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# HUFF AND PUFF

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## SMOKING IS BAD FOR YOU. OR IS IT?

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Type of module	Creative communication
Level	B2
Target group	16–19-year-old learners
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A kiadvány az Educatio Kht. kompetenciafejlesztő oktatási program kerettanterve alapján készült.

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A teljes programcsomag elérhető: [www.educatio.hu](http://www.educatio.hu) címen.

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## 1.2 CARDS – ARGUMENTS FOR ALLOWING SMOKING



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**1** Anti-smokers, brought up in schools where the teachers showed them false pictures of “healthy lungs” and “diseased smoker’s lungs” tend to think that there have been thousands and thousands of “studies”, linking smoking to every disease from emphysema to heart attacks to lung cancer. When I began researching the subject, however, I found that, like the myth about smoker’s lungs turning brown from cigarette tars, the “thousands and thousands of studies” was also a myth.



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**2** While a government has a responsibility to protect its population, it also has a responsibility to defend their freedom of choice. The law steps in to prevent citizens causing harm to others, whether deliberately or accidentally. However, it should not stop them taking risks themselves – for example, dangerous sports such as rock-climbing, parachuting or motor-racing are legal. Banning smoking would be an intrusion into personal freedom.



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**3** Cigarettes are not dangerous because they are not prepared with care; rather they are inherently, potentially, harmful. A better comparison is to unhealthy foods. High cholesterol or a high intake of fat can be extremely harmful, leading to heart disease, obesity, and other conditions; but manufacturers of these products are not punished. People simply like the taste of fatty food. People should be allowed to smoke cigarettes and to eat fatty foods – both these things are sources of pleasure which, while having serious associated health risks, are only fatal after many decades, unlike a poisonous food or an unsafe car, which pose immediate and high risks.



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**4** A comparison of cigarettes to hard drugs is inaccurate – tobacco is not harmful in the same way that many illegal narcotics may be, nor is it comparable to, for example, heroin in addictiveness, nor is it a mind-altering substance that leads to irrational, violent, or criminal behaviour. In this sense it is much less harmful than e.g. alcohol. The fact that so many smokers give up every year is testament to this. Many other substances and activities can be addictive (e.g. coffee, physical exercise) but this is no reason to make them illegal. People can quit if they choose to live more healthily, but many enjoy their use as part of their life.



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**5** Banning cigarettes would be simply crazy as about one sixth of the world population smoke. The lesson of prohibition of alcohol in America in the 1920s was that banning a recreational drug used by a large proportion of the population only leads to crime. It would also mean that governments would lose tax revenue from tobacco sales – a major source of income for national health and other resources in many countries. In Hungary, hundreds of billions of forints come from tax income related to cigarettes.



## 1.2 CARDS – ARGUMENTS FOR ALLOWING SMOKING (CONT.)



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**6** The evidence for passive smoking is very slim indeed, with very few controlled studies having been carried out. At most, those who live with heavy smokers for a long period of time may have a very slightly increased risk of cancer. It is true that smoke-filled environments can be unpleasant for non-smokers, but there are reasonable and responsible ways around this – smoking rooms in offices and airports are an excellent example.



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**7** Banning tobacco advertisements might not work either. Cigarette companies claim that advertisements only persuade people to switch brands, not to start smoking in the first place. People start smoking through peer pressure – indeed the more of a ‘forbidden fruit’ cigarettes become, the more attractive they will be to adolescents.



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**8** The original Surgeon General’s Report, released in 1964, showed no ill effects from pipe smoking, or moderate cigar smoking. Indeed, studies relied upon by the SG actually showed that pipe smokers lived longer than non-smokers. The only exception was pipe smokers who quit smoking.



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**9** Much of the rhetoric of the anti-smoking movement tries to demonize tobacco smokers as “nicotine addicts”. In the past, of course, the term “addict” has been generally applied only to mind-altering drugs, e.g. heroin and cocaine. Even alcohol, which is mind-altering, is not generally referred to as “addictive”. If nicotine is addictive, so are chocolate candies, pies and cakes, etc.



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**10** If, as the anti smokers claim, smoking is a deadly “addiction”, taking years away from the life of the smoker, how do they explain such examples as Japan, Israel, Greece, Cuba, Spain, Italy and France? How can it be that people in these countries smoke far more than people in the United States, yet manage to live substantially longer (e.g. Japan: 59% are smokers – Life expectancy: 76.6 years; USA: 28.1% smoke – Life expectancy: 72.6 years)?



