SPEECH PRACTICE
HABITS AND ADDICTIONS

ПРАКТИКА УСТНОЙ РЕЧИ
РОЛЬ ПРИВЫЧКИ В ПОВЕДЕНИИ ЛЮДЕЙ

Учебно-методическое пособие
для студентов
факультета международных отношений

МИНСК
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Практика устной речи. Роль привычки в поведении людей


Пособие содержит учебный материал, а также тренировочные и речевые упражнения по теме “Habits and Addictions”.

Предназначено для студентов экономических специальностей факультета международных отношений.

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HABITS AND ADDICTIONS

VOCABULARY

To smoke heavily  hypnosis  a fag end  
Exquisite  patch  killjoy
Tumor  craving  puritan
Teeth staining  a chain smoker  nicotine
Puking habit  hypocrisy  bloodstream
Residue  A smoking-related sickness  to ban  addictive

SMOKING. TASKS

Quotes about smoking.

1. The public health authorities never mention the main reason many Americans have for smoking heavily, which is that smoking is a fairly sure, fairly honorable form of suicide. ~Kurt Vonnegut
2. A cigarette is the perfect type of a perfect pleasure. It is exquisite, and it leaves one unsatisfied. What more can one want? ~Oscar Wilde, The Picture of Dorian Gray
3. Tobacco. Tumor causing, teeth staining, smelly, puking habit. ~Arizona Department of Health Services Tobacco Education and Prevention Program ad campaign, created by Riester-Robb Advertising
4. The believing we do something when we do nothing is the first illusion of tobacco. ~Ralph Waldo Emerson
5. Thank you for Not Smoking. Cigarette smoke is the residue of your pleasure. It contaminates the air, pollutes my hair and clothes, not to mention my lungs. This takes place without my consent. I have a pleasure, also. I like a beer now and then. The residue of my pleasure is urine. Would you be annoyed if I stood on a chair and pissed on your head and your clothes without your consent? ~Sign from Ken's Magic Shop
6. One thousand Americans stop smoking every day — by dying. ~Author Unknown
7. To cease smoking is the easiest thing I ever did. I ought to know because I've done it a thousand times. ~Mark Twain, attributed
8. The best way to stop smoking is to carry wet matches. ~Author Unknown

WHY DO WE SMOKE?

"I only smoke when I'm with friends."
"I only smoke when I'm drinking."
"I can quit anytime I want. There is just no need to right now."

"The best way to quit is cold turkey." Cold turkey is a terminology used to completely stop without any help with things such as nicotine gum or nicotine patches.

"There are a lot of aids to help you stop smoking. I heard hypnosis is pretty good." "I quit for 3 months last year. I used the patch to help stop the cravings."

TEXT 1

‘HERE! HAVE ONE OF MINE!’
‘DEATH CIGARETTE? YOU MUST BE JOKING?’

Ok. So here are the facts. There’s an Englishman called B J Cunningham who has been smoking since he was 11. He’s a chain smoker who’s in love with smoking. He smokes between two and three packets a day, and already, at the age of 30, has a weak chest. He was in hospital for six days when his lungs collapsed. ‘It was at that point that I did actually give up cigarettes for six months.’ But then he returned to his true love. He wears black leather cowboy clothes and has a fondness for classic Harley-Davidson motorbikes, which he has been riding for the past fifteen years. ‘I’ve had about ten of them,’ he says coolly.

So far, not a very remarkable life. But then, B J Cunningham (no one actually knows what B J stands for) had an idea one night in a bar in LA. ‘Let’s market a cigarette called Death,’ he said to a business partner. ‘Why?’ said the partner.

‘It’s obvious,’ he explains to me. ‘When you take a packet of cigarettes out of your top pocket and put it on the bar in front of you, you’re making a statement about yourself, exactly as you do with the clothes you wear, the music you like, and the newspaper you read. You’re saying, “These cigarettes are a part of me.”’

‘So, if you take a packet of Benson and Hedges, you’re saying, “I’m classy – gold packet – part of high society.” If you take out a packet of Marlboro, you’re saying, “I’m an outdoor type, I like wearing a cowboy hat and riding horses…”’

‘Now, if you produce a packet of Death cigarettes,’ he continues, producing a packet of Death cigarettes to illustrate his point, ‘what you’re saying is …’

He looks at me to make sure that I’m going to write down what you’re saying about yourself if you smoke Death cigarettes. But do I need to? We all know what Death cigarettes are about. B J Cunningham has been telling us about them since he started his Enlightened Tobacco Company (ETC) in 1991.

Everyone has now got the joke, thank you very much. We’ve seen the black packets with their death’s head on the front and the white packets which are called Death Lights: and we’ve heard about the coffin-shaped vending machines in pubs and clubs.
However, for anyone who has managed to avoid B J’s publicity, here goes. Death cigarettes are for the smoker who wants to say, ‘Yes, I’m killing myself, but at least I know it, and I smoke a brand which doesn’t try to hide the fact.’ ‘Death cigarettes’, concludes B J, ‘say, “Don’t you dare tell me to stop!”’

B J Cunningham, now on his ninth cigarette of the interview, says he wants to expose the hypocrisy behind the tobacco industry. Governments can’t afford to ban smoking because they receive huge amounts of money in tax. Tobacco companies try to improve their image by sponsoring sports events such as motor racing, rugby, football, cricket, and tennis, at vast expense. ‘What everybody wants to forget is that smoking kills. That’s why I’m here, to remind people that smoking and death are linked.’

The ETC hoped to won a good share of the UK market. ‘Cigarettes in Britain are a £12 billion industry in which four companies control 95% of the market. The question is: How do we get a share?’ He knows the question but he can’t afford the answer. The ETC can’t afford to advertise like the big companies. It has been losing about £1 million a year.

Personally, I have a very different opinion as to why so few people choose to smoke a brand of cigarettes called Death. B J Cunningham his misunderstood human psychology. Of course smokers know that their habit is probably going to kill them, but they prefer not to think about it. The only people who are going to smoke his cigarettes are people like himself. When I offered one to a friend recently, his reaction was, ‘You must be joking.’ And this is what Death cigarettes are all about. It’s a joke that was funny, but isn’t funny any more.

But B J Cunningham is still obsessed by fags. ‘Do you know the main reason I love my job?’ he says. ‘It’s because it gives me a chance to attack the anti-smoking killjoys! Those puritans who try to control our lives. I’ve met many people who don’t smoke, but who tell me that if smoking were made illegal, they would fight it. You just can’t have laws which control every aspect of the way people live.’

I finally started to warm to this character B J Cunningham. It was the end of the interview, and the number of fag ends in the ashtray had increased to fifteen. Perhaps, he had something important to say after all. Not jus, ‘Hey, everybody! Look at me! I’m weird, and I’m killing myself!’

1. Mark each sentence as T (true) or F (false) according to the text.

1. B J Cunningham is a chain smoker who is in love with cigarettes.
2. He has a weak heart.
3. He has a fondness for football.
4. If you smoke Benson and Hedges you are classy.
6. There are lots of people who smoke Death cigarettes.
7. Governments don’t want to ban smoking.
8. Tobacco companies have rather positive image in the society.
9. The interviewer changed his opinion about B J Cunningham at the end of the interview.

2. **Complete the sentences with the best endings, a, b, or c.**

1. B J Cunningham smokes two or three packets of cigarettes a day …
   a. even though he has a weak chest.
   b. because he has to for his job.
   c. to prove that smoking is safe.

2. He wears cowboy clothes and rides a Harley-Davidson motorbike because …
   a. he plays in a rock ‘n’ roll band.
   b. he likes everything that comes from the States.
   c. it is part of the image he wants to create for himself.

3. B J Cunningham says that smokers choose a certain brand of cigarettes …
   a. because it shows the kind of person they are.
   b. to go with the clothes they are wearing.
   c. because they want to be sporty or part of high society.

4. We get the impression that the interviewer …
   a. likes and admires B J Cunningham.
   b. is bored and irritated by B J Cunningham.
   c. is very angry with B J Cunningham.

5. B J Cunningham says *Death* cigarettes are for people…
   a. who want to be honest and aggressive.
   b. who want to prove that smoking cigarettes doesn’t kill.
   c. who want to expose the hypocrisy of the governments and the tobacco industry.

6. B J Cunningham says that his job…
   a. is to get sponsorship for sports events.
   b. is to sell as many cigarettes as he can.
   c. is to be honest about the danger of smoking.

7. The interviewer thinks that the ETC hasn’t been successful because…
   a. the big tobacco companies spend £12 billion on advertising.
   b. everybody thinks that *Death* cigarettes are just a joke.
   c. smokers don’t want to be reminded that smoking kills.

8. B J Cunningham…
   a. wants to defend people’s right to smoke.
   b. wants to control the lives of smokers.
c. thinks that smoking will one day be made illegal.

9. The interviewer warms to B J Cunningham at the end of the interview…
a. when B J Cunningham gives his main reason for selling Death cigarettes.
b. because he realizes that he is just a weird eccentric.
c. when he finally puts out his last cigarette.

