

**November:
WEEK TWO**



PERSONAL HEALTH

THE AGENDA:

- ◇ *Discussion: What does the term “personal health” mean? What are some unhealthy things people put into their bodies? (junk food, drugs, etc.) What some other ways people put their personal health in jeopardy? (unsafe sex, neglected tooth care, poor personal hygiene, etc.) Have you ever been pressured to put your personal health in jeopardy? Who makes decisions when it comes to your personal health?*

 - ◇ Review ‘Cigarette Smoking’ Factsheet
 - ◇ ‘20 Questions’ on Drugs’ Quiz
 - ◇ Make an Anti-Drug or Anti-Smoking Poster to post in the hallway
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- ◇ Make sock puppets and act our scenes from your favorite movies
 - ◇ Discuss the meaning of Remembrance Day, then read the poem ‘In Flanders Field’
 - ◇ Write your own poem about war
 - ◇ Read from *The Diary of Anne Frank*
 - ◇ Check out Veteran’s Week Activities on www.vac-acc.gc.ca under *Youth and Educators*.



Cigarette Smoking Fact Sheet

1. Cigarette smoking is addictive; it fulfills these three criteria:
 - Smokers develop a tolerance to nicotine (they need to smoke more and more for an effect).
 - Smokers become dependent on it (they need it to feel comfortable).
 - Smokers suffer withdrawal symptoms (physical and psychological discomfort when they try to stop smoking).

2. There are hundreds of chemical substances in cigarette smoke. Three of the most damaging are:
 - *Tars*--damage delicate lung tissue and are considered the main cancer- causing agent in cigarette smoke.
 - *Nicotine*--a poison found only in tobacco leaves. It can be extracted as a colorless, oily transparent liquid and used in solution as an insecticide. One drop of pure nicotine can be fatal to humans.
 - (1) It is a powerful stimulant to the brain and central nervous system that "hits" the brain within four seconds. Like the drug, alcohol, after it initially stimulates, it has a depressant effect.
 - (2) Nicotine constricts (narrows) the blood vessels, cutting down the flow of blood and oxygen throughout your body. Your heart has to pump harder, thus increasing the chance of heart disease. It raises the blood pressure and also narrows bronchioles (air passageways) in the lungs, also depriving the body of some oxygen.
 - *Carbon monoxide*--replaces needed oxygen in your red blood cells. Even after one stops smoking, carbon monoxide stays in the bloodstream for hours, depriving the body of oxygen until the oxygen level in your blood returns to normal. Carbon monoxide is a waste product of cigarette smoking and also of gasoline engines.

3. Some of the diseases caused by cigarette smoking are:
 - *Chronic bronchitis* (inflammation of the bronchi which are the breathing tubes in the lungs)
 - *Laryngitis* (inflammation of the throat)
 - *Emphysema*(a degenerative lung disease that destroys breathing capacity)
 - Smoking is a contributing factor in *cancer* of the lungs, mouth, and esophagus.

4. Smoking cigarettes stains the teeth, reduces the efficiency of the body's ability to taste and smell, and increases the process of wrinkling of the skin (especially around the eyes).
5. The effects of some medication taken by a person may be increased, decreased, or cancelled out by smoking.
6. Cigarette smoking by pregnant women may cause harm to the fetus.
7. Cigarette smoke pollutes the air in enclosed places, which also affects the nonsmokers present.
8. Smoke from an idle cigarette contains at least as much tar and nicotine as inhaled smoke (American Lung Association).
9. Chewing tobacco may lead to cancer of the mouth and to an addiction because of the nicotine that is absorbed through the mouth's lining.
10. It is generally accepted that "peer pressure" encourages many young people between the ages of 10 and 18 to begin experimenting with smoking (American Cancer Society).
11. When a person quits smoking, the body begins to repair some of the damage caused by the cigarette smoking.

