

## UNIT 18 SMOKING AND SKIN AGING

**Target  
Vocabulary**

<b>Noun:</b>	wrinkle, layer, flow, fibre, strength, expression, elasticity, exposure
<b>Adjective:</b>	irreversible, outermost, repeated
<b>Adverb:</b>	prematurely
<b>Verb:</b>	accelerate, occur, narrow, impair, deplete, sag, inhale, squint
<b>Phrasal Verb:</b>	keep out, bring up (1), bring up (2), take in, pass out, pass away

Smoking can **accelerate** the normal aging process of your skin, contributing to **wrinkles**. These skin changes may **occur** after only 10 years of smoking and are **irreversible**. How does smoking lead to wrinkles? Smoking causes **narrowing** of the blood vessels in the **outermost layers** of your skin. This **impairs** blood **flow** to your skin, **depleting** it of oxygen and important nutrients, such as vitamin A. Smoking also damages collagen and elastin — **fibres** that give your skin its **strength** and **elasticity**. As a result, skin begins to **sag** and wrinkle **prematurely**. In addition, **repeated exposure** to the heat from burning cigarettes and the facial **expressions** you make when smoking — such as pursing your lips when **inhaling** and **squinting** your eyes to **keep out** smoke — may contribute to wrinkles.

I. Read the passage carefully and circle the choice which is the closest in meaning to the word given.

1. "accelerate" in line 1 means

- A. slow down
- B. make faster
- C. make impossible

2. "occur" in line 2 means

- A. destroy
- B. take place
- C. lead

3. "impairs" in line 4 means

- A. damages
- B. restores
- C. circulates

4. "inhale" in line 9 means

- A. breathe out
- B. breathe in
- C. eat

5. "keep out" in line 10 means

- A. hide
- B. reduce
- C. avoid

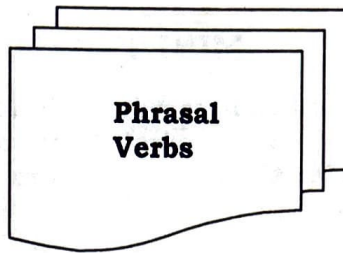
**II. Match the following words with the definitions.**

- |                    |  |
|--------------------|--|
| 1. ___ wrinkles    | a. to hang down or bend  |
| 2. ___ sag         | b. to look at something with your eyes partly closed                           |
| 3. ___ squint      | c. the ability of something to stretch and go back to its usual length or size |
| 4. ___ elasticity  | d. done too early or too soon  |
| 5. ___ outermost   | e. a smooth steady movement of liquid, gas, or electricity                     |
| 6. ___ prematurely | f. furthest from the middle  |
| 7. ___ flow        | g. lines on your face and skin that you get when you are old                   |

**III. Fill in the blanks with an appropriate word from the list below making changes if necessary.**

exposure	layer	repeated	narrow
strength	depletion	expression	irreversible

1. \_\_\_\_\_ to direct sunlight over long periods increases dehydration.
2. The \_\_\_\_\_ on her face told me that she didn't want to discuss it any further.
3. Most of the food we buy has at least one \_\_\_\_\_ of plastic incorporated in its packaging.
4. It is crucial that we take the necessary measures concerning the environmental problems before any \_\_\_\_\_ damage is done.
5. Many people took their cars despite \_\_\_\_\_ warnings of snow.
6. Even though I seemed to recover from the flu, it took me quite a while to gain my \_\_\_\_\_.
7. Because there are many people shopping in that area, they \_\_\_\_\_ the street and broadened the pavements.
8. Certain greenhouse gases cause a \_\_\_\_\_ in the ozone layer.



**Phrasal Verbs**

<b>bring up (1):</b>	mention (as a topic of discussion)
<b>bring up (2):</b>	raise; rear; take care of a child until it is fully grown and able to care for itself; train and prepare a child for adult life. Note: Children are educated at school
<b>pass away:</b>	die
<b>pass out:</b>	distribute
<b>take in:</b>	deceive (someone); cheat (someone)

**IV. Fill in the blanks with an appropriate word from the list above making changes if necessary.**

1. When my cousin \_\_\_\_\_ after a long illness, he was only 35.
2. We had planned to discuss overtime pay in the meeting but no one \_\_\_\_\_ that topic \_\_\_\_\_.
3. Don't \_\_\_\_\_ by her promises, she never keeps them.
4. Jim's parents died when he was a baby and her grandparents \_\_\_\_\_ her \_\_\_\_\_.
5. Can anybody help me \_\_\_\_\_ these information sheets \_\_\_\_\_?

## MINI TEST

1. **With the improvement of means of communication, the ---- of information became faster than ever in the 21<sup>st</sup> century.**  
A) strength            B) wrinkle  
C) elasticity          D) flow  
E) fibre
2. **Skin ---- typically appear as a result of aging process or, temporarily, as the result of prolonged submersion in water.**  
A) expressions      B) layers  
C) wrinkles          D) miners  
E) flows
3. **Scientists have previously tried to imitate silk using similar protein solutions, but were never able to produce fibres with the same ---- as real silk.**  
A) fluency            B) immigrant  
C) predicament      D) issue  
E) strength
4. **The speed of sound through a material is governed largely by the density and ---- of the material.**  
A) elasticity          B) tent  
C) predicament      D) expression  
E) wrinkle
5. **Exposure to a harmful substance may have ---- effects on human health and may result in cancer or damage to the nervous system.**  
A) repeated           B) outermost  
C) convincing         D) irreversible  
E) liberal
6. **Infants born ---- have an increased risk of death in the first year of life.**  
A) originally         B) regularly  
C) deliberately      D) negatively  
E) prematurely
7. **Scientists have found out the first direct evidence that fat ---- aging, possibly weakening genetic structures inside cells.**  
A) impairs            B) depletes  
C) inhales            D) squints  
E) accelerates
8. **Although they were almost perfectly prepared for climbing Mt. Everest, their food supply was ---- earlier than they thought.**  
A) narrowed          B) depleted  
C) sagged             D) inhaled  
E) occurred
9. **We came to Portage, where the river ---- into a canyon with tall walls on either side.**  
A) impaired           B) accelerated  
C) depleted            D) narrowed  
E) inhaled
10. **The Mayor decided to ---- illegal immigrants and help those who were already there legally.**  
A) get in touch        B) keep out  
C) bring up            D) pass away  
E) pass out