3. **Complete the chart.**

<table>
<thead>
<tr>
<th>Word Form Chart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noun</td>
</tr>
<tr>
<td>obsess</td>
</tr>
<tr>
<td>Hypocrisy</td>
</tr>
</tbody>
</table>

4. **Translate the following sentences. Match the word with its meaning.**

1. Store lemons in a cool dry place.
2. His room was painted in cool greens.
3. Keep cool!
4. He has been cool towards me ever since we had that argument.
5. You look pretty cool with that new haircut.
6. I was surprised that she got the job, but **I'm cool with it** (= it's not a problem for me).
7. She just took his keys and walked out with them, cool as you please.
8. The car cost a cool thirty thousand.

1. *(informal)* used to show that you admire or approve of sth because it is fashionable, attractive and often different (approving)
2. calm; not excited, angry or emotional
3. not friendly, interested or enthusiastic
4. *(informal)* calm and confident in a way that lacks respect for other people, but makes people admire you as well as disapprove (confident)
5. making you feel pleasantly cool (colours)
6. *[only before noun]* *(informal)* used about a sum of money to emphasize how large it is (money)
7. *(informal)* people say **Cool!** or **That's cool** to show that they approve of sth or agree to a suggestion
8. fairly cold; not hot or warm
5. Insert the following words into the sentences.

Illegal, exposed, fondness, share, banned, linked, weird, hypocrisy, vast, fag

1. He will be remembered by the staff with great …. 
2. She was … as a liar and a fraud. 
3. It’s … for them to pretend that they shocked at the news. 
4. She’s … from leaving Greece while the allegations are investigated. 
5. Your help made a … difference. 
6. I only caught the … end of their conversation. 
7. He’s got some … ideas. 
8. The two factors are directly …. 
9. The company’s … slumped 11%. 
10. It’s … to drive through a red light.

6. Translate.

1. окурок 
2. за большие деньги 
3. лицемерие 
4. запрет 
5. холодно 
6. человек, который курит одну сигарету за другой 
7. хорошего качества, дорогой 
8. испытывать положительные эмоции 
9. одержим 
10. автомат, в котором можно купить сигареты

TEXT 2

SMOKING

<table>
<thead>
<tr>
<th>Fact-file</th>
<th>addict</th>
<th>Lung cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy smoker</td>
<td>legal</td>
<td>Die from</td>
</tr>
</tbody>
</table>

An important health issue for many young people is smoking. Millions of teenagers know it’s bad for them, but they still do it. Why? Here are some of the most common reasons.

• It relaxes me when I’m nervous.
• I like the taste.
• My friends smoke. It’s difficult to say “no” to a cigarette when I’m with them.
• It’s a habit. I can’t stop now.

**The advertisements.**
There are two types of cigarette advertisements – “for” and “against”. Tobacco companies want more and more people to smoke. For them cigarettes mean PROFIT. Doctors and health organizations want to cut the number of smokers. For them cigarettes mean DISEASE. The two sides are fighting a battle. It’s a very expensive battle, too. Advertisements like these cost millions of pounds every year.

**The cigarette fact-file.**
• About 100 million people around the world work in the tobacco industry.
• Cigarette-smoking kills 2.5 million people every year. Many of them die from lung cancer. (Some aren’t even smokers. They’re people who live or work with heavy smokers.)
• It’s against the law to smoke on American planes if the journey (inside the USA) lasts under six hours.

**DRUGS**

The world is facing a drug crisis. There are more young addicts today than ever before. But if the crisis is serious and international, so is the war against drugs.

**Crisis fact-file.**
There are three main kinds of drug – hard, soft and legal. They can all cause addiction, serious illness and even death.
• In New York, over 50% of all arrests are connected with drugs.
• Customs officers only find between 15-20% of drugs entering the USA and Western Europe.
• The two most important drug-growing areas are Latin America and South-East Asia. People there depend on money from their drug crops.
• Thousands of drug-addicts die every year. Some die from the drugs themselves. Others die from AIDS. This is because they use dirty needles or share needles.
• Drugs are the second biggest business in the world. Only the arm industry is bigger.

**Advertising campaigns.**
These play an important part in the war against drugs. In America there have been several campaigns in recent years. Each one has had a message – for example,
“Just Say No”, “Stop The Madness” or “Don’t Do Drugs”. Each one has also featured a lot of famous TV, movie and pop star.

In Britain, some anti-drug campaigns have tried to shock young people. They showed how heroin, for example, can completely destroy addicts’ lives. Also, how dirty needles spread AIDS.

Others have been less dramatic. The slogan for one in Scotland was “Choose life not drugs. Be all you can be”. This focused on pictures of healthy, independent young people – not the problems of addicts.

As well as advertising, education is also vital in the fight against drugs.

Many schools have a drug-education programme for children as young as 8 or 9. Programmes like these include books, videos and cassettes. Some schools even arrange visits from ex-addicts. One if these is Phil Cooper. He travels around Britain giving teenagers two-hour drug-education lessons. He tells them exactly how addicts live. How they …

- Steal money
- Lose their friends
- Hurt their families
- Are cheated by dealers
- Destroy their health

1. Complete the word form chart.

<table>
<thead>
<tr>
<th>Word Form Chart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noun</td>
</tr>
<tr>
<td>Addict</td>
</tr>
</tbody>
</table>

Abuse
feature

Vital

2. Translate.

1. Он пристрастен к компьютерным играм.
2. Он борется со своей алкогольной зависимостью.
3. Героин вызывает сильное привыкание.
4. чрезмерное употребление алкоголя/наркотиков.
5. Многие из гостиниц, помещенные в брошюре, имеют специальные предложения выходного дня.
6. Эти витамины очень важны для здоровья.
7. Многие курильщики умирают от рака легких.
8. Его отец был заядлым курильщиком.
9. Следует ли сделать употребление этого наркотика легальным?
3. Complete the sentences.

1. The most common reasons for smoking are …
2. There are two types of …
3. For tobacco companies …
4. Doctors want …
5. Another problem is …
6. Advertising campaigns …
7. These campaigns try to …
8. Some slogans …
9. Many schools …
10. The problems drug addicts face are the following …

4. Discuss in groups (pairs).

1. Problems connected with smoking/drugs.
2. Reasons for smoking/using drugs.
3. Possible solutions of these problems.

TEXT 3

I KNOW IT’S BAD FOR ME, BUT I CAN’T STOP

Word Box

<table>
<thead>
<tr>
<th>To hop down</th>
<th>To pick up</th>
<th>Urge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nasty</td>
<td>To let down</td>
<td>To get over</td>
</tr>
<tr>
<td>To chase away</td>
<td>To claim</td>
<td>A hook</td>
</tr>
</tbody>
</table>

Three packs of cigarettes were lying there on the pavement. I hopped down from Yefim Shubentsov’s office doorstep, picked them up and pocketed them. Later, in a bar, when I opened the first pack, I found – to my delight– the twenty cigarettes intact.

I’m still at the bar, telephone in one hand and the cigarettes in the other. I’m dialing Shubentsov, who told me to call the moment I felt the urge to smoke. I feel it, feel it even stronger than I felt Shubentsov’s healing energy. That’s saying something, since Shubentsov is known around the world for curing smokers of their nasty habit, using a mystical method. He transmits his healing energy from his fingertips, he tells me – something he picked up from another bloke in Russia. ‘I help you for free,’ he told me in his muddy accent. ‘Just call me whenever.’

I went to see Shubentsov because I think it’s time to stop. Time to stop because I’m getting old, and I can’t keep doing this to myself. But here’s the real problem. I
should quit, but like a lot of you struggling with the same habit, I really don’t want to. At least, not yet.

Smoking has been very good to me. Cigarettes have never let me down, never abandoned me on lonely, desperate nights. Smoking clears my head, helps me think. Smoking has started conversations, driven away annoying people. Smoking helps me celebrate victories, get over losses, comfort the comfortless. It also chases away the mosquitoes.

I will quit. Soon. My body and my mind are demanding that I do it, daily. I claim to smoke for pleasure, but I realize that slowly, steadily, I’m losing control of this close, special friend. I hate that, I realize it’s not just a ‘habit’. I’m hooked.

So here I am, attempting to give up again, at Shubentsov’s place. I’ve tried all the other quitting techniques available. Any time the urge to smoke strikes, he said, just call him immediately and he’ll help. The funny thing is, I realize that I’m not phoning him to stop me from lighting up. I’m phoning him so I can. If I call, I’ll have done my part. Then I can smoke this cigarette. Besides, I know that at 9.30 on a Friday night, I’ll get the answering machine. I do. ‘The office is open from ten to four. Call me back then. This machine does not take messages.’

I put the phone down and I can honestly say I’m relieved. You see, it’s not Shubentsov’s fault or anyone else’s fault that I’m still smoking. It’s mine.

Now if you’ll excuse me, I’m going to smoke this cigarette. Whether I’ll really enjoy it, though, is another story.

