









# 12 It really works!

## 1 SNAPSHOT

**Common Health Complaints**

 <input type="checkbox"/> a headache	 <input type="checkbox"/> a backache	 <input type="checkbox"/> sore muscles	 <input type="checkbox"/> a stomachache
 <input type="checkbox"/> a cold	 <input type="checkbox"/> a cough	 <input type="checkbox"/> the flu	 <input type="checkbox"/> insomnia

Source: National Center for Health Statistics

Check (✓) the health problems you have had recently.  
What do you do for the health problems you checked?  
How many times have you been sick in the past year?

## 2 CONVERSATION Health problems

**A** Listen and practice.

Joan: Hi, Craig! How are you?

Craig: Not so good. I have a terrible cold.

Joan: Really? That's too bad! You should be at home in bed. It's really important to get a lot of rest.

Craig: Yeah, you're right.

Joan: And have you taken anything for it?

Craig: No, I haven't.

Joan: Well, it's sometimes helpful to eat garlic soup. Just chop up a whole head of garlic and cook it in chicken stock. Try it! It really works!

Craig: Yuck! That sounds awful!

**B** Listen to advice from two more of Craig's co-workers. What do they suggest?



### 3 GRAMMAR FOCUS

#### Infinitive complements

What should you do for a cold? **It's important** to get a lot of rest.  
**It's sometimes helpful** to eat garlic soup.  
**It's a good idea** to take some vitamin C.

**A** Look at these health problems. Choose several pieces of good advice for each problem.

#### Problems

1. a sore throat .....
2. a cough .....
3. a backache .....
4. a fever .....
5. a toothache .....
6. a bad headache .....
7. a burn .....
8. the flu .....

#### Advice

- a. take some vitamin C
- b. put some ointment on it
- c. drink lots of liquids
- d. go to bed and rest
- e. put a heating pad on it
- f. put it under cold water
- g. take some aspirin
- h. see a dentist
- i. see a doctor
- j. get some medicine



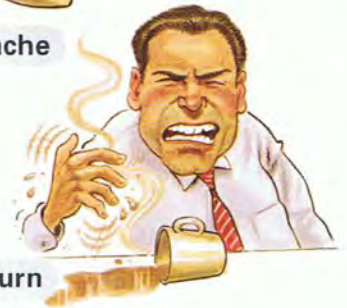
a sore throat



a fever



a toothache



a burn

**B Group work** Talk about the problems in part A and give advice. What other advice do you have?

A: What should you do for a sore throat?

B: It's a good idea to get some medicine from the drugstore.

C: Yes. And it's important to drink lots of liquids and . . .

**C** Write advice for these problems. (You will use this advice in Exercise 4.)

a cold    sore eyes    a sunburn    sore muscles

For a cold, it's a good idea to . . .

### 4 PRONUNCIATION Reduction of to

**A** Listen and practice. In conversation, **to** is often reduced to /tə/.

A: What should you do for a fever?

B: It's important **to** take some aspirin. And it's a good idea **to** see a doctor.

**B Pair work** Look back at part C of Exercise 3. Ask for and give advice about each health problem. Pay attention to the pronunciation of **to**.

## 5

**DISCUSSION** *Difficult situations*

**A Group work** What do you do in these situations? Think of three suggestions for each situation.

What do you do when . . . ?

- you feel very stressed
- you have an argument with a friend
- it's 2:00 A.M. and you can't sleep
- someone standing near you faints
- you need to study but you can't concentrate

- A: What do you do when you feel very stressed?  
 B: I think it's important to breathe deeply.  
 C: Yes, and it's sometimes helpful to . . .

**B Class activity** Have any of the above situations happened to you recently? Share what you did with the class.



## 6

**INTERCHANGE 12** *Help!*

Play a board game. Go to Interchange 12.

## 7

**WORD POWER** *Containers*

**A** Use the words in the list to complete these expressions. Then compare with a partner.

- |        |       |
|--------|-------|
| bag    | jar   |
| bottle | pack  |
| box    | stick |
| can    | tube  |

1. a ..... of toothpaste
2. a ..... of aspirin
3. a ..... of bandages
4. a ..... of shaving cream
5. a ..... of tissues
6. a ..... of face cream
7. a ..... of cough drops
8. a ..... of deodorant

**B Pair work** What is one more thing you can buy in each of the containers above?

“You can buy a bag of breath mints.”

**C Pair work** What are the five most useful items in your medicine cabinet?



## 8 CONVERSATION What do you suggest?

**A** Listen and practice.

Pharmacist: Hi. May I help you?

Mrs. Webb: Yes, please. Could I have something for a cough?  
I think I'm getting a cold.

Pharmacist: Well, I suggest a box of these cough drops.

Mrs. Webb: Thank you. And what do you suggest for dry skin?

Pharmacist: Try some of this new lotion. It's very good.

Mrs. Webb: OK. And one more thing. My husband has no energy these days. Can you suggest anything?

Pharmacist: He should try some of these multivitamins. They're excellent.

Mrs. Webb: Great! May I have three large bottles, please?



**B** Listen to the pharmacist talk to the next customer. What does the customer want?

## 9 GRAMMAR FOCUS

### Modal verbs can, could, may for requests; suggestions

**Can/May** I help you?

**Can** I have a box of cough drops?

**Could** I have something for a cough?

**May** I have a bottle of aspirin?

What do you suggest/have for dry skin?

