

МИНИСТЕРСТВО ОБРАЗОВАНИЯ И НАУКИ РОССИЙСКОЙ
ФЕДЕРАЦИИ
ФЕДЕРАЛЬНОЕ АГЕНТСТВО ПО ОБРАЗОВАНИЮ

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методики преподавания английского языка

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DISEASE OR ILLNESS?

МЕТОДИЧЕСКИЕ РЕКОМЕНДАЦИИ К ПРАКТИЧЕСКОМУ
КУРСУ АНГЛИЙСКОГО ЯЗЫКА

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Методические рекомендации представляют собой сборник заданий и упражнений по практическому курсу английского языка. Содержат учебный материал, необходимый для активизации вокабуляра и развития речевых умений.

Пособие предназначено для практических занятий по дисциплинам «Практический курс I иностранного языка», «Практикум по культуре речевого общения» для студентов лингвистических специальностей: 031202 – Перевод и переводоведение, 031201 – Теория и методика преподавания иностранных языков и культур, 031001 - Филология.

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Введение

«Disease or illness?» - методические рекомендации, предназначенные для студентов языковых специальностей. Они могут быть использованы в качестве вспомогательного средства обучения, содержащего дополнительный материал по практическому курсу I иностранного языка.

Настоящие рекомендации состоят из восьми разделов: 1. “Disease or illness?”, 2. “Pain, ache or hurt?”, 3. “Common injuries”, 4. “What are your symptoms?”, 5. “At the doctor’s.”, 6. “What’s the diagnosis?”, 7. “Treatment. Alternative medicine.”, 8. Phrasal verbs. Каждый раздел рекомендаций состоит из лексического материала и упражнений, необходимых для его активизации, закрепления и контроля степени усвоения. Для организации контроля и самоконтроля предложены три тестовых задания: два из которых промежуточные: после второй и шестой части; и итоговый тест по всему материалу.

Методические рекомендации могут быть использованы в аудиторной и самостоятельной работе студентами языковых специальностей 031202 – Перевод и переводоведение, 031201 – Теория и методика преподавания иностранных языков и культур, 031001 – Филология, изучающих английский язык в качестве первого или второго иностранного.

1 Part 1. Disease or illness?

Study the following meanings of the words *disease* and *illness*.

Disease *noun*

1 [uncoun. and count.] **an illness which affects a person, animal, or plant**

COLLOCATIONS

have/suffer from a disease, heart/liver/brain etc disease, a disease of the brain/stomach etc, catch a disease, contract a disease *formal* (=catch a disease), **a disease spreads/the spread of a disease, infectious/contagious disease** (=one that spreads quickly from one person to another), a fatal/**deadly disease** (=one that causes death), **an incurable disease** (=one that cannot be cured), **a degenerative disease** (=one that gradually gets worse and worse), **a cure for a disease, the symptoms of a disease** (=the things that show that someone has it).

E. g. Heart disease runs in our family.

The first symptoms of the disease are vomiting and a slight fever.

2 [countable] **something that is seriously wrong with society or with someone's mind, behaviour etc:**

E. g. Loneliness is a disease of our urban communities.

—diseased *adj*: *diseased muscles*

Illness *noun* [uncount. and count.] **a disease of the body or mind, or the condition of being ill**

COLLOCATIONS

have an illness/suffer from an illness, recover from an illness, serious illness, minor illness, short/long illness, childhood illness, acute illness (=an illness that becomes serious very quickly), **chronic illness** (=an illness that lasts a long time and cannot be cured), **fatal illness** (=an illness which causes death), **terminal illness** (=an illness which cannot be cured and that causes death, often slowly), **mental illness, the symptoms of an illness** (=the things that show that someone has it), **through illness** (=because of illness).

E. g. She had all the normal childhood illnesses.

I'd been told I'd been suffering from various illnesses.

Stress can cause mental illness.

I've never missed a day's work through illness in my life.

WORD CHOICE: illness, disease

Illness and disease are often used in the same way and are **equally common** in spoken English. However, **illness** is more often used to refer to the **length of time or state of being unwell** • *E. g. He died after a long illness.* • Do **not** use **illness** to talk about **less serious problems** such as *headaches or colds*. **Disease** is a **particular kind of illness**, especially one that **spreads from one person to another or affects a particular part of your body** • *E. g. infectious diseases • heart disease.* **Disease** can also be used to **mean a lot of different diseases** • *E. g. Cigarette smoking causes death and disease.*

Exercise 1. Explain the use of *disease* and *illness*.

1. 80% of patients now recover completely from this illness and are able to lead perfectly normal lives.
2. Childhood diseases such as measles and chickenpox are highly contagious.
3. Doctors believe he may have contracted the illness while he was in Africa.
4. Minor illness such as colds are usually best left to get better by themselves.
5. Malaria is still a common disease in West Africa and is often fatal.
6. Nationalism can be a serious disease.
7. Most childhood illness can now be easily prevented.
8. She suffers from a rare disease of the nervous system.
9. People are often too embarrassed to admit that they have suffered from any form of mental illness.
10. She died yesterday after a long illness.

Exercise 2. Choose the correct variant.

1. Fat control is still very important for reducing risks for heart
2. Should doctors always tell patients that they have terminalsuch as cancer?
3. You are allowed time off work only in cases of serious or bereavement.
4. Smoking is a major cause of heart
5. About 30 percent of people with a mental also are drug or alcohol abusers, the audit said.
6. The most common symptoms of the are a high temperature and spots all over the body.
7. Experiments involve a spurious association between the novel food and the which is usually induced chemically or by X-rays.
8. Thousands of people in this area are dying from hunger and
9. He himself was thin and pale from, and was lying on the bed, wrapped in an old coat.
10. Travellers to India are advised to get vaccinated against infectious such as typhoid before they go.

2 Part 2. Pain, ache or hurt?

Study the following meanings of the words pain, ache, hurt.

Pain *noun*

1 [uncount. and count.] **the feeling you have when part of your body hurts**

COLLOCATIONS

have a pain in your stomach/leg/side etc, be in pain, chest pain/back pain/neck pain etc, severe/terrible/chronic pain, sharp pain (=a short but severe pain), **excruciating pain** (=very severe pain), **dull pain** (=one that is not severe but continues for a long time), **nagging pain** (=one that continues for a long time and keeps bothering you), **shooting pain** (=a severe pain that starts in one place then quickly moves to another), **ease/relieve/kill pain, pain relief/control, inflict pain (on somebody), labour pains** (=pain felt by a woman who is starting to have a baby), **aches and pains** (=slight feelings of pain that are not very serious).

E. g. The pain in her jaw had come back.

Greg was in a lot of pain.

The patient complained of severe chest pains.

Morphine is used to relieve pain.