1. **Insert the prepositions.**

1. You can’t expect people to work … free.
2. This particular fish chases … any other fish that enters its territory.
3. I picked … my coat from the cleaners.
4. Put that knife … before you hurt somebody.
5. The infection can be transmitted … a mother to her baby.
6. I’m afraid she let us … badly.
7. Terrorist threats are driving … tourists.

2. **Replace the underlined words and expressions with expressions from the text. You may have to change the grammar so that the sentence makes sense.**

1. When I have a strong desire to eat chocolate, nothing else will do.
2. I’ve learned a lot of new words and expressions from listening to pop music.
3. I always find it very difficult to remember peoples’ names when I’m at a party.
4. My dog is my only friend – he never disappoints me.
5. The last time I had a cold it took me ages to recover from it.
6. I tell everyone that I go to the gym at least three times a week, but actually, I rarely go more than two or three times a month.
7. I love Sherlock Holmes-type mysteries. I only need to read the first page and I can’t stop.
8. My dad still plays football, but he keeps on injuring himself. I think it’s time for him to stop.

3. Find the eleven phrasal verbs in the text and underline them.

4. Complete the sentences using some of the phrasal verbs.

1. Shubentsov wasn’t born with healing power in his fingertips, he …
2. Smoking is the writer’s friend because it never …
3. Smoking is good for getting rid of annoying people – it …
4. Smoking is good for getting rid of mosquitoes – it …
5. Shubentsov’s answering machine message advised everyone to …
6. The phone was on the answer machine, so he …

5. Match the phrasal verbs in box A with the synonyms in box B.

A

| It dawned on him                     | Step on it!                              | A feeling came over me |
| We’re looking into it               | You can count on it                      | We saw through them    |

B

| A feeling affected me strongly     | We weren’t deceived by them              | We’re investigating it |
| It became clear to him             | You can depend on it                     | Hurry up!              |

6. Replace the underlined words or expressions in these jokes with phrasal verbs from box A. you will need to change the form of the verbs.

1. A large hole has appeared in the wall of the local nudist camp. The police are investigating it.
2. ‘Why are ghosts bad at telling lies?’
   ‘Because you can’t be deceived by them.’
3. ‘Waiter, Waiter, why is the food on my plate all squashed?’
   ‘Well, sir, you told me you were in a hurry, so I asked the cook to hurry up.’
4. ‘Why is a pocket calculator reliable?’
   ‘Because you can always depend on it.’
5. ‘Doctor, Doctor, I keep thinking I’m a bridge.’
   ‘What’s affected you so strongly?’
   ‘Three cars, two buses and a bicycle.’
6. A man sat up all night wondering where the sun had gone to. The next morning it became clear to him.
7. Translate the following sentences. Match the word with its meaning.

1. Where did you pick up this idea?
2. Scientists can now pick up early signs of the disease.
3. I picked up my son from the nursery school.
4. We managed to pick up some bargains at the auction.
5. We can pick up the motorway in a few miles.

a. to find and follow a route
b. to get information or skill by chance rather than by making a deliberate effort
c. informal, to buy sth, cheaply or by chance
d. To identify or recognize sth
e. to collect sth from a place

8. True or False.

1. The author felt no urge to smoke.
2. Shubentsov uses special healing energy which he transmits from his eyes.
3. Shubentsov’s method is very expensive.
4. Cigarettes let him down many times.
5. Smoking has driven away annoying people.
6. Mosquitoes like the cigarette smoke.
7. The author has never tried other quitting techniques.

9. Find out in the text …

1. the writer’s reasons for wanting to give up smoking.
2. what he considers to be the advantages of smoking.
3. what methods he has tried for giving up smoking.

TEXT 4

TRY TO GIVE UP SMOKING

1. Translate the following words.

<table>
<thead>
<tr>
<th>Stimulant</th>
<th>Pulse rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tar</td>
<td>emphysema</td>
</tr>
<tr>
<td>Carbon dioxide</td>
<td>wrinkle</td>
</tr>
<tr>
<td>Chronic bronchitis</td>
<td>Mucus</td>
</tr>
<tr>
<td>Air sack</td>
<td>Over-inflate</td>
</tr>
<tr>
<td>Elasticity</td>
<td>Mouth sore</td>
</tr>
</tbody>
</table>
If you’ve ever watched an adult try to give up smoking, you know how hard it can be. It’s easier, healthier and cheaper never to start.

So you’ve decided not to be a smoker. That’s great! You’ll live longer, breathe fresher air and save yourself a bunch of money. Some young people think that it can make them look grown-up and cool. They may think it’s a way of joining the crowd. Most young people smoke because their friends pressure them to do so. They may be copying their parents who smoke, or other adults they respect. At one time this would have been accepted as normal. But in the past 30 years attitudes about smoking have changed. Smoking is now banned in many places so that other people don’t have to breathe in smokers’ shocking tobacco smoke.

Passive smoking, when you are breathing someone else’s smoke, can damage your health just like smoking can. Smoking becomes addictive very quickly, and it’s one of the hardest habits to break.

Take 1000 young people who smoke 20 cigarettes a day. A quarter of them will die from a disease caused by smoking. That’s 250 lives wasted! Only six of those 1000 will die in road accidents. So what is it in cigarette smoke that is harmful? A chemical called nicotine is a substance that causes addiction. It is a stimulant that increases the pulse rate and a rise in the blood pressure. Cigarette smoke also contains tar – a major factor for causing cancer.

Chronic bronchitis occurs when tar and mucus damage the air sacks in the lungs. The sufferer has a bad cough which is worse in the mornings, and may get breathless easily.

Emphysema is an illness in which the air sacks in the lungs become over-inflated as they lose their elasticity and are no longer able to push out all the carbon dioxide gas in the lungs. This makes the sufferer feel unwell, tight in the chest and always short of breath.

Gases in cigarette smoke increase your blood pressure and pulse rate. This can contribute to heart disease. Smokers as twice as non-smokers are likely to have heart trouble.

Smokeless tobacco that is chewed rather than smoked, is also harmful, causing mouth sores, damage to teeth and cancer.

If you already smoke, decide to stop it, and stop today – even if you are halfway through a pack. Of course, this will be difficult, but your doctor can help you to quit smoking, and stay smoke-free. You are in control of your own life and can do what you want today.

Facts about smoking

- The smell of smoke on your breath and clothes will put people off.
- Someone who smokes 15 cigarettes a day can forget six to nine years of their life.
- You’re burning a great deal of money. In many countries cigarettes are heavily taxed.
- Your skin will wrinkle faster and deeper than that of a non-smoker.
- Females who smoke heavily may wrinkle like a woman 20 years older in age.
- Pregnant women who smoke run a risk of damage to their unborn babies, as it makes them smaller.

Put that cigarette out…
Forever!

Studies prove that smoking has a lot to do with cancer, so get rid of that cancer-causing habit!

Kill two birds with one stone:
1. Save money.
2. Put an end to bad breath and unclear air.

Have you already tried to give up smoking, but without success?

Try out the SMOKESTOP method!
Seeing is believing.

The SMOKESTOP method doesn’t get on your nerves.

Kick the habit today.
Some to SMOKESTOP for your health.

2. Find in the text the equivalents to the following.

<table>
<thead>
<tr>
<th>Extinguish</th>
<th>Stop, renounce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is related</td>
<td>test</td>
</tr>
<tr>
<td>Eliminate, throw away</td>
<td>When you see proof, you can believe sth is true</td>
</tr>
<tr>
<td>Accomplish two objectives with one action</td>
<td>Make nervous</td>
</tr>
<tr>
<td>Cause to stop</td>
<td>Recover from the addiction</td>
</tr>
</tbody>
</table>

3. Fill in the correct two-word verbs and expressions.

A: Guess what?
B: What?
A: I’m … … (stopping, renouncing) smoking. I’ve joined a SMOKESTOP group.
B: Really? Does this … anything … … … (relate to) your coughing?
A: Yes. That cough is … … … … (making me nervous).
B: But you’ve tried to stop before and never succeeded.
A: This time it’s different. They let you … it … (test) for one month. If you’re not satisfied, you don’t have to pay anything. With their method, you can … … … … … (accomplish two objectives with one action). You save money and you … … … … (cause to stop) the habit.
B: This time you are really going … … … (throw away) all your cigarettes.
A: Yes, I … my last one … (extinguished) yesterday morning. I’ll never smoke another cigarette. I’m definitely going to … … … (recover from the addiction).
B: … … … (I’ll believe you when I see it happen).

4. Insert the words from the box.

Ban, tar, carbon dioxide, addictive, breathed, stimulants, wrinkles, pulse rate

1. I find jogging very ….  
2. Coffee and tea are mild ….  
3. My at-rest … … is usually about 80 beats per minute.  
4. You should switch to low … cigarettes.  
5. He had deep … in his forehead.  
6. Trees absorbed … … and produced oxygen.  
7. He … deeply before speaking again.  
8. There is to be a total… on smoking in the office.

5. Translate the given sentences.

1. Ее кожа все еще была без единой морщины.
2. Его носовой платок был в пятнах крови и слизи.
3. Когда мы становимся старше, наша кожа теряет свою природную эластичность.
4. Он страдал от хронического бронхита.
5. Как образуется углекислый газ?
6. Я мог чувствовать исходящий от него запах чеснока.

