

8A Doctor's orders

1 VOCABULARY health and medicine

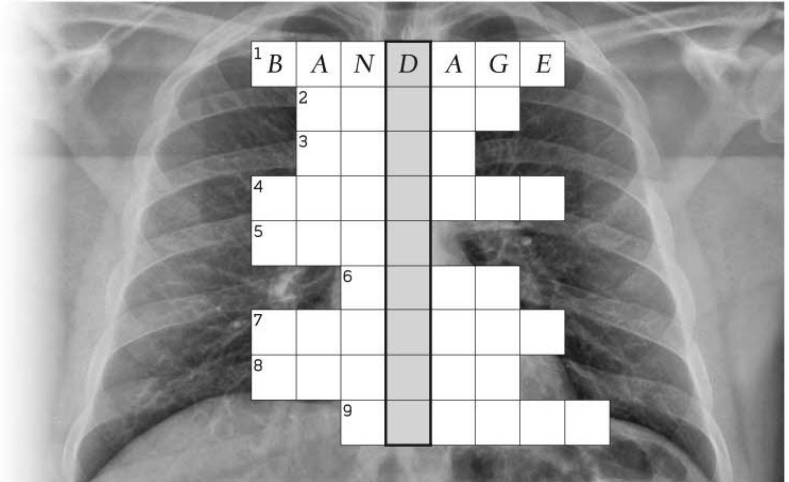
a Complete the puzzle to discover the hidden word.

- 1 A strip of cloth used for tying around the injured part of a person's body to protect or support it.
- 2 Become unconscious when not enough blood is going to your brain.
- 3 A special photograph that shows bones or organs in the body.
- 4 A doctor who is trained to perform operations.
- 5 A medical test in which a picture of the inside of a person's body is sent to a computer screen.
- 6 A common illness affecting the nose and throat that makes you cough and sneeze.
- 7 A piece of material that can be stuck to the skin to protect a wound or a small cut.
- 8 A purple mark that appears on the skin if you fall or are hit by something.
- 9 A medical condition of the chest that makes breathing difficult.

Hidden word: _____

b Complete the words.

- 1 Peter's GP sent him to a heart **specialist** to find out what was causing the pain in his chest.
- 2 I didn't dry my hands before unplugging my phone charger, so I got an **e** _____ **sh** _____.
- 3 I got a **bl** _____ on my little toe when I wore my new trainers.
- 4 My girlfriend hasn't had seafood since she had an **a** _____ **r** _____ after eating some prawns on holiday one time.
- 5 I thought I had a cold, but when I got a temperature, I realized it must be **fl** _____.
- 6 The doctor prescribed **a** _____ to clear up my throat infection.
- 7 Matt had eight **st** _____ in his eyebrow when he cut it playing rugby.
- 8 My grandfather was told to take it easy after he had his first **h** _____ **a** _____.
- 9 My son must be allergic to eggs because he comes out in a **r** _____ every time he eats them.
- 10 Alex is in bed with a nasty bout of **f** _____ **p** _____ after eating some mayonnaise that was off.



2 LEXIS IN CONTEXT

What doctors won't do...

Look at the Lexis in Context on Student's Book p.74. Then complete the sentences.

- 1 When it comes to living longer, not everyone would agree that the advantages outweigh the **d** *isadvantages* .
- 2 My reluctance to use Botox has **n** _____ to do with the cost; it's the fact that it's a highly poisonous substance that worries me.
- 3 People underestimate the **r** _____ of self-medicating; you could be taking some tablets with harmful side-effects while the real problem is getting worse.
- 4 It makes a doctor's **h** _____ sink when whole families make one appointment during which they all expect to be seen.
- 5 Don't take my **w** _____ for it – read this article. It says that honey and lemon is the best cure for a cough.



3 GRAMMAR gerunds and infinitives

a Complete the sentences with the correct gerund or infinitive form of the verbs in the list.

become	complain	forget	learn	photograph
programme	set up	sniff	take	wear

- Ryan apologized for *having forgotten* my name the day before.
- My parents never record TV programmes because they don't know how _____ their DVD player to record in advance.
- You seem _____ a lot at the moment. Have you got a cold?
- Many celebrities say they are fed up with _____ every time they leave the house.
- It's no good _____ about your back. Why don't you make an appointment to see the doctor?
- What was the last animal _____ extinct?
- Eve would rather _____ a new outfit to the wedding last week, but she couldn't afford one.
- There's no point in _____ antibiotics if you've got a virus.
- A couple I know had a plan _____ their own business, but it fell through when they split up.
- _____ several languages before, I'm finding my new course quite easy.