2 [uncount. and count.] **the feeling of unhappiness you have when you are sad, upset, etc:**

E. g. The pain and grief of bereavement

cause (somebody) pain/inflict pain on somebody

E. g. She hated to say the words, for fear of causing pain.

3 be a pain (in the neck)

E. g. There were times when Joe could be a real pain in the neck.

E. g. It's a pain, having to go upstairs to make the coffee every time.

4 take/go to (great) pains to do something also take pains with/over something to make a special effort to do something:

E. g. He's taken great pains to improve his image.

5 be at pains to do something - to be especially careful to make sure people understand what you are saying or what you plan to do:

E. g. Roy was at pains to point out that English was the only exam he'd ever failed.

6 for your pains - as a reward for something you worked to achieve - used especially when this is disappointing:

E. g. I fetched the file, and all I got for my pains was a dirty look from Simon.

7 on/under pain of death -at the risk of being killed as punishment, if you do not obey:

E. g. Communist activity was prohibited on pain of death.

Pain:

pain in different parts of your body: **headache, backache, toothache, earache, stomach ache, my leg/arm/neck etc hurts**

to feel a lot of pain: be in agony

what you say when something hurts: **ouch**

Ache verb [intransitive]

1 if part of your body aches, you feel a continuous, but not very sharp pain there [= hurt]: *E. g. His feet were aching from standing so long.*

2 to want to do or have something very much
ache for

E. g. I'm aching for sleep.

ache to do something

E. g. He ached to reach out and hold her close.

3 to have a strong unhappy feeling

ache with

E. g. Sarah ached with sadness that her brother was so ill.

E. g. Tim's heart was aching for her.

Ache noun [count.]

1 a continuous pain that is not sharp or very strong: a stomach ache

E. g. A dull ache throbbed at the back of David's head.

aches and pains (=slight feelings of pain that are not considered to be serious)

E.g. Apart from the usual aches and pains, she felt all right.

2 a strong, mostly unhappy, feeling: the ache of his loneliness

—achy adj. *E. g. I'm feeling tired and achy.*

Hurt verb, past tense and past participle - hurt

1 injure somebody [transitive] to injure yourself or someone else:

E. g. Was anyone hurt in the accident?

hurt your arm/leg/nose etc

E. g. He hurt his knee playing football.

hurt yourself

E. g. Be careful you don't fall and hurt yourself.

2 feel pain [intransitive] to feel pain in part of your body:

E.g. My back hurts.

E. g. Where does it hurt?

E. g. It hurts when I try to move my leg.

hurt like hell informal (=hurt very much)

3 cause pain [transitive] to cause pain in a part of your body:

E. g. The sun's hurting my eyes.

4 insult somebody [intransitive and transitive] to make someone feel very upset, unhappy, sad etc:

E. g. I didn't mean to hurt your feelings.

it hurts (somebody) to do something

E. g. What hurts is that he never even said goodbye.

E. g. It hurt me to think that you hated me.

it won't/doesn't hurt (somebody) to do something

E. g. The house looks pretty good, but a fresh paint job wouldn't hurt either.

it won't/doesn't hurt (somebody) to do something

Exercise 1. Explain the use of *pain, ache, hurt*.

1. Dan was a good man. He'd never hurt anyone deliberately.
2. A slipped disc can cause severe back pain.
3. Every inch of my body ached after skiing.
4. I fell and banged my knee, and it really hurts.
5. You won't feel any pain during the operation.
6. Put the stick down, Terry. You might hurt someone with it.
7. The sight of those children at their mother's funeral made my heart ache.
8. Dash put his head in his hands, as if in pain.
9. Did it hurt when they stuck the needle in?
10. Your limbs can ache and your muscles can feel weak.

Exercise 2. Choose the correct variant.

1. I can't go running this week – I've my foot.
2. In college, Durban began to suffer from headaches and ... in his arms and legs.
3. Stop it – you're me.
4. Over time, the usually lessens and goes away, but this may take several months to several years.
5. I would never do anything to her.
6. My arms from carrying all the groceries.
7. It my knees to run.
8. He told the doctor he was suffering from chest
9. She had been for him since she had first seen him straddling that bike with such lazy arrogance.
10. The drug is often used to ease the of dying cancer patients.
11. I went to dance class last week, and I've been ever since.
12. She felt hot and her head was beginning to

Exercise 3. Make a short dialogue, discussing the usual aches and pains of the youth.

3 Test for parts 1 and 2

Exercise 1. Choose the correct variant. In some sentences more than one variant is possible.

1. His preparation to be a deacon was disturbed by a death and by mental
a) disease b) illness c) pain
2. It really me that Troy didn't even bother to introduce me.
a) pain b) hurt c) ache
3. It is state officials who are responsible for finding victims and easing their with financial help.
a) ache b) illness c) pain
4. The mental, emotional and other consequences are similar for all addictive
a) illnesses b) aches c) diseases
5. Two days later, after refusing to eat and complaining of stomach ..., Jimmy was hospitalized.
a) pain b) ache c) illness
6. It won't, I promise.
a) pain b) hurt c) ache
7. We are bitten by mites and ticks, some of which carry dangerous
a) illnesses b) diseases c) pains
8. Most and infections are easier to treat if they are diagnosed early.
a) pains b) diseases c) illnesses
9. For years, her chest ..., her abdomen ...
a) hurt b) ached c) pained
10. Whether the abandoned innards, which are consumed by coyotes and ravens, harbor the is hotly debated.
a) disease b) illness c) pain
11. The is getting worse.
a) pain b) ache c) illness
12. I wanted to sit down, 'cause my leg was really me.
a) aching b) hurting c) paining

13. His head, the cool air no panacea (something that people think will make everything better and solve all their problems), and his thoughts, too, were disturbed.

a) ached b) hurt c) pained

14. Our hospitals would be empty if we tried to discriminate between self-induced or even partially self-induced, and naturally developed diseases.

a) diseases b) illnesses c) pains

15) It me to think that you still don't trust me.

a) hurts b) ached c) pains

16. Many had been lost through or in the floods or to thieves.

a) ache b) illness c) disease

17. If unusual or symptoms occur consult physician.

a) illness b) pain c) disease

18. It won't Julia to get up early for a change.

a) hurt b) pain c) ache

19. I clung so hard to the window frame that my hand

a) ached b) pained c) aches

20. People whose disabilities begin with severe or injury find themselves in medical hands whether they like it or not.

a) illness b) disease c) pain

21. My neck felt stiff and my shoulder

a) hurt b) ache c) pain

22. They simply tell us that some one has some very specific desires, ... and

a) aches b) pains c) diseases

23. Sammy! Don't throw stones, you'll ... someone.

a) ache b) pain c) hurt

24. He knew the pleasures and of trying to earn money as a writer.

a) aches b) pains c) illnesses

25. That's a sharp knife. Be careful, don't yourself.

a) hurt b) ache c) pain

26. Kerry had to drive herself to the hospital when the labor began.

- a) pains b) illnesses c) diseases

27. These are the truly intractable and they are called intractable because they respond to no known form of therapy.

- a) pains b) aches c) diseases

28. Nick's his back, and the doctor says he will have to rest for a few weeks.

- a) hurt b) ached c) pains

29. The fact that his parents take little interest in his life ... him more than he admits.

- a) hurt b) pained c) hurts

30. It is going to him here.

- a) hurt b) pain c) ache

Exercise 2. Describe each picture in five sentences.



