

### Spying on children

Private detectives are (0) being used in increasing numbers to spy on children, according to a new report by the children's charity Childlook. Investigators (1) \_\_\_\_\_ hired by anxious parents worried about what their children are up to and who they might (2) \_\_\_\_\_ hanging around with. The charity has expressed concern at the trend, which it says (3) \_\_\_\_\_ been caused by the growing lack of communication between parents and teenagers. 'In the past, youngsters (4) \_\_\_\_\_ kept under close control by their parents,' said Andrew Hird, a spokesman for Childlook. 'Now, both parents are often too busy and increasingly they (5) \_\_\_\_\_ to involve a third person to watch over their children.'

The report, which will (6) \_\_\_\_\_ published later today, describes some of the methods used. In some cases, parents allow their telephones (7) \_\_\_\_\_ bugged to enable detectives to listen in on their children's conversations. However, since most youngsters nowadays have their own mobile phones, this (8) \_\_\_\_\_ not done as much as it used (9) \_\_\_\_\_. Instead, teenagers (10) \_\_\_\_\_ followed and anything illegal or irregular (11) \_\_\_\_\_ captured on film. One investigator who (12) \_\_\_\_\_ interviewed for the report said that once teenagers had (13) \_\_\_\_\_ caught, they were reluctant to repeat their act for fear of (14) \_\_\_\_\_ subjected to more surveillance.

Whilst these methods are perfectly legal, Andrew Hird said he was 'alarmed' by the practice of young people (15) \_\_\_\_\_ filmed without their knowledge. He said it was 'an invasion of privacy' and urged parents to talk to their children first before resorting to such methods.

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You are going to read some short texts in which people talk about their smoking habits. Answer questions 1–15 by choosing from the people A–H. Where more than one answer is required, these may be given in any order.

Who:

- has never tried to stop smoking?  0  1  2
- doesn't believe in the harmful effects of passive smoking?  3
- is in a minority in his/her profession?  4
- was shocked when someone he/she knew died of cancer?  5
- found smoking helped him/her to get over a personal tragedy?  6

- was punished after he/she had stopped smoking?  7
- admits to having smoking-related health problems?  8  9  10
- started smoking as a student?  11  12
- found the effects of giving up smoking unacceptable?  13  14
- had special treatment to stop him or her smoking?  15

## The evil weed

### A Ambrose Huxley Editor

I refuse to employ non-smokers. They always gang up and try to stop everyone else from smoking. Anti-smokers are so bossy. There's nothing to prove that passive smoking causes cancer. Actually, I gave up recently because I was wheezy and very short of breath, but it won't last. I tried to stop once before. I had electric shock treatment, which was extremely expensive, and I stopped for three months, but then I went back to it.

### D Graeme Ashbury Actor

In 26 years I probably haven't gone without a cigarette for more than six hours, except when I'm asleep. I smoke the second I wake up, and would be uncertain how to approach the day without one. No, I've never tried to give up. In New York anti-smokers are very aggressive; people gesticulate at you in the street. But in England, I've only been subjected to exaggerated waves of the hand in restaurants, or to whispered comments. I certainly hope that our six-year-old daughter won't smoke.

### G Julian Carter Doctor

Most doctors don't smoke. There are only about 8% of us who still do, but two years ago I replaced my cigarette habit with cigars. My wife forced me to give up. I was on around 15 a day. It all started when I was at university. There was a lot of hanging around and talking, and smoking was very much a part of that. Now I limit myself to two cigars a day. My views are changing. Now I believe that smoking is anti-social.

### B Ann Gore Journalist

I started when I was at university. Everyone else seemed to be doing it. I only realized I was hooked when I discovered I'd run out late one night and walked for miles through the pouring rain to find a shop that was still open. I tell people that I smoke about 30 cigarettes a day but it can be much more. When I'm on a story, and existing on two hours' sleep a day, I smoke non-stop. I don't even enjoy it.

### E Adrian Daniels Dancer and choreographer

I retain an old-fashioned image of smoking. I see it as attractive and rebellious, and was a pre-10-year-old smoker. A lot of dancers smoke. It's the hanging-around and tension that get to you. I'm sure I'd notice a difference in my dancing if I stopped, but I've never tried. I don't doubt the health risks. Most of my friends smoke and my partner does too. I suppose I might be more self-conscious about it, if they didn't.

### H Kate Clements Model

I started to smoke at boarding school when I was 14, but gave it up pretty quickly. Two weeks after I'd quit, the headteacher found an empty packet in my drawer and I was suspended from school for two weeks. I thought, 'If I'm going to be suspended anyway, I might as well smoke.' Now I get through 10–15 a day. At the end of each photographic shoot, I'll light up. I've tried to give up, but gained weight and became so bad-tempered that I started again. Even at 21 I'm short of breath, have chest pains and feel lousy until I've had my first cigarette.

### C Rowena Taylor Novelist

There's no point giving up. Smoking will soon be considered good for us and people with dirty, wasted lungs will have more resistance than people with fresh, tender lungs. That's my excuse anyway. I did stop once for 48 hours after visiting a local shop. The owner, who always had a cigarette in her mouth, had died of lung cancer. That upset me a lot because it was someone I knew. Actually, I'm a bit suspicious of people who don't smoke. I suppose I think they're rather cowardly.

