

2A Call the doctor?

1 READING

a Read the article. Complete it with the missing sentences. There is one sentence you don't need to use.

- A Making an effort to focus on the page means that we blink less often.
- B Each of its functions happens in a particular area, and different regions are used for different tasks.
- C This is because the flow of blood to the brain decreases while the body digests it.
- D Furthermore, existing studies suggest that adequate fluid intake is usually met through our daily consumption of juice, milk and caffeinated drinks.
- E When the dead part above the surface of the skin is removed the living section underneath is not affected.

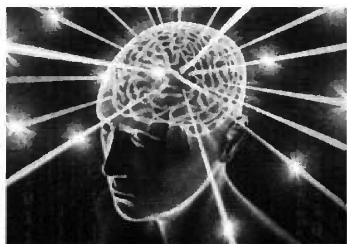
b Read the text again. Mark the sentences **T** (true) or **F** (false)

- 1 Doctors spend a lot of time investigating myths. F
- 2 At the beginning of the 1900s, people believed that we only used a small part of our brains.
- 3 Unshaven hair is exactly the same colour as hair under the surface of the skin.
- 4 In the past, people's eyesight was worse because they read by candlelight.
- 5 Turkey contains less tryptophan than cheese.

c Look at the **highlighted** words and phrases. What do you think they mean? Use your dictionary to look up their meaning and pronunciation.

Medical myths

Good doctors are always learning new things, but very few of them question existing medical myths. The British Medical Journal recently examined the most common of these to see if there is any evidence that they are true. This is what they discovered.



Myth: We only use about 10% of our brains

This myth appeared in the early twentieth century, when the concept of self-improvement was born. The idea was that there are many abilities built into our brains, but if we do not develop them, we never learn how to do them. This led to the belief that there are parts of our brains that we do not use. However, scientific evidence shows that this is not the case. Brain scans have revealed that there is no area of the brain that is silent or inactive. ¹____ Nobody who has examined the brain has been able to identify the 90% that we, supposedly, do not use.



Myth: Shaving hair causes it to grow back thicker

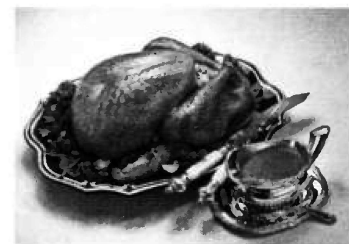
This belief is often reinforced by the media, despite the fact that a clinical trial in 1928 showed that shaving has no effect on hair growth. ²____ This makes it unlikely for the hair to grow back any different than it was before. The reason it appears thicker is that recently shaved hair lacks the finer point seen at the ends of unshaven hair. In addition to this, the new hair has not been lightened by the sun, which makes it look darker than the hair that has already grown.



Myth: Reading in insufficient light ruins your eyesight

People tend to believe this because of the discomfort they experience when they have been reading for a while in **dim light**. ³____ This causes our eyes to dry out and feel uncomfortable. Fortunately, the effect is only temporary and most ophthalmologists* agree that it doesn't damage our eyes permanently. Something else that disproves the myth is that there are more short-sighted people today than in the past, when reading conditions were worse. Before the invention of electricity, people relied on candles or lanterns to read, yet fewer people needed glasses.

*ophthalmologists – Doctors who specialise in eyes



Myth: Eating turkey makes people feel especially tired

Some foods contain a natural chemical called tryptophan, which is known to cause drowsiness. The myth is the idea that consuming turkey (and the tryptophan it contains) might make someone more likely to fall asleep. Actually, both chicken and minced beef have nearly the same amount of tryptophan as turkey; other foods, such as pork or cheese, contain even more. The truth is that any large, solid meal can make you feel sleepy, whether it contains turkey or not. ⁴____ It isn't the turkey in your roast dinner that sends you to sleep; it is the quantity of food that you have eaten.

