

## **32 Harmful habits**

### **Questions**

1. What harmful habits do you know?
2. What is typical of smoking and alcohol consumption of Hungarian people?
3. Is mortality rate low or high in our country?
4. What about the measure of smoking in Hungary?
5. Does underage smoking exist in our land?
6. What makes the young light a cigarette?
7. What harmful effects does smoking have?
8. Have any steps been taken to save non-smokers' health?
9. What negative effects does excessive alcohol consumption have on people's health?
10. Does trade of drugs show a growing or decreasing tendency?
11. Is it difficult to purchase drugs?
12. What makes people turn to drugs?
13. What negative effects do drugs have on the individual?
14. Are there any criminal acts in Hungary that can be connected with the use of drugs?
15. What measures should be taken to decrease smoking, alcohol consumption and drug-addiction?

## **32 Harmful habits**

(smoking, alcoholism, taking drugs, possible precautionary measures)

Smoking, alcoholism and taking drugs are the most typical harmful habits. It's extremely saddening that, according to the statistics, Hungary is in the leading group of the world's countries regarding smoking and alcohol consumption. It's not surprising at all that due to it the mortality rate is very high and shows a growing tendency in our country.

Although there is a health warning label on every cigarette packet, the measure of smoking is increasing in Hungary. Underage smoking is an urgent problem to be solved. It's really frightening that more and more young people start smoking at the age of puberty. At first they simply want to appear tough and mature enough for smoking when they light a cigarette, but later they just can't give it up.

People should be aware of the fact that smoking has a lot of harmful effects; it may cause many cardiovascular and respiratory diseases. The most serious ones, for example cardiac infarct or lung cancer can be fatal.

In quite a few countries smoking in public places is forbidden to decrease smoking and to save non-smokers' health. Fortunately positive changes can be experienced in this field in Hungary as well thanks to the legal measures taken by the government. In terms of law, people are allowed to smoke only at marked places at their places of work and they have to pay a fine if they break the law. It is also enacted by law that the young under the age of 18 are not permitted to buy cigarettes in shops or smoke in public places.

Alcoholism is another vital topic which needs to be tackled in Hungary. Drinking alcohol excessively has a number of harmful effects on people's health. It ruins the nervous system, damages the liver and may cause diseases in the brain. Alcoholism often leads to loss of jobs and the collapse of families. Social psychologists say that the main factor behind the high divorce rate in Hungary is drinking. Alcohol increases aggressiveness, people in an intoxicated state are more inclined to commit criminal acts.

The consumption, production and trade of illicit drugs have increased all over the world. Unfortunately a lot of people and what is the most alarming, more and more teenagers turn to drugs and become drug-addicts in Hungary, too. It's not too difficult to obtain drugs. They are often sold in discos and what's more sometimes you can even get them in the street.

According to specialists, drug consumption can be connected with social problems such as unemployment, poor living conditions or hopelessness. However, turning to drugs is not a good solution to solve problems, because it has a lot of harmful effects on the individual. Although illicit

drugs cause temporary pleasure, the regular use of them affects drug-addicts' health to a great extent. Drug-addiction can even be fatal if you use it excessively and it may also cause AIDS through collective use of hypodermic needles during injecting.

Drug-related crime is getting to spread in Hungary. It can be explained with the fact that drug-addicts lose their control under the influence of drugs and are more inclined to commit crimes. Robberies and burglaries are often done by them so as to get money necessary for the next dose.

Although some serious measures have been taken in Hungary, further legal sanctions should be taken to decrease smoking, alcohol consumption and drug-taking. Apart from law enforcement, consumption reduction strategies should also focus on popular education in the classroom. It may be an effective way of prevention if we call the students' attention to the danger of these harmful habits in good time. The mass communication media also have a very important role in this campaign.

