

Smoking Kills

Every year, more than 400,000 American deaths are attributed to smoking. It's banned in restaurants, workplaces and other public areas. It's illegal for cigarettes to be sold to anyone under 18. Yet even with all the loss of customers by death, tobacco companies still manage to make a profit.

How do they do it? There are numerous laws against smoking. In 1998, a law passed that made it illegal to smoke in bars. An internal Philip Morris document states, "[The] financial impact of smoking bans will be tremendous - three to five fewer cigarettes per day per smoker will reduce annual manufacturer profits a billion dollars plus per year." In an effort to keep their customers smoking, the companies trick the public with lies and loopholes. Their goal is to slow the antismoking movement and keep people smoking—to get more profits.

What about the health of non-smokers? Reports from 1993 state second-hand smoke causes lung cancer and respiratory diseases. The same findings have been concluded by a hundred other major studies, and still the tobacco industry says the results are flawed.

A Philip Morris inside report from 1987 discussed how anti-smoking movements and price increases prevented 600,000 teens from taking up smoking. In 1979, a memo noted that "Marlboro dominates in the 17 and younger age category..." and in '78 "...the base of our business is the high school student...". Even with these companies' lies and tricks to get around antismoking laws, they still try to sell their products to children. Who could blame them, considering their product kills more than 2,000 of their American customers a day? They need to replace these consumers quickly, and what easier way to do so than convince impressionable teens that smoking is the 'cool' thing to do? Hey, it keeps the profits coming!

Antismoking movements are just beginning to be heard. With a product that kills more Americans than AIDS, alcohol, car accidents, murders, suicides, illegal drugs, and fires combined, no law can be too strict. So, when you see a tobacco ad, are offered a cigarette, or have the choice whether or not to smoke, remember that tobacco companies are greedy money-grubbers. No matter who you are, you're just another dollar sign in the eyes of Philip Morris.

This article talks about smoking, its reasons, results...Writer of this article is probably non-smoker, because he/she doesn't really speak in favour of smoking. We can read some facts, for example: 400 000 Americans die because of smoking every year; smoking actually kills more people than AIDS, alcohol, car accidents, suicides, drugs and fire accidents together!

attribute [*tribju:t] (v) = to annotate, to make a note : pripisati

ban [baen] v= prohibit: prepovedati

tremendous [trimend*s] (adj) = horrible, terrible : strašen, grozen

reduce [ridju:s] (v) = to lessen : zmanjšati

manufacturer [maenjufae'kč*r*] (n) = maker, producer : tovarnar, izdelovalec

loop-hole [lu:phoul] (n) = way out, exit : lina, izhod

lungs [lan] (n) = part of body : pljuča

respiratory [rispai*r*t*ri] (adv) = breathing : dihalen

flaw [flo:] (n) = imperfection : napaka, pomanjkljivost

suicide [sjuisaid] (n) = to take one's own life : samomor

Drug Addicts

No one starts out in life wanting to be a drug addict, but yet it happens. It is hard to understand from a stand point of a none user or an occasional user how someone can seemingly use and abuse a substance.

But the first thing to understand about addiction is that alcohol and addictive drugs are basically painkillers. They chemically kill physical or emotional pain and alter the mind's perception of reality. They make people numb. Like most individual in our society the addict is basically good. This person encounters a problem or discomfort and does not know how to deal with it. This could be problems such as difficulty "fitting in" as a child or teenager, anxiety due to peer pressure or work expectations, identity problems or divorce as an adult. It can also include physical discomfort, such as an injury or chronic pain. The person experiencing the discomfort has a real problem. He is having difficulty living with his problem. Everyone has experienced this in life to a greater or lesser degree. The difference between an addict and the non-addict is that the addict has chosen drugs or alcohol as a solution to the unwanted problem or discomfort.

Now that drugs or alcohol appear to solve his problem, he feels better. Because he now 'seems' better able to deal with life, the drugs become of value to him. Their painkilling effects become a solution to the discomfort that he feels. This release is the main reason a person uses drugs or drinks a second, third or fourth time. And soon just like an adolescent in his first love affair, he obsesses over the use of drugs or alcohol. The addicted person is now trapped. Whatever problem he was initially trying to solve by using fades from memory. At this point, all he can think about is getting and using drugs.

Ironically, the addict's ability to get "high" from the alcohol or drug gradually tolerance. Decreases as his body adapts to the presence of foreign chemicals. He must take more and more, not just to get an effect but often just to function at all. His ability to control his usage is now gone and he disregards the horrible consequences of his actions. He has crossed an invisible and intangible line. He is now addicted.

The first step in treating addiction, in any treatment program, is the withdrawal from the substance, whether by substitution, cold turkey or weaning out. And some drug treatments leave it at that (which doesn't solve the initial reason why the person got hooked), some others offer group therapy.

The topic is using drugs and becoming an addict. It uncovers the main reason, which leads to taking drugs: physical or emotional pain. By using drugs, the pain usually seeming disappear. For the first sight it looks like drugs solve any problem. The fact is that these substances don't solve anything, but causes a lot of, sometimes unsolvable new troubles.

alter [o':lt*] (v) = to change : spremeniti

perception [p*sepš*n](n) = comprehension : zaznavanje, dožemanje

numb [n*m] (adj) = torpid : otrpel, odrevenel

release [rili:s] (n) = setting free : osvoboditev

trap [traep] (v) = to catch hold of : uloviti se, ujeti

initially [iniš*li] (adv) = primary : na začetku, prvotno

fade [feid] (v) = to weaken : slabiti

gradual [grae'dju*l] (adj) = progressive : postopen

adapt [*dae'pt] (v) = to accommodate : prilagoditi

intangible [intae'ndž*bl] (adv) = untouchable : nedotakljiv