

Title: Bio-medi English

화학물질이 미치는 영향력

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🔊[0:00]

Okay, very good.

So today, today we are talking about mood altering drugs and we need to talk about some specific drugs.

In the overview here you can see what are drugs and what are mood altering drugs.

Drugs are chemicals, chemicals that change the way a person's body works.

So, right now, hopefully, you are all sober, which means not on drugs, so we can say you are normal, okay?

Or, let's call it sober.

When you take drugs, the chemicals in drugs change your mood, and that means your feelings, or the way you act, or the way you speak, or the way you move. Okay?

Some of these drugs are legal, some of these drugs can be illegal, okay? Against the law.

So if you get caught taking these drugs, you go to jail, or you have some problem, right?

Um, legal drugs. What is one legal drug?

Can you tell me a legal drug?

(Student speaks)

Doctor diagnosed, you go to doctor when you are sick, you go to doctor, and the doctor can give you some drugs, or we say, medicine.

Now, that medicine, the doctor writes a note for you, that's called a prescription, you get a prescription.



So these are legal, because you can go to the 약국, you can go to the pharmacy, and you show your prescription paper, and you get the drugs. Legal.

Can I take my prescription drugs and say 'Hey, you wanna try some?'

Is that legal? Nah.

If I do that, I can get in trouble.

So than it's illegal.

So you can see, those drugs even for you because you are sick are legal but giving them to other people, it becomes illegal.

So legal, illegal, little bit strange.

But there are some drugs that we don't need the doctor, right?

We can go to the pharmacy or go somewhere and we can buy and those drugs are called 'over the counter drugs'.

Okay? They're over the counter medicine.

That means you can buy it.

🔊[03:08]

What is an over the counter drug?

(Student Answers)

Ah, drugs that you can buy without the doctor. Without doctor's permission.

What is it, what can you buy without the doctor's writing you a note? Can you tell me?

Anybody?

(Student answers)

Painkiller! For example...

(Student answers)

Tylenol. Okay. Did you say Tylenol?

Tylenol, Okay. I thought you said Tylenol.



Okay, painkillers. Well, there are many, many different types of painkillers.

Some painkillers are very illegal, right?

For example, ah... Let's see.

Heroin. You probably know heroin.

Heroin is an illegal drug but it kills your pain very well.

Sure. You take heroin and 'Whoooooo!' and, your pain is gone!

But it's illegal because it's very addictive. We'll talk about that today.

Dependency and addiction.

Tylenol, though, Tylenol is a painkiller, right? You have a headache, 'Urgh!'

You take some Tylenol, and may be after 30 minutes or 1 hour, you're feeling a little better.

That is legal because it's not addictive.

It's not so addictive or you can't get dependent on it.

So we are gonna talk about that today. Good. Yeah, Tylenol.

Ugh!

Don't put that on film.

Okay, so Tylenols are legal, anyone can buy it.

But even with Tylenol, you have to be careful.

Too much, taking too much Tylenol, the chemicals in Tylenol can really hurt your stomach, Okay?

So there are risks even if you are taking legal, over the counter medicine can be harmful.

Ok, so, legal drugs, we talked about medicine.

There's although, cigarettes. Coffee. These things have drugs in them, right?

What drugs are in coffee?

Caffeine, caffeine, right. Caffeine is a drug.



(Student speaks)

It helps them wake up, good.

It gives you a boost. Whoo!

When you drink coffee, coffee is called the stimulant, which means it excites your body and it helps you be more energetic. More active.

🔊[06:08]

So in the morning some people wake up... Ready to go! Right?

Alright, so today we are gonna talk about some drugs are stimulant, they make your body more energetic, there are other drugs that are called depressants and it slows your body down, they slow your body down.

Heroin, a painkiller, we talked about it a little bit around, is a depressant.

It slows your body down. Okay? Really slow.

And very relaxed. Your muscles get relaxed, you... kind of almost sleepy, but, a very good feeling.

Very dangerous though.

Okay. So, uh, cigarettes, well, what drugs (are) in cigarettes?

(Student speaks)

Good. Nicotine, tar...

We'll talk about cigarettes, cigarettes... have many, many chemicals right?

But the addictive and dangerous drug in cigarettes is nicotine.

Ah, cigarettes, today we are gonna talk about, no, we are not gonna talk about so much cigarettes, we are gonna talk about the plant.

What plant do you get cigarettes from?

What plant do we use to make the drug... uh, cigarettes?

Tobacco. Good. So today we are gonna talk about tobacco.

Tobacco is a plant and we had it for a long long time, but that's where cigarettes come from.



Okay? and we are going to talk about alcohol which is also a legal drug, it's legal for you, now, I think, most of you, right? You are 20 years old?

All right, so now, legally, you can drink alcohol.

All right. Hah, interesting. Alcohol, in Korea, the drinking age, 20? Is it 20 years old? Korean age? Ok.

For cigarettes is... 20. Oh, same! ... In America cigarette's a little younger and alcohol's 21, cigarettes I think 18 in America.

Western age Korean age, different. Very confusing. Okay.

Uhm, hmm. Why, Why do we have age limit to these drugs?

Why do you think? Why do you think there's an age limit? For alcohol and cigarettes? How about you?

🔊[09:02]

Yeah. Why do they make an age, where, for example right now, all of you can buy alcohol now legally.

But before may be 2 years ago, you can't.

Why did they do that?

I'll give you a hint. You wanna hint? Here's your hint.

Whidododododoot!

(Student speaks)

Grow. Good! Okay, Very good. All I need is one word.

Grow! People are still growing.

The better word, the scientific word we can say is developing.

Until you are may be 16, 17 or even 18 years old, your body is still changing, still growing, still developing, many hormones are helping you grow, many things are changing inside your body.

If you are taking drugs in your body, alcohol or nicotine, it can hurt the development of your body and either you don't grow enough, your brain might have some problems, it's very dangerous.