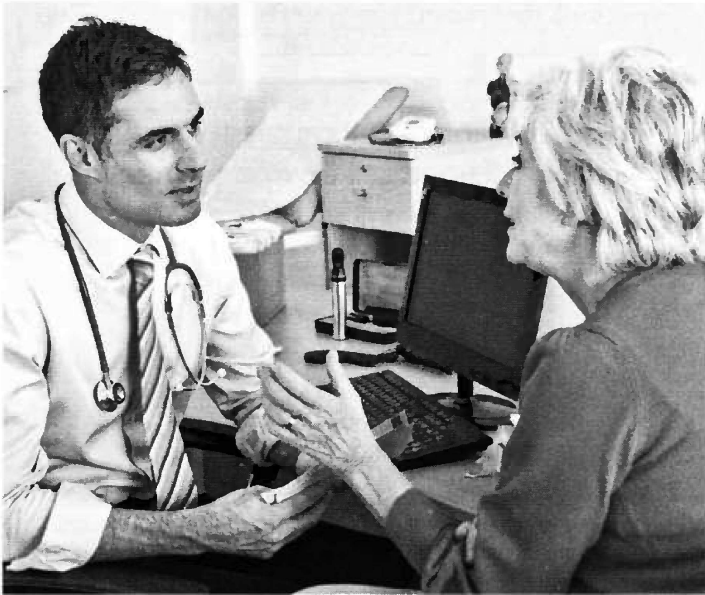
2 VOCABULARY illness and treatment

a Complete the sentences with a verb from the box.

be sick burn choke cough cut faint hurt sneeze

- The smoke from the fire made everybody cough.
- I'm feeling a bit dizzy. I think I'm going to _____.
- I'm allergic to cats. They make me _____.
- Be careful! You'll _____ your back if you try to lift up that wardrobe.
- That knife is very sharp. Please don't _____ yourself.
- I'm not feeling well. I think I'm going to _____.
- Be careful! You might _____ yourself. The oven's really hot.
- Some people don't like eating fish because they're worried that they'll _____ on the fish bones.

b Complete the dialogues between the patients and the doctor.



- P I've got a temperature and my body aches.
D I think you've got flu.
- P I'm tired and I've got no energy.
D It sounds like you have low bl_____ pr_____.
- P There's a rash all over my body.
D You've probably had an a_____ r_____ to something.
- P I hurt my wrist playing tennis and it's very swollen.
D You might have spr_____ it.
- P It hurts when I talk and when I eat.
D You've got a s_____ thr_____.
- P I've been sick and I've got diarrhoea.
D I think you have f_____ p_____.

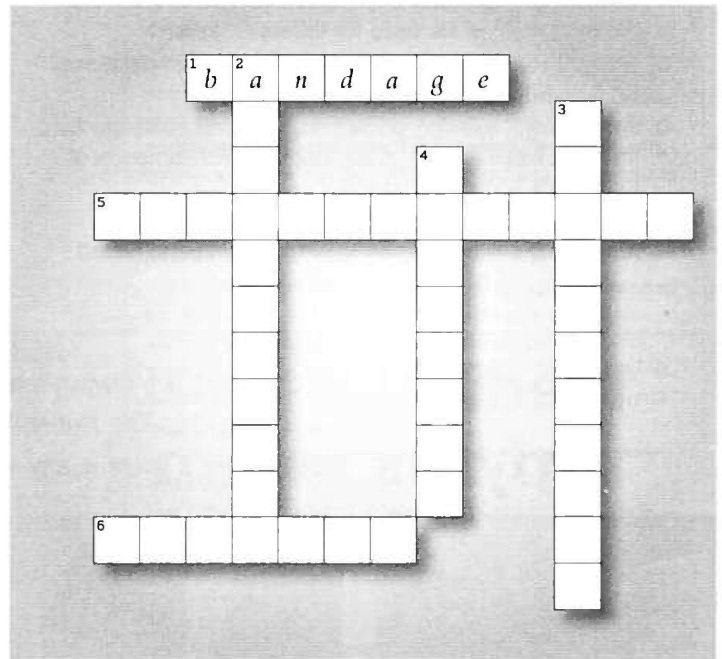
c Complete the crossword.

Clues across →

- If you sprain your ankle, the best thing is to put one of these on it.
- You can take these tablets for an allergy.
- You can put this on a small cut on your finger.

Clues down ↓

- The doctor will give you these if you have an infection.
- You can take these when you have a headache.
- If you have a deep cut, you will probably need these to close the wound.



3 GRAMMAR

present perfect simple and continuous

a Underline the correct form.

