

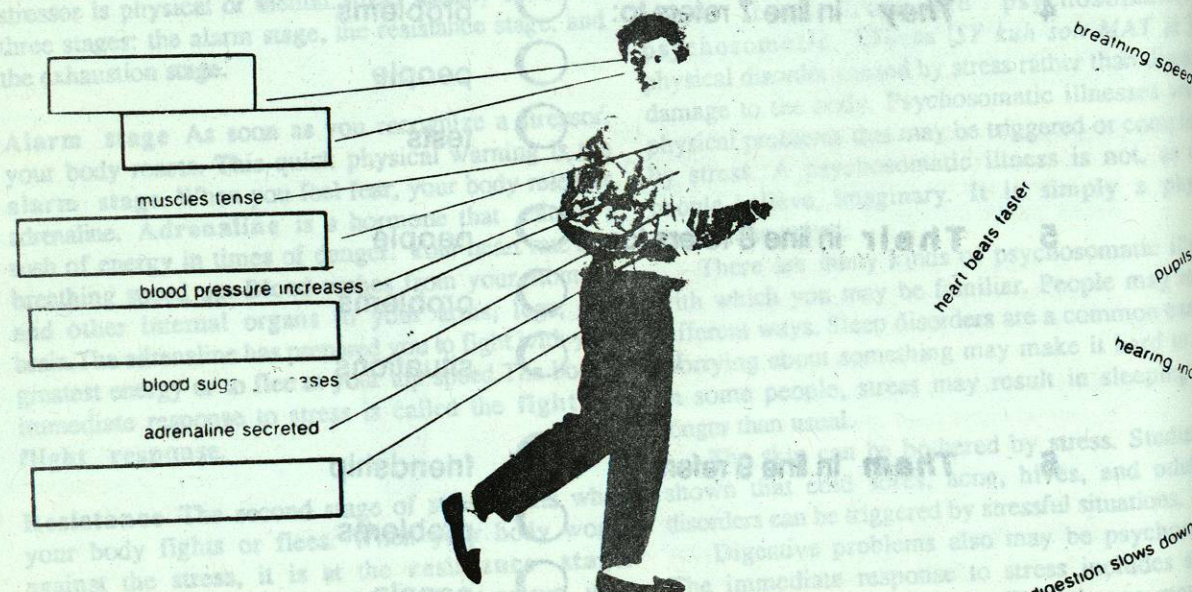
Task 2

Some of these statements are false. Find the correct information in the text and rewrite the statements.

- 1 Tobacco or caffeine do not cause physical stress.  
\_\_\_\_\_
- 2 Everybody can stop the physical stress.  
\_\_\_\_\_
- 3 A psychosomatic illness is a mental disorder caused by a headache.  
\_\_\_\_\_
- 4 Skin disorders can be caused by sleeping much longer than usual.  
\_\_\_\_\_
- 5 Good friendships and exercising can cause stress.  
\_\_\_\_\_

Task 3

These are some physical responses to stress. Write them in the boxes.



Discuss these questions

How do you rate your stress level?

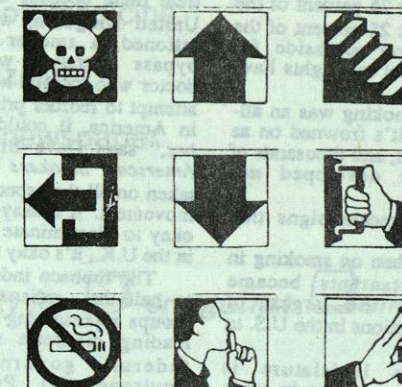
- high
- medium
- low

What situations cause you stress?  
Make some suggestions which can help to reduce stress.  
Check with other groups. Make a slogan about stress reduction.

Time to read! (3)

What are these signs? Write the correct word above each symbol.

- STAIRS
- PULL
- PUSH
- NO SMOKING
- UP
- DOWN
- SILENCE
- EXIT
- DANGER



The title of the article "Should people have a right to smoke?" suggests that:

- smokers do not have the right to smoke.
- smokers are discriminated against by society.
- smokers have bad health.
- smokers have the right to smoke.



**Task 1**

In the following text, several facts are presented for and against smokers' rights. Decide whether the arguments are for or against smokers' rights. Work in teams.