So we'll talk a little bit about also about teenagers or younger people should stay away from drugs of all cause.



Because it is dangerous.

All right, you can see here though, caffeine, coffee is not here.

Interesting. So is caffeine OK for younger people?

What do you think? Should young people drink a lot of coffee?

No. No drug is very good for you when you are young.

Maybe some people will think 'Oh, caffeine's not so bad', but it's still a drug and it's a stimulant, and it can hurt your development.

So you should stay away from drugs until you get old enough.

Alright. Illegal drugs. Today we are going to talk about two of these.

Uhm, first one, marijuana.

Marijuana comes from a plant called Cannabis sativa, we'll talk about that today.

And we are going to talk about this one, Crystal meth. Crystal methamphetamine.

Very very dangerous drug.

We are going to talk about the difference.

Marijuana comes from a plant, so we can say this is natural.

Crystal meth is made in a laboratory, Okay?

And, this drug can be very dirty if it's made by the wrong people, and very very dangerous.

We'll talk about why... We'll talk about this drug.

These are the drugs ecstasy, cocaine, heroin we talked about a little, and LSD.

These are different types of drugs, they are on your vocabulary, on your vocabulary list if you want to read up about them a little bit.

🔊[12:13]

But ecstasy is actually a type of methamphetamine, so it's similar to this drug here.

Cocaine is a stimulant, we talked about stimulants make your body, your heart work harder. Okay?



We are not going to talk about cocaine much today but very addictive drug.

LSD is a psychedelic drug, which causes people to experience... uh, to hallucinate.

See things that are not real, or hear things that are not real.

And heroine we already talked about is a painkiller.

That drug is a depressant, it's also called an opiate. It's like opium.

Okay. Good. Uh... Alright.

While we talk about cigarettes you're going to find out all the chemicals that are on cigarettes.

Last week, remember, we talked, radiation?

And we talked about radioactive materials.

And I told you in tobacco, there's radioactive material in tobacco.

And that's true. So we talked about, that's why cigarettes are so harmful for you.

You, when you smoke a cigarette, you are getting so many chemicals inside your body.

Some of it is poisonous, some of it is radioactive, some of it is carcinogens, and in your reading, in your notes you can see here 'carcinogens', what are carcinogens?

Carcinogens are substances that can cause cancer.

Aye... Not good.

Stay away from cigarettes.

Okay, anyway. Let's go to... the backgrounder.

Alright, through this lesson you'll improve your knowledge of several drugs.

Several drugs that are relevant to you.

In your lives.

And these drugs today, the drugs we'll talk about are alcohol, tobacco, ah... and we'll going to talk about alcohol and tobacco because these drugs like we said, now they are very, they are legal for you.

So you can start choosing to use these drugs.



However I'll give you my opinion, I don't think you should choose to use tobacco or cigarettes, I think (they) are terrible for you.

🔊[15:04]

And alcohol, we'll going to find out today, if you drink responsibly, alcohol can actually be healthy for you. Good for your heart.

So we are talking about alcohol and tobacco.

We'll talk about Cannabis, and I told you cannabis...

Alcohol and tobacco and we'll talk about cannabis, cannabis is... comes from a plant, I told you, here's the leaf.

Okay, this is the cannabis sativa plant. The leaf.

This is how you smoke it.

People, most often, with marijuana they smoke it like a cigarette.

They roll it up and smoke it.

And here's the picture of a cannabis plant.

These plants, interestingly, they grow very easily.

Very easy to grow this plant, It grows in nature, by itself.

It's a weed.

So you could be walking in the woods, in the forest, and you come to a place and 'Hmm, Well, what's that smell? What are these plants?'

They are all cannabis plants, Okay?

Which is an illegal drug.

So, it grows very easily and in the wilds, so people can grow them at their own homes, if you have the place to grow them.

Alright, and we will going to The reason why we talk about marijuana, is because it's the most commonly used illegal drug in the world, Okay?

You may see it sometime in your life.

And the last drug we are going to talk about is crystal methamphetamine.

And the reason we talk about this is because this drug is a big problem, starting to



become a big problem in certain areas.

Why? Because its highly addictive tendency.

People use this drug and the first time you use it, 'Wow... This is the greatest!' And it hooks you.

And then you want it again, and then you start to use it again and again and you can't stop, and next thing you know is you are in huge trouble.

It's going to hurt your life.

Okay. So these three drugs we are going to talk about today.

Um, going back here, here's the picture of some of these drugs.

These are pills, or capsules, of course.

Here's a bag of, maybe marijuana here, maybe another drug.

This is mushrooms, there's a drug called mushrooms, those are psychedelic, they make you see or hear things, they affect your mind, the way you're thinking.

Okay, over here, you can see there are different ways of taking drugs.

Different methods you can take drugs.

🔊[17:59]

One method is, you can see, which method is this?

What is he doing? He is ingesting, he is eating it. Right?

He's swallowing it, that's called ingesting.

So he's ingesting it.

Here's another way.

What is he doing? Snorting.

That's called snorting, or we can say intra-nasal. Intra-nasal, going in your nose.

Snorting. All right.



Here's another method. Smoking.

We can call that inhaling. Inhale. Inhale, intra-nasal, ingest. Okay?

The last way, injecting. Right. Injecting, or IV. IV needle, right? Intravenous.

Okay. So those are four ways of taking drugs.

That's also in your vocab.

All right. Well, these drugs not only pose problems for you, if you are a user, but also affect the lives of the people you are around.

Today I hope you have a better understanding of the dangers of these drugs and the benefits of knowing about these drugs.

It will better prepare you for your future and hopefully protect you from harm.

Okay.

All right. Going to alcohol, and we'll start reading.

With the reading today,

I'm going to let you read a little bit, and then I will talk a lot, and then we'll skip, we're going to skip around today.

So I'll try to help you so we can go a little quicker.

Starting alcohol.

(Student reading)

Good. Good job. Okay.

So alcohol. What kind of drug is alcohol?

