

UNIT
23

Gerunds: Subject and Object
HEALTH ISSUES

OUTCOMES

- Use gerunds as the subject or object of a verb
- Recognize main ideas in an article about a habit and trend
- Recognize whether an action is recommended or not recommended in a conversation
- Discuss health and exercise habits
- Discuss one's opinion on a controversial topic
- Write a short opinion essay on a controversial topic

STEP 1 GRAMMAR IN CONTEXT

BEFORE YOU READ

Look at the cartoon. Discuss the questions.

1. Why are the people standing on the ledge of the building?
2. How do you think they feel about it?
3. How do *you* feel about it?



READ

Read this article about smoking regulations.

No Smoking: Around the World from A to Z

In the past few decades,¹ life has become more and more difficult for people who **enjoy lighting up**.² At the same time, it has become more comfortable for people who don't smoke. And for those who want to **quit smoking**, it has become easier as countries around the world introduce laws that **limit** or **ban smoking** in public, and sometimes even private spaces. Here are some examples, from **A** to **Z**:

- **AUSTRIA:** In Austria, the law **prohibits smoking** in many public places, including trains and train stations. It's also banned in offices unless all employees are in favor of **permitting** it. Large restaurants must provide areas for non-smokers, but smaller ones can choose **between permitting smoking** or **being smoke-free**.
- **JAPAN:** **Smoking** is illegal on the streets in some cities in Japan.
- **MEXICO:** In Mexico, **smoking** is not permitted at all in restaurants. The government has also **banned advertising** tobacco products on TV or radio.
- **UAE:** The United Arab Emirates has recently **started banning** cigarettes in shopping malls and other public places. **Selling** cigarettes to minors³ has also become illegal.
- **ZAMBIA:** In Zambia, the law **bans smoking** in all public places. **Not obeying** the law can result in fines and even jail time.

¹ *decades*: ten-year periods

² *lighting up*: smoking

³ *minors*: people under the age of eighteen

By now, almost everyone agrees that **smoking** is bad for your health. But, although many people approve of the new laws, not everyone is in favor of **prohibiting** public smoking. "It's one thing to try to discourage the habit **by putting** a high tax on cigarettes," says one smoker, "but some of the new laws go too far." Smokers argue that the laws limit personal freedom. They say everyone today knows the dangers of **lighting up**. So, if someone won't **quit smoking** and wants to smoke outdoors in a park or on the beach, it is that person's choice. Those smokers are only hurting themselves. There are many things that people do that are not good for them, such as **eating junk food**⁴ and **not exercising**. But there are no laws that regulate⁵ those behaviors.



⁴ *junk food*: food that is bad for you (usually with a lot of sugar and fat)
⁵ *regulate*: control (with rules or laws)

AFTER YOU READ

A VOCABULARY Look at the words in the box. Which words can you use for something that is *OK to Do*? Something that is *Not OK to Do*? Write the words in the appropriate column.

approve of	ban	illegal	in favor of	permit	prohibit
OK to Do			Not OK to Do		
_____			_____		
_____			_____		
_____			_____		

B COMPREHENSION Complete each statement with the name of the correct country.

- Smoking outside is illegal in some parts of _____.
- In _____, workers can decide on permitting smoking in the workplace or not.
- _____ bans smoking in shopping malls.
- Breaking non-smoking laws is a very serious crime in _____.
- In _____, people can choose between dining in a smoke-free restaurant or in a smaller cigarette-friendly place.
- You won't see any cigarette ads on TV in _____.
- _____ has recently banned selling cigarettes to young people.

C DISCUSSION Work with a partner. Compare your answers in B. Why did you choose each country?

Go to [MyEnglishLab](http://MyEnglishLab.com) for more grammar in context practice.

STEP 2 GRAMMAR PRESENTATION

GERUNDS: SUBJECT AND OBJECT

Gerund as Subject		
Gerund (Subject)	Verb	
Smoking	causes	health problems.
Not smoking	is	healthier.

Gerund as Object		
Subject	Verb	Gerund (Object)
You	should quit	smoking.
We	suggest	not smoking.

Gerund as Object of a Preposition			
	Preposition	Gerund	
Are you	against	smoking	in public?
I plan	on	quitting	next month.
I'm in favor	of	permitting	smoking.