## 32 VOCABULARY

harmful habit	káros szenvedély
possible	lehetséges
precautionary measures	óvintézkedések
take drugs	kábítószeretik
saddening	elszomorító
according to...	...szerint
leading group	élcsoport
regarding sg	vmi illetően, vmire vonatkozóan
consumption	fogyasztás
surprising	meglepő
at all	egyáltalán
due to sg	vmi következtében
mortality rate	halálozási arány
growing tendency	növekvő tendencia
warning label	figyelmeztető felirat
measure	mérték
increase	nő, növekszik, emelkedik
underage	fiatalkorú, kiskorú
solve	megold
frightening	ijesztő, rémisztő
puberty	serdülőkor
appear	mutatkozik, tűnik vmilyenek
tough	vagány
mature	érett
give up	felad, abbahagy
be aware of sg	tudatában van vminek
effect	hatás, eredmény, következmény
cause	okoz, előidéz
cardiovascular disease	szív- és érrendszeri megbetegedés
respiratory disease	légzőszervi betegség
serious	súlyos, komoly jónéhány
cardiac infarct	szívinfarktus
lung cancer	tüdőrák
fatal	halálos, végzetes
quite a few	jónéhány
public	nyilvános, köz...
forbidden	tilos, tiltott
decrease	csökken, csökkent
save	megóv, megvéd, megkímél
can be experienced	tapasztalható
field	itt: terület
thanks to sg	vminek köszönhetően
take legal measures	jogi intézkedéseket hoz
government	kormány
in terms of law	a törvény értelmében
marked	kijelölt, megjelölt
fine	itt: bírság
break the law	megszegi a törvényt
it is enacted by law	előírja a törvény

permit	megenged, engedélyez
vital	lényeges, alapvető
topic	tárgy, téma
tackle	megbirkózik vmivel
excessively	mértéktelenül
a number of...	számos...; sok...
permit	megenged, engedélyez
vital	lényeges, alapvető
topic	tárgy, téma
excessively	mértéktelenül
ruin	ront, tönkretesz
nervous system	idegrendszer
damage	károsít, megrongál
liver	máj
brain	agy
lead to sg	vezet vmihez, eredményez vmit
loss	elvesztés
collapse	összeomlás
social psychologist	szociálpszichológus
factor	tényező
divorce rate	válási arány
aggressiveness	agresszivitás
in intoxicated state	ittas állapotban, alkohol hatása alatt
be inclined to do sg	hajlamos vmit megtenni
commit	elkövet
criminal act	bűncselekmény
production	előállítás, gyártás, termelés
trade	kereskedelem
illicit	tiltott, meg nem engedett
alarming	ijesztő, riasztó
turn to sg	fordul vmihez
obtain	megszerez vmit, hozzájut vmihez
drug-addict	kábítószerélvező, narkós
can be connected with sg	kapcsolatba hozható vmivel
social	szociális, társadalmi
unemployment	munkanélküliség
living conditions	életkörülmények
hopelessness	reménytelenség, kilátástalanság
solution	megoldás
temporary	pillanatnyi, időleges, átmeneti
pleasure	élvezet, öröm, gyönyör
affect	(káros) hatással van
to a great extent	nagymértékben
fatal	halálos, végzetes
AIDS (Acquired Immune Deficiency Syndrome)	AIDS (szerzett immunhiányos tünetegyüttes)
through	itt: vmi által/ révén
hypodermic needle	injekciós tű, fecskendőtü
inject	befecskendez, injekciót ad
drug-related	kábítószerrel összefüggő/ kapcsolatos
crime	bűnözés
...is getting to spread	...kezd elterjedni

it can be explained with that...  
under the influence of...  
lose one's control  
robbery  
burglary  
dose  
serious  
legal sanction  
apart from sg  
law enforcement  
consumption reduction  
focus on sg  
popular  
prevention  
call sy's attention to sg  
danger  
in good time  
mass communication media  
role  
campaign

ez azzal magyarázható, hogy...  
...hatása alatt  
elveszíti józan ítélőképességét  
rablás  
betörés  
adag, dózis  
komoly  
jogi intézkedés  
vmin kívül; eltekintve vmitől  
jogi kényszerítő intézkedés(ek)  
fogyasztást csökkentő  
összpontosul/ összpontosít vmire  
itt: közérthető, könnyen érthető  
megelőzés  
felhívja vki figyelmét vmire  
veszély  
kellő időben  
tömegkommunikációs eszközök  
szerep  
kampány