

**Intermediate 3**  
**Unit 4 Reading**  
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## Smoking

Many people who smoke today would never have started smoking if they had known the facts about smoking and its harmful effects on the body. These people formed the habit before the facts were available. Once the habit of smoking is established, it is a very difficult one to stop.

**effect** (noun) = impact = the result of a particular influence

➤ *Smoking has a harmful effect on our body.*

**affect** (verb) = to have an impact on = to have an influence on

➤ *Smoking affects our body harmfully.*

**effective** (adjective) = influential

**harmful** = destructive

**once** = when, after

**establish** = make sth permanent

**be established** = become permanent

**permanent** = lasting for ever ≠ temporary

**addict** (noun) = a person who cannot stop doing or using something, especially something harmful

**addiction** (noun) = an inability to stop doing or using something, especially something harmful

**addictive** (adjective) = if a substance or activity is addictive, it makes people unable to stop using it or doing it ⇒ *Smoking is highly addictive.*

Research studies have shown that the more and the longer a person smokes, the greater are his chances of developing a serious illness. Lung cancer is perhaps the most serious illness caused by smoking. Cigarette smoke weakens the lungs' usual defenses against foreign substances. Its chemicals, in particular its tar and nicotine, accumulate on the lining of the air passages, and may eventually penetrate and injure the living cells. Cancer cells may then develop.

**lung** = either of the two organs in the chest with which people and some animals breathe

**cancer** = a serious disease in which some cells grow abnormally

**substance** = material

**foreign** = external

**weaken** = make sth weaker

**weaken** ≠ strengthen

**strengthen** = make sth stronger

**tar** = a black material

**accumulate** = pile up

**lining** = a layer of different material covering the inside surface of something

**air passages** = tubes that carry air to our lungs

**eventually** = finally

**penetrate** = to move into or through something

**develop** = grow

Smoking can also lead to cancer of the throat and mouth. It can also cause emphysema. In emphysema the lungs become inefficient in supplying oxygen to and removing carbon dioxide from the blood. In addition, constant smokers are more liable to get serious heart disease in adult life than are nonsmokers, because smoking overworks the heart.

**lead to** = result in, cause

**emphysema** /,em.fə'si:.mə/ = a condition in which the small sacs (= spaces) in the lungs become filled with too much air, causing breathing difficulties and heart problems

**inefficient** = incapable = not organized, skilled, or able to work in a satisfactory way

**efficient** = working or operating quickly and effectively in an organized way

**supply** = provide

**oxygen** = O<sub>2</sub>

**carbon dioxide** = CO<sub>2</sub>

**liable** = probable, likely

**overwork** = make sth work too much and harder

Besides these serious dangers, smoking has other disadvantages. It causes shortness of breath, an unpleasant cough, sinus headaches, and a general loss of energy. Smoking irritates the membranes of the throat, nose, and mouth. The sense of smell is eventually affected. A bad taste may be left in the mouth after smoking, which may, in turn, dull the appetite and the enjoyment of food. Smokers tend to catch more colds than nonsmokers do. Other disadvantages of smoking include bad breath and tobacco stains of the fingers, fingernails, and teeth.

**besides** = in addition to

**disadvantage** = a condition or situation that causes problems, especially one that causes something or someone to be less successful than other things or people

**shortness of breath** = difficulty to breathe

**sinus** /'saɪ.nəs/ = any of the spaces inside the head that are connected to the back of the nose

**eventually** = finally

**irritate** = cause inflammation or other discomfort in (a part of the body)

**membrane** = lining

**in turn** = as a result

**dull** = weaken

**stain** = a dirty mark on something that is difficult to remove

The best way, of course, to avoid the evils of smoking is to never take up the habit. For those who are already addicted, the best way to stop is to give up smoking all at once. Cutting down on cigarettes gradually seems to work for some people, however. In either case, the first few days or weeks seem to be the most difficult. During this period, many people find it helpful to chew gum. Keeping oneself busy and active also helps. Many individuals find giving up smoking

easier if they pamper themselves in some way, maybe by spending cigarette money on a book, candy, or something else they want.

**evil** (noun) = harm, harmful effects

**at once** = suddenly; all of a sudden

**gradually** = little by little

**cut down on** = decrease, reduce

**chew** = to crush food into smaller, softer pieces with the teeth so that it can be swallowed

**(chewing) gum** = a sweet that you keep in your mouth and chew to get its flavor, but do not swallow

**individual** = person

**pamper** = amuse, entertain

One way to reduce the harmful effects of smoking is not to inhale. How far down the cigarette is smoked is also significant, since the impurities are more concentrated in the last third of the cigarette. Switching to pipes and cigars decreases the likelihood of developing lung cancer, but the risk of developing cancer of the lips increases.