GRAMMAR NOTES



1 Forming Gerunds

<p>A gerund is the base form of the verb + <i>-ing</i>.</p> <p>IN WRITING There are often spelling changes when you add <i>-ing</i>.</p> <p>Form the negative by placing <i>not</i> before the gerund: <i>not</i> + gerund.</p> <p>Do not confuse the gerund with the progressive. The progressive needs a form of the verb <i>be</i>.</p>	<p>Smoking is bad for your health. I enjoy having a cigarette in the park. She's against allowing cigarettes in the office.</p> <table border="0"> <tr> <td>BASE FORM</td> <td>GERUND</td> </tr> <tr> <td>smoke</td> <td>smoking</td> </tr> <tr> <td>permit</td> <td>permitting</td> </tr> <tr> <td>die</td> <td>dying</td> </tr> </table> <p>Not exercising is bad for you. The doctor suggested not drinking coffee. She's happy about not working today.</p> <table border="0"> <tr> <td>GERUND</td> <td>PROGRESSIVE</td> </tr> <tr> <td>Drinking a lot of coffee is unhealthy.</td> <td>He is drinking coffee right now.</td> </tr> </table>	BASE FORM	GERUND	smoke	smoking	permit	permitting	die	dying	GERUND	PROGRESSIVE	Drinking a lot of coffee is unhealthy.	He is drinking coffee right now.
BASE FORM	GERUND												
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2 Gerunds as Subjects or Objects

A gerund is a verb form that you use **like a noun**—as a **subject** or an **object**.

A gerund can be the **subject** of a sentence. It is always singular. Use the third-person-singular form of the verb after gerunds.

Eating junk food **makes** me sick.
Advertising cigarettes on TV **is** illegal.

A gerund can be the **object** of certain verbs. Use a gerund after these verbs:

admit	can't stand	like	recommend
advise	consider	limit	resist
allow	deny	mind	risk
appreciate	dislike	miss	start
avoid	enjoy	permit	stop
ban	finish	prohibit	suggest
begin	keep	quit	support

He **can't stand seeing** all the no smoking signs.
Have you **considered quitting**?
Do they **allow smoking** in malls?
I **dislike sitting** near smokers in cafés.
She **stopped smoking** last year.
Dr. Ho **suggested not staying up** late.
She **kept trying** to quit.

USAGE NOTE We often use **go + gerund** to describe activities such as *shopping, dancing, fishing, skiing, swimming, and camping*.

Let's **go swimming** in the lake.
I **went shopping** for running shoes at the mall.

3 Preposition + Gerund

A gerund can also be the **object of a preposition**.

Use a gerund **after prepositions** such as:

about	at	by	in	to
after	before	for	of	with
against	between	from	on	without

He spoke to the doctor **about quitting**.
She's **for banning** tobacco ads.
I'm **against smoking** in public places.

There are many **expressions with prepositions**. You can use a gerund after expressions with:

- **verb + preposition**
advise against believe in count on
- **adjective + preposition**
afraid of bored with excited about

I **believe in taking** care of my health.
I'm **excited about joining** the health club.

BE CAREFUL! Use a **gerund**, not the base form of the verb, after expressions with the preposition *to*:
look forward to be opposed to object to

I **look forward to seeing** you.
NOT I look forward to **see** you.

REFERENCE NOTES

For **spelling rules for verb + -ing**, see Appendix 21 on page 462.

For a list of **verbs followed by gerunds**, see Appendix 13 on page 459.

For a list of **adjectives followed by prepositions**, see Appendix 17 on page 459.

For a list of **verbs followed by prepositions**, see Appendix 18 on page 460.

STEP 3 FOCUSED PRACTICE

EXERCISE 1 DISCOVER THE GRAMMAR

GRAMMAR NOTES 1–3 Read this online bulletin board about smoking. Underline all the gerunds.



Re: Can't Stand Seeing Those Signs!

Posted by Grofumeur on February 16, 2016 at 15:30:03

I can't stand seeing all the new No Smoking signs. It's getting harder and harder to have a good time. Next thing you know, they'll ban laughing! Eating in a restaurant or having an espresso in a café is just no fun anymore! Junk food is worse than smoking. But I bet the government won't prohibit people from ordering burgers and fries for lunch!

Reply posted by Nuffsed on February 17, 2016 at 12:15:22

Hey, Grofumeur—I'm against smoking in public places. I'm even in favor of banning smoking in apartment buildings. I don't get sick when my boyfriend has a Big Mac, but sitting in a room full of his cigarette smoke makes my hair and clothing stink. I'm really enjoying the new regulations.