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

- I would thoroughly recommend this resort to families with young children. There is plenty for *them to do*. (do)
- We hope _____ off the mortgage on our house by the time we retire. (pay)
- I would love _____ my paternal grandfather, but he died before I was born. (meet)
- Our holiday in the French Riviera was a bit of a disappointment because it wasn't warm _____ in the sea. (swim)
- How frustrating for them _____ the match in the last minute! They must have been gutted. (lose)
- It is very common for employees _____ redundant when their company is doing badly. (make)
- A friend of mine is hoping _____ for a TV cookery show. (choose)
- Most children enjoy _____ the zoo by their parents. (take)
- _____ book first really helped me to understand the plot in the film. (read)
- There's _____ in our village in the evenings – not even a pub. (go)
- There's _____ your sister to the wedding. We know she won't come. (invite)

4 LEXIS IN CONTEXT Medical advice

Look at the Lexis in Context on Student's Book p.77. Complete the sentences with the correct form of *make* or *do*.

- I can't *make* up my mind whether to have surgery to correct my eyesight or not.
- Adam's wife is the one who _____ the decisions in their relationship.
- Can using herbal remedies _____ you any harm?
- If everybody recycled their household waste, it would really _____ a difference.
- Doctors say that a brisk walk _____ you good if you spend most of the day sitting down.
- He _____ the recommended warm-up exercises, but he still managed to injure himself.
- _____ friends is easier when you're young because you're usually surrounded by your peers.

5 VOCABULARY similes

Complete the sentences with a verb or adjective.

- We've just bought a new laser printer. It *works like a dream*.
- My boyfriend is as _____ as a mule. He refuses to stop the car and ask for directions.
- What's wrong? You've gone as _____ as a sheet!
- My new dog is as _____ as gold. It never bites or chews the furniture.
- Your uncle _____ like a fish. Is he an alcoholic?
- I dropped my knife and as _____ as a flash the waiter brought me a new one.
- I usually _____ like a log, but yesterday I had a really bad night.
- Alice is as _____ as a rake. I don't know how she manages it considering how much she eats!
- Our neighbour always has the TV on really loud. He's as _____ as a post.
- The waiter's walked straight past us several times. He must be as _____ as a bat.

6 PRONUNCIATION /ə/

a **iChecker** Listen to the sentences and **circle** the unstressed words with the /ə/ sound.

- (The)** **treat**ment **cost** (a) lot more **(than)** we'd thought.
- The surgeon arrived as soon as the patient was ready.
- It was too late for a doctor, so we went straight to hospital.
- The specialist suggested I went on a diet for a while.
- I'm allergic to plasters, so I never use them.

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

c Practise saying the sentences.

7 READING

- a Read the article once. Which phrase do you think is missing from the title?
- 1 If all else fails, try homeopathy
 - 2 Homeopathy kills
 - 3 Steer clear of homeopathy

say scientists

Homeopathy, the alternative therapy created in 1796 by Samuel Hahnemann, and now widely used all over the world, is based on the belief that the body can be stimulated to heal itself. A central principle of the 'treatment' is that 'like cures like' – in other words, a substance that causes certain symptoms can also help to remove those symptoms. Medicines used in homeopathy are created by heavily diluting in water the substance in question and subsequently shaking the liquid vigorously. They can then be made into tablets and pills. Practitioners believe that the more a substance is diluted in this way, the greater its power to treat symptoms.

However, in a new study, a working committee of medical experts at Australia's National Health and Medical Research Council (NHMRC) has claimed that homeopathic medicines are only as effective as placebos at treating illnesses. Their research, involving the analysis of numerous reports from homeopathy interest groups and the public, concluded that there is no reliable evidence that homeopathy works. Moreover, researchers uncovered no fewer than 68 ailments that homeopathic remedies had failed to treat, including asthma, sleep disturbances, colds and flu, burns, and arthritis.

