

E-Cigarettes

In this lesson, you will learn five facts about e-cigarettes. Do the benefits outweigh the hazards? Let's read and discuss!



Terminology

An **electronic cigarette** is a battery-powered device that turns flavored liquid into vapor and simulates tobacco smoking. It is also called an **e-cigarette**, an **e-cig**, a **smokeless cigarette**, or a **vaporizer**.

To **vape** is to inhale and exhale the vapor from e-cigarettes. In 2014, *vape* was *Oxford Dictionaries'* Word of the Year.

E-liquid is liquid in a cartridge that is converted into vapor when heated inside an e-cigarette. It is also called **e-juice**, and it may contain propylene glycol*, nicotine, and flavoring.

**Propylene glycol is an additive used in fog machines at concerts. It is approved by the US Food and Drug Administration (FDA).*

Pre-Reading

A. Warm-Up Questions

1. Do you or your peers smoke cigarettes or e-cigarettes? Why or why not?
2. Are e-cigarettes a good alternative for people who want to quit smoking?
3. Should vaping be allowed in public places?
4. Why are e-cigarettes popular with teens?

B. How Do E-Cigarettes Work?

Complete the paragraph below with words from the word list.

Word List:

inhales smoke e-cigarette cigarette vapor up

When a smoker lights a conventional _____ with a match or lighter, the dried tobacco burns and releases smoke. The smoker inhales the smoke, which transports nicotine to the lungs. An _____ works in a similar way. A cartridge filled with e-liquid is placed in the e-cigarette. An atomizer heats _____ the e-liquid and turns it into vapor. The user _____ the _____ into the lungs. An LED light at the tip of the e-cigarette simulates a burning cigarette, though there is no _____ .

Reading

5 FACTS ABOUT E-CIGARETTES

1. *E-cigarettes contain nicotine.*

E-cigarettes are tobacco-free but not necessarily drug-free. E-liquids often contain the addictive drug nicotine. Many people who want to quit smoking start with e-cigarettes that contain nicotine. Over time, some switch to lower-level nicotine e-liquids. Some people dislike the experience of nicotine-free e-cigarettes even if the flavor is better.

2. *Vaping is hard on the lungs.*

The verb used to inhale vapor rather than tobacco smoke is *vape*. Some health studies have shown that vaping, like smoking, places stress on the lungs. The inhaled nicotine and other chemicals in the e-liquid cause inflammation of lung tissue and scarring of the lungs. Long-term studies are needed to understand the severity of these harmful effects in comparison to the smoking of tobacco.

3. *No Smoking often means No Vaping.*

Due to the harmful effects of second-hand smoke, conventional cigarette smoking is banned in public areas, both indoors and outdoors, in many countries. The unknown effects of vaping have caused many countries to ban or strictly regulate the use of e-cigarettes.

4. *Vaping is a costly habit.*

Some people switch to e-cigarettes because it is cheaper than smoking conventional cigarettes. They soon learn that vaping is still a costly habit. In addition to the e-cigarette device, users must buy the liquid cartridges, the battery charger, and battery replacements. The devices themselves also need replacing when they are lost or broken. People who care about trends buy many different styles.

5. *E-cigarettes cause accidental poisoning.*

Conventional cigarettes are hazardous because they cause fires or burns, but e-cigarettes are dangerous too. The liquid nicotine in e-cigarettes comes in many flavors including fruit and candy flavors that appeal to children. The dramatic rise of e-cigarettes has resulted in a major increase in calls to poison control centers. At least half of these calls relate to children under age five.

Vocabulary in Context

Circle the following words in the reading and identify the part of speech for each word. Use your dictionary to help you understand any words you aren't familiar with.

#	Word	Part of Speech
1	conventional	
2	addictive	
3	ban	
4	inflammation	
5	inhale	
6	appeal	
7	regulate	
8	poison	
9	cartridge	
10	hazardous	

Did you know?

A Chinese pharmacist whose father died of lung cancer invented the modern e-cigarette in 2003. E-cigarettes quickly became popular in Europe and then in North America.

Comprehension

Read the statements below.

If the statement is true based on the reading, write T beside the sentence.

If it is false, write F and correct the information in your notebook.

- _____ 1. Smokers usually switch to e-cigarettes because vaping is much cheaper than smoking.
- _____ 2. E-cigarettes are healthier than conventional cigarettes because they are nicotine-free.
- _____ 3. Some e-liquid cartridges contain flavors that appeal to children.
- _____ 4. Most public places that do not allow smoking allow vaping.
- _____ 5. The long-term harmful effects of secondhand vapor are unknown.

Vocabulary Review

A. Writing Questions

Practice writing questions using the vocabulary from this lesson (page 2).

Try to include at least one vocabulary word in each question. Share your questions out loud with a partner and try to make corrections together.

Ask your teacher for help. Put your best question on the board.

- *Do you think Canada will eventually ban e-cigarettes?*

Vocabulary Review cont.