Reply posted by Swissfriend on February 17, 2016 at 20:53:11

Hi, Smokers! I am a member of Freunde der Tabak, a Swiss group of smokers and non-smokers. We always suggest practicing courtesy to non-smokers and tolerance of smokers. I enjoy smoking, but I dislike inhaling secondhand smoke. I don't see a problem with people smoking outside, and I'm against banning it.

Reply posted by Cleanaire on February 18, 2016 at 9:53:11

Friend—Have you ever tried to stop smoking? If so, then you know you are addicted to nicotine. The younger you start smoking, the harder it is to quit. I definitely don't approve of advertising cigarettes or selling them to young people. That should be illegal!

EXERCISE 2 AFFIRMATIVE OR NEGATIVE GERUNDS

GRAMMAR NOTES 1–2 Complete this article with gerunds. Use the verbs from the box. Choose between affirmative and negative.

drink eat exercise go increase join ~~pay~~ smoke start stay

_____ ^{1.} *Not paying* attention to their health is a mistake a lot of college students make.

_____ ^{2.} healthy will help you do well in school and help you enjoy your college experience. Here are some tips:

- Smokers have more colds and less energy. Quit _____ ^{3.} now or don't start.
- _____ ^{4.} regularly reduces stress and brings more oxygen to your brain. If you don't exercise, I suggest _____ ^{5.} every day with a walk or run around campus.
- _____ ^{6.} breakfast is a common mistake. It's the most important meal of the day.
- Avoid _____ ^{7.} soda and other sugary beverages. Your body will thank you!
- Health experts advise _____ ^{8.} the fruits and vegetables in your diet. You need at least four and a half cups a day, but more is better.
- _____ ^{9.} to the doctor when you're sick is another common mistake. Know where your school Health Service is, and use it when you need it.
- Better yet—consider _____ ^{10.} Healthy Campus—a program for staying healthy.

EXERCISE 3 GERUND AS OBJECT

GRAMMAR NOTE 2 Write a summary sentence for each conversation. Use the correct form of the verbs from the box and the gerund form of the verbs in parentheses.

admit avoid deny enjoy go keep mind ~~stop~~


1. DANTE: Would you like a cigarette?
MARTA: Oh, no, thanks. Since restaurants have banned cigarettes, I don't smoke anymore.
Summary: Marta _____ *has stopped smoking* _____
(smoke)
2. BRIAN: Where are the cookies I bought? You ate them, didn't you?
LYDIA: No, I didn't.
Summary: Lydia _____ _____ the cookies.
(eat)
3. ANGELA: Do you want to go running with me before work?
SERGEY: Running? Are you kidding? I hate running!
Summary: Jan doesn't _____ _____
(run)

4. CHEN: What are you doing after work?
 AN-LING: I'm going to that new swimming pool. Would you like to go with me?
 Summary: An-ling is going to _____ (swim).
5. LARA: You're lazy. You really need to exercise more.
 ROMAN: You're right. I *am* lazy.
 Summary: Roman _____ (be) lazy.
6. MONICA: Would you like a piece of chocolate cake?
 PAULO: No, thanks. I try to stay away from sweets.
 Summary: Paulo _____ (eat) sweets.
7. CRAIG: I know exercise is important, but I hate it. What about you?
 VILMA: Well, I don't *love* it, but it's OK.
 Summary: Vilma doesn't _____ (exercise).
8. DORA: How's your new exercise program going?
 ERIK: Not great. But I won't give up!
 Summary: Erik is going to _____ (try).

EXERCISE 4 GERUND AS OBJECT OF A PREPOSITION

GRAMMAR NOTE 3 Combine the pairs of sentences to make statements about the Healthy Campus Program. Use the prepositions in parentheses plus a gerund.

<
>



Bo Yang

Bo's Tips for Freshmen

Many college freshmen develop unhealthy habits. It doesn't have to happen!

If you're interested in staying healthy _____,
1. You're interested. You want to stay healthy. (in)
 join **Healthy Campus**.

Read what members are saying about the program:

Lisa Suarez: _____ I did, and
2. You can improve your health. Quit smoking. (by)
 I feel great.

