

# 12 It's important to get rest.

## 1 Any suggestions?

A Check (✓) the best advice for each health problem.

<b>1. a backache</b> <input checked="" type="checkbox"/> use a heating pad <input type="checkbox"/> get some exercise <input type="checkbox"/> drink herbal tea	<b>2. a bad cold</b> <input type="checkbox"/> see a dentist <input type="checkbox"/> go to bed and rest <input type="checkbox"/> go swimming	<b>3. a burn</b> <input type="checkbox"/> take a multivitamin <input type="checkbox"/> put it under cold water <input type="checkbox"/> drink warm milk
<b>4. a headache</b> <input type="checkbox"/> take some vitamin C <input type="checkbox"/> take some pain medicine <input type="checkbox"/> take a cough drop	<b>5. an insect bite</b> <input type="checkbox"/> apply anti-itch cream <input type="checkbox"/> use eyedrops <input type="checkbox"/> drink lots of liquids	<b>6. sore muscles</b> <input type="checkbox"/> drink lots of hot water <input type="checkbox"/> take some cold medicine <input type="checkbox"/> use some ointment

B Write a question about each problem in part A. Then write answers using the words from the box. Use the advice in part A or your own ideas.

It's important . . .    It's sometimes helpful . . .    It's a good idea . . .

1. A: What should you do for a backache?  
 B: It's sometimes helpful to use a heating pad.
2. A: \_\_\_\_\_  
 B: \_\_\_\_\_
3. A: \_\_\_\_\_  
 B: \_\_\_\_\_
4. A: \_\_\_\_\_  
 B: \_\_\_\_\_
5. A: \_\_\_\_\_  
 B: \_\_\_\_\_
6. A: \_\_\_\_\_  
 B: \_\_\_\_\_

## 2 Rewrite these sentences. Give advice using *it's important . . .*, *it's a good idea . . .*, or *it's sometimes helpful . . .*

### Grammar note: Negative infinitives

Problem	Advice	Negative infinitive
For the flu,	don't exercise a lot.	For the flu, it's a good idea <b>not to exercise</b> a lot.

1. For a toothache, don't eat cold foods.

For a toothache, it's important not to eat cold foods.

2. For a sore throat, don't talk too much.

3. For a burn, don't put ice on it.

4. For insomnia, don't drink coffee at night.

5. For a fever, don't get out of bed.

## 3 Check (✓) three health problems you have had. Write what you did for each one. Use the remedies below or your own remedies.

### Health problems

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> a cough    | <input type="checkbox"/> a backache  |
| <input type="checkbox"/> a headache | <input type="checkbox"/> the hiccups |
| <input type="checkbox"/> insomnia   | <input type="checkbox"/> a sunburn   |
| <input type="checkbox"/> a cold     | <input type="checkbox"/> stress      |

### Some remedies

- take some pain medicine
- get some medicine from the drugstore
- use some lotion
- put some ointment on it
- take some cough drops
- see my doctor/dentist
- go to bed
- do nothing

Example: Yesterday, I had a bad headache, so I took some pain medicine.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



A Scan the article. Check (✓) the sentence that is the better summary of the article.

- ☐ People who laugh at least once a day live longer than people who don't.  
☐ Laughter has important health benefits for your body.



## LAUGH IT OFF

Have you laughed today? If so, you probably did a good thing for your health.

Psychologists now consider laughing to be an important practice for good health. Laughter is known to reduce stress, improve the body's ability to fight disease, and make life happier and more interesting. It adds to the pleasure we get from other people and the enjoyment other people get from us.

Dr. Madan Kataria, the founder of Laughter Yoga, discovered that laughter does not have to be real to be good for the body. In Laughter Yoga, people combine yoga breathing with laughter exercises in a group. This allows people to practice laughing without the presence of humor.

Dr. Kataria has found that the body responds well just to the physical act of laughing.

Dr. Annette Goodheart was one of the first doctors in the U.S. to promote laughter for health. In her book *Laughter Therapy: How to Laugh About Everything in Your Life That is Not Really Funny*, she writes, "Everyone usually knows what they think is funny or can laugh at. But I help people laugh about things that aren't funny and support them in re-balancing and resolving their pain."

People who say that laughter is the best medicine might be right. A laugh a day keeps the doctor away!

B Check (✓) True or False.

	True	False
1. Laughter can help the body fight disease.	<input type="checkbox"/>	<input type="checkbox"/>
2. The more you laugh, the more other people like you.	<input type="checkbox"/>	<input type="checkbox"/>
3. Laughter is healthier for you if it is real.	<input type="checkbox"/>	<input type="checkbox"/>
4. Psychologists believe it is healthy to laugh at all situations.	<input type="checkbox"/>	<input type="checkbox"/>
5. Dr. Goodheart helped patients focus only on funny things.	<input type="checkbox"/>	<input type="checkbox"/>

C Describe a time you laughed hard at something. How did you feel afterward?

