

Министерство образования Республики Беларусь
Учреждение образования «Витебский государственный
университет имени П.М. Машерова»
Кафедра английской филологии

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**HEALTH
ЗДОРОВЬЕ**

Методические рекомендации

*Витебск
ВГУ имени П.М. Машерова
2016*

УДК 811.111'42(075.8)
ББК 81.432.1-5я73
К56

Печатается по решению научно-методического совета учреждения образования «Витебский государственный университет имени П.М. Машерова». Протокол № 2 от 24.12.2015 г.

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Ковальская, М.П.
К56 Health = Здоровье : методические рекомендации /
М.П. Ковальская. – Витебск : ВГУ имени П.М. Машерова, 2016. –
54 с.

Методические рекомендации подготовлены в соответствии с учебной программой по курсу «Основной иностранный язык (английский)» для студентов 2 курса специальности «Романо-германская филология для иностранных граждан» по теме «Здоровье».

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Репозиторий ВГУ

ПРЕДИСЛОВИЕ

Настоящее учебное издание предназначено для студентов 2 курса, обучающихся по специальности «Романо-германская филология для иностранных граждан» по теме «Здоровье», которая изучается в рамках дисциплины «Основной иностранный язык (английский)».

Основная цель данного издания – формирование практических умений и навыков владения английским языком в рамках темы.

Методические рекомендации состоят из трех глав «Плохое самочувствие», «У врача», «Борьба с зависимостями».

Каждая глава включает тематическую лексику, лексические упражнения на закрепление тематического словаря, тексты для чтения и обсуждения и задания на проверку приобретенных навыков и умений.

Активный лексический минимум для каждой части издания отобран с точки зрения нормативности и функциональности для приобретения умений высказываться в рамках темы, вести беседу, понимать речь и оформлять высказывания письменно.

Тексты для чтения и обсуждения представляют собой обучающую основу для практического овладения английским языком как средством коммуникации. Вследствие специфики обсуждаемых тем, первая и вторая части издания включают в основном тексты диалогического характера, третья часть содержит информативный материал для обучения построения развернутых высказываний. Все тексты оснащены заданиями, направленными на развитие языковой компетенции и творческого мышления студентов.

Весь материал, представленный в учебном издании, взят из современных аутентичных источников и предназначен как для аудиторной, так и для самостоятельной работы студентов.

HEALTH

Good health is above wealth, isn't it? That's why millions of people undergo annual check-ups, chest X-rays and vaccinations. When feeling unwell, you turn to your friends for advice, contact your doctor or, in case of emergency, call the ambulance service.

This book is about illnesses and their treatment.

UNIT 1

FEELING UNWELL

Focus Vocabulary

Nouns

ache
attack *Syn:* touch, fit
disease
Syn: illness, sickness, ailment, malady
complications/after-effects
epidemic *Syn:* outbreak
health
medicine (for)
pain
symptom
temperature

Adjectives

allergic to
blind
breathless
conscious
contagious
Syn: catching

Diseases and Disorders

a fever
a nervous breakdown
AIDS
an allergy (to)
appendicitis
asthma
be short of breath
a black eye

dizzy
dumb
giddy
fit
ill
lame
painful
prone to
runny (nose, eyes)
sick
sore
swollen

Verbs and Phrases

be in good/poor health
breathe
bring sb out in a rash
complain (to sb) of
cure sb (of)
die (of/from)
do (sb) good

fall ill (with)
Syn: be taken ill with
come / go down with
faint
feel/look well/unwell/
out of sorts
heal
hurt
have/catch a cold
injure
keep to bed
malingering
operate on sb (for)
pass on a disease to sb
Syn: spread a disease
recover (from)
Syn: get better, get over
suffer from
take a medicine (for)
treat sb (for / with)

(the) measles
malaria
(the) mumps
pneumonia
a rash
rheumatism
a scar
sneezing

bleeding
a blister
a boil
bronchitis
a bruise
a burn
a cold
a cold in the head

fracture
hypochondria
indigestion
infection
inflammation
injury
insomnia
an itch

a sore throat
sunburn
stomach ulcer
tuberculosis (TB)
a sprain
malnutrition
a twist
a wound

Human Body

head
muscle
upper / lower limb
neck
throat
shoulder
arm
elbow
wrist
hand

palm
chest
waist
stomach
hip
leg
thigh
knee
ankle
foot

heel
toe
Skeleton
bone
skull
collar-bone
joint
spine
rib

Internal Organs

brain
bronchus (chi)
lung
heart
stomach
liver
kidney
nervous system

Medicines and Medical Appliances

antibiotic
bandage
capsule
crutches
drug
inhaler
medical herb
medicine
ointment

painkiller
pill
plaster
remedy
sling
stethoscope
stitches
syringe
thermometer

go round on crutches
put on / remove a bandage / a band aid
put (one's arm) in plaster / a sling
rub ointment in one's skin
take a medicine for a headache
take an X-ray
take (a medicine) three times a day
- after / before meals
- on an empty stomach

Word-Perfect

1. a) Consult a dictionary and practise the pronunciation of the following words.

Allergic, conscious, contagious, breathe, temperature, appendicitis, bronchitis, cough, stomach-ache, rheumatism, hypochondria, diarrhoea, muscle, wound, injury, pneumonia.

b) Listen to your partner's reading of the words. Correct their mistakes, if there are any.

2. Word-formation. Complete the chart.

<i>verb</i>	<i>noun</i>	<i>adjective</i>
-		giddy
-		dizzy
-	allergy	
ache		-
die		
pain		
		swollen
malinger		-
-		sick
complain		-
-		conscious
cure		
treat		
-	fever	
injure		-
breathe		-
	sneezing	-

3. Read and translate

a) the phrases:

a common/ (un)treatable/ incurable/ serious/ fatal/ catching disease; come down with/ contract/ pass on/ infect with/ spread a disease; an influenza epidemic/ outbreak; an attack of fever/ asthma/ flu; have a heart attack; touch of rheumatism; a fit of coughing; inflammation of the joints; be allergic to oranges; bring sb out in a rash; to catch a cold; to have a cold in the head; suffer from headaches; be all aches and pains; have a bad/ dry cough; to cough all night; die of an illness; be prone to diseases; die from a wound; feel (un) well/ out of sorts/ bad/ dizzy/ giddy/ sick; be in good/ poor health; a healthy diet; keep fit; be as fit as a fiddle; be taken ill; be seriously ill; an acute pain; itchy rash; relieve/ reduce/ kill a pain; a sick person; suffer from air-/ sea-/ travel-/motion-/car-sickness; have a sore throat; have/ run a temperature of thirty-nine point two (39.2); take sb's temperature; reduce the temperature.

b) the sentences:

1. Measles, mumps and influenza are contagious diseases. 2. He is blind in his right eye. 3. He is dumb from birth. 4. He is lame in the left leg. 5. He felt a dull ache in his shoulder. 6. I'm aching all over. 7. He is prone to minor ailments. 8. He was in a coma for days, but now he's fully conscious again. 9. This medicine will do you good. 10. I hurt my leg and go round on crutches. 11. He has severe injuries to the head. 12. He felt an acute pain in his back. 13. He's a sick man. 14. They were absent because of sickness. 15. My eyes are still very

sore. 16. Take a pain-killer to reduce the pain. 17. Rub this ointment in your skin before going out. 18. These pills are taken three times a day after meals. 19. I've got a runny nose and sneeze a lot.

Diseases and Disorders

Grammar Reminder

Generally, articles are not used with the names of illnesses or diseases. e.g. *Dr. Smith visits schools and universities to educate students on AIDS.* or *There are several medications that can be used to treat pneumonia.*

However, there are some illnesses which can be used with **the**: *(the) measles, (the) flu, (the) mumps.*

Moreover, there are a few health conditions or illnesses which can be used with both **a/an** and **the** to follow general article use. This category includes most aches, pains and attacks: *have/catch a cold, to have a heart attack, a stroke, a sore throat / sore back/ sore foot / etc., a headache / toothache / backache / etc., a broken leg, a black eye, a cough, an allergy.*

Remember: This last category follows general article use. e.g. *John has a cold. The cold was pretty bad. / Nancy had a heart attack. The heart attack seriously weakened her heart. / Deb had a sore throat. The sore throat made it hard for her to talk.*

4. Complete the sentences with an article, if necessary.

1. She's got ... cold. ... cold is very bad. 2. The old man suffers from ... rheumatism. 3. Little Tom has fallen ill with ... measles. 4. I've got ... headache. 5. Jim is in hospital with ... broken leg. 6. She's got ... allergy to most medicines.

5. Answer the questions.

1. What diseases and disorders

- can be caused by accidents?
- can be passed on from one person to another?
- can be caused by bad food?
- interfere with your ability to breathe?
- are the result of inflammation?
- cannot be cured yet?
- can be caused by bad habits or too much stress in your life?

2. What symptoms may you have if you have contracted measles?

3. What may you develop if you do not treat your disease?

4. What medical problems you may have if ...

- | | |
|---------------------------------|-------------------------------------|
| - you wear shoes that rub? | - you eat food you are allergic to? |
| - you eat too fast? | - you run unusually fast for a bus? |
| - you go skiing? | - you eat food that is bad? |
| - you stay too long in the sun? | - a mosquito bites you? |

- you smoke a lot?
- you play football?
- you get wet on a cold day?
- you think you are ill all the time?

6. Give definitions of the following diseases. Use a dictionary, if necessary.
An allergy, asthma, concussion, indigestion, bronchitis, food poisoning, a sprain.

Word Meaning

7. Match the words with their definitions.

disease ailment malady sickness illness

1. the state or condition of being sick, whether in body or mind
2. the state of being sick/ ill health/ inclination to vomit/ stomach distress
3. a particular kind of illness with special symptoms and name
4. disease/ physical disorder
5. disease/ illness (also social or spiritual)

8. a) Study the difference between the words *illness-disease* and *ill-sick*.

illness-disease

illness: the state of being ill

disease: a particular kind of illness with special symptoms and a name

b) Choose between *illness* and *disease*.

1. What did the man die of? Did he suffer from any chronic ... or complications after a serious ... ?
2. The ... was catching, and the doctor said he would put me on the sick-list.
3. Scarlet fever is a catching ...
4. His ... prevented him from going to school together with his friends.

ill-sick

ill means *in bad health, be unwell*. In this meaning it is never used before a noun. (e.g. *She is ill*. but *She is a sick woman*.) It is used in the expressions *be/ become/ feel/ look ill; be taken/ fall ill (with ...)*.

sick also means *in bad health* but when used before a noun (e.g. *a sick child*..

to feel sick means *feeling like vomiting*. (e.g. *I can't travel by air. I'm air-sick*).

c) Choose between *ill* and *sick*.

1. She was taken ... at midnight and rushed to hospital in an ambulance.
2. The ... man was carefully placed on the stretcher.
3. He is seriously ... with pneumonia.
4. She can't travel in a car because she often feels ... in it.

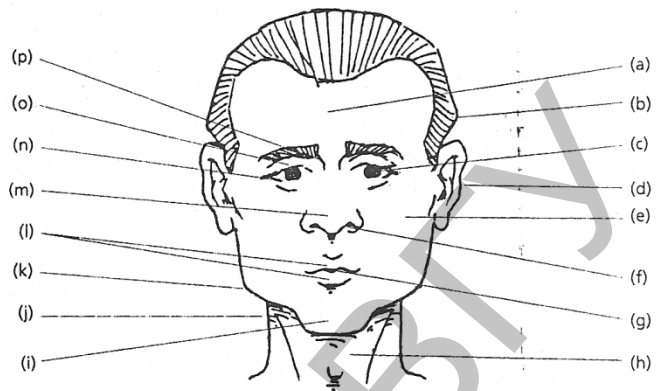
d) Translate the phrases.