Omar Sisane: _____ It's fun.
3. I'm very happy. I'm starting an exercise program (about)

Zhang Feng: _____
4. This program gives you great ideas. Those ideas solve health issues (for)



Mee-Yon Go: I was a couch potato! _____
5. Now I'm proud of myself. I swim a mile every day. (for)

Amy Kaplan: The doctors are great. _____
6. They can help. They listen to your concerns. (by)

Leon Zimmer: _____
7. I ran my first 10 km race. I didn't stop. (without)

REMEMBER: _____
8. You should ask a doctor. Then you can start an exercise program. (before)

EXERCISE 5 EDITING

GRAMMAR NOTES 1-3 Read part of an ex-smoker's journal. There are fifteen mistakes in the use of gerunds. The first mistake is already corrected. Find and correct fourteen more. Remember to check for spelling mistakes.

DAY 1: I quit ^{smoking} ~~to smoke~~! This was the first day of the rest of my life as a non-smoker. Get through the day wasn't too difficult. I quit drinking coffee today, too, and I think that helped. I used to enjoy had a cigarette with a cup of coffee in the morning. But now I'm looking forward to get healthier.

DAY 3: Today was harder. I kept wanting a cigarette. I called Dinah. She told me to take deep breaths and stay busy. That worked. I have to resist eat too much. Gaining 5 pounds aren't a big deal, but I don't want to gain more than that.

DAY 5: I got through the workweek smoke free. My boss definitely approves of the new me. She keeps tells me, "You can do it." I really appreciate to have her support. I miss smokeing, but I DON'T miss to standing outside in the cold just to have a cigarette. I also don't mind don't burning holes in my clothes!

DAY 7: Dinah suggested to go out to dinner, but I can't risk be around smokers. Instead, we went shopping, and I bought a shirt with the money I saved during my first week as a non-smoker. Also, I'm happy about have clothes that smell fresh! Not smoking has advantages.

STEP 4 COMMUNICATION PRACTICE

EXERCISE 6 LISTENING

A A doctor is giving advice to a patient. Some things are OK for this patient to do, but other things are not OK to do. Read the list. Then listen to the conversation between the doctor and the patient. Listen again and check (✓) *OK to Do* or *Not OK to Do*.

	OK to Do	Not OK to Do
1. smoking	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. drinking a little coffee	<input type="checkbox"/>	<input type="checkbox"/>
3. losing more weight	<input type="checkbox"/>	<input type="checkbox"/>
4. eating more complex carbohydrates	<input type="checkbox"/>	<input type="checkbox"/>
5. running every day	<input type="checkbox"/>	<input type="checkbox"/>
6. riding a bike every day	<input type="checkbox"/>	<input type="checkbox"/>
7. working eight hours a day	<input type="checkbox"/>	<input type="checkbox"/>

B Work with a partner. Compare your answers to the questions in A. Why did you check *OK to Do* or *Not OK to Do*?

EXAMPLE: A: Number 1, smoking, is not OK to do. The doctor told the patient to stop smoking.
 B: Right. The doctor said smoking causes a lot of health problems.



EXERCISE 7 WHAT ABOUT YOU?

CONVERSATION Work with a partner. Talk about what you do for your own health. Use the ideas below.

EXAMPLE: A: I stopped drinking soda because it has so much sugar.
 B: I couldn't quit drinking soda completely, but I limited it to just a can a day.

- I stopped ...
- I quit ...
- I avoid ...
- I keep ...
- I dislike ..., but I ...
- I enjoy ...
- Other: ...



EXERCISE 8 WHAT DO YOU THINK?

A SURVEY Take a class survey. How many students agree with the statements? How many students disagree? How many don't have an opinion? Take turns asking the questions about each statement in the chart. Write the numbers in the appropriate columns.

EXAMPLE: **A:** How many students agree that smoking a few cigarettes a day is safe?
B: (*counting*) One, two, three . . .
C: OK. So, ten students agree. How many students disagree that smoking a few cigarettes a day is safe?

	Agree	Disagree	No Opinion or Don't Know
1. Smoking a few cigarettes a day is safe.			
2. Quitting is very difficult.			
3. Increasing the price of cigarettes encourages quitting.			
4. Banning all cigarette ads is a good idea.			
5. TV programs shouldn't allow scenes with smoking.			
6. Raising health insurance rates for smokers is a good idea.			
7. They should allow smoking on the street.			
8. Selling cigarettes to teenagers should be illegal.			
9. Not smoking is the best thing you can do for your health.			