**inhale** ≠ exhale

**inhale** = breathe in

**exhale** = breathe out

**significant** = important

**since** = because

**impurity** = the fact that a substance is dirty or lower in quality because it is mixed with another substance, or something that causes this

**concentrate** = to bring or come together in a large number or amount in one particular area

**switch** = change

**pipe** /paɪp/ = a short, narrow tube with a small container at one end, used for smoking tobacco

**cigar** /sə'gɑ:r/ = a tube made from dried and rolled tobacco leaves that people smoke

**likelihood** = probability

Many methods have been suggested to solve the problem of cigarette addiction. They have to some extent been effective. However, it has been proved that being aware of the dangers posed by all drugs, including cigarettes, is the most effective way to persuade one to never form the habit.

**to some extent** = somewhat, rather

**prove** = to show that something is true

**be aware of sth** = know sth

**posed by** = caused by

**Full Text:**

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Research studies have shown that the more and the longer a person smokes, the greater are his chances of developing a serious illness. Lung cancer is perhaps the most serious illness caused by smoking. Cigarette smoke weakens the lungs' usual defenses against foreign substances. Its chemicals, in particular its tar and nicotine, accumulate on the lining of the air passages, and may eventually penetrate and injure the living cells. Cancer cells may then develop.

Smoking can also lead to cancer of the throat and mouth. It can also cause emphysema. In emphysema the lungs become inefficient in supplying oxygen to and removing carbon dioxide from the blood. In addition, constant smokers are more liable to get serious heart disease in adult life than are nonsmokers, because smoking overworks the heart.

Besides these serious dangers, smoking has other disadvantages. It causes shortness of breath, an unpleasant cough, sinus headaches, and a general loss of energy. Smoking irritates the membranes of the throat, nose, and mouth. The sense of smell is eventually affected. A bad taste may be left in the mouth after smoking, which may, in turn, dull the appetite and the enjoyment of food. Smokers tend to catch more colds than nonsmokers do. Other disadvantages of smoking include bad breath and tobacco stains of the fingers, fingernails, and teeth.

The best way, of course, to avoid the evils of smoking is to never take up the habit. For those who are already addicted, the best way to stop is to give up smoking all at once. Cutting down on cigarettes gradually seems to work for some people, however. In either case, the first few days or weeks seem to be the most difficult. During this period, many people find it helpful to chew gum. Keeping oneself busy and active also helps. Many individuals find giving up smoking easier if they pamper themselves in some way, maybe by spending cigarette money on a book, candy, or something else they want.

One way to reduce the harmful effects of smoking is not to inhale. How far down the cigarette is smoked is also significant, since the impurities are more concentrated in the last third of the cigarette. Switching to pipes and cigars decreases the likelihood of developing lung cancer, but the risk of developing cancer of the lips increases.


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by all drugs, including cigarettes, is the most effective way to persuade one to never form the habit.

**Sample Summary:**

Smoking is addictive. It is very difficult to give up smoking. It has harmful effects on our body. Lung cancer is the most serious disease caused by smoking. Cigarette smoke weakens the defensive system of our lungs. Tar and nicotine pile up on the surface of air passages inside our lungs and they may penetrate into the living cells and turn them into cancer cells. Smoking can also cause the cancer of the throat and mouth and it may increase the risk of heart disease and emphysema. In emphysema, the lungs cannot provide oxygen and remove carbon dioxide efficiently. Smoking can cause many other diseases and discomforts. We had better not take up the bad habit of smoking. Smokers can give up smoking either at once or little by little. Giving up smoking is difficult and we had better amuse ourselves in the period of recovery. Smokers may reduce the harmful effects by not inhaling the smoke deeply and by not smoking the last third of the cigarette. Smoking cigars and pipes instead of cigarettes decreases the risk of lung cancer, but increases the risk of lip cancer.

**Sample Summary:**

Smoking is harmful to the body and can cause serious illnesses like lung cancer, throat cancer, emphysema, and heart disease. Smokers often started before knowing the dangers and find it hard to quit. Besides these illnesses, smoking can lead to shortness of breath, a bad cough, headaches, and a loss of energy. It also affects the senses and can cause bad breath and stains. Quitting is best done suddenly or by gradually reducing the number of cigarettes. Staying busy and using substitutes like gum can help. Not inhaling and not smoking the last part of a cigarette can reduce harm. Awareness of smoking's dangers is crucial in preventing the habit. 

**Source:**

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