

Exercises of Student's Book

Lesson-1

Before you begin

1 Look at the photographs. What medical treatment can you see?

a herbal remedy. أعشاب طبية.

b acupuncture. الوخز بالإبر.

c immunisation. تطعيم.

2 **DW** Read the words in the box. Check the meaning of any word(s) that you do not know in the Glossary on pages 90-92 or in a dictionary. Group the words in two categories:

1 health treatments 2 illnesses or medical conditions

DW: Dictionary Work

Acupuncture ailment allergy arthritis herbal remedy
homoeopathy immunisation malaria migraine

The word	The meaning	المعنى
Acupuncture	A form of complementary medicine which uses needles	الوخز بالإبر
ailment	Illness; disease	مرض
allergy	Conditions that make you ill when you eat, or breathe a particular thing	الحساسية
arthritis	A disease that causes pain and swelling in joints	التهاب المفاصل
herbal remedy	An extract or mixture of a plant used to prevent alleviate, or cure disease	أعشاب طبية

homoeopathy	A system of complementary medicine in which illness are treated by minute doses of herbs and other natural substance	العلاج البديل
immunisation	Giving a drug to protect against illness	تطعيم
malaria	A dangerous disease (illness) spread by mosquitoes	مرض الملاريا
migraine	A very bad headache	الصداع النصفي

1 health treatments: Acupuncture, herbal remedy, homoeopathy, immunisation.

2 illnesses or medical conditions: ailment, allergy, arthritis, malaria, migraine

3 This article is about complementary medicine. Listen and read.
What medical conditions may be treated using complementary medicine?

Complementary medicine: is it really a solution?

Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine. If patients wanted to receive this kind of nonconventional treatment, they used to have to consult a private practitioner who was likely not to have a medical degree. However, in recent years, the perception of this type of treatment has changed. These days, many family doctors study complementary medicine alongside conventional treatments, and many complementary medicine consultants also have medical degrees.

اعتاد معظم الأطباء على الشك بشأن فعالية الطب البديل، الوخز بالإبر وبعض الأدوية المكملة. إذا أراد المريض أخذ هذا النوع من العلاج غير التقليدي، كان عليهم استشارة

ممارس خاص والذي غالباً قد لا يكون حاصلًا على شهادة طبية، مع ذلك، في السنوات الأخيرة، تغيرت النظرة إلى هذا النوع من العلاج هذه الأيام، العديد من أطباء الأسرة يدرسون الطب التكميلي جنباً إلى جنب مع العلاجات التقليدية، وكثيراً من مستشاري الطب التكميلي لديهم شهادات طبية.

Whereas critics used to say that there was no scientific evidence that non-conventional treatments actually worked, now it is more common for medical experts to recognise that conventional medicine may not always be the only way to treat an ailment.

في حين أن النقاد كانوا يقولون أنه لا يوجد أي دليل علمي بأن العلاجات غير التقليدية تعمل، والآن الخبراء الطبيون ميالون إلى أن يدركوا أن الطب التقليدي قد لا يكون دائماً هو الطريقة الوحيدة لعلاج المرض.

At a surgery in London, 70 per cent of patients who were offered the choice between a herbal or a conventional medicine for common complaints such as insomnia, arthritis and migraines chose the herbal 5remedy. Fifty percent of patients then said that the treatment helped. One doctor said, "I now consider homoeopathy to be a viable option for many different conditions, including anxiety, depression and certain allergies. It provides another option when conventional medicine does not address the problem adequately."

في إحدى العيادات في لندن، 70% من المرضى الذين عرض عليهم الاختيار بين طب الأعشاب والطب التقليدي لالتهاب المفاصل أو مرض الشقيقة (الصداع)، اختاروا المداواة بالأعشاب، 50% من المرضى قالوا أن العلاج كان فعالاً، قال أحد الأطباء: "أنا الآن أعتبر الطب البديل خياراً متوفراً للكثير من الحالات، بما فيها القلق والإحباط وأنواع معينة من الحساسية. إنه يقدم خياراً آخر عندما يحل الطب التقليدي المشكلة على نحوٍ كافٍ."