It's a depressant, okay? And I told you depressant, depress means pushing down, or slowing down.

So alcohol, when you drink it, it slows down your body, and it says here, in the reading, "It slows down your central nervous system, which makes you think, talk,



move, and react slower.”

When people drink, they think, oh, I’m fine. My reactions are still good. Look. All right.

But actually, they... It slows down your body.

🔊[21:04]

When I was in university, I worked in a drug treatment center.

My second year of university, I started work in a lab, so I worked with alcoholics, I worked with heroin addicts, cocaine addicts, marijuana, people who were smoking marijuana, okay?

So I learned a lot about this stuff, and I saw a lot of people, and I saw their lives, how their lives were going. It was not very pretty.

Okay. Alcohol is called ethanol, also called ethanol.

Different drinks have different amounts. Right?

And in the reading here, it says, “You have a beer, twelve ounces of beer”.

How many milliliters? About 500, we’ll say 500 milliliters of beer, okay?

Only about 5 percent of the alcohol in that beer.

But we’ll start talking about whisky, okay? 양주.

Whiskey can have 40 or 50 percent alcohol. Okay? And this is where danger, right?

You, like I said, you are now at an age where you can drink legally.

You’re at an age now where you can drink legally.

Many of you in Korea, a popular drink in Korea is 소주, right?

You go out, and you have your 삼겹살, you have your 소주. 소주, how do you drink 소주?



A lot of people in Korea, you know, with your friends, you pour the 소주, and then what do you say? 워하여, and then you say 원샷!

Okay. Danger... Let's think about this. Here we have our beer, 341 ml, a little bit off, 12 ounces.

This is 5 percent alcohol.

Soju is right around about the same as wine.

Probably a little more. About 15 percent, 12 to 15 percent. Okay?

About 5 ounces, wine.

Soju is only about maybe 2 ounces, one or two, maybe two ounces, or three ounces. Oh, maybe two ounces. Okay.

Anyway, you take that soju, it has 12 percent or 15 percent alcohol and you do a 원샷, compared to a beer, which has a lot more liquid, and you're drinking it over time.

So the alcohol is going into your body with beer, the alcohol goes in your body slowly.

So you can start to feel the feeling of the alcohol. You can start to feel it.

🔊[24:01]

And if you're starting to feel a little ooh, wow, I'd better stop. Okay? So beer, very slowly.

You go with your friends and you start doing soju.

Oh, here, have a soju. One shot! Mmm, no problem. Because it takes some time, right?

So then someone shows, Oh, have another one.

Boom! Another one.

So now you have 24 percent alcohol you just drank in how long?

Well, maybe, let's say, 10 minutes. You do two of those.

With one beer, maybe 20 minutes, or 30 minutes, you drink one beer.

The soju, you'll just be talking with your friends and then all of a sudden, boom!

Woa, oh no. Right?

Boom, you fall down, or you fall asleep, or you can't walk.

And then your friends carry you, oh no, that's a problem. Right?

You don't want to look like that.

You don't want to look silly, losing control of your body.

So, my advice: If you're going to drink, make sure you drink responsibly.

If you're drinking soju, don't 원샷, especially if you haven't drank before.

If it's your first time, or you're not an experienced drinker, drink slowly, so you can feel it coming.

And then you won't look like a fool. Okay? Or, have a health problem.

When people are drinking, sometimes you see them throwing up. I go walking in 구
동 on Saturday morning.

So, why are people throwing up?

Because it's poisoning your body.

The alcohol poisons you.

And that's why it's throwing it out of your body. So, careful when you're drinking.

Okay, it says here also, it takes one drink will take about one hour to get out of your body.

So you stop drinking for one hour, or you're going to feel effects of alcohol.

Also, the size.

For example I weigh 77, 78 kilos, but maybe some you, maybe you weigh maybe 65, or 60 kilos.

All right? If you're drinking, one drink is going to affect you much more than it'll affect me.

So the size, your weight makes a difference, the sex, if you're male or female, that makes a difference.

Male can usually handle more alcohol than a woman can, because of the body make up, of your body.

Even the ethnicity.

An American compared to a Korean.

Usually on average, an American can drink a little more than a Korean can, or handle more alcohol. Okay?

🔊 **[27:05]**

Koreans, Asians have a, many Asians have a problem where drinking alcohol, they get red, very red faced.

Or they break out, that's an allergic reaction to alcohol, which is more common in Asia, China and Korea, than in Western culture.

Okay, well, why do people drink?

Next reading, why?

(Student reading)

Very good. So why do people drink? Why do they drink?

Some people actually like the taste.

They like the taste of alcohol, maybe beer, or whatever alcohol they drink.



Soju, ah, I like it.

Or, they like the feeling they get.

Some people they drink, and it's a depressant, it slows them down, so it makes them feel relaxed.

My mother, for example, she's a nurse, and she works all day, she's standing up, she's busy running around, so when she comes home from nursing, she'll go to the refrigerator, she gets a beer, a cold beer, and she tells me, ah, this is the best feeling, having my cold beer after working.

And she just sits down, and she relaxes, for just one beer, for about 30 minutes.

Okay? But she really looks forward to that time.

So some people like the feeling.

Not a good way is, some people like to drink to relieve stress, or pressure.

They have a bad day at work, and they... Something happened to them, and they were angry but they sit at work and they finish their job, and they get home, ah, I need to have a drink.

But people who do this then when you drink, you're feeling relaxed, but you still have the angry, so when you're drinking, this is dangerous if you drink when you're angry, it's going to make you probably act out in an angrier way.

Okay? And you might hurt family, you might say something bad to a friend, you might take out aggression in that way.

🔊[30:01]

So, this can be a little dangerous, but many people do this.

My advice in this way, what I like to do if I'm angry or stressed, I won't drink, but I will go to the gym.

Okay? And then I'm like... At least then I'm getting exercise, right, I'm not hurting anybody, and I'm actually helping me.