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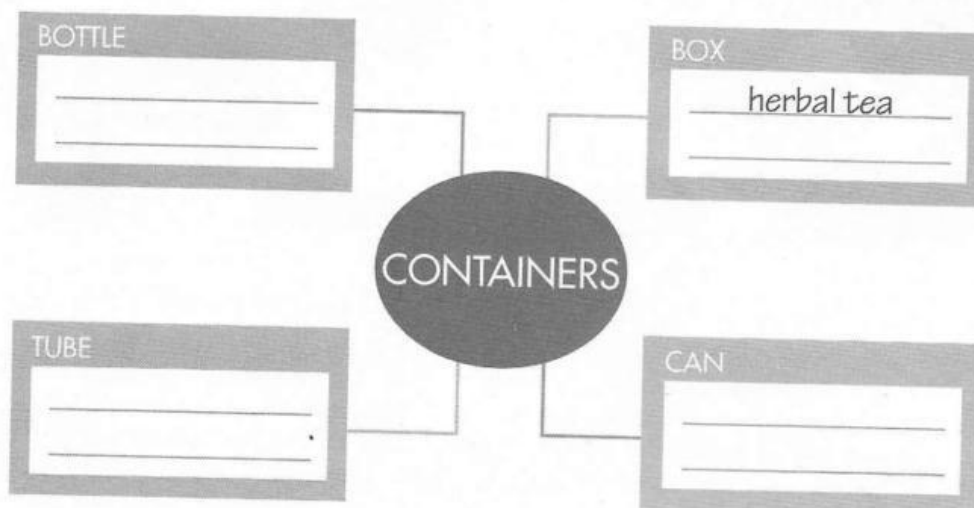
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## 5 What do you suggest?

A Complete the word map with medicines from the list.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> anti-itch cream | <input checked="" type="checkbox"/> herbal tea | <input type="checkbox"/> pain medicine |
| <input type="checkbox"/> bandages        | <input type="checkbox"/> insect spray          | <input type="checkbox"/> shaving cream |
| <input type="checkbox"/> eyedrops        | <input type="checkbox"/> muscle ointment       |  |



B What should these people buy? Give advice. Use the containers and medicine from part A.

1. Danielle is having trouble sleeping.

She should buy a box of herbal tea.

2. Simon has a bad headache.

3. Maria's shoulders are sore after her workout.

4. There may be mosquitoes where Brenda's camping.

5. Sam has a cut on his hand.

6. Graciela has dry, itchy skin on her feet.

7. Nathan cut his chin when he shaved with soap and water.

8. Sally's eyes are red and itchy.



## 6 Check (✓) the correct sentences to make conversations.



1. **Pharmacist:** ☒ Can I help you?  
☐ Should I help you?
- Customer:** ☐ Yes. Can I have a bottle of pain medicine?  
☐ Yes. I suggest a bottle of pain medicine.
- Pharmacist:** Here you are.
- Customer:** ☐ And what do you need for a sunburn?  
☐ And what do you have for a sunburn?
- Pharmacist:** ☐ Do you suggest this lotion?  
☐ I suggest this lotion.
- Customer:** Thanks.
2. **Pharmacist:** Hi. Can I help you?
- Customer:** ☐ Yes. Can I suggest something for sore muscles?  
☐ Yes. Could I have something for sore muscles?
- Pharmacist:** ☐ Sure. Try this ointment.  
☐ Sure. Could I try this ointment?
- Customer:** ☐ Thanks. And what should you get for the flu?  
☐ Thanks. And what do you suggest for the flu?
- Pharmacist:** ☐ Can I have some of these tablets? They really work.  
☐ Try some of these tablets. They really work.
- Customer:** ☐ OK, thanks. I'll take them. And you should get a box of tissues.  
☐ OK, thanks. I'll take them. And could I have a box of tissues?
- Pharmacist:** Sure. Here you are.

## 7 Complete this conversation with the correct words.

**A:** Wow, you don't look very good! Do you feel OK?

**B:** No, I think I'm getting a cold. What should I do \_\_\_\_\_ it?  
(for / to / with)

**A:** You should stay \_\_\_\_\_ home and go \_\_\_\_\_ bed.  
(at / in / of) (in / of / to)

**B:** You're probably right. I've got a really bad cough, too.

**A:** Try drinking some hot tea \_\_\_\_\_ honey. It really helps.  
(for / of / with)

**B:** Anything else?

**A:** Yeah, I suggest you get a big box \_\_\_\_\_ tissues!  
(at / in / of)



## 8 Give suggestions for these problems. Use words from the box.

Try ... I suggest ... You should ...

1. I can't stop sneezing.

Try some allergy medicine.

2. I have a stomachache.

3. I don't have any energy.

4. I think I'm getting a cold.

5. I'm stressed out!

6. I have a very sore throat.