4 Part 3. Common injuries

Read and study

An injury is damage to part of your body. These are common injuries.



What's the problem?	How did it happen?	result	solution
1. She cut her finger	using a knife	it's bleeding	put a plaster on it
2. He twisted his ankle	running for a bus	he can't walk	put a bandage on it
3. She's got a bruise	she hit her ankle when she fell over	it's swollen black and blue	ice pack
4. He broke his arm	he fell off his bike	he can't use it	a sling
5. She burnt her hand	on the kettle	it's very painful	put ice-cream on it

Hospital treatment

John fell out of the window and **hit his head** on the ground. His wife **called an ambulance** but John was still **unconscious** when it arrived. He was **rushed to hospital** (= taken to hospital very quickly) and when he **came round** (= became conscious), he didn't know where he was.

Wounds and injuries

Wound and injury describe damage to the body, but a **wound** is usually caused by a **weapon** (e.g. gun or knife) and **happens in fights and wars**. The **verbs** are **wound and injure**.

E. g. He was seriously (= badly) injured in a car crash.

E.g. Two of the soldiers were wounded.

E. g. Someone shot him (with a gun).

E.g. He got into a fight and he was beaten up.

Minor ailments and ways of talking about minor problems

The **fixed expression** **cuts and bruises** can refer to minor injuries.

- *I hear you fell off your bicycle. Are you all right?*

- *Yeah, fine, just a few cuts and bruises, nothing serious.*

Some other kinds of physical discomfort

My hand is **stinging** since I touched that plant. [sudden, burning pain]

My head is **throbbing**. [beating with pain]

I **have a stiff neck** from turning round to look at the computer screen all day. [pain and difficulty in moving your neck round]

I **feel a bit dizzy**. I think I should sit down. [a feeling that you are spinning round and can't balance]

She was a bit **feverish** this morning, so I told her to stay in bed. [with a high temperature] I had a terrible **nauseous feeling** after taking the medicine, but it passed.

He was **trembling all over**; I knew it must be something serious [shaking]. My nose is all **bunged up** today with this horrible cold. [blocked]

Exercise 1. Match the wounds/injuries on the left with the results on the right.

1. He hit his head on the door	a It's swollen and it hurts when he walks
2. He bruised his leg	b He was beaten up quite badly
3. He broke his leg	c It's very painful
4. He cut his finger	d He's got a big bruise on it
5. He burnt himself	e It's still bleeding
6. He got into a fight	f He won't be able to walk for six weeks

Exercise 2. What medical problems might you have if.....

- | | |
|--------------------------------------|---|
| 1. you wear shoes that rub? | 7. you eat food you're allergic to? |
| 2. you eat too fast? | 8. you run unusually fast for a bus? |
| 3. you smoke a lot? | 9. you eat food that is bad? |
| 4. you play football? | 10. a mosquito bites you? |
| 5. you go skiing? | 11. you get wet on a cold day? |
| 6. you stay out in the sun too long? | 12. you think you are ill all the time? |

Exercise 3. Describe the following pictures (not less than 10 sentences).



Exercise 4. Decide which answer (A, B, C or D) best fits each space.

A Disastrous Holiday

The day Gerald arrived at the Almara Beach Hotel, he fell (1) the stairs. The manager called a/an (2) , but fortunately Gerald's leg was only badly (3), and not broken. The doctor (4) swimming as further (5) but gave Gerald a/an (6) for some tablets in case his leg became (7) The next Gerald sunbathed by the pool, and then took a deep (8) and dived into water. There was not very much water in the pool, and he (9) one of his arms when he hit the bottom. This time he complained to hotel manager, who sent a special meal to Gerald's room. Later that night, Gerald was (10)from a (11)back, the injuries to his arm and leg, and also had a terrible (12) He had a high (13) and felt terrible. Luckily he the tablets the doctor had given him to (14) the pain. As he reached for them, he fell out of bed and broke his (15) He spent the rest of his holiday in bed.

- | | | | |
|-----------------|-----------------|-----------------|----------------|
| 1. A) down | B) to | C) with | D) for |
| 2. A) stretcher | B) prescription | C) ambulance | D) emergency |
| 3. A) sick | B) bruised | C) hurt | D) infected |
| 4. A) went | B) prevented | C) said | D) recommended |
| 5. A) medicine | B) cure | C) drugs | D) treatment |
| 6. A) recipe | B) paper | C) prescription | D) order |
| 7. A) painful | B) pained | C) painless | D) pain |
| 8. A) end | B) breath | C) mouthful | D) water |
| 9. A) hurt | B) injury | C) ached | D) sore |
| 10. A) ill | B) injured | C) suffering | D) damaged |
| 11. A) sunny | B) sunburnt | C) sunshine | D) grilled |
| 12. A) agony | B) hurt | C) heat | D) stomachache |
| 13. A) pain | B) temperature | C) ache | D) degree. |

Exercise 5. Read what Andy says and write what he wishes as in the example:

“I had an argument with my wife. I was driving my car too fast. I had that accident. I can't control my temper. My wife won't come and visit me. My leg hurts. The man in the next bed won't stop talking. I can't get out of bed.”

1. ...I wish I hadn't had an
...argument with my wife....

2.

3.

4.

5.

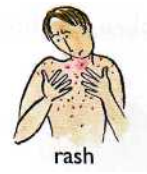
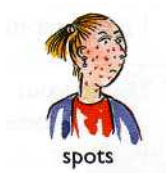
6.

7.

8.

5 Part 4. What are your symptoms?

Read and study.



I've got a cold / a cough / a sore throat / a temperature [a higher temperature than normal] / a stomach ache / chest pains / earache / a pain in my side / a rash on my chest / spots / a bruise on my leg [e.g. after playing football] / a black eye [e.g. after being hit in the eye] / a lump on my arm / indigestion [after eating too fast] / sickness and diarrhea, an upset stomach which makes you vomit and need to go to the toilet frequently] / sunburn / painful joints [e.g. ankles, knees, wrists, shoulders] / blisters [after wearing new, tight shoes].

