

Each patient carries his own doctor inside him.
Norman Cousins, American political journalist



8A Doctor's orders

1 VOCABULARY health and medicine

a Complete the puzzle to discover the hidden word.

- 1 A strip of cloth used for tying around the injured part of a person's body to protect or support it.
- 2 Become unconscious when not enough blood is going to your brain.
- 3 A special photograph that shows bones or organs in the body.
- 4 A doctor who is trained to perform operations.
- 5 A medical test in which a picture of the inside of a person's body is sent to a computer screen.
- 6 A common illness affecting the nose and throat that makes you cough and sneeze.
- 7 A piece of material that can be stuck to the skin to protect a wound or a small cut.
- 8 A purple mark that appears on the skin if you fall or are hit by something.
- 9 A medical condition of the chest that makes breathing difficult.

Hidden word: _____



b Complete the words.

- 1 Peter's GP sent him to a heart **specialist** to find out what was causing the pain in his chest.
- 2 I didn't dry my hands before unplugging my phone charger, so I got an **e**_____ **sh**_____.
- 3 I got a **bl**_____ on my little toe when I wore my new trainers.
- 4 My girlfriend hasn't had seafood since she had an **a**_____ **r**_____ after eating some prawns on holiday one time.
- 5 I thought I had a cold, but when I got a temperature, I realized it must be **fl**_____.
- 6 The doctor prescribed a _____ to clear up my throat infection.
- 7 Matt had eight **st**_____ in his eyebrow when he cut it playing rugby.
- 8 My grandfather was told to take it easy after he had his first **h**_____ **a**_____.
- 9 My son must be allergic to eggs because he comes out in a **r**_____ every time he eats them.
- 10 Alex is in bed with a nasty bout of **f**_____ **p**_____ after eating some mayonnaise that was off.

2 LEXIS IN CONTEXT

What doctors won't do...

Look at the Lexis in Context on Student's Book p.74.
Then complete the sentences.

- 1 When it comes to living longer, not everyone would agree that the advantages outweigh the **d**isadvantages.
- 2 My reluctance to use Botox has **n**_____ to do with the cost; it's the fact that it's a highly poisonous substance that worries me.
- 3 People underestimate the **r**_____ of self-medicating; you could be taking some tablets with harmful side-effects while the real problem is getting worse.
- 4 It makes a doctor's **h**_____ sink when whole families make one appointment during which they all expect to be seen.
- 5 Don't take my **w**_____ for it – read this article. It says that honey and lemon is the best cure for a cough.

3 GRAMMAR gerunds and infinitives

- a Complete the sentences with the correct gerund or infinitive form of the verbs in the list.

become	complain	forget	learn	photograph
programme	set up	sniff	take	wear

- 1 Ryan apologized for having forgotten my name the day before.
- 2 My parents never record TV programmes because they don't know how _____ their DVD player to record in advance.
- 3 You seem _____ a lot at the moment. Have you got a cold?
- 4 Many celebrities say they are fed up with _____ every time they leave the house.
- 5 It's no good _____ about your back. Why don't you make an appointment to see the doctor?

- 6 What was the last animal _____ extinct?
- 7 Eve would rather _____ a new outfit to the wedding last week, but she couldn't afford one.
- 8 There's no point in _____ antibiotics if you've got a virus.
- 9 A couple I know had a plan _____ their own business, but it fell through when they split up.
- 10 _____ several languages before, I'm finding my new course quite easy.

b Complete the sentences with three words. Use the correct gerund or infinitive form of the verbs in brackets.

- 1 I would thoroughly recommend this resort to families with young children. There is plenty for them to do. (do)
- 2 We hope _____ off the mortgage on our house by the time we retire. (pay)
- 3 I would love _____ my paternal grandfather, but he died before I was born. (meet)
- 4 Our holiday in the French Riviera was a bit of a disappointment because it wasn't warm _____ in the sea. (swim)
- 5 How frustrating for them _____ the match in the last minute! They must have been gutted. (lose)
- 6 It is very common for employees _____ redundant when their company is doing badly. (make)
- 7 A friend of mine is hoping _____ for a TV cookery show. (choose)

- 8 Most children enjoy _____ the zoo by their parents. (take)
- 9 _____ book first really helped me to understand the plot in the film. (read)
- 10 There's _____ in our village in the evenings – not even a pub. (go)
- 11 There's _____ your sister to the wedding. We know she won't come. (invite)

4 LEXIS IN CONTEXT Medical advice

Look at the Lexis in Context on Student's Book p.77.