However, complementary medicine cannot be used for all medical treatments. It can never substitute for immunisations as it will not produce the antibodies needed to protect against childhood diseases.

It also cannot be used to protect against malaria.

ومع ذلك، الطب التكميلي لا يمكن استخدامه في كل العلاجات الطبية، لا يمكنه أن

يكون بديلاً للتطعيم؛ لأنه لا ينتج المضادات الحيوية اللازمة ضد أمراض الطفولة. أيضاً لا يمكن استخدامه للوقاية من الملاريا.

One doctor said, "I Will always turn to ,conventional medical treatment first to ensure that no underlying condition is missed. However, the idea of complementary treatments is no longer an alien concept. In my opinion, it should work alongside modern gmedicine, and not against it."

قال أحد الأطباء: "سوف ألبأ دائماً إلى الطب التقليدي أولاً للتأكد من أن حالة مهمة تم إغفالها. ومع ذلك، فإن فكرة الطب التكميلي لم يعد مفهوم غريب، في رأيي، يجب أن يطبق جنباً إلى جنب مع الطب الحديث وليس ضده.

medical conditions may be treated using complementary medicine:

insomnia, arthritis, migraines, anxiety, depression, and certain allergies.

Comprehension

4 Listen to and read the article again, and decide if these sentences are true or false. Correct the false sentences.

1. Doctors used to be convinced that only conventional forms of medicine worked.

True.

2. Nowadays, many doctors study complementary forms of treatment.

True.

3. At the surgery mentioned in the article, the majority of patients found that the herbal remedy was useless.

False. Fifty per cent of patients said helped.

4. Complementary medicine can treat malaria.

False. Complementary medicine cannot be used for all medical treatments.

5 Answer the following questions about the article.

1. The article suggests that people's perception of complementary medicine has changed over time. Why do you think this is the case?
2. "Complementary treatments should work alongside modern medicine, not against it." Explain this statement in two sentences, justifying your answer with examples from the article.

Suggested answers

1. I think people's opinions of complementary medicine might have changed because of more information being freely available on the Internet. Additionally, more research may have been done on the effects of complementary medicine.
2. Students' answers might include mention of the doctor's comments in lines 27-32, recognition that conventional medicine isn't always the solution to a medical problem (lines '16-'19) and the positive responses from patients (lines 25-26).

Grammar: be used to; used to

6 Choose the correct option in each sentence.

Function:

used to:

We use this structure to describe PAST HABITS OR PAST STATES that have now changed.

يُستخدم هذا التركيب اللغوي لوصف عادات وحالات في الماضي، ولكنها قد تغيرت الآن.

be used to:

We use this structure to describe things that are familiar or customary in present.

يُستخدم هذا التركيب اللغوي لوصف أشياء مألوفة لنا واعتيادية في الوقت الحاضر وليس في الماضي.

1. *I didn't use to / am used to* understand English, but now I do.
2. My cousin has lived in Lebanon for a year. He says he *is used to / didn't use to* living there now.
3. My family and *I are used to / used to* go camping once a month, but we stopped doing that when we moved to the city.
4. Joining a gym can be very tiring at first if you *used to / aren't used to* doing much exercise.
5. When I was young, *I used to / am used to* go fishing with my dad every weekend. Now I don't, unfortunately!

Speaking

7 Work in groups. Talk about your life now, and compare it with your life have years ago. What changes have there been?

- What did you use to do that you do not do any more?
- What new activities are you used to doing now that you did not do in the past?
- Are the friends you used to spend time with different from your friends now?

Students' own answers.

Writing

8 Read the two sample reports on page 72 of the Activity Book. Which do you think gives a clearer picture of participation in the arts in London, England? Why? Consider the following:

structure register vocabulary content

Now write a paragraph of 60 words summarising your preferred report.

Students' own answers.