

ADVICE FROM GRANDAD

Dear James,

It is a beautiful day here and I am sitting under the big tree at the end of the garden. I have just returned from a long bike ride to an old castle. It seems amazing that at my age I am still fit enough to cycle 20 kilometres in an afternoon. It's my birthday in two weeks' time and I'll be 82 years old! I think my long and active life must be **due to** the healthy life I live.

This brings me to the real reason for my letter, my dear grandson. Your mother tells me that you started smoking some time ago and now you are finding it difficult to give it up. Believe me, I know how easy it is to begin smoking and how tough it is to stop. You see, during adolescence I also smoked and became addicted to cigarettes.

By the way, did you know that this is because you become addicted in three different ways? 10 First, you can become physically addicted to nicotine, which is one of the hundreds of chemicals in cigarettes. This means that after a while your body becomes accustomed to having nicotine in it. So when the drug leaves your body, you get withdrawal symptoms. I remember feeling bad-tempered and sometimes even in pain. Secondly, you become addicted through habit. As you know, if you do the same thing over and over again, you begin to do it automatically. 15 Lastly, you can become mentally addicted. I believed I was happier and more relaxed after having a cigarette, so I began to think that I could only feel good when I smoked. I was addicted in all three ways, so it was very difficult to quit. But I did finally manage.

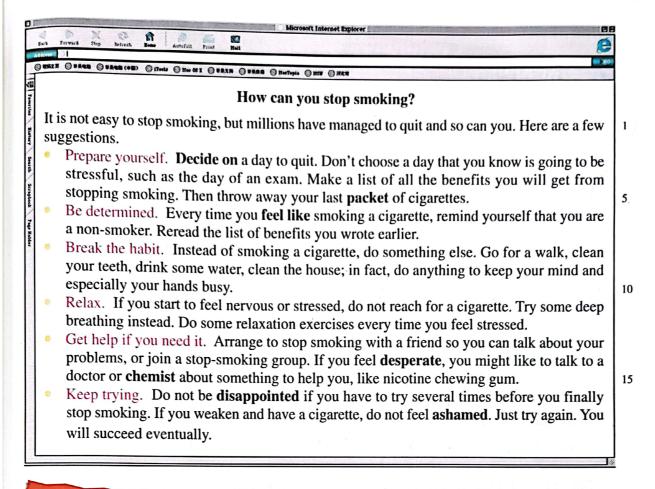
When I was young, I didn't know much about the harmful effects of smoking. I didn't know, for example, that it could do terrible damage to your heart and lungs or that it was more difficult 20. for smoking couples to become pregnant. I certainly didn't know their babies may have a smaller birth weight or even be abnormal in some way. Neither did I know that my cigarette smoke could affect the health of non-smokers. However, what I did know was that my girlfriend thought I smelt terrible. She said my breath and clothes smelt, and that the ends of my stopped! I also noticed that I became breathless quickly, and that I wasn't enjoying sport as quit smoking.

I am sending you some advice I found on the Internet. It might help you to stop and **strengthen** your resolve. I do hope so because I want you to live as long and healthy a life as I have.

Love from

Grandad

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Comprehending

1 Fill in the chart with information from the reading passage.

	Information from the reading passage
Different ways people can become	
addicted to cigarettes	
Harmful physical effects for smokers	
Effects that a person's smoking can have on	
other people	
Effects that smoking can have on sporting	
performance	

- 2 Discuss these questions in groups to check your comprehension.
 - 1 What kind of person do you think James' grandfather is?
 - 2 What other information could have been included?
 - What do you think can be done to protect non-smokers (especially women and babies) from those who smoke?
- 3 Make a summary of the advice on how to stop smoking. Be sure to use your own words and no more than five sentences.