

МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ

ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ ОБРАЗОВАТЕЛЬНОЕ
УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ
«ЕЛЕЦКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ ИМ. И.А.БУНИНА»

Институт филологии
Кафедра романо-германских языков и перевода

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**HOW TO LOOK THE PICTURE OF HEALTH
AND ALWAYS KEEP WELL?
ILLNESSES AND THEIR TREATMENT**

**Учебно-методическое
пособие**

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Health

The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.

~Nursery rhyme quoted by Wayne Fields, What the River Knows, 1990

Exercise 1

“The Chaos” is considered to be one of the most complicated poems in English even for native speakers. It’s a real challenge! Let’s have a quick warm-up.

Read the poem. Pay attention to the transcribed words. Write down all the unknown words. Which words are related to “Health”?

[kɔ:ps]; ['dɪzɪ]; [tɪə]; [hɑ:t]; ['daɪət]; [pleɪg]; ['eɪgju:]; [stri:k]; [rɪ'si:t]; [təu];
[tə:p'sɪkəri]; ['taɪfɔɪd]; ['mi:zɪz]; [rɪ'vaɪlɪz]; ['vɪkə]; [ə'neməni]; ['laɪkən]; ['lɔ:(ə)l];
[mɛl'pɒmini]; ['mɑlɪt]; ['ʃaɪlɪ]; [blʌd]; ['vɪskəs]; ['wu:ndɪd]; ['prɪvi]; [tu:m];
['klɑŋgə]; [məʊv]; [gɔ:z]; ['berɪ]; ['buzəm]; ['defə]; ['fefə]; ['kɒn(t)ʃ(ə)n(t)s]; [eɪk];
[dɪ'saɪp(ə)l]; [mə'leəriə]; ['tə:p(ə)ntlɪn]; ['fi:və]; [skem]; [flem]; [ɪə]; ['hlaɪf(ə)n];
['saɪkɪ]; [kɔf]; ['hɪkʌp].

The Chaos

Dearest creature in creation,
Study English pronunciation.
I will teach you in my verse
Sounds like corpse, corps, horse, and worse.
I will keep you, Suzy, busy,
Make your head with heat grow dizzy.
Tear in eye, your dress will tear.
So shall I! Oh hear my prayer.
Just compare heart, beard, and heard,
Dies and diet, lord and word,
Sword and sward, retain and Britain.

(Mind the latter, how it's written.)
 Now I surely will not plague you
 With such words as plague and ague.
 But be careful how you speak:
 Say break and steak, but bleak and streak;
 Cloven, oven, how and low,
 Script, receipt, show, poem, and toe.
 Hear me say, devoid of trickery,
 Daughter, laughter, and Terpsichore,
Typhoid, measles, topsails, aisles,
 Exiles, similes, and reviles;
 Scholar, vicar, and cigar,
 Solar, mica, war and far;
 One, anemone, Balmoral,
 Kitchen, lichen, laundry, laurel;
 Gertrude, German, wind and mind,
 Scene, Melpomene, mankind.
 Billet does not rhyme with ballet,
 Bouquet, wallet, mallet, chalet.
Blood and flood are not like food,
 Nor is mould like should and would.
Viscous, viscount, load and broad,
 Toward, to forward, to reward.
 And your pronunciation's OK
 When you correctly say croquet,
 Rounded, wounded, grieve and sieve,
 Friend and fiend, alive and live.
 Ivy, privy, famous; clamour
 And enamour rhyme with hammer.
 River, rival, tomb, bomb, comb,
 Doll and roll and some and home.
 Stranger does not rhyme with anger,
 Neither does devour with clangour.
 Souls but foul, haunt but aunt,
 Font, front, wont, want, grand, and grant,
 Shoes, goes, does. Now first say finger,
 And then singer, ginger, linger,
 Real, zeal, mauve, gauze, gouge and gauge,
 Marriage, foliage, mirage, and age.
 Query does not rhyme with very,
 Nor does fury sound like bury.
 Dost, lost, post and doth, cloth, loth.
 Job, nob, bosom, transom, oath.

Though the differences seem little,
 We say actual but victual.
 Refer does not rhyme with deaffer.
Foeffer does, and zephyr, heifer.
 Mint, pint, senate and sedate;
 Dull, bull, and George ate late.
 Scenic, Arabic, Pacific,
 Science, conscience, scientific.
 Liberty, library, heave and heaven,
 Rachel, ache, moustache, eleven.
 We say hallowed, but allowed,
 People, leopard, towed, but vowed.
 Mark the differences, moreover,
 Between mover, cover, clover;
 Leeches, breeches, wise, precise,
 Chalice, but police and lice;
 Camel, constable, unstable,
 Principle, disciple, label.
 Petal, panel, and canal,
 Wait, surprise, plait, plaid, promise, pal.
 Worm and storm, chaise, chaos, chair,
 Senator, spectator, mayor.
 Tour, but our and succour, four.
 Gas, alas, and Arkansas.
 Sea, idea, Korea, area,
 Psalm, Maria, but malaria.
 Youth, south, southern, cleanse and clean.
 Doctrine, turpentine, marine.
 Compare alien with Italian,
 Dandelion and battalion.
 Sally with ally, yea, ye, Eye,
 I, ay, aye, whey, and key.
 Say aver, but ever, fever,
 Neither, leisure, skein, deceiver.
 Heron, granary, canary.
 Crevice and device and aerie.
 Face, but preface, not efface.
Phlegm, phlegmatic, ass, glass, bass.
 Large, but target, gin, give, verging,
 Ought, out, joust and scour, scouring.
Ear, but earn and wear and tear
 Do not rhyme with here but ere.
 Seven is right, but so is even,

Hyphen, roughen, nephew Stephen,
Monkey, donkey, Turk and jerk,
Ask, grasp, wasp, and cork and work.
Pronunciation - think of Psyche!
Is a paling stout and spikey?
Won't it make you lose your wits,
Writing groats and saying grits?
It's a dark abyss or tunnel:
Strewn with stones, stowed, solace, gunwale,
Islington and Isle of Wight,
Housewife, verdict and indict.
Finally, which rhymes with enough -
Though, through, plough, or dough, or cough?
Hiccough has the sound of cup.
My advice is to give up!!!

Exercise 2

Read the sentences. Pay attention to the sounds. Find the words/word-combinations related to health.

1. A nurse anesthetist unearthed a nest.
2. Eat with pleasure, drink in measure.
3. He was cured during his tour of Europe.
4. He who has health has hope, and he who has hope, has everything
5. Here's a health to all those that we love.
Here's a health to all those who love us.
Here's a health to all those that love them
That love those that love us. (a toast)
6. My head got better when I went to bed at ten instead of eleven.
7. Nothing is worth thousands of deaths.
8. Percy was the first to learn that the early bird catches the worm.
9. When a doctor doctors a doctor, does the doctor doing the doctoring doctor as the doctor being doctored wants to be doctored or does the doctor doing the doctoring doctor as he wants to doctor?

Exercise 3

Read the article “Some ways to stay healthy”. Comment on the meaning of the underlined words. Answer the questions.

Some Ways to Stay Healthy

Health not merely means absence of any sort of diseases but an overall well-being of mind as well as body. The everyday habits have a significant impact on your lifestyle and health. Here’s what you need to keep in mind to ensure good physical and mental health.

Well-rounded diet. The very first step that should be taken in order to keep healthy is to have balanced diet. Our body requires various nutrients such as carbohydrates, minerals, fat, vitamins, iron and other minerals in right proportion. Intake of balanced diet ensures that your body gets the necessary nutrients in proper amount.

Don’t skip meals. If you want to keep the energy level and metabolism up, you have to be consistent with meals. If you are not sure of meal timings because of the busy schedule, eat small but frequent meals (taken at about every 3 hours).

Eat variety of fruits and veggies. They don’t make you fat or cause stomach problems such as gas. These are loaded with vitamins, minerals and numerous phytonutrients. Ideally, make your breakfast and afternoon snack a combination of fruits. Office goers must have two servings of seasonal fresh veggies every day. These ensure a wide spectrum of phytonutrients, vitamins, natural fibres and minerals.

Water. Drink plenty of water. Water works as a body purifier and removes all the unwanted toxics from the body, thus purifying the blood and helping indigestion. Drinking water first up in the morning is like energy shot. Make it a ritual. And, stay hydrated throughout the day.

Physical activity. Exercise and physical workout is essential for the proper functioning of mind and body. It is recommended that a minimum of 10-15 minutes

of workout is necessary for staying healthy. You are advised that you should walk about 5000 steps daily. In order to do so, you should avoid lifts and elevators. Make a habit of walking for 15 minutes post lunch at work. It will help improve cardiovascular health, check weight, aid digestion and much more. Physical workout not only helps in keeping the body in shape, but also in maintaining the proper weight of the body. Being over-weight or under-weight becomes a cause for a large number of diseases.

Exercising twice a week is said to be regular. Even if you don't have the luxury to spend that much of time, you can stick to the simplest forms of bodyweight exercises (calisthenics). These can be performed anywhere and anytime, without an aid of fitness equipment. Make time for exercise and when you cannot maintain a regular pattern, do it whenever you can. Even two minutes that you spare out of your busy schedule for exercises will show significant benefits.

Sound sleep. Have sufficient amount of sound sleep. You should have about 6-8 hours of sleep daily. Proper sleep revives mind and body after a hectic day and also prepares you for the activities of the following day. Therefore, in order to stay healthy, right amount of sleep becomes increasingly important. If you work till late hours, you must rise late so your body and mind get sufficient rest. However, stick to going to bed and rising early in the morning if possible.

Avoid unhealthy behaviours. Smoking is tied to many health risks. It is advised to not smoke or kick the habit if you smoke. Cut down on your alcohol intake. Excessive alcohol damages the liver and also the central nervous system of the body.

Hygiene and cleanliness. Maintain cleanliness and hygiene of your body and the surroundings as it ensures a germ-free surrounding and helps to keep healthy.

Boost immunity. In order to maintain good health and to develop a strong immune system, it is very necessary to take all the required vaccinations on time. It helps to fight against various illnesses.

Meditate. Mental health and well being is also equally important. Therefore, it is very necessary to give rest to your mind. Meditation is one of the best ways to fight against mental stress and to rejuvenate your mind.

Give yourself time. Take regular breaks and holidays from your hectic work schedule as it helps you to cope up from the pressures of daily life and refreshes your mind.

Maintain an erect posture. If your spine is strong, you can prevent lethargy and sluggishness. Maintaining an upright posture not only keeps medical conditions at bay but also betters one's appearance.

1. Are you on a diet? Have you ever kept to a diet?
2. Is it a good idea to skip meals and go hungry?
3. What useful elements do fruits and veggies provide?
4. How much water do you drink?
5. Do you do any sports?
6. Do you get enough sleep?
7. Do you have any bad habits?
8. Do you always wash your hands before eating?
9. Do you get vaccinated?
10. Do you take enough time to relax?
11. Why is it important to maintain an upright posture?

a) The above mentioned points are some of the basic ways to stay healthy. By following them, you can make a great difference in your health. Which way of staying healthy do you find the most useful? Add at least 3-5 recommendations how to stay healthy.

b) Imagine that you are a patient. Ask the doctor how to stay healthy.

Exercise 4

*Complete the text by using each of the following words: **fight off, stay away, catches, cures, inhale, causes, spread, vaccine, avoid, plenty***

How not to Catch a Cold

Did you know that each child in school ___six to ten colds every year? Think about it: all that sneezing, a sore throat, and a runny nose ten times a year! Although doctors have found ___ for many diseases, there is still no cure for the cold. A virus ___ a cold. There are too many different kinds of viruses for one treatment, like a ___, to cure them all. Although there is no cure, there are some steps you can take to ___ getting a cold.

First, you can avoid catching a cold by practicing healthy habits. If you are healthy, your body's immune system has a better chance to ___ the viruses that cause colds. Begin by eating healthy foods. Eat lots of fruits and vegetables and drink milk and juice. Other healthy habits include getting ___ of sleep at night and lots of exercise.

Next, you should try to avoid contact with the viruses that cause colds. If you can, ___ from large crowds. When people cough and sneeze, the cold virus goes into the air. If you ___ the virus, you can catch a cold. Do not share a drinking cup, fork, or spoon with someone else because that, too, could spread the virus. Washing your hands is one of the best ways not to catch a cold. The cold virus may be on things like doorknobs, telephones, and money. Shaking another person's hand could even ___ the virus. By washing your hands, you can stop the virus from infecting you.

Until doctors find a way to stop the over 200 viruses that cause colds, follow the steps listed above. You might avoid catching a cold.

Exercise 5

Match the words which have something in common.

Example:

Internal organs: liver, kidneys, lungs, stomach, veins, skeleton

An injury, to scrub up, a staff lounge, a bruise, gastritis, knees, a neurologist, appendicitis, a maternity ward, toes, stitches, vomit, a pathologist, a scrape, a doctor, a wrist, urine sample, a black eye, an operating theater, test results, a medical instrument, dementia, middle-aged, tweezers, a hospital room, an ophthalmologist, a

spasm, an ankle, an infant, a thermometer, side effects, a patient, a dressing, a disease, a speech therapist, to apply a bandage, elderly patients, a stethoscope, a surgery operation, chickenpox, parts of the body, scrubs, treatment, a lancet, ER (emergency room), a newborn, a check-up, rash, nausea.

Exercise 6

Match the following types of doctors and their definitions.

1. general practitioner (GP)/ family doctor	a) a doctor with special training in treating mental illness
2. ENT doctor	b) a doctor who specializes in treating diseases of the heart
3. surgeon	c) a doctor who specializes in treating diseases of the ear, nose, and throat. Also called otolaryngologist
4. specialist/ consultant	d) a doctor who studies and treats diseases of the nerves
5. doctor / physician	e) a person, usually a woman, who is trained to help women when they are giving birth
6. midwife	f) a doctor who treats eye diseases
7. ophthalmologist	g) someone who studies the human mind and human emotions and behaviour, and how different situations have an effect on people
8. psychologist	h) a doctor who studies and treats skin diseases
9. psychiatrist	i) a medical doctor, especially one who has general skill and is not a surgeon
10. paramedic	j) an expert in the study of diseases, especially someone who examines a dead person's body and cuts it open to discover how they died
11. cardiologist	k) a doctor who provides general medical treatment for people who live in a particular area
12. neurologist	l) a doctor who specializes in gynecology
13. gynecologist/ obstetrician	m) a doctor who is specially trained to perform medical operations
14. dermatologist	n) a doctor who has special training in and knowledge of a particular area of medicine
15. pathologist	o) a person who is trained to do medical work, especially in an emergency, but who is not a doctor or nurse

Exercise 7

Read the story "Taking a Prescription" by T. S. Arthur. Translate the underlined words and word-combinations. Write a summary of the story.