**[tell us what you think]**  
**Should people have a right to smoke?**



**SUSAN ALLSOP** A MARKETING manager for a Connecticut publishing company, avoids flying, now that airlines no longer permit her to ease her jittery nerves with a cigarette. There's a nearby shopping mall that she swears she'll never enter because smoking is banned. She's also annoyed that her post office and some other local government buildings have forbidden smoking.

"Smokers account for 25 percent of the adult public, so why isn't 25 percent of the space in public building set aside for smokers?" she says. "I feel my rights have been violated."

A generation ago, smoking was an all-American habit. Today, it's frowned on as malodorous health hazard, and thousands of U.S. companies have developed no-smoking policies.

Some of the most recent signs that smokers are under siege:

In early August, a ban on smoking in all Los Angeles restaurants became effective-making L.A. the largest of approximately 80 jurisdictions in the U.S. to take similar action.

The Pennsylvania legislature is considering a bill to ban smoking in autos carrying passengers age 15 and under.

Burger King, Mc Donald's and Wendy's were sued in March under the

Americans With Disabilities Act. The claim: The fast-food-chains' failure to ban smoking in all of their restaurants discriminates against people with asthma or other respiratory problems.

Antismoking sentiment is cropping up in other quarters as well. Parental smoking is now being raised in child-custody disputes. Smokers say they have been turned away by doctors who refused to treat them because of their habit. In the United Kingdom, where health care is rationed, a smoker died after a heart-bypass operation was postponed by a doctor who insisted he quit first. "With the attempt to reorder priorities for health care in America, it could very easily happen here," says Dave Brenton, editor of the *American Smokers Journal*. "This has taken on all the aspects of a bona fide hate movement. It's okay to hate smokers, it's okay to discriminate against smokers, and in the U.K., it's okay to kill smokers."

The tobacco industry has armed itself to halt the antismoking trend. In June, groups representing the industry and two leading cigarette companies sued the federal government over the Environmental Protection Agency's classification of secondhand smoke as a carcinogen, claiming that it was based on flawed and biased research. Smokers too

are raising their voices to protest the fact that a number of companies are trying to ban not only smoking, but smokers as well. Though smoking-related antidiscrimination legislation has passed in at least 28 states, smokers claim that employers are firing or not hiring people who smoke even those who do so only off the job.

John Bauzhaf, a professor of law at George Washington University in Washington, D.C., and executive director of Action on Smoking and Health, an anti-smoking organization, believes that employers should have that right. "An employer is free to make hiring or firing decisions based on any conduct that affects the costs of employers. Smokers are absent from work more often than nonsmokers. They are more likely to retire on disability."

Shouldn't smokers have a right to act on certain lifestyle choices in public, if not in the workplace? Says Bauzhaf: "To say that smokers have a right that is somehow comparable to a nonsmoker's right—that we have to balance one against the other—is a little like saying that women have the right not to be pinched, but that we have to balance that against the rights of pinchers."

Should society be allowed to prohibit smoking? Tell us what you think.

1. Does your employer or school have any restriction on smoking?

- Yes, smoking is banned both on and off the premises
- Yes, smoking is banned on the premises
- Yes, smoking is restricted to certain areas on the premises
- No

2. Do you smoke?

- Yes  No  Occasionally

3. If you smoke, do you believe you have been treated unfairly because of it?

- Yes  No

4. If you don't smoke, do you believe that smokers are treated unfairly?

- Yes  No

5. Should employers have the right to discriminate against employees who smoke, even if they do so only off the job?

- Yes  No

6. Is society taking antismoking measures too far?

- Yes  No  I don't know

Please feel free to give further comments on any of these questions in the space provided below.

Mail us your answer within the next two weeks to: "Tell Us What You Think," *Glamour* magazine, 350 Madison Ave., New York NY 10017. Or you can fax your response to us at: (212) 880-6922.

Arguments for \_\_\_\_\_

Arguments against \_\_\_\_\_

Discuss your answers with other teams

**Task 2**

Read the text on page 116 as quickly as you can and tick (✓) the right completion. The text is about:

- how bad smoking is for health.
- the decrease in the number of smokers.
- the way smokers' rights are being attacked.

The text probably comes from:

- a book on medicine.
- a magazine.
- a daily newspaper.

Do you think this article is generally for  or against  smokers' rights. Why?

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Compare and discuss your answer with a partner.

Answer the questionnaire included in the article.

(If you like, you can find out what other people think about the topic.