As a result of the findings, the NHMRC is urging health workers to inform their patients to be wary of anecdotal evidence that appears to support the effectiveness of homeopathic medicine. 'It is not possible to tell whether a health treatment is effective or not simply by considering the experience of one individual or the beliefs of a health practitioner,' says the report. Experts believe that most illnesses said to have been cured by homeopathy would be cured by the body on its own without taking the medicine. Apparently, many illnesses are short-lived by their very nature which often leads to people believing that it is the homeopathy that cures them.

A more serious matter is highlighted by Professor John Dwyer of the University of New South Wales. As an immunologist, he is concerned about the homeopathic vaccinations on offer for diseases such as HIV, tuberculosis, and malaria, none of which he considers effective. According to Professor Dwyer, the concept that homeopathic vaccinations are just as good as traditional vaccinations is a delusion, and those who believe it are failing to protect themselves and their children.



- b Read the article again and choose the best answers.
- 1 According to the article, homeopathic medicines are...
 - a prepared in the same way
 - b made up of many ingredients
 - c suitable for a wide range of symptoms
 - d available only in liquid form
 - 2 The Australian study reveals that homeopathy is...
 - a extremely popular with the public
 - b helpful in the case of respiratory infections
 - c ineffective in treating many illnesses
 - d only of interest to certain groups of people
 - 3 People tend to believe in homeopathy because of...
 - a adverts displayed in health centres
 - b positive feedback from a small number of people
 - c advice they get from the medical profession
 - d the results of research into alternative therapies
 - 4 In Professor John Dwyer's view, homeopathic vaccinations are...
 - a not worth bothering with
 - b often harmful
 - c ridiculously expensive
 - d better than nothing
- c Look at the highlighted words and phrases connected with health and medicine and try to work out what they mean. Check in your dictionary.

8 LISTENING

- a **iChecker** Listen to a radio programme about American teenager, Ashlyn Blocker. What are the symptoms of her medical condition and what is its cause?
- b Listen again and mark the sentences T (true) or F (false).
- 1 Ashlyn's condition isn't life-threatening.
 - 2 She sometimes hurts herself when she is making a meal.
 - 3 When she was born, her behaviour wasn't normal.
 - 4 Doctors diagnosed her condition when she was around two years old.
 - 5 The staff at her school weren't very co-operative.
 - 6 When she was a child, her parents managed to prevent her from hurting herself.
 - 7 Publicity has helped her cause immensely.
 - 8 Her condition has been caused by an alteration in more than one of her genes.
- c Listen again with the audio script on p.74 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

8B Traveller or tourist?

1 VOCABULARY travel and tourism

a Complete the verbs.

- 1 During her trip to Kenya, Becky **went** on a safari.
- 2 We had to **c** our holiday when my husband lost his job – we just couldn't afford it.
- 3 We're going to the mountains for the weekend to **g** away from it all.
- 4 They're going to **p** their honeymoon until the bride's mother has had her operation.
- 5 I prefer to **w** round the sites on my own rather than listening to a tour guide.
- 6 We decided to **e** our stay by two nights because we were having such a good time.
- 7 They **s** off early to avoid the traffic.
- 8 We're broke this year, so we're going to **g** camping instead of staying in a hotel.
- 9 As soon as we'd checked into the hotel, we made for the city centre to **h** the shops.
- 10 If you're feeling tired, perhaps you should take a few weeks off to **r** your batteries.
- 11 The best thing about going abroad is being able to **s** the local cuisine.
- 12 For me, the main aim of a holiday is to **ch** out and forget about work for a while.
- 13 You need to spend at least a week in Venice to really **s** up the atmosphere.

b Replace the **bold** words and phrases with the words and phrases in the list.

brehtaking dull lively off the beaten track
overcrowded overrated picturesque remote
spoilt tacky ~~touristy~~ unspoilt

- 1 The town is full of hotels and shops; it's too **designed to attract visitors** for me. *touristy*
- 2 Some of our coastal areas have been totally **changed for the worse** by over-development.
- 3 There's no Wi-fi signal because the village is very **far from places where other people live**.
- 4 Don't bother going into that shop; all of the souvenirs are very **cheap and badly made**.
- 5 There are some beaches in the north which are **beautiful because they have not been changed**.
- 6 Our holiday was quite **boring** last year – nothing interesting happened.