Taking a Prescription

Summer before last, the time when cholera had poisoned the air, a gentleman of wealth, standing and intelligence, from one of the Southern or Middle States, while temporarily sojourning in Boston, felt certain "premonitory symptoms," that were rather alarming, all things considered. So he inquired of the hotel-keeper where he could find a good physician.

"One of your best," said he, with an emphasis in his tones that showed how important was the matter in his eyes.

"Doctor--stands at the head of his profession in our city," returned the hotel-keeper. "You may safely trust yourself in his hands."

"Thank you. I will call upon him immediately," said the gentleman, and away he went.

The doctor, fortunately, as the gentleman mentally acknowledged, was in his office. The latter, after introducing himself, stated his case with some concern of manner; when the doctor felt his pulse, looked at his tongue, and made sundry professional inquiries.

"Your system is slightly disturbed," remarked the doctor, after fully ascertaining the condition of his patient, "but I'll give you a prescription that will bring all right again in less than twenty-four hours."

And so he took out his pencil and wrote a brief prescription.

"How much am I indebted, doctor?" inquired the gentleman, as he slipped the little piece of paper into his vest pocket.

"Five dollars for the consultation and prescription," replied the doctor, bowing.

"Cheap enough, if I am saved from an attack of cholera," said the patient as he drew forth his pocket-book and abstracted from its folds the required fee. He then returned to the hotel, and, going to one of the clerks, or bar-keeper, in the office, said to him--

"I wish you would send out and get me this prescription."

"Prescription! Why, Mr.--, are you sick?" returned the bar-keeper.

"I'm not very well," was answered.

"What's the matter?"

"Symptoms of the prevailing epidemic."

"Oh! Ah! And you've been to see a doctor?"

"Yes."

"Who?"

"Doctor--"

The bar-keeper shrugged his shoulders, as he replied--

"Good physician. None better. That all acknowledge. But, if you'll let me prescribe for you, I'll put you all straight in double-quick time."

"Well, what will you prescribe, Andy?" said the gentleman.

"I'll prescribe this." And, as he spoke, he drew from under the counter a bottle labelled--"Mrs.--'s Cordial."

"Take a glass of that, and you can throw your doctor's prescription into the fire."

"You speak confidently, Andy?"

"I do, for I know its virtue."

The gentleman, who had in his hand a prescription for which he had paid five dollars to one of the most skilful and judicious physicians in New England, strange as it may seem, listened to this bar-keeper, and in the end actually destroyed the prescription, and poured down his throat a glass of "Mrs.--'s Cordial."

It is no matter of surprise that, ere ten o'clock in the evening, the gentleman's premonitory symptoms, which had experienced a temporary abatement, assumed a more alarming character. And now, instead of going to, he was obliged to send for, a physician. Doctor--, whom he had consulted, was called in, and immediately recognised his patient of the morning.

"I'm sorry to find you worse," said he. "I did not in the least doubt the efficacy of the remedy I gave you. But, have you taken the prescription."

"Wh--wh--why no, doctor," stammered the half-ashamed patient. "I confess that I did not. I took something else."

"Something else! What was it?"

"I thought a glass of Mrs.--'s cordial would answer just as well."

"You did! and, pray, who prescribed this for you?" said the doctor, moving his chair instinctively from his patient and speaking in a rather excited tone of voice.

"No one prescribed it. I took it on the recommendation of the bar-keeper downstairs, who said that he knew it would cure me."

"And you had my prescription in your pocket at the same time! The prescription of a regular physician, of twenty-five years' practice, set aside for a quack nostrum, recommended by a bar-keeper! A fine compliment to common sense and the profession, truly! My friend, if I must speak out plainly, you deserve to die--and I shouldn't much wonder if you got your deserts! Good evening!"

Saying this, the doctor arose, and was moving towards the door, when the frightened patient called to him in such appealing tones, that he was constrained to pause. A humble confession of error, and repeated apologies, softened the physician's suddenly awakened anger, and he came back and resumed his seat.

"My friend," said he, on recovering his self-possession, which had been considerably disturbed, "Do you know the composition of Mrs.--'s cordial, which you took with so much confidence?"

"I do not!" replied the gentleman.

"Humph! Well, I can tell you. About nine-tenths of it is cheap brandy, or New-England rum, which completely destroys or neutralizes the salutary medicaments that form the tithe thereof. I don't wonder that this stuff has aggravated all your symptoms. I would, if in your state of health, about as leave take poison."

"Pray, don't talk to me in that way, doctor," said the patient, imploringly. "I am sick, and what you say can only have the effect to make me worse. I am already sufficiently punished for my folly. Prescribe for me once more, and be assured that I will not again play the fool."

Doctor--'s professional indignation had pretty well burned itself out by this time; so he took up the case again, and once more gave a prescription. In a couple of days, the gentleman was quite well again; but that Mrs.--'s cordial cost him twenty dollars.

He is now a little wiser than he was before; and is very careful as to whose prescriptions he takes. It would be better for the health of the entire community if every individual would be as careful in the same matter as he is now. Those who are sick should, ere taking medicine, consult a physician of experience and skill; but, above all things, they should shun advertised nostrums, in the sale of which the manufacturers and vendors are interested. Often testimonials as to their efficacy are mere forgeries. Health is too vital a thing to be risked in this way.

Pick out synonyms of the following:

To reside temporarily; to ask questions about (something); unsettled, broken up, or altered in structure or function; generally current; widespread; good, or beneficial quality, advantage; having or exhibiting sound judgment; a warning in advance; attractive or pleasing; to speak with involuntary pauses or repetitions; marked by meekness or modesty; anger aroused by something perceived as unjust, mean, or unworthy; one that sells or vends something; a statement in support of a particular truth, fact, or claim.

a) Scan through the story and contextualize the following vocabulary:

alarming; at the head of one's profession; state one's case; ascertain; in double-quick time; be obliged to do smth; be constrained; aggravate symptoms; be punished for one's folly.

b) Answer the questions.

1. Why did the patient need to make an appointment with a doctor?

2. Did the main character believe the doctor's or the bar-keeper's prescription?
3. Was Mrs.--'s cordial an effective remedy?
4. Why did the gentleman promise not to play the fool anymore?
5. Do you agree with the statement given in the text: "Often testimonials as to their efficacy are mere forgeries. Health is too vital a thing to be risked in this way"? Have you ever applied to alternative medicine or quacks?
6. The main thread of the story is connected with the proverb: "Penny wise and pound foolish". Have you tried to save on anything which later turned out to be unreasonable?

Exercise 8

There are 20 nouns connected with medicine in the box below. Use them to complete the sentences - in some cases you will need to make them plural. The first one has been done for you as an example:

accident ; allergy ; ambulance; biopsy; consent; course; examination; excess; exercise; injection; intake; overdose; paroxysm; progress; rash; recurrence; surgery; tendency ; treatment; vaccination.

1. He developed an **allergy** to penicillin.
2. He suffered _____ of coughing in the night.
3. She went into a coma after an _____ of heroin.
4. The patient will need plastic _____ to remove the scars he received in the accident.
5. She took a _____ of steroid treatment.
6. He had a _____ of a fever which he had caught in the tropics.
7. There is a _____ to obesity in her family.
8. From the _____ of the X-ray photographs, it seems that the tumour has not spread.
9. The doctor gave him an _____ to relieve the pain.
10. He doesn't take enough _____: that's why he's fat.
11. The injured man was taken away in an _____.
12. She was advised to reduce her _____ of sugar.
13. The _____ of the tissue from the growth showed that it was benign.
14. The parents gave their _____ for their son's heart to be used in the transplant operation.
15. The doctors seem pleased that she has made such good _____ since her operation.
16. This is a new _____ for heart disease.
17. Her body could not cope with an _____ of blood sugar.
18. Three people were injured in the _____ on the motorway.

19. _____ is mainly given against cholera, diphtheria, rabies, smallpox, tuberculosis and typhoid.
20. She had a high temperature and then broke out in a _____ .

Exercise 9

Natural English conversation includes many phrasal verbs. These are verbs made up of two words: a verb and a preposition. For example: 'I get up at eight o'clock'. Complete the sentences below using the phrasal verbs in the box. You will have to change the forms of some of the verbs to make the grammar of the sentence correct. The first one has been done for you as an example.

Phrasal verbs

break down = to start to cry and become upset

bring up = to cough up material such as mucus from the lungs or throat

cough up = to cough hard to expel a substance from the trachea

drop off = to fall asleep

get around = to move about

get over = to become better after an illness or a shock

give up = not to do something any more

go down = to become smaller

knock out = to hit someone so hard that he or she is no longer conscious

look after = to take care of a person and attend to his or her needs

pass out = to faint

pick up = to catch a disease

prop up = to support a person, e.g. with pillows

take after = to be like one or other parent

take off = to remove something, especially clothes

1. He **got over** his cold.
2. The nurses are _____ her very well.
3. He must have _____ the disease when he was travelling in Africa.
4. She often _____ in front of the TV.
5. When we told her that her father was ill, she _____.
6. She _____ and cried as she described the symptoms to the doctor.
7. He _____ his father.
8. The doctor asked him to _____ his shirt.
9. He was _____ mucus.
10. Since she had the accident she _____ using crutches.
11. I was advised to _____ smoking.
12. He was _____ by a blow to the head.
13. The nurse _____ the patient with pillows.

14. The swelling has started to _____.

15. She became worried when the girl started _____ blood.

Extension. Work with a partner: write a dialogue which includes at least seven of the phrasal verbs from this page.

Exercise 10

These sentences all give very good advice, but they have been divided into separate halves. Match the half-sentences in Column A with the half-sentences in Column B to make sentences which are correct, complete and true.

<i>Column A</i>	<i>Column B</i>
1. Regular exercise is ...	a) ... burn easily in the sun.
2. A balanced diet should ...	b) ... cause back pain.
3. Medicines should ...	c) ... be inoculated against diphtheria.
4. A patient in shock should ...	d) ... be kept out of the reach of children.
5. Not taking any exercise is ...	e) ... be kept warm and lying down.
6. Reading in bad light can ...	f) ... about 2.5 litres of fluid each day.
7. You should do ...	g) ... good for the heart.
8. A normal adult should drink ...	h) ... five minutes' exercise every morning.
9. HIV can be transmitted ...	i) ... be sterilised before use.
10. Bad posture can ...	j) ... make the eyes ache.
11. People with fair complexions ...	k) ... provide all the nutrients needed, in the correct proportions.
12. Surgical instruments must ...	l) ... an unhealthy way of living.
13. Babies should ...	m) ... be by pressure and elevation.
14. Haemorrhage control routinely should ...	n) ... by using non-sterile needles.

Extension. Working with a partner, write five pieces of medical advice.

Exercise 11

Read the story "Remarkable Incident of Dr. Lanyon" by Robert Louis Stevenson. Write a summary of the story.

Remarkable Incident of Dr. Lanyon

[...] On the 8th of January Utterson had dined at the doctor's with a small party; Lanyon had been there; and the face of the host had looked from one to the other as in the old days when the trio were inseparable friends. On the 12th, and again on the 14th, the door was shut against the lawyer. 'The doctor was confined to the house,' Poole said, 'and saw no one.' On the 15th, he tried again, and was again refused; and having now been used for the last two months to see his friend almost daily, he found this return of solitude to weigh upon his spirits. The fifth night he had in Guest to dine with him; and the sixth he betook himself to Dr. Lanyon's.

There at least he was not denied admittance; but when he came in, he was shocked at the change which had taken place in the doctor's appearance. He had his death-warrant written legibly upon his face. The rosy man had grown pale; his flesh had fallen away; he was visibly balder and older; and yet it was not so much, these tokens of a swift physical decay that arrested the lawyer's notice, as a look in the eye and quality of manner that seemed to testify to some deep-seated terror of the mind. It was unlikely that the doctor should fear death; and yet that was what Utterson was tempted to suspect. 'Yes,' he thought; 'he is a doctor, he must know his own state and that his days are counted; and the knowledge is more than he can bear.' And yet when Utterson remarked on his ill-looks, it was with an air of greatness that Lanyon declared himself a doomed man.

'I have had a shock,' he said, 'and I shall never recover. It is a question of weeks. Well, life has been pleasant; I liked it; yes, sir, I used to like it. I sometimes think if we knew all, we should be more glad to get away.'

'Jekyll is ill, too,' observed Utterson. 'Have you seen him?'

But Lanyon's face changed, and he held up a trembling hand. 'I wish to see or hear no more of Dr. Jekyll,' he said in a loud, unsteady voice. 'I am quite done with that person; and I beg that you will spare me any allusion to one whom I regard as dead.'

'Tut-tut,' said Mr. Utterson; and then after a considerable pause, 'Can't I do anything?' he inquired. 'We are three very old friends, Lanyon; we shall not live to make others.'

'Nothing can be done,' returned Lanyon; 'ask himself.'

He will not see me,' said the lawyer.

'I am not surprised at that,' was the reply. 'Some day, Utterson, after I am dead, you may perhaps come to learn the right and wrong of this. I can not tell you. And in the meantime, if you can sit and talk with me of other things, for God's sake,

stay and do so; but if you cannot keep clear of this accursed topic, then, in God's name, go, for I cannot bear it.'

As soon as he got home, Utterson sat down and wrote to Jekyll, complaining of his exclusion from the house, and asking the cause of this unhappy break with Lanyon; and the next day brought him a long answer, often very pathetically worded, and sometimes darkly mysterious in drift. The quarrel with Lanyon was incurable. 'I do not blame our old friend,' Jekyll wrote, 'but I share his view that we must never meet. I mean from henceforth to lead a life of extreme seclusion; you must not be surprised, nor must you doubt my friendship, if my door is often shut even to you. You must suffer me to go my own dark way. I have brought on myself a punishment and a danger that I cannot name. If I am the chief of sinners, I am the chief of sufferers also. I could not think that this earth contained a place for sufferings and terrors so unmanly; and you can do but one thing, Utterson, to lighten this destiny, and that is to respect my silence.'