Answers to the questionnaire are on page 118 )



# [This is what you thought]

## Are we taking antismoking measures too far? 57% say no

**● MORE THAN HALF OF** the respondents to our December survey do not feel that society's efforts to curb smokers have gone too far. However, 80 percent draw the line at employers' discriminating against employees who smoke off their job. Of the roughly one third of the respondents who say they smoke, 78 percent feel they're treated unfairly because of it. Their nonsmoking counterparts disagree: Eighty-six percent of them insist that smokers are not treated unfairly. For more results of the survey, read on.

**\* 1. Does your employer or school have any restrictions on smoking?**

38% say yes, smoking is restricted to certain areas on the premises.

"In my building, smokers must use the stairwells. To my mind, that's not good enough. When I use the stairs I often end up with the smell in my hair and its taste in my throat."

34% says yes, smoking is banned on the premises.

"My office has slowly taken measures to ban smoking. First people could smoke in private offices, then only in designated areas. Now it's prohibited altogether, and I've yet to hear a single complaint!"

6% says yes, smoking is banned both on and off the premises.

"I don't mind not being allowed to smoke in my building, but I resent being told that I can't even step outside where I wouldn't bother anyone."

22% say no.

**\* 2. Do you smoke?**

63% say no.

"Smoking makes your teeth and skin yellow, your voice raspy, your breath and clothes stink—and it can kill you! I can't understand how something that has no redeeming qualities ever became vogue in the first place."

36% say yes.

"Five years ago I could smoke without guilt. Now I'm harassed by nonsmoking bullies who are more concerned about whether my kids are being exposed to secondhand smoke than whether they have a loving home."

1% say occasionally.

**\* 3. If you smoke, do you believe you have been treated unfairly because of it?**

78% say yes.

"I'm a considerate smoker—I won't even smoke in my own house because my boyfriend is a nonsmoker. But I'm tired of people who are rude or impolite and make negative assumptions about me simply because I smoke."

22% say no.

"I understand the risk secondhand smoke poses to other people's health. So I don't mind going outside to light up—even if it's cold!"

**\* 4. If you don't smoke, do you believe that smokers are treated unfairly?**

86% say no.

"Smokers like to act as though their habit doesn't have an adverse effect on the people around them, but there are dangers they don't even consider. Twice my hand has been burned by an oblivious smoker walking down a crowded street."

"The smokers in the office where I work go off four and five times a day for cigarette breaks and no one says anything. If I left my desk that often to chat with a coworker or make a personal phone call, you can be sure I'd hear complaints!"

14% say yes.

"Smokers should at least be able to light up publicly in designated areas. I don't mind if they enjoy their vice, as long as I can't smell it."

**\* 5. Should employers have the right to discriminate against employees who smoke, even if they do so only off the job?**

80% say no.

"A coworker saw me smoking in my car on the way to work one day. No one ever asked me when I was hired if I smoked, but after this incident they fired me on the grounds of 'dishonesty.' And this is a company that pays for employee alcohol and drug rehab and gives those people a job to come back to!"

20% say yes.

"After five years, I quit smoking, and now I can smell, taste and breathe again! Smoking is a disgusting, smelly habit that brings health problems to everyone who comes in contact with it."

**\* 6. Is society taking antismoking measures too far?**

57% say no.

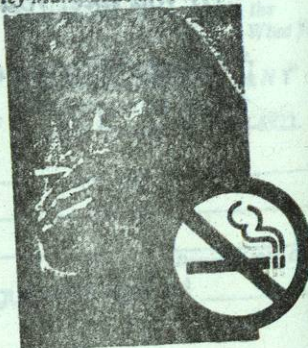
"I have asthma and have been forced to leave concerts, restaurants and parties—obviously missing out on having a good time with my friends and dates. As far as I'm concerned, a smoker's rights end where mine begin."

41% say yes.

"There are economic repercussions to ganging up on an industry that directly employs 700,000 tax-paying Americans and provides \$13.5 billion in federal, state and local taxes. The situation is reminiscent of alcohol prohibition, which contributed to the Great Depression."

2% say they don't know.

Please turn to the next page and give us your responses to this month's Glamour survey, "Atrocity Photos: Do They Manipulate the Public?"



## Time to read!<sup>(4)</sup>

Look at the subheadings of an article about vitamins and try to guess what each paragraph might be about. Then discuss your ideas with a peer.