## 1.2 GRID – ARGUMENTS FOR ALLOWING SMOKING

	<b>Arguments for allowing smoking</b>
<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	
<b>8</b>	
<b>9</b>	
<b>10</b>	

## 1.3 VOCABULARY

<b>Extract</b>	<b>Definition</b>	<b>Word or expression in the text</b>
1	connect sth to sth	
	legend	
2	protect sth	
	on purpose	
	the act of entering without invitation	
3	by nature	
	resulting in sth	
4	material	
	proof	
5	forbidding something by law	
	a lot of money earned	
6	there is not much proof	
	a somewhat higher risk	
7	convince sb	
	change from sth to sth	
	the strong influence of a group	
8	publish sth	
	stop sth	
9	blame	
	be described (as)	
10	to say that sth is true	
	a lot longer	

## 1.4 QUESTIONNAIRE ABOUT SMOKING

1 Why is smoking addictive?

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2 What are the three most harmful elements of cigarettes?

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3 How can cigarettes cause cancer?

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4 How can cigarettes cause a heart attack?

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5 Why do cigarettes make it hard for smokers to run?

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6 How can cigarettes make you look much older?

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## 2.1 VOCABULARY SLIPS

CONNECT STH TO STH	LINK
LEGEND	MYTH
PROTECT STH	DEFEND
ON PURPOSE	DELIBERATELY
THE ACT OF ENTERING WITHOUT INVITATION	INTRUSION
BY NATURE	INHERENTLY
RESULTING IN	LEADING TO
MATERIAL	SUBSTANCE
PROOF	TESTAMENT
FORBIDDING SOMETHING BY LAW	PROHIBITION
A LOT OF MONEY EARNED	A MAJOR SOURCE OF INCOME
THERE IS NOT MUCH PROOF	THE EVIDENCE FOR SOMETHING IS SLIM
A SOMEWHAT HIGHER RISK	A SLIGHTLY INCREASED RISK
CONVINCE SB	PERSUADE
CHANGE FROM STH TO STH	SWITCH
THE STRONG INFLUENCE OF A GROUP	PEER PRESSURE
PUBLISH STH	RELEASE
STOP STH	QUIT
BLAME	DEMONIZE
BE DESCRIBED	BE REFERRED TO
TO SAY THAT STH IS TRUE	CLAIM
A LOT LONGER	SUBSTANTIALLY LONGER

## 2.3 LISTENING EXERCISES

- 1 a) Pair the English words with their meaning in Hungarian.

1 stroke(s)	vérrög
2 addictive	tüdőgyulladás
3 tar	mérgező gázokat lélegez be
4 scarred	kémiai anyagokat bocsát ki
5 cilia	szélütés
6 pneumonia	mozgató erő
7 blood vessel	véredény
8 blood clot	csillószőr
9 motor skills	függőséget okozó
10 release chemicals	sérült
11 inhale toxic gases	kátrány

- 1 b) Fill in the gaps with the right preposition.

- 12 have an addiction \_\_\_\_\_ sth  
 13 be absorbed \_\_\_\_\_ the bloodstream  
 14 exposure \_\_\_\_\_ carbon monoxide  
 15 chemicals interfere \_\_\_\_\_ the cell division process  
 16 affect \_\_\_\_\_ sth  
 17 have an effect \_\_\_\_\_ sth

- 2 Put these headlines in the order that you can hear them.

Damage of the lungs	<input type="checkbox"/>
How smoking affects the heart and the blood vessels	<input type="checkbox"/>
How smoking causes cancer	<input type="checkbox"/>
Smoking is deadly!	<input type="checkbox"/>
Tar and CO	<input type="checkbox"/>
Addictive nicotine	<input type="checkbox"/>

## 2.3 LISTENING EXERCISES (CONT.)

### ■ 3 Fill in the gaps with the right word or expression.

- 1 Every year \_\_\_\_\_ people in the USA die due to smoking-related illnesses.
- 2 Among others, cancer, heart problems and \_\_\_\_\_ are caused by smoking.
- 3 There are many chemicals in cigarettes, of which \_\_\_\_\_ cause cancer.
- 4 Cigarette companies change the amount of \_\_\_\_\_ in cigarettes so that people get addicted to it.
- 5 The addictive chemical in cigarettes takes \_\_\_\_\_ to get to the brain.
- 6 Epinephrine is a chemical that creates a feeling of \_\_\_\_\_ in the brain.
- 7 The smoker needs to light the next cigarette because he feels \_\_\_\_\_ after the effect of the cigarette fades away.
- 8 Smokers become very \_\_\_\_\_ to nicotine, so they need more and more to reach the same good feeling.
- 9 The CO in cigarette smoke increases the risk of \_\_\_\_\_ .
- 10 Tar is the most important element that causes \_\_\_\_\_ in cigarettes.
- 11 Cancer occurs when chemicals interfere with how cells \_\_\_\_\_ .
- 12 Cigarette smoking is the most important cause of \_\_\_\_\_ in men and women.
- 13 The lining of the lungs are responsible for the \_\_\_\_\_ of oxygen and carbon dioxide.
- 14 If the cilia are destroyed, the lungs cannot \_\_\_\_\_ themselves of harmful elements.
- 15 Cholesterol in the body makes blood vessels narrow or even \_\_\_\_\_. As a result, blood cannot get to the heart easily and this might cause heart problems.
- 16 A stroke happens when blood vessels that take blood to the \_\_\_\_\_ are blocked or damaged.
- 17 Cholesterol deposits of the blood vessels under the skin make a person look \_\_\_\_\_ than they really are.