6. True / False statements.

1. Smoking is allowed in many public places.  
2. Smoking never becomes addictive, it is harmless.  
3. Tar causes addiction.  
4. Nicotine is a major factor for causing cancer.  
5. Chronic bronchitis occurs when tar and mucus damage the air sacks in the lungs.  
6. Emphysema is an illness when vocal cords loose their elasticity.  
7. Gases in cigarette smoke increase blood pressure and pulse rate.
8. Smokeless tobacco is harmless.
9. People are attracted by cigarette smoke.
10. Smoker’s skin will wrinkle as fast as non-smoker’s.
11. In many countries cigarettes are heavily taxed.

7. Speculate on the following.

1. Smoking is started to copy one’s friends or the sort, isn’t it?
2. Is passive smoking as harmful as actual having a cigarette?
3. What is in cigarette smoke that is harmful?
4. Do you know any diseases caused by smoking and how they run?
5. Is chewing tobacco an alternative to this bad habit?
6. What facts about smoking do you know?
7. Do you know any effective way to quit smoking?
8. Does smoking bite your personal budget?

TEXT 5

WORLD GOVERNMENTS SHOULD CONDUCT SERIOUS CAMPAIGNS AGAINST SMOKING

1. Translate the following words.

<table>
<thead>
<tr>
<th>Conduct</th>
<th>Revenue</th>
<th>Insidious</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchial</td>
<td>Discreetly</td>
<td>Depict</td>
</tr>
<tr>
<td>Timid</td>
<td>Drastic</td>
<td>virile</td>
</tr>
<tr>
<td>Admittedly</td>
<td>commodity</td>
<td>Lukewarm</td>
</tr>
</tbody>
</table>

If you smoke and you still don’t believe that there’s a definite link between smoking and bronchial troubles, heart disease and lung cancer, then you are certainly deceiving yourself. No one will accuse you of hypocrisy. Let us just say that you are suffering from a bad case of wishful thinking. This needn’t make you too uncomfortable because you are in good company. Whenever the subject of smoking and health is raised, the governments of most countries hear no evil, see no evil and smell no evil. Admittedly, a few governments have taken timid measures. In Britain, for instance, cigarette advertising has been banned on television. The conscience of the nation is appeased, while the population continues to puff its way to smoky, cancerous death.

You don’t have to look very far to find out why the official reactions to medical findings have been so lukewarm. The answer is simply money. Tobacco is a wonderful commodity to tax. It’s almost like a tax on our daily bread. In tax revenue alone, the government of Britain collects enough from smokers to pay for its entire
educational facilities. So while the authorities point out ever so discreetly that smoking may, conceivably, be harmful, it doesn’t do to shout too loudly about it.

This is surely the most short-sighted policy you could imagine. While money is eagerly collected in vast sums with one hand, it is paid out in increasingly vaster sums with the other. Enormous amounts are spent on cancer research and on efforts to cure people suffering from the disease. Countless valuable lives are lost. In the long run, there is no doubt that everybody would be much better-off if smoking were banned altogether.

Of course, we are not ready for such drastic action. But if the governments of the world were honestly concerned about the welfare of their peoples, you’d think they’d conduct aggressive anti-smoking campaigns. Far from it! The tobacco industry is allowed to spent staggering sums on advertising. Its advertising is as insidious as it is dishonest. We are never shown pictures of real smokers coughing up their lungs early in the morning. That would never do. The advertisements always depict virile, clean-shaven young men. They suggest it is manly to smoke, even positively healthy! Smoking is associated with the great open-air life, with beautiful girls, true love and togetherness. What utter nonsense!

For a start, governments could begin by banning all cigarette and tobacco advertising and should then conduct anti-smoking advertising campaigns of their own. Smoking should be banned in all public places like theatres, cinemas and restaurants. Great efforts should be made to inform young people especially of the dire consequences of taking the habit. A horrific warning – say, a picture of a death’s head – should be included in every packet of cigarettes that is sold. As individuals we are certainly weak, but if governments acted honestly and courageously, they could protect us from ourselves.

2. Match the word with its definition.

<table>
<thead>
<tr>
<th>1. to conduct</th>
<th>a. to smoke a cigarette</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. wishful thinking</td>
<td>b. to make sb calmer or less angry by giving them what they want</td>
</tr>
<tr>
<td>3. admittedly</td>
<td>c. extremely bad and shocking</td>
</tr>
<tr>
<td>4. appease</td>
<td>d. the belief that sth that you want to happen is happening or will happen, although this is actually not true or very unlikely</td>
</tr>
<tr>
<td>5. to puff</td>
<td>e. to organize and/or do a particular activity</td>
</tr>
<tr>
<td>6. horrific</td>
<td>f. you are accepting that sth is true</td>
</tr>
</tbody>
</table>

3. Insert the words into the sentences.

Lukewarm, drastic, puffing, staggering, welfare, commodity, conducted, admittedly, conceivably, bronchial, discreet.

1. They paid a … $400 million for the house.
2. …, it is rather expensive but you don’t need to use much.
3. He had some … troubles.
4. I sat … my cigar.
5. He was always very … about his love affairs.
6. The negotiations have been … in a positive manner.
7. Talk to me before you do anything …
8. The disease could … be transferred to humans.
9. Crude oil is the world’s most important …
10. Mr Cameron is … about this idea.
11. We’re concerned about the child’s …

4. Insert the prepositions.

1. He takes … his duties next week.
2. He suffered … asthma.
3. I had to pay … $500 to get my car repaired.
4. They spent a lot … advertising.
5. Sometimes she coughed … blood.
6. She began … thanking us all for coming.

5. Translate the following sentences.

1. Ее раны были ужасающими.
2. Осторожный взгляд на часы сказал мне, что интервью длилось около часа.
3. Такое поведение может иметь ужасные последствия.
4. Это было энергичное представление.
5. У меня такое чувство, что он любит меня, но это может быть всего лишь принятие желаемого за действительное.
6. Это действие было повсеместно расценено, как попытка умиротворить критиков режима.
7. Этот вид рекламы действует коварно на молодые умы.
8. Это звучит немного резковато!
9. Мы изучили проблему со всех мыслимых сторон.
10. Она страдала от близорукости.
11. В настоящее время правительство столкнулось с дефицитом налоговых поступлений.

6. Complete the sentences.

1. Smoking causes …
2. The governments of most countries …
3. In Britain, for instance …
4. The official reaction to medical findings has been so lukewarm because …
5. Enormous amounts of money …
6. The tobacco industry spends …
7. The advertisements never show …
8. The advertisements always depict …
9. Governments could do the following …

7. Speculate on the following.

1. There is a link between smoking and different diseases.
2. The governments in many countries pay no attention to this problem.
3. Tobacco is a wonderful commodity to tax.
4. Tobacco advertising is insidious.
5. Governments can protect us from ourselves.

TEXT 6

HOW I QUIT SMOKING

1. Translate the following words.

<table>
<thead>
<tr>
<th>Obnoxious</th>
<th>Plausible</th>
<th>Brag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outcast</td>
<td>Valve</td>
<td>ridicule</td>
</tr>
<tr>
<td>derision</td>
<td>Poke</td>
<td>Berate</td>
</tr>
<tr>
<td>Hang in there</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Before you read

Smoking tobacco is losing popularity in the United States. Less than 30 percent of the people in the United States smoke now. The author of the following essay discusses how and why he quit smoking.

Glossary

*Haageb-Dazs* popular brand of ice-cream

About the Author

Lewis Grizzard is a humor write from the South who writes about life in the United States.
You can’t smoke anymore on New York commuter trains, and it probably won’t be very long until you can’t smoke anywhere. You probably can’t smoke where you work now, and restaurants, and planes are also becoming smoke-free.

What happened is the antismokers, obnoxious though they can be, have won, and smokers have become outcasts and subjects of much derision.

If you smoke, there is only one plausible thing left for you to do. You must quit.

I know. This comes from a man who smoked his head off for years and loved every cigarette he ever had.

Smoking was one of the great pleasures of my life. A cigarette was like a little reward I gave myself 25 to 40 times a day. But I quit. For several reasons:

- I’ve already had two heart-valve replacement surgeries and may one day face another. I need to smoke like I need getting poked, in the eye with a sharp stick.
- Very few of my friends smoke anymore. I began to feel uncomfortable smoking in front of them.
- I fly 150 times a year. Airlines are turning off smoking lights.
- Flying makes me nervous enough as it is without also craving a cigarette.
- None of my friends believed I really had the courage to stop smoking. I quit to prove them wrong.

Here how I did it, after smoking for twenty-three years:

- I made a pact with three friends that we would stop smoking together.
- I figured at least one of them wouldn’t make it and I could start again, too. But they all stayed smokeless and I hung in there with them.
- When craving was at its worst, I kept telling myself, “Nobody ever died from stopping smoking.”
- I also relied on others who quit long ago who said to me, “I know it’s hard for you to believe now, but there will come a time you won’t even think of a cigarette anymore.”

