

## UNIT 7 Revision

Uzupełnij luki właściwymi formami podanych wyrazów. Dwa wyrazy nie pasują do żadnej luki.

advice be discover ill invent lose medicine strong treat

Leeches, blood-sucking worms that live in fresh water, have been used for<sup>1</sup> purposes for millennia. Maybe even since ancient Egypt, as many believe that the Egyptian hieroglyphs originally identified as cobras actually might<sup>2</sup> intended as leeches. Through ancient times to the Middle Ages, doctors<sup>3</sup> believed that they helped treat a great number of problems. In the 19th century, many authorities on medicine<sup>4</sup> bloodletting, and the<sup>5</sup> became so popular that millions of leeches were used every year in Europe, Asia and America; unfortunately sometimes too enthusiastically, causing patients to feel unwell from the blood.<sup>6</sup> With the<sup>7</sup> of antibiotics, leech therapy lost its popularity at the beginning of the 20th century, only to start regaining it over the last few decades. Today, leeches play a vital role in microsurgery, where doctors deal with very small veins.

Uzupełnij zdania właściwymi formami podanych wyrazów, dodając brakujące słowa takie jak czasowniki pośirkowe lub przyimki.

- 1 The man said he suffered a heart attack once before. (already / suffer)
- 2 Look! John tripped and now he can't walk! He must (sprain / ankle). (must / sprain / ankle)
- 3 I wish you (not be / distract) this important meeting. (you / not be / distract)
- 4 If people didn't overuse antibiotics, the bacteria not be / resistant (they). (not be / resistant / they)
- 5 If only someone develop (cure) migraines. (develop / cure)
- 6 The nurse asked I (allergic) anything. (I / allergic)

Przeczytaj tekst i uzupełnij luki 1–4 zdaniami A–F.  
Dwa zdania podane są dodatkowo i nie pasują do żadnej luki.

Si ha quindi possibile che questo tipo passi al "nuovo" riferimento.

The sound of an alarm clock is possibly one of the most hated sounds in the world. And although admitting that you love to sleep is sometimes seen as laziness, neuroscientists disagree.<sup>1</sup> Our stress levels, on the other hand, go up. The list goes on and on. And yet, most of us don't get enough sleep to allow it to do its magic.

Before the Industrial Revolution and the invention of the electric light bulb, people slept much more.<sup>2</sup> And yet their achievements are astounding. In the 20th century, when the pressure to work as much as possible increased, a myth arose from these tales which claimed we could all sleep less and actually benefit from it.

What these stories fail to mention is that some of these men never slept at all, and would crash and burn for hours without ever doing their work.<sup>3</sup> The famous non-sleepers actually slept almost as much as the rest of us, only they divided their sleep into many 'naps', which is called a polyphasic pattern. The majority of us simply sleep once a day, but for longer – we're monophasic sleepers.

So what's the right recipe for sleep? Some studies suggest that it's not about how much or when we sleep, but at which point we stop. During sleep, we go through cycles of alternating phases of light and deep sleep.<sup>4</sup> How can you use your smartphone for example. A special application can control your sleep and ring the alarm at the perfect moment with the time frame you set (e.g. between 6.00 and 7.00 a.m.). You wake up at just the right moment, claim to have slept well, and you're off to work.

- A According to this theory, to feel rested you need to open your eyes during the light phase.
- B Without sleep, our memory fails to file away and sort through our experiences and our creativity decreases.
- C Another thing to remember is that not everybody's sleep pattern is the same.
- D The reason we sleep during daylight hours makes your brain less effective and early morning is the most productive moment of our day.
- E Of course, there are some famous exceptions such as Isaac Newton, Thomas Edison or Napoleon Bonaparte and other geniuses, who are believed to have slept only one or two a day.
- F Their sleep was controlled by the natural pattern of light and darkness of night and day, especially among the lower classes.

Complete the sentences with the missing word.

1. If you want to get less **d** [ ] in class and **b** [ ] your memory, eat more magnesium-rich foods.
2. If the rash starts **i** [ ] put this cream on it. Never **s** [ ] the spots!
3. Put some **ice** cubes in your mouth to stop a **noseb** [ ].
4. If you **s** [ ] your ankle, you must **r** [ ] it, rather than continue to walk.
5. To keep your **i** [ ] in good shape, avoid alcohol.
6. For a headache, just take some **p** [ ], but see a doctor if your head continues to **a** [ ].
7. Don't smoke if you want to have healthy **l** [ ].
8. Use an **ic** [ ] if you injure your knee or **b** [ ] it badly.

Complete the sentences with the correct forms of the words in brackets.

- 1 John \_\_\_\_\_ (locate) his shoulder and it took him ages to make a full \_\_\_\_\_ (recover).
- 2 Books \_\_\_\_\_ (tease) are an \_\_\_\_\_ (effect) way of keeping your brain active.
- 3 Sheila suffered from memory \_\_\_\_\_ (lose) and could not recognise her sister.
- 4 Some people believe that eating garlic makes you \_\_\_\_\_ (resist) to \_\_\_\_\_ (infect).
- 5 There are \_\_\_\_\_ (count) \_\_\_\_\_ (medicine) cases which doctors cannot explain.

Rewrite the sentences, starting with the phrases in bold.

- 1 People really must do something about advertisements promoting unhealthy food.  
It's high time \_\_\_\_\_
- 2 I'd like you to exercise regularly.  
I'd rather \_\_\_\_\_
- 3 I think we should ban energy drinks, but I'm not the president so I can't do that.  
If \_\_\_\_\_
- 4 My dream is that people will stop writing nasty comments on Internet forums.  
I wish \_\_\_\_\_
- 5 Do you think I should not get involved in this protest?  
Would you rather \_\_\_\_\_
- 6 Don't you dream of supermarkets selling only organic food?  
Don't you wish \_\_\_\_\_

Choose the correct words to complete the dialogue.

Mia What **is** / **seems** to be the problem?  
Zoe I've been feeling **badly** / **unwell** since last week. I've got awful headaches. What do you think I **should** / **ought** to do?  
Mia You **had** / **would** better see a doctor. Would you like me to make **an appointment** / **a visit** for you?  
Zoe Oh, no. I have no time for that. I hope it's nothing **too** / **so** serious.  
Mia If I **was** / **were** you, I'd go immediately. You will only **ago** / **make** it worse. You're not **to** / **too** sick, it's sorted.