## 2.3 RECORDING OF THE LISTENING TASK (SCRIPT)

### **Facts about smoking**

Smoking is a major public health problem. About half a million deaths per year in the United States are due to smoking. These deaths happen as a result of cancers, breathing problems, strokes, and many other smoke-related health problems. Smoking causes an even higher number of disabilities, pain, and suffering from different diseases. Cigarette smoke contains thousands of chemical agents; at least 60 of these cause cancer!

The addictive ingredient in cigarette smoke is nicotine. Nicotine is very addictive. Cigarette companies are aware of this and manipulate levels of nicotine in cigarettes to make sure that smokers become addicted. Nicotine is quickly absorbed into the bloodstream; within 30 seconds of entering the body, it reaches the brain. It causes the brain to release special chemicals that create feelings of pleasure and energy. One of these chemicals is called epinephrine. The feelings that are created are usually called a “high” or a “buzz.” Within half an hour, the “buzz” fades away and the smoker is left feeling depressed and tired. This feeling is what causes smokers to light up the next cigarette. The cycle of stimulation and depression keeps repeating, which leads to addiction. Since the body is able to build up a high tolerance to nicotine, smokers gradually smoke more and more in order to get the same “high.” It has been proven that the craving for nicotine increases as levels of emotional and physical stress increase. Therefore, feeling stressed out can lead to more smoking.

Besides nicotine, cigarette smoke also includes carbon monoxide, also called CO. This gas is the same gas that kills people who commit suicide by turning their car engine on and closing the garage door. In small quantities, like the amount a smoker gets from smoking, exposure to carbon monoxide increases the risk of developing heart disease.

Tar is also found in cigarette smoke; it has been linked to different kinds of cancer, as well as damage to the lining of the lungs.

Most of the cells that our bodies are made of continually divide and die off in a very controlled way. Some chemicals can interfere with the cell division process, causing a cancer to develop. Smoking has been linked to at least 1/3 of all cancer related deaths in the United States. It has been shown to cause: lung cancer, cancer of the mouth and oral cavity, cancer of the larynx, or breathing tube, cancer of the esophagus, or feeding tube. Cigarette smoking is the number one cause of lung cancer in men and women.

## 2.3 RECORDING OF THE LISTENING TASK (SCRIPT) (CONT.)

All of the toxic gases that are inhaled when a person smokes damage the lining of the lungs. In healthy lungs, the lining is very smooth and delicate; it allows for the exchange of oxygen and carbon dioxide between the blood and the air. The smooth, delicate membranes of the lungs become very thick, black and scarred in smokers. This makes it very hard for the lungs to do their job. Very small hairs that can be seen only under a microscope cover some of the lining of the breathing tube and lungs; these are called cilia. Their function is to get rid of dust, bugs and other harmful elements that we might breathe in. Since smoking destroys the cilia, a smoker's lungs have very limited ability to clean themselves. This leads to repeated lung infections or pneumonia, which cause scarring and difficulty breathing.

Smoking causes the blood vessels of the body to become narrow and blocked. This happens because smoking triggers cholesterol to deposit in the blood vessels. Smoking also causes blood to clot inside the blood vessels, making them even narrower; this is called thrombosis. The combination of cholesterol deposits and thrombosis increases the risk of heart attacks and irregular heart rate. Both conditions can lead to disability and death. When the blood vessels of the brain are affected, there is a higher chance of strokes developing. Strokes are usually very disabling, affecting sensation and motor skills. Strokes also affect speech, understanding, and the ability to be independent. Cholesterol deposits and blood clots can affect the small blood vessels of the skin, which can cause a person to have wrinkled skin and look a lot older than they really are.

## 2.4 TOOLS FOR ARGUMENTATION

- Quickly go through these arguments (without any context this time) and decide if they are FOR or AGAINST smoking.

Banning cigarettes would be simply crazy...