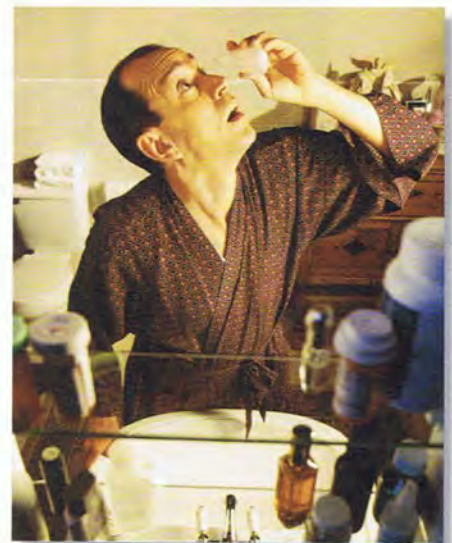
Try some of this lotion.

I suggest some ointment.

You should get some skin cream.

Complete these conversations with the verbs *can*, *could*, *may*, *have*, *try*, *suggest*, or *should*. Then compare and practice with a partner.

- A: ..... I help you?  
B: Yes. .... I have something for itchy eyes?  
A: Sure. I ..... a bottle of eye drops.
- A: What do you ..... for sore muscles?  
B: You ..... try this ointment. It's excellent.  
A: OK. I'll take it.
- A: ..... I have a box of bandages, please?  
B: Here you are.  
A: And what do you ..... for insomnia?  
B: ..... some of this herbal tea. It's very relaxing.  
A: OK. Thanks.



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## 10 LISTENING Try this!

**A** Listen to four people talk to a pharmacist. Check (✓) each person's problem.

- |  |  |
|--|--|
| 1. <input type="checkbox"/> The man's feet are sore.     | 3. <input type="checkbox"/> The man has difficulty sleeping. |
| <input type="checkbox"/> The man's feet are itchy.       | <input type="checkbox"/> The man is sleeping too much.       |
| 2. <input type="checkbox"/> The woman can't eat.         | 4. <input type="checkbox"/> The woman burned her hand.       |
| <input type="checkbox"/> The woman has an upset stomach. | <input type="checkbox"/> The woman has a bad sunburn.        |

**B** Listen again. What does the pharmacist suggest for each person?

## 11 ROLE PLAY Can I help you?

*Student A:* You are a customer in a drugstore. You need:

- something for low energy
- something for the flu
- something for a backache
- something for dry skin
- something for an upset stomach

Ask for some suggestions.

*Student B:* You are a pharmacist in a drugstore. A customer needs some things. Make some suggestions.

Change roles and try the role play again.



## 12 WRITING A letter to an advice columnist

**A** Read these letters to an advice columnist.



Dear Fix-it Fred,  
I have a problem and need your advice. What do you suggest for losing weight? My friends say I look fine, but I don't think so. I've tried several diets, but they just don't work for me. I'm desperate! Can you please help?

*Not Slim Jim*

Dear Fix-it Fred,  
Several months ago, I moved to another town to start college. I call my boyfriend back home every weekend. Now he says the distance is too great and we should break up. I want to stay together. What do you suggest?

*Heartbroken*

**B** Now imagine you want some advice about a problem. Write a short letter to an advice columnist. Think of an interesting way to sign it.

**C Group work** Exchange letters. Read and write down some advice at the bottom of each letter. Then share the most interesting letter and advice with the class.

# Rain Forest Remedies?

Look at the title, pictures, and captions. What do you think the article is about?



Carol Maxwell writes a column on health. Recently, she took a trip to Tortuguero National Park in Costa Rica.

- 1 Rodrigo Bonilla turns off the motor of the boat. We get off the boat and follow him along the path into the rain forest. Above us, a monkey with a baby hangs from a tree.
- 2 On this hot January day, Rodrigo is not looking for wild animals, but for medicinal plants – plants that can cure or treat illnesses. Medicinal plants grow in rain forests around the world.

- 3 Rodrigo is Costa Rican. He learned about jungle medicine from his grandmother. He shows us many different plants, such as the broom tree. He tells us that parts of the broom tree can help stop bleeding.
- 4 People have always used natural products as medicine. In fact, about 50 percent of Western medicines, such as aspirin, come from natural sources. And some animals eat certain kinds of plants when they are sick.
- 5 This is why medical researchers are so interested in plants. Many companies are now working with local governments and searching the rain forests for medicinal plants.
- 6 So far, the search has not produced any new medicines. But it's a good idea to keep looking. That's why we are now here in the Costa Rican rain forest.



A broom tree

**A** Read the article. Then check (✓) the best description of the article.

- 1. The article starts with a description and then gives facts.
- 2. The article gives the writer's opinion.
- 3. The article starts with facts and then gives advice.

**B** Answer these questions. Then write the number of the paragraph where you find each answer.

- ..... Where did Rodrigo learn about jungle medicine?
- ..... Who is interested in studying medicinal plants?
- ..... What is Rodrigo looking for in the rain forest?
- ..... How many new medicines have come from Rodrigo's search?
- ..... How many Western medicines come from natural sources?

**C Group work** Can you think of other reasons why rain forests are important?