B Work in a group. Discuss the survey results.

EXAMPLE: **A:** Only three students agree that smoking a few cigarettes a day is safe. Ten students disagree. Three students have no opinion or don't know.
B: It seems that most students think that smoking is bad for people's health.
C: Great! . . . Now how do they feel about quitting smoking?

EXERCISE 9 FOR OR AGAINST?

DISCUSSION Many people agree with laws that prohibit smoking. What is your opinion? Work in a group. Think of arguments for and against allowing smoking in the places listed below.

EXAMPLE: **A:** I'm in favor of banning smoking in restaurants.
B: I agree. Sitting in a room full of smoke is unhealthy. And it makes your hair and clothing stink.
C: But some restaurants have outdoor seating. I'm not against allowing smoking at tables outside.

- in restaurants
- outside of schools
- at outdoor bus stops
- in parks
- in a car with children under eighteen
- in elevators
- in outdoor sports arenas
- in indoor shopping malls
- in your own home
- at an outdoor café

FROM GRAMMAR TO WRITING

A BEFORE YOU WRITE Smoking is a topic many people disagree about. Choose another topic from the list below to write about. List arguments for or against it.

- allowing dogs in restaurants and stores
- riding a motorcycle without a helmet
- texting while driving
- selling candy and soda in schools

For	Against
(your topic)	
_____	_____
_____	_____
_____	_____

B WRITE Use your lists to write two paragraphs. In your first paragraph, give arguments for and against the topic. In the second paragraph, give your own opinion along with your reasons. Remember to use gerunds. Try to avoid the common mistakes in the chart.

EXAMPLE: In the United States, bringing your dog into a restaurant is illegal in most places. Some people don't like dogs. They don't want to eat dinner with one nearby. Other countries are more "dog friendly." In France, for example, many people ...

Common Mistakes in Using Gerunds

Use the correct spelling . Do not forget that the spelling sometimes changes when you add -ing to a verb to form a gerund.	I don't like shopping in stores that allow dogs. NOT I don't like shoping in stores that allow dogs.
Use a gerund after expressions with the preposition to . Do not use the base form of the verb.	I look forward to relaxing at a café. NOT I look forward to relax at a café.
Use a third-person-singular verb after gerund + plural noun . Do not use a plural verb.	Smoking cigarettes is not allowed in the café. NOT Smoking cigarettes are not allowed ...

C CHECK YOUR WORK Read your paragraphs. Underline all the gerunds. Circle the prepositions that come before the gerunds. Use the Editing Checklist to check your work.

Editing Checklist

- Did you use ...?
- gerunds as subjects
 - gerunds as objects after certain verbs
 - gerunds after prepositions
 - third-person-singular verbs after gerunds

D REVISE YOUR WORK Read your paragraphs again. Can you improve your writing? Make changes if necessary. Give your paragraphs a title.

UNIT 23 **REVIEW**

Test yourself on the grammar of the unit.

A Complete each sentence with the gerund form of the correct verb from the box. Choose between affirmative and negative.

eat feel improve join like smoke swim

1. I admit _____ exercise. I've never enjoyed it.
2. I'm going to quit _____ on my birthday. This is my last pack.
3. You can count on _____ better as soon as you quit. You'll sleep better, too.
4. Are you interested in _____ a gym?
5. Rafe goes _____ almost every day.
6. Sally doesn't mind _____ sweets anymore. She doesn't miss them.
7. I'd like some ideas for _____ my health. I catch too many colds.

B Complete the sentences with the correct form of the words in parentheses.

1. _____ good for your health.
(laugh / be)
2. My doctor _____ funny movies.
(suggest / watch)
3. _____ jokes _____ your blood pressure.
(tell) (help)
4. One expert _____ too much coffee.
(advise against / drink)
5. We _____ long walks.
(enjoy / take)
6. What do you _____ in restaurants?
(think about / smoke)

C Find and correct seven mistakes.

1. You look great. Buying these bikes were a good idea.
2. I know. I'm happy about lose weight, too. Didn't exercising was a bad idea.
3. It always is. Hey, I'm thinking of rent a movie. What do you suggest to see?
4. I've been looking forward to see *Grown Ups*. Have you seen it yet?
5. Not yet. Do you recommend it? You're so good at choose movies.

Now check your answers on page 480.