Utterson was amazed; the dark influence of Hyde had been withdrawn, the doctor had returned to his old tasks and amities; a week ago, the prospect had smiled with every promise of a cheerful and an honoured age; and now in a moment, friendship, and peace of mind, and the whole tenor of his life were wrecked. So great and unprepared a change pointed to madness; but in view of Lanyon's manner and words, there must lie for it some deeper ground.

A week afterwards Dr. Lanyon took to his bed, and in something less than a fortnight he was dead.

(abridged from 'The Strange Case of Dr. Jekyll and Mr. Hyde' by Robert Louis Stevenson)

a) Translate the words and word-combinations.

weigh (up)on someone; betake oneself to; death warrant; fall away; decay; amities; seclusion; doomed; solitude; accursed; unmanly; be done with (someone or something); peace of mind; tenor of life; take to one's bed; fortnight.

b) Match the words and word-combinations from a) with the definitions.

1) go to; 2) friendly relations; 3) behaving looking in a way which seems to cause ruin or death; 4) to burden or worry someone; 5) physical deterioration; 6) to be finished or have completed something; 7) if the degree, amount, or size of something falls away, it decreases; 8) the state of being private and away from other people; 9) used to express strong dislike of or anger at someone or something; 10) when something unpleasant is certain to happen, and you can do nothing to prevent it; 11) two weeks; 12) to go to bed, as with an illness; 13) the state of being alone, especially when this is peaceful and pleasant; 14) quality, character, or condition (of a lifestyle);

15) a calm, untroubled emotional state; 16) deprived of qualities traditionally associated with men, such as self-control or courage.

c) Answer the questions.

1. Who are the characters of the extract?
2. What did the doctor look like?
3. Did he know that his days were numbered?
4. Was he in high or low spirits?
5. Was he going to put up with Lanyon?

Exercise 12

Read the article. Write a summary of the article.

Cuts and Scrapes: First Aid

Minor cuts and scrapes usually don't require a trip to the emergency room. These guidelines can help you care for such wounds:

1. Wash your hands. This helps avoid infection. Also put on disposable protective gloves if they're available.

2. Stop the bleeding. Minor cuts and scrapes usually stop bleeding on their own. If not, apply gentle pressure with a sterile bandage or clean cloth and elevate the wound.

3. Clean the wound. Use clear water to rinse the wound. Also clean around the wound with soap and a washcloth. Keep soap out of the wound, as it can cause irritation. If dirt or debris remains in the wound after washing, use tweezers cleaned with alcohol to remove the particles. If debris still remains, see your doctor. Thorough cleaning reduces the risk of infection and tetanus. There's no need to use hydrogen peroxide, iodine or an iodine-containing cleanser, which can be irritating to tissue already injured.

4. Apply an antibiotic. Apply a thin layer of an antibiotic cream or ointment (Neosporin, Polysporin) to help keep the surface moist. These products don't make the wound heal faster. But they can discourage infection and help the body's natural healing process. Certain ingredients in some ointments can cause a mild rash in some people. If a rash appears, stop using the ointment.

5. Cover the wound. Bandages can help keep the wound clean and keep harmful bacteria out. If the injury is just a minor scrape, or scratch, leave it uncovered.

6. Change the dressing. Do this at least once a day or whenever the bandage becomes wet or dirty. If the injured person is allergic to the adhesive in tapes and bandages, switch to adhesive-free dressings or sterile gauze held in place with paper tape, rolled gauze or a loosely applied elastic bandage. These supplies generally are available at pharmacies. After the wound has healed enough to make infection unlikely, you can leave it uncovered, as exposure to the air will speed healing.

7. Get stitches for deep wounds. A deep — all the way through the skin — gaping or jagged wound with exposed fat or muscle will need stitches. Adhesive strips or butterfly tape -A use of surgical tape, cut into thin strips and placed across an open wound to hold it closed may hold a minor cut together, but if you can't easily close the wound, see your doctor as soon as possible. Proper closure within a few hours minimizes scarring and reduces the risk of infection.

8. Watch for signs of infection. See your doctor if the wound isn't healing or you notice any redness, increasing pain, drainage, warmth or swelling.

9. Get a tetanus shot. If the injured person hasn't had a tetanus shot in the past five years and the wound is deep or dirty, he or she may need a booster shot as soon as possible.

Severe Bleeding: First Aid

For severe bleeding, take these actions immediately:

1. Remove any obvious dirt or debris from the wound. Don't remove large or deeply embedded objects. Don't probe the wound or attempt to clean it yet. Your first job is to stop the bleeding. Wear disposable protective gloves if available.

2. Stop the bleeding. Place a sterile bandage or clean cloth on the wound. Press the bandage firmly with your palm to control bleeding. Maintain pressure by binding the wound tightly with a bandage or a piece of clean cloth. Secure with adhesive tape. Use your hands if nothing else is available.

Raise the injured part above the level of the heart.

3. Help the injured person lie down, preferably on a rug or blanket to prevent loss of body heat. If possible, elevate the legs.

4. Don't remove the gauze or bandage. If the bleeding seeps through the gauze or other cloth on the wound, add another bandage on top of it. And keep pressing firmly on the area.

A tourniquet is effective in controlling life-threatening bleeding from a limb. Apply a tourniquet if you're trained in how to do so.

Immobilize the injured body part once the bleeding has stopped. Leave the bandages in place and get the injured person to the emergency room as soon as possible.

Call 911 or your local emergency number if the bleeding is the result of major trauma or injury. Also call for emergency help if you suspect internal bleeding. Signs of internal bleeding include:

- o Bleeding from a body opening, such as the ear, mouth, nose or anus
- o Vomiting or coughing up blood
- o Bruising
- o A tender or swollen stomach
- o Cold, clammy skin
- o Thirst
- o Fractures
- o Shock, indicated by a rapid, weak pulse, pallor, sweating, rapid breathing and decreased alertness

a) Translate the following words and word-combinations from Russian into English.

царапины; медпункт; одноразовые защитные перчатки; стерильный бинт; промывать рану; марлевая салфетка; инородные частицы; пинцет; столбняк; перекись водорода; йод; дезинфицирующее средство; тонкая ткань, слой (кожи); наложить мазь; сменить повязку; марля; накладывать швы; рваная рана; обработка раны; лейкопластырь; уменьшить риск заражения; сделать укол; сделать укол от столбняка; повторная иммунизация; поднять ноги; давящая повязка (кровоостанавливающий жгут); холодная и влажная на ощупь кожа; бледность; потливость; учащенное дыхание.

b) How to help a person who is bleeding? Mark the statements true or false.

1. Have the injured person lie down and cover the person to prevent loss of body heat.
2. Don't remove any obvious dirt or debris from the wound.
3. Put pressure on the wound with whatever is available to stop or slow down the flow of blood.
4. Wash a wound that is bleeding heavily.
5. Call the ambulance.

c) You are attempting to control bleeding on a coworker who has cut himself while using a hand tool on a job site. How should you best address the possibility of being exposed to an infectious bloodborne disease?

Exercise 13

Ailments and Ills

Put this list of ailments into the correct box depending on which part of the body is affected.

Ailments Parts of the Body

1. Head:
2. Legs and arms:
3. The body - outside:
4. The body - inside:

Headache	Nose bleed	Tooth decay	Heart attack
Indigestion	Varicose veins	Constipation	Stroke
Tennis elbow	Twisted ankle	Blocked nose	Hangover
Arthritis	Sprained ankle	Pins and needles	Dizziness
Sore throat	Ingrown toenail	Cramp	Color blindness
Cough	Appendicitis	A stitch	Migraine
Earache	Pulled hamstring	Asthma	Menstruation
Slipped disc	Dislocated shoulder	Rheumatism	Rash

Exercise 14

Read the extract from the chapter "The Daffodil-Yellow Villa" by Gerald Durrell.

Write a summary of the extract.

The Daffodil-Yellow Villa

I

[...] At the edge of the estate was a small cottage inhabited by the gardener and his wife, an elderly, rather decrepit pair who seemed to have decayed with the estate. His job was to fill the water-tanks, pick the fruit, crush the olives, and get severely stung once a year extracting honey from the seventeen bee-hives that simmered beneath the lemon-trees. In a moment of misguided enthusiasm Mother engaged the gardener's wife to work for us in the villa. Her name was Lugaretzia, and she was a thin, lugubrious individual, whose hair was forever coming adrift from the ramparts of pins and combs with which she kept it attached to her skull. [...] Where most people are hypochondriacs as a hobby, Lugaretzia had turned it into a full-time occupation. She would move from room to room with the trays, giving each one of us a blow-by-blow account of her nightly bout with her inside. She was a master of the

art of graphic description; groaning, gasping, doubling up in agony, stamping about the rooms, she would give us such a realistic picture of her suffering that we would find our own stomachs aching in sympathy.

'Can't you do something about that woman?' Larry asked Mother one morning, after Lugaretzia's stomach had been through a particularly bad night.

'What do you expect me to do?' she asked. 'I gave her some of your bicarbonate of soda.'

'That probably accounts for her bad night.'

'I'm sure she doesn't eat properly,' said Margo. 'What she probably wants is a good diet.'

'Nothing short of a bayonet would do her stomach any good,' said Larry caustically, 'and I know... during the last week I have become distressingly familiar with every tiny convolution of her larger intestine.'

'I know she's a bit trying,' said Mother, 'but, after all, the poor woman is obviously suffering.'

[...] Shortly afterwards, to our relief, Lugaretzia's stomach got better, but almost immediately her feet gave out, and she would hobble pitifully round the house, groaning loudly and frequently. Larry said that Mother hadn't hired a maid, but a ghoul, and suggested buying her a ball and chain. [...] But, apart from Lugaretzia's ailments, there were other snags in the house. [...]

II

The next morning Spiro drove Mother, Margo, and myself into the town to buy furniture. We noticed that the town was more crowded, more boisterous, than usual, but it never occurred to us that anything special was happening until we had finished bargaining with the dealer and made our way out of his shop into the narrow, twisted streets. [...]

'I think there must be something going on,' said Margo observantly. 'Maybe it's a fiesta or something interesting.'

[...] I asked an elderly peasant woman near me what was happening, and she turned to me, her face lit up with pride.

'It is Saint Spiridion, kyria,' she explained. 'Today we may enter the church and kiss his feet.'

Saint Spiridion was the patron saint of the island. His mummified body was enshrined in a silver coffin in the church, and once a year he was carried in procession round the town. He was very powerful, and could grant requests, cure illness, and do a number of other wonderful things for you if he happened to be in the right mood when asked. The islanders worshipped him, and every second male on the

island was called Spiro in his honour. Today was a special day; apparently they would open the coffin and allow the faithful to kiss the slippered feet of the mummy, and make any request they cared to. The composition of the crowd showed how well loved the saint was by the Corfiots: there were elderly peasant women in their best black clothes, and their husbands, hunched as olive-trees, with sweeping white moustaches; there were fishermen, bronzed and muscular, with the dark stains of octopus ink on their shirts; there were the sick too, the mentally defective, the consumptive, the crippled, old people who could hardly walk, and babies wrapped and bound like cocoons, their pale, waxy little faces crumpled up as they coughed and coughed.

[...] The coffin was standing upright, looking like a silver chrysalis, and at its lower end a portion had been removed so that the saint's feet, clad in the richly-embroidered slippers, peeped out. As each person reached the coffin he bent, kissed the feet, and murmured a prayer, while at the top of the sarcophagus the saint's black and withered face peered out of a glass panel with an expression of acute distaste. It became evident that, whether we wanted to or not, we were going to kiss Saint Spiridion's feet. I looked back and saw Mother making frantic efforts to get to my side, but the Albanian bodyguard would not give an inch, and she struggled ineffectually. Presently she caught my eye and started to grimace and point at the coffin, shaking her head vigorously. [...] At last, in desperation, she threw caution to the winds and hissed at me over the heads of the crowd:

'Tell Margo ...not to kiss... kiss the air... kiss the air.'

I turned to deliver Mother's message to Margo, but it was too late; there she was, crouched over the slippered feet, kissing them with an enthusiasm that enchanted and greatly surprised the crowd. [...]

'Those shepherds,' she exclaimed faintly. 'So ill-mannered... the smell nearly killed me ... a mixture of incense and garlic...How do they manage to smell like that?'

'Oh, well,' said Margo cheerfully. 'It'll have been worth it if Saint Spiridion answers my request.'

'A most insanitary procedure,' said Mother, 'more likely to spread disease than cure it. I dread to think what we would have caught if we'd really kissed his feet.'

'But I kissed his feet,' said Margo, surprised.

'Margo! You didn't!'

'Well, everyone else was doing it.'

'And after I expressly told you not to.' [...]

'I can't think what on earth possessed you to do such a thing.'

'Well, I thought he might cure my acne.'

'Acne!' said Mother scornfully. 'You'll be lucky if you don't catch something to go with the acne.'

The next day Margo went down with a severe attack of influenza, and Saint Spiridion's prestige with Mother reached rock bottom. Spiro was sent racing into the town for a doctor, and he returned bringing a little dumpy man with patent-leather hair, a faint wisp of moustache, and boot-button eyes behind great horn-rimmed spectacles.

This was Doctor Androuchelli. He was a charming man, with a bedside manner that was quite unique.

'Po-po-po,' he said, strutting into the bedroom and regarding Margo with scorn, 'po-po-po! Remarkably unintelligent you have been, no? Kissing the Saint's feet! Po-po-po-po-po! Nearly you might have caught some bugs unpleasant. You are lucky; she is influenza. Now you will do as I tell you, or I will rinse my hands of you. And please do not increase my work with such stupidity. If you kiss another saint's feet in the future I will not come to cure you. ... Po-po-po .. . such a thing to do.' [...]

(abridged from the novel "My Family and Other Animals" by Gerald Durrell)

a) Translate the underlined words and word-combinations into Russian.

b) Answer the questions.

1. What was Lugaretzia constantly complaining of?
2. What holiday were the citizens celebrating?
3. Who was Saint Spiridion?
4. What kind of people gathered in the church to worship the saint?
5. What was the procedure of paying a tribute to the saint like?
6. What was Mother trying to tell Margo not to do?
7. What was Margo taken ill with?
8. Did the doctor approve of Margo's act of despair?

