**TD 08: Written Comprehension and Expression 4 Teacher: KHELEF Embarka**

**The Essay Developed by Cause and Effect**

**Introduction**

 Another strategy in expository writing is causal analysis. Causal analysis explains the cause-and-effect relationship between two (or more) elements. When you discuss the condition producing something, you are analyzing cause; when you discuss the result produced by something, you are analyzing effect. To find examples of causal analysis, just look around you or think about your everyday life. If a device or a car stops working, you will automatically start thinking about the causes of that breakdown. In kitchen, if you insert a new ingredient to a recipe that you usually prepare, you will be eager to see what effect this new component will bring. These days for instance, almost everybody is expecting scientists to unveil the original cause of this pandemics that is devastating lives.

 Cause and effect go hand in hand; in every text whether the focus of the writer is cause only or effect only, the second element is always there (implicit).

**Some Guidelines to Writing a Cause Effect Text**

1. Present a clear reasonable thesis statement.
2. Limit your essay to a discussion of recent, major causes or effects.
3. Organize your essay clearly and use appropriate expressions of cause or effect to help the reader follow your logic.
4. Convince your reader that a causal relationship exists by showing/ explaining how the relationship works.

Note:

 For more details go to**, Steps to Writing Well 275 -276**/ **Strategies for Successful Writing 236-245**

**A model essay of causal analysis:**

 **A Good Life**

 The people of the Caucasus Mountains of southern Russia have long been famous for attaining extremely old ages. Arab and Persian chronicles from centuries ago noted the existence of these longevous peoples. The latest Soviet census report that 70 percent of all people reaching 110 years or more live in the Caucasus region. An anthropologist described meeting a woman of 139 years. This does not seem old at all, however, compared to her first cousin who reached 146 and her great-grandfather who lived to be 160. When we consider that most people in the United States expect to live only half that long and that people in some parts of the developing world will live only one third that long, we cannot help wondering what the causes are for such long life. Is it exercise, diet, physical environment, cultural environment, or what? Anthropologists have concluded that exercise and diet are not as important as a steady way of life with certain cultural expectations and roles.

 The people in most of the Caucasus Mountain region live a slow, regular rhythmic lifestyle. There is continuity in all of the physical aspects of their life. First, most of the Caucasians live in mountain villages in a pastoral setting. They work as farmers, herders, or gardeners. Their lives are regulated by the rising of the sun, the steady rhythm of the growing cycle, the harvest, and the setting sun. Most of the longevous people have always held the same jobs. They learned their jobs young, and have continued in the same job until they are well past 100, some working until they are 120 or 130. The outdoor work and the mountainous terrain provide a good deal of exercise.

 Anthropologists feel that while exercise contributes to longevity, the rhythmic lifestyles is more important. There is also continuity in diet. The people of the Caucasus very much enjoy their traditional foods and have no inclination to change. They have eaten the same lean meat, grains, fruits, and vegetables from childhood to old age. Traditionally Caucasians are lean people who do not overeat. Like exercise, anthropologists conclude that it is not the diet itself that is the secret for old life, although it does contribute. The real secret is the continuity in diet from birth to death. The consistent, unchanged diet and regular dietary rhythm allow the body and its digestive system to become entirely adjusted. Therefore, physiological stress on the digestive system is at a minimum. The overall evenness of pace in the Caucasian way of life makes for a feeling of well-being and encourages longevity.

 Another important cause of longevity among the Caucasians is a stable cultural environment with certain expectations. First, the goals of the Caucasians do not overreach the possibilities of attainment. Unlike many Americans who want to be chairmen of the boards or presidents of the companies, goals which they can never attain, the goals of the Caucasians tend to be realistic and attainable within their cultural milieu. Their goals are more people- oriented. They concentrate on being hospitable and generous towards others, goals which are not only attainable, but also contribute to the overall well-being of the social group. Because the goals of the Caucasians are realistic and attainable, emotional tensions are reduced. This contributes to long life. Second, the normal expectation within the region is for long life. Individuals expect to live far beyond the age of 100. On the other hand, the cultural expectation of people in the United States is for a maximum life span of about 80 years. These cultural expectations become self-fulfilling prophecies. Further, the Caucasians do not expect the old people to sit idly by, but to participate actively in all phases of life. A stable environment with realistic goals and expectations is a second cause for longevity among the Caucasians.

 Finally, longevity is also encouraged by the role of old people in the family and in the community. The Caucasians have large extended families of may be 300 people and more. This provides a large network of people with mutual rights and obligations. The aged are respected as heads of the family. They make decisions about money, marriages, land sales, and other matters. They are also expected to be affectionate toward their grandchildren. The old people are also respected in the community. They continue to vote, hold office, and make decisions which will affect the future of the entire community. Because of their important place in the family, and in the community, the aged retain a feeling of individual self-worth and importance. Retaining a positive self-image reduces physical and mental problems, thus encouraging a longer life.

 In conclusion, then, long life among the people of the Caucasus is the result of complete involvement in a stable environment. Life flows continuously from birth to death, creating a biological and spiritual rhythm. Individuals in tune with the rhythm have little emotional stress and thus live a long time. When we think of our society, we know that we cannot become Caucasians. But, we should realize that these people might point out ways of dealing with old age.

**Exercises:** Read the essay carefullythen,answer the following questions:

1. What is the thesis of the writer?
2. What is the reason discussed in the second paragraph?
3. What are the controlling ideas in the next paragraphs?
4. Is the writer discussing immediate and remote causes, or are the causes of equal significance?
5. Does the conclusion follow logically?
6. Make an outline of this essay.

II- Write an essay stating the effects of the quarantine/ lock down on people's daily life.

  **(Send your essay to: english\_souf@yahoo.fr)**