20 Questions About Drugs

- 1) The most commonly abused drug in North America is:
a) marijuana b) alcohol c) cocaine d) heroin
- 2) Most drug users make their first contact with illicit drugs:
a) through drug dealers b) through friends c) accidentally d) on their own
- 3) More people die each year in the U.S. as a result of:
a) Alcohol b) Tobacco c) Heroin d) Cocaine
- 4) The majority of inhalant users are:
a) men b) children c) woman d) the elderly
- 5) Marijuana in small amounts is legal in the United States.
a) True b) False
- 6) Marijuana is much stronger today than it was 10 years ago:
a) True b) False
- 7) Marijuana can stay in the body for up to:
a) 2 days b) 1 week c) 1 month
- 8) The use of alcohol and other drugs during pregnancy:
should stop after 12 weeks b) is a risk at any point c) in small doses is not a risk
- 9) LSD is a hallucinogen
a) True b) False
- 10) A shot of hard liquor contains the same amount of pure alcohol as a can of beer.
a) True b) False
- 11) One must be _____ to legally purchase cigarettes in BC.
a) 16 b) 18 c) 19
- 12) One must be _____ to legally purchase alcohol in BC.
a) 18 b) 19 c) 21
- 13) A cold shower or a cup of black coffee will sober up a person that has been drinking.
a) True b) False
- 14) More teenage males drink alcohol than teenage females.
a) True b) False
- 15) The chemical in marijuana that causes the high is:
a) Nicotine b) THC c) MDMA
- 16) A blunt is marijuana in a:
a) cigarette b) cigar c) pipe

17) Crack is one of the most addictive drugs available today.

- a) True b) False

18) The high from a typical dose of crack lasts:

- a) 1 hour b) 30 minutes c) 5 minutes

19) PCP is also known as:

- a) Acid b) Smack c) Angel Dust d) Ludes

20) Physical dependence can involve painful withdrawal symptoms when the drug is no longer being used.

- a) True b) False

Answers:

- 1) b 2) b 3) b 4) b 5) b 6) a 7) c 8) b 9) a 10) a
11) c 12) b 13) b 14) a 15) b 16) b 17) a 18) c 19) c 20) a

In Flanders Fields

**By: Lieutenant Colonel John McCrae, MD (1872-1918)
Canadian Army**

**IN FLANDERS FIELDS the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.**

ABOUT THE POEM "IN FLANDERS FIELDS"

McCrae's "In Flanders Fields" remains to this day one of the most memorable war poems ever written. It is a lasting legacy of the terrible battle in the Ypres salient in the spring of 1915. Here is the story of the making of that poem:

Although he had been a doctor for years and had served in the South African War, it was impossible to get used to the suffering, the screams, and the blood here, and Major John McCrae had seen and heard enough in his dressing station to last him a lifetime.

As a surgeon attached to the 1st Field Artillery Brigade, Major McCrae, who had joined the McGill faculty in 1900 after graduating from the University of Toronto, had spent seventeen days treating injured men -- Canadians, British, Indians, French, and Germans -- in the Ypres salient. It had been an ordeal that he had hardly thought possible. McCrae later wrote of it:

"I wish I could embody on paper some of the varied sensations of that seventeen days... Seventeen days of Hades! At the end of the first day if anyone had told us we had to spend seventeen days there, we would have folded our hands and said it could not have been done."

One death particularly affected McCrae. A young friend and former student, Lieut. Alexis Helmer of Ottawa, had been killed by a shell burst on 2 May 1915. Lieutenant Helmer was buried later that day in the little cemetery outside McCrae's dressing station, and McCrae had performed the funeral ceremony in the absence of the chaplain.

The next day, sitting on the back of an ambulance parked near the dressing station beside the Canal de l'Yser, just a few hundred yards north of Ypres, McCrae vented his anguish by composing a poem. The major was no stranger to writing, having authored several medical texts besides dabbling in poetry. In the nearby cemetery, McCrae could see the wild poppies that sprang up in the ditches in that part of Europe, and he spent twenty minutes of precious rest time scribbling fifteen lines of verse in a notebook.

A young soldier watched him write it. Cyril Allinson, a twenty-two year old sergeant-major, was delivering mail that day when he spotted McCrae. The major looked up as Allinson approached, then went on writing while the sergeant-major stood there quietly. "His face was very tired but calm as we wrote," Allinson recalled. "He looked around from time to time, his eyes straying to Helmer's grave." When McCrae finished five minutes later, he took his mail from Allinson and, without saying a word, handed his pad to the young NCO. Allinson was moved by what he read:

"The poem was exactly an exact description of the scene in front of us both. He used the word blow in that line because the poppies actually were being blown that morning by a gentle east wind. It never occurred to me at that time that it would ever be published. It seemed to me just an exact description of the scene."

In fact, it was very nearly not published. Dissatisfied with it, McCrae tossed the poem away, but a fellow officer retrieved it and sent it to newspapers in England. The Spectator, in London, rejected it, but Punch published it on 8 December 1915.