Exercise 15

Medical Supplies - English Vocabulary. Here is a list of some of the most common supplies found in doctors' offices, operating rooms and medical kits. Study the vocabulary and try the matching exercise.

term	meaning
antiseptic	liquid used to sterilize (clean) the surface of the skin
bandage	a cloth covering that is placed over a wound to prevent bleeding, swelling and infection

bandage scissors	tool used to cut bandages
blood pressure monitor	a tool that measures the force of blood flow through a person's body
dressing	protective covering that is placed over a wound
elastic tape	a thin roll of stretchy material that is sticky on one side
eye chart	a poster of letter, word, and number combinations of various sizes used to test a person's eyesight
forceps	instrument used during operations and medical procedures (assists the doctor in pulling, holding, and retrieving)
gauze	thin, netted material used for dressing wounds
hypodermic needle	sharp pointed metal piece that pricks the skin (attached to a syringe), used for taking blood or administering medicine
IV bag	the pouch that contains liquids to be pumped into a patient's body
medicine cup	small plastic measuring cup
microscope	equipment that makes small things appear larger than they are
otoscope	a device used for looking into a patient's ears
oxygen mask	equipment that fits over the nose and mouth and supplies oxygen
privacy screen	an object that is used to separate the doctor and patient from others in an open room
scales	a device that measures a person's weight
stethoscope	equipment for listening to a person's heart and lungs
syringe	a cylinder-shaped piece that attaches to a needle and can be filled with liquid

table and head-rest paper	paper that is placed on an examining table or head-rest to prevent the spread of germs
test tube	glass cylinder that is filled with blood or other liquids and can be capped and placed in a storage area
thermometer	an instrument used to check a person's body temperature
vial	a small bottle or container used for storing liquids

Match the comments with the supplies that are needed:

1. I can't catch my breath.	a. table and head-rest paper
2. Prepare the examining table for the next patient.	b. thermometer
3. We'll have to get a blood sample.	c. oxygen mask
4. I need to sterilize the wound.	d. hypodermic needle
5. We'll have to feed him with liquids.	e. bandage scissors
6. Let's find out your weight.	f. scales
7. I need to examine the patient in private.	g. eye chart
8. Let's check your vision.	h. antiseptic
9. Let's see if you are running a fever.	i. IV bag
10. Can you cut this gauze for me?	j. privacy screen

Exercise 16

You have received a letter from your English-speaking pen-friend Olivia who writes:

... I know it's often cold in Russia in winter. What do you usually do not to catch a cold? What is a healthy lifestyle for you? How can you catch up with the class if you do fall ill?

*My cousins have come to stay with us for the weekend ...
Following this sample write a letter of your own.*

Example:

St. Petersburg, Russia
September, 4th

Dear Olivia,

Thanks for your letter. I'm sorry I couldn't answer you earlier, I had to prepare for the upcoming classes.

It is often not just cold, but unexpectedly cold in Russia. In order not to catch a cold I try to dress according to the weather forecast and keep my immune system on point with vitamins. That's a part of what I consider a healthy lifestyle. The rest is, well, a balance between what is healthy, like sport, and what is not, like fastfood. In case I fail to avoid an illness I rely on my classmates to send me their notes via Internet and then study what they did by myself.

It is great to spend some time with your family. How many cousins do you have? How old are they? Is your relationship with them close or not?

I'm sorry, but I have to leave now, it's time for me to walk my dog.

Looking forward to hearing from you.

Best wishes,

Kirill

Exercise 17

Read the story "The Doctor's Case" by Stephen King. Answer the questions. Write a summary of the story.

The Doctor's Case

[...] "Do you recall the 'Speckled Band,' Watson?" [...]

"What are the facts, Inspector?" Holmes asked.

Lestrade began to lay them before us in the clipped tones of a trained policeman. Lord Albert Hull had been a tyrant in business and a despot at home. His wife had gone in fear of him, and had apparently been justified in doing so. The fact that she had borne him three sons seemed in no way to have moderated his savage approach toward their domestic affairs in general and toward her in particular. Lady Hull had been reluctant to speak of these matters, but her sons had no such reservations; their papa, they said, had missed no opportunity to dig at her, to criticize her, or to jest at her expense... all of this when they were in company. When they were alone, he virtually ignored her. Except, Lestrade added, when he felt moved to beat her, which was by no means an uncommon occurrence. [...]

"Hmmm," Holmes said. "A cheery fellow! The sons never put a stop to it?"

"She wouldn't allow it," Lestrade said.

"Insanity," I returned. A man who would beat his wife is an abomination; a woman who would allow it an abomination and a perplexity.

"There was a method in her madness, though," Lestrade said. "Method and what you might call 'an informed patience.' She was, after all, twenty years younger than her lord and master. Also, Hull was a heavy drinker and a champion diner. At age seventy, five years ago, he developed gout and angina."

"Wait for the storm to end and then enjoy the sunshine," Holmes remarked.

"Yes," Lestrade said, "but it's an idea which has led many a man and woman through the devil's door, I'll be bound. Hull made sure his family knew both his worth and the provisions of his will. They were little better than slaves." [...]

"Exactly so, old boy. At the time of his death, Hull's worth was three hundred thousand pounds. He never asked them to take his word for this; he had his chief accountant to the house quarterly to detail the balance sheets of Hull Shipping, although he kept the purse-strings firmly in his own hands and tightly closed."

"Devilish!" I exclaimed, thinking of the cruel boys one sometimes sees in Eastcheap or Piccadilly, boys who will hold out a sweet to a starving dog to see it dance... and then gobble it themselves while the hungry animal watches. I was shortly to find this comparison even more apt than I would have thought possible.

"On his death. Lady Rebecca was to receive one hundred and fifty thousand pounds. William, the eldest, was to receive fifty thousand; Jory, the middler, forty; and Stephen, the youngest, thirty."

"And the other thirty thousand?" I asked.

"Small bequests, Watson: to a cousin in Wales, an aunt in Brittany (not a cent for Lady Hull's relatives, though), five thousand in assorted bequests to the servants. Oh, and -- you'll like this, Holmes -- ten thousand pounds to Mrs. Hemphill's Home for Abandoned Pussies."

"You're joking!" I cried, although if Lestrade expected a similar reaction from Holmes, he was disappointed. Holmes merely re-lighted his pipe and nodded as if he had expected this... this or something like it. "With babies dying of starvation in the East End and twelve-year-old children working fifty hours a week in the mills, this fellow left ten thousand pounds to a... a boarding-hotel for cats?"

"Exactly so," Lestrade said pleasantly. "Furthermore, he should have left twenty-seven times that amount to Mrs. Hemphill's Abandoned Pussies if not for whatever happened this morning -- and whoever did the business." [...]

"[...] Tell me this, Lestrade: when did Lord Hull become sure that he was going to die?"

"Die?" I said. "My dear Holmes, whatever gives you the idea that the man believed -- "

"It's obvious, Watson," Holmes said. "C.I.B., as I have told you at least a thousand times -- character indexes behavior. It amused him to keep them in bondage by means of his will..."

[...] "He calls them together and tells them he's made a new will, one which disinherits all of them... all, that is, save for the servants, his few distant relatives, and, of course, the pussies."

I opened my mouth to speak, only to discover I was too outraged to say anything. [...] Today a man would have a deuce of a time slighting his closest relatives in favor of a cat-hotel, but in 1899, a man's will was a man's will, and unless many examples of insanity -- not eccentricity but outright Insanity -- could be proved, a man's will, like God's, was done.

"This new will was properly witnessed?" Holmes asked.

"Indeed it was," Lestrade replied. "Yesterday Lord Hull's solicitor and one of his assistants appeared at the house and were shown into Hull's study. There they remained for about fifteen minutes. Stephen Hull says the solicitor once raised his voice in protest about something -- he could not tell what -- and was silenced by Hull. Jory, the middle son, was upstairs, painting, and Lady Hull was calling on a friend. But both Stephen and William Hull saw these legal fellows enter, and leave a short time later. William said that they left with their heads down, and although William spoke, asking Mr. Barnes -- the solicitor -- if he was well, and making some social remark about the persistence of the rain, Barnes did not reply and the assistant seemed actually to cringe. It was as if they were ashamed, William said." [...]

"William is thirty-six. If his father had given him any sort of allowance, I suppose he would be a bounder. As he had little or none, he has spent his days in various gymnasiums, involved in what I believe is called 'physical culture' -- he appears to be an extremely muscular fellow -- and his nights in various cheap coffee-houses, for the most part. If he did happen to have a bit of money in his pockets, he was apt to take himself off to a card-parlor, where he would lose it quickly enough. Not a pleasant man, Holmes. A man who has no purpose, no skill, no hobby, and no ambition (save to outlive his father) could hardly be a pleasant man." [...]

[...] "Jory Hull was born dead," Lestrade said. "After he remained blue and still for an entire minute, the doctor pronounced him so and put a napkin over his misshapen body. Lady Hull, in her one moment of heroism, sat up, removed the napkin, and dipped the baby's legs into the hot water, which had been brought to be used at the birth. The baby began to squirm and squall." [...]

As Lestrade had intimated, surely Stephen Hull had the greatest cause to hate his father. As his gout grew worse and his head more muddled, Lord Hull

surrendered more and more of the company affairs to Stephen, who was only twenty-eight at the time of his father's death. [...] Lord Hull should have looked with favor upon Stephen, as the only one of his children with an interest in and an aptitude for the business he had founded; Stephen was a perfect example of what the Bible calls "the good son." Yet instead of displaying love and gratitude, Lord Hull repaid the young man's largely successful efforts with scorn, suspicion, and jealousy. On many occasions during the last two years of his life, the old man had offered the charming opinion that Stephen "would steal the pennies from a dead man's eyes."

[...] "Four excellent suspects! Servants need not apply... or so it seems now. Finish quickly, Lestrade -- the final circumstances, and the locked room."

Lestrade complied, consulting his notes from time to time. A month previous, Lord Hull had observed a small black spot on his right leg, directly behind the knee. The family doctor was called. His diagnosis was gangrene, an unusual but far from rare result of gout and poor circulation. The doctor told him the leg would have to come off, and well above the site of the infection.

Lord Hull laughed until tears streamed down his cheeks. The doctor, who had expected any reaction but this, was struck speechless. "When they stick me in my coffin, sawbones," Hull said, "it will be with both legs still attached, thank you very much."

The doctor told him that he sympathized with Lord Hull's wish to keep his leg, but that without amputation he would be dead in six months, and he would spend the last two in exquisite pain. Lord Hull asked the doctor what his chances of survival should be if he were to undergo the operation. He was still laughing, Lestrade said, as though it were the best joke he had ever heard. After some hemming and hawing, the doctor said the odds were even. [...]

Hull told the doctor that he himself reckoned his chances at no better than one in five. "As to the pain, I don't think it will come to that," he went on, "as long as there's laudanum and a spoon to stir it with in stumping distance."

The next day, Hull finally sprang his nasty surprise -- that he was thinking of changing his will. Just how he did not immediately say. [...] This very morning Lord Hull had called his family into the parlor, and when all were settled, he performed an act few testators are granted, one which is usually performed by the wagging tongues of their solicitors after their own have been forever silenced. In short, he read them his new will, leaving the balance of his estate to Mrs. Hemphill's wayward pussies. In the silence that followed he rose, not without difficulty, and favored them all with a death's-head grin. And leaning over his cane, he made the following declaration, which I find as astoundingly vile now as I did when Lestrade recounted it to us in that

hackney cab: "So! All is fine, is it not? Yes, very fine! You have served me quite faithfully, woman and boys, for some forty years. Now I intend, with the clearest and most serene conscience imaginable, to cast you hence. But take heart! Things could be worse! If there was time, the pharaohs had their favorite pets -- cats, for the most part -- killed before they died, so the pets might be there to welcome them into the after-life, to be kicked or petted there, at their masters' whims, forever... and forever... and forever." Then he laughed at them. He leaned over his cane and laughed from his doughy, dying face, the new will -- properly signed and properly witnessed, as all of them had seen -- clutched in one claw of a hand. [...]

a) Find the English equivalents of the following words and word-combinations.

домашние дела; грубый/жестокий; отвращение/гнузность; подкалывать/подшучивать; положить конец чему-л.; наследство; склонность; подозреваемый; быть прооперированным; низкий/подлый; случай/событие.

b) Answer the questions.

1. What kind of person was Lord Albert Hull?
2. Did he love and respect his spouse?
3. Was he a loving father?
4. What diseases did he come down with?
5. Whom did he leave his money after his death?

6. There is a thought-provoking quotation in the story: "If you spend your whole life waiting for the storm, you'll never enjoy the sunshine" (Morris West). What does it mean? Do you agree with the quotation?

Exercise 18

Complete the text by using each of the following words: **fit and never; than ever before; time catches up; a lot more; did loads of; more you worry; in the best of health; aches and pains; is one of the; used to worry.**

I never _____ about my health until recently. When I was a kid, I _____ exercise. Even in my twenties and thirties I was very _____ ill. I have been lucky all my life – always _____ health. I rarely get even a cold. I suppose _____ with you. Now I seem to be getting lots of little _____. I should go to the doctor for a health check, but I'm too busy. The older you get, the _____ about your health. One good thing is that I'm eating more healthily now _____. I no longer have fast food and midnight snacks. I also sleep _____. I've read that getting seven or eight hours sleep every night _____ best things you can do for your health.

a) Write five questions about health in the table.

Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1	STUDENT 2	STUDENT 3
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.

- Make mini-presentations to other groups on your findings.

b) *HEALTH POSTER*. Make a poster about health. Show it to your groupmates in the next lesson. Give each other feedback on your posters.

c) *MY HEALTH LESSON*. Make your own English lesson on health. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

d) *ONLINE SHARING*. Use your blog, wiki, Facebook page, MySpace page, Twitter stream or any other social media tool to get opinions on health. Share your findings with the class.

Exercise 19

Warm-Up! Answer the questions.

1. If you don't mind me asking, how is your health?
2. What sacrifices do you make or exercise do you do to be healthier? Is it worth it?

3. Do you come from a nation where obesity (being quite overweight) is a problem?
4. Do you believe that there are guidelines we can follow for living a longer, healthier life? Or is our health and lifespan determined by luck?

Reading about Health: “Advice” from a Doctor

Foreword: This is a story that is regularly shared on the Internet that was written for British people. It is likely fictional and meant to be humorous. The original text had many grammar mistakes which have been corrected.

Q: Doctor, I’ve heard that cardiovascular exercise can prolong life. Is this true?

A: The heart is only good for so many beats, and that’s it... Don’t waste them on exercise. Everything wears out eventually. Speeding up your heart won’t make you live longer; that’s like saying you extend life of car by driving faster. Want to live longer? Take a nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine is made from fruit. Fruit is very good. Brandy is distilled wine, which means they take water out of the fruity bit so you get even more goodness that way. Beer is also made of grain. Grain is good too. Bottoms up!

