

Vocabulary: smoking 词汇: 吸烟

If you walked into a cafe or pub in the UK a few years ago, chances were you'd enter a room filled with **cigarette smoke**. The **aroma** of burning **tobacco** lingered on your clothes for the rest of day and your health took a battering from **passive smoking**. It's no wonder that in many countries smoking in public places has now been banned, and those who choose to do it have to **inhale** on the pavements outside.

Laws restricting where people can **light up** and repeated health warnings have seen many people **quit the habit**. But despite a decline in smoking rates worldwide, a report published in the medical journal The Lancet in 2017 found that smoking causes one in ten deaths worldwide, half of them in just four countries - China, India, the US and Russia. When population growth is taken into account, there is actually an increase in the overall number of **smokers**. So why - despite the **warning signs** - are these people still doing it?

Much of it seems to be connected to people's cultural, economic and social background. In the UK, for example, the Office for National Statistics found that people living on a low income are disproportionately likely to smoke. And one in four manual workers smokes, compared with one in ten of those in professional or managerial jobs. Dr Leonie Brose from King's College London, writing about this for the BBC, says there are "startling" regional variations with many more pregnant women smoking in deprived areas. And people with mental health problems are "50% more likely to smoke than the rest of the population". She suggests these groups can have higher levels of dependence, making it harder **to give up** and are also more likely to be around other smokers, making it seem like normal behaviour.

Increasing the price of cigarettes and making **packaging** plainer are two ways to discourage smoking; and lower-risk **nicotine patches** and **e-cigarettes** are available as an alternative, though they can be just as **addictive**. It's obvious something needs to be done and recently the UK government pledged to end smoking in England by 2030 as part of a range of measures to tackle the causes of **preventable** ill health. But as Dr Leonie Brose writes, "with more than 200 deaths in England per day [caused by smoking-related diseases,] that's the equivalent to a plane crashing every day." Imagine what the number must be globally.

词汇表

cigarette smoke	香烟的烟雾
aroma	(烟草的) 气味
tobacco	烟草
passive smoking	被动吸烟
inhale	吸入 (烟)
light up	点烟
quit the habit	戒除恶习
smoker	吸烟者
warning sign	警告, 告诫
to give up	戒掉……
packaging	包装
nicotine patch	(贴在皮肤上帮助戒烟的) 尼古丁贴片
e-cigarette	电子烟
addictive	使人上瘾的
preventable	可预防的

测验与练习

1. 阅读课文并回答问题。

1. What, in general, has persuaded people to stop smoking?
2. According to research, who in the UK is more likely to smoke?
3. True or false? *Plainer packaging makes cigarettes more expensive.*
4. Why might smoking be totally banned in England by 2030?
5. Which word used by Dr Leonie Brose means 'very surprising and worrying'?

2. 选择一个意思合适的单词填入句子的空。请在不参考课文的情况下完成下列练习格处。

1. When I visit my local cafe, I love to breath in the _____ of freshly brewed coffee.

inhale	tobacco	aroma	addictive
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2. My doctor has told me to lose weight, so I have decided to _____ eating biscuits.

giving up	give up	given up	gave up
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3. It's not fair! I seem to have _____ more work to do than my colleagues.

disproportionately	disproportion	disproportioned	disproportioning
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4. Some experts say the power industry's _____ on coal needs to change to help climate change.

preventable	addictive	disproportionately	dependence
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5. One of our investors missed the _____ and lost all his money by investing it on the stock market.

warned signs	warning signs	warn signs	warning sign
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答案

1. 阅读课文并回答问题。

1. What, in general, has persuaded people to stop smoking?

Laws restricting where people can smoke and repeated health warnings have seen many people quit the habit.

2. According to research, who in the UK is more likely to smoke?

The Office for National Statistics found that people living on a low income are disproportionately likely to smoke.

3. True or false? *Plainer packaging makes cigarettes more expensive.*

False. Increasing the price of cigarettes and making packaging plainer are two ways to discourage smoking.

4. Why might smoking be totally banned in England by 2030?

The UK government want to do this as part of a range of measures to tackle the causes of preventable ill health – that’s illnesses caused by our own behaviour.

5. Which word used by Dr Leonie Brose means ‘very surprising and worrying’?

Startling. She said that there are “startling” regional variations with many more pregnant women smoking in deprived areas.

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. When I visit my local cafe, I love to breath in the **aroma** of freshly brewed coffee.

2. My doctor has told me to lose weight, so I have decided to **give up** eating biscuits.

3. It’s not fair! I seem to have **disproportionately** more work to do than my colleagues.

4. Some experts say the power industry’s **dependence** on coal needs to change to help climate change.

5. One of our investors missed the **warning signs** and lost all his money by investing it on the stock market.