

1 Sports and Smoking: A Losing Combination

Smoking and sports do not mix. Why are they a bad **combination**? The **explanation** is simple. Smoking decreases the **circulation** of blood through the body.

Cigarette smoke has gases that hurt the blood's ability to carry oxygen. They make the heart pump faster. So when a person inhales cigarette smoke, his or her heart rate increases!

A faster heart rate means that less air is getting to the lungs. The blood vessels also get smaller and tighter. This affects **circulation** even more. A **combination** of rapid heart rate and less **circulation** makes it harder to breathe.

And this means that an athlete who is a smoker will not be able to keep up with a nonsmoking athlete. Worse still, the earlier a person starts smoking, the more his or her body will be damaged. Just like other drugs, cigarettes are addictive, disgusting, and deadly!

The **decision** to smoke or not smoke should be simple. Make the winning choice and stay far away from cigarettes.

Word Count: 167



Glossary Links

oxygen
addictive



Give two reasons why smoking is a bad idea.



Use with Teaching Guide, page 528.



Resource Links

Decodable Digest: p. 224

SAM Keyword: DD 24.3

1 America's Incredible Teen Inventor

People may not know his name, but he is **responsible** for one of the most **recognizable** inventions in history! Philo Farnsworth invented the first electronic television set.

Philo grew up poor in a log cabin in Utah. In 1920, when he was just 14 years old, he gazed down at the lines made by a plow on a field. Suddenly, he saw the lines in a new way.

Amazingly, the lines gave Philo an idea of how television might work. Maybe images could be scanned and transmitted line by line. In 1927, Philo used this idea to build his first television set.

A few years later, a big electronics company claimed that *their* inventor had made the first television set. Philo decided to sue.

During the trial, his high school science teacher provided a **valuable** piece of evidence. He showed a sketch for Philo's television system that Philo had drawn when he was just 14.

The judges found Philo's story **believable**. Philo won his lawsuit against the huge company. After that, he received royalties on each television set sold.

Word Count: 179



Glossary Links
transmitted
royalties



Imagine Philo Farnsworth is still alive. What would you ask him? Write two or three questions.



Use with Teaching Guide, page 528.



Resource Links

Decodable Digest: p. 226

SAM Keyword: DD 24.4