Q: What are some of the advantages of participating in a regular exercise program?

A: Can’t think of one, sorry. My philosophy: No pain...good!

Q: Aren’t fried foods bad for you?

A: YOU ARE NOT LISTENING! Food fried in vegetable oil — how can getting more vegetables be bad?

Q: Is chocolate bad for me?

A: Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It’s the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for the figure, then explain whales to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember, life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways – Chardonnay in one hand – chocolate in the other – body thoroughly used up, totally worn out and screaming “WOO-HOO, what a ride!!”

AND..... For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Brits (British people).
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Brits.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits.
5. The Germans drink a lot of beer, eat lots of sausages and fats and suffer fewer heart attacks than Brits.

Conclusion: *Eat and drink what you like. Speaking English is apparently what kills you.*

a) *Answer the questions.*

1. Why doesn't the doctor recommend the below items? Do you agree with him or her?
 - exercise
 - drinking less alcohol
 - chocolate and fried food
2. Do you think a professional doctor would give such advice?
3. What is the author's advice about how we should live our lives?

b) Match the words with their meaning as used in the article.

<ol style="list-style-type: none"> 1. obesity (n) 2. fictional (adj) 3. humorous (adj) 4. prolong (v) 5. intake (n) 6. Bottoms up! 7. misconception (n) 8. skid (v) 9. relief (n) 	<ol style="list-style-type: none"> 1. a phrase said before drinking the contents of your glass 2. the condition of being very overweight 3. to slide, usually sideways, on slippery ground or because you stopped or turned too quickly. 4. A feeling of relaxation following the release of anxiety 5. not real; not based on facts 6. the amount of food/air/liquid/etc. taken into the body 7. funny 8. a view/opinion that is incorrect 9. to extend the duration of something, e.g. your life
--	---

c) *Group Work: Health Topics*

Option 1: Discuss the health benefits of the below topics with your groupmates.

Option 2: Choose a topic from the list below and spend 10 minutes researching its health benefits online. Afterwards, present a summary of your findings to your group or class.

- naps
- coffee
- sugar
- wine/beer
- eating after 8 p.m.
- 'organic' produce
- losing weight by dieting
- eating large meals vs. snacking
- other: _____

Exercise 20

Good Doctor, Bad Doctor, Ugly Doctor

The cards at the top of the page are for the 'patients', those lower down for the students who will be the 'doctors'. If the patients are unhappy with the advice they receive, they can go and get a second

or third opinion! This is a good 'mingle' activity in which the students should get up and circulate around the class.

The Patients

I can't sleep very well at night.	I get cramp if I run for more than 20 minutes.	I get terrible headaches when I watch the TV.
I always have back ache in the morning.	I need to go to the bathroom every five minutes.	I sometimes get stomach ache when I eat.
None of my trousers fit me anymore!	What do you think about this swelling?	Everything looks blurred.
I often get nose bleeds after exercise.	I have toothache constantly.	My nose is always itching.
I can't move my ankle at all!!	I always feel so tired.	There is a strange noise in my ears all the time.
It really hurts if I press here!	I think I may have asthma.	I think I am losing all my hair.

The Doctors

You shouldn't run at your age!	You shouldn't sit so close to the TV.	Just wear a big sweater over it.
Turn off the TV and go and get some exercise.	Put it in this bandage for a few weeks.	You should change your sleeping position.
You should put this cream on that.	Take these pills if you feel pain when you eat.	You should be wearing glasses at your age.
You shouldn't eat just before going to bed.	The problem is probably with your diet.	Go and buy another mattress.

You should drink only water and fruit juice.	You shouldn't eat so fast.	You should stop doing exercise!
You should warm up better before any exercise.	Have a drink of warm milk last thing before bed.	You should take these aspirin while you watch TV
You should go to the hospital for an X-ray.	Don't eat too many rich foods.	If it itches, I say scratch it.
Of course they don't, you're too fat!	Buy some handkerchiefs.	I can recommend a diet for you.
You should go to the hospital for some tests.	You should take these sleeping pills.	When did you last have a hearing test.
Don't blow your nose so hard.	We have special pills for noses.	You should think about losing a little weight.
You shouldn't drink so much alcohol.	We can do a skin test for you.	Do you ever clean your teeth?
You should never press there!!	Just stay in bed for a few days.	Don't exercise so hard.
You should have your ears syringed.	You're right. I'm sorry, I can't help you.	Just stay in bed longer each day.
Er, the dentist is the next building!	I have some great pills for that.	You should go and have a blood test.
You shouldn't worry about such a cosmetic problem.	We can test your breathing now.	Keep your head cool in the summer.

Exercise 21

*I am at the moment deaf in the ears, hoarse in the throat,
red in the nose, green in the gills, damp in the eyes,
twitchy in the joints and fractious in temper
from a most intolerable and oppressive cold.*
Charles Dickens

Read chapter 6 from the book “Understanding Britain Today” by Hewitt Karen

<https://lingualeo.com/ru/jungle/understanding-britain-today>.

Pay attention to the words and word-combinations and their definitions.

1. **statutory** services - enacted, regulated, or authorized by statute.
2. **ill health** - a state of illness, or bad health.

Our mysterious GP

3. **health visitors** - UK community health nurses who have undertaken further training to work as part of a primary health care team. As their name suggests, their role is to promote mental, physical, and social well-being in the community by giving advice and support to families in all age groups. They help a mother before and after she has had a baby. They are also able to help people of any age who suffer from chronic illness or live with a disability. They may run health promotion schemes such as stop-smoking clinics.

4. **specialist midwife** - a person (usually a woman) who helps a woman when she is giving birth to a child

5. **chiropodist** |kɪˈrɒpədɪst| - a person qualified to diagnose and treat foot disorders.

6. **sprain**=strain - a wrench, twist, or other physical injury resulting from excessive tension, effort, or use.

7. **physiotherapy** |ˌfɪziə(ʊ)'θerəpi| - the treatment or management of physical disability, malfunction (нарушение функц-ия), or pain by physical techniques, as exercise, massage [ˈmæsdʒ], hydrotherapy |hɪdrə(ʊ)'θerəpi| , etc. out of hours healthcare services in the UK which are provided in the evenings, at night and at weekends which, for most GP surgeries, is from 8 a.m. (0800) to 6:30 p.m. (1830).

emergency doctor - a physician who works at an emergency department to care for acutely ill patients.

Hospitals

8. **obfuscation** |ɒbfʌs'keɪʃ(ə)n| - characterized by a lack of clear and orderly thought and behavior; "a confusion of impressions"

9. **suing** |'sju:ɪŋ| - initiating or pursuing legal proceedings against (another party).

Private healthcare

10. **premature baby** |'premətʃə| - an infant that is born prior to 37 weeks of gestation

11. **Parkinson's Disease**- the shaking palsy |'pɑ:lzi| - disorder of the central nervous system: shaking, rigidity, slowness of movement and difficulty with walking and gait.

12. **corollary** |kə'rɒləri| - something that results from something else.

13. **to allot** (money) |ə'lɒt| - to give something, especially a share of something available, for a particular purpose.

Answer the questions.

1. What did the foundation of the NHS cater for?

2. Does the NHS ensure fee-paying or medical care free of charge?

3. Do the British agree with the fact that care for patients is equated [ɪ'kweɪt] with money?

Our mysterious GP

4. What departments do the British hospitals include?

5. What are "Health centers" aimed at? Who are the members of the staff?

6. Should a patient apply to the GP or to the specialist first?

7. What doctor's advice can help a patient avoid medical intervention?

Hospitals

8. Why are mothers sent home from hospital almost immediately after giving birth to a child on condition that they have no complaints?

9. What is the new information website, launched by the Minister for Health, focused on?

Public Health

10. What does Public Health make it a point?

11. Are prescriptions paid for by the patients?

Private healthcare

12. Do patients get better treatment if they have private health insurance?

13. How is inefficiency of the NHS revealed?

14. What treatment is very expensive?

15. What does the abbreviation NICE stand for?

Exercise 22

Learn "At the Doctor's Office". Part One. Match the doctor's and patient's replies.

Act the dialogue out.

Doctor	Patient
1. How are you feeling today?	a) Oh, that's terrible.
2. Tell me about it.	b) Yes. I have a cough, too.
3. How about your throat?	c) Okay. I and understand.
4. Do you have a cough?	d) Well, I have a terrible headache.
5. Do you feel weak?	e) I will. Thank you, Doctor.
6. Let me take your temperature. (thermometer). Your temperature is 39.1 degrees Celsius. You have a fever. It seems that you have the flu.	f) Not very well, Doctor.
7. Don't worry. Take this medicine and rest.	g) It hurts a little.
8. Please come back next week for a check up.	h) Yes. I get tired very quickly.

Exercise 23

Learn “At the Doctor's Office”. Part Two. *Let's revise the vocabulary: my ankle, my knee, my toes, my hand, my back. The Doctor wrapped my ankle. I scraped my knee. I cut my hand. My back hurts. I stubbed my toe.*

Put the patient's replies in the logical order and make up the dialogue. Act the dialogue out.

Doctor	Patient
1) What is the problem?	a) I cut my hand.
I will wrap it.	Okay. Thank you, Doctor.
2) What is the problem?	b) Will it hurt?
It just needs to be cleaned.	Thank you, Doctor.
3) What is the problem?	c) My ankle hurts a lot.
You'll need some stitches for that.	d) I scraped my knee.
Maybe just a little.	Thank you, Doctor.
4) What is the problem?	e) My back hurts.
It will be fine tomorrow.	Thank you, Doctor.
5) What is the problem?	f) I stubbed my toe.
It looks like you pulled a muscle. Just rest for a few days.	Thank you, Doctor.

Exercise 24

The conversation is about a lady called Laura who has not been feeling well lately. Today she goes to see her doctor for a physical checkup. First she talks to the clerk then the nurse before seeing the doctor.

Read the dialogue and answer the questions.

A Visit to the Doctor's Office

Laura: Good morning, I have an appointment with Doctor Clark at 8:30.

Clerk: Let me pull your record. In the meantime, please sign-in and have a seat.

Nurse: Laura Nicholson.

Laura: Here.

Nurse: Follow me to Room A please.

Nurse: Here we are. What are your reasons for seeing Doctor Clark today?

Laura: Well, lately I have been feeling tired, and occasionally I have had really bad headaches and an upset stomach. On top of that, I have had this persistent cough for the last two weeks.

Nurse: When did you start having these symptoms?

Laura: I started feeling tired about two months ago; then, a little bit after that the headaches came. I got the upset stomach long before feeling tired.

Nurse: Are you taking any medications?

Laura: Only my vitamins.

Nurse: What vitamins are you taking?

Laura: I am taking a multi-vitamin tablet and extra Vitamin C every day.

Nurse: OK, let me take your vital signs.

Laura: How am I doing?

Nurse: Everything is good—normal blood pressure and no high temperature. Please wait here for a minute. Doctor Clark will be with you in a moment.

Laura: Thank you.

Doctor: Good morning, Laura.

Laura: Good morning, Doctor.

Doctor: I see here that you started feeling tired two months ago, and then you started having bad headaches. You also have had an upset stomach and a persistent cough. Did you run a fever too?

Laura: No, doctor.

Doctor: Let me do a quick physical check up.

Doctor: Please take a deep breath, hold your breath, and exhale. Do it again please.

Doctor: Were there any changes in your diet or your weight lately?

Laura: I ate the usual things, but I lost five pounds recently.

Doctor: Did you suffer from insomnia?

Laura: Well, it is pretty hard for me to fall asleep when I go to bed. I also woke up many times during the night.

Doctor: Do you drink? Do you smoke?

Laura: No.

Doctor: How are things at work?

Laura: There was a change of ownership three months ago, and I had to work a lot of overtime, even during the weekend.

Doctor: It looks like you have pneumonia. Other than that, I do not see any problems. You are probably under stress from changes at work, and the stress causes headaches, upset stomach, and sleeplessness. For now, try to relax and exercise. It may solve your problems. Come back to see me again if the symptoms persist, and I will do further tests. I am going to give you a prescription for your pneumonia. Are you allergic to any medications?

Laura: Not to my knowledge.

Doctor: OK, take this medication three times a day after you eat. Also, I want you to have some blood tests. Stop by the laboratory on your way out and have the nurse draw your blood.

Laura: I am anxious to know my cholesterol level. When will I get the results of the blood test?

Doctor: The results will be available in two weeks. Don't stress yourself. I think everything will be OK.

Laura: Thank you, Doctor.

Doctor: You are welcome.

Answer the questions.

1. What are the patient's complaints?
2. How did the doctor examine the patient?
3. What did the doctor prescribe?

Imagine that you are at the doctor's office. Tell about your problem.

Expressions

Have an appointment with; pull somebody's record; in the meantime; have a seat, please; here we are; persistent cough; upset stomach; long before; take somebody's vital signs; the doctor will be with you in a moment; run a fever; physical checkup; suffer from insomnia; change of ownership; sleeplessness; if the symptoms persist;

give a prescription; be allergic to; not to my knowledge; blood test; draw somebody's blood; the results will be available in two weeks; don't stress yourself!

Doctor, I need your help!

- 1) My head hurts!
- 2) My hair is falling out! Am I going bald?
- 3) My nose is runny!
- 4) My eyes are dry and watery!
- 5) I cut my tongue!
- 6) My throat is dry! I can't stop coughing!
- 7) My chest feels tight! I can't breathe!
- 8) My stomach hurts!
- 9) My legs feel weak!
- 10) I twisted my ankle!
- 11) My waist is getting bigger! Am I overweight?
- 12) I cut my finger! The bleeding won't stop!
- 13) My arm is sore!
- 14) I have a toothache! I think I have a cavity!
- 15) My skin is itchy! I can't stop scratching!

Exercise 25

At the Doctor's Office.

Language focus

Note how the doctor starts the interview:

- What's brought you along today?

Other ways of starting an interview are:

- What can I do for you?
- What seems to be the problem?

Note how the doctor asks how long the problem has lasted.

- How long have they been bothering you?

Another way of asking about this is:

- How long have you had them?

Study this short dialogue.

Doctor: Well, Mrs Black. What's brought you along today?

Patient: I've got a bad dose of flue. (1)

Doctor: How long has it been bothering you?

Patient: Two or three days. (2)

Practise this dialogue. Your partner should play the part of the patient. He or she can select replies from lists (1) and (2) below.