It took me three weeks to reach the point where I actually had a thought other than having a cigarette.

- I substituted eating ice-cream for smoking. I put on fifteen quick pounds and made the Haagen-Dazs people rich, but it still helped me quit smoking.

I became an obnoxious nonsmoker myself. I berated a man (a small man) for lighting up in a nonsmoking area of an Amtrak train, and I bragged to friends who continued to smoke after I quit: “Well, all I can say is, I’m glad I’m no longer a slave to tobacco.”

22
If I ever start again, I would have to face much finger-pointing and ridicule. That gives me strength to carry on.
I gave myself an out. I’m going to start smoking again on my ninetieth birthday.
Quit, dammit.

2. Complete the chart.

<table>
<thead>
<tr>
<th>Word Form Chart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Noun</td>
</tr>
<tr>
<td>derision</td>
</tr>
<tr>
<td>Plausible</td>
</tr>
</tbody>
</table>
Ridicule         |

3. Translate the following sentences.

1. Какой неносный мальчишка!
2. Он стал предметом всеобщих насмешек.
3. Ее криминальное прошлое делало ее изгоем.
4. Она отчаянно искала выход.
5. Министр был обруган разъяренными демонстрантами, когда покидал встречу.
6. Его голос был жестоко насмешлив.
7. Я не хвастаюсь, но я думаю, что хорошо справился с собеседованием.
8. Кто-то просунул записку под дверь.
9. Его ответ был достаточно правдоподобным.
10. В этом рецепте маргарин можно использовать вместо масла.
11. Сью – жертва моды.
12. Она подозревала его в попытке осмеивания ее.

4. T/F statements.

1. There are few smoke-free places.
2. Non-smokers have become outcasts.
3. The author gave up smoking because of lung cancer.
4. All his friends stayed smokeless and he hung in there with them.
5. He substituted eating sweets for smoking.
6. He became an obnoxious nonsmoker himself.
7. He found an out.
5. Check your comprehension.

1. What is the current attitude toward smokers in the United States, according to the author?
2. Now that the author is a nonsmoker, what is his attitude toward smokers?
3. How have the airlines had an influence on the author’s decision to quit smoking?
4. What were the author’s reasons for quitting smoking?
5. The author also gives a list of the things that helped him stop. Which of these do you think probably was the most effective?
DEALING WITH ADDICTION

Jason's life is beginning to unravel. His grades have slipped, he's moody, he doesn't talk to his friends, and he has stopped showing up for practice. Jason's friends know he has been experimenting with drugs and now they're worried he has become addicted.

Defining an addiction is tricky, and knowing how to handle one is even harder.

What Are Substance Abuse and Addiction?

The difference between substance abuse and addiction is very slight. Substance abuse means using an illegal substance or using a legal substance in the wrong way. Addiction begins as abuse, or using a substance like marijuana or cocaine.

You can abuse a drug (or alcohol) without having an addiction. For example, just because Sara smoked pot a few times doesn't mean that she has an addiction, but it does mean that she's abusing a drug — and that could lead to an addiction.

People can get addicted to all sorts of substances. When we think of addiction, we usually think of alcohol or illegal drugs. But people become addicted to medications, cigarettes, even glue!

And some substances are more addictive than others: Drugs like crack or heroin are so addictive that they might only be used once or twice before the user loses control.

Addiction means a person has no control over whether he or she uses a drug or drinks. Someone who's addicted to cocaine has grown so used to the drug that he or she has to have it. Addiction can be physical, psychological, or both.

Physical Addiction

Being physically addicted means a person's body actually becomes dependent on a particular substance (even smoking is physically addictive). It also means building tolerance to that substance, so that a person needs a larger dose than ever before to get the same effects.

Someone who is physically addicted and stops using a substance like drugs, alcohol, or cigarettes may experience withdrawal symptoms. Common symptoms of withdrawal are diarrhea, shaking, and generally feeling awful.

Psychological Addiction

Psychological addiction happens when the cravings for a drug are psychological or emotional. People who are psychologically addicted feel overcome by the desire to have a drug. They may lie or steal to get it.
A person crosses the line between abuse and addiction when he or she is no longer trying the drug to have fun or get high, but has come to depend on it. His or her whole life centers around the need for the drug. An addicted person — whether it's a physical or psychological addiction or both — no longer feels like there is a choice in taking a substance.

**Signs of Addiction**

The most obvious sign of an addiction is the need to have a particular drug or substance. However, many other signs can suggest a possible addiction, such as changes in mood or weight loss or gain. (These also are signs of other conditions too, though, such as depression or eating disorders.)

Signs that you or someone you know may have a drug or alcohol addiction include:

**Psychological signals:**

- use of drugs or alcohol as a way to forget problems or to relax
- withdrawal or keeping secrets from family and friends
- loss of interest in activities that used to be important
- problems with schoolwork, such as slipping grades or absences
- changes in friendships, such as hanging out only with friends who use drugs
- spending a lot of time figuring out how to get drugs
- stealing or selling belongings to be able to afford drugs
- failed attempts to stop taking drugs or drinking
- anxiety, anger, or depression
- mood swings

**Physical signals:**

- changes in sleeping habits
- feeling shaky or sick when trying to stop
- needing to take more of the substance to get the same effect
- changes in eating habits, including weight loss or gain

**Getting Help**

If you think that you or someone you care about is addicted to drugs or alcohol, recognizing the problem is the first step in getting help.

Many people think they can kick the problem on their own, but that rarely works. Find someone you trust to talk to. It may help to talk to a friend or someone your own age at first, but a supportive and understanding adult is your best option for getting help. If you can't talk to your parents, you might want to approach a school counselor, relative, doctor, favorite teacher, or religious leader.
Unfortunately, overcoming addiction is not easy. Quitting drugs or drinking is probably going to be one of the hardest things you or your friend have ever done. It's not a sign of weakness if you need professional help from a trained drug counselor or therapist. Most people who try to kick a drug or alcohol problem need professional assistance or a treatment program to do so.

**Tips for Recovery**

Once you start a treatment program, try these tips to make the road to recovery less bumpy:

**Tell your friends about your decision to stop using drugs.** Your true friends will respect your decision. This might mean that you need to find a new group of friends who will be 100% supportive. Unless everyone decides to kick their drug habit at once, you probably won't be able to hang out with the friends you did drugs with.

**Ask your friends or family to be available when you need them.** You might need to call someone in the middle of the night just to talk. If you're going through a tough time, don't try to handle things on your own — accept the help your family and friends offer.

**Accept invitations only to events that you know won't involve drugs or alcohol.** Going to the movies is probably safe, but you may want to skip a Friday night party until you're feeling more secure. Plan activities that don't involve drugs. Go to the movies, try bowling, or take an art class with a friend.

**Have a plan about what you'll do if you find yourself in a place with drugs or alcohol.** The temptation will be there sometimes, but if you know how you're going to handle it, you'll be OK. Establish a plan with your parents, siblings, or other supportive friends and adults so that if you call home using a code, they'll know that your call is a signal you need a ride out of there.

**Remind yourself that having an addiction doesn't make a person bad or weak.** If you fall back into old patterns (backslide) a bit, talk to an adult as soon as possible. There's nothing to be ashamed about, but it's important to get help soon so that all of the hard work you put into your recovery is not lost.

If you're worried about a friend who has an addiction, you can use these tips to help him or her. For example, let your friend know that you are available to talk or offer your support. If you notice a friend backsliding, talk about it openly and ask what you can do to help.

If your friend is going back to drugs or drinking and won't accept your help, don't be afraid to talk to a nonthreatening, understanding adult, like your parent or school counselor. It may seem like you're ratting your friend out, but it's the best support you can offer.

Above all, offer a friend who's battling an addiction lots of encouragement and praise. It may seem corny, but hearing that you care is just the kind of motivation your friend needs.
Staying Clean
Recovering from a drug or alcohol addiction doesn't end with a 6-week treatment program. It's a lifelong process. Many people find that joining a support group can help them stay clean. There are support groups specifically for teens and younger people. You'll meet people who have gone through the same experiences you have, and you'll be able to participate in real-life discussions about drugs that you won't hear in your school's health class.

Many people find that helping others is also the best way to help themselves. Your understanding of how difficult the recovery process can be will help you to support others — both teens and adults — who are battling an addiction.

If you do have a relapse, recognizing the problem as soon as possible is critical. Get help right away so that you don't undo all the hard work you put into your initial recovery. And, if you do have a relapse, don't ever be afraid to ask for help!

TEXT 2

SMOKELESS TOBACCO

You don't smoke it. You don't swallow it. All you do is slosh it around your mouth and spit out the brown juices every few seconds. OK, so it actually is pretty disgusting. But so what? After all, it's called smokeless or chewing tobacco. That means you chew and spit it, not smoke it, so it can't be as bad as inhaling tobacco smoke into your lungs, right?

Wrong . . . unfortunately, smokeless doesn't mean harmless. The fact is, chewing tobacco is every bit as dangerous as smoking it.

