

MENTAL HEALTH

Task 1. MENTAL HEALTH. Choose the correct answer.

1. His mother's illness had placed him under a considerable
a) strain b) stress c) tension d) worry
2. He sat all day silently watching the fire and seemed to have no at all left in him.
a) action b) life c) mind d) movement
3. He has a medical full of nervous trouble.
a) ancestry b) history c) story d) tree
4. "Deep breathing will help you down," the doctor advised.
a) calm b) relax c) remain d) rest
5. Robert has suffered from epileptic ever since his accident.
a) disorders b) disturbances c) falls d) fits
6. Anyone would lose their living with that madman.
a) brain b) brains c) health d) sanity
7. The doctors say he'll take a long time to get the shock.
a) above b) over c) past d) through
8. As she is so heavily overworked, there is a possibility that she will have a nervous breakdown.
a) distinct b) little c) manifest d) tiny
9. Some psychiatrists argue that, in the final parents are to blame for their children's behaviour.
a) analysis b) case c) collapse d) experiment
10. He showed signs of mental disturbance so they sent him to a hospital.
a) brain b) lunatic c) psychiatric d) psychological

11. is one of the most important factors when giving first aid.
- a) Boldness b) Courage c) Conviction d) Reassurance
12. What's the matter with you? You look as if you had seen a
- a) ghost b) horror c) monster d) tragedy
13. He suffered a nervous and was obliged to rest for several months.
- a) break-down b) drop-out c) fall-out d) knock-out
14. Every day in the hospital was the same and the got on Peter's nerves.
- a) comparison b) monotony c) same d) similarity
15. Working with the mentally handicapped requires considerable of patience and under- standing.
- a) means b) provisions c) resources d) stocks
16. After the accident, his thinking seemed to be somewhat
- a) confusing b) muddled c) ordered d) sane
17. His memory has become very lately.
- a) infallible b) insecure c) precarious d) unreliable
18. The patient complained that no doctor really just how ill he was.
- a) appreciated b) comprehended c) judged d) regarded
19. Psychic people claim to possess highly-developed powers of extra perception.
- a) sense b) sensitive c) sensory d) sensuous
20. He feels slightly but this is a common after-effect of influenza.
- a) dejected b) depressed c) deprived d) oppressed
21. My nerves are totally
- a) burst b) cracked c) demolished d) shattered

22. Yoga is very beneficial for people who suffer from emotional as it helps them gain an inner peace.

- a) havoc b) knock-out c) stress d) violence

23. If people are deprived of dreaming during sleep they begin to show signs of mental

- a) decay b) deficiency c) derangement d) subnormality

Task 2. SMOKING. Choose the right answer.

1. Smoking is a dirty

- a) custom b) fashion c) habit d) manner

2. You will die of lung cancer if you in smoking so many cigarettes.

- a) assist b) consist c) insist d) persist

3. It is well-known that smoking can do you great

- a) damage b) danger c) harm d) trouble

4. His doctor advised him to himself to three cigarettes a day.

- a) border b) cage c) keep d) limit

5. Heavy smokers are twenty-five times more likely to be by lung cancer than non-smokers.

- a) attacked b) gripped c) stricken d) taken

6. I used to be quite a smoker, but I gave it up several years ago.

- a) bad b) frequent c) heavy d) strong

7. Smoking is a very bad habit, which many people find difficult to

- a) beat b) break c) breathe d) cough

8. Can you me an effective way to stop smoking?

- a) advise b) instruct c) show d) suggest

9. All cigarette packets carry about the effect of smoking on health.
- a) an advice b) an alarm c) an alert d) a warning
10. It has been conclusively that smoking causes many diseases.
- a) admitted b) approved c) declared d) established
11. Experts have found that breathing in tobacco smoke can be to non-smokers.
- a) harmful b) spoiling c) unhealthy d) wholesome
12. He never stops smoking; one cigarette after another. I'm afraid he's become a smoker.
- a) chain b) cord c) line d) rope
13. You have a very nasty cough. You must on cigarettes.
- a) cut down b) give up c) reduce d) take down
14. I hope you don't to my smoking.
- a) disapprove b) disagree c) object d) oppose
15. Many people have smoking. Why don't you follow their example!
- a) ended b) given up c) gone from d) left