I feel sick/dizzy [my head is spinning] / breathless / shivery [cold and hot] / faint [light-headed]. I am depressed/constipated/tired all the time.

I've lost my appetite/voice; I can't sleep, my nose itches, my leg hurt.

Exercise 1. Match the diseases with their symptoms.

- | | |
|---------------|--|
| 1. flu | a. swollen glands in front of ear, earache or pain on eating |
| 2. pneumonia | b. burning pain in abdomen, pain or nausea after eating |
| 3. rheumatism | c. rash starting on body, slightly raised temperature |
| 4. chickenpox | d. dry cough, high fever, chest pain, rapid breathing |
| 5. mumps | e. headache, aching muscles, fever, cough, sneezing |
| 6. an ulcer | f. swollen, painful joints, stiffness, limited movement |

Exercise 2. Match the symptom on the left with the cause on the right.

- | | |
|------------------------------------|--|
| 1. I've got a blister. | a. I think I've been working too much. |
| 2. I've got a headache. | b. Our bed is too soft. We need to get a firmer one. |
| 3. I've got jetlag. | c. I had too much to drink at dinner last night. |
| 4. I've got a bad back | d. I've just been chopping some wood. |
| 5. I'm feeling run down. | e. It must have been that take-away last night. |
| 6. I've got a splinter in my hand. | f. It was an 18-hour flight and a 10-hour time difference. |
| 7. My nose is blocked up. | g. I always get hay fever at this time of year. |
| 8. I've got diarrhoea. | h. I wore the wrong shoes to go hill-walking. |

Exercise 3. What's happened to a woman? What are the symptoms of this feeling ill?



Exercise 4. Complete the following dialogues with the sentences below:

- a. I've got a bit of a hangover.
- b. I feel dizzy.
- c. I've caught a cold.
- d. You'll make yourself ill.
- e. I always get seasick.
- f. I've got indigestion.

1. – What's the matter?
– I think I ate my dinner too quickly.
2. – Maybe we should take a boat. It's much cheaper than flying.
– Oh, no, I'd rather not.
3. – I think
– Well, why don't you have a glass of hot lemon and honey and get an early night?
4. –
– Well, it's your own fault. You shouldn't have opened that second bottle of wine!
5. You look exhausted. You've been working too hard recently. If you don't slow down a bit,
6. – Are you all right? You've gone as white as a sheet!
– No, I need to sit down. I

Exercise 5. Choose one illness. Describe its symptoms. Do not name the illness, because your fellow students will guess it. (Not less than 10 sentences)

Exercise 6. Correct the mistakes, which have been underlined for you. Suggest a suitable alternative for each one. The first one has been done for you.

- | | |
|---|-----------------|
| Yesterday, I decided to visit my (0) <u>medicine</u> . | 0 <i>doctor</i> |
| I've been having (1) <u>aches</u> in the chest. | 1 |
| I (2) <u>heat</u> all the time, and | 2 |
| then I suddenly (3) <u>cold</u> . | 3 |
| I (4) <u>don't have hunger</u> at all | 4 |
| and I think I'm (5) <u>thinning</u> . | 5 |
| I (6) <u>tire myself</u> easily, as well. | 6 |
| Last week I developed a (7) <u>sore neck</u> and could | 7 |
| hardly speak. I hoped it would (8) <u>better</u> , | 8 |
| but in fact it got (9) <u>worst</u> . | 9 |
| The doctor (10) <u>interrogated</u> me | 10 |
| and gave me a (11) <u>recipe</u> . | 11 |
| You can get this medicine at the (12) <u>pharmacist's</u> .' 12 | |
| he said. "Don't worry. You'll soon be (13) <u>alright</u> ." 13 | |
| 1(14) <u>pleased</u> the doctor to give me | 14 |
| some (15) <u>advices</u> . | 15 |
| "When you feel better, (16) <u>make</u> plenty of exercise, 16 | |
| and you need plenty of (17) <u>open</u> air. 17 | |
| You'll be (18) <u>good</u> in no time." 18 | |
| I thanked the doctor as the (19) <u>nanny</u> showed me out 19 | |
| before leading in the next (20) <u>customer</u> . 20 | |

6 Part 5. At the doctor's

Read and study

What do doctors do?

They **take your temperature, listen to your chest, look in your ears, examine you, take your blood pressure,** ask you some questions and **weigh and measure** you before sending you to the hospital for further tests.



Read and study

What does the doctor prescribe?

- Take one tablet three times a day after meals.
- Take a teaspoonful of medicine last thing at night.
- Rub this ointment on you and don't spend too long in the sun without suncream.
- We'll get the nurse to put a bandage on your wrist.
- You'll need to have some injections before you go to the Amazon.
- I'll ask the surgeon when he can fit you in for an operation.
- You'll have to have your leg put in plaster until the break mends.
- I think you should have total bed rest for a week.

Exercise 1. Read the "case history" below, translate it, and learn the phrases.

"You're in perfect health ... **as fit as a fiddle** ... there's nothing wrong with you."

"I **feel a bit off-colour** ... **rather under the weather** ... I do **feel funny** ... I really don't feel well... I think I'm sickening for something ... I feel feverish ... **like death warmed up.**"

"He's been taken ill... he's in a coma ... **fighting for his life** ... still critically ill... in a very critical condition ... no change ... still seriously ill... still hasn't regained consciousness ... is responding to treatment... **off the danger list...** showing signs of coming round ... making progress ... his condition is satisfactory ... he's come out of the coma ... he's as well as can be expected ... comfortable ... no change ... **he's turned the corner** ... **he's on the mend.**"

"We all wish you a speedy recovery ... get well soon ... we're glad you're over it."

"**The worst is over** ... he's almost completely recovered ... he's practically cured ... he's convalescing ... coming along nicely ... **he'll be on his feet again soon** ... **he'll be out and about again** in a few days."

"He's had a relapse ... he's no better ... he's getting worse ... his condition is deteriorating ... he's getting weaker ... **he's slipping away** ... **fading fast...** **his life is hanging by a thread** ... **it's just a matter of time** ... **he could go at any second!**"

"He's made a miraculous recovery ... **he's as good as new** ... **as right as rain** ... he'll live till he's a hundred."

Exercise 2. Match the words (1-8) with the definitions (a-h).

1. ward	a. a piece of paper on which a doctor writes what medicine a person should have
2. prescription	b. a large room in a hospital where people who need medical treatment stay
3. surgeon	c. a medical condition in which you become ill or get a rash because you have eaten certain foods, touched certain things, etc.
4. operating theatre	d. a doctor who performs operations in a hospital
5. injection	e. a physical condition that shows you have an illness
6. symptom	f. the room in a hospital where surgery is carried out
7. allergy	g. a doctor or nurse who has been trained to give drugs to make you sleep during an operation
8. anaesthetist	h. an act of giving a drug by using a special needle

Exercise 3. What does the doctor or nurse use the following things for?