Хроническое недомогание, инфекционная болезнь, болеть, заболеть, испытывать тошноту, больной ребенок.

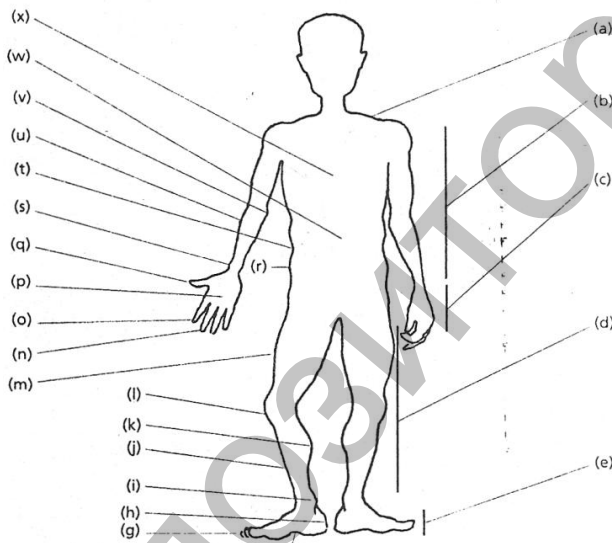
Human Body

9. Match each of the following parts of the head with the correct letter in the picture below.

hair	eyelid
throat	eyelashes
eyebrow	chin
forehead	nostril
mouth	lips
nose	cheek
eye	jaw
neck	ear



10. Match each of the parts of the body on the right with the correct letter in the picture.



shoulder	leg
forearm	hand
stomach	heel
calf	waist
arm	foot
toe	palm
chest	nail
shin	hip
knee	thumb
thigh	elbow
wrist	finger
ankle	

11. Think of a person standing up. Put the parts of the body from top to bottom.

arm	chest	thigh	wrist
elbow	hand	leg	hip
lower limb	palm	knee	neck
shoulder	stomach	heel	ankle
upper limb	waist	foot	head

top of the head
↓
toes

Word Meaning

12. a) Study the difference between the words.

to hurt – to have (got) a pain – to be painful – to ache – to be sore

to hurt: If your body *hurts*, you feel pain in it. (e.g. *My shoulder hurts me. It hurts when I move my arm. It hurts to swallow.*) Syn: **to have (got) a pain** (e.g. *He has got a pain in his knee.*); **to be painful** (e.g. *Jim's knee was still painful.*)

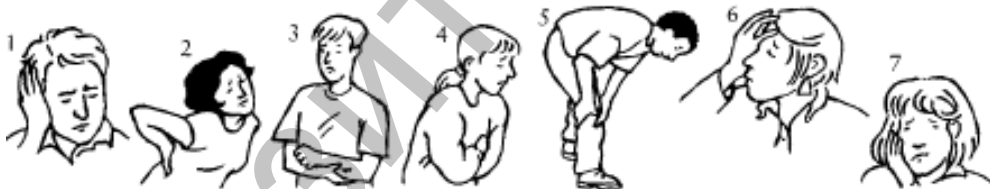
to ache: If your body (your arms, legs, head or stomach) *aches*, you feel a not very strong, dull pain in it. (e.g. *My head is aching. After climbing the mountain, he ached all over.*) As a noun *ache* can be combined with *back, ear, head, stomach* and *tooth*, as in *headache*. (e.g. *I have a headache/ toothache, etc.*)

to be sore: If a part of your body *is sore*, it hurts when you touch it or use it because of infection or you have used it too much. (e.g. *I had a sore throat. This blister is sore to the touch. My eyes are sore from working on the computer.*)

b) Choose the right word *to hurt, a pain, painful, to ache, ache or sore*.

1. This boil on my arm is ... to the touch.
2. He fell down the stairs and ... his leg.
3. Jane felt a terrible stomach... .
4. I have a ... throat, it ... to swallow.
5. She had a temperature and her body was ... all over.
6. I've got a ... in my arm. My twisted elbow is still

c) Write a sentence describing each person's ache or pain.



d) Translate the sentences.

1. У меня болит ухо.
2. Она говорит, что у нее болит горло и ей больно глотать.
3. У меня тупая боль в руке.
4. У него боль в коленке.
5. У меня воспалились глаза.
6. Его локоть все еще болит.
7. У меня все тело ломит.

Medicines and Medical Appliances.

13. Match the medicines and appliances with their definitions.

- | | |
|---------------|--|
| 1. antibiotic | a. an instrument to make injections |
| 2. drops | b. a cover to keep a broken bone in place while it mends |
| 3. ointment | c. sticky material to cover cuts and small wounds |
| 4. plaster | d. an instrument with a medicine in it to ease breathing |
| 5. syringe | e. a drug used to kill bacteria or cure infections |
| 6. inhaler | f. a liquid medicine |
| 7. band aid | g. cream rubbed into the skin, as a medical treatment |

14. Label the pictures with the words on the right. Write a sentence describing what treatment the people have been given or will be given.



1. sling
2. bruise
3. stitches
4. cut
5. bandage

Reading and Speaking

1 Discussing Health Problems

1. Match the first part (1-12) with the second part (a-l) of these sentences.

- | | |
|--|--------------------------------|
| 1. If you've got a bad headache, | a. with flu. |
| 2. You have a heart problem and | b. incurable. |
| 3. He sprained his ankle and | c. for depression. |
| 4. She went out in the pouring rain and caught | d. in the hot sun. |
| 5. She's not at work because she's got down | e. was in great pain for days. |
| 6. She has completely recovered | f. need an operation. |
| 7. He was treated | g. he had measles. |
| 8. He had spots all over his face because | h. a cold. |
| 9. After aerobics last week | i. from bronchitis. |
| 10. Not all cancers are | j. take an aspirin. |
| 11. She nearly fainted | k. can leave a scar. |
| 12. This bad cut | l. my legs felt really sore. |

2. Complete the sentences using as many words or phrases from the list as possible. In each case more than one answer is possible.

- | | | | | |
|---------------|-----------------|-----------|-----------------|-----------------|
| a headache | some rest | unwell | a sore throat | appendicitis |
| an operation | fit | an X-ray | her temperature | malingering |
| your ankle | an aspirin | dizzy | faint | ailments |
| colds | a swollen wrist | fatal | in plaster | bronchitis |
| your arm | feverish | a rash | measles | in a sling |
| sick | flu | depressed | an earache | hypochondria |
| this medicine | in great pain | giddy | stitches | aching muscles |
| out of sorts | your elbow | sore | breathless | stomach ulcer |
| cured | an injection | mumps | getting worse | a bad burn |
| a blister | recovering | itchy | hot | it before meals |

1. I feel
2. You must have
3. He was operated on for
4. She was treated for
5. I've got
6. He's prone to
7. You should take
8. I'm afraid it's
9. You've sprained
10. She is
11. You must keep it
12. You have been taken ill with
13. My infected finger feels
14. He complained of

3. a) Look at the table and match the symptoms to their problems and common causes.

Symptoms	Problem	Common Cause
can't sleep	indigestion	not getting enough sleep
a bloated, painful stomach	asthma	a virus
headache, fever, aching muscles	insomnia	spending too much time in the sun
high temperature, nausea, dizziness	overtired	bacteria under the skin
a painful muscle contraction	flu	eating too much or too quickly
difficulty breathing, wheezing	cramp	doing too much exercise
can't stop yawning	acne	stress, anxiety
runny nose, sore eyes, sneezing	heat stroke	an allergy to pollen
spots and red lumps on the face and neck	hay fever	an allergy to dust or animals

b) In pairs, use the table to talk about health problems, as in the example. Which of these problems have you experienced?

If you have a bloated, painful stomach, *then you've probably got* indigestion. *This is usually caused by* eating too much, too quickly.

4. a) Match the words in column A to those in column B to make collocations, then match the collocations to advice C.

A	B	C
splitting	poisoning	take an aspirin
black	wrist	put it in a sling
sprained	bleed	pinch your nose
travel	cold	put some ice on it
pulled	headache	get some fresh air
food	sickness	drink plenty of fluids
sore	muscle	ask the doctor to prescribe some medicine
streaming	eye	use some nose drops
runny	throat	rest the injured part
nose	nose	suck on a throat lozenge

b) Say what might give you each problem and give advice, as in the example.

You may get a splitting headache *if you* work on a computer for too long. *If you have* a splitting headache, *you should* take an aspirin.

c) In pairs, act out dialogues, as in the example.

- A - *I've got a splitting headache.*
B - *Really? Why?*
A - *I've been working on the computer all day.*
B - *You should take an aspirin.*

Listening

d) Listen to the dialogue and fill in the missing words. One word is not provided. What's wrong with Betty?

- aches burning pale*
- A - Are you okay, Betty? You look a bit
B - Actually, I feel terrible.
A - What's wrong?
B - I'm ... up and my whole body ... , too.
A - Sounds to me like If I were you, I would go to bed.

e) Use the prompts to act out similar dialogues.

- burning feeling in my chest
heartburn – take an antacid
- can't stop yawning
you're overtired – get an early night

2 Feeling out of Sorts

1. Read the conversation and do the tasks that follow.

Catching a Cold

(a conversation between a Mother (M), her Son (S) and the Doctor (D))

- M - Your nose is clogged up, your voice is hoarse and your face is flushed. You must have a cold. I hope it's nothing more. Where did you manage to get it?
S - I don't know myself. I must have caught a cold last night after a game of football when I felt so hot that I even took my jacket off.
M - How thoughtless of you, the evening was chilly and windy. Now you'll have to stay in. Here's the thermometer, take your temperature.
S - Oh, I'll be all right in a few hours.
M - Now, you do what you are told. Put the thermometer under your arm ... Oh, it's 38.3. You'll have to stay away from classes today. I'll call the doctor.
D - What do you complain of, my boy?

- S - I have a splitting headache and a sore throat. I feel sort of feverish.
- D - Let me feel your pulse. Open your mouth, please. I see your tongue is coated and your throat inflamed. (*To the mother.*) Your son is to keep to bed for three days. Here is the prescription. The medicine is to be taken three times a day before meals, two tablespoonfuls each time. It will help to keep the fever down. (*To the son.*) Blow your nose gently, young man, or else you'll have an earache... Nothing serious, but don't get up before Wednesday, as there might be complications.

a) Complete the phrases with the ideas from the dialogue.

- | | |
|----------------------|--|
| 1. a ____ nose | 7. a ____ tongue |
| 2. a ____ voice | 8. feel one's ____ |
| 3. a ____ face | 9. keep to ____ |
| 4. a ____ headache | 10. take a medicine three times a ____ |
| 5. a ____ throat | 11. blow one's nose ____ |
| 6. feel sort of ____ | 12. there might be ____ |

b) Fill in the prepositions to complete the phrases.

- | | |
|---------------------------------------|-------------------------------|
| 1. stay ____ | 5. complain ____ a headache |
| 2. take one's jacket ____ | 6. keep ____ one's bed |
| 3. put the thermometer ____ one's arm | 7. take a medicine ____ meals |
| 4. stay ____ ____ classes | 8. keep the fever ____ |

c) Study the reported version of the conversation.