Complete the sentences with the correct form of *make* or *do*.

- 1 I can't make up my mind whether to have surgery to correct my eyesight or not.
- 2 Adam's wife is the one who _____ the decisions in their relationship.
- 3 Can using herbal remedies _____ you any harm?
- 4 If everybody recycled their household waste, it would really _____ a difference.
- 5 Doctors say that a brisk walk _____ you good if you spend most of the day sitting down.
- 6 He _____ the recommended warm-up exercises, but he still managed to injure himself.
- 7 _____ friends is easier when you're young because you're usually surrounded by your peers.

5 VOCABULARY similes

Complete the sentences with a verb or adjective.

- 1 We've just bought a new laser printer. It works **like a dream**.
- 2 My boyfriend is **as** _____ **as a mule**.
He refuses to stop the car and ask for directions.
- 3 What's wrong? You've gone **as** _____ **as a sheet**!
- 4 My new dog is **as** _____ **as gold**. It never bites or chews the furniture.
- 5 Your uncle _____ **like a fish**. Is he an alcoholic?
- 6 I dropped my knife and **as** _____ **as a flash**
the waiter brought me a new one.
- 7 I usually _____ **like a log**, but yesterday I had a really bad night.
- 8 Alice is **as** _____ **as a rake**. I don't know how she manages it considering how much she eats!
- 9 Our neighbour always has the TV on really loud. He's **as** _____ **as a post**.
- 10 The waiter's walked straight past us several times.
He must be **as** _____ **as a bat**.

7 READING

- a** Read the article once. Which phrase do you think is missing from the title?
- 1 If all else fails, try homeopathy
 - 2 Homeopathy kills
 - 3 Steer clear of homeopathy

say scientists

Homeopathy, the alternative therapy created in 1796 by Samuel Hahnemann, and now widely used all over the world, is based on the belief that the body can be stimulated to **heal** itself. A central principle of the 'treatment' is that 'like cures like' – in other words, a substance that causes certain symptoms can also help to remove those symptoms. Medicines used in homeopathy are created by **heavily diluting** in water the substance in question and subsequently shaking the liquid vigorously. They can then be made into tablets and pills. Practitioners believe that the more a substance is diluted in this way, the greater its power to treat symptoms.

However, in a new study, a working committee of medical experts at Australia's National Health and Medical Research Council (NHMRC) has claimed that homeopathic medicines are only as effective as placebos at treating illnesses. Their research, involving the analysis of numerous reports from homeopathy interest groups and the public, concluded that there is no reliable evidence that homeopathy works. Moreover, researchers uncovered no fewer than 68 ailments that homeopathic remedies had failed to treat, including asthma, sleep disturbances, colds and flu, burns, and **arthritis**.

As a result of the findings, the NHMRC is urging health workers to inform their patients to **be wary** of anecdotal evidence that appears to support the effectiveness of homeopathic medicine. 'It is not possible to tell whether a health treatment is effective or not simply by considering the experience of one individual or the beliefs of a health practitioner,' says the report. Experts believe that most illnesses said to have been cured by homeopathy would be cured by the body on its own without taking the medicine. Apparently, many illnesses are short-lived by their very nature which often leads to people believing that it is the homeopathy that cures them.

A more serious matter is highlighted by Professor John Dwyer of the University of New South Wales. As an immunologist, he is concerned about the homeopathic vaccinations on offer for diseases such as HIV, tuberculosis, and malaria, none of which he considers effective. According to Professor Dwyer, the concept that homeopathic vaccinations are just as good as traditional vaccinations is a **delusion**, and those who believe it are failing to protect themselves and their children.



- b** Read the article again and choose the best answers.
- 1 According to the article, homeopathic medicines are...
 - a prepared in the same way
 - b made up of many ingredients
 - c suitable for a wide range of symptoms
 - d available only in liquid form
 - 2 The Australian study reveals that homeopathy is...
 - a extremely popular with the public
 - b helpful in the case of respiratory infections
 - c ineffective in treating many illnesses
 - d only of interest to certain groups of people
 - 3 People tend to believe in homeopathy because of...
 - a adverts displayed in health centres
 - b positive feedback from a small number of people
 - c advice they get from the medical profession
 - d the results of research into alternative therapies
 - 4 In Professor John Dwyer's view, homeopathic vaccinations are...
 - a not worth bothering with
 - b often harmful
 - c ridiculously expensive
 - d better than nothing