E. g. stethoscope is used for listening to a patient's chest.

- | | |
|----------------|------------|
| 1. thermometer | 3. syringe |
| 2. scales | 4. scalpel |

Exercise 4. Complete these sentences with the given words.

dosage prescription allergic to medication symptoms vaccinations sick note

1. I can't take penicillin; I'm.....it.
2. Before you take those pills, read the label to see what the correctis.
3. I'm going abroad next month so I have to get the necessary..... .
4. If you consult a new doctor you should tell him or her if you are already on any
5. Did the doctor give you a? Do you want me to take it to the chemist's for you?
6. I told the doctor my, but I don't think she was listening.
7. The doctor gave me a for my employer. I was off work for two weeks.

Exercise 5. Look at the statements. What do you think the doctor said to each of the following patients.

1. Anne with bad sunburn.
2. Jo who's broken her leg.

3. John who's off to the Tropics.
4. Paul with flu.
5. Liz with a bad cough.
6. Sam who needs his appendix out.
7. Rose suffering from exhaustion.
8. Alf who's sprained his wrist.

Exercise 6. Imagine you are visiting a GP (general practitioner). Act out a dialogue between the doctor and patient, using the words and expressions from Exercise 1.

Exercise 7. Have you ever been at the dentist's? Tell your fellow students about your last visit to the dentist's? Was it the same like in the picture? (Not less than 10 sentences).



Exercise 8. Guess what happened with the boy. Write down an essay describing this case.



7 Part 6. What's the diagnosis?

Read and study.

You've got **flu** / **chickenpox** / **mumps** [singular noun] / **pneumonia** / **rheumatism** an **ulcer** / **a virus** / **a bug** / **something that's going round**. You've **broken your wrist** and **sprained/dislocated your ankle**. You're **pregnant** / **a hypochondriac**. He died of **lung cancer** / **a heart attack** / **a brain haemorrhage** / **AIDS**.

Exercise 1. Which is the odd one out in each group, in terms of the main word stress?

EXAMPLE **tablets** **medicine** **prescription** (answer: prescription; stress on the second syllable)

1. diabetes, bronchitis, cholera
2. heart attack, sore throat, lung cancer
3. hepatitis, typhoid tuberculosis
4. illness, disease, sickness
5. consultant, doctor, surgeon
6. hospital, ambulance, transfusion
7. heart disease, surgery, TB

Exercise 2. What are these people suffering from? What do you think the reasons are?



Exercise 3. Here are some of the best-known and least-wanted diseases and conditions. In each group there is an odd one. Can you identify it?

The heart and blood vessels

poor circulation
high blood pressure
a stroke
heart attack
jaundice
cardiac arrest
heart failure

Food poisoning

typhoid
dysentery
diarrhoea and vomiting
salmonella
mumps

The stomach and intestines

appendicitis
stomach ulcer
polio
a hernia
constipation

The joints

rheumatism
enteritis
arthritis
fibrositis

The lungs and respiratory system

diphtheria
catarrh
sinusitis
tonsillitis
laryngitis
asthma
angina
cholera
bronchitis
tuberculosis (TB)
lung cancer

Infectious fevers

measles
chickenpox
German measles (rubella)
smallpox
pleurisy
glandular fever
yellow fever
scarlet fever
whooping cough
influenza
leprosy
malaria

The liver

gallstones
cirrhosis of the liver
hepatitis
cancer of the liver
coronary thrombosis

The blood

anaemia
pneumonia
leukaemia
a haemorrhage
a blood clot

The nervous system

migraine
epilepsy (epileptic fits)
Parkinson's disease
multiple sclerosis
muscular dystrophy

Mental disorders

schizophrenia
manic
depression
neurosis
paranoia

Exercise 4. State the diagnosis according to the patients' complaints.

1. I've got a terrible cough and pains in my chest, and I seem to be constantly short of breath.

2. I feel absolutely awful. My temperature is 40°, and I've got a headache and a runny nose. I've got a sore throat – it's agony every time I swallow.

3. I can't go near cats. I come out in a horrible red rash.

4. I've been off University for two weeks now. I've got a temperature and I've covered in little red spots. I've completely lost my appetite – I've not eaten a thing for the last three days.

5. I think it must be something I ate. I was sick all night. I still feel sick now and I've got a terrible stomach ache.

6. It's the same every summer. My eyes get really itchy and I can't stop sneezing.

Exercise 5. Can you describe the health of these two old men with good sense of humour, using the names of diseases from Ex. 3.



Exercise 6. You are going to read a magazine article about how different people handle stress. For questions 1-14, choose from the people (A-E). Some of the people may be chosen more than once. This is the example at the beginning (0).

Which of the people

has friends who are about the same weight?

0-A

wishes they looked different?

1-

says a particular time in their life affected their future?

2-

finds that being organized helps them to cope with stress?

3-

uses their imagination to help them calm down?

4-

believes that in the future they will benefit from going to a particular place?	5-
feels that very few people understand their problems?	6-
appears to have a new ambition?	7-
says that they are different from other people with a similar problem?	8-
was not especially clever at school?	9-
feels that their family contributes to their stress?	10- 11-
benefits from something which is physically tiring?	12- 13-
has both family and professional responsibilities?	14-

How I combat stress

A Kylie

Like every 15-year-old, I often feel under pressure about all sorts of things. I tend to be dissatisfied with my weight when I compare myself with girls who are taller and slimmer than me, but my mum points out that I am no different from the majority of my friends, who are really just as plump as I am. Another problem is schoolwork, and the end of term is a time when I get especially anxious because of exams. I have developed a range of strategies for periods when I have a lot to do and get really worked up. One of them is making a list of all the things that I have to get done, in order of importance. That way, I can plan my time better.

B Mario

I recently realized that my stress and anxiety is due to the absence of direction in my life. For me, schooldays were a time when I misbehaved and fooled about. I wasn't the brightest pupil around and I found most lessons very demanding. Sport was the only thing I was good at. This means that I now do not have the qualifications that I need to get a good job. So I have decided to set myself some goals and enroll at a college where I will be attending evening courses for adults next term. I hope this will give me the confidence that I lack, and better job prospects.

C Lukas

Being 16, my biggest cause of anxiety and stress is my future. I sometimes feel I shall never satisfy my parents, whose own professional success means that they expect me to do well in life. The only person who really understands me is my brother, and when we are together, we joke and talk about anything that makes us forget about our responsibilities. I have also joined a sports club, where I work out twice a week, and that has made a difference. After I have been to the gym, I find I am physically tired, but I have the mental energy to face the problems that seemed impossible to me earlier on.

