

UNIT 16

I. VOCABULARY

1. Fill the gaps in the text below with the correct words from the box.

prescription	eye	pharmacist	by	relief
used		medicine		



Visine Advanced Relief Eye Drops Instructions Leaflet

Visine Advanced Relief Eye Drops are ... (a) for the ... (b) of redness and discomfort of the ... (c) due to minor eye irritations caused ... (d) smoke, dust, wind and other irritants.

Visine Advanced Relief Eye Drops are available over-the-counter, which means that you can buy them without a ... (e). If you have any concerns about using this ... (f), ask your ... (g).

2. Add the suitable prefix or suffix from the box below in order to form new words in the following dialogue.

-algia	-er	anti-	an-	-ist	-cian	hyper
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At the Optician

P: "Good morning."

O: "Good morning. What seems to be the problem?"

P: "My sight is blurred and I have a bad headache."

O: "Take a seat. Put your chin here and focus on the image you see through the lenses. OK, we are ready with the right eye. Does the light bother you?"

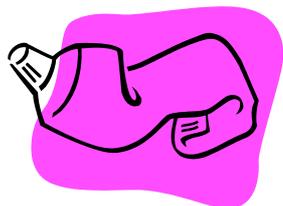
P: "Yes, it does."

O: "Let's see the left eye, too. All right. I have examined both your eyes. It seems that your cephal... is due to the ...tension, but I find no cause for the blurred sight. Here you are a prescription for some eye drops that have an ... - inflammatory and ...algescic effect, but you must see your General Practition... as soon as possible and ask him to give you a medical recommendation for an ophthalmolog... to receive a complete diagnosis."

P: "That sounds frightening! Thank you, doctor. Goodbye!"

O: "Goodbye!"

II. READING



The History of Toothpaste

Using toothpaste nowadays is something you consider a necessity but things were different in the past. Although it is believed that first traces of oral hygiene were found to be dated around 5000 years ago in Egypt, China, Mongolia and India, it was only in the 19th century that toothpastes or powders came into general use in Britain.

At the beginning the toothbrush was used only with water, but tooth powders soon gained popularity and people began to prepare them at home. The main ingredients were chalk, pulverized brick and salt.

In 1892, Dr. Washington Sheffield of New London, Connecticut had a brilliant idea. After his son travelled to Paris and saw painters using paint from tube, he came up with the idea of manufacturing toothpaste into a collapsible tube.

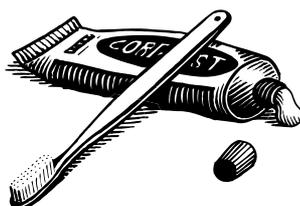
However, toothpastes did not manage to surpass the supremacy of tooth powders until World War I.

In 1914 fluoride became for the first time an active ingredient of toothpaste. The American Dental Association (ADA) criticized this ingredient. Therefore, it was necessary to make some improvements. Fluoride toothpastes developed in the 1950's received ADA's approval and nowadays are used all over the world.

Maybe one day, when you are brushing your teeth, you will remember the trail of the toothpaste and think that this family of toothpaste flavours from cinnamon to mint, vanilla or citrus would not be available to you if you lived in the past.

3. Based on the information in the text above, mark the following statements as true (T) or false (F):

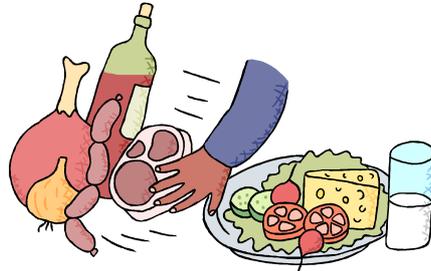
- a. Toothpaste has been used for 5000 years. ...
- b. The collapsible tube for toothpaste was invented by a British doctor. ...
- c. Before World War I toothpaste was less popular than tooth powder. ...
- d. The ADA approved the use of fluoride only after the producers improved the fluoride toothpastes. ...
- e. Toothpaste flavours have been available since ancient times. ...



III. USE OF ENGLISH

Become more active and improve your diet!

It will make a tremendous difference to your heart!



	DIET	SMOKING AND ALCOHOL	ACTIVITY
<p>Learn how to Take Care of Your Heart</p> 	<p>The best diet for a healthy heart is rich in fruit, vegetables and fibres and low in fatty, sugary foods.</p>	<p>Smoking and drinking are both related to heart disease.</p> <p>There is no potential health benefit from smoking.</p> <p>Moderate drinking can help to protect your heart.</p>	<p>Regular exercise can give you a healthier life.</p> <p>Relaxing can help reduce stress levels.</p>

4. Read the information above and then imagine you need to write a few lines to advise your friend suffering from heart disease how to improve her/his life:

e.g. If I ... (be) you, I ... (listen to) the doctor's advice.

If I were you, I would listen to the doctor's advice.

- I ... (eat) fruit and vegetables twice a day if the doctor ... (tell) me to.
- I ... (replace) the sugary foods with fibres if I my health condition ... (be) so poor.
- I ... (quit) smoking if I ... (be) you.
- If you ... (not smoke), you ... (not cough) anymore.
- If you ... (drink) less wine, you ... (feel) better.
- Tom ... (join) you if you ... (start) jogging in the morning.
- I ... (come) to the gym if you ... (decide) to exercise regularly.
- And I ... (love) to relax during the massage sessions if you ... (understand) it's time to reduce stress.
- I ... (practice) some relaxation techniques if that ... (be) beneficial.
- I ... (learn) to take care of my heart if I ... (be) in your shoes!

5. Fill in the blanks with the appropriate forms of the verbs in brackets:

Relaxation at the Office



You can relax at the office by using some very simple techniques. Take a five minute break everyday because it is important to practice relaxation regularly. It is easy and helpful, so it's worth giving it a try.

I assure you that you ... (become) aware of your body in a different manner *as soon as* you ... (start) this exercise. Sit down and close your eyes. You ... (feel) better *after* you ... (try) to imagine a peaceful place, like the ocean, for example. *When* you ... (imagine) relaxing by the ocean you ... (experience) also the smell of salty water and the sound of the waves. These mental images will help you take a visual journey to a calming place and you will feel less tension. *By the time* the break ... (be) ready, you ... (gain) a lot of energy. You are ready to start work again!

IV. LISTENING

6. You will hear a text about toothpaste. Listen carefully and fill in the gaps with the missing information: 🎧



Toothpaste is paste or a dentifrice used to clean and the aesthetic appearance and of teeth. It is almost used in conjunction with a Toothpaste use can good oral: it can aid in the removal of dentaland food from the teeth, it can aid in the elimination or masking of and it can deliver active such as fluoride to prevent tooth and disease.