- 7 Ibiza is a **vibrant** island, famous for its nightlife and parties.
- 8 I think the Seaview Hotel is **not nearly as good as the reviews said** – we were very disappointed.
- 9 Torremolinos in southern Spain is no longer the **old-fashioned, pretty** little fishing village it was in the 1950s.
- 10 We rarely go to the beach in August because it's always **too full of people**.
- 11 When we eventually reached the top of the mountain, the view was **absolutely spectacular**.
- 12 We wanted to rent a quiet cottage **away from where people normally go**.

2 LEXIS IN CONTEXT

Are you a tourist or a traveller?

Can you remember the phrasal verbs from the article on Student's Book p.79? Choose the right answer.

- 1 The town...a tourist destination when the latest season of a popular TV series was filmed there.
a turned out **b** turned into c turned on
- 2 The guests...in horror as the fire swept through the hotel.
a looked on b looked out c looked down on
- 3 They had to cancel the excursion because the coach didn't...
a turn up b turn in c turn off
- 4 Stop...how much we've spent; we've all had a great time and that's all that matters.
a going ahead with b going after c going on about
- 5 The boy...at a distance from his parents, hoping that nobody would realize they were together.
a stood up b stood off c stood up to
- 6 She...her husband's relations, who she considered inferior to her own family.
a looked up to b looked over c looked down on
- 7 I was..., so I thought I'd stop and say hello.
a passing over b passing away
c passing through
- 8 I...an old friend at the market, so we went and had a coffee together.
a ran over b ran into c ran out of

3 GRAMMAR

expressing future plans and arrangements

a **Circle** the correct form. Tick (✓) if both are possible.

- 1 From now on, I'm going to save / *about to save* my money instead of spending it all on clothes.
- 2 Our plane *takes off* / *is taking off* in three quarters of an hour.
- 3 Sylvia is so disillusioned with her course that she's *due to leave* / *on the point of leaving* university.
- 4 *Do you eat* / *Will you be eating* in the hotel restaurant tonight, sir?
- 5 My nephew *is due to start* / *is starting* university in September.
- 6 *I won't be driving* / *I'm not to drive* to work next week because my car will be at the garage.
- 7 The neighbours have invited us round tonight because they're *having* / *going to have* a party.
- 8 The Royal Family *are to visit* / *are going to visit* the Netherlands, Belgium, and Germany next month.
- 9 Sorry, but *I'm about to go* / *I go* into a meeting. Can I call you back in half an hour?

b Complete the second sentence so that it means the same as the first using the **bold** words.

- 1 Anna intends to have an early night tonight. **is**
Anna is going to have an early night tonight.
- 2 We expect the flight to land in about ten minutes. **due**
The flight _____ in about ten minutes.
- 3 May I ask who is picking me up from the station? **be**
Who _____ from the station?
- 4 The managing director is about to retire. **point**
The managing director is _____ retiring.
- 5 I'm catching the 12.15 bus to Seville tomorrow. **at**
My bus to Seville _____ 12.15 tomorrow.
- 6 The play is going to start very soon. **about**
The play _____.
- 7 I have arranged to take part in a half-marathon next Saturday. **taking**
I _____ in a half-marathon next Saturday.
- 8 They are going to hold the general election on March 3rd. **to**
The general election _____ on March 3rd.

4 LEXIS IN CONTEXT

Christmas getaway crippled by storms

Look at the Lexis in Context on Student's Book p.80. Then complete the sentences.

- 1 The plane looked as if it was going to land, but then it **shot** back up in the air.
- 2 The captain said the lights would be switched back on when we had gained sufficient **h** _____.
- 3 It was quite stormy when we flew to Dublin, so the flight was rather **b** _____.
- 4 After such a long delay, the passengers were **r** _____ when they boarded the plane at last.
- 5 We flew into thick cloud as we were **a** _____ Heathrow.
- 6 The plane **c** _____ the airport until the pilot was given permission to land.
- 7 My parents are **o** _____ to Greece tomorrow and are really excited.
- 8 We were advised to keep our seatbelts fastened in case we hit some **t** _____.
- 9 The flight arrived so late that we faced the **d** _____ of whether to spend the night in the airport or pay for a taxi to the city centre.
- 10 The gale-force **w** _____ on the coast caused serious damage last night.