1) DOSAGE

3) WELL-BEING

2) FOLKLORE

4) PURITY

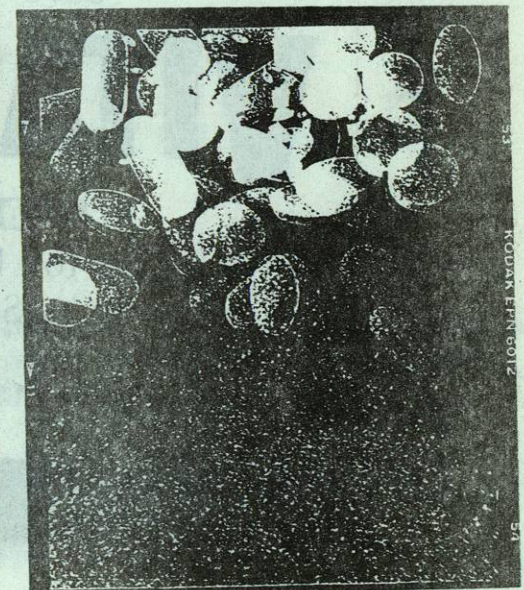
Read each paragraph as quickly as you can. Then try to match them with the sub-headings.

Vitamins aren't food, but they're found in food, and we can't live without them. Our bodies use them in tiny amounts to build, maintain and repair tissues.

Though Americans spend hundreds of millions of dollars on vitamins and food supplements every year, no agency ensures that products are what they claim.

Recent studies have shown the benefits of high doses of some vitamins, but the official recommended daily allowance (RDA) often lags far behind.

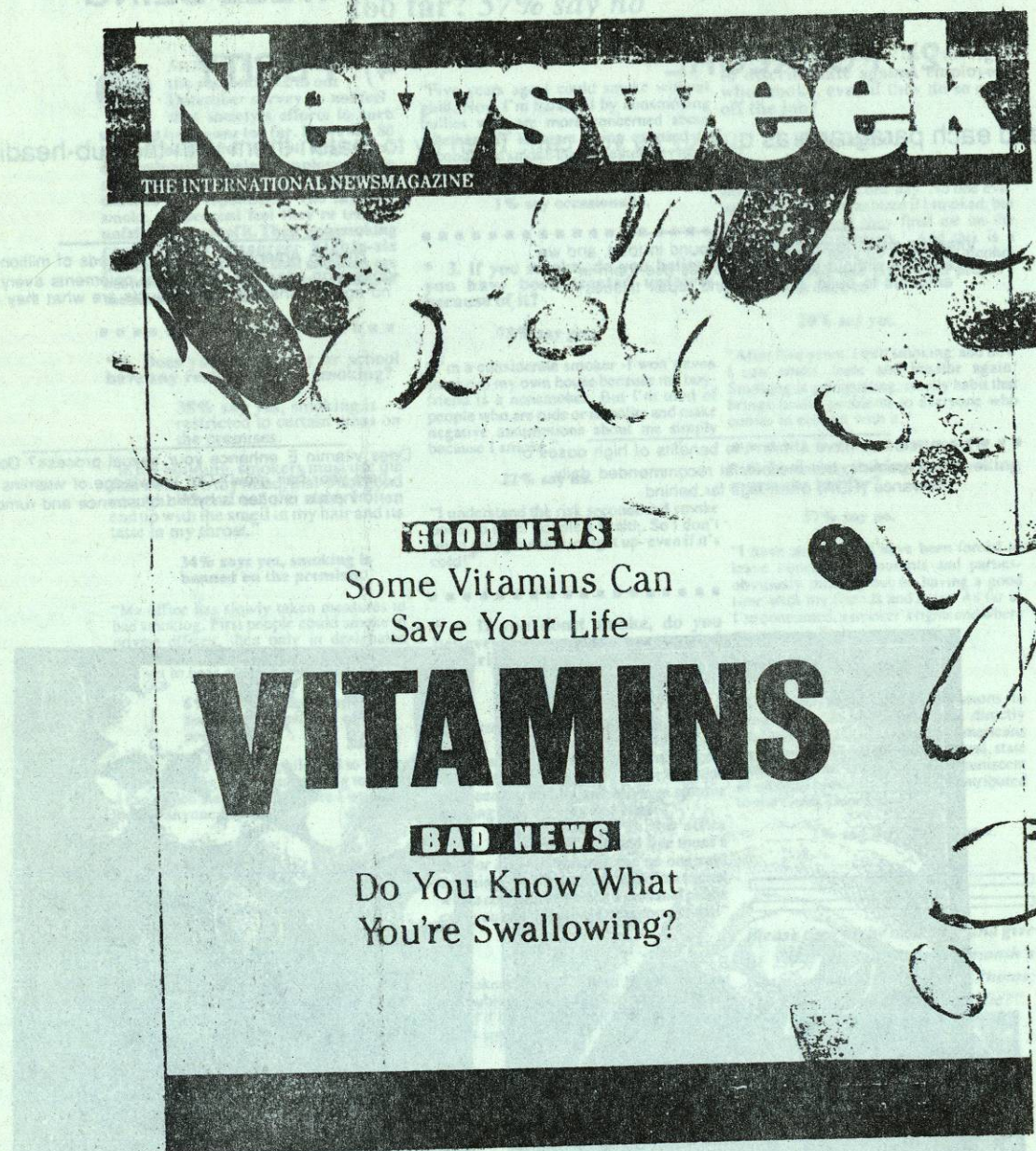
Does vitamin E enhance your sexual process? Does zinc help your hair grow? Our knowledge of vitamins and minerals is often a hybrid of science and rumor.