So, thinking of different ways to relieve stress, but some people drink.

Alcohol relaxes you, so it makes people more sociable.

Shy people who drink usually are more talkative, or not shy.

So some people like to drink because it makes them more friendly or sociable.

I told you alcohol can be good for you.

So having one drink, one drink of alcohol a day, one beer a day is actually very good for your heart.

It can be good for you, so some people drink to be healthy.

However, like we said, for younger people, teenagers, alcohol is very dangerous because you're still growing, like you said, still growing, still bodies changing.

So taking in alcohol can have very harmful effect on you.

Okay. Good.

Let's go to "How does alcohol affect a person?" Very good.

So, one or two drinks, how do you start feeling? Well, you'll feel relaxed, okay?

You'll feel kind of calm and relaxed.

You're drinking at home, or you're drinking with friends in a situation where you're not in a dangerous place, it can be very good and comfortable for you.

But even a little bit of alcohol can affect your coordination, that means your hand-eye movements, right?

It can affect your speech, your balance or your vision, especially if you're very new to drinking alcohol, these things will be more apparent.

People who are drinking for.. who drink regularly, who have been drinking for a little bit of time, your body gets tolerant, and that's one of our vocabulary words.

Tolerant. Tolerant means you need more of the drug till you reach the same effect.

Okay? So your body's gonna get tolerant to alcohol, and then you can handle more



of it.

Okay. Very good. So, what you should know, of course when you're drinking alcohol, that's why you should never be driving a vehicle.

Because the risk of drinking, having accidents. Okay? Or falling down.

I'm sure you've seen some 아저씨s some night...

Right? Stumbling around, their coordination is not good.

They might fall down, okay? So you all know about that.

🔊[33:03]

For some people, certain people drink, and people can change their mood.

We're talking about your mood. Right?

Some people drink, and their mood gets very violent.

They get very aggressive.

They want to fight everybody, especially like I said, people who have a lot of stress, and then they drink, that anger comes out and they want to fight. Alright?

So, you have to be careful, some people can't drink, because every time they drink, they want to fight. And so they must stop.

Alcohol can make you make poor decisions.

For example, drinking and driving, which is a horrible decision, because you risk your life, and you can kill other people.

We talked about vomiting. Vomit.

Breathing problems, you can have breathing problems.

Should never mix alcohol with other drugs, never drive, never drink if you are pregnant.

All right. Major issues of drinking, it can affect your life.



You know if you have a drinking problem, if you want to know if you have a drinking problem, if you have any problem with your life, for example, say you drink, you were drinking, and then you get into a fight with your girlfriend or your boyfriend, or you have a problem with your friends, because something you did drinking.

Then you know, huh, I have some problem.

This is affecting my life.

So this is when you have to start thinking about making changes.

Most accidents in deaths of drinking come from social drinkers, which means social drinkers, someone who drinks with friends, or just to have fun.

This is people where have most problems so you have to be careful.

You can get depending on alcohol so this is a risk.

Dependency is little bit more difficult to get depending on alcohol than say nicotine or crystal meth we will talk about.

But your body can go through withdrawal and withdrawal is a vocabulary word. Withdrawal means you stop using the drug and your body has some problems.

For example with alcohol, people who are depending on alcohol if they stop drinking, their hands start twitching.

Okay? It starts shaking Okay. Maybe they feel some tingling in their hands or their feet Okay?

So that means you have drinking problem if you start having withdrawal from drug.

Okay, let's go to cannabis. Next reader. Cannabis.

🔊[35:58]

(Student reads)

Very good. That's good. Oh that's good.

A Cannabis, this drug very interesting.

We found out that alcohol is depressant, right? Cannabis is in a group about itself.

Because this drug is a depressant, a stimulant and hallucinogen.

Depressant making you less excited right? Low energy, relaxed but it's a stimulant which is exactly opposite meaning it gives you energy.

It makes your heart breath go up and your breathing go faster.

How that can be true? And this drug is also hallucinogen.

Hallucination that word means seeing or hearing things that aren't real. Okay?

You hallucinate. So this drug is also a hallucination. So hum, this drug is very very strange.

Um we told it comes from that cannabis sativa plant.

There are three types of cannabis. You can have it marihuana.

Marihuana is the leaves or the flowers of the marihuana plant and is called marihuana.

And that is what you put in to the cigarette and you roll it up and you smoke it. That is marihuana.

Hashish, hashish is process you take the marihuana and you grind it up okay?

And you mix it and grind it in and you make it like a sticky paste kind of and that is hashish. Okay?

There is more, this is stronger than marihuana.

Because it a more condensed, more thicker okay?

And hash oil is the oil you can get from the plant. Okay.

The oil that comes from the hash and that oil is very strong, very potent.

So you can see the potency of the strength those from here to here.

This is the most potent. Alright, let's see

I told you most of the time marihuana you smoke it, okay but marihuana also you can ingest it.

You can it. People put it in the in foods or you can also put it in the tea and drink it.

🔊[39:01]

One thing you should know to about marihuana.

This is dangerous saying is that alcohol, for example, you drink alcohol.

The next day alcohol is out of your system. Okay?

It has gone.

Marihuana, you smoke marihuana you have feelings the high feeling the drug feeling may be two hours.

And then you don't feel any different you feel back to normal.

But the drug will stay in your body for thirty days after you use it.

And this is the danger if you try marihuana.

Marihuana is the illegal drug.

So in Korea sometimes what will happen they catch someone, they catch someone who had marihuana, Okay?

And all they do they find out who are the friends of the person.

And they come to you if you are the person's friend and say "Oh you smoking marihuana?" "Oh no no no." And maybe they just take one your hair.

They can test your hair and they can find out you smoke marihuana within thirty days.

So very high risk, So when someone has caught in Korea with marihuana.

You can see many people get arrested.

Many people get caught because they can test you very easily and find out. Okay.

Why do people cannabis? Next.

(Student reads)

Okay. Why people use it?