The boy's nose is clogged up, his voice is hoarse and his face is flushed because he has a high temperature. He thinks that he must have caught a cold last night, after a game of football. He felt hot and took his jacket off though the evening was chilly and windy. His mother tells him to stay away from classes and calls the doctor. When the doctor comes, the boy complains of a bad headache and a sore throat. The doctor examines the boy and sees that his tongue is coated and his throat is inflamed. He tells the boy to keep to bed for three days and writes out a prescription for a medicine, which is to be taken three times a day before meals. The medicine will reduce the fever. The doctor also advises the boy to blow his nose gently or else he will have an earache. There is nothing serious with the boy but he mustn't get up for several days as there might be bad after-effects.

d) Report the conversation in the past.

e) Act out the conversation.

2. Read the conversation and do the tasks that follow.

Symptoms of an Illness

- Ben - What's the matter? You look unwell, your eyes are red and there are bags under them. Have you fallen ill?
- Henry - I didn't sleep a wink last night. I had such an awful stomach-ache that I was on the point of calling an ambulance. However, after I took some soothing pills, the pain became less.
- B - Is it the first time you've had stomach trouble?
- H - I have occasional attacks of indigestion if I eat anything my stomach doesn't agree with, but that is a rare case. A couple of years ago I thought my stomach could digest nails.
- B - It might have been an attack of appendicitis this time.
- H - I don't think so. My brother has been operated on for appendicitis and he knows all the symptoms of this disease. With me it's something quite different.
- B - You'll have to consult a specialist.
- H - I hate going to doctors.
- B - Who doesn't? But pluck up your courage, old boy. A specialist will diagnose your case, but first be prepared to have some tests taken. The specialist will also prescribe you a strict diet and some inoffensive drug for the time being.

a) Translate the phrases and practise reading them.

Мешки под глазами, глаз не сомкнуть, собираться вызвать скорую помощь, выпить болеутоляющие таблетки, утихнуть (о боли), проблемы с желудком, расстройство желудка, редкий случай, переваривать гвозди, приступ аппендицита, оперироваться по поводу аппендицита, симптомы болезни, обратиться к специалисту, собраться с духом, поставить диагноз, сдавать анализы, назначить строгую диету, выписать легкое лекарство.

b) Answer the questions.

1. Ben believes his friend is unwell. Why?
2. Last night Henry had to take some pain-killers. Why?
3. Henry admits that he has become prone to stomach trouble. Why?
4. Henry doesn't think that last night he had an attack of appendicitis. Why?
5. Tom is sure that Henry has to see a specialist. Why?

c) Act out the conversation.

3. Read the conversation and do the tasks that follow.

Breaks and Sprains

- Sue - Jack, have you ever broken your bones?

- Jack - No, but when I was at school I sprained my elbow. My whole arm was swollen and very painful.
- Sue - Did the doctor put it in plaster?
- Jack - It wasn't necessary. He told me to keep it in a sling to reduce discomfort. I was young and it didn't take it long to heal.
- Sue - You are lucky you haven't broken anything. Once when I went skiing I had a bad fall. The X-ray showed that my leg was broken. It was very painful. I couldn't step on it and had to have some pain-killers to reduce the pain.
- Jack - Did the doctor put it in plaster?
- Sue - Yes, I had it in plaster for 10 weeks. It was awful. I had to walk round on crutches even when the doctor took the plaster off. It took my leg almost three months to heal completely.
- Jack - Sprains and breaks are very unpleasant.
- Sue - Yes, very unpleasant indeed.

a) Fill in the chart with the information from the conversation.

	<i>Symptoms</i>	<i>Treatment</i>
a sprained elbow		
a broken leg		

b) Ask your group mates:

- when Jack sprained his elbow.
- what symptoms Jack had.
- what the doctor told him to do to reduce discomfort.
- if it took the elbow long to heal.
- when Sue broke her leg.
- what treatment she had.
- how long it took Sue to recover.

c) Give a reported summary of the conversation.

d) Act out the conversation.

Skill Development

1. Work in pairs to act out a conversation on the suggested situation. You may choose the complaints from the box below.

You have arranged with your friend to go out for a picnic. But he/she is half an hour late. You telephone him/her to find out that your friend feels seedy.

- I've got a bad cough/ a high temperature/ a terrible stomach ache/ chest pains/a pain in my side/ a rash on my chest/ a bruise on my leg/ a black eye/ indigestion/ diarrhoea/ painful joints.
- I feel sick/ dizzy/ breathless/ faint.
- I've lost my appetite/ voice; I didn't sleep a wink, my nose itched and my leg hurt.

2. Write a letter to a friend about a health problem you have had recently.

Write what caused it, when/where it happened and what you did about it.

3 Asking about Health

1. Note the way English people ask about somebody's health. Act out the dialogues.

- 1
 - How's your father keeping?
 - He's been off work for a day or two.
 - What's wrong with him?
 - He's gone down with a cold.
 - Tell him I hope he soon feels better (gets over it).
 - That's very kind of you. I'll pass it on.
- 2
 - Where's Tony this evening?
 - He's not feeling very well.
 - Really? What's the trouble?
 - I think he must have eaten something.
 - I'm sorry to hear that. Give him my regards and tell him to take things easy.
 - Thank you very much. He'll be pleased to hear you asked after him.
- 3 (*A person sneezes.*)
 - Bless you! What's the matter? Are you all right?
 - No, I don't feel very well. I've got a headache.
 - Oh, I'm sorry. Would you like an aspirin?
 - Yes, if you've got one. I feel hot and I've got a sore throat as well.
 - I think you are going to get flu. Why don't you go to bed?
 - Yes, that's a good idea.

2. Note how English people express sympathy and consolation.

You may express sympathy and consolation in various ways with different degrees of formality: 1–neutral, 2–informal, 3–formal. Learn the phrases and act out the example conversations.

1

(Oh dear), I am sorry (to hear that).

(Oh dear), I'm most awfully sorry.

(Oh), that's/ what bad luck.

How upsetting/ annoying!

You must be very upset/ annoyed (about...)

Take it easy. Things will come right in the end.

2

Oh, that's awful. (I'm ever so sorry.)

(Oh) how/ that's dreadful/ rotten/ ghastly, etc.

Oh no! I'm ever so sorry.

Poor old you/ Johnny.

(Oh), hard luck.

Don't let it worry you.

3

I'm extremely sorry to hear that.

I'm/ was deeply sorry to hear/ learn, etc. about ...

What a terrible situation for you.

I do sympathize, (I assure you.)

I/ we all sympathize with your loss.

Don't let it upset/ distress you.

Examples

- I'm very worried about my sister. She was taken ill yesterday and rushed to hospital – something to do with her heart.

- Really? I'm sorry to hear that. But try not to worry. I'm sure everything will be all right in the end.

- Robert has broken his right leg.

- Poor chap! Why should he always be so unfortunate?

- Why, indeed, for it wasn't his fault at all. He was driving at a moderate speed when a cyclist suddenly appeared from nowhere and in trying to avoid him Robert ran into a lamppost.

- I'm deeply sorry about your mother. Have they operated on her?

- Yes, they have and she's feeling better now.

- Don't let it upset you too much. These things do happen to old people. She'll be all right soon.

- I hope so.

3. Work in pairs or small groups. Express sympathy or consolation at the following:

1. Janet, my younger sister is seriously ill.
2. Mr. Hunt has died in an air crash.
3. Nicholas was injured in the accident.
4. I have an awful headache that I can't get rid of.
5. Our poor old dog was run over last month.
6. Mrs Flint, our neighbour, died the other night. She had an inoperable cancer. There was no hope at all.
7. Dick is no better at all. His fever is worse and he is unconscious most of the time.
8. Violet slipped in the street and fell down, breaking her arm.

4. Suggest situations in which the following remarks may be used. Practise them with a partner.

1. Never mind. I'm sure you'll feel better after a few days' holiday.
2. Please, accept my deepest sympathies.
3. Poor old Tom! I do feel sorry for him.
4. It might have been worse.
5. You'll soon get over it. It's not the end of the world.
6. How terrible!
7. Better luck next time.
8. Cheer up. It might have been worse.
9. Take it easy. Things will get better soon.

Skill Development

Read the text and do the tasks that follow.

Hard Luck Story

“... Oh, I'm sorry to hear that. How did it happen? ... It must have been terrible. I hope it's not too painful. ... Oh, dear. You must be feeling awful. Still, it's a good thing you've got Doreen to look after you. ... Oh, no! Not her as well! The poor girl. I hope she'll be all right by Saturday. ... Oh, that's a shame. Oh, that is bad luck. Look, if there's anything I can do to help...”

- a) **What do you think the other person is saying? In pairs, act out the conversation.**
- b) **Work in pairs. Make up your own hard luck story.**

Check Yourself

1. Talk it over with your group-mates.

1. Are you prone to colds/ coughs/ sore throats/ headaches?
2. What do you do when you fall ill?
3. Do you ever malingering a disease?
4. How do you feel when you have flu?
5. What does a sick person look like?
6. What is the best remedy for a sore throat/ headache/ stomach-ache/ a nervous breakdown in your opinion?
7. Do you always keep to bed when you are unwell?
8. What are you supposed to do to avoid complications?
9. Have you ever sprained or broken anything?
10. How long does it take you to recover from diseases?

2. Choose the best alternative to complete the sentences.

1. Can you recommend some medicine for a dry ...? (cough/ sneeze)
2. I'm a bit ... so could you speak a little louder? (dumb/ deaf)
3. There was an ... of cholera after the disaster. (infection/ outbreak)
4. His broken arm will be in ... for another week. (plaster/ fracture)
5. She's been ... from a nervous breakdown. (suffering/ aching)
6. Every time she eats oranges she comes out in ... (an itch/ a rash)
7. The nurse wrapped a ... round my head. (bandage/ plaster)
8. If you've got a bad cold, it's no wonder you are ... (out of order/ out of sorts)

3. Paraphrase the underlined parts.

1. It was a slight illness. 2. The patient is as good as new. 3. Some young ladies lose consciousness at the sight of a mouse. 4. Jane caught a cold. 5. It takes some time to overcome flu. 6. Laura fell ill with flu yesterday. 7. This medicine will help to relieve the pain. 8. It took me a week to recover from my last cold. 9. Greg felt sick and dizzy in the hot sun. 10. Susie has a temperature. 11. Vaccination against infectious diseases. 12. He was accused of faking illness. 13. She fractured her arm. 14. This disease is spread by contact.

4. Fill in the right prepositions.

1. I fell ill ... flu. 2. Nobody has yet found a cure ... common colds. 3. He was treated ... flu. 4. What do you take ... coughing? 5. I have a runny nose and a cold ... the head. 6. She's suffering ... a nervous breakdown. 7. Can you recommend some medicine ... a dry cough? 8. I'm allergic ... tomatoes. They bring me out ... a rash. 9. It took me weeks to recover ... my illness. 10. She is complaining ... a pain. 11. Take this medicine and it will cure you ... your cold. 12. A contagious disease is one that can be passed ... person ... person. 13. He was operated ... his ulcer. 14. He's been feeling ... sorts for the best part of the week.

5. Translate into English

a) the phrases:

Заболеть гриппом, симулировать болезнь, лечить пациента от болезни, лекарство от головной боли, заразная болезнь, приступ кашля, испытывать головокружение, сделать рентген, ходить на костылях, оперировать по поводу аппендицита, осложнения, жаловаться на головокружение, задыхаться, сломать руку, растянуть лодыжку, насморк, боль в коленке, травмировать спину, вылечиться от воспаления легких, быть здоровым.

b) the sentences:

1. Когда вы заболели? 2. На что вы жалуетесь? 3. У меня все болит. 4. Осложнений после болезни не было? 5. Ты выглядишь совсем плохо. 6. У меня сильно болит голова. 7. У вас грипп. 8. Вам следует полежать в постели. 9. У нее температура 38.8°. 10. Я хорошо себя чувствую. 11. Грипп заразен. 12. Я плохо переношу полет. 13. Мне не здоровится. 14. У меня болит ухо. 15. Мне больно глотать. 16. Он жалуется, что у него болит желудок. 17. Я думаю, что ему надо обратиться к врачу. 18. Если у тебя температура, выпей таблетку аспирина, чтобы сбить жар. 19. У меня слезятся глаза. 20. Пациент поправляется.

