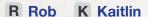


# E-cigarettes: Not as Safe as You Might Have Thought!

### 小心電子煙的無形危害!



- R: Check this out: I bought some e-cigarettes online. Want to try one?
- **K:** No. Ew. E-cigarettes are really bad for your health.
- R: Vaping<sup>1</sup> is still healthier than smoking cigarettes. Are you sure you don't want to try one?
- K: I'm sure. I really don't want one. Also, it's not healthier. E-cigarettes contain nicotine,<sup>2</sup> just like regular cigarettes. Nicotine can harm brain development in young people. On top of this, the chemicals that are used to flavor the e-cigarettes are not safe to breathe in. They've been linked to a serious lung disease.
- R: Is that true? I thought that e-cigarette smoke was mostly water vapor.
- **K:** That's a **misconception**. Besides the substances I mentioned, heavy metals and small particles that can get deep into your lungs are also present in e-cigarette smoke. And more importantly, in Taoyuan, buying, **possessing**, or supplying e-cigarettes is illegal for anyone under the age of 18. If you're caught using or in possession of e-cigarettes, you'll have to participate in an antismoking education program. If you're caught supplying e-cigarettes, you could face a fine of up to NT\$50,000.
- R: Oh, I had no idea they were so bad for our bodies. Now I know to stay away from e-cigarettes.
- K: That's a smart choice. By the way, I brought my basketball. Up for a game?
- R: You bet!

R:看一下這個:我在網路上買了一些電子煙。想要試一 支嗎?

- K: 噁,不要。電子煙真的對健康不好。
- R:抽電子煙還是比抽菸健康。妳確定妳不想要試一支看
- K:我很確定,我真的不想。再說,電子煙沒有比較健 康。電子煙就跟一般的香菸一樣含有尼古丁。尼古丁 會對年輕人的大腦發育造成傷害。除此之外,吸入用 來調味電子煙的化學物質並不安全。它們跟一種嚴重 的肺病有關。
- R: 真的嗎?我以為電子煙的煙主要是水蒸氣呢。
- K:那是一種誤解。除了我提到的物質之外,電子煙的煙 霧中還存有重金屬和可以深入肺部的微小粒子。更重 要的是,在桃園未滿十八歲購買、持有或提供電子煙 是違法的。如果你被抓到使用或持有電子煙,你就得 上戒煙教育。若被抓到提供電子煙,則會面臨最高五 萬元的罰款。
- R:哦,我都不知道電子煙對身體這麼不好,現在我知道 要遠離電子煙了。
- K: 這是聰明的選擇,對了,我帶了籃球。要去打球嗎?
- R: 沒問題!

### Vocabulary

- 1. **Vape** [vep] *n.* 電子煙 (與標題的 e-cigarette 意思相同) v. 吸電子煙(vaping 為動名詞)
- 2. nicotine [`nɪkəˌtin] n. 尼古丁
- 3. misconception [∠mɪskən`sɛpʃən] n. 錯誤觀念
- 4. **possess** [pə`zɛs] v. 擁有;具有(文中 possessing 為動名詞,名詞為 possession, in possession of N. 為正式 的用法,指「持有……」)

歡迎掃描右方 QR code,可參加桃園市電子煙 危害知識問卷抽獎活動!



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