Some people use marihuana because of a spiritual feeling and that means you know sprit like you believing in something believing supernatural god, something science can't prove or Buddhism.

Marihuana helps some people focus and meditate kind of a be very spiritual.

Okay, so marihuana some people like the spiritual effect.

Some people use it recreationally which means just for fun okay at a party or with friends.

🔊[42:01]

Some people like the way makes them relax.

Now we found out alcohol makes you relax. Alcohol is depressant.

Well marihuana is depressant. It relaxes your muscle.

You smoke marihuana your muscles are relaxed.

That is the depressant part. But we going to find out cannabis.

If you smoke it, it's also a stimulus. It increases your heart rate.

So that is the stimulus effect. Um some people like the feeling of getting high, the drug feeling.

We will talk about this feeling down here and other people get a doctor to write a prescription for them.

People who had AIDS, cancer or arthritis which is pain in your joints maybe in your finger or your wrist or your knee.

Arthritis people take marihuana from the doctor. They get marihuana to smoke and make their pain go away.

Okay very good. How does marihuana affect, How dose cannabis affect person.

Next. How dose cannabis affect person?

(Student reads)

Good okay. So how do you feel you smoke marihuana?

I don't know any of you have tried it.

We have to say of course you have not because it's illegal.

Um marihuana you smoke it how you going to feel?

The word in your reading today euphoric or euphoria you feel euphoria.

That means an amazing feeling of "Ha".

Euphoria is just a great comfortable good feeling.

Okay Um it makes you more relax because your muscle become relaxed.

It makes you less inhibited. Inhibited means a, for example, something that you wouldn't do maybe smoking marihuana you would be more willing to do it.

Just like drinking. People who are shy they talk a little bit more, more free.

Marihuana same like that.

Okay, interestingly though about marihuana, One thing is that it heightens your senses.

🔊[45:00]

So for example what you see, things that you see, the color that you see "Wow that's really red." Or you see different colors and seem brighter or more interesting to you.

Your senses all of your senses are much more sensitive I guess.

Smell you can smell something and really smelling. "Oh, Wow what is that." Okay you can focus very well on different senses.

Ah, when you smoke marihuana, you get hungry or you get thirsty.

And when you eat the food, maybe you get something you eat it.

"Wow that's really really good." Okay you can taste things better.

Listening to music "Wow that's the best music I've ever heard." Maybe it's a song already you know the song but you listen to it when you smoke marihuana.

"Wow I've never knew. Wow that's the really great." You can hear details about it maybe you never heard before when you are sober.

So some people, some musicians will say they like to smoke marihuana because they can hear the music better.

And musician says they can understand music better from smoking or different things like that.

So the senses are heightened. Okay?

But a wrong with what you see or what you hear or what you smell, also thinking.

Your thinking can be very sensitive.

So for example, someone says to me "Oh why did you wear the shirt today? " and I 'Why do they say that...what's wrong my shirts has some problem.' and I start over thinking what they say.

And I can even start to think that other people are looking at my shirts and thinking 'Oh what a bad shirts.' Okay something like that.

So people can also have very sensitive thinking which can affect your mind and that is a danger of smoking.

Um high amounts of marihuana can give people panic attacks. It will start to have a big fear or psychosis some mental problem.

Of courses we are saying here high, high amounts.

But still even little amounts can bring some anxiety which means anxiety some feel



or nervous feeling because of the strong thinking.

Some people get depressed, very sad. You can get very sad or depressed and some people get paranoid. And what is paranoid?

🔊[48:02]

Paranoid means when you think people are trying to hurt you or people are trying to get you. Okay that's paranoid feeling. So kind of like a fear or sacred feeling.

Okay very good. Ah lets go to...

We going to go to tobacco I just to say one more thing.

One thing now on, that can happened to people is, if you smoke a lot if you smoking continuously, one thing about marihuana is getting addicted to marihuana, getting depended on marihuana.

It is very difficult to get depended or addicted to marihuana.

So that is one thing why people say "Oh, marihuana is not so bad."

In Canada and United states, there are many many people who think marihuana should be a legal drug.

Because you can get really science can't prove in addiction to marihuana.

But still over time with a lot of use people can get some mental problem; forgetting things, not concentrating well things like that.

Alright. Last week, many students not coming to class. No problem, because they



had MT.

So that is excuse but if you are missing class, that doesn't mean 'Oh I don't have to worry about homework' or 'I don't have to worry about the lecture.'

No still like a set. You are adult now.

So you miss the lecture, still you have to do the homework. "Oh teacher, how to I do it? I didn't come." Well, think. How can you do it.

Talk to some other student in the class. You find a someone, a student.

You say "Oh, The teacher give homework today?" "Oh, yes here." Okay and then you can do the homework. Right?

So still even you don't come to class, still you have to give me the homework the next time you come.

That doesn't give you an excuse. "I didn't come to class teacher. I don't have homework." "Oh, really? Sorry. Now you are late." Okay?

Same. Last week student didn't come to my class.

They didn't come so they can't give me the homework.

They said "Oh teacher, I didn't come so I can' give you the homework." No No No.

That doesn't mean that 'You don't come. I will give you a next week.'

No, Still you have to give me same time as other student. That's not fair. Right?

That's not fair if you get one more week.

🔊[50:56]

So if you are going to miss the class, if you have home work, you must bring to my office.

Maybe before Friday or before you go to your MT or something, you have to bring me your homework.

Because the next time you give to me, I'll say "Okay thank you but now this is late."
Okay?

That is responsibility. You are still responsible for your homework.

Okay and also for the lecture note.

So if you miss the class you should find out one of the lecture note I need to get them you can ask me or you can ask another student.

But you need lecture notes for studying.

Okay. Let's continue. Tobacco, Next reader where? Yeah.

(Student reads)

Okay, good.

The tobacco plant is native to North and South America, the chemical we talked about is nicotine, and we talked about...

