findings are as follows:

1. 77 per cent of smokers die sooner than their peers. So, **the more** people smoke, **the sooner** they die.
2. 66 per cent of people who drink alcohol die young. So, **the sooner** you will start drinking, **the less** you will live.
3. People who eat fruit and vegetables at least 5 days a week prolong their life by 44 per cent. So, **the more fruit** and vegetables you eat, **the longer** you will live.

4. People who are physically fit prolong their life by 24 per cent. So, **the more** you exercise, **the better** for you.
5. All in all, the scientists calculated that those who exercise, eat fruit and vegetables and don't smoke or drink alcohol live 14 years longer than those who don't follow these rules. So, **the sooner** you understand it, **the better and healthier** your life will be.

3b. Read the text again and guess the meaning of the *the... the* sentences.


Grammar focus

Конструкция *the...the*

The more fruit you eat (1), **the healthier** you are (2)
the... the... sentences mean that both things change together and that the second thing depends on the first one.



Read the rule (p. 279) and check your answers.

4.  Go back to the list of problems (ex. 2c) and rewrite it using *the... the* sentences.

5. Add more information to your mind map (see Lesson 1).

Lesson 6. Addiction – when you just can't stop it

1. Look at the title of the lesson, read the definition of the word 'addiction' and predict what we are going to speak about.

addiction – 1) a strong need that someone feels to regularly take an illegal or harmful drug (an addiction to nicotine)
2) a strong need or wish to spend as much time as possible doing a particular activity (computer addiction).