Task 1a

Read the cover of the magazine. What do you think the article will be about? Tick the possible ideas.(✓).



- 1 Calcium is essential for strong bones.
- 2 We require 45 different nutrients to stay healthy.
- 3 Vitamin C might reduce tissue damage.
- 4 An extra-calcium dose per day can cause urinary stones.
- 5 Massive daily doses of vitamin C can cause nausea.
- 6 Yogurt, milk and cheese are classic calcium sources.
- 7 Vitamin K may prevent some forms of cancer.
- 8 Nutrients from food or food supplements may help us prevent heart disease, cancer, and other chronic ailments.
- 9 Some vitamins are useless because they don't dissolve.
- 10 The content of pills may differ from the descriptions printed on the package.

Task 1b

Now, discuss your answers with a partner. Explain why you think some of these ideas are possible and some impossible. (Whenever you think an idea is possible, try to imagine some of the points the article might mention).

Task 1c

Can you think of any more ideas about the content of the article?

Task 1d

Now, read the text and check your answers.



## Vitamins and Minerals

Our bodies don't live on calories alone. We require 45 different nutrients to stay healthy. They're all found in foods, but getting them in the right

amounts require some efforts. This chart offers only a sampling. To work out your own nutritional needs, it's best to consult a doctor.

### VITAMINS

#### FOOD SOURCES

Liver, kidney, egg yolk and spinach will never win popularity contests, but all are loaded with easy-to-process vitamin A. One raw carrot provides 11,000 iu.

Beta carotene is common in fruits such as cantaloupe and peaches and vegetables such as broccoli.

Bananas, avocados, chicken and potatoes are all on the list of B<sub>6</sub> vehicles. Smaller amounts are present in spinach, green peas, walnuts and wheat germ.

Animal foods or fermented foods are the only natural sources of B<sub>12</sub>. Beef, liver and canned clams in particular are loaded with B<sub>12</sub>.

Citrus fruit and Brussels sprouts are the best bet, though strawberries and cantaloupe are also good sources.

One cup of vitamin-D-fortified milk provides 100 iu, and some breakfast cereals contain added vitamin D. The best source: canned sardines, which pack 1,100 iu in 3.5 oz.

#### BENEFITS/RISKS

**Benefits:** Vitamin A keeps eyes sharp and supplements the body's natural barriers to infection.  
**Risks:** Massive doses—50,000 to 100,000 iu—over long periods can be toxic, causing nausea and joint discomfort.

**Benefits:** When converted into vitamin A, it helps the eyes and the immune system. Also associated with lower risks for some cancers.  
**Risks:** Nontoxic, because the body's own systems convert it into vitamin A only as needed.

**Benefits:** B<sub>6</sub> helps the immune system and may limit pain in conditions like PMS and carpal tunnel syndrome.  
**Risks:** Doses of 200 mg per day can be toxic if taken for several months.

**Benefits:** B<sub>12</sub> helps maintain and replace cells throughout the body, including those responsible for immunity and clotting.  
**Risks:** No top limit has been set, but avoid amounts well above RDA levels.

**Benefits:** Vitamin C might reduce the tissue damage that cause cancer and accelerates aging.  
**Risks:** There are signs of increased resistance to colds.  
**Risks:** Massive daily doses—10,000 mg—can cause diarrhea and nausea.

**Benefits:** Vitamin D shows promise as an anticancer agent. It also seems to help weak immune systems and weak bones.  
**Risks:** Daily doses of 1,000 iu or more can cause heart problems.