5 PRONUNCIATION homophones

iChecker Listen to the sentences and **circle** the right spelling of the words you hear in the sentence.

- 1 **a**board b bored 6 a brake b break
- 2 a caught b court 7 a sight b site
- 3 a fair b fare 8 a peace b piece
- 4 a key b quay 9 a suite b sweet
- 5 a wait b weight 10 a cereal b serial

6 READING

a Read the article once and tick (✓) the best summary.

- 1 Career breaks to travel are usually amazing experiences, but you may put your job at risk.
- 2 Career breaks to travel sound like a good idea, but are often not worth it.
- 3 Most people who take career breaks to travel do not regret their decision.

The truth about taking a career break to travel

They say that travel broadens the mind, an adage which implies that the more we see of the world, the better. Yet once we get a foot on the career ladder, most of us put this idea to the back of our minds. ¹ _____ But does taking a break to travel really have such a negative effect on your career?

Diving enthusiast Russ Brooks found that it did not. When he was 36, Russ took a career break of 11 months which took him to 16 different countries. ² _____ 'The break showed that I was an independent thinker and willing to take risks to succeed,' he says. 'Nothing like a few stories of travelling in the developing world to show you can cope with anyone and any situation.' Contrary to what our society says, Russ was indeed employable.

Not only was Russ successful in his job hunt, but the break helped him to get his career back on the right track. 'My time away gave me time to unplug and recharge, see the world in an incredibly different light,' he says. 'It allowed me the time to step back and think about what was truly important to me. When I returned, I was inspired not to settle until I had found work that matched my core values.' ³ _____

Far from having a negative impact on your career, taking a break to travel can actually increase your prospects when presented in the right way. Heather Baker, an HR professional in Chicago, advises on how to best explain the time away. 'Think about this from the employer's point of view. ⁴ _____ Include it on your CV and share the details of when and why you did the break, as well as the result. If you are enthusiastic and positive about the experience, your passion will shine through and excite your potential employers as well.'

The main reason why travel improves a person's job prospects is that it can help them stand out in a crowd. ⁵ _____ Mitchel Samuelson was surprised by his interview experiences after the six months he spent travelling. 'All the companies I interviewed with, the first topic we discussed was my career break and travelling, as it was either a common interest or they were envious and/or interested in where I'd gone.'

To sum up, then, it appears that the consequences of taking a career break to travel are nothing but positive. These breaks often provide people with better opportunities on their return, and on top of that, they can lead to more clarity and job satisfaction. ⁶ _____ So, now that you know that travelling will not destroy your career, you can start planning your next career break. Bon voyage!



b Read the article again and match the missing sentences A–H to the gaps 1–6. There are two sentences you do not need to use.

- A On his return, it only took him three or four months to find employment.
- B As a side benefit, it allows you to see the world before you retire.
- C Long-term travel emphasizes a person's uniqueness and lets them be noticed – in a good way.
- D Most people cite fear of change, financial concerns, and lack of stability as excuses not to quit their job and head out to see the world.
- E In many cases they don't know what they want, so they stay.
- F After his sense of community was re-energized during his career break, Russ came back to become the CEO of a social impact media company.
- G We all fantasize about it: quitting our jobs, hopping on a plane, and heading out to see the world.
- H They want to know your career path and how this career break fits into that.

c Look at the highlighted words and phrases and try to work out their meaning. Check in a dictionary.

7 LISTENING

a **iChecker** Listen to Moira, who lives in the USA, describing a disastrous journey. How long did it take her to get home? Tick (✓) the right answer.

- 1 eight hours
- 2 twelve hours
- 3 fourteen hours
- 4 three days

b Listen again and answer the questions.

- 1 What was unusual about the weather that day?
- 2 How far is Moira's home from her office?
- 3 Who offered to give Moira a lift home?
- 4 Why had so many drivers parked at the side of the road?
- 5 What were some of the people walking along the road wearing?
- 6 What problems did they have between 5.30 and 6.45 a.m.?
- 7 Where did Moira tell the driver to drop her off?
- 8 Where did Moira walk to avoid falling over?
- 9 How did Moira get down the hill leading to her house?
- 10 What time was it when Moira eventually got home?

c Listen again with the audio script on p.75 and try to guess the meaning of any words that you don't know. Then check in your dictionary.