What Is Smokeless Tobacco?
Smokeless tobacco, also called spit tobacco, chewing tobacco, chew, chaw, dip, plug, and probably a few other things, comes in two forms: snuff and chewing tobacco.

Snuff is a fine-grain tobacco that often comes in teabag-like pouches that users "pinch" or "dip" between their lower lip and gum. Chewing tobacco comes in shredded, twisted, or "bricked" tobacco leaves that users put between their cheek and gum. Whether it's snuff or chewing tobacco, you're supposed to let it sit in your mouth and suck on the tobacco juices, spitting often to get rid of the saliva that builds up. This sucking and chewing allows nicotine, which is a drug you can become addicted to, to be absorbed into the bloodstream through the tissues in your mouth. You don't even need to swallow.

Where Does It Come From?
Smokeless tobacco has been around for a long time. Native people of North and South America chewed tobacco, and snorting and chewing snuff was popular in
Europe and Scandinavia (the word "snuff" comes from the Scandinavian word "snus").

In the United States, chewing tobacco has long been associated with baseball. Players chewed it to keep their mouths moist, spit it into their gloves to soften them up, and used it to make a "spitball," a special pitch that involved the pitcher dabbing the ball with saliva to cause it to spin off the fingers easily and break sharply. (Spitballs were banned from the sport in 1920.) By the 1950s, chewing tobacco had fallen out of favor in most of America, so by that time not too many baseball players were spitting big brown gobs all over the infield. Instead of chewing their tobacco, most people were smoking it.

But, in the 1970s, people became more aware of the dangers of smoking. Thinking it was a safe alternative to lighting up, baseball players started chewing on their tobacco again. Some players even developed the habit of mixing their chewing tobacco with bubble gum and chewing the whole thing. Gross, huh?

These days, you don't find the majority of professional ballplayers with wads of chaw in their cheeks. But lots of guys and girls, athletes or not, still find time for chewing and spitting.

**Who Chews?**

As many as 20% of high school boys and 2% of high school girls use smokeless tobacco, according to the Centers for Disease Control and Prevention (CDC). Of the 12 to 14 million American users, one third are under age 21, and more than half of those developed the habit before they were 13. Peer pressure is just one of the reasons for starting the habit. Serious users often graduate from brands that deliver less nicotine to stronger ones. With each use, you need a little more of the drug to get the same feeling.

**So What's the Danger?**

Just like smoking cigarettes, chewing smokeless tobacco can eventually rip apart your body and kill you. It's that simple, really. There's no such thing as a "safe" tobacco product.

Take Bill Tuttle, for example. An outfielder for the Detroit Tigers, the Kansas City Athletics (before they moved to Oakland), and the Minnesota Twins, Tuttle chewed tobacco for most of his career. In fact, a lot of Tuttle's baseball cards over the years pictured him with a cheek bulging with chewing tobacco. Thirty-eight years after the end of his baseball career, Tuttle had a more ominous bulge in his cheek — a huge tumor that was so big that it came through his cheek and extended through his skin. Doctors removed the tumor, along with much of Tuttle's face. Chewing tobacco as a young man had cost him his jawbone, his right cheekbone, a lot of his teeth and gum line, and his taste buds. Cancer caused by his chewing habit finally claimed him in 1998, but Tuttle spent the rest of his life trying to steer young people, as well as grown athletes, away from smokeless tobacco.
Other baseball players have met a similar fate. Even one of the greatest of all time, Babe Ruth, was fond of dipping and chewing tobacco. He died at age 52 of an oropharyngeal tumor, which is a cancerous tumor in the back part of the throat.

But, of course, it isn't just baseball players who learn to regret their choice to start chewing tobacco. According to the CDC, each year about 30,000 Americans learn they have mouth and throat cancers, and nearly 8,000 die of these diseases. Sadly, only about half of people with diagnosed mouth or throat cancer survive more than 5 years.

What Can Chewing Tobacco Do to Me?
The more immediate effects can disrupt your social life: bad breath and yellowish-brown stains on your teeth. You'll also get mouth sores (about 70% of spit tobacco users have them). But, it gets a lot more serious than that. Consequences of chewing and spitting tobacco include:

- cracking and bleeding lips and gums
- receding gums, which can eventually make your teeth fall out
- increased heart rate, high blood pressure, and irregular heartbeats, all leading to a greater risk of heart attacks and brain damage (from a stroke)
- cancer

Oral cancer means cancer of the mouth and can happen in the lips, the tongue, the floor of the mouth, the roof of the mouth, the cheeks, or gums. It's been medically proven that long-time use of chewing tobacco can lead to cancer. But cancer from chewing tobacco doesn't just occur in the mouth. Some of the cancer-causing agents in the tobacco can get into the lining of your stomach, your esophagus, and into your bladder.

Quitting the Dipping
If you're a dipper, put some long thought into breaking the habit and quitting now. When you decide to quit, don't do it alone. Tell friends or family and enlist their support. Strategies for breaking the habit include:

- using a nicotine gum or a patch (ask your doctor about these options first)
- planning ahead and using substitutes such as tobacco-free, mint-leaf snuff; sugarless gum; hard candy; beef jerky; sunflower seeds; shredded coconut; raisins; or dried fruit
- getting involved in healthier activities: lifting weights, shooting baskets, going for a swim, etc.

It's tough to quit, but realize that backsliding is common, so don't give up. Your chances of success increase with each try!
SMOKING AND ASTHMA

You may have family photo albums full of people smoking at every type of event, from birthday parties to company picnics. That's because smoking was once accepted pretty much everywhere — even in doctor's offices. But that changed as we learned more about the health problems it causes.

If you have asthma, smoking is especially risky because of the damage it does to the lungs.

When someone smokes, he or she may cough, wheeze, and feel short of breath. This is because smoke irritates the airways, causing them to become swollen, narrow, and filled with sticky mucus. These are the same things that happen during an asthma flare-up. That's why smoking can cause asthma flare-ups to happen more often. Those flare-ups may be more severe and harder to control, even with medicine.

If You Smoke
You may have started smoking because all your friends do or because you grew up in a house where lots of people smoked. Some people try smoking because they are curious or bored. No matter why you started, if you're thinking about quitting, it would probably help your asthma.

Smoking can undo the effect of any controller medicine you're taking. It also can force you to use your rescue medicine more often. It can also disturb your sleep by making you cough more at night and can affect how well you perform in sports or other physical activities. Worst of all, it can send you to the emergency department with a severe asthma flare-up.

If you decide to quit smoking, you don't have to go it alone. Seek the support of others who are also trying to quit. You also might ask your doctor about medication or different strategies that can help you crave cigarettes less.

If Other People Smoke
Even if you don't smoke, you may still run into smoky situations in restaurants, parties, or even at home if one of your family members smokes. Secondhand smoke is a known asthma trigger, so you'll want to avoid it as much as possible if you have asthma.

If you hang out with smokers or have a family member who smokes in the house, you are likely to have more frequent and severe asthma symptoms. You may have to take more medicine and your asthma may be harder to control. Finally, you may find yourself at the doctor's office or emergency department more often because of asthma symptoms.

There's not much you can do about other people's behavior, but you should let your friends and family know that what they are doing is making your asthma worse. Ask them not to smoke in your house or car. It's your air, after all.
TEXT 4

HOOKAHS AND E-CIGARETTES.

It's not only cigarettes that get people dependent on tobacco. Hookahs, staples of Middle Eastern café society, are water pipes used to smoke tobacco through a hose with a tapered mouthpiece. There's a myth going around that hookahs are safer because the smoke is cooled when it passes through the water.

But take a look at the black, resinous gunk that builds up in a hookah hose. Some of that gets into users' mouths and lungs. Indeed, experts say hookahs are no safer than cigarettes — and since they don't have filters and people often use them for long periods, the health risks might be even greater. Hookahs are usually shared, so there's the additional risk from germs being passed around along with the pipe.

Also beware of electronic cigarettes (e-cigarettes), which contain cancer-causing chemicals and other toxins, including a compound used in antifreeze. These battery-operated devices use cartridges filled with nicotine, flavorings, and other chemicals and convert them into a vapor that's inhaled by the user.

E-cigarettes haven't been evaluated or approved by the U.S. Food and Drug Administration (FDA), so they don't have to post the health warnings that nicotine replacement products or conventional cigarettes do. But there's no such thing as a safe nicotine product.

Kicking Butts and Staying Smoke Free

All forms of tobacco — cigarettes, pipes, cigars, hookahs, and smokeless tobacco — are hazardous. It doesn't help to substitute products that seem like they're better for you than regular cigarettes, such as e-cigarettes or filtered or low-tar cigarettes.

The only thing that really helps a person avoid the problems associated with smoking is staying smoke free. This isn't always easy, especially if everyone around you is smoking and offering you cigarettes. It may help to have your reasons for not smoking ready for times you may feel the pressure, such as "I just don't like it" or "I want to stay in shape for soccer" (or football, basketball, or other sport).

The good news for people who don't smoke or who want to quit is that studies show that the number of teens who smoke has dropped dramatically. Today, about 20% of high school students smoke — which means 4 out of 5 don't.