It's a stimulant, which means that it increases heart rate; it increases your blood pressure.



Okay, very good, there's little history about tobacco in the reading here, we are going to skip that, so let's go down to where it says "many chemicals."

In the middle of the paragraph, "Many chemicals"

You ready? Right here.

(Student Reads)

Good, alright. Look at that number, Four thousand. Wow, over four thousand chemicals in cigarettes.

So when you take a smoke of cigarette, smoke tobacco and cigarettes, you are bringing four thousand different chemicals into your body.

Very terrible.

Like it says here too, that's why you buy cigarettes, they have to put a warning on the box.

That's why these

These drugs, these cigarettes are very harmful to you. You should be careful if you smoke them, you can get lung cancer, you can get mouth cancer.

🔊[54:04]

Okay? So even they tell us these terrible things about cigarettes and look at all the people in Korea and all the people all over the world that are smoking.

Now Korea... In America, at least in the U.S.A right now and other countries in the Europe too, a lot of laws are being passed now where people can't smoke in public space.

You can't smoke in restaurant, you can't smoke in bars, you can't smoke anywhere inside, okay?

It's really nice, actually because now the air is really clean.

Alright let's see, next reading, let's go to... alright next person, where? Here

"This is also why..." no

"When you smoke..."

When you smoke tobacco



(Student Reads)

Two ways of using tobacco, Smoking, inhaling of course, which goes into your lungs and then into your blood stream, and chewing tobacco and people put it in their lip or their mouth, and then they chew it, and then they spit.

ugh

When you chew it, it goes into the... into your skin through your mouth and then into your blood. Now all these chemicals going into your mouth thorough into your lungs what can happen?

Well, if you look on the internet, you can see pictures people who are chewing tobacco, they cut out big pieces of their skin because it's dead.

And it gets very sick. You look at people smoking cigarettes through their whole life, you look at their lungs.

Black, hard, ugh... small.

And that's why people get cancer.

Mouth cancer or lung cancer. Very terrible.

Also I think one of the worst things about cigarettes

In Korea, you live in a democratic country here, right? You have freedom.

You feel like you have lot of freedom in this country?

Maybe not.

🔊[57:00]

In America, they say America is a free country. People are allowed to do what they want, travel where they want to go, there's lot of freedom in America, people appreciate that.

So maybe I say to someone, I say "You know, using drug is not good you shouldn't do it." And the person in America says "Well, I'm a free person, I can make my own choices and if I choose to use drugs, then I can. If I choose to smoke cigarettes, then I should be able to smoke em."

Is that... do you... can you agree with that statement? Is that showing freedom?

No , what's the problem with cigarettes?

Let's say I'm teaching you today and I'm a big smoker. I'm a chain smoker.



Chain smoker means you smoke one, and then you light up and you start smoking again.

You just chain. Now If I was a chain smoker, and I'm teaching you today and I'm smoking cigarettes.

Is that showing my freedom to smoke?

What is it doing?

What am I doing for you?

Is it good for you? No, not only am I choosing...

You know, If I die from cigarettes, that's my business. But what I'm doing if I'm smoking in front of you, I'm killing you too. Right?

You might as well smoking cigarettes with me, you might as well, because the smoke you are breathing in, is doing the same dangerous stuff to you than it is to me.

And that's called second hand smoke, because I smoke it, and it comes out and you are smoking it.

So second hand smoke is serious, it's a big problem and it... and so It's very selfish right? Someone who's smoking in front of people is a very selfish person. They are only caring about themselves. Terrible.

So cigarettes I think are much worse drug than, for example, alcohol.

Alcohol, I can understand someone who says "If want to drink, than I can drink." As long as I'm not driving a car, okay that will change it if you drive a car or if you are hurting other people.

But if you are drinking by yourself in your house, and not hurting anybody, okay, I can understand that, but smoking, being... other people being around your smoke, you are endangering their lives.

So that would be second hand smoke.

Also, scientist and science are studying third hand smoke, which means smoke that stays on my clothes.

Okay? Or in my car and then people get in my car and "You are smoker? I didn't know that. Oh, well I'm not smoking right now." But in the car there's still those chemicals stuck in the seats, in the car, so you get in there and you are breathing it.

🔊[60:07]

Children, people who smoke and they drive a bus or something.

Kids get in that bus, they are breathing in these chemicals.

So third hand smoke is also dangerous. And that's why I think many countries are starting to say whoa, we need to stop this, allowing to people to smoke

Okay, let's go to...

Uh... I'm sorry, I'm sorry, let's go back.

Why do people use tobacco?

Why do people use tobacco?

(Student Reads)

Very good, so why are people smoking?

Again, to relax, some people smoke even it's a stimulant, it makes your heart rate go up and your breathing increase,

But some people feel it makes them relax. Some people do it to be cool. 짱. Smoking. Right? Hey look, I'm smoking.

Alright, but that was kind of something that happened long ago, where you see in the movies, these movie stars or famous people they're smoking and people look, and they say "whoa, that's cool, smoking is really cool. I wanna do it."

In America, there was a guy called a marble man. Marble cigarettes, they made this marble man, he was a cowboy, very handsome, strong, tough, and so many young teenagers say, "Whoa, marble man's cool. I gotta smoke, be like marble man."

But the truth is, if there really was a marble man, he probably had a yellow teeth, bad breath and black lungs right?

So not very cool at all.

Alright, so some people do it to fit in or be cool, some people do it because of diet.

🔊[63:00]

Smoking cigarettes curves your appetite. It makes you less hungry.

And so some people, they say "oh, I smoke so I won't eat." Is that a good diet? No



It's like eating poison. Right? That's terrible diet.

And then most people smoke because they are dependent on it. Right? They're ... Nicotine is a very addictive drug and so people...a lot of people think "Uhh I don't have a problem with smoking" It's interesting...if you know someone who smokes and they've been smoking for a while, give them a challenge, you tell them "Stop smoking them for two weeks." And you can see them every day; you'll notice that it is a problem.