UNIT 2

AT THE DOCTOR'S

Focus Vocabulary

Medical Staff and Patients

general practitioner (GP)	psychiatrist	medical student
pediatrician (children's doctor)	surgeon	chemist
specialist	dentist	patient
optician	midwife	in-patient / out-patient
psychologist	nurse	casualty

Doctors' Surgeries and Hospitals

receptionist	stethoscope	examination couch
waiting room	thermometer	ward
a doctor's surgery / office	syringe	stretcher

What Doctors Do

have surgery hours	diagnose a disease
go on rounds	make a diagnosis
listen to complaints	prescribe a medicine / treatment
examine sb	write out a prescription
feel one's pulse	put sb on the sick-list
take/measure one's blood pressure	make an injection
take/measure one's temperature	treat sb for a disease
sound/listen to one's lungs / chest	operate on sb
arrange a series of tests	cure sb of a disease

What Patients Do

be taken ill	have one's chest X-rayed
be in good / poor shape	follow the doctor's advice
lose consciousness / faint / pass out	buy a prescription / an over-the-counter medicine at the chemist
come round	be taken to hospital
call/send for a doctor / an ambulance	be discharged from hospital
get urgent medical help	deteriorate / get worse
make an appointment with a doctor	convalesce / get better
go for a check-up	make a good recovery
consult a doctor	recover
complain to the doctor of	pay a doctor's fee
have one's tests taken	

Word-Perfect

1. a) Consult a dictionary and practise the pronunciation of the following words.

General practitioner, pediatrician, psychologist, surgeon, receptionist, stethoscope, syringe, surgery, measure, diagnose, diagnosis, prescription, consciousness, convalesce.

b) Listen to your partners' reading of the words. Correct their mistakes, if there are any.

2. Word-formation. Complete the chart.

<i>verb</i>	<i>noun</i>	<i>adjective</i>
examine		-
wait	-	
complain		-
	prescription	-
-		conscious
diagnose		-
inject		-
recover		-
	convalescence	-
	deterioration	-

3. Read and translate the sentences.

1. I would like to make an appointment with a doctor. 2. Ask the receptionist about the doctor's surgery hours. 3. The doctor sees his patients in his surgery. 4. There were five other people in the waiting room. 5. The doctor took his stethoscope and listened to the patient's heart. 6. The doctor examined the patient carefully to make an accurate diagnosis. 7. The doctor arranged for me a complete series of tests to diagnose my disease. 8. I go for a medical check-up annually, have my tests taken and my chest X-rayed. 9. He complained to the doctor of pains in his back. 10. The doctor wrote out a prescription for penicillin. 11. She came round in a couple of minutes. 12. One of our students lost consciousness and we got urgent medical help. 13. He recovered completely and was discharged from hospital. 14. She was taken to hospital with acute appendicitis. 15. You can buy over-the-counter medicines without a prescription. 16. The patient's condition deteriorated and the surgeon decided to operate on him. 17. He was taken seriously ill and the doctor put him on the sick-list. 18. Injections are made with syringes. 19. The convalescence period took about three weeks. 20. The casualties in the accident were treated for breaks, bleeding and cuts.

Word Meaning

4. a) Study the difference between the words.

to treat – to cure – to heal

to treat (for, with) means *trying to cure an illness or injury*. (e.g. *In hospital, he was treated for bronchitis with drugs.*)

to cure (of) means *bringing back to health* (e.g. *He had an operation which cured his short-sightedness. The new medicine cured him of the disease.*)

to heal means *becoming/ making healthy again* (esp. of cuts, wounds, etc.) (e.g. *Cuts are healed but often leave scars. He claims that he can heal the sick.*)

b) Choose the right word *to treat, to cure or to heal*.

1. The doctor said that if I followed his instructions, I should soon be ... of my illness.
2. The business of doctors is to prevent and ... diseases.
3. She was treated ... a sore throat ... antibiotics.
4. The doctor applied a medicine which soon ... the deep cut in my arm.
5. He was ... for food poisoning in hospital.

c) Translate the phrases.

Лечить от болезни лекарствами, вылечить от болезни, зажить (о ранах и переломах), исцелить болезнь.

5. Match each of these people with the correct definition below.

patient

psychiatrist

in-patient

specialist

casualty

out-patient

surgeon

psychologist

nurse

midwife

medical student

GP (general practitioner)

1. an ordinary doctor
2. someone who looks after sick people in hospital
3. a person who helps people with mental problems
4. a person who advises people on emotional problems
5. a sick person receiving treatment
6. a sick person who has to stay in hospital
7. a sick person who has to visit the hospital regularly for treatment
8. someone who operates on sick people
9. a person badly injured in an accident, fire, war
10. a person who helps at the birth of a baby
11. a person who studies to be a doctor
12. a person who specializes in one area of medical treatment

Reading and Speaking

1 Making an Appointment with a Doctor

1. Read the conversation and do the tasks that follow.

Fixing an Appointment

- Receptionist - Doctor Brown's office.
Sheila - Hi, my name is Sheila Berger. I'd like to make an appointment with the doctor as soon as possible.
Receptionist - Have you been in before?
Sheila - No, I haven't.
Receptionist - Okay, you're a new patient then.
Sheila - Well, yes, but I don't live here. I'm passing through the town.
Receptionist - I see. And what's the matter?
Sheila - I'm dizzy and I have pretty bad diarrhea.
Receptionist - Hmmm. Can you come this afternoon at 3:00?
Sheila - Oh, huh, that'd be fine.
Receptionist - And since you're not a resident, I'll have to ask you to pay the \$55 fee for the office call today.
Sheila - That's fine. See you at three.

a) Answer the questions.

1. When does Sheila want to see the doctor? 2. Is she a new patient? 3. What is the matter with her? 4. What time does the receptionist arrange for her? 5. Why will Sheila have to pay the doctor's fee? 6. How much will the office call cost?

b) Act out the conversation.

Listening

2. a) Listen to the conversation and fill in the questions.

Tina is Making an Appointment

- Receptionist - Good afternoon. Meadows Surgery. 1) _____?
Tina - Oh, yes, I'd like to make an appointment with Doctor Michaels, please?
Receptionist - I'm afraid, Doctor Michaels is on holiday at the moment.
2) _____?
Tina - Erm ... yes, alright. That would be fine.
Receptionist - Right. The first available appointment is on Thursday at 10 o'clock. 3) _____?
Tina - Yes, that should be okay.
Receptionist - Good. 4) _____?
Tina - Tina, Tina Wilcox.

- Receptionist - 5) _____?
- Tina - I've been having trouble sleeping lately.
- Receptionist - Right then, we'll see you on Thursday at 10 o'clock.
- Tina - Thank you. Good buy.

b) Use the prompts below to act out similar conversations.

Friday	Monday
2:30pm	9 o'clock
Carol Ormerod	Brian Powel
(bad cough)	(earache)

2 Consulting a Doctor

1. a) Read and practise the text.

Going to the Doctor's

When I go to the doctor, I tell the receptionist my name and take a seat in the waiting room. My doctor is very busy so I have to make an appointment before I go to consult him. He asks me what's wrong with me, I tell him the symptoms of my illness, for example, a high temperature, difficulty in breathing or pains, and he will usually examine me. He'll listen to my heart with his stethoscope, he'll hold my wrist to feel my pulse, he'll tell me to lie down on the examination couch and feel my stomach, he'll take my temperature with his thermometer. The problem is usually something simple and he might give me a prescription for some medicine. I shake hands with the doctor and pay his fee. Then I take the prescription to the chemist.

Of course, if patients need more serious treatment, they have to go to hospital. There they are put in a bed in a ward with other people. On his rounds of the wards the doctor comes to see if the patients are convalescing. The convalescence period may take a week or longer. When the patients recover, they are discharged from hospital. If there is something seriously wrong with a patient, he may need an operation.

b) Finish the sentences with the ideas from the text.

1. At the doctor's I tell _____.
2. Before I go to see my doctor I have to _____.
3. I complain to the doctor of _____.
4. To diagnose my disease, the doctor will _____.
5. After paying the bill for the call I take _____.
6. Patients are treated for serious diseases _____.
7. In-patients stay _____.
8. Patients who have made a complete recovery _____.
9. A surgeon may operate on a patient if _____.

2. Learn how we speak about going for a check-up.

A Regular Checkup

Grammar Reminder

do something vs. have something done

do sth means that you do it.

have sth done means that someone else does it for you.

Compare:

The nurse *takes* a blood test.

The patient *has* her blood test *taken*.

Медсестра *берет* анализ крови.

У пациентки *берут* анализ крови.

a) Paraphrase the sentences, using either *do sth* or *have sth done*.

1) The doctor measures my blood pressure.	- I have ...
2) The doctor ...	- She has her chest X rayed.
3) The doctor sounds his patient's lungs.	- The patient has ...
4) The GP ...	- Tom has his pulse taken.
5) The doctor feels Kate's abdomen.	- Kate has ...
6) The nurse ...	- I have my tests taken.
7) The doctor examines the girl's eyesight.	- The girl has ...

b) Translate the sentences, using either *do sth* or *have sth done*.

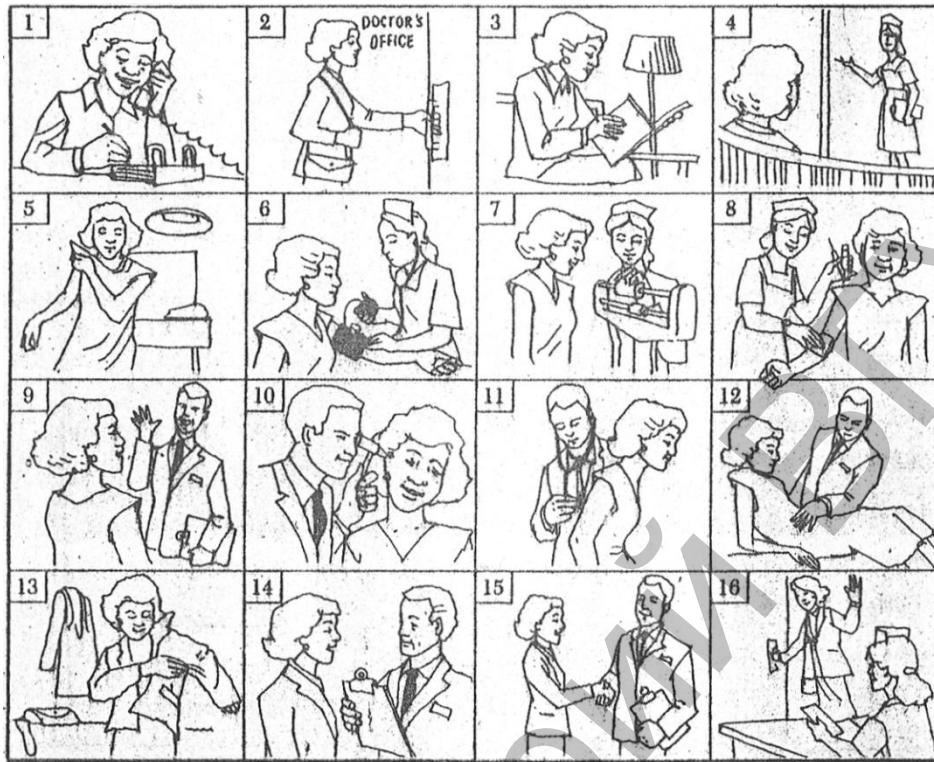
1. Терапевт измеряет температуру пациента. 2. Пациенту измеряют температуру. 3. Врач осматривает горло пациента. 4. Пациенту осматривают горло. 5. Врач проверяет уши пациента. 6. Пациенту проверяют уши.

c) Using the pictures and the prompts below them as a guide, tell the story to the class as if you were:

- Doris Jobson.