If you do smoke and want to quit, you have lots of information and support available. Different approaches to quitting work for different people. For some, quitting cold turkey is best. Others find that a slower approach is the way to go. Some people find that it helps to go to a support group especially for teens. These are sometimes sponsored by local hospitals or organizations like the American Cancer Society. The Internet offers a number of good resources to help people quit smoking.
When quitting, it can be helpful to realize that the first few days are the hardest. So don't give up. Some people find they have a few relapses before they manage to quit for good.

Staying smoke free will give you a whole lot more of everything — more energy, better performance, better looks, more money in your pocket, and, in the long run, more life to live!

TEXT 5

HOW CAN I QUIT SMOKING?

First, congratulate yourself. Just reading this article is a huge step toward becoming tobacco free. Many people don't quit smoking because they think it's too hard to do. They think they'll quit someday.

It's true, for most people quitting isn't easy. After all, the nicotine in cigarettes is a powerfully addictive drug. But with the right approach, you can overcome the cravings.

The Difficulty in Kicking the Habit

Smokers may have started smoking because their friends did or because it seemed cool. But they keep on smoking because they became addicted to nicotine, one of the chemicals in cigarettes and smokeless tobacco.

Nicotine is both a stimulant and a depressant. That means it increases the heart rate at first and makes people feel more alert (like caffeine, another stimulant). Then it causes depression and fatigue. The depression and fatigue — and the drug withdrawal from nicotine — make people crave another cigarette to perk up again.

According to many experts, the nicotine in tobacco is as addictive as cocaine or heroin.

But don't be discouraged; millions of Americans have permanently quit smoking. These strategies can help you quit, too:

Put it in writing. People who want to make a change often are more successful when they put it in writing. So write down all the reasons why you want to quit smoking, such as the money you will save or the stamina you'll gain for playing sports. Keep that list where you can see it, and add to it as you think of new reasons.

Get support. People whose friends and family help them quit are much more likely to succeed. If you don't want to tell your parents or family that you smoke, make sure your friends know, and consider confiding in a counselor or other adult you trust. And if you're having a hard time finding people to support you (if, say, all your friends smoke and none of them is interested in quitting), you might consider joining a support group, either in person or online.
More Strategies That Work

**Set a quit date.** Pick a day that you'll stop smoking. Tell your friends (and your family, if they know you smoke) that you're going to quit smoking on that day. Just think of that day as a dividing line between the smoking you and the new and improved nonsmoker you'll become. Mark it on your calendar.

**Throw away your cigarettes — all of your cigarettes.** People can't stop smoking with cigarettes still around to tempt them. Even toss out that emergency pack you have stashed in the secret pocket of your backpack. Get rid of your ashtrays and lighters, too.

**Wash all your clothes.** Get rid of the smell of cigarettes as much as you can by washing all your clothes and having your coats or sweaters dry-cleaned. If you smoked in your car, clean that out, too.

**Think about your triggers.** You're probably aware of the situations when you tend to smoke, such as after meals, when you're at your best friend's house, while drinking coffee, or as you're driving. These situations are your triggers for smoking — it feels automatic to have a cigarette when you're in them. Once you've figured out your triggers, try these tips:

- **Avoid these situations.** For example, if you smoke when you drive, get a ride to school, walk, or take the bus for a few weeks. If you normally smoke after meals, make it a point to do something else after you eat, like read or call a friend.
- **Change the place.** If you and your friends usually smoke in restaurants or get takeout and eat in the car, suggest that you sit in the no-smoking section the next time you go out to eat.
- **Substitute something else for cigarettes.** It can be hard to get used to not holding something and having something in your mouth. If you have this problem, stock up on carrot sticks, sugar-free gum, mints, toothpicks, or even lollipops.

**Physical and Mental Effects**

**Expect some physical symptoms.** If you smoke regularly, you're probably physically addicted to nicotine and your body may experience some symptoms of withdrawal when you quit. These may include:

- headaches or stomachaches
- crabbiness, jumpiness, or depression
- lack of energy
- dry mouth or sore throat
- desire to pig out

Luckily, the symptoms of nicotine withdrawal will pass — so be patient. Try not to give in and sneak a smoke because you'll just have to deal with the symptoms longer.

**Keep yourself busy.** Many people find it's best to quit on a Monday, when they have school or work to keep them busy. The more distracted you are, the less
likely you'll be to crave cigarettes. *Staying active is also a good way to make sure you keep your weight down and your energy up*, even as you're experiencing the symptoms of nicotine withdrawal.

**Quit gradually.** Some people find that gradually decreasing the number of cigarettes they smoke each day is an effective way to quit. However, this strategy doesn't work for everyone — you may find you have to stop completely at once. This is known as "cold turkey."

**Use a nicotine replacement if you need to.** If you find that none of these strategies is working, you might talk to your doctor about treatments. Using a nicotine replacement, such as gum, patches, inhalers, or nasal sprays, can be very helpful. Sprays and inhalers are available by prescription only, and it's important to see your doctor before buying the patch and gum over the counter. That way, your doctor can help you find the solution that will work best for you. For example, the patch requires the least effort on your part, but it doesn't offer the almost instantaneous nicotine kick that gum does.

**Slip-Ups Happen**

**If you slip up, don't give up!** Major changes sometimes have false starts. If you're like many people, you may quit successfully for weeks or even months and then suddenly have a craving that's so strong you feel like you have to give in. Or maybe you accidentally find yourself in one of your trigger situations and give in to temptation.

If you slip up, it doesn't mean you've failed, it just means you're human. Here are some ways to get back on track:

- **Think about your slip as one mistake.** Take notice of when and why it happened and move on.
- **Did you become a heavy smoker after one cigarette?** We didn't think so — it happened more gradually, over time. Keep in mind that one cigarette didn't make you a smoker to start with, so smoking one cigarette (or even two or three) after you've quit doesn't make you a smoker again.
- **Remind yourself why you've quit and how well you've done** — or have someone in your support group, family, or friends do this for you.

**Reward yourself.** As you already know, quitting smoking isn't easy. Give yourself a well-deserved reward! Set aside the money you usually spend on cigarettes. When you've stayed tobacco free for a week, 2 weeks, or a month, buy yourself a treat like a new CD, book, movie, or some clothes. And every smoke-free year, celebrate again. You earned it.
ANTI-SMOKING SLOGANS

At least half of the world seems to enjoy the pleasures of smoking. However, the other half seems to be really up against it. From anti smoking laws to zero cigarette campaigns, this half of the world seems to have taken really serious steps in its battle against the fumes. The most effective tools that they employed are the slogans.

Slogans are words combined to form simple sentences or phrases which promote ideas. Since time immemorial, this has been used to promote general thoughts and even eccentric ideas. From “skin is in” to “no gut no glory”, there are just too many slogans that have made their marks in the shaping of history. The same is true when it comes to the battle against smoking. Anti smoking slogans abound all over the world, in order to be a little closer to the elimination of this abominable vice.

Anti smoking slogans tackle every aspect of smoking and its effects in very few words. The most prominent ones are those which delve into the health concerns of people around the world. A perfect example of a health related anti smoking slogan is “Save your lungs, save your life”. Indeed, the message here is clear. It says that the cause of various physical diseases can be traced down to smoking cigarettes. Other examples are “Breathe healthily, live happily” and “If you can’t stop smoking, cancer will.” These easy to remember and rhythmically rhymed slogans have been used by various anti smoking organizations in their campaign posters, banners and even televised public service plugs.

There are also anti smoking slogans which deal with the pollution that the use of cigarettes can cause. As you may know, smoke is harmful for the air. The constant smoking of millions of people everyday actually contributes to the air pollution here on earth. As such, slogans like “Share clean air” and “Everyone has a right to clean air” have been popular adages when it comes to discouraging smoking for environmental causes. Even the improper throwing of cigarette butts have been choice topics among environmental anti smoking slogans.

Last but not the least, there are also anti smoking slogans which discuss financial disadvantages caused by smoking. As you may well know, cigarettes are not the cheapest things on earth. In some countries like Singapore, they can even cause up to $10 a pack. As such, it can cause financial strain on average earners which have been hooked to the habit. An example of this is “Too much smoke will leave you broke”. It is a clear statement on proper use of resources, instead of splurging on deadly vices.

If you are into the same cause, then you might want to make your own anti smoking slogan now if you can. It’s fun, challenging and worthy of doing. The best thing about this is that you can actually save lives once your anti smoking slogan’s message gets heard.
Hang Tough, Don't Puff!
The urge to smoke goes away whether you light up or not.
Don't Despair. Breathe the Air.
Deep breathe until the urge passes.
No butts about it, smoking is bad for your health.
When you give in to the urge to smoke, you are rewarding the urge. This is why the urges return more frequently and more strongly.
A desire to smoke is not a command that must be followed.
The NicoBeast's voice can't hurt you. Ignore it. Or analyze it. See it for what it is.
Laugh at the tricks it tries to use on you to get you to have "just one".
You can't brag if you take a drag!
Smokers Don't Get To Smoke. They have to smoke.
Relaxation breathing: draw air in the way you do with a cig (but without the cig)
Just say to yourself, "But I don't smoke anymore"
Think: "I'm becoming a nonsmoker" (instead of thinking "I'm giving up smoking").
I'm A Puff Away From A Pack A Day. ♠♠♠ ( Even A Puff Can Blow Me Away )

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Smoking period

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I'll Smoke and Save a Life, Yours.
It's 11 PM and Aaron has already had a full day of school, work, and after-school activities. He's tired and knows he could use some sleep. But he still hasn't finished his homework. So he reaches for his headphones — and some caffeine.