(1)

A bad dose of flu

Terrible constipation

Swollen ankles

A pain in my stomach

(2)

two or three days

since Tuesday

a fortnight

for almost a month

Language focus 2

Note how the doctor asks where the problem is:

-Which part of your head is affected?

Other ways of finding this out are:

-Where does it hurt?

-Where is it sore?

Note how the doctor asks about the type of pain:

- Can you describe the pain?

Other ways of asking this are:

- What's the pain like?

- What kind of pain is it?

Practise finding out information like this. Work in the same way as in

Task 2. Use all the methods given in Language focus 2 in your questioning.

Doctor: Which part of your head (chest, back, etc.) is affected?

Patient: Just here.

Doctor: Can you describe the pain?

Patient: It's a dull sort of ache. (I)

(I)

a dull sort of ache

a feeling of pressure

very sore, like a knife

a burning pain

Language focus 3

Note how the doctor asks if anything relieves the pain of headaches:

- Is there anything that makes them better?

Similarly he can ask:

- Does anything make them worse?

Doctors often ask if anything else affects the problem. For example:

- What effect does food have?

- Does lying down help the pain?

Work with a partner. In each of these cases, ask your partner where the pain is. Then ask two other appropriate questions to help you reach a diagnosis. Use all the ways of questioning we have studied in this section. For example:

Doctor: Where does it hurt?

Patient: Right across here. (indicating the central chest area)

Doctor: Can you describe the pain?

Patient: It's like a heavy weight pressing on my chest.

Doctor: Does anything make it better?

Patient: If I stop for a bit, it goes away.

In this example, the patient's symptoms suggest angina.

Now try each of these four cases in the same way.

1) **Doctor:** _____

Patient: Here, just under my ribs. (1)

Doctor: _____

Patient: It gets worse and worse. Then it goes away.

Doctor: _____

Patient: Food makes it worse.

2) **Doctor:** _____

Patient: It's right here. (2)

Doctor: _____

Patient: It's a gnawing kind of pain.

Doctor: _____

Patient: Yes, if I eat, it gets better.

3) **Doctor:** _____

Patient: Down here. (3)

Doctor: _____

Patient: It's a sharp, stabbing pain. It's like a knife.

Doctor: _____

Patient: If I take a deep breath, or I cough, it's really sore.

4) **Doctor:** _____

Patient: Just here. (4)

Doctor: _____

Patient: My chest feels raw inside.

Doctor: _____

Patient: When I cough, it hurts most.

Work in pairs. Student A should start. Play the part of the patients.

A: Play the part of the doctor. Repeat Task 4 but add two or three more questions in each case to help you decide on a diagnosis. For instance, in the example where the patient's symptoms suggest angina, you could ask:

- Does anything make it worse?
- How long does the pain last?
- Is there anything else you feel at the same time?

Exercise 26

Translate the dialogues into English. Act them out.

1) “На приеме у врача”

Доктор: Добрый день. Чем я могу помочь вам сегодня?

Пациент: Я не очень хорошо себя чувствую.

Доктор: Что случилось?

Пациент: У меня температура и болит ухо.

Доктор: Присядьте, пожалуйста, я осмотрю ваше ухо. У вас ушная инфекция.

Пациент: Что мне делать?

Доктор: Вам нужно закапывать капли (put drops) в ухо два раза в день. Вот рецепт, отправляйтесь в аптеку.

2) “На приеме у врача”

Пациент: Доктор, пожалуйста, помогите мне. У меня болит лодыжка.

Доктор: Что случилось?

Пациент: Я подвернул ее, когда я играл в футбол.

Доктор: Дайте мне посмотреть. (пауза) У вас перелом. Мне жаль. Вам нужно будет носить гипс (wear a cast) в течение трех месяцев.

Пациент: Это очень плохо. Никакого футбола этим летом... Спасибо, доктор.

3) “На приеме у врача”

Д: Проходите. Здравствуйте! Что привело вас сюда сегодня?

П: Ну, у меня проблема с глазом. Он опух и зудит со вчерашнего вечера.

Д: Я вижу. Больно?

П: Да, очень больно. Болит, когда я моргаю.

Д: Позвольте мне взглянуть на него. Веко действительно опухло. Что-нибудь закапывали?

П: Да, у меня есть капли для глаз, но они не помогли.

Д: Это похоже на глазную инфекцию. Я думаю, что вам нужны антибиотики. У вас есть аллергия на них?

П: Нет.

Д: Я выпишу вам глазные капли. Если не станет лучше — приходите и будем разбираться

П: Спасибо, доктор.

4) “На приеме у врача”

Доктор: Проходите, пожалуйста.

Пациент: Спасибо. Доктор, я решила записаться на прием, потому что у меня вчера была сильная головная боль (a splitting headache) и сыпь по всему телу после приема таблеток от боли в желудке.

Доктор: Я выписал вам рецепт для приема таблеток?

Пациент: Да, вот он.

Доктор: Эти таблетки очень сильные. Они могут вызвать (trigger) побочные эффекты - головокружение, тошноту и даже сыпь. Позвольте мне осмотреть вас. Надо измерить давление и температуру.

(Через некоторое время)

Доктор: Ваша температура в пределах нормы, но давление очень низкое. Вы читали этикетку лекарства (medicine label) прежде чем принимать эти таблетки?

Пациент: Нет, я думал, что вашего рецепта и рекомендаций достаточно, чтобы принимать их правильно.

Доктор: Какую дозу Вы принимали одновременно?

Пациент: Две таблетки.

Доктор: Все должно было быть хорошо. Вы сказали, что у вас нет аллергии. Что случилось потом?

Пациент: Просто несколько дней назад я чихала весь день, но продолжала прием таблеток.

Доктор: Эти таблетки нельзя принимать при возникновении аллергической реакции, поэтому прием их вызвал ужасные побочные эффекты (side effects).

Exercise 27

Alternative medicine. Read the therapy adverts.

Nowadays a lot of people prefer alternative medicine (different from typical western systems). For example:

Acupuncture chiropractic herbal

medicine

homeopathy : taking tiny amounts of poisonous substances

aromatherapy: using aromatic oils and massage

<p>Acupuncture Aches and pains? Stress? Headaches? Back pain? Arthritis? Try acupuncture and you will immediately feel the benefits. Acupuncture balances the body's natural energy.</p> <p>To book a free trial appointment phone 0207 6412973 or e-mail freetrial@acupuncture.co.uk</p>	<p>Aromatherapy for Life Discover the healing powers of natural plant oils. A relaxing aromatherapy massage is just what you need to relieve the stress and aches and pains of a busy week at work.</p> <p>For more information look at our website: www.aromatherapyforlife.com or phone Rose on 02028 7769654 for a free trial session.</p>	<p>Rainbow Colour Therapy Centre Cure your physical, mental, emotional or spiritual problems with colour therapy. Colour energy is a fantastic healer and encourages normal and healthy workings of the body. Most people don't appreciate the importance of colour in their lives until they discover Colour Therapy.</p> <p>So, book a consultation with one of our qualified therapists by calling Isabel on 0208 9765432 or have a look at our website for more</p>
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		information: www.rainbowcolour.co.uk
<p>Hypnotherapy Centre</p> <ul style="list-style-type: none"> • Overcome a phobia, fear or addiction. • Reduce stress and anxiety. • Lose weight or cure sleep disorders. <p>For more information e-mail: jwarren@hypnotherapy.com</p> <p>Or phone: 0208 7979654</p>	<p>Happy Feet Reflexology Centre</p> <p>Discover the ancient Chinese art of foot massage to really connect with your body. We can help you to cure back pain, migraines, infertility, sleep disorders, digestive problems and all stress-related conditions.</p> <p>For more information visit our website: www.happyfeet.co.uk</p> <p>Or phone 0207 2247853</p>	<p>The London Tai-Chi Centre Practising the martial art of Tai-Chi will help you to relax your mind and body. It will relieve stress, improve your co-ordination and posture. After just two sessions you will become revitalized, more tolerant, more self-confident, stronger and healthier. For a free trial class call Barry Yeung on 0208 8769894 or e-mail: taichicentre@taichi.com</p>

Alternative medicine. Patient cards.

Imagine that you are a patient. Tell about your problem using the cards. What advert would catch your eye?

A - You've been suffering from insomnia for months. You regularly spend three or four hours awake every night. You're exhausted and your work is beginning to suffer.

B - You are recovering from a sports accident and you've had your leg in plaster for a month. You've put on weight and you feel like you need to get back in shape. Your leg isn't as strong as it used to be.

C - You really want to give up smoking. You've tried several times but haven't managed to kick the habit.

D - You are really stressed out. You're working fourteen-hour days and you just don't have time to see your friends or relax. You have a pain in your wrist that you believe is caused by working all day on the computer. You have also recently started getting headaches and backache.

E - You have been on a diet for a year but don't seem to be able to lose much weight. You really want to reach your ideal weight before the summer as you're getting married and want to look really good on your wedding day.

F - You have just moved to a new house in a new area and are feeling quite depressed. Following the move you have terrible backache from moving boxes. You work from home and your new house needs to be completely redecorated.

Exercise 28

At the Dentist's

Put the sentences in the correct order to make a dialogue. Act it out.

Vocabulary: a bad toothache – сильная зубная боль; a sweet tooth – сладкоежка; set of cavities – несколько дырок в зубах; gap – щель, промежуток между зубами; prone to – склонен к; oral hygiene – гигиена ротовой полости; to fix – вылечить; composite filling – композитная пломба.

Sam: Hello, Judy. How are you doing?

Judy: Yes, I know you're right. Are the cavities really bad?

Sam: Well, nothing unusual for a sweet tooth like you! You've got another set of cavities.

Judy: I'm not very well. I'm having a bad toothache.

Judy: Is it something bad?

Sam: Hmmm...Let me check...

Judy: Ouch. But I've been taking good care of my teeth.

Sam: The gaps you have between your teeth make you prone to frequent cavities. This is the reason I keep on asking you to visit the dentist once every six months to maintain your oral hygiene.

Sam: Not that bad. We'll fix them up with composite filling.

Exercise 29

At the Dentist's

Read the dialogue. Answer the questions.

Dentist: Hello Mr. Smithers. It is good to have you back. We haven't seen you in a while. How are the teeth? Do you have any concerns?

Patient: No. I am just here for a cleaning with your dental hygienist. I guess you will check out my mouth after that.

Dentist: That's right sir. I will take a quick glance at your teeth once she is done. This visit should go a lot better for you than last year's visit. I believe we had to pull one of your molars and put in a few fillings. Hopefully you have been taking better care of your teeth this year.

Patient: Yes, I am. Last year's visit was painful, even with the Novocain you gave me. It isn't fun getting a tooth pulled. The sound of the tooth coming out still gives me nightmares.

Dentist: Well, at least that ordeal inspired you to take better care of your teeth. Have you been using the dental floss that my receptionist gave you.

Patient: Yes. I floss every night before going to bed. I do have one problem that I forgot to mention. When I wake up in the morning my teeth and jaw hurt. Do you know what that could be?

Dentist: Sounds to me like you are grinding your teeth at night. You will have to buy a night guard to protect your teeth.

Patient: Let me guess. You sell them here. How convenient... I noticed your new BMW in the parking lot. With all of the money I paid you last year I guess you can afford it.

Dentist: Very funny. Tooth decay is normal for people your age. It is worth it to spend the money and get your teeth cleaned and looked at.

Patient: OK doctor. Just don't tell me my teeth are crooked and that I will need braces. I won't fall for that one.

Dentist: No. I won't try that on you. I am a nice dentist!

Patient: Whatever you say...

1. *What does Mr. Smithers say the reason for his visit is?*

a) a root canal b) a cleaning c) a cavity d) to get teeth whitened

2. *What did the patient have to have done to his teeth last year?*

a) he got braces b) he had gum surgery c) he got a molar pulled d) he had a root canal

3. *What still gives the patient nightmares from his visit last year?*

a) the dentist b) the root canal c) the sound of his tooth being pulled out d) the Novocain

4. *What hurts the patient when he wakes up in the morning?* a) his teeth and jaw b) his tongue and gums c) his teeth and cheeks d) his head and teeth

5. *What does the doctor suggest will help with the pain?*

a) getting a molar pulled b) a cavity c) a root canal d) a night guard

6. *What does the patient complain about to the dentist?*

a) the money he is paying him b) the time of the appointment c) the size of the mouth guard d) the dentist's horrible music

7. *What does the dentist say is normal for people who are the patient's age?*

a) molars b) tooth decay c) grinding of the teeth d) having a cavity

8. *The patient will possibly buy a night guard, but what does he say he will not buy?*

a) a tooth brush b) floss c) braces d) dentures.

Exercise 30

Match the proverbs. What are their Russian equivalents? Which proverb describes your attitude to health best? Illustrate the meaning of the proverbs by your own examples.

1. After dinner sit a while	another man's poison.
2. Better pay the butcher	for every ill
3. Temperance is	is soon healed.
4. No gain	but nobody wants to die
5. One man's meat is	while you are well.
6. Gluttony kills	than one time dead.
7. Dry feet, warm head	after supper walk a mile.
8. A green wound	is health.
9. Better ten times ill	than the doctor.
10. Study sickness	makes a man healthy, wealthy and wise.
11. The first wealth	no pain.
12. Sleep is a healing balm	more than sword.
13. Everybody wants to go to heaven	bring safe to bed.
14. Early to bed and early to rise	the best physic.

- *После обеда пости, после ужина походи.*

- *Ешь поменьше, проживешь подольше.*

- Опасайся бед, пока их нет.
- Хочется рыбку съесть, да не хочется в воду лезть.
- До свадьбы заживет.
- Лучшие десять раз болеть, чем один раз умереть.
- Мельница сильна водой, а человек едой.
- Держи голову в холоде, а ноги в тепле.
- Что русскому хорошо, немцу - смерть.
- Кто рано ложится и рано встает, здоровье, богатство и ум наживет.
- Сон — бальзам природы.
- Умеренность - мать здоровья.
- Без труда не выловишь и рыбки из пруда.
- Здоровье дороже богатства.

Exercise 31

Learn English idioms. Illustrate the idioms by your own examples.