- Doris Jobson's GP.

Doris Jobson goes to the doctor once a year for a regular check-up.



Prompts: to make an appointment, a general practitioner, the doctor's office, a nurse, to have one's blood taken, to take one's blood pressure, to weigh, to examine the patient thoroughly (her throat, eyesight, hearing, etc.), to listen to one's heart and lungs, to breathe in deeply, to feel the abdomen, to be as fit as a fiddle, to shake hands, to pay the doctor's fee.

3. Read the conversation and do the tasks that follow.

Mr Smith is at the Doctor's

- D - I see you last came to see me two years ago.
- Mr S - Yes, doctor. You gave me a general check-up then.
- D - And what's wrong with you at the moment?
- Mr S - Well, my throat hurts and I've had a terrible headache since last night.
- D - Have you got a temperature?
- Mr S - I took my temperature this morning. It was 38.2.
- D - Are you coughing much?
- Mr S - A little bit.
- D - All right. I'll examine you now. Now breathe in, breathe out. And now cough. Well, don't worry. It's only a throat infection. There's nothing wrong with your lungs. I'll prescribe some over-the-counter medicine; you don't need a prescription to buy it at the chemist. Take it in the morning and evening. I'll also prescribe some syrup, 2 spoonfuls will be sufficient.

- Mr S - Is that all, doctor?
 D - Oh, yes, I won't give you any antibiotics, as you haven't got bronchitis. But to avoid complication, you should keep to bed for a couple of days. I'll put you on the sick-list.
 Mr S - Thank you, doctor.
 D - If you follow my instructions, you'll feel better soon.

a) Answer the questions.

1. Why did Mr Smith come to see his doctor two years ago? 2. What's wrong with Mr Smith now? 3. How does the doctor examine Mr Smith? 4. What treatment does the doctor prescribe?

b) Study the reported version of the conversation.

Mr Smith has an appointment with his doctor. He explains to the doctor that he has a slight fever, a sore throat, a headache and that he is coughing a bit. After the examination the doctor reassures him that there is nothing wrong with his lungs and prescribes him some medicine for the fever and throat. He also tells Mr Smith to keep to bed and puts him on the sick-list. He says that Mr Smith will get better soon.

c) Report the conversation in the past.

d) Act out the conversation.

Focus on phrasal verbs and idioms.

4. Read the conversations and do the tasks that follow.

Healthy Body, Healthy Mind

A

- D - Hello, Teresa. What seems to be the trouble?
 T - Well, I am not feeling very well at the moment. I am preparing for exams and I've been staying up late at night studying. This morning I got out of bed and *passed out*. My roommate found me on the floor. I *came round* after a few seconds.
 D - Mm. Have you had any other symptoms?
 T - Well, sometimes I get splitting headaches. What do you think is wrong with me?
 D - Well, it sounds as if you are overtired. I don't think there's anything to worry about, but I think you should take it easy for a while and try to get some sleep.
 T - Yes, I haven't been getting much sleep lately.
 D - I'll give you something to help you relax in the evenings. And just try to have a few early nights.

B

- D - Hello, it's Mrs White, isn't it? How are you feeling?
- Mrs W - I feel a bit under the weather. I've got a headache and I ache all over.
- D - Mm. Let me see. Yes, you are running a temperature. I think you are *going down with* flu.
- Mrs W - How long will it take me to *get over* it? You see I need to get back to work as soon as possible.
- D - About four or five days. I'll write out a prescription for some painkillers for you. Take these tablets three times a day after meals. Meanwhile, my advice is to go to bed and drink a lot of fluids. After a few days you will feel as right as rain.

C

- D - Good evening, Mr Rose, what's the trouble?
- Mr R - I haven't been feeling well for some time. I have lost my appetite and I don't sleep very well. I have rather a bad cough that I can't get rid of, and a pain in my chest sometimes when I breathe.
- D - I see. Very well. You had better have a thorough examination. Let me see your tongue... Yes, it's coated. Now your pulse... Yes, that's all right. Now just unfasten your coat and shirt and I'll listen to your heart and chest... Do you smoke a lot?
- Mr R - Well, rather a lot, I'm afraid, about twenty cigarettes a day.
- D - Hm! You ought to *cut down on* cigarettes. Let me see your throat. Open your mouth. Say "Ah!" Well, there's nothing serious the matter with you, but you *are* rather *run down*. You've been working too hard. You need a real rest. I'll give you a bottle of medicine that will help. Eat plenty of good plain food, have no cigarettes and drink plenty of milk, and not too much coffee. Get plenty of fresh air and plenty of sleep, but, above all, don't try to do too much. A healthy diet and plenty of rest would be very helpful.
- Mr R - As a matter of fact, a friend of mine has invited me to come and stay with his family in their cottage at the seaside.
- D - That's just the thing. A good walk by the sea every day will do you a world of good. If that holiday doesn't work wonders I shall be very much surprised. Another month and you'll be as fit as a fiddle.

a) Act out the conversations.

b) Make notes about the patients under the headings below.

<i>Patient</i>	<i>Diagnosis</i>	<i>Treatment</i>
<i>Ms Teresa Green</i>		
<i>Mrs Lily White</i>		
<i>Mr Ivor Rose</i>		

c) These phrasal verbs were used in the conversations. Match them with their definitions below.

Pass out, come round, go down with (a disease), get over (a disease), cut down on (cigarettes), be run down.

Feel overtired, unfit; recover from an illness; recover consciousness; faint; catch an illness; use less of something.

d) Paraphrase the sentences, using the suggested phrasal verbs. The first one has been done for you.

1. Achoo! Oh, dear, I think I am starting to catch a cold. (come down with)
Achoo! Oh, dear, I think I am coming down with a cold.
2. It took me a week to recover from my last cold. (get over)
3. I really must reduce the amount of cigarettes I smoke. (cut down on)
4. I think I am going to faint. (pass out)
5. I feel awful and tired all the time. (be run down)
6. I recovered consciousness a few seconds later. (come round)

e) The following idioms were used in the conversations. Read and translate them.

- | | |
|---------------------------|--------------------------|
| 1. Take it easy. | 4. do sb a world of good |
| 2. feel under the weather | 5. work wonders |
| 3. feel as right as rain | 6. be as fit as a fiddle |

f) Which of the idioms could you use in the following situations?

1. Your friend complains of feeling unwell.
2. You want to tell your friend that he/she will soon recover from her illness.
3. The doctor examines a patient and finds out that he is in very good health.
4. You want to tell your friend not to worry too much.
5. You believe that a holiday at the seaside will be very helpful.
6. You believe that a good rest and a healthy diet can cure even the most dangerous diseases.

g) Write the story of Mr X. Use the following phrasal verbs and idioms.

Be run down, feel under the weather, pass out, come round, come down with, cut down on, Take it easy., do a world of good, work wonders, feel as right as rain.

Skill Development

1. Tell your friend about your last visit to the doctor.
2. Develop a conversation "At the Doctor's".

3 Dental Care

Focus Vocabulary

(upper/lower/front/ back) teeth
 sound teeth
 (sore) gum
 cavity *Syn:* hole
 (loose) filling
 be sensitive to heat and cold
 see to *Syn:* attend to

deaden the pain
 drill
 feel numb
 drop out
 treat *Syn:* fill, stop
 put in a filling
 pull out *Syn:* extract

Word Perfect

1. Read and translate the sentences.

1. He takes good care of his mouth and he has sound teeth and gums. 2. She makes an appointment with a dentist for a check-up twice a year. 3. Are your teeth sensitive to heat and cold? 4. There is a cavity in this tooth. 5. In one of my upper teeth there is a hole. 6. My upper gum is sore. 7. The nurse gave him an injection to deaden the pain. 8. After the injection the gum felt numb. 9. It was late to treat the tooth and the doctor pulled it out. 10. I've got a loose filling which is about to drop out. 11. Before putting in a filling the doctor drilled and cleaned the cavity. 12. The doctor stopped the tooth with expensive filling material. 13. He went to the dentist to have his aching tooth attended to. 14. I have a front tooth that needs seeing to.

Grammar Reminder

need doing vs. have something done

need doing and **have sth done** explain similar ideas.

Compare:

This tooth *needs treating*.

Этот зуб нужно лечить.

You should *have this bad tooth treated*.

Вам нужно лечить этот зуб.

2. Paraphrase the sentences, using either *need doing* or *have sth done*. The first pair of sentences has been done for you.

1. This tooth <i>needs seeing to</i> .	You should <i>have this tooth seen to</i> .
2. This tooth needs stopping.	...
3. ...	You should have this tooth filled.
4. This cavity needs drilling.	...
5. ...	You should have your teeth attended to.
6. This tooth needs extracting.	...

3. Translate the sentences, using either *need doing* or *have sth done*.

1. Этот зуб нужно запломбировать.
2. Вам нужно запломбировать этот зуб.
3. Ваш верхний зуб нужно сверлить.
4. Вам нужно сверлить верхний зуб.
5. Нужно удалить ваш нижний зуб.
6. Вам нужно удалить нижний зуб.

Reading and Speaking

1. Read the text and do the tasks that follow.

General Dental Care

General dental care includes a mouth examination, diagnosis, treatment and prevention of disease. The dentist frequently uses X-rays and other equipment to ensure the correct diagnosis and treatment. Treatment may include filling cavities, removing the nerves of the teeth and extracting teeth. Anaesthesia is often used in any treatment that might cause pain. Teeth may be filled with different filling materials.

Perhaps one of the most important parts of a dentist's work is preventive dentistry. If a dentist examines a patient's teeth at regular intervals, he may find and treat a disease before it becomes serious.

a) Read and translate the words and phrases.

General dental care, prevention of disease, equipment, ensures the correct diagnosis, anaesthesia, preventive dentistry.

b) Answer the questions.

1. What does general dental practice include?
2. What equipment does the dentist use to ensure the correct diagnosis and treatment?
3. What may treatment include?
4. Why is anaesthesia often used?
5. Why is preventive dentistry important?

2. Read the conversations and do the tasks that follow.

At the Dentist's

A

- Carol - What's the matter, Ann? You look so pale.
- Jane - I have an awful toothache which kept me awake all night.
- C - Why don't you go to the dentist? I suppose that it is a cavity that needs filling.
- J - Oh, yes, but I hate going to the dentist's. The very sight of the dentist's drill makes my flesh creep. It is really better when they pull your tooth out. At least, they make an injection to deaden the pain.
- C - Don't talk such nonsense. If you don't go to the doctor at once, your cheek will swell up and you'll get an inflammation. Put on your coat and let us go. Don't be a coward.