Cigarettes should all be taken off the market ...

It would therefore be reasonable to ban smoking...

Tobacco should be banned since this is the only way to force people to quit...

The evidence for ... is very slim indeed.

The “thousands and thousands of studies” is a myth.

This is no reason to make them illegal...

This is surely enough reason to ban smoking...

## 2.4 ARGUMENTS FOR BANNING SMOKING

**1** There is little doubt that smoking tobacco is extremely harmful to the smoker's health. In the US, for example, research by the American Cancer Society suggests that tobacco causes up to 500,000 deaths each year – more than AIDS, alcohol, drug abuse, car crashes, murders, suicides, and fires combined. World-wide some 3 million people die from smoking each year – one every ten seconds – which estimates suggest will rise to 10 million by 2020. Smokers are up to 22 times more likely to develop lung cancer than non-smokers, and smoking can lead to a host of other health problems, including heart disease. One of the main responsibilities of any government is to ensure the safety of its population; that is why taking hard drugs and breaking the speed limit are also illegal. It would therefore be reasonable to ban smoking – an activity which kills millions of people each year.

**2** Personal freedom is of course an important issue, but it is the tobacco companies who we should be acting against. If a company produces food that is poisonous or a car that fails safety tests, the product is immediately taken off the market. Since all cigarettes and other tobacco products are poisonous and potentially deadly, they should all be taken off the market.

**3** Smoking is not a real choice, as nicotine is an addictive drug – in fact, recent allegations suggest that tobacco companies deliberately produce the most addictive cigarettes they can. Up to 90% of smokers begin when they are below the age of 18, often due to peer pressure; once addicted, continuing to smoke is no longer an issue of freedom of choice, but of addiction. Like other addictive drugs such as heroin and cocaine, tobacco should be banned since this is the only way to force people to quit. Most smokers say that they want to kick the habit, so this legislation would be doing them a favour.

**4** Most people who smoke tobacco are law-abiding normal citizens who would like to stop. They would not resort to criminal or black-market activities if cigarettes were no longer legally available – they would just quit. Banning smoking would make this happen and massively lighten the burden on health resources of the countries in which it was banned.

**5** Smoking also has wider effects, not simply restricted to smokers themselves. So-called 'passive smoking' is becoming an important issue: in a smoke-filled environment, non-smokers are also exposed to the risks associated with tobacco. Research suggests that partners of smokers have an increased chance of developing lung cancer, even if they do not use tobacco products. Beyond the health risks, smoke can also be extremely unpleasant in public spaces, in the workplace or in bars and restaurants. Smokers are therefore causing discomfort – as well as actual harm – to others. On top of the harm caused to the smokers themselves, this is surely enough reason to ban smoking.

**6** At the very least there should be a ban on all tobacco advertising and even more prominent and graphic health warnings on cigarette packets to deter young people, in particular, from starting to smoke.

## 2.4 GRID – ARGUMENTS FOR BANNING SMOKING

	<b>Arguments for banning smoking</b>
<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	
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<b>9</b>	
<b>10</b>	

### 3.1 LANGUAGE BOX – EXPRESSING DISAGREEMENT

Expressing doubt or lack of knowledge

Expressing disagreement more politely

Expressing disagreement informally

<p><b>A</b></p> <hr/>	
<p><i>Start with this:</i>                  To be frank, . . .                  To tell the truth, . . .</p>	<p><i>Followed by one of these:</i>                  I don't really agree with you on that point.                  I'm afraid I can't agree with that.                  That's not how I see it.</p>
<p><b>B</b></p> <hr/>	
<p>I can see your point, but I don't really agree with it.                  That's more or less true, but ...                  I understand what you mean, but ...                  Yes, but isn't it also true that ...?                  I guess you could say that, but ....                  I agree with you to some extent, ...                  You have a point there, however, ...                  Yes, but on the other hand ...                  Yes, I see what you mean, but ...</p>	
<p><b>C</b></p> <hr/>	
<p>Well, . . . maybe, . . . but I'm doubtful about that.                  Hmmmm, . . . you may be right, but I'm not sure.                  I can see his point, but I don't know if I agree with it.                  Are you sure that's correct?                  I find that hard to believe.                  Do you really believe that?</p>	

### 3.3 SELF-ASSESSMENT FORM

- Think about the last three lessons about smoking. Finish the sentences so that they are true about YOU.

1 In this project, I learnt... \_\_\_\_\_

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2 I still need to work on... \_\_\_\_\_

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3 I liked... \_\_\_\_\_

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4 I didn't like... \_\_\_\_\_

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5 My opinion about smoking has changed/has not changed.  
(underline the one that is true for you).