What Is Caffeine?
Caffeine is a drug that is naturally produced in the leaves and seeds of many plants. It's also produced artificially and added to certain foods. Caffeine is defined as a drug because it stimulates the central nervous system, causing increased alertness. Caffeine gives most people a temporary energy boost and elevates mood.

Caffeine is in tea, coffee, chocolate, many soft drinks, and pain relievers and other over-the-counter medications. In its natural form, caffeine tastes very bitter. But most caffeinated drinks have gone through enough processing to camouflage the bitter taste.

Teens usually get most of their caffeine from soft drinks and energy drinks. (In addition to caffeine, these also can have added sugar and artificial flavors.) Caffeine is not stored in the body, but you may feel its effects for up to 6 hours.

Got the Jitters?
Many people feel that caffeine increases their mental alertness. Higher doses of caffeine can cause anxiety, dizziness, headaches, and the jitters. Caffeine can also interfere with normal sleep.

Caffeine sensitivity (the amount of caffeine that will produce an effect in someone) varies from person to person. On average, the smaller the person, the less caffeine needed to produce side effects. Caffeine sensitivity is most affected by the amount of caffeine a person has daily. People who regularly take in a lot of caffeine soon develop less sensitivity to it. This means they may need more caffeine to achieve the same effects.

Caffeine is a diuretic, meaning it causes a person to urinate (pee) more. It's not clear whether this causes dehydration or not. To be safe, it's probably a good idea to stay away from too much caffeine in hot weather, during long workouts, or in other situations where you might sweat a lot.

Caffeine may also cause the body to lose calcium, and that can lead to bone loss over time. Drinking caffeine-containing soft drinks and coffee instead of milk can have an even greater impact on bone density and the risk of developing osteoporosis.

Caffeine can aggravate certain heart problems. It may also interact with some medications or supplements. If you are stressed or anxious, caffeine can make these feelings worse. Although caffeine is sometimes used to treat migraine headaches, it can make headaches worse for some people.
Moderation Is the Key
Caffeine is usually thought to be safe in moderate amounts. Experts consider 200-300 mg of caffeine a day to be a moderate amount for adults. But consuming as little as 100 mg of caffeine a day can lead a person to become "dependent" on caffeine. This means that someone may develop withdrawal symptoms (like tiredness, irritability, and headaches) if he or she quits caffeine suddenly.

Teens should try to limit caffeine consumption to no more than 100 mg of caffeine daily, and kids should get even less.

Cutting Back
If you're taking in too much caffeine, you may want to cut back. The best way is to cut back slowly. Otherwise you could get headaches and feel tired, irritable, or just plain lousy.

Try cutting your intake by replacing caffeinated sodas and coffee with noncaffeinated drinks. Options include water, decaffeinated coffee, caffeine-free sodas, and caffeine-free teas. Start by keeping track of how many caffeinated drinks you have each day, then substitute one of these daily drinks with a caffeine-free alternative. Continue this for a week. Then, if you are still drinking too much caffeine, substitute another of your daily drinks, again, keeping it up for a week. Do this for as many weeks as it takes to bring your daily caffeine intake below the 100-milligram mark. Taking a gradual approach like this can help you wean yourself from caffeine without unwanted side effects like headaches.

As you cut back on the amount of caffeine you consume, you may find yourself feeling tired. Your best bet is to hit the sack, not the sodas: It's just your body's way of telling you it needs more rest. Your energy levels will return to normal in a few days.

TEXT 8
ALCOHOL

Getting the Facts
Just about everyone knows that the legal drinking age throughout the United States is 21. But according to the National Center on Addiction and Substance Abuse, almost 80% of high school students have tried alcohol.

Deciding whether to drink is a personal decision that we each eventually have to make. This article provides some information on alcohol, including how it affects your body, so you can make an educated choice.

What Is Alcohol?
Alcohol is created when grains, fruits, or vegetables are fermented. Fermentation is a process that uses yeast or bacteria to change the sugars in the food into alcohol. Fermentation is used to produce many necessary items — everything
from cheese to medications. Alcohol has different forms and can be used as a cleaner, an antiseptic, or a sedative.

So if alcohol is a natural product, why do teens need to be concerned about drinking it? When people drink alcohol, it's absorbed into their bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all body functions. Because experts now know that the human brain is still developing during our teens, scientists are researching the effects drinking alcohol can have on the teen brain.

**How Does It Affect the Body?**

Alcohol is a depressant, which means it slows the function of the central nervous system. Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing.

In very small amounts, alcohol can help a person feel more relaxed or less anxious. More alcohol causes greater changes in the brain, resulting in intoxication. People who have overused alcohol may stagger, lose their coordination, and slur their speech. They will probably be confused and disoriented. Depending on the person, intoxication can make someone very friendly and talkative or very aggressive and angry. Reaction times are slowed dramatically — which is why people are told not to drink and drive. People who are intoxicated may think they're moving properly when they're not. They may act totally out of character.

When large amounts of alcohol are consumed in a short period of time, alcohol poisoning can result. Alcohol poisoning is exactly what it sounds like — the body has become poisoned by large amounts of alcohol. Violent vomiting is usually the first symptom of alcohol poisoning. Extreme sleepiness, unconsciousness, difficulty breathing, dangerously low blood sugar, seizures, and even death may result.

**Why Do Teens Drink?**

Experimentation with alcohol during the teen years is common. Some reasons that teens use alcohol and other drugs are:

- curiosity
- to feel good, reduce stress, and relax
- to fit in
- to feel older

From a very young age, kids see advertising messages showing beautiful people enjoying life — and alcohol. And because many parents and other adults use alcohol socially — having beer or wine with dinner, for example — alcohol seems harmless to many teens.

**Why Shouldn't I Drink?**

Although it's illegal to buy alcohol in the United States until the age of 21, most teens can get access to it. It's therefore up to you to make a decision about drinking. In addition to the possibility of becoming addicted, there are some downsides to drinking:
The punishment is severe. Teens who drink put themselves at risk for obvious problems with the law (it's illegal; you can get arrested). Teens who drink are also more likely to get into fights and commit crimes than those who don't.

People who drink regularly also often have problems with school. Drinking can damage a student's ability to study well and get decent grades, as well as affect sports performance (the coordination thing).

You can look really stupid. The impression is that drinking is cool, but the nervous system changes that come from drinking alcohol can make people do stupid or embarrassing things, like throwing up or peeing on themselves. Drinking also gives people bad breath, and no one enjoys a hangover.

Alcohol puts your health at risk. Teens who drink are more likely to be sexually active and to have unsafe, unprotected sex. Resulting pregnancies and sexually transmitted diseases can change — or even end — lives. The risk of injuring yourself, maybe even fatally, is higher when you're under the influence, too. One half of all drowning deaths among teen guys are related to alcohol use. Use of alcohol greatly increases the chance that a teen will be involved in a car crash, homicide, or suicide.

Teen drinkers are more likely to get fat or have health problems, too. One study by the University of Washington found that people who regularly had five or more drinks in a row starting at age 13 were much more likely to be overweight or have high blood pressure by age 24 than their nondrinking peers. People who continue drinking heavily well into adulthood risk damaging their organs, such as the liver, heart, and brain.

How Can I Avoid Drinking?

If all your friends drink and you don't want to, it can be hard to say "no, thanks." No one wants to risk feeling rejected or left out. Different strategies for turning down alcohol work for different people. Some people find it helps to say no without giving an explanation, others think offering their reasons works better ("I'm not into drinking," "I have a game tomorrow," or "my uncle died from drinking," for example).

If saying no to alcohol makes you feel uncomfortable in front of people you know, blame your parents or another adult for your refusal. Saying, "My parents are coming to pick me up soon," "I already got in major trouble for drinking once, I can't do it again," or "my coach would kill me," can make saying no a bit easier for some.

If you're going to a party and you know there will be alcohol, plan your strategy in advance. You and a friend can develop a signal for when it's time to leave, for example. You can also make sure that you have plans to do something besides just hanging out in someone's basement drinking beer all night. Plan a trip to the movies, the mall, a concert, or a sports event. You might also organize your friends into a volleyball, bowling, or softball team — any activity that gets you moving.
Girls or guys who have strong self-esteem are less likely to become problem drinkers than people with low self-esteem.
Учебное издание

SPEECH PRACTICE
HABITS AND ADDICTIONS

ПРАКТИКА УСТНОЙ РЕЧИ
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