

WORLD MISSION HIGH SCHOOL

ENGLISH HOMEWORK

L 5 ALL

Read the following passage and answer the questions that follow:

Studies show that most young people are influenced to start smoking by friends or older siblings. Peer pressure consciously lures young people into smoking. Since they want to feel part of the peer group, young smokers will withstand the headache, coughing, nausea and dizziness that first smokers experience. They also have to live with the unpleasantness of blackened fingers and bad odour. The irony is that getting accustomed to smoking calls for someone to withstand a lot of inconveniences, but when one is addicted and wants to stop, there are unpleasant side-effects. These include; headache and dizziness which people avoid by smoking more.

Young people become a target of multinational tobacco companies based in western countries. The companies spend a lot of money on advertisements that portray glamorous people smoking. Young people become vulnerable to this manipulation as they are very image-conscious. The advertisements also make smoking appear socially acceptable and “cool.”

Tobacco is a major health hazard. It contains over 4000 different chemicals, many of which are harmful. Nicotine, carbon monoxide and tar, are the three main chemicals that affect the human body and cause disease. These lead to the death of millions of people around the world every year. However, since smoking-related diseases take long time to develop after someone starts smoking, most people are causal about the side effects of this fatal habit.

Some of the side effects and diseases caused by smoking are: lung cancer, heart attack, stomach ulcers, defective vision, coughing, and shortness of breath and cancer of mouth, nose, throat, bladder and blood. Researchers estimate that girls who smoke are 70% more than those who do not. Yet 26% of girls aged between 15 and 21 are regular smokers. Other effects of tobacco on women include spontaneous abortion and other pregnancy complications, babies with low birth weight and still births, cancer of the cervix and early menopause.

The tricky thing about tobacco is that one does not have to smoke directly to be affected by cigarette-smoking. Tobacco smoke is made up of side stream smoke from the burning tip of the cigarette, and mainstream smoke that is inhaled by the smokers. Anyone in the environment of a smoker either in the house or at a bus stop or any other place breathes in the side stream smoke. There are more toxins in the side stream smoke than in the mainstream smoke. This is called passive smoking, and can lead to smoking-related complications, just like in active smoking.

Smoking has many other effects. Tobacco smoke, for example pollutes the air. This irritates the eyes and throat, and exposes non-smokers to risk. Smoking has also been known to cause many domestic and forest fires, for example, when a smoker falls asleep while holding a burning cigarette or throws a live cigarette end in dry vegetation.

Smoking is, therefore, a costly habit that has no benefits to anyone's health. All young people should, therefore, resist the temptation to start smoking and help their addicted peers to stop.

(Adapted from: The truth about smoking: Head start Secondary English by Austin Bukenya et al.)

Question:

In not more than **120** words, summarise the side effects of smoking as given in the passage.

(20 marks)

NB Indicate both the rough and fair copy