



E-Cigarettes Found More Harmful Than Thought

Discussion > Advanced 9



Exercise 1 – Vocabulary

vary	To be different from each other in size, shape, etc. (of a group of similar things).
[verb]	<i>Ex: The price of each jewelry piece varies depending on its quality.</i>

irritant	A substance that makes part of your body sore.
[noun]	<i>Ex: Chlorine is a powerful respiratory irritant.</i>

carcinogen	A substance that can cause cancer.
[noun]	<i>Ex: She is trying to only eat food free of any carcinogens.</i>



coil	A series of circles formed by winding up a length of rope, wire, etc.
[noun]	<i>Ex: The workers left a coil of fiber optic cable in my yard after they set up my internet connection.</i>

tout	To try to persuade people that somebody/something is important or valuable by praising them/it.
[verb]	<i>Ex: The door-to-door salesman touted his new vacuum cleaner as a housewife's savior from the drudgery of cleaning.</i>

potent	Powerful.
[adjective]	<i>Ex: The current ruling party is becoming more and more potent with each election.</i>



Exercise 2 – Reading

Read the text aloud with your tutor and discuss the key points.

E-Cigarettes Found More Harmful Than Thought

While less harmful than regular cigarettes, the electronic substitutes, the so-called e-cigarettes, contain toxic chemicals whose levels vary with temperature, type and age of the device.

According to a new study done at the Lawrence Berkeley National Laboratory in California, smoking e-cigarettes exposes the smoker's lungs to a number of respiratory irritants and carcinogens, such as acrolein and formaldehyde.

Researchers also found the level of toxic chemicals emitted by an e-cigarette rises with the use of the device as well as with its internal temperature.

Variations in toxicity were also related to types of e-cigarettes, voltage of their batteries and whether they had one or two heating coils.



E-cigarettes were introduced in 2004, touted as an almost harmless replacement to regular tobacco. As such, they quickly gained wide popularity, especially among the younger generation.

Many long-time tobacco users claim e-cigarettes helped them quit smoking, but according to researchers, users only switched to a less potent mixture of nicotine, propylene glycol and glycerine contained in the e-cigarette's fluid.

The study was published in the journal Environmental Science and Technology.

In August the U.S. Food and Drug Administration will start regulating the content of e-cigarettes, cigars, nicotine gels and other tobacco-based products sold in the United States.



Exercise 3 – Discussion

Discuss the following questions with your tutor.

1. What do you think about e-cigarettes?
2. Have you ever smoked? Why or why not?
3. Do you think that raising the price of cigarettes helps curb smoking? Why or why not?
4. Has your government imposed any restrictions on the sale of tobacco products? Why or why not?
5. Why do you think it is difficult for people to stop smoking?
6. Do you think that smokers should pay more for healthcare? Why or why not?
7. Do you think that one day there will be no smokers at all in the world? Why or why not?
8. Some countries have banned advertising tobacco products. What do you think about this decision?