- How long are your parents / have your parents been married?
- Nathan got the job, but he hasn't yet started / hasn't started yet.
- Have you had ever / Have you ever had an operation?
- I can't go out now because I've just washed / I've washed just my hair.
- Kate has had a cold for / since last weekend.
- We've had this computer for / since two months.
- My son is / has been late for school three times so far this week.
- They only know / have only known each other for a week but they're already great friends.

- b Complete the email with the correct form of the verbs in brackets. Use the present perfect simple or continuous.

Dear Sabine,

Sorry I ¹ haven't written (not write) for ages, but I ² _____ (have) a lot of work recently and I ³ _____ (be) too exhausted to do anything in the evenings once I get home. Today is a bank holiday though, so I ⁴ _____ (write) emails all day to try to catch up with all my friends.

Guess what! I ⁵ _____ (move out) of my parents' house! I ⁶ _____ (live) in my new flat for a week now, and I love it! I ⁷ _____ (already / unpack) all my things and it's beginning to feel like home. You must come and visit!

The bad news is that I ⁸ _____ (split up) with Sebastian. He ⁹ _____ (travel) so much recently that we ¹⁰ _____ (not manage) to see each other much and I ¹¹ _____ (meet) someone else. He's called Carl and he's a colleague from work. We ¹² _____ (see) each other since the beginning of the summer. We ¹³ _____ (have) three dates so far and I really like him!







Anyway, must go. Please write soon and tell me all your news.

Love
Sophie

4 PRONUNCIATION

/ʃ/, /k/, /dʒ/ and /tʃ/; word stress

- a **Circle** the word with a different sound.

1  shower	pressure rash infection chest
2  keys	ache sick specialist cholesterol
3  jazz	allergic finger emergency injury
4  chess	choke temperature stitches stomach
5  shower	couch consciousness operation shock
6  jazz	bandage injection negative surgery

- b **iChecker** Listen and check. Then listen and repeat the words.

- c **Underline** the stress in the words.

- | | |
|--------------|----------------|
| 1 antibiotic | 6 medicine |
| 2 allergic | 7 swollen |
| 3 diarrhoea | 8 temperature |
| 4 dizzy | 9 vomit |
| 5 headache | 10 unconscious |

- d **iChecker** Listen and check. Then listen and repeat the words.

5 LISTENING

- a **iChecker** Listen and complete the **Emergency** column of the table.

	What was the emergency?	What was the treatment?
Speaker 1	<i>a serious cut on the head</i>	_____
Speaker 2	_____	_____
Speaker 3	_____	_____
Speaker 4	_____	_____
Speaker 5	_____	_____

- b Listen again and complete the **Treatment** column of the table.

- c Listen again with the tapescript on p.70 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

alternative remedies /ɔ:l'tɜ:nətɪv 'remədi:z/

brain (tumour) /breɪn/

chest infection /tʃest ɪn'fekʃn/

heart rate /hɑ:t reɪt/

hypochondriac /haɪpə'kɒndrɪæk/

life-threatening illness /laɪf 'θretnɪŋ 'ɪlnəs/

open heart surgery /əʊpən hɑ:t 'sɜ:dʒəri/

pulse /pʌls/

(mouth) ulcer /'ʌlsə/

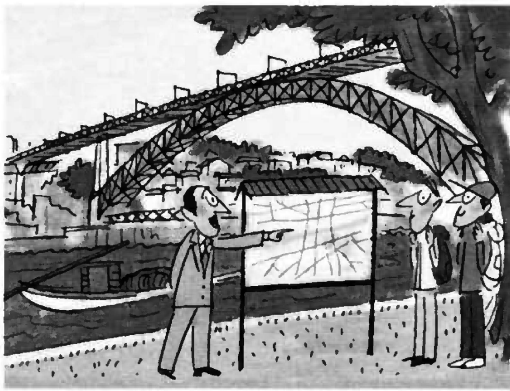
under the weather /'ʌndə ðə 'weðə/

2B Older and wiser?

1 GRAMMAR adjectives as nouns, adjective order

a Complete the sentences with *the* + adjective.

- 1 **China** The Chinese won the most gold medals at the 2012 Olympics.
- 2 **Japan** _____ eat a lot of fish.
- 3 **Ireland** _____ celebrate St Patrick's Day on 17th March.
- 4 **Switzerland** _____ have a good standard of living.