B

- Ann - Good morning, doctor.
D - Good morning. Miss Hart, isn't it?
A - That's right, doctor. Ann Hart.
D - What's the trouble, Miss Hart?
A - I have a filling which is loose and I also have an awful pain in my lower tooth on the right.
D - Let's have a look at the filling. Open your mouth wide. That's it. It's about to drop out. Your upper teeth are sound, your gums are not sore. Now, let's see the bad tooth. There is a deep cavity in it. Is it sensitive to heat and cold?
A - Yes, very.
D - That's too bad. You should have come to have it attended to long ago. We'd better have it X-rayed.
(*The doctor examines the picture.*)
I'm afraid, I'll have to pull it out.
A - Do you mean you'll pull it out now?
D - Yes, certainly. I'll give you an injection to make your gum numb. It won't hurt. We'll start with the filling and then I'll extract the bad tooth. Don't worry. Everything will be okay.

C

- D - What's troubling you, Mr Dott?
Mr D - Oh, doctor. I feel such an acute pain that I can't stand it any longer. I didn't sleep a wink all night long.
D - Open your mouth, please. Does this tooth hurt you?
Mr D - Yes, rather.
D - There is a cavity here. It needs drilling to be cleaned.
(*afterwards*)
Now the cavity is ready for a temporary filling.
Mr D - Isn't it possible to put in a permanent filling right now? I am to go on a business trip in a fortnight.
D - We don't need to wait for such a long time. If the tooth is quite all right and you feel no pain at all, come in four or five days and I'll put in a permanent filling.

a) Translate the phrases.

Быть бледным; кариес, который нужно запломбировать; не выносить визиты к дантисту; бормашина; обезболить; мороз по коже; распухать; получить инфекцию; шатающаяся пломба; вот-вот выпадет; быть чувствительным на холод и тепло; сделать рентген; удалить зуб; сделать укол, чтобы онемела десна; сверлить зуб; острая боль; больше не выносить; не спать всю ночь; поставить временную (постоянную) пломбу.

b) Ask your group-mates:

- A**
- what Jane complained of one morning.
 - why she hated going to the dentist's.
 - if it is really better to have a tooth pulled out than having a cavity filled.
 - if the very sight of the dentist's drill makes her flesh creep.
 - what happens if you neglect a bad tooth.
- B**
- what was troubling Ann.
 - if the bad tooth was sensitive to heat and cold.
 - why the doctor had to pull the bad tooth out.
- C**
- why Mr Dott didn't sleep a wink all night.
 - if the doctor made him an injection to deaden the pain.
 - if the doctor cleaned the cavity before filling it.
 - why the doctor didn't put in a permanent filling right away.
 - when Mr Dott was to come to the dentist again.

c) Act out the conversations.

Skill Development

As one of your teeth is hurting you, you have to go to the dentist's. Tell the doctor what is troubling you.

4 Health and Accidents

1. Read the quiz and do the tasks that follow.

Health Quiz

What should you do if:

1. you burn yourself on a hot pan?

- a. Put butter or oil on the burn.
- b. Put a plaster on it.
- c. Put the burn under cold water.

4. someone faints?

- a. Pour cold water over their face until they wake up.
- b. Make sure they are comfortable and wait for them to come round.
- c. Shake the person gently until he/she wakes up.

2. you've got a temperature?

- a. Stay in bed and keep warm.
- b. Take an aspirin.
- c. Keep cool and have a rest.

5. you are stung by a bee?

- a. Put some ice on the area of the sting.
- b. Put a plaster on the sting to protect it.
- c. Phone a doctor if you feel dizzy or there is a lot of swelling.

3. *you're taking a course of antibiotics?*
6. *you develop a rash on your face after eating strawberries?*
- a. Take the pills at exactly the same time every day.
- a. Put some cream on your skin.
- b. Don't stop taking the pills until they are completely finished.
- b. Put a plaster on the area with the rash.
- c. Never drink alcohol.
- c. Stop eating strawberries – you might be allergic to them.

a) Discuss with a partner which answers are correct. (More than one answer is possible.)

Listening

c) Celia is a nurse in a London hospital. Listen to her answers to the questions in the quiz. Are they the same as yours?

2. Read the text and do the tasks that follow.

First Aid is terribly important and you can save lives if you take the right action. Ninety percent of first aid is common sense and only ten percent is specialist knowledge. In a crisis, if the situation is serious, you need to act quickly.

a) Say why it is important to know how to give first aid.

b) Put the first-aid steps below in the correct order. Discuss your results with your group-mates.

If someone around you is badly hurt, you should:

- ___ get urgent medical help
- ___ check if the casualty is breathing
- ___ stop bleeding
- ___ make sure the casualty is safe where he or she is

Skill Development

Find out what first aid you can give in the following circumstances and tell the group what steps should be taken until medical help arrives.

- Someone is a victim in a car accident.
- Someone is bleeding.
- Someone has a bad burn.
- Someone has a broken ankle.
- Someone has a sprained wrist.
- Someone has swallowed a poison.

Check Yourself

1. Talk it over with your group-mates.

1. Do you go to the doctor for a check-up regularly? 2. Do you always make an appointment before you go to consult a doctor? Why? 3. What questions does the doctor ask to make a diagnosis? 4. What advice may a doctor give to a patient who has a cold? 5. Where do you take the prescription that the doctor writes you out? 6. Is it important to follow the doctor's advice? 7. What help can you get at the dentist's? 8. Do you know what first aid you can give if someone has had an accident?

2. Choose the best alternative to complete the sentences.

1. The correct diagnosis ensures that the patient will be ... of the disease. (cured/treated)
2. The doctor ... the patient's complaints. (listened to/heard)
3. You can buy ... medicines without your doctor's prescription. (over-the-counter/ prescription)
4. We were relieved when the girl ... and opened her eyes.(fainted/came round)
5. ... patients don't stay in hospital overnight. (out- / in-)
6. The doctor ... his patient a new treatment. (ordered, prescribed)
7. This nurse is very skilled at ... painless injections. (making/doing)
8. If there is a cavity in your tooth you need to have it (extracted/stopped)
9. Out-patients ... in the morning. (take their tests / have their tests taken)

3. Paraphrase the underlined parts.

1. The doctor listens to his patients' lungs and heart with his stethoscope. 2. She lost consciousness in the hot sun. 3. The patient was deteriorating. 4. The doctor wrote out a prescription for antibiotics. 5. She had one of her teeth stopped. 6. The hole in the tooth needs drilling. 7. In a crisis you should send for urgent medical help.

4. Ask your partner.

What's the English for?

1. вызвать врача
2. вызвать скорую помощь
3. выслушивать жалобы
4. выписать лекарство
5. пострадавшие
6. сделать укол
7. лечить от кашля

What's the Russian for?

1. arrange a series of tests
2. acute appendicitis
3. over-the-counter medicine
4. a general practitioner
5. be discharged from hospital
6. be cured of bronchitis
7. have one's teeth seen to

8. сделать рентген
9. заболеть
10. упасть в обморок
11. выздоравливать
12. выписать больничный

8. give first aid
9. be as fit as a fiddle
10. sound one's lungs
11. come round
12. be in good shape

5. Translate the sentences.

1. Я хотел бы записаться к врачу. 2. Хирург сделал операцию девушке по поводу острого аппендицита. 3. Спросите у медсестры в приемной, как работает врач. 4. Он в хорошей форме, но проходит медицинский осмотр дважды в год. 5. Это лекарство продается по рецепту. 6. Пострадавших лечили от переломов и ожогов. 7. Терапевт выслушал жалобы больного и осмотрел его. 8. Она запломбировала два зуба. 9. Необходимо знать, как правильно оказывать первую помощь.

РЕПОЗИТОРИЙ

UNIT 3

STAY FREE OF ADDICTIONS

1 Smoking

Focus Vocabulary

Nouns

addict
addiction
consequence
danger to
effect
hazard
need for
non-smoker
poison
substance
smoking
smoker
tobacco user
toxin

Adjectives

accustomed to

addicted
antisocial
aware of
concerned about
informed about
fatal

Verbs

affect
avoid
ban
chain-smoke
cost sb sth
drop
experience
give up
lead to
light up

object to
put out
quit
start
stop
worry about

Phrases

do harm to
form an addiction
hard habit to break
kick the habit
last long
long-term health problems
passive smoking
shorten one's life
stay smoke-free
take some precautions

Word-Perfect

1. a) Consult a dictionary and practise the pronunciation of the following words.

Addict, addiction, addictive, addicted, accustomed, concerned, consequence, aware, precaution, experience, substance.

b) Listen to your partner's reading of the words. Correct their mistakes, if there are any.

2. Read and translate the sentences.

1. Most people start smoking in their teens. 2. The number of tobacco users is dropping. 3. Smoking is a hard habit to break. 4. Passive smoking is a danger to non-smokers. 5. Smoking is hazardous and can lead to respiratory diseases. 6. Ask your friends not to light up in front of you. 7. Smokers are not aware of the hazards of smoking. 8. Put out your cigarette and stay smoke-free. 9. Tobacco does great harm to users and shortens their lives. 10. Avoid the company of heavy smokers. 11. Tobacco affects the quality of life. 12. Smoking is banned in public places. 13. Addicts feel better after smoking but the feeling

does not last long, that is why they chain-smoke. 14. Smoking can cost you a lot of money.

3. Translate the words and phrases.

Курильщик, смертельный яд, антиобщественная привычка, знать об опасности курения, иметь информацию о последствиях курения, вредить здоровью, предпринять меры предосторожности.

Reading and Speaking

1. Read the text and do the tasks that follow.

Stay Smoke-Free

Every year fewer and fewer people are smoking cigarettes. The number of teen smokers is also dropping. Join the growing number of non-smokers. If you never start smoking, you won't have to quit. If you already smoke, decide to stop it and stay smoke-free.

The tobacco user forms an addiction. This is a physical or mental need for a drug or other substance. Smoking becomes addictive very quickly, and it is a very hard habit to break. The need for more nicotine is strong. The smoker does not feel normal until he smokes again. The person feels better after smoking, but the feeling does not last long. Soon the smoker must smoke again. As the smoker's body becomes more accustomed to the drug, he needs to chain-smoke to feel its effect.

People start smoking for a variety of different reasons. Some think it looks cool. Others take up the habit because their friends smoke. Most adults who started smoking in their teens never expected to become addicted. That's why it's so much easier not to start smoking at all because there are no physical reasons to start smoking. The body doesn't need tobacco the way it needs food, water, sleep, or exercise. In fact, tobacco does much harm to the body; many of the chemicals in cigarettes, like nicotine and cyanide, are actually poisons.

Almost everyone knows that smoking causes respiratory diseases and heart disease and can shorten your life by 10 years or more. Moreover, the habit can cost a smoker a lot of money.

Over the long term, smoking leads to health problems like heart disease, stroke, emphysema, and many types of cancer – including lung, throat and stomach cancer. People who smoke also have an increased risk of infections like bronchitis and pneumonia.

These diseases limit a person's ability to be normally active, and they can be fatal. Each time a smoker lights up, that single cigarette takes about 5 to 20 minutes off his life.

Smokers not only develop wrinkles and yellow teeth, they also tend to be less active than non-smokers because smoking affects lung power. The consequences of smoking may seem very distant, but long-term health problems

aren't the only hazards of smoking. Nicotine and other toxins can affect the addict's body quickly, which means that teen smokers experience such problems as bad skin, bad breath, bad-smelling clothes and hair, reduced athletic performance, a greater risk of injury and slower healing time.

a) Read the phrases and translate them.