Be the picture of health and forget about death following the prescriptions given underneath: To rise at five, dine at nine, sup at five, go to bed at nine makes a man live to ninety-nine.

fit as a fiddle	очень чистый
as full as a fiddle	целый и невредимый
as strong as a horse/lion/ox	быть очень неловким, "как корова на льду"
look on the sunny side (of life/things)	прекрасно выглядеть
as hungry as a bear	сыпать соль на рану, усугублять трудную ситуацию, делать хуже
as clean as a hound's tooth	убить в зародыше
look/be the picture of health	абсолютно здоровый; в отличной физической форме
safe and sound	сильный как бык
as awkward as a cow on roller skates	плохо себя чувствовать (обычно из-за проблем с желудком)
rub salt in/into a wound/add insult to injury	пьян
to recharge one's batteries	быть оптимистом
be sick as a dog	голодный как волк
nip something in the bud	набраться сил и энергии, встряхнуться

Exercise 32

Many people believe that every individual is responsible for his/ her own healthy lifestyle. Others believe that governments should take care of it. Discuss both the views and give your own opinion.

Sample answer:

Health has become a huge concern nowadays for individuals all over the globe. This is evident from a large number of people suffering from a variety of lifestyle diseases such as cancer, obesity, hypertension, diabetes and heart ailments. In these circumstances, whether the individuals themselves or the government should take the onus for their health has become a moot point. **In my personal opinion**, both personal discipline and the state facilities can turn the numbers around. Some people opine that an individual himself is responsible for his dietary preferences and exercise regime. Both balanced diet and physical workouts actually determine whether a person is leading a healthy life or not. **Moreover**, in this fast paced world, maintaining constraint and discipline with regards to food and fitness is extremely difficult which can be achieved only with personal effort. **Also**, if a person remains motivated to keep distance from bad habits like smoking and drinking, he can lead a better life, physically and mentally as compared to smokers and alcoholics.

However, others assume that only the state intervention can help people live a healthy lifestyle. The reason for their belief is that awareness campaigns and facilities can be provided by government effort alone. The state can display billboards, print articles in newspapers and organize talks which help in creating awareness about the role of a healthy lifestyle in keeping the diseases at bay. **Not only that**, green areas like parks in cities and gymnasiums with minimal charges can motivate citizens to exercise on daily basis. **Also**, strict rules to ban smoking in public can save the nonsmokers from the ill effects of passive smoking.

All in all, both individuals themselves and the government can jointly work towards making the majority of people lead a healthy lifestyle. This is of paramount

importance to not only keep the citizens disease free but also to increase their standard of living.

Exercise 33

Viewpoints. Lifestyle and Health

1. How often do you get sick?
2. What are the best steps you've ever taken in an effort to improve your health?
3. Would you ever be interested in observing a surgery or do you turn away when the nurse brings out the needle? Why?
4. To feel rested, how many hours of sleep do you need each night?
5. What remedy for curing the common cold works best for you?
6. If you were a doctor, which field of medicine would you specialize in? Why?
7. When was the last time you really pushed yourself to your physical limits?
Explain.
8. What allergies do you have?
9. If you were offered free cosmetic surgery by the best plastic surgeons in the world, would you take it? Explain.
10. To what degree do you consider yourself athletic? At which sports do you excel?
11. At what time of the day do you feel your best?
12. Is your "glass" usually half full or half empty? Why?
13. If you could live forever on earth, would you choose to do so? Explain.
14. Is it more important to you to look good or feel good? Explain.
15. Are you an early bird or a night owl? Why?
16. Do you prefer exercising your mind or your body? How frequently do you do either?
17. How many times have you had stitches, and what were the circumstances?
Explain.
18. When were you in a hospital? Describe the situation.
19. How do you handle anger?

20. What color describes your mood right now?
21. If you could cure a disease or heal a sickness, which one would you choose?
Why?
22. What advice can you give about how to relieve stress?
23. Why are bad habits so hard to break?
24. What's the most serious illness or injury you ever faced?
25. On a scale from 1 to 10, how happy do you usually feel? Explain.

Exercise 34

Choose the correct option or remedy.

1. I have a headache.
 - a) You should listen to the radio.
 - b) You should take an aspirin and rest.
2. I have a stomachache.
 - a) You should eat junk food.
 - b) You should drink some pepto-bismol.
3. I have a sore throat.
 - a) You should drink cold beverages.
 - b) You should drink some chamomile tea with honey and lemon.
4. I have a toothache.
 - a) You should eat a lot of candies.
 - b) You should go to the dentist.
5. I have a cold.
 - a) You should see a doctor, drink lots of fluids, stay home and rest.
 - b) You shouldn't see a doctor, you must go to work.
6. I have diarrhea.
 - a) You should eat healthier and wash your hands frequently.
 - b) You shouldn't eat healthier, and don't worry about washing your hands constantly.
7. I have a backache.
 - a) You should go to the chiropractic.
 - b) You should carry heavy things.
8. You're tired all the time.
 - a) You shouldn't stay up late on the internet every night.

b) You should go to bed late.

9. I can't stop coughing.

a) You shouldn't smoke so many cigarettes. b) You shouldn't give up smoking.

10. I can't lose weight!

a) You should keep to a balanced diet.

b) You should eat biscuits and cakes.

Test yourself! Do the crossword puzzle 1.

gout, pull, ulcer, rheumatism, gynecologist, radiologist, jaundice, fracture, occlusion, fill, dandruff, dermatologist, orthopaedist, hernia, dehydration, cavity, psychiatrist, numbing, gastroenterologist, hepatitis

1. A medical specialist who uses radioactive substances and X-rays in the treatment of disease

2. The position of the teeth when the jaws are closed

3. A breaking of a bone

4. To repair a cavity of (a tooth)

5. Inflammation of one or more joints, with pain, swelling and stiffness

6. Specialist in conditions and diseases of the female body, particularly the reproductive system

7. An open sore appearing on the skin or on a mucous membrane that results from the destruction of surface tissue

8. The protrusion of an organ or tissue through a weak area in the muscle

9. A specialist in correcting deformities of the skeletal system (especially in children)

10. A condition in which a person's water content is at a dangerously low level

11. A soft decayed area on a tooth

12. A practitioner specializing in the diagnosis and treatment of mental and nervous disorders

13. A physician who specializes in the diagnosis and treatment of diseases of the skin and integument

14. Take out a tooth (...out)

15. A physician who specializes in diseases of the stomach, intestine and associated organs
16. Inflammation of the liver, with accompanying damage to liver cells
17. A common disorder that causes attacks of arthritis due to high levels of uric acid in blood
18. Yellowing of the skin and the whites of the eyes, caused by an accumulation of bilirubin in the blood
19. Depriving one of feeling or responsiveness
20. A harmless condition in which dead skin is shed from the scalp, often producing white flakes

Test yourself! Do the crossword puzzle 2.

lozenge, concussion, splinter, syringe, tissue, tetanus, gauze, Hippocrates, lump, hypochondriac, acupuncture, iodine, braces, arthritis, anesthesia, tonic, ointment, checkup, contagious.

1. A person continuously worries about their health without having any reason to do so
2. The father of medicine.
3. A small, flavored candy, often containing medicine, which dissolves when sucked in the mouth
4. A thick substance, usually containing medicine, that is put on the skin where it is sore or where there is an injury, in order to cure it
5. A liquid medicine intended to make you feel better generally rather than treating a particular health problem
6. Able to be caught by touching someone with the disease or something the person has touched or worn, or (of a person) having this type of disease
7. A small, sharp, piece of wood, glass, or similar material that has broken off a larger piece
8. A tube for collecting blood or other liquids or for putting liquids into the body usually through a needle that can be put under the skin
9. A medical examination to test your general state of health
10. A swelling under the skin
11. A treatment for pain and illness in which special needles are put into the skin at particular positions
12. A very thin, light cloth used for making clothing and for covering cuts in the skin
13. A disease in which a person's joints become swollen, and in which there is some loss in the ability to move them without pain
14. An infectious disease that causes the muscles esp. around the mouth to become stiff
15. A group of related cells that forms larger parts of animals and plants
16. A set of wires attached to a person's teeth to move them gradually in order to straighten them
17. A usually temporary injury to the brain caused by a fall or hit on the head or by violent shaking
18. The condition of not feeling pain, esp. by use of special drugs
19. A chemical element that is found in small amounts in sea water and used to prevent infection

Test 1

Complex Object, Complex Subject + At the Doctor's

Complete using the correct form given in brackets

1. Alexander Fleming is known _____(to discover) penicillin in 1928.
2. My back is certain _____(to ache) from sitting at the computer all day.
3. After Ben was diagnosed pneumonia, he wanted the doctor_____ (to go on) to check his heart to avoid complications.
4. She is known _____(to suffer) from chronic depression since her husband died in a car crash.
5. The catching disease is known _____(to pass) easily from one person to another especially through skin contact or the air they breathe.
6. I expected the dentist _____(to fill) my tooth, but he had it pulled out.
7. Kelly is heard _____(to take) to the hospital and we expect her_____(to operate) on successfully.
8. Lucy happens _____(to visit) the doctor having no symptom, but he finds her _____(to be) seriously ill.
9. She seems _____(to catch) a cold. She has a headache and she is sneezing endlessly.
10. He stopped his treatment _____(to continue) it abroad.

2

Choose the correct variant

Good health (1) ___ better than wealth. Perfect health is one of the first duties we(2) ___. If your body suffers from any disorder, so does your mind. Sickness in the body (3)___ sickness to the mind. Each year people would like (4) ___on doctors' prescriptions and medical treatment. But good health (5) ___better than the best medicine.

Doctors advise (6) ___exercises to keep fit. Aerobic activities make (7)_____

efficiently. Muscular strength exercises help (8)_____ stronger. Flexibility exercises (9)_____ muscles from becoming sore and injured.

Of course, some people (10) _____a hobby; it is an everyday work for them. Much is spoken now about problems in professional sport. In one of Sports Council studies of 28,000 people, football (11) _____for more than a quarter of 2,000 injuries seen every year. But still professional sport has (12)_____ in. Moderation in eating and drinking, reasonable hours of labour and study, avoidance of insomnia, regularity in exercise, recreation and rest (13) strong and healthy.

1. A) is said to be B) says to be C) is said be D) is saying to be
2. A) owe ourself to keep B) owe to keep
C) owe ourselves keep D) owe ourselves to keep
3. A) proclaims them to bring B) is proclaimed to bring
C) is proclaimed bring D) was proclaimed to bring
4. A) huge sums of money to be spent B) huge sums of money to spent
C) huge sums of money to spend D) huge sums of money to be spending
5. A) sure to be B) was sure to be C) is sure to be D) is sure being
6. A) people have B) people to have C) people having D) people to be had
7. A) your heart to work B) your heart working
C) your heart to have worked D) your heart work
8. A) your bones and muscles to be B) your bones and muscles be
C) your bones and muscles to have been D) your bones and muscles being
9. A) is considered to prevent B) are considered to be prevented
C) are considered preventing D) are considered to prevent
10. A) doesn't consider sport to be B) don't consider sport being
C) don't consider sport to be D) don't consider sport be
11. A) was found responsible B) was founded responsible
C) found responsible D) was find responsible
12. A) many people to be involved B) many people involved
C) people to involve D) many people be involved

13. A) let people to have been B) let people to be
C) let people be D) lets people be

Rewrite the text correctly

Influenza, commonly referred to as flu, is known to be an infectious ache caused by viruses that affect birds and mammals. Throat sore, fever and coughs is believed to be the most frequent symptoms. In more serious cases, influenza causes pneumonia, which can be fatal.

Influenza is likely to be transmitted through the air by coughs or sneezes. Influenza viruses can be inactivated by sunlight, disinfectants and detergents. Influenza makes people die every year, spreading around the world in seasonal epidemics.

Test 2

Human Body Vocabulary Quiz

1. Your tonsils can get swollen when you have a sore
a) Thigh b) toe c) throat
2. The _____ is a joint that connects the upper arm and the forearm.
a) Elbow b) ankle c) wrist
3. My Dad's little _____ was lost in the accident.
a) Thumb b) toe c) shoulder
4. The patient lost so much weight his _____ were sunken in.
a) Calves b) ears c) cheeks
5. We'll put a cool cloth on your _____ to get your fever down.
a) Forehead b) tongue c) knees
6. Another word for "belly button" is
a) Nipple b) navel c) uterus
7. The newborn is getting his _____ changed in the nursery.

- a) Buttocks b) nappy c) shin
8. She may never walk again because her _____ was so badly injured.
- a) Uterus b) spine c) finger
9. The _____ on his knee was scraped off when he hit the road.
- a) Joint b) gum c) skin
10. Your grandfather will be able to walk better after his _____ surgery.
- a) Chin b) wrist c) hip

Medical Vocabulary Quiz

1. You shouldn't drive because this medicine might make you feel
- a) life-threatening b) light-headed c) malignant
2. The children's _____ is located on the fourth floor of the hospital.
- a) Vein b) transplant c) ward
3. Discontinue using this cream immediately if it makes you feel
- a) Itchy b) allergy c) sprain
4. Your blood count is abnormal, so you may have
- a) Amnesia b) anaemia c) dementia
5. The doctor wrote me a _____ for a new type of pain reliever.
- a) Prescription b) patient c) radiation
6. _____ from this medication include nausea and depression.
- a) Side effects b) stresses c) spasms
7. The _____ suggests that your wife is seventeen weeks pregnant.
- a) Sore b) therapy c) ultrasound
8. The patient has asked for some _____ while her family is visiting.
- a) Poison b) privacy c) scrub up
9. The physician will be monitoring your _____ to make sure it isn't cancerous.
- a) Pharmacist b) laboratory c) growth
10. You couldn't have inherited the disease because it is not
- a) Feverish b) allergic c) genetic

Test 3

Medical Specialists and Referrals Quiz

Read the patient complaints. Which specialist should each patient be referred to?

