

<p>المستوى: 3  <u>شعبة الآداب تخصص لغات</u>          مدة الإنجاز: 3 س          المعامل: 4</p>	<p>امتحانات البكالوريا          دورة: فبراير 2002          مادة: اللغة الإنجليزية</p>	<p>المملكة المغربية          وزارة التربية الوطنية          الأكاديمية الجهوية للتربية والتكوين          لجهة الدار البيضاء          (ابن امسيك)</p>
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## SMOKING

### *Don't mention addiction...*

The first study of smokers who quit was published in 1958. Not surprisingly, those who smoked fewer cigarettes found it easier to give up. It was ten years before the subject was researched again, but in the seventies and eighties interest intensified, and more than 200 studies into quitting have been published.

In the late seventies, expert opinions were sharply polarised. Psychologists believed smoking was a bad habit that would respond to therapy, while scientists insisted it was a simple addiction. In the eighties, health educators started to mention the A word - but they were reluctant to emphasise it, because "addict" brings to the mind an image of a helpless victim. So they chose the message that you could quit smoking simply by stubbing out your last cigarette and throwing the packet away. This was not enough to inspire people to give up. It worked for some, but then every kind of technique from hypnotherapy to herbal teas, works for a few people. Unfortunately 65% of those who quit will relapse within a year or two.

There was another good reason for underplaying addiction: apart from its negative connotation, little could be done about it. This has now changed with the introduction of nicotine replacement therapies. These provide the drug that smokers desire but in a clean form. It is not the nicotine but the tar and other harmful chemicals found in tobacco that kills 150,000 Britons every year. Smokers can now buy their therapy from their pharmacists in the form of nicotine chewing gums or skin patches that deliver decreasing doses of nicotine through the skin over three month period. The 16- hour patches can be removed at bedtime, and other patches provide 24-hour cover. No one yet knows which is more effective.

Ironically, the gum and patches cost about the same as 20 cigarettes a day - although the three-month treatment is a very good investment if it works. In a few years smokers will also be able to buy nicotine sprays and inhalers, which will deliver their fix even faster.

### *...and don't forget pleasure*

Health educators and clinic doctors are unlikely to prove successful if they treat smoking as just an addiction and try to forget the P factor - that smoking is also pleasurable. The addiction theory suggests that smokers light their first cigarette of the day to enjoy a buzz from the nicotine, and that every subsequent cigarette is smoked to avoid the effects of nicotine withdrawal. But smokers enjoy their cigarettes and light up to augment other social pleasures such as having a coffee after a meal, socializing with friends, or simply to have a few quiet moments to themselves. They use cigarettes to break the ice when they meet someone new, or as a way of sharing joy with a friend.

A cigarette smoker takes 10 drags from every cigarette, each one of which delivers a dose of nicotine to the brain within seven seconds. Smokers on 20 a day raise their hands to their mouths 200 times a day. Smoking is an addiction, a pleasure and a very strong habit.

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### I. COMPREHENSION

14 POINTS

Base your answers on the text

#### A. Are these sentences true or false? Justify

4 points

1. The first research on giving up smoking was carried out in the seventies.
2. Nicotine is the most harmful substance in tobacco.
3. The 24-hour cover patches have proved to give better results than the 16-hour ones.
4. Smoking 20 cigarettes a day is far more expensive than using gum or patches.

#### B. Answer these questions

4 points

1. How did psychologists' view of smoking differ from scientists'?
2. Why were health educators unwilling to talk about smoking as addiction?
3. How do nicotine replacement therapies help those who want to give up smoking?
4. What are the two future forms of nicotine replacement therapy?

#### C. Complete these sentences.

4 points

1. In the eighties, health educators believed that to give up smoking one should .....
2. Nicotine replacement therapies are found in the form of .....or .....
3. Lighting a cigarette helps increase other pleasures such as.....
4. To get to the brain, it takes nicotine.....

#### D. Find in the text words or expressions that mean the same as 2 points

1. increased (paragraph 1)
2. to encourage (paragraph 2)
3. go back to smoking (paragraph 2)
4. next (paragraph 5)

### II. LANGUAGE

14 POINTS

#### A. Give the correct form of the words in brackets

4 points

1. Helen is a timid person. She always goes red with (embarrass) when talking to strangers.
2. His essay is spoilt by many (care) mistakes.
3. The applicants for the job should be aged under 25, bilingual and (energy).
4. Hasna is expecting a (promote) in the next few days.

**B. Rewrite the following sentences as suggested 4 points**

1. His doctor prescribed these tablets to relieve the pain caused by the operation.  
These tablets.....
2. As a child, he went to an American school.  
He used.....
3. You should go on a low-fat diet, otherwise you will have serious health problems.  
My doctor warned me.....
4. The fire broke out during a ceremony. The number of victims was very high.  
If.....

**C. Complete these sentences with words from the list. 2 points**

unprecedented immoral basis basic put off put down cope with

1. He is an .....Koran translator. Nobody before him has ever translated the Koran in a foreign language.
2. In addition to a healthy diet, he is advised to exercise on a regular .....to combat his diabetes.
3. The meeting was.....because of security measures.
4. In her new job Mary has to .....many responsibilities.

**D. Put in the right preposition 2 points**

It was nice .....him to write to us .....such occasion. We have to write .....to him and thank him.....the beautiful postcard he sent to us.

**E. What would you say in the following situations? 2 points**

1. You are unable to attend a very interesting presentation you have been expecting for too long.  
Express a wish: .....
2. People can't reproduce a whole book without the writer's permission.  
Express prohibition .....

**III. WRITING****12 POINTS**

Many Moroccan students want to go abroad to further their studies. Discuss the advantages and disadvantages of studying in foreign universities and give your position supported with arguments.