Fewer and fewer people, the number of teen smokers, join non-smokers, stay smoke-free, cause respiratory diseases, form an addiction, physical or mental need for a drug, become addictive, become accustomed to the drug, to feel the effect of smoking, a variety of different reasons, chemicals in cigarettes, nicotine and cyanide, expect to become addicted, an increased risk of infections, develop wrinkles and yellow teeth, the consequences of smoking, long-term health problems, hazards of smoking, affect the body, experience health problems, reduced athletic performance.

b) Complete the phrases with the ideas from the text.

the number of smokers is _____	smoking leads to _____
join _____	have an increased _____
stay _____	limit a person's ability to _____
form an _____	develop wrinkles and _____
a need for a _____	affect _____
become _____	the consequences of _____
a hard habit to _____	_____ health problems
become accustomed to _____	_____ skin
start smoking for a _____	_____ breath
never expect to _____	_____ clothes and hair
easier not to _____	reduced _____
do much harm to _____	_____ of injury
the habit can cost _____	slower _____

c) Complete the sentences with the right prepositions. Read and translate them.

1. Smoking can shorten your life ___ 10 years or more. 2. Addiction is a physical or mental need ___ a drug or other substance. 3. The person feels better ___ smoking, but the feeling does not last long. 4. As the smoker's body becomes more accustomed ___ the drug, he needs to chain-smoke to feel its effect. 5. People start smoking ___ a variety of different reasons. 6. Most adults who started smoking ___ their teens never expected to become addicted. 7. Tobacco does much harm ___ the body. 8. Each time a smoker lights ___, that single cigarette takes about 5 to 20 minutes ___ his life. 9. Smoking leads to many health problems. 10. Long-term health problems aren't the only hazards ___ smoking.

d) Paraphrase the ideas, using the text.

1. More and more people stop smoking. 2. The number of teen non-smokers is rising. 3. Keep away from smoking. 4. It is difficult to quit smoking. 5. Tobacco users become addicts. 6. Most people who started smoking when they were young never believed they would become addicted. 7. Many of the toxins in cigarettes are fatal. 8. Smoking can make your life shorter. 9. The addiction to smoking is very expensive. 10. Smoking affects the user's lungs and heart. 11. Each time you smoke, that cigarette shortens your life by 5 to 20 minutes. 12. Smokers' skin becomes wrinkled. 13. Smokers become less active. 14. Tobacco toxins influence the user's body quickly. 15. Teen smokers have many health problems.

e) Arrange the ideas from the text next to the following headings.

<i>Smoking is becoming less popular</i>	
<i>A hard habit to break</i>	
<i>Reasons why people start smoking</i>	
<i>Long-term hazards</i>	
<i>Immediate effects</i>	

Listening

2. Do the listening task.

The Dangers of Passive Smoking

Recent research has revealed that 1) ____, even over a short period of time, such as thirty minutes, can temporarily damage a 2) ____ heart. Experts have been warning for some time of the health risks caused by 3) ____ the smoke from other people's cigarettes, but the average person does not yet seem to be very aware of these.

People in most countries are now quite well informed about the dangers of smoking, whether or not they choose to act on the information and stop smoking. They know, for example, that smoking can lead to 4) ____, including serious diseases, such as lung cancer. However, their knowledge of the 5) ____ of passive smoking seems very limited.

Most people who do not smoke regard smoking as an 6) ____ habit which causes them some discomfort, rather than as a danger to their health. They may object to a 7) ____ atmosphere, dirty 8) ____, or the mess made by smokers

dropping cigarette 9) ____ or cigarette 10) ____ . They may always sit, when possible, in 11) ____ areas of restaurants or other public places. Still, many of them do not yet realize that being in the company of 12) ____ can make them actually ill.

Yet, it has been known for some years that passive smoking can, 13) ____, cause the same respiratory diseases that smoking tobacco leads to. Sufferers from asthma often find that their condition worsens in an atmosphere that is thick with cigarette smoke.

Smokers, who are concerned about their health, can try to 14) ____ which is one of the most common forms of 15) ____ . To do so, they may, perhaps, rely on their 16) ____ or, perhaps, wear 17) ____ . Other people, however, can do little but avoid the company of smokers, especially those who 18) ____ .

If you want to avoid the risks of passive smoking, you can take some simple precautions. Always avoid the 19) ____ areas of public places and ban smoking in your home. Also, you can tactfully ask your friends not to 20) ____ in front of you. Who knows? They might just start worrying about their own health.

a) Fill in gaps 1-20 in the text with words and phrases a-t and listen to the recording to check your answers.

passive smoking
inhaling
no-smoking
to a lesser extent
nicotine patches

non-smoker's
antisocial
ash
kick the habit
chain-smoke

respiratory diseases
smoky
butts
addiction
smoking

consequences
ashtrays
smokers
willpower
light up

b) Answer these questions.

1. How can passive smoking affect a non-smoker's health?
2. How does passive smoking happen?
3. Do average people seem to be aware of the health risks caused by passive smoking?
4. How do most people regard smoking?
5. How can smokers stop their smoking habit?
6. How can non-smokers protect themselves from passive smoking?

Skill Development

1. Prepare a talk 7 Reasons for Staying Smoke-Free.

2. Below are three anti-smoking slogans. Split in groups of 3 or 4 to create more slogans to discourage smoking.

Be Cool – Don't Be a Smoking Fool

Be Smart, Don't Start

Breathe Healthily, Live Happily

2 Addiction to Alcohol

Focus Vocabulary

Nouns	sober	drug abuse
abuse	tipsy	fail to recognize sth
abuser	Verbs	fall unconscious
alcohol	cope with	feel relaxed and light-hearted
alcoholic	develop into	habit-forming substance
alcoholism	endure	harmful effects of alcohol
depressant	keep from	have / take a drink
drinker	slow down	have trouble seeing straight
hangover	suffer from	heavy drinker
risk to	turn sth into	loss of balance
Adjectives	Phrases	reach the point of no return
hostile	(un)able to control the body	share a drink
irritable	affect the brain	slurred speech
over-drunk	cloud one's judgement	spouse and child abuse
over-excessive	clumsy actions	two-faced addiction
physical	do crazy things	weaken one's senses
psychological	double vision	

Word-Perfect

1. a) Consult a dictionary and practise the pronunciation of the following words.

Alcoholic, alcoholism, physical, psychological, depressant, hostile, irritable, alcohol-abuser, endure, clumsy, unconscious, slurred, spouse.

b) Listen to your partner's reading of the words. Correct their mistakes, if there are any.

2. Read and translate the sentences.

1. You are sober when you are not drunk; you are tipsy when you have drunk a little alcohol. 2. Loss of balance, clumsy actions and slurred speech are the effects of over-excessive drinking. 3. Drunk drivers are a risk to other users of the road because their senses are weakened and their judgement is clouded. 4. Alcohol slows down the functioning of the brain and drunken people are less able to control their bodies. 5. Alcohol abuse makes people hostile and irritable and leads to spouse and child abuse. 6. Heavy drinkers suffer from physical and psychological pain until they take a drink. 7. Regular abuse of alcohol may turn into alcoholism. 8. Alcoholic drinks contain habit-forming substances. 9. Tipsy people feel light-hearted and often do crazy things. 10. Heavy drinkers fail to cope with life problems.

3. Translate the words and phrases.

Негативно воздействовать на мозг, двойственная зависимость, терпеть, выпивать в компании, замедлять, справляться, злоупотреблять, достигнуть точки невозврата, жестокое отношение к членам семьи.

Reading and Speaking

Read the text and do the tasks that follow.

Alcohol Effects

If you like to share a drink in a family setting, that's all right. But remember, alcohol is a drug. It can make you sick, and you can become addicted to it. It is one of the habit-forming substances leading to two-faced addiction. The first one is psychological where the mind sends the body the message that it needs more and more of the drug. The other one is physical where the body itself feels a direct need for the drug. Unfortunately, alcohol drinking is a very common form of drug abuse.

Alcohol is a depressant, a drug that tends to slow down the working of the brain. When a person takes a drink, the alcohol begins to affect his brain. The brain becomes less able to control the body. The user immediately feels more relaxed and light-hearted. He may feel he can do crazy things. After two or three drinks he becomes tipsy, his actions become clumsy and his speech slurred. If he is over-drunk, he might have trouble seeing straight or suffer from double vision and loss of balance, even fall unconscious. Alcohol weakens the user's senses and clouds his judgement. Often, when people, who have been drinking alcohol, get behind the wheel of a car they turn it into a dangerous weapon and become a risk to other drivers and pedestrians.

When the body cannot cope with the amount of alcohol that has been poured into it, it protests. A hangover is a thoroughly unpleasant condition which has to be endured after over-excessive drinking. The consequences are a headache and upset stomach.

Regular drinking develops over time into alcoholism. Alcohol-abusers are rarely sober because they cannot keep from drinking. Their bodies become strongly addicted. Alcohol causes heavy drinkers to become irritable and hostile because they feel strong mental and physical pain until they drink again. Alcoholics often fail to recognize the problem. By the time they realize they have got a drinking problem they have already reached the point of no return. They begin losing friends and are soon unable to carry on with their studies or work.

The harmful effects of alcohol do not stop with the drinkers. Family members of a heavy drinker suffer, too. Most cases of spouse and child abuse involve people who drink.

a) Read the phrases and translate them.

Habit-forming substance, clumsy actions, depressant, slurred speech, have trouble seeing straight, fall unconscious, cloud one's judgement, a dangerous weapon, irritable and hostile.

b) Complete the phrases with the ideas from the text.

_____ substance	speech becomes _____
_____ addiction	weaken the user's _____
a common form of _____	cloud the user's _____
begin to affect _____	become a risk to _____
become less able to _____	cause heavy drinkers to become _____
feel more relaxed and _____	_____ pain
do _____	fail to _____
actions become _____	reach the point of _____

c) Complete the sentences with the right prepositions. Read and translate them.

1. You can become addicted ___ alcohol. 2. As a depressant alcohol slows ___ the working of the brain. 3. Drunken people suffer ___ double vision and loss ___ balance. 4. Drunk drivers turn their cars ___ dangerous weapons. 5. Addicts drink more alcohol than their bodies can cope ___. 6. ___ over-excessive drinking the user has to endure a hangover. 7. Regular drinking soon turns ___ alcoholism. 8. Alcoholics can't keep ___ drinking. 9. People addicted ___ alcohol fail to carry ___ with their studies or work.

d) Paraphrase the ideas, using the text.

1. Alcohol is a substance that leads to psychological and physical addiction. 2. After two or three drinks the user becomes slightly drunk. 3. Under the influence of alcohol the person cannot move or talk normally. 4. Alcohol makes people less able to make the right decisions. 5. Drunk drivers are hazardous to other drivers and pedestrians. 6. After over-excessive drinking people suffer from a headache and upset stomach. 7. When you drive you must not be drunk. 8. Alcoholics are not able to stay away from drinking. 9. Alcoholics are not able to admit that they have developed an addiction. 10. Alcoholism breeds violence in families.

e) Arrange the ideas from the text next to the following headings.

<i>Two-faced addiction</i>	
<i>Effects of alcohol</i>	
<i>Effects of alcoholism</i>	

Skill Development

Below are some myths and facts about alcohol.

a) Do you always agree with the facts?

Myth *Getting drunk is funny.*

Fact - May be in the films... but not in real life. Drunkenness is no funnier than any other illness.

Myth *People are friendlier when they are drunk.*

Fact - Maybe. But they are also hostile, more dangerous, more criminal, more homicidal, and more suicidal. 64% of all murders are alcohol-related. And 60% of all suicides.

Myth *It's not polite to tell a friend he's drinking too much.*

Fact - Maybe if we weren't all so polite, we wouldn't have so many friends with drinking problems.