D Nefeli

While I am aware that being overweight is a health risk, I don't get worried about my excess kilos or my appearance. Instead of just worrying about being fat, I go to keep fit classes, which is marvelous for reducing stress. Being active is not only good for losing weight but is also good for the circulation. I am not a fanatical weight-watcher, although I try to keep to a balanced diet that includes plenty of fruit, vegetables, whole grain bread and milk. I am not like those health freaks who tear around health food stores examining the labels on

food products to see how many calories they contain. I just use my common sense. It amazes me more people do not adopt a similar attitude.

E Magdalena

I have a husband, four children, and a full time job, which is a very good reason why I can't call my time my own. There is always someone who wants something, or some job that needs doing. At the times when I can't cope any more, I sit or lie down and just close my eyes and think of somewhere quiet and relaxing- a warm, sandy beach, a grassy meadow or even the local park. Afterwards, I have a wonderful sense of relief and the things that I thought were urgent are not so important any more. Just a few minutes of this makes all the difference.

Exercise 7. The text contains the phrase *under pressure*. Look at the following phrases, read them, translate and remember.

under pressure = having a lot of responsibilities

under attack = being the victim of attack

under development = something which is being developed or improved

under the weather = feeling ill (idiom)

under the impression = to have the idea or belief

under control = being controlled or dealt with successfully

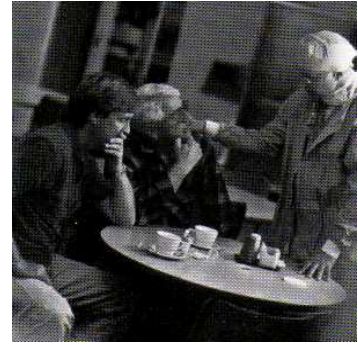
Exercise 8. The verb *have* + noun is a very common pattern in English. Look at the examples, translate and learn them.

have a good time have a rest have a break
have a headache have time to have a right to
have no right to have faith in

Exercise 9. Rewrite the second sentence in each pair so that it has a similar meaning to the first sentence. Use the appropriate phrases with *under* from Exercise 6, the appropriate phrases with *have* from Exercise 6 and the words given.

1. "I enjoyed learning first-aid at school," Joanna told Vagelis. HAD
Joanna told Vagelis shelearning first-aid at school.
2. Unless you stop working for a while, you will feel tired. BREAK
If you don'tfor a while, you will feel tired.
3. "You are not in a position to tell the patients what to do," said the nurse.
RIGHT
"You.....to tell the patients what to do," said the nurse.
4. "I am too busy to see you at the moment," said the dentist. NO
"Ito see you at the moment," said the dentist.
5. We had thought she was feeling well. UNDER
Wethat she was feeling well.
6. He has a lot of responsibilities and strain in his work. PRESSURE
He is.....in his work.

Exercise 10. Look at the photos of people in stressful situations and answer the questions.



1. What is happening in each picture?
2. How do you think the people feel? Give reasons for your answer.
3. Have you ever been in any of these situations?
4. What situations are most stressful for you?
5. What do you do to reduce the effects of stress?

8 Test for parts 3, 4, 5, 6.

This is a section on symptoms, possible diagnosis and remedies. These six exchanges between doctor and patient have been mixed up. Decide which response should follow which question.

1. I've been suffering from insomnia lately. Do you think I might be heading for a nervous breakdown?	a. Possible. Try this lotion for a few days to stop the itching, then start putting on this powder at night.
2. I seem to have some sort of sty (an infected place on the edge of your eyelid) or infection in my right eye. Do you think I might have conjunctivitis?	b. Unlikely, but I'll let you have some cough mixture to relieve the symptoms. You can get yourself some lozenges, if you like.
3. I can't stop scratching this place on my foot. Do you think it's athlete's foot.	c. I would doubt it. Here, rub this cream in for the next few nights to help reduce the swelling.
4. I've got a rather sore throat, and I keep feeling a bit flushed. Do you think it could be flu?	d. No, of course not. But I'll prescribe some barbiturates - sleeping pills - to help you get a good night's rest. OK?
5. I've got a big bump on the back of my head. Do you think it might be more than a bruise?	e. I wouldn't have thought so. But I'll give you a prescription for some drops to try and clear it up.
6. I keep getting shooting pains down my shin and ankle. Is it possible that I've broken or sprained something?	f. Well, the X-ray didn't show anything. If it's so painful, you'd better have some crutches to walk with and some painkillers to ease the pain.
7. I've got a dull ache in my arm and occasionally I get a spasm. Could it be a	g. Mm, sounds a bit like it. I'll make you out a prescription for some

<p>minor fracture, a chipped bone or something?</p>	<p>penicillin, and some menthol inhalations might speed up the recovery.</p>
<p>8. I've got these tiny little bumps all over the back of my neck. Do you think it might be gland should reduce your discomfort quite trouble?</p>	<p>h. It's just possible. I'll strap it up anyway and put it in a sling. That should reduce your discomfort quite a lot.</p>
<p>9. I've come out in a rash on my chest. Do you think it could be a skin disease like impetigo or dermatitis?</p>	<p>i. Oh, I shouldn't think so, but I think perhaps you ought to start taking these tranquillisers, to at least get your blood pressure down.</p>
<p>10. I keep getting short of breath. Is there any way I could be suffering from asthma?</p>	<p>j. Oh no, no, no. You'd know if it was. I'll give you some ointment to rub in to get rid of the inflammation.</p>
<p>11. I think I've got an ulcer in my mouth. Do you think it could be a sign that I'm run down?</p>	<p>k. Probably not. I'll put you on a course of tablets to prevent them from spreading. They should go soon.</p>
<p>12. I feel so feverish, and I'm sure I've got a temperature. I'm so afraid that there's something wrong with my heart.</p>	<p>l. It might well be. I'll put you on antibiotics for a while anyway, to lessen the risk of serious infection.</p>

9 Part 7. Treatment

Alternative medicine

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



acupuncture



chiropractic



herbal medicine

homeopathy: taking tiny amounts of natural substances to treat an illness

aromatherapy: using aromatic oils and massage

Exercise 1. What do we call the type of alternative medicine which ...

- 1 uses herbs and other natural plants?
- 2 uses oils which smell nice and are rubbed into your body?
- 3 uses needles to stick into specific parts of your body?
- 4 uses tiny amounts of substances which cause the illness the doctor is trying to cure?
- 5 manipulates your spine and bones to ease backache and other pains?

Exercise 2. You are going to read the article “Why laughter is the best medicine”, try to predict what it will be about. The following words all appear in the article. Match each one with its correct definition on the right.

