

8A

The best medicine?

G advanced gerunds and infinitives

V health and medicine, similes

P /a/

Doctors are the same as lawyers, the sole difference being that lawyers only rob you, but doctors rob you and kill you too.

Anton Chekhov, Russian playwright (and doctor)

1 VOCABULARY health and medicine

a Match the words from the list to definitions 1–10.

allergic reaction antibiotics bandage
faint hypothermia painkillers plaster
plaster-cast stitches swell up

- 1 a case made of thick white plaster that covers a broken bone and protects it
plaster cast
- 2 drugs that reduce pain

- 3 become unconscious when not enough blood is going to your brain

- 4 threads that doctors use to sew the edge of a wound together

- 5 a response by the body that makes a person develop skin or breathing problems because they have been in contact with a certain substance

- 6 medicine that can destroy harmful bacteria in the body

- 7 become larger and rounder than usual

- 8 a piece of material that can be stuck to the skin to protect a wound or a small cut

- 9 a strip of cloth used for tying around the injured part of a person's body to protect or support it

- 10 a medical condition in which the body temperature is much lower than normal

b Complete the sentences.

- 1 I need to see my GP _____ to get a prescription for my sleeping pills.
- 2 Sophie got a nasty br _____ on her thigh when she fell down the steps.
- 3 Jack's doctor sent him to a heart sp _____ to find out what was causing the pain in his chest.
- 4 I got a bl _____ on my little toe when I wore my new trainers.

- 5 It took my aunt a long time to walk and talk again after she had a str _____.
- 6 I thought I had a cold, but when I got a temperature I realized it must be the fl _____.
- 7 The s _____ told us that our daughter's operation had gone very well.
- 8 My grandfather was told to take it easy after he had his first h _____ att _____.
- 9 Matt won't be playing basketball at the weekend because he has a spr _____ an _____.
- 10 My son must be allergic to eggs because he comes out in a r _____ every time he eats them.
- 11 Alex is in bed with a nasty bout of f _____ p _____ after eating some mayonnaise that was off.
- 12 Mike is suffering from depression, but his psy _____ seems to be helping him get through it.
- 13 The s _____ -eff _____ of this medicine include nausea and headaches.

2 LANGUAGE IN CONTEXT

What doctors won't do...

Complete the sentences with a verb from the list.

outweigh sink stick to underestimate
undertake vary wean

- 1 It's important that patients wean _____ themselves off some prescription drugs very slowly.
- 2 When it comes to living longer, not everyone would agree that the advantages _____ the disadvantages.
- 3 Pharmaceutical companies _____ a great deal of research before they put a new drug on the market.
- 4 People _____ the risks of self-medicating; taking some types of tablet can be dangerous.
- 5 It makes my heart _____ when I see parents giving their children sugary fizzy drinks.
- 6 The price of medicine can _____ considerably depending on the brand.
- 7 It isn't easy to _____ a diet, especially at Christmas.

3 VOCABULARY FROM LISTENING

Match the sentence halves.

- 1 There's only **anecdotal** d
- 2 I tried the cream, but it **had** _____
- 3 He suggested acupuncture, so I'll **give** _____
- 4 We found fish oil **made** _____
 - a **no effect** on my rash – in fact, it made it worse.
 - b **it a go**.
 - c **a difference** to our son's bad behaviour.
 - d **evidence** that hypnotherapy works.

4 GRAMMAR advanced gerunds and infinitives

a Complete the sentences with the correct gerund or infinitive form of a verb from the list.



become complain finish forget learn
photograph set up sniff take wear

- 1 It's no good **complaining** _____ about your back. Why don't you make an appointment to see the doctor?
- 2 A couple I know had a plan _____ their own business, but it fell through when they split up.
- 3 You seem _____ a lot today. Have you got a cold?
- 4 Many celebrities say they are fed up with _____ every time they leave the house.
- 5 Eddie apologized for _____ my name the day before.
- 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 I hope _____ everything I need to do by the time our visitors arrive.
- 10 _____ several languages before, I'm finding learning Swedish quite easy.

