

M: I think you are right. Prevention is very important. I'm going to call right now and set up an appointment.

Unit 32 Herbal Medicine

G: Everyone wants to be healthy. People see doctors. They take pills to stay healthy. However, plants have been used to heal for thousands of years. More and more people are trying herbs to stay healthy. Plants used to heal are called "herbal medicine."

There are many plants used in herbal medicine. Each plant is used in a certain way. Herbal medicine works more slowly than most pills. Many people think plants are gentle on the body. There are a lot of examples of helpful plants. Ginger can help your body. Eating ginger often may help you stay healthy. Another helpful plant is parsley. It can stop bad breath.

Herbs may be gentler than some pills. However, this does not mean that anyone can take them in any way. You should always be careful. Some herbs can be harmful, too. Too much rosemary can be very bad for your stomach. It can make you sick. Foxglove is a very pretty flower. It also has poison in it.

Nevertheless, if you are afraid of using herbs, you may be surprised. You have probably already used some kind of herbal medicine. Coffee, garlic, ginseng, and peppermint are all used in herbal medicine. Herbal medicine is becoming popular again, as people become more interested in their health.

Unit 33 Home Remedies

W: Everyone gets a cold now and then. Doctors cannot cure colds. Sleep and rest are good for taking care of a cold. However, in almost every culture, most families have a home remedy for colds. These remedies are passed down from parents to children. They have changed very little over time.

Different cultures use different ingredients. In Mexico, cinnamon, raisins, oregano, and hot water are used to make a special tea. Honey is sometimes added. A fruit called genipap is used as a cold remedy in Puerto Rico. The fruit is cut up. It is then soaked in water. Sugar can be added

to make it sweet. Chicken soup is popular in America. A large chicken is boiled in a pot. Carrots, onions, garlic, and other vegetables are usually added. Ginger tea is used to help a cold in China. A ginger root is peeled. It is then crushed. The ginger is boiled for about thirty minutes. Some honey can be added after it is done.

Each family usually has a home remedy for a cold. Some remedies work. Some do not. Some taste good. Others do not. No matter what, home remedies are sure to be around for a long time.

Unit 34 Too Much of a Good Thing?

M: Hi, Jenny. Are you drinking coffee again?

W: Hi, Sam. This is my third cup.

M: Are you sure it's all right to drink so much?

Don't you think all that caffeine is bad for you?

W: No, that's a misconception. Everyone thinks coffee is bad for you, but it's not.

M: Really?

W: According to an article I read, coffee can be beneficial to your health.

M: That's interesting. But you should remember that one study does not prove much. There are a lot of other studies out there, too.

W: This doctor in Italy found a lot of benefits.

M: Such as?

W: She says the chemicals in coffee can be good for your heart and may relieve headaches, too.

M: I know that some coffee can be good sometimes, but drinking too much is not beneficial. Coffee has a lot of caffeine, which is addictive. It affects your blood circulation and removes calcium from your bones.

W: The doctor did admit that it is not for everyone, and that you shouldn't drink more than three cups a day.

M: You seem nervous when you drink a lot. And remember when you told me that you are not sleeping well? Do you think that maybe you should cut back?

W: I appreciate your concern. I was thinking of cutting back. Would you like a cup of green tea?

Unit 35 Soccer Rules

B : Soccer is one of the most popular sports in the world. Although the main idea of the game is easy to understand, there are many rules to be followed.

A player gets a yellow card for not following the rules. A yellow card is a warning. If a player keeps breaking the rules, he gets a red card. When this happens, he cannot play anymore. He is ejected from the game.

Another rule is about "handling." "Handling" is when another player touches the ball with his hands on purpose. Players cannot handle the ball. A player may not do anything that is dangerous to another player. He cannot kick an opponent's legs to get the ball.

There are also some lesser-known rules. A player is not allowed to impede an opponent. This means that a player cannot purposely slow down another player on the field. A penalty can be called if this occurs. There is a rule about blocking a goalkeeper, too. A yellow card or an indirect kick can be given to the opponent's team if a player tries this. Yes, soccer is full of rules!

attractions of Frisco City. There are also two amusement parks just outside Frisco City. You can enjoy a day of fun in the sun at *Water World Park*. You can also spend the day enjoying the roller coasters and other rides at *Sun Land*.

Visit Frisco City! You will have a great time.

Unit 37 Asking for Directions

W: Asking for directions can be risky. I realized exactly how risky it could be when I needed to meet one of my friends one day.

A while ago, I arranged to meet my friend at a new mall. My friend had been there before and indicated that we should shop there together. We planned to meet at 3:00 p.m. at Burger Palace in the mall.