1 to giggle	a) to reduce or lessen pain or some other unpleasant feeling
2 to monitor	b) funny, amusing
3 to relieve	c) what the body uses to defend itself against things that enter it and cause
4 research	d) the treatment of illnesses of the mind or body without drugs or operations
5 humorous	e) to watch, listen to or examine what is happening
6 to stimulate	f) to make something more active or develop more quickly
7 immune system	g) to laugh in a silly, childish way
8 therapy	h) detailed study of a subject to find out something new

Exercise 3. Now read the article and answer the following questions.

1. Do doctors now understand exactly how laughter helps?
2. Do people generally laugh more or less than before?
3. Is there any real evidence to suggest laughter helps?

Why laughter is the best medicine



A group of adults are lying in a circle on the floor listening to a recording of “The Laughing Policeman”. At first everyone feels ridiculous and there’s only the odd nervous giggle, but suddenly the laughter becomes real. It quickly spreads around the room until everyone is infected by it. (1 _____)

Doctors are starting to believe that laughter not only improves your state of mind, but actually affects your entire physical well-being. The people lying in a circle are attending a workshop to learn the forgotten art of laughter. (2 _____)

Britain’s first laughter therapist, Robert Holden says: “Instinctively we know that laughing helps us feel healthy and alive. Each time we laugh we feel better and more content.” (3 _____)

A French newspaper found that in 1930 the French laughed on average for nineteen minutes per day. By 1980 this had fallen to six minutes. Eighty per cent of the people questioned said that they would like to laugh more. Other research suggests that children laugh on average about 400 times a day, but by the time they reach adulthood this has been reduced to about fifteen times. (4 _____)

William Fry - a psychiatrist from California - studied the effects of laughter on the body. He got patients to watch Laurel and Hardy films, and monitored their blood pressure, heart rate and muscle tone. He found that laughter has a similar effect to physical exercise. It speeds up the heart rate, increases blood pressure and quickens breathing. (5 _____) Fry thinks laughter is a type of jogging on the spot.

Laughter can even provide a kind of pain relief. Fry has proved that laughter produces endorphins -chemicals in the body that relieve pain.

Researchers from Texas tested this. (6 _____) The first group listened to a funny cassette for twenty minutes, the second listened to a cassette intended to relax them, the third heard an informative tape, while the fourth group listened to no tape at all.

Researchers found that if they produced pain in the students, those who had listened to the humorous tape could tolerate the discomfort for much longer.

Patch Adams is both a doctor and a performing clown in Virginia, America. (7 _____) “There’s evidence to suggest that laughter stimulates the immune system,” says Adams, yet hospitals and clinics are well-known for their depressing

atmospheres. Adams practices what he preaches. He wears his waist-length hair in a ponytail and also has a handlebar moustache. He usually puts on a red nose when seeing patients.

Exercise 4. The following sentences have been removed from the article. Decide in which numbered gap each one should go. There is one extra sentence which you do not need to use.

- A. Somewhere in the process of growing up we lose an astonishing 385 laughs a day.
- B. It also makes our facial and stomach muscles work.
- C. He is convinced that humour should be a part of every medical consultation.
- D. Some have even been referred by their family doctors.
- E. They divided forty university students into four groups.
- F. This will also help improve your personal relationships.
- G. But we could be losing our ability to laugh.
- H. This laughter therapy in action.

Exercise 5. What would you do to treat the following illnesses or problems? Use the ideas in the box or your own ideas.

- | | | |
|-----------------|-----------------------|----------------------|
| 1. a toothache | 5. a sore throat | 9. sunburn |
| 2. a broken arm | 6. a high temperature | 10. a cut |
| 3. a cough | 7. a rash | 11. a wound |
| 4. an infection | 8. pneumonia | 12. a sprained ankle |

Have it set in plaster	Put a plaster on it	Drink lots of liquids
Apply some skin cream	Stay in bed for a weak	Call a doctor
Use some antiseptic lotion	Tie it up with a tight bandage	Take a painkiller (antibiotics)

Exercise 6. Fill in the gaps in the following text with an appropriate word. You have been given the number of missing letters in each case.

40 years in bed – with flu

A doctor taking over a local practice visited a 74-year-old woman (1) __ _ had been bedridden for 40 years. He wasn't (2) __ _ _ to find anything wrong with her. He discovered that the doctor before him (3) __ _ _ ordered the woman to bed because she had influenza and had told (4) __ _ _ not to get up again until he returned. Unfortunately, he had forgotten (5) __ _ return.

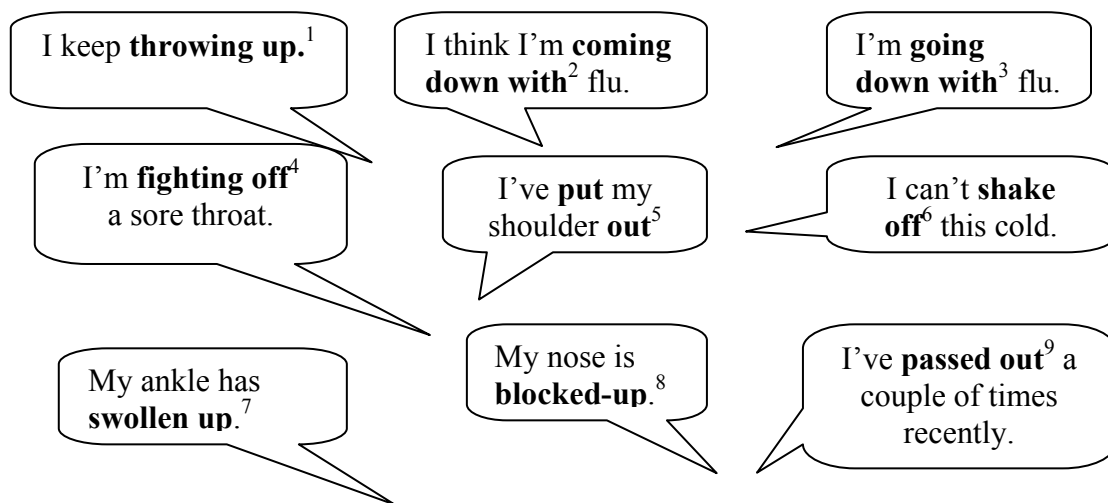
Within a (6) __ _ _ days, the 34-year-old single woman had recovered. But she remained in her sickroom waiting for (7) __ _ _ doctor's visit. Several weeks went by and he still did not call. But then the patient had discovered that she enjoyed (8) __ _ _ _ _ looked after so much that she refused to move.

At first she (9) __ _ _ nursed by her mother. But when the old woman died, a brother-in-law took over. Finally, a new doctor to the area paid a routine call to (10) __ _ _ patient's home in Taunton, Devon, and examined the woman, now (11) __ _ _ _ 74 and still determined to keep to her bed. It took seven months (12) __ _ _ sympathetic encouragement before the old lady was persuaded (13) __ _ _ leave her bed, but happily she was on her feet again (14) __ _ _ three fairly active years before her death (15) __ _ _ the age of 77.