Myth *It's rude to refuse a drink.*

Fact - Nonsense. What's rude is trying to push a drink to someone who doesn't want it. Or shouldn't have it.

Myth *All that publicity about drinking is ...*

Fact - True. At least half the road accidents involve drinking.

b) What facts do you think can be about these myths?

Myth - My friends will think I'm weird if I don't drink.

Fact ...

Myth - If you feel like it, you can have a drink every now and then. There's nothing to worry about.

Fact ...

Myth - The best thing to cope with a problem is to take a drink. It will help you relax.

Fact ...

Myth - I can drink and still be in control.

Fact ...

Myth - I can manage to drive carefully enough after a few drinks.

Fact ...

3 Taking Drugs

Focus Vocabulary

Nouns

anxiety
confusion
depressant
hallucination
overdose
stimulant

unbalanced

Verbs

abuse
afford
bring on
calm down
escape from

be/ stay free of drugs
be introduced to drug-taking
cause mental disorders
develop side-effects
die from continued drug abuse
do lasting damage to
do sth on purpose

tension	exceed	experience withdrawal effects
Adjectives	get rid of	have (no) health benefit
alert	misuse	have emotional problems
clear-headed	wear off	leave mental scars
frightening	Phrases	seem too hard to bear
illegal	be banned by law	share a dirty needle
tolerant of	be better off doing sth	work wonders

Word-Perfect

1. a) Consult a dictionary and practise the pronunciation of the following words.

Anxiety, overdose, exceed, misuse, hallucination, stimulant, alert, overtired, law, illegal, bear, experience, withdrawal.

b) Listen to your partner's reading of the words. Correct their mistakes, if there are any.

2. Read and translate the sentences.

1. Modern medicine can work wonders. 2. People misuse a drug when they exceed the prescribed dose of the medicine. 3. Doctors prescribe stimulants to help their patients feel alert and clear-headed. 4. Legal depressants help people calm down and get rid of tension and anxiety. 5. Illegal drugs have no health benefit; instead of helping users they bring on frightening hallucinations, confusion and unbalanced emotions. 6. Street drugs can't help you escape from life problems. 7. Heavy drug-abusers develop side-effects which may lead to lasting health disorders. 8. Drug addicts are often introduced to drug-taking in their teens. 9. Some people start taking drugs when they cannot cope with emotional problems. 10. Continued drug-abuse does lasting damage to the addict's body. 11. Even if life seems too hard to bear, you will be better off keeping away from drugs. 12. If your body is tolerant of a drug, you need expert help. 13. Withdrawal effects take a long time to wear off. 14. Illegal drugs are expensive, most teenagers can't afford to buy them without committing crime to get money. 15. Stay free of drugs.

3. Translate the words and phrases.

Запрещенный законом наркотик, злоупотреблять, казаться невыносимым, неправильно использовать, причинять невосстановимый вред здоровью, пользоваться общим шприцем, избавиться от эмоциональных проблем, намеренно превысить дозу, вызывать галлюцинации, избегать проблем, зависимый от наркотиков, проходить (н-р, о симптомах), умереть от продолжительной зависимости от наркотиков, испытывать абстинентный синдром (ломку), душевные травмы, лучше держаться в стороне от наркотиков.

Reading and Speaking

Read the text and do the tasks that follow.

Hazards of Illegal Drugs

Much of the time we use the term *drug* to mean “medicine” – a drug to cure or prevent diseases. The drugs we have today can work wonders. Among them are drugs that help people who have emotional problems. They are stimulants and depressants. Stimulants make us alert and clear-headed if we are overtired; depressants help us calm down if we can’t get rid of tension or anxiety. These drugs are often prescription medicines because they change people’s mood and are often misused (taken incorrectly), or abused (when people exceed the prescribed dose on purpose). One thing is certain, if your doctor prescribes you a stimulant or a depressant, you should strictly follow his instructions not to overdose.

Some stimulants and depressants have no health benefit at all and are banned by law. We call them street drugs. Everybody knows that street drugs are illegal, but still people start taking drugs because they think they make them feel better. Young people are often introduced to drug-taking by their friends. Your friends may be full of stories as to how wonderful the drugs will make you feel. What they won’t be telling you is how addictive the drugs are, or that many young people do lasting damage to their bodies, or die from continued drug abuse each year.

Many users take drugs to escape from a life that may seem too hard to bear. But drugs are no answer to your problems at all; they simply make the problems worse.

Regardless of the type and strength of the drug, all drug-abusers are in danger of developing side-effects. Drugs can bring on confusion and frightening hallucinations and cause unbalanced emotions or more serious mental disorders. Moreover, drugs are expensive and very few drug users can afford to buy them. Most often the need for money to pay for drugs leads to crime. Drug addicts start stealing money; they lose their friends, hurt their families and destroy their health.

Thousands of drug addicts die every year. Some die from drugs themselves, others die from AIDS. This is because they share dirty needles.

There are special drug treatment centres where the abuser can get help. Trained experts work with the abuser, providing comfort and support. If his body is already tolerant of the drug, the withdrawal effects (a series of painful physical and mental symptoms) may take two or three weeks to wear off. These experiences may leave mental scars. In the end, however, the abuser is far better off being free of drugs.

a) Read the phrases and translate them.

Make sb alert and clear-headed, prescription medicines, exceed the prescribed dose on purpose, have no health benefit, be banned by law, be introduced to

drug-taking, be addictive, do lasting damage to the user's body, escape from a life that seems too hard to bear, be no answer to one's problems, bring on confusion, share dirty needles, provide comfort and support, take two or three weeks to wear off.

b) Complete the sentences with the right prepositions. Read and translate them.

1. Drugs that affect the nervous system are abused when people exceed the dose ___ purpose. 2. Street drugs are banned ___ law. 3. Teenagers are often introduced ___ drugs ___ their friends. 4. Drug abuse does lasting damage ___ the body. 5. Young people may die ___ continued drug abuse. 6. Many users take up the habit to escape ___ life problems. 7. Drugs are no answer ___ problems. 8. Drug abusers are ___ danger ___ developing side-effects. 9. Street drugs bring ___ confusion and frightening hallucinations. 10. The need ___ another dose of drug can lead ___ crime. 11. If the abuser's body is tolerant ___ the drug, he will experience withdrawal symptoms until the effects of the drug wear ___. 12. Despite the withdrawal effects the abuser is far better ___ being drug-free.

c) Complete the phrases with the ideas from the text.

cure or prevent _____	simply make _____
can work _____	be in danger of _____
help people who _____	bring on _____
make us _____	cause _____
help us _____	very few drug users can _____
exceed _____	drug addicts start _____
strictly follow the doctor's _____	trained experts work with _____
street drugs are _____	the withdrawal effects may _____
be full of stories as to _____	leave _____
many users take drugs to _____	be far better off _____

d) Paraphrase the ideas, using the text.

1. Modern drugs can cure very serious diseases. 2. Stimulants and depressants can help people who are emotionally unbalanced. 3. Drugs that change people's mood are often taken incorrectly or for the wrong purpose. 4. Illegal drugs are harmful to your health. 5. Young people start taking drugs influenced by their friends. 6. Long-term drug-abuse badly affects the user's body. 7. Many drug addicts take drugs because they fail to cope with life problems. 8. Drugs can't solve any problems, rather they make problems more serious. 9. Mental effects of drugs are unpredictable. 10. Drug abusers can no longer live a normal life. 11. Dirty needles can lead to early death. 12. Despite the fact that the treatment is painful, the addict will eventually benefit from getting expert help.

e) Arrange the ideas from the text next to the following headings.

<i>Benefits of modern medicines</i>	
<i>Reasons why people start taking drugs</i>	
<i>Harmful effects of illegal drugs</i>	
<i>How to combat the addiction</i>	

Skill Development

1. Choose partners to create an *Easy-To-Read Drug Facts* leaflet and present it in class.

2. Read the text and do the tasks that follow.

The Ways to Combat the Addictions

The only thing that really helps a person avoid the problems associated with smoking, alcohol and drug abuse is staying smoke, alcohol and drug free.

Staying away from the dangerous habits will give you a whole lot more of everything — more energy, better performance, better looks, more money in your pocket, and, in the long run, more life to live!

In the past few years some measures have been taken to reduce smoking and drinking in public places. The sale of cigarettes and drinks to people under 18 is illegal. Dealing in drugs is illegal regardless of age. The campaigns to fight the addictions launched in almost all countries have brought about extensive public disapproval of these harmful habits.

In schools and universities young people are informed on the hazardous effects of smoking, alcohol and drug abuse. Many schools have anti-addiction education programmes for children as young as 8 or 9. The programmes like these include books and videos. Some schools even arrange visits from ex-addicts. They tell the children how addicts live and how addictions can start and to what disastrous consequences they can lead.

a) Report to the group what solutions to addictions have been found.

b) Work in teams of 3 or 4 to add more possible solutions to the addiction concerns.

Check Yourself

1. Talk it over with your group-mates.

1. What would you tell your friend who is still addicted to smoking to explain why he / she should quit the habit? 2. What would you say to your roommate if he / she has an annoying habit of smoking in front of you? 3. What arguments would you find to refuse a drink if someone is pushing you to have one? 4. What do you think people should know about drugs not to fall victim to them? 5. What actions do you think are and should be taken to fight the spread of addictions?

2. Paraphrase the underlined parts.

1. He is addicted to alcohol. 2. People should keep away from bad habits. 3. Street drugs are illegal. 4. Addicts are not aware of the harmful effects of their addiction. 5. You should stop your habit. 6. Tobacco contains poisonous chemicals. 7. Smoking is harmful to your body. 8. Ask your friends not to light up in front of you. 9. If you abuse alcohol you soon become addicted. 10. Alcohol abuse leads to violence in the family. 11. Don't take more of the medicine than prescribed. 12. Addictions are very expensive. 13. Alcohol slows down the functions of the brain and worsens the victim's ability to act in a sensible way. 14. Withdrawal from drugs causes the abuser to suffer from emotional pain.

3. Translate into English.

1. Курение вредит здоровью. 2. Избегай компанию заядлых курильщиков, которые курят одну сигарету за другой. 3. Все больше и больше молодых людей бросают курить. 4. Затуши сигарету и брось эту вредную привычку. 5. Многие люди возражают против пассивного курения, так как они беспокоятся о своем здоровье. 6. Пьяные водители превращают свой автомобиль в оружие, опасное для других водителей и для пешеходов. 7. У людей, выпивших алкоголь, неловкие движения и невнятная речь. 8. Наркотики вызывают пугающие галлюцинации и спутанность сознания. 9. Для того, чтобы избавиться от последствий употребления наркотиков, нужно несколько недель. 10. Молодым людям лучше не приобретать вредные привычки, которые тяжело бросать.

ЛИТЕРАТУРА

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Учебное издание

КОВАЛЬСКАЯ Мира Павловна

HEALTH = ЗДОРОВЬЕ

Методические рекомендации

Технический редактор

Г.В. Разбоева

Компьютерный дизайн

Л.Р. Жигунова

Подписано в печать2016. Формат 60x84¹/₁₆. Бумага офсетная.

Усл. печ. л. 3,14. Уч.-изд. л. 2,31. Тираж экз. Заказ .

Издатель и полиграфическое исполнение – учреждение образования
«Витебский государственный университет имени П.М. Машерова».

Свидетельство о государственной регистрации в качестве издателя,
изготовителя, распространителя печатных изданий

№ 1/255 от 31.03.2014 г.

Отпечатано на ризографе учреждения образования

«Витебский государственный университет имени П.М. Машерова».

210038, г. Витебск, Московский проспект, 33.