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

- 1 I would thoroughly recommend this resort to families with young children. There is plenty for **them** _____ to _____ do _____. (do)
- 2 I hope _____ less in the future if my boss lets me go part-time. (work)
- 3 I would love _____ my paternal grandfather, but he died before I was born. (meet)
- 4 Our holiday in the south of France 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 extremely disappointed. (lose)
- 6 It is very common for employees _____ redundant when their company is doing badly. (make)
- 7 There's _____ your sister to the wedding. We know she won't come. (invite)
- 8 _____ so early to catch the train, we all fell asleep as soon as it left the station. (get up)
- 9 There's _____ in our village in the evenings – not even a pub. (go)
- 10 Most children enjoy _____ the zoo by their parents. (take)



c Complete the questions with the correct gerund or infinitive form of the verb in brackets.

- 1 What do you remember being told to do the last time you had a cold? (tell)
- 2 When you go to the doctor's, how long do you usually have to wait ? (see)
- 3 Do you know what number if you need an ambulance? What is it? (call)
- 4 Who do you prefer by when you're ill? Why? (look after)
- 5 How would you like the health service in your country ? (improve)
- 6 What would you do if you saw someone in the street who seemed a heart attack? (have)
- 7 Is there anywhere for people unused medicines where you live? (take)
- 8 Do you think it's important for children vaccinations? Why / Why not? (give)

d Answer the questions in c about you.

The last time I had a cold, I remember being told to get plenty of rest and drink lots of water.

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____

5 LANGUAGE IN CONTEXT Forget the pills

Match the sentence halves.

- 1 Cutting out salt can **reduce** d
- 2 A healthy lifestyle may **offset**
- 3 Taking long walks can have a **beneficial**
- 4 Patients are often advised to **reduce**
- 5 It is thought you are less likely to **suffer**
- 6 The media **play an important**
- 7 Office workers are **prone**
- 8 The elderly are encouraged to **take up**

a **the risk of** developing dementia.
b **to** back pain because they're sitting all day.
c **social activities** to prevent loneliness.
d **blood pressure by** a considerable amount.
e **effect on** your health.
f **from depression** if you get up early.
g **role in** determining what we eat.
h **dependence on** sleeping pills.

6 VOCABULARY & PRONUNCIATION
similes; /ə/

a Complete the similes in the sentences with a noun.



- 1 My great-uncle is 82, and he's **as fit as a fiddle** .
- 2 Their new baby is **as good as g** . All she does all day is eat and sleep.
- 3 I usually **sleep like a l** , but last night I woke up at 3.00 and couldn't go back to sleep.
- 4 It took no time at all for my grandmother to get over her operation – she's **as tough as o** b .
- 5 Your brother-in-law **drinks like a f** . Is he an alcoholic?
- 6 My mum is **as stubborn as a m** . She refuses to go to the doctor's when she's in pain.
- 7 Alice is **as thin as a r** , which is incredible considering how much she eats.
- 8 Our neighbour always has the TV on really loud. He's **as deaf as a p** .
- 9 My son always seems to be hungry. He eats like a h !
- 10 I can't believe I forgot to take my glasses to the cinema. I'm **as blind as a b** without them.

b ⑧.1 Listen to the sentences and circle the unstressed words with the /ə/ sound.

- 1 The treatment cost a lot more than we'd thought.
- 2 The surgeon arrived as soon as the patient was ready.
- 3 It was too late to see my doctor, so we went straight to the hospital.
- 4 The specialist suggested I went on a diet for a while.
- 5 I'm allergic to plasters, so I never use them.

c Look at the stressed words in b and underline any syllables with the /ə/ sound.

d ⑧.1 Listen and check. Then listen again and repeat the sentences.