10 Part 8. Phrasal verbs.

Read and study.

These speakers all have health problems that can be described using phrasal verbs or in the case of blocked-up, an adjective based on a phrasal verb.



¹ (informal) vomiting

² becoming ill, usually with a disease that is not very serious, e.g. flu, a cold

³ (informal) see note 2

⁴ trying hard to get rid of

⁵ dislocated or injured by making a bone move from its usual place

⁶ get rid of

⁷ become larger or rounder than usual

⁸ (adjective) filled so that you are unable to breathe normally

⁹ become unconscious; fainted

One medical story

Maggie has had a hard time recently. Firstly, her sister **broke down**¹ after her divorce and was sick for several months. Maggie was still **caring for**² her when her brother was hit on the head by a tile that fell from a roof. He was unconscious for a couple of days. Fortunately, **he pulled through**³ and has now more or less fully recovered although he does seem to have **slowed down**⁴ a lot. No sooner were they both better than their grandfather **passed away**⁵ and then just a few weeks later their grandmother **passed on**⁶ too.

¹ became mentally or physically ill because of an unpleasant experience

² looking after someone who is too ill, too young, or old to look after themselves

³ recovered from a serious illness

⁴ become less physically active than before

⁵ died

⁶ died

Exercise 1. Complete this text, using the phrasal verbs.

I feel as if I'm coming (1) with flu. I'm fighting(2) a sore throat and my nose is constantly blocked-..... (3). My glands have swollen(4) and, if I try to eat anything, I feel as if I'm going to throw (5). I wish I could shake it (6) as I have so much work to do. I can't afford to be absent.

Exercise 2. Rewrite the underlined parts of these sentences, using a phrasal verb.

- 1 I've had a sore throat for a week now - I just can't get rid of it.
- 2 Meg hadn't eaten anything for 48 hours and so it wasn't surprising that she fainted in the middle of her gym lesson.
- 3 The doctors were afraid that the old man wouldn't survive the attack of pneumonia, but amazingly he recovered and was soon on his feet again.
- 4 I think I'm just about to get a cold - I feel a bit shivery.
- 5 My thumb became bigger after I accidentally hit it with a hammer.
- 6 The sea was so rough that many people were vomiting over the side of the ship.
- 7 People usually write letters of condolence to the relatives of someone who has died.
- 8 The old lady is in great pain because she has dislocated her hip.
- 9 After the operation, her sister nursed her until she was completely recovered.
- 10 How do you think you contracted chicken pox?

Exercise 3. Match the beginning of each sentence with its ending.

- | | |
|---------------------------------|----------------------------------|
| 1 Jim's uncle passed | a) for her elderly mother. |
| 2 Sonya is fighting | b) down a bit as they get older. |
| 3 Rita is kept very busy caring | c) down with flu. |
| 4 Mary's ankles swelled | d) off a bout of flu. |
| 5 Most people usually slow | e) up during the long flight. |
| 6 I think Joe is going | f) away last year. |

Exercise 4. Sort these everyday phrasal verbs and expressions connected with health and illness into two groups, depending on whether they have positive or negative meaning with regard to health. Use a dictionary if necessary.

Feel a bit under the weather	Be poorly
Be back on one's feet again	Be on the mend
Be over the worst	Get over
Fight off	Come down with

Exercise 5. Complete these sentences in any way that makes sense.

- 1 When her great-aunt passed away Mary felt very
- 2 Jack broke down when
- 3 The last time I threw up was.....
- 4 You can get a blocked-up nose if
- 5 Kate's finger swelled up after
6. The best way to fight off a cold is to.....

11 Final test

Exercise 1. Use the word in capitals at the end of each line to form a word that fits in the space in the same line.

A visit to the doctor's

Jim decided to visit the doctor after his trip to the jungle. He was normally a tall (1) person, but over the past month he	MUSCLE
had lost a lot of (2)He had also noticed that his ankles and knees had become rather (3) He thought that he might	WEIGH
have eaten or drunk something (4) or caught some kind of	PAIN
(5)...disease. The doctor took some blood for tests and told Jim to go back a week later.	POISON
This time the doctor had an optimistic (6)... on her face, and Jim felt quite (7) “Don’t worry,” said the doctor “it’s nothing	INFECT
serious. You haven't caught an (8) ... disease, or anything	EXPRESS
terrible like that. It’s a simple virus, and you will need some (9)	HEART
. Take these tablets twice a day for two weeks,	CURE
and you’ll make a full (10)	TREAT
	RECOVER

Exercise 2. Look at the pictures. Guess the illness/disease/unhealthy condition. Make up 5 sentences, containing the symptoms and ways of treatment.



Exercise 3. Write down the composition, describing your last illness according to the following plan. Do not name the illness, because your fellow students will guess it. (Not less than 20 sentences)

1. When did it happen?
2. What were the symptoms?
3. What was your condition?
4. What medical treatment did you get?

Exercise 4. Supply the best word or words.

Are you a hypochondriac?

1. Hypochondriacs are healthy people who imagine they are ...serious illnesses.	a) suffering from	b) enduring
2. Do you often visit the doctor's	a) surgery	b) office
3. Do you often imagine you will be killed in a accident?	a) mortal	b) fatal
4. Have you ever experienced pain?	a) intensive	b) intense
5. Do you think you might suddenly drop dead from a heart	a) insult	b) attack
6. Do you think you need to see	a) an expert	b) a specialist
7. Do you sometimes feel you have a mysteriousin the chest?	a) ache	b) pain
8. Do you ever find it difficult to	a) breath	b) breathe
9. Do you oftenof mysterious headaches?	a) protest	b) complain
10. Are you losing your	a) remembrance	b) memory
11. Do you constantly feel	a) exhausted	b) exhausting
12. When you get up in the morning, do you usually feel	a) poorly	b) sickly
13. Do even the smallest things.....?	a) get on your nerves	b) enervate you
14. If you have a cough, are you convinced you have a bad case of	a) grippe	b) flu
15. Do you imagine you have	a) temperature	a) fever
16. If you are in a crowd, are you afraid you will a cold?	a) pick	b) pick up
17. Do you wash your hands all the time because you are afraid of	a) microbes	b) germs
18. Do you only eat things that arefor you?	a) hygienic	b) good
19. Do you think that lack of sleep willyou?	a) harm	b) hurt
20. Do you have bad	a) flesh	b) skin
21. Do you worry about on your face?	a) spots	b) specks
22. Are you convinced that life is a fatal ...?	a) disease	b) illness

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