- 5 **Portugal** _____ are very kind and friendly to visitors.
- 6 **England** _____ have a reputation for being polite.
- 7 **Scotland** _____ enjoy spending time outdoors.



- 8 **France** _____ are extremely fond of cycling.

b Complete the sentences with the noun form of an adjective from the box.

blind deaf disabled injured elderly rich unemployed young

- 1 The deaf usually communicate with each other using sign language.
- 2 The government is offering courses to help _____ to find jobs.
- 3 After the accident, _____ were taken to hospital.
- 4 The building has easy access for _____.
- 5 Do you think _____ should pay higher taxes than the poor?
- 6 In some countries, _____ use special dogs to help them find their way around.
- 7 _____ always think that they know better than their parents.
- 8 Should the family or the state look after _____?

c Right (✓) or wrong (X)? Correct the mistakes in the highlighted phrases.

- 1 Sarah's wearing a denim short skirt.

X a short denim skirt

- 2 I'm looking for a sleeveless cotton T-shirt.

- 3 I want to buy some leather white trousers.

- 4 My sister's bought some purple trendy glasses.

- 5 He gave his mother a patterned silk scarf for her birthday.

- 6 He looks very smart in his grey new Armani suit.

- 7 She was wearing a bright red woollen scarf.

- 8 You can't wear those old scruffy jeans to the wedding.

2 READING

a Read the article quickly. Tick (✓) the sentences that are right and cross (X) the ones that are wrong.

Hipsters...

- 1 always look smart. _____
- 2 go shopping as often as they can. _____
- 3 care a lot about current affairs. _____
- 4 love listening to music. _____
- 5 eat in fast food restaurants. _____



How to be a Hipster

Today, hipsters can be seen more frequently than ever before. They are part of a subculture that rejects everything mainstream in favour of expressing their own uniqueness. If this sort of thing appeals to you, you might like to consider becoming a hipster yourself. Read on to find out more.

1 Dress like a hipster

Hipsters would never wear designer clothes because they prefer to create their own image. Indispensable items in a hipster's wardrobe include skinny jeans or leggings and T-shirts with ironic messages printed on them. Check and flower patterns are also popular, and it doesn't matter if the garments don't match. They wear cowboy boots or Converse trainers on their feet, and as far as accessories are concerned, they wear sunglasses, bright belts and they generally have a couple of piercings.

2 Shopping

Consumerism is something that hipsters can't stand, so they don't go shopping very often. Instead they prefer to make use of old things, and they love vintage clothing. Female hipsters raid their grandmothers' cupboards looking for old dresses, while the men go in search of Grandad's old shirts – the ones without a collar. Of course, the clothes generally need to be altered to make them fit, but a hipster is a genius with a needle and thread, so this isn't a problem. The only shops a hipster will enter are charity shops, craft shops, or their local vintage boutique.

3 Lifestyle

Hipsters tend to be very bothered and upset about the way the world works – or doesn't work, in their view. They are usually well-informed because they spend hours every day sitting in cafés surfing the internet on their smartphones or tablets – the only exceptions to their aversion to consumerism. Hipsters are usually quite young – the age ranges from late teens to mid-30s. Most go to university, and many of them base their career choices around music, art, or fashion.

4 Entertainment

Hipsters love all things independent and Indie music is a big part of what they represent. They are always the first to hear about new bands, but once a band becomes popular, they stop listening to them. A typical hipster line is: 'I liked them before they were cool.' When it comes to cinema, they watch independent and foreign films, and they attend independent productions at the theatre. Hipsters also love reading, especially books about political science, anthropology and sociology.

5 Food

Eating meat isn't popular with hipsters, and most of them tend to be vegetarians or vegans. Many grow their own food in their gardens or on a balcony; if not, they go to natural food markets instead. Fruit, coffee and Asian food are very popular with hipsters, and they love making meals for their foodie friends.

So if you want to be a hipster, forget everything you know about being 'cool' and find your own unique way to fit in with this trend.



b Read the article again and choose the right answer.