1. I have a terrible rash on my arms and legs. I think I'm allergic to dairy food, but it also might be grass.

- a) Chiropractor b) ophthalmologist c) allergist

2. I just took a home pregnancy test and it came out positive. I want to make sure the fetus is healthy.

- a) Podiatrist b) pediatrician c) obstetrician

3. It's been three months since my accident and I still can't walk. I hate being stuck in a wheelchair.

- a) Anesthesiologist b) physical therapist c) radiologist

4. The test results show I have a rare form of blood cancer.

- a) Oncologist b) neurologist c) midwife

5. My left eye is itchy and my vision has been blurry for two weeks.

- a) Podiatrist b) massage therapist c) ophthalmologist

6. I've had problems with drugs that cause side effects, so I'd like to try some natural remedies.

- a) Naturopath b) dentist c) cardiologist

7. I've had chest pains, and I'm also having trouble breathing.

- a) Gynecologist b) cardiologist c) oncologist

8. I get terrible acne and nothing in the pharmacy has worked. I don't know what to do now.

- a) Obstetrician b) podiatrist c) dermatologist

9. My little girl hasn't put on weight for two months and she keeps getting ear infections.

- a) Anesthesiologist b) pediatrician c) psychiatrist

10. My husband and I have been trying to have a baby for three years, but I haven't been able to get pregnant.

- a) fertility specialist b) midwife c) occupational therapist

Medical Vocabulary Quiz

1. He's always __ his head on the low ceilings in our house.

- a) bumping b) spraining c) knocking

2. If you eat lots of unhealthy food you might get __ on your face.

- a) scars b) grazes c) spots

3. I don't like that new washing powder. It's given me a __

- a) itching b) scab c) rash

4. He's always got __ on his knees as he often falls off his bicycle.

- a) scabs b) stripes c) sprains

5. He dropped a heavy box onto his foot and now he's got a huge __

- a) bruise b) gash c) blister

6. She accidentally __ herself while she was opening a tin of tuna.

- a) cut b) helped c) grazed

7. He got some sort of __ while he was on holiday.

- a) condition b) infection c) nausea

8. Scientists are always researching new __ against infectious diseases.

- a) ailments b) injections c) vaccines

9. You'll need a __ to buy certain medications.

- a) prescription b) receipt c) referral

10. The doctor isn't sure what's wrong with him, so he's sending him for __

- a) blood tests b) lab tests c) vaccination

Test 4

Final Medical Vocabulary Quiz

Test your students' knowledge with this medical English vocabulary quiz. Answers are at the bottom.

1. The hospital department that specializes in the treatment of bones and muscles.
2. What is the name of the person who gives medicine and fills prescriptions?
3. What is gauze used for?
4. A long robe worn by a patient is called a _____.
5. What is the name of a sharp knife used in surgery?
6. A patient who is in a state of unconsciousness for a long period of time is described as being in a _____.
7. What kills bacteria in the body?
8. What are some of the symptoms of migraine?
9. Some adult cancers are linked to lifestyle. Can you name some ways in which you can reduce your risk of contracting cancer?
10. Who is considered to be the Father of Western Medicine?
11. Who discovered the bacterium causing Tuberculosis?
12. What war did Florence Nightingale care for the wounded?
13. A doctor who does operations in a hospital.
14. I haven't been able to sleep in three days. I think I might have _____.
15. It was so cold I couldn't feel my fingers. They were completely _____.
16. My new shoes have given me a _____ on my heel where they are rubbing.
17. What does the idiom "at the top of one's lungs" mean?
18. What does the idiom "butterflies in one's stomach" mean?
19. What does the idiom "save one's neck" mean?
20. What does the idiom "scratch one's back" mean?
21. A children's doctor is called a _____.
22. Rich in iron and nutrients, beautifully bright-green-leaved, _____ is now eaten raw in salads.

23. Her skin burns easily. She doesn't want to be as _____ as a lobster.
24. The first finger of your hand.
25. It is a contagious disease that causes fever and swollen salivary glands.
26. An injury in which the ends of two connected bones separate.
27. To stay in bed until better. (noun)
28. To send air out of the nose often in a violent and loud way. (noun)
29. A light frame made from two long poles with a cover of soft material stretched between them, used for carrying people who are ill, injured, or dead.
30. A sudden painful tightening in a muscle, often after a lot of exercise, that limits movement

Answers:

Blister; red; orthopaedics; scalpel; antibiotics; stretcher; coma; as loud as one can; pounding headache, sensitivity to light, dizziness, bed rest; fatigue, paleness, blurred vision or nausea; Crimean War (1853-1856); gauze is a thin fabric which is used to wrap wounds and staunch bleeding; gown; pharmacist; cramp; numb; dislocation; do something kind and helpful for someone in the hope that they will do something for you; quit smoking, drink less alcohol, eat plenty of fruit and vegetables, do exercise; Hippocrates; mumps; sneezing; spinach; pediatrician; insomnia; a feeling of fear or anxiety in the stomach; lose weight and go for regular screening; surgeon; Robert Koch; save from danger or trouble; thumb.

Appendix

AIDS (eɪdz) (Acquired Immune Deficiency Syndrome)	acquired immune (or immuno-) deficiency syndrome: a condition, caused by a virus, in which certain white blood cells (lymphocytes) are destroyed, resulting in loss of the body's ability to protect itself against disease.
Acne ('æknɪ)	a chronic skin disease common in adolescence characterized by pimples on the face, chest, and back.
Allergy ('ælədʒɪ)	A condition in which exposure to a substance, such as pollen, latex, animal dander, or a particular food or drug, causes an overreaction by the immune system that results in symptoms such as sneezing, itching, rash, and difficulty breathing or swallowing.
Anaemia (ə'ni:mɪə)	a reduction in the hemoglobin of red blood cells with consequent deficiency of oxygen in the blood, leading to weakness and pallor.
Apoplexy ('æpəpleksɪ)(blood stroke, insult to the brain, brain hemorrhage)	a sudden loss of consciousness resulting when the rupture or occlusion of a blood vessel leads to oxygen lack in the brain.
Appendicitis (əpendɪ'saɪtɪs)	the inflammation of the appendix in the body which usually causes pain and often requires the removal of the appendix by surgery.
Arthritis (ɑ:'θraɪtɪs)	inflammation of a joint or joints characterized by pain and stiffness of the affected parts, caused by gout, rheumatic fever, etc.
Asthma ('æsmə)	a respiratory disorder, often of allergic origin, characterized by difficulty in breathing, wheezing, and a sense of constriction in the chest.
Bronchitis (brɒŋ'kaɪtɪs)	inflammation of the bronchial tubes, characterized by coughing, difficulty in breathing, etc, caused by infection or irritation of the respiratory tract.
Cancer ('kænsə)	disease in which cells of a body part become abnormal and multiply without limit. Without treatment, the cells of some cancers may spread to and damage other tissues of the body.
Chicken pox ('tʃɪkɪn pɒks)	an acute contagious disease, primarily of children, that is characterized by skin eruptions, slight fever, and malaise.

Chilblain ('tʃɪl,bleɪn)	an inflammation of the fingers, toes, or ears, caused by prolonged exposure to moisture and cold.
Cholera ('kɒləərə)	an acute infectious disease of the small intestine, caused by ingestion of water or food contaminated with the bacterium and characterized by profuse watery diarrhea, vomiting, muscle cramps, severe dehydration, and depletion of electrolytes.
Cold (kəʊld)	an acute viral infection of the upper respiratory passages characterized by discharge of watery mucus from the nose, sneezing, etc.
Coma ('kəʊmə)	a state of deep, often prolonged unconsciousness, usually the result of injury, disease, or poison, in which an individual is incapable of sensing or responding to external stimuli and internal needs.
Concussion (kən'kʌʃən)	an injury to the brain resulting from shaking or a blow to the head. Symptoms include temporary loss of consciousness and sometimes loss of memory.
Constipation (,kɒnstɪ'peɪʃən)	infrequent or difficult evacuation of the bowels, with hard faeces, caused by functional or organic disorders or improper diet.
Dandruff ('dændrʌf)	loose scales of dry dead skin shed from the scalp.
Dehydration (,di haɪ'dreɪʃən)	excessive loss of water and often salts from the body, as from heavy sweating or illness.
Diabetes (,daɪə'bi:tɪs)	any of several disorders characterized by high levels of glucose in the blood and increased urine production, esp. diabetes mellitus.
Diphtheria (dɪp'θɪəriə; dɪf-)	an acute contagious disease caused by the bacillus, producing fever, severe prostration, and difficulty in breathing and swallowing as the result of swelling of the throat and formation of a false membrane.
Dropsy ('drɒpsɪ)	a condition characterized by an accumulation of watery fluid in the tissues or in a body cavity.
Dysentery ('dɪsəntri)	an inflammatory disorder of the lower intestinal tract, usually caused by a bacterial or infection and resulting in pain, fever, and severe diarrhea, often accompanied by the passage of blood and mucus.
Flue (influenza) (ɪnflʊ'enzə)	a highly contagious and often epidemic viral disease characterized by fever, prostration, muscular aches and pains, and inflammation of the respiratory passages.

Fracture ('fræktʃə)	the breaking or cracking of a bone or the tearing of a cartilage.
Gout (gaut)	a metabolic disease characterized by painful inflammation of certain joints, esp. of the big toe and foot, caused by deposits of sodium urate in them.
Hay fever ('heɪfi:və)	an allergic reaction to pollen, dust, etc, characterized by sneezing, itchy, runny nose, and watery eyes due to inflammation of the mucous membranes of the eyes and nose.
Heart attack ('hɑ:tətæk) (failure ('feɪljə))	any sudden insufficiency of oxygen supply to the heart that results in heart muscle damage; myocardial infarction.
Hernia ('hɜ:nɪə)	the projection of an organ or part through the lining of the cavity in which it is normally situated, esp. the protrusion of intestine through the front wall of the abdominal cavity. It is caused by muscular strain, injury, etc.
Hepatitis (,hepə'taɪtɪs)	inflammation of the liver, characterized by fever, jaundice, and weakness.
Housemaid's knee ('haʊsmɛɪd's 'ni:)	inflammation of the fluid-filled cavity covering the kneecap, often due to excessive kneeling; bursitis.
Hypochondria (,haɪpə'kɒndrɪə)	chronic abnormal anxiety concerning the state of one's health, even in the absence of any evidence of disease on medical examination.
Infantile paralysis (polio) ('ɪnfəntaɪl pə'ræɪlɪsɪs)	an acute viral disease marked by inflammation of nerve cells of the brain stem and spinal cord.
Indigestion (,ɪndɪ'dʒɛstʃən)	difficulty in digesting food, accompanied by abdominal pain, heartburn, and belching.
Insomnia (ɪn'sɒmniə)	chronic inability to fall asleep or to enjoy uninterrupted sleep.
Jaundice ('dʒɔ:ndɪs) (icterus)	yellowing of the skin and whites of the eyes due to the abnormal presence of bile pigments in the blood, as in hepatitis.
Malaria (mə'leəriə)	an infectious disease characterized by recurring attacks of chills and fever, caused by the bite of an infected anopheles mosquito.
Measles ('mi:zəlz)	a highly contagious viral disease common in children, characterized by fever, profuse nasal discharge of mucus, conjunctivitis, and a rash of small red spots spreading from the forehead down to the limbs.

Migraine ('mi:greɪn; 'maɪ-)	a throbbing headache usually affecting only one side of the head and commonly accompanied by nausea and visual disturbances.
Mumps (mʌmps)	an acute contagious viral disease of the parotid salivary glands, characterized by swelling of the affected parts, fever, and pain beneath the ear: usually affects children.
Nervous breakdown ('nɜ:vəs 'breɪkdaʊn)	any mental illness not primarily of organic origin in which the patient ceases to function properly, often accompanied by severely impaired concentration, anxiety, insomnia, and lack of self-esteem; used esp. of episodes of depression.
Plague (pleɪg)	a virulent, infectious disease that is transmitted primarily by the bite of fleas from an infected rodent, especially a rat. In humans it occurs in bubonic form, marked by lymph node enlargement and in pneumonic form, marked by infection of the lungs, and can progress to septicemia.
Pneumonia (nju:'mæʊniə)	inflammation of one or both lungs, in which the air alveoli become filled with liquid, which renders them useless for breathing. It is usually caused by bacterial or viral infection.
Poisoning ('pɔɪzənɪŋ)	occurs when any substance interferes with normal body functions after it is swallowed, inhaled, injected, or absorbed.
Quinsy ('kwɪnzi)	inflammation of the tonsils and surrounding tissues with the formation of abscesses.
Rash (ræʃ)	an eruption of spots on the skin, caused by any of numerous factors including infectious agents, drugs, and allergies.
Rheumatism ('ru:mə,tɪzəm)	any painful disorder of joints, muscles, or connective tissue.
Scarlet fever ('ska:lɪt 'fi:və)	an acute communicable disease characterized by fever, strawberry-coloured tongue, and a typical rash starting on the neck and chest and spreading to the abdomen and limbs.
Sciatica (saɪ'ætɪkə)	a form of neuralgia characterized by intense pain and tenderness along the course of the body's longest nerve (sciatic nerve), extending from the back of the thigh down to the calf of the leg.
Shingles ('ʃɪŋgəlz)	an acute viral disease affecting the ganglia of certain nerves, characterized by inflammation, pain,

	and skin eruptions along the course of the affected nerve.
Sore mouth ('sɔ maʊθ)	inflammation of the mucous membrane of the mouth.
Sore throat (sɔ: θrəʊt)	any of various inflammations of the tonsils, pharynx, or larynx characterized by pain in swallowing.
Splinter (splin'ter)	a slender, sharp piece of material piercing or embedded in the skin or subcutaneous tissue.
Sprain (spreɪn)	the resulting injury to such a joint, characterized by swelling and temporary disability.
Sunstroke ('sʌn, strəʊk)	heat stroke caused by exposure to the sun and characterized by a rise in temperature, convulsions, and coma.
Tetanus/ lockjaw ('tetənəs)	an acute and serious infection of the central nervous system caused by bacterial infection of open wounds; spasms of the jaw and laryngeal muscles may occur during the late stages.
Tonsillitis (, tɒn sə'laɪ tɪs)	inflammation of the palatine tonsils, causing enlargement, occasionally to the extent that they nearly touch one another.
Typhoid fever ('taɪfɔɪd 'fi:və)	an acute infectious disease characterized by high fever, rose-coloured spots on the chest or abdomen, abdominal pain, and occasionally intestinal bleeding. It is caused by the bacillus ingested with food or water.
Tuberculosis (tjʊ, bɜ:kjʊ'ləʊsɪs)	a communicable disease caused by infection with the tubercle bacillus and characterized by the formation of tubercles on the lungs and other tissues of the body, often developing long after the initial infection (the coughing up of mucus and sputum, fever, weight loss, and chest pain).
Ulcer ('ʌlsə)	a disintegration of the surface of the skin or a mucous membrane, as of the mouth or stomach resulting in an open sore that heals very slowly.
Whooping-cough ('hu:pɪŋkɔf)	an infectious disease with violent bouts of coughing followed by a whoop.
Yellow fever ('jeləʊfi:və)	an acute infectious disease of tropical and subtropical climates, characterized by fever, haemorrhages, vomiting of blood, and jaundice: caused by a virus transmitted by the bite of a female mosquito of the species.

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