Smoking... nicotine is very addictive. And people get into patterns, for example many people who smoke they don't smoke that much maybe, but then certain times like after eating they finished their meal, they want to have a cigarette.

"I need a cigarette, ahh okay" Alright? People get into these patterns.

Okay? And so when they are bored, or when they are... after they eat, they have to have a cigarette. And that's very common.

Okay so most people are dependent on them.

Okay, let's go all the way to "How does tobacco affect the person?"

Actually no, I'm sorry, let's skip that, let's go to. Who's next reading?

I want you to go all the way to here... smoking...

Everybody, right here, smoking can make people...

(Student reads)

Good, okay, the craving. The craving comes back again and again.

The craving, that word, meaning I want it, we talked about dependence. Or when you are addicted to something, that give you that craving feeling.

🔊[66:00]

Like after they eat, after people eat some of the smokers, they crave a cigarette. They really want one.

And so that craving makes it very difficult to stop smoking.

Some of the thing, we know that smoking cigarettes can give you red sores in your mouth, can give you bad breath.

People don't like to kiss someone who is smoking. Right? Ugh

Not only is their breath smell, their clothes smell, your hair smells.



Your fingers some people smoke cigarettes you look at their fingers and they are yellow.

The ends of their fingers are all yellow.

That's the chemicals and stuff. Disgusting.

Alright, so the smoking is not good.

Alright, long term impact of tobacco use. Just if you look down there...

Smoking, what can happen?

It's been led to cancer, of course you all know that, cancers, respiratory breathing problems, stomach problems and then the next thing it says half of all smokers die prematurely.

Fifty percent of the people that smoke will die early.

Fifty percent, so wow.

You are really messing with your life if you start smoking.

A regular smoker loses an average of fifteen years of life expectancy.

So if you are going to live... if people live to eighty that means you only live to sixty five. So you are killing yourself slowly.

It's the leading cause of premature death is smoking.

So you can see the dangers of smoking tobacco.

You can also have a withdrawal symptoms from smoking just like from drinking.

People who stop smoking, they get very agitated which means quickly get angry Or they get very nervous, they can't sleep well, they can't concentrate, they get headaches, they cough.

So it's very hard it's very very difficult to stop smoking if you smoke for a long time.

Okay, going to the last, last drug we'll talk about, methamphetamine.

This drug is the worst one, the most dangerous that we are talking about today is Methamphetamine

Alright, next reader.

🔊[68:50]

(Student reads)

Good, alright very powerful drug, we'll talk about its power today, again this drug is a stimulant, so similar to... what drug did we talk about? Stimulant.

Caffeine, cocaine, marijuana, part of marijuana, stimulating.

Okay this one is a stimulant.

Increases your nervous system. Your nervous system is very active.

Okay, increases your heart rate, increases your breathing.

This drug can be used, you can... the method of use, how to use it you can use it four ways.

You can inject it, you can smoke it, you can eat it and you can snort it.

So people can do every way for this drug.

Like I told you, this drug is synthetic, which means it's made in the laboratory okay?

And depend on where you buy it, who you buy it from, it can be very dirty and made incorrectly causing, making it more dangerous and more poisonous.

However in Korea, there was problem with this drug.

Not so much the drug you buy on the streets, the dirty part of the drug, but this drug we are going to talk about, it makes people focus very well.

So there were certain kinds of people, I don't know may be you know people with ADHD

ADHD, it's called Attention deficit hyperactivity disorder.

It means people that have hard time concentrating; a lot of children, younger kids, school aid children can have this problem.

They can't concentrate they're too energetic, they want to jump around, running around and the teacher "hey sit down, what get back, hey hey..."

He's running around, he can't focus, can't concentrate.

You give this drug to them and they are "whooom", they concentrate very well.

They can focus well.



And they can study much better.

Sometimes kids that... like this disorder, they are very very smart.

Smart kids but he can't control it because they are so hyper.

When they take this drug, they can focus, they work very well.

They are very intelligent, smart.

In Korea you know, in Korea, studying. Koreans study more than I think any more person in any other race. Right?

🔊[72:00]

Koreans are always studying and they're always taking tests.

And it's a very important thing, education in this country.

And some parents, they think "Oh if my kid can get this drug"

Now this drugs that legally they give to kids, it's called Ritalin, "If I can get this drug for my child" even their kid doesn't have any problem, they think it'll make them concentrate and study better

Perhaps that is true, but again, you are taking drug into your body.

That can be addictive.

And so it's not such a good thing.

But in Korea, there have been some problems with people taking this drug to focus and study.

Even in Korea, dangerous.

Alright, why do people use methamphetamine?

Next.

(Student reads.)

Parkinson's.

Okay good.

So why do people use this?



Well, give them energy; it's a stimulant, like coffee and cocaine so boom you are going to get this very energetic feeling okay?

Very energetic, your heart rate, it's going fast. You have lot of energy.

People like that part.

Some people use it again, recreationally.

Going to parties with their friends.

In Canada, in America, there have been these parties, people have parties and they are meth parties.

So you go, they have this drug, crystal meth and people take it and go whoooo

They get all energetic and they are feeling really great and these are these meth parties.

Very dangerous right? This drugs is highly addictive.

Some people do that, some people are curious so they do it, and here we go, like I told you.

Some people take it to help them study.

This is lower, not... this different kind of a drug, like I told you, taking by a pill and it's not so intense of a high but it could make you focus.

Other people take it to be social.

Again, they talk. Shy people get more social, more... less afraid of doing things.

🔊[75:00]

Okay, how does methamphetamine affect the person?

Here, next reading.

(Student reads)]

Very good, okay.

Methamphetamine, binds with receptors in your brain.

Look at this chart here, this'll show you little what it does.

It says methamphetamine releases a sudden surge of dopamine.

Okay, dopamine is a neurotransmitter.

It's a chemical in your brain.

And dopamine, this chemical it makes you feel pleasure.