- 1 The hipster subculture is made up of people who want...
 - a to look cool.
 - b to be different.
 - c to fit in.
- 2 Hipsters don't tend to wear...
 - a sports shoes.
 - b colourful patterns.
 - c baggy trousers.
- 3 Hipsters sometimes go shopping in...
 - a shops that support a good cause.
 - b stores that sell the latest fashions.
 - c places that everyone knows.
- 4 Many hipsters...
 - a like to read about politics.
 - b are involved in politics.
 - c know very little about politics.
- 5 Hipsters like new music...
 - a after it has become well known.
 - b until it becomes well known.
 - c when others stop liking it.
- 6 Hipsters enjoy food...
 - a from supermarkets.
 - b they produce themselves.
 - c in restaurants.

c Find the words or phrases in the text to match definitions 1–10:

- 1 adjective referring to ideas and opinions thought to be normal because they are shared by most people (*introduction*) _____
- 2 the general impression that a person gives (*paragraph 1*) _____
- 3 things that you wear or carry to match your clothes, e.g. bag, scarf (*paragraph 1*) _____
- 4 garments from a certain period in the past (*paragraph 2*) _____
- 5 things you use for sewing (*paragraph 2*) _____
- 6 worried about something (*paragraph 3*) _____
- 7 a strong feeling of not liking something (*paragraph 3*) _____
- 8 not influenced by anything else (*paragraph 4*) _____
- 9 people who don't eat any animal products at all (*paragraph 5*) _____
- 10 a person who is very interested in trying different dishes (*paragraph 5*) _____

3 VOCABULARY clothes and fashion

- a Order the letters in brackets to make a material. Then complete the sentences.
- Jack was wearing a blue denim jacket. (NEDIM)
 - I prefer to wear light _____ shirts in the summer. (TCONTO)
 - I gave my mum a blouse with a _____ collar for her birthday. (ALCE)
 - Are you sure those boots are made of _____? (EHATELR)
 - I never buy _____ clothes because they take so long to iron. (ENNIL)
 - They gave me a very expensive _____ tie as a leaving present. (LIKS)
 - Don't wear your _____ jacket out – it's raining. (DESEU)
 - I really like your new _____ jacket. Where did you get it? (ETLEVV)

b Circle the odd one out.

- hooded sleeveless **tight** V-neck
- long-sleeved old-fashioned smart trendy
- checked silk spotted striped
- denim fur loose suede
- fashionable patterned scruffy stylish





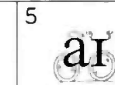
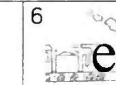
c Complete the sentences with a verb from the box.

dress up fit get changed get undressed
go with hang up ~~match~~ suits

- That shirt doesn't match your jacket. It doesn't look right.
- The party's going to be quite formal, so I suppose we'd better _____.
- Can you _____ your shirts in the wardrobe, please? I've just ironed them.
- I think I must have put on a bit of weight. These trousers don't _____ me anymore.
- You look great in that new dress! It really _____ you.
- I've been working in the garden, so I'll have to _____ before we go out.
- Ruth is looking for a top to _____ her new trousers.
- Can you tell the children to _____ and jump into the bath, please?

4 PRONUNCIATION vowel sounds

a Circle the word with a different sound.

1  boot	2  bull	3  fish	4  bird	5  bike	6  train
loose scruffy shoes suit	cotton hooded put wool	linen slippers silk striped	fur shirt shorts skirt	fit lycra stylish tight	lace leather plain suede

b **iChecker** Listen and check. Then listen and repeat.

5 LISTENING



- a **iChecker** Listen to a radio programme about ageing. Is Laura, the guest on the programme, optimistic or pessimistic about getting old?
- b Listen again and mark the sentences T (true) or F (false).
- The elderly tend to be miserable. _____
 - Our future health is programmed entirely by our genes. _____
 - Some people lead busy lives when they reach old age. _____
 - The increase in the number of old people contributes to overpopulation. _____
 - The elderly will be lonely in the future. _____
- c Listen again with the audioscript on p.70 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

break down (and cry) /breɪk daʊn/
deal with /di:l wɪð/
elderly /'eldəli/
make up (n) /'meɪk ʌp/
treat (v) /tri:t/
trick (sb) /trɪk/
vulnerable /'vʌlnərəbəl/
wig /wɪɡ/
wise /waɪz/
wrinkles /'rɪŋklz/