### F Joanne Archer Freedom Organisation for the Right to Enjoy Smoking Tobacco

It's not the best thing you can do for your health, but if you have an introverted personality and suffer from stress, cigarettes can become your best friend. When my husband died last year, I would have been utterly lost without cigarettes. The mood against smokers is openly hostile. There should be restricted areas for smokers in all public places. I've tried to give up twice, due to chest problems, but I'm not happy with my personality as a non-smoker.

Read the text about giving up smoking. Some lines are correct and some have a word which should not be there. Cross out the unnecessary words.

### HOW TO STOP SMOKING

The good news is that, almost since from the moment you put out of that last cigarette, the body starts to recover.

- 1. ....
- 2. ....
- 3. ....

Here are some tips to help you to quit:

#### TOP FIVE STRATEGIES

- Before deciding to stop the smoking, accept that it will take determination. The aim to quit only when you are ready to do it unreservedly. Think positive thoughts about the improvement in health and well-being of that it'll mean. Make a list of reasons why you want to stop:

- 4. ....
- 5. ....
- 6. ....
- 7. ....
- 8. ....
- 9. ....

- Take to the decision, fix a day and make the commitment to stop all.

- 10. ....
- 11. ....

- Try be smoking cessation aids. Nicotine replacement therapy that comes in the form of chewing gum, skin patch, sub-lingual tablet, nasal spray or the inhaler.

- 12. ....
- 13. ....
- 14. ....
- 15. ....

- Try herbal cigarettes. Acupuncture and hypnosis may also be help.

- 16. ....
- 17. ....

- Involve in friends and family. Their support will too get you through the grouchy periods of withdrawal. Cessation at clinics and self-help groups are also out there.

- 18. ....
- 19. ....
- 20. ....

If you lapse, don't despair. Treat it as a new challenge, not failure.

HOMEWORK

1 Use of English

Read through this text. Then use the word given in capital letters to form a word which fits in the gap. An example is given.

Why ex-smokers are less (0) tolerant of smokers than non-smokers are remains one of life's (1) \_\_\_\_\_. They are much more (2) \_\_\_\_\_ towards smokers too, in particular towards those who have tried to give up but with no (3) \_\_\_\_\_.

Ex-smokers seem to think that their (4) \_\_\_\_\_ to stop smoking makes such people inferior, rather than (5) \_\_\_\_\_ a simple (6) \_\_\_\_\_ of willpower. Ex-smokers also think that people who have never even tried to stop are totally (7) \_\_\_\_\_; they don't care at all if their smoking causes (8) \_\_\_\_\_ to others. All they are interested in is their own (9) \_\_\_\_\_ and their own (10) \_\_\_\_\_.

- 0 TOLERANCE
- 1 MYSTERIOUS
- 2 AGGRESSION
- 3 SUCCEED
- 4 ABLE
- 5 REFLECT
- 6 ABSENT
- 7 SELF
- 8 COMFORT
- 9 PLEASE
- 10 CONVENIENT

3 Use of English

Read the text and fill the gaps with one suitable word.

Break the habit

Smoking is a habit that is closely linked to certain times and places. If you break these links, you (0) can break the habit. The best way of doing this (1) \_\_\_\_\_ to avoid the situations where you want a cigarette. If you can't avoid (2) \_\_\_\_\_, then you will just have to fight off the temptation. Sit down and think (3) \_\_\_\_\_ when and where you usually have a cigarette. For example, do you always have (4) \_\_\_\_\_ after breakfast? Once you stop smoking, these times (5) \_\_\_\_\_ places are going to be danger spots, (6) \_\_\_\_\_ work out now how you'll cope.

It will also help (7) \_\_\_\_\_ you can make new habits to break the old one of smoking, so plan a (8) \_\_\_\_\_ new activities to replace smoking. Choose things (9) \_\_\_\_\_ will distract you and occupy your hands. Some people find (10) \_\_\_\_\_ helps if they cut down (11) \_\_\_\_\_ they actually give up. But don't look on this as (12) \_\_\_\_\_ alternative to giving up, and don't do it (13) \_\_\_\_\_ more than a couple of weeks at most. The danger is that (14) \_\_\_\_\_ could go back to smoking (15) \_\_\_\_\_ many cigarettes as before.

HOMEWORK

For questions 35-42, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

Example:

0 Terry's car needs repairing.

SHOULD

Terry .....  
repaired.

Make sure you use between two and five words.

Contractions (e.g. can't, isn't) count as two words.

Example:

0

SHOULD HAVE HIS CAR

Write only the missing words IN CAPITAL LETTERS on the separate answer sheet.

35 Sanjay couldn't get his parents' permission to buy an expensive car.

ALLOW

Sanjay's parents ..... to buy an expensive car.

36 Ann got this painting ten years ago.

HAS

Ann ..... ten years.

37 Let's visit the art gallery this afternoon.

WE

Why ..... to the art gallery this afternoon?

38 You should book your ticket beforehand if you want to get a good seat.

ADVANCE

Your ticket ..... if you want to get a good seat.

39 We don't have any milk left, so we must go and buy some.

RUN

We ..... milk, so we must go and buy some.

40 I could never have finished the job without your help.

IF

I could never have finished the job ..... me.

41 Sophia was often ill when she was a child.

USED

Sophia ..... when she was a child.

42 Parking here is free after 5pm.

PARK

It doesn't ..... here after 5pm.