B. Odd One Out

Choose the word or phrase that does NOT belong in each group.

- | | | |
|---|---|---|
| <p>1. a) disallow
b) regulate
c) ban
d) prohibit</p> | <p>3. a) usual
b) traditional
c) atypical
d) conventional</p> | <p>5. a) swelling
b) inflammation
c) hazardous
d) reddening</p> |
| <p>2. a) appeal
b) interest
c) attract
d) flavorful</p> | <p>4. a) dangerous
b) inflamed
c) hazardous
d) risky</p> | <p>6. a) breathe in
b) inhale
c) draw in
d) expel</p> |

C. Complete the Sentences

Complete the sentence with a word from the word list to the right.
Some words will not be used.

- This medication may cause _____ of the gums.
- Our dog swallowed some pills, so we had to call a _____ control center.
- It's the government's job to _____ food safety.
- The ink _____ is empty. You need to buy a refill.
- Do any of the items on the menu _____ to you?
- Vaping is not as _____ as smoking because I use an e-liquid that is low in nicotine.

Word List

- poison
- conventional
- addictive
- appeal
- inflammation
- regulate
- inhale
- cartridge

Grammar Practice

STILL, NO LONGER, NOT ANYMORE

A. Reference

Do you want to find out if your friend or family member is still smoking (is still a smoker)? Here are a few different ways to ask and respond to questions about an ongoing habit.

STILL		
<p>Simple Present: <i>Still + Verb</i></p> <p>A: Do you still smoke? B: Yes, I still smoke when I drink.</p>	<p>Simple Present (Be): <i>Still + Adjective</i></p> <p>A: Are you still addicted to nicotine? B: No, I am drug-free.</p>	<p>Present Progressive: <i>Be + Still + -ing Verb</i></p> <p>A: Are you still smoking those e-cigarettes? B: Yes, I am still vaping.</p>

NO LONGER		
<p>Simple Present: <i>No Longer + Verb</i></p> <p>I no longer smoke regular cigarettes.</p>	<p>Simple Present (Be): <i>Be + No Longer + Adjective</i></p> <p>I am no longer addicted to nicotine.</p>	<p>Present Progressive: <i>Be + No Longer + -ing Verb</i></p> <p>I am no longer smoking cigars.</p>

NOT ANYMORE		
<p>Simple Present: <i>Do + Not + Verb (+ Object) + Anymore</i></p> <p>She doesn't smoke (cigarettes) anymore.</p>	<p>Simple Present (Be): <i>Be + Not (+ Object) + Anymore</i></p> <p>I am not a smoker anymore.</p>	<p>Present Progressive: <i>Be + Not + -ing Verb (+ Object) + Anymore</i></p> <p>I am not smoking (cigarettes) anymore.</p>

<p>Everyday English</p> <p>Q: Are you still smoking? (<i>every day / on a regular basis</i>) / Are you still a smoker? A: No, not anymore. / Not anymore.</p>
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<p>Remember:</p> <p>Use still to express an ongoing action. Use no longer and not anymore to express that you have stopped an ongoing action.</p>

Grammar Practice cont.

B. Complete the Sentences

Choose which option belongs in the blank.

- I _____ smoke conventional cigarettes. I smoke e-cigarettes now.
(no longer / still / not anymore)
- Are you still _____ a pack a day?
(smoking / smoke / be smoking)
- I am _____ to coffee, but I only drink two cups a day.
(no longer addicted / still addicted / not anymore)
- You are no longer covered by medical insurance at work. Do you _____?
(are still smoking / still smoke / still smoke anymore)
- We are _____ e-cigarettes in the lounge. You can still smoke outside.
(still allow / no longer allowing / not anymore)

Discussion

- What other tricks and devices do smokers use to quit smoking?
- What do you think researchers will learn about secondhand vaping?
- Should vaping be prohibited wherever smoking is prohibited?
- Will e-cigarettes be popular ten years from now or are they just a trend?
- What role do celebrities have when it comes to trends such as vaping?

Quote

“Giving up smoking is the easiest thing in the world. I know because I’ve done it thousands of times.”

—Mark Twain

- What does Mark Twain mean in this quote?
- What did/do you find difficult to give up?
- Work with a partner. Try to rephrase the quote in a few different ways.

Writing

Do a little more research on e-cigarettes. Find some reasons why e-cigarettes are helpful for people who want to quit smoking. Then create a list with your findings. Use the title below, or use a related topic such as *5 Benefits of E-Cigarettes*.

5 REASONS WHY E-CIGARETTES HELP PEOPLE QUIT SMOKING

1. _____

2. _____

3. _____

4. _____

5. _____

Role-Play

Get together with a partner. Act out a scene between a doctor and a patient. The patient wants to quit smoking and asks the doctor about e-cigarettes. The doctor explains how e-cigarettes work and shares some concerns. Try to use vocabulary from the reading.