Vitamin A

RDA

Women: 4,000 iu

Men: 5,000 iu

Beta Carotene

No RDA separate

from that for

vitamin A

Vitamin B<sub>6</sub>

RDA

Women: 1.6 mg

Men: 2 mg

Vitamin B<sub>12</sub>

RDA

Women and

men: 2 µg

Vitamin C

RDA

Women and

men: 60 mg

Vitamin D

RDA

Women and

men: 200 iu

#### Carrot Vision

During world War II,

Winston Churchill allegedly

helped popularize carrots

by claiming they were the

secret vision fuel of sharp-

eyed RAF night-fighter

pilots. While vitamin A dose

combined the pigments in

the retina to help preserve

eyesight, there's no

evidence carrot sticks

could help Mr. Magoo or

even RAF pilots. The real

Top Gun secret: an early

version of radar.

Vitamin E

RDA

Women: 12 iu

Men: 15 iu

Folic Acid

RDA

Women: 180 µg

Men: 200 µg

Niacin

RDA

Women: 15 mg

Men: 19 mg

Vitamin K

RDA

Women and men

65 µg

### MINERALS

Calcium

RDA

Women and men

over 25: 800 mg

Iron

RDA

Women: 15 mg

Men 10 mg

Selenium

RDA

Women: 55 mg

Men: 70 mg

Zinc

RDA

Women: 12 mg

Men: 15 mg

Hard to get from standard diets, the richest natural sources of vitamin E are wheat-germ, safflower and sunflower oils; smaller amounts are in foods like peaches and prunes.

Liver and leafy green vegetables are among the best sources. Brewer's yeast provides a large dose.

Chicken, salmon and beef are all good sources of niacin, as are peas and peanut butter. The body can manufacture niacin from protein in eggs and milk.

Found in vegetables such as broccoli, turnip greens and cabbage. Cheese and egg yolk contain smaller amounts, as do peaches and potatoes.

Yogurt, milk and cheese are classic calcium sources. Tofu and sardines also contain plenty; oysters, dried apricots and whole-wheat bread have smaller amounts.

Liver, oysters and beef are good sources, as are dried apricots and blackstrap molasses.

Found in organ meats and seafood.

Deficiency is rare.

Meat, grains, breads and eggs have enough for most people. Six medium oysters give 10 times the RDA. A big bowl of lima beans also works.

#### Just for Kids

Growth spurts through the teenage years leave

children at greater risk for

vitamin deficiencies than

adults. That doesn't mean

they need bigger doses of

the vitamins. A healthy and

diverse diet usually

provides enough of all

essential vitamins and

minerals. Avoid too much of

anything, whether burgers

or broccoli.

**Star Dose**

Vitamins are a perennial

favorite of trend-hopping

celebs. Clint Eastwood cast

his vitamin adviser in two

movies. B<sub>12</sub> shots slip into

vogue as often as long hair

while other vita-fads last

barely as long as a movie

trailer. Hollywood gyms

now feature nearly as many

nutritionists as trainers.

**Benefits:** Large doses of this antioxidant may protect against heart disease and certain cancers. Studies show it could also help treat arthritis and some skin conditions.

**Risks:** Safe at 100 times the RDA.

**Benefits:** Folic acid regulates cell division and may be able to reverse some types of tissue damage linked to cancer.

**Risks:** High dosages can mask B<sub>12</sub> deficiency—a potential source of nerve damage.

**Benefits:** Some people reduce their cholesterol levels with high niacin doses.

**Risks:** Up to 1,000 mg seems safe except in people with asthma, peptic ulcers or significant heart-rhythm disturbances.

**Benefits:** Vitamin K helps regulate normal blood clotting. It may inhibit some cancers.

**Risks:** Large doses of synthetic vitamin K can cause brain damage in kids and anemia in some adults. Supplements are by prescription only.

**Benefits:** Calcium is essential for strong bones and teeth. Supplements can help aging women avoid osteoporosis.

**Risks:** More than several grams per day can cause urinary stones and nausea.

**Benefits:** Iron strengthens chemical links in the brain; iron-deficient children have trouble learning. Regulated doses help the immune system.

**Risks:** Some studies have linked high iron levels to heart disease in adults.

**Benefits:** May help prevent cancer and strengthen immune system.

**Risks:** Toxic at high doses.

**Benefits:** May help prevent the growth of abnormal cells associated with cancer and other diseases.

**Risks:** Big daily doses (300 mg) have been shown to reduce immune response.