

It's important to get rest - Homework

1. Any suggestions?

A. Check the best advice for each health problem.

1. a backache

- ☒ use a heating pad
- ☐ get some exercise
- ☐ drink herbal tea

2. a bad cold

- ☐ see a dentist
- ☐ go to bed and rest
- ☐ go swimming

3. a burn

- ☐ take a multivitamin
- ☐ put it under cold water
- ☐ drink warm milk

4. a headache

- ☐ take some vitamin C
- ☐ take some pain medicine
- ☐ take a cough drop

5. an insect bite

- ☐ apply anti-itch cream
- ☐ use eyedrops
- ☐ drink lots of liquids

6. sore muscles

- ☐ drink lots of hot water
- ☐ take some cold medicine
- ☐ 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 not to exercise 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

- | | |
|-------------------------------------|--------------------------------------|
| ☐ a cough | ☐ a backache |
| ☐ a headache | ☐ the hiccups |
| ☐ insomnia | ☐ a sunburn |
| ☐ a cold | ☐ 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.

4. Learning to laugh

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.

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

	True	False
1.	☐	☐
2.	☐	☐
3.	☐	☐
4.	☐	☐
5.	☐	☐

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