When I arrived at the mall, I realized I did not know where Burger Palace was, so I asked a woman for directions. She advised me to go straight past the bank, and turn right before the food court. She mentioned that I would walk for a few minutes, passing a shoe store until I reached Burger Palace, which was next to the bookstore. I followed her directions and arrived just in time.

Twenty minutes later, I was beginning to wonder where my friend was. Thirty minutes later, I was worried. I did not know what to do, so I just kept waiting. At around 3:40 p.m., I saw my friend walking quickly toward me. I rushed to him and demanded to know what happened. "I was at the other Burger Palace!" he cried. We had not realized there were two Burger Palaces in the mall.

Since then, I have made sure that I get the directions from my friends before I go to meet them. It saves me a lot of trouble!

Travel and Transport

Unit 36 Visit Frisco City!

M: Frisco City is the place for your next vacation. The city has lots of shopping, food, and fun. There are so many things to do!

The River Walk is a must-see. Take a city bus to any of the three downtown stops. There, you will find stairs. The stairs go down to the riverside. There are about five kilometers of sidewalk on either side of the river. Palm trees and cypress trees decorate the area. There are also tropical plants. You will see many unique shops, casual cafés, and upscale restaurants. Every shop is different. You can ride one of the riverboats and hear a guide talk about the history of the River Walk.

However, the River Walk is only one of the

Unit 38 Fixing a Flat

M: When your car gets a flat tire, do not panic.

First, apply your brakes and pull over. Inside the trunk, you will find a spare tire and a toolbox.

One of these tools is a jack, which is a tool you use to raise the car. This makes the tire easy to remove. Position the jack beneath the car, behind the tire that is flat. Insert the jack handle and turn

it clockwise. Continue turning the handle until the car rises high enough, so that the flat tire is well off the ground and spins freely. Make sure that the jack is securely supporting the vehicle. If the car is unsteady or the jack is unstable, lower the car. Reposition the jack and begin again.

Next, use a crowbar to pry off the hubcap (the metal cover on the side of the tire). Inside the hubcap are four bolts that hold the tire in place. Loosen these, using the long L-shaped tool. Push firmly on the tool to get the bolts to turn. It may be difficult.

Once the bolts are loose, the flat tire can be pulled off easily. Now you can put on the new tire. Once it is in place, replace the four bolts and tighten them. Place the flat tire and the toolbox back in the trunk.

Finally, drive to the nearest service station and get your flat tire fixed!

Unit 39 The Exchange Rate

M: Welcome to the Atlanta International Airport, ma'am. How may I help you?

W: I am traveling to Venezuela. Can you tell me what the exchange rate is for the dollar?

M: One moment, please, and I will look it up. The currency in Venezuela is the bolivar. The exchange rate is 200 bolivars per dollar.

W: That seems rather low. Are you certain that that is all the dollar is worth?

M: There may be several local businesses that may exchange for a higher rate, but the official rate is the one I gave you.

W: Can I exchange 100 dollars? I need to have some money for a taxi and a hotel once I arrive in Caracas.

M: No problem. Here is your money. Would you like a receipt?

W: Yes, please. I will need it to keep track of my business expenses.

M: Is there anything else I can do for you?

W: I just have one more question. Do you know where I can exchange dollars in Venezuela once I arrive? I will probably need more cash, and I want to find a reliable exchange.

M: The best place to exchange money is at a large bank. They will always give you the official rate.

You can also find money exchange stores in most large cities.

W: Wonderful. I will look for a bank. I appreciate your advice.

M: My pleasure. I hope you enjoy Venezuela.

Unit 40 The First Nations

G: The First Nations are the people who lived in North America before Europeans migrated there.

There is a place in Canada where you can learn about the culture of the First Nations. It is where the First Nations people used to live. Now, a Visitors' Center is there. There is also an archeology lab and walking trails. You can learn about the culture through the displays in the Center. The displays show everyday activities. They show how the people lived.

The gift shop in the Visitors' Center sells crafts made by the First Nations people. There are jewelry, paintings, and pottery. You can also eat at the restaurant. Bison meat is in many dishes. There are also wild rice dishes, fruit pies, and traditional bread. All of the food is tasty.

The archeology lab is run by the local university. A big window lets you see the archeologists working. They found a very old spearhead. They also found ancient human bones.

The First Nations Visitors' Center is a great place. You can learn about the First Nations' culture. You can also see archeologists at work. You can walk on the trails, or enjoy a traditional meal. It is an experience to remember.