Happiness, very happy, good feeling okay?

So this drug, you take this drug and give a surge, a lot of dopamine in your brain okay?

And so how does that make you feel?

Whoa, it makes you feel so like a superhero. Right?

I'm beautiful, I'm strong, I'm confident, I can do it... alright, see

The feeling is really intense, good feeling.

So dopamine, a chemical responsible for pleasure in the brain.

Dopamine is released and response to certain, natural behaviors.

Okay, natural behaviors, things that you do naturally like... it's getting close to dinner time, maybe you are getting little hungry.

When you go to eat your food, you are really hungry, you take that first bite, really good.

You get... that's the dopamine in your brain is giving you that nice feeling.

Okay? So normal things like eating, or other drugs smoking cigarettes, people say that it makes them feel good.

Alright dopamine is released when you take these things. Alright alcohol also.

Let's look at this chart.

So it shows when you eat food, what amount of dopamine, well you get a... the feeling you get..."ah feels really good"

Alcohol, a little bit higher than food, nicotine, you can see you get little more pleasure here from nicotine.

Cocaine in a legal drug, which is a stimulant, same as methamphetamine's stimulant.

You can see the feeling of dopamine, the pleasure feeling here about 350%.

🔊[78:00]

Look at methamphetamine, whew

It's more than triple, cocaine.

The high feeling, that pleasure feeling from cocaine.

So you can see that amazing feeling that rush, that's called the rush.

Whoa, you feel this super great feeling.

Alright? And then of course, that doesn't stay that way, of course you come down.

Overtime you come down.

What happens with this drug?

You take it that one time and "whoa I felt that greatest feeling of my life! I get to have that feeling again. I have to, how can I live in this life without feeling that feeling again?"

So you use it again.

The problem is, the next time you use that drug, you can never go to that same high feeling.

Never again will you reach that feeling, you get close but not there.

So you are going to try again and keep trying but every time you try, you can't get up that high.

And what happens is when you come down, from the drug, let's say the first time you take methamphetamine, "whoa! This is great!"

When you come down, do you come back to normal?

No, you go whoop!

Less than what you were feeling before. Worse.

So then you are feeling worse.

So you are like, "man! I get to take the drug again, plus I want to feel that feeling

again.”

Whoop! you go back up, but you are not as high.

You can't get it as high as it was before and then when you come down, you go even further, get even more depressed.

Worst feeling. And so you just end this game, where you just end up getting worse and worse right?

And by the time you realize it, you are addicted to the drug, you probably lost a lot of friends, your family is worried about you, you are getting sick, and now your life is ruined right?

So that's the dangers.

Maybe you think, maybe you are curious.

“I like to go to a party, I'd like to try this drug, it sounds really cool!”

But, is it worth it? Is that one time where you are like “wow! yeah!” is that worth the “whoop ugh!” maybe not.

So, be responsible.

Okay, how does methamphetamine affect the person? Next.

🔊[81:00]

(Student Reads)



Oh okay, good. Did we read that part? alright? Sorry, it's my fault.

Okay, well you can see the good things that... this drug... the reasons that people want to use it, it makes their memory much better, and it makes you physically stronger and better at the things that you are doing.

So people like that feeling.

But over time, I'm sorry what you were supposed to read was what happens over time is those things change.

So the good memories that you are having, now becomes bad memory.

The happy feeling, now becomes a sad or depressed feelings.

So these things don't stay good for very long

Okay, sorry about that.

Alright let's go down all the way to the bottom, the last part, symptoms of long term use.

(Student Reads)

Repetitive patterns, repetitive behavior patterns.

(Student Reads)

Okay good, so I told you this drug is the worst one we are talking about today.

The most dangerous.



Because it's most addictive, and also causes the quickest, the fastest decline of your health can come from this drug.

It affects your mind, it really can make people kind of crazy, and what happens, people who use this drug for a long time or over time, they keep using it.

They start to not care about what they look like physically.

The only thing they think about is getting more of this drug.

And you see this picture behind me, this woman.

If you go on the internet and you search methamphetamine, you are going to see many pictures of people similar to this.

They show before and after pictures. Because it's true.

🔊[84:00]

In just six months of using this drug, you can go from a person you are right now to the person like this woman right behind me.

You can see she doesn't care about her looks anymore, losing weight, I will tell you, using this drug, you are not... you don't want to eat. You are not hungry. you have no appetite.

So you lose weight, tons of weight.

Your skin gets very white and pale and your body is just getting sick.

I have a friend who is actually here at Chungnam University.

He works here, and he's from Canada and he said when he was growing up, he had a group of friends that he was hanging out with and he was a hockey player.

And his friends weren't into sports.

But what happened was they started getting into this drug, methamphetamine. And he didn't want to do it of course he was like "no, that's not something that I want to try and plus I have hockeys so I can't be doing anything like that"

So he kind of lost contact with these people.

And he said eight months later, one of those friends was dead. died.

And he said, I was talking to him because it was methamphetamine, and he said the same thing.

He noticed that like maybe a month or two months after that time where they said they were going to start, he noticed that they were losing a lot of weight he's like "wow, it was like five kilogram they lose in one month."

And he said I noticed their skin was getting white and it was really scaring me and then one of his friend, one day, he said he noticed something on his neck, something bulge growing here, and he had cancer. And cancer spread, then kid died.

So these drugs, drugs like these are seriously dangerous right?

You're putting these chemicals into your body. And so you guys are now adults and you are old enough to make decisions.

Just make sure when you are making decisions about anything you are putting into your body that you know what it is, and the risks that can happen if you use it.

Okay, we are finished today, thank you for listening, next week we are going to play a game show.

We are going to have a little game show in here, you are going to be in a team and it's going to be reviewing the information that we talked about today.

So your homework there's no homework, only thing I'll tell you guys is if you want to win the game show. There is a prize.

You should review your notes, okay? look over your notes a little.

🔊[87:00]