

- G revision: question formation
- V working out meaning from context
- P intonation, stress, and rhythm in questions

Q and A

GRAMMAR revision: question formation

Complete the following questions with one or two question words or an auxiliary verb.

- 1 How much do you earn?
- 2 Are you married?
- 3 _____ have you been learning English?
- 4 _____ do you prefer, small towns or big cities?
- 5 _____ do you go to the theatre a year?
- 6 _____ tall are you?
- 7 _____ religion are you?
- 8 _____ you want to have children?
- 9 _____ of music do you listen to?
- 10 _____ advice do you listen to most?
- 11 _____ you ever said 'I love you' and not meant it?
- 12 _____ did you vote for in the last election?

✶ Cross (✶) the questions above which you wouldn't ask a person you don't know very well. Are there any questions which you would not even ask a good friend? Which questions might you expect to find in a magazine interview with a famous person?

Read the two interviews. Which question is...?
the most personal the most boring the most original.

Read the interviews again and write N (Norah) or L (Lionel).

- Who...?
- 1 never has enough time for what he / she wants to do _____
 - 2 has happy childhood memories _____
 - 3 avoids answering one of the questions _____
 - 4 feels guilty about something _____
 - 5 is probably a fan of the Rolling Stones _____
 - 6 is very proud about something _____
 - 7 says he / she is an insecure person _____
 - 8 needs help in his / her daily life _____

In pairs, look at questions 8–12 in the Lionel Richie interview. Find an example of...

- 1 a question where an auxiliary verb has been *added* to make the question.
- 2 a question where there is no auxiliary verb.
- 3 a question which ends with a preposition.
- 4 a negative question.
- 5 a question where the auxiliary verb and subject have been inverted to make the question.

➡ p.132 Grammar Bank 1A. Read the rules and do the exercises.

Young star, old star

Every week the British newspaper, *The Guardian*, chooses people who have been in the news recently, and publishes a short interview with them called Q&A. The questionnaire often includes quite personal questions.

Q&A Norah Jones



Norah Jones was born in New York and is the daughter of the Indian sitar player and composer Ravi Shankar and the concert promoter Sue Jones; her half-sister is the musician Anoushka Shankar. A singer-songwriter, her debut album, *Come away with me*, sold more than 20 million copies worldwide and won her five Grammy Awards.

- 1 **Where would you like to live?**
Barcelona.
- 2 **What do you most dislike about your appearance?**
I am too short. I am 5ft 1in (155cm).
- 3 **Who would play you in the film of your life?**
Maybe Christina Ricci.
- 4 **What's your favourite smell?**
Onion, garlic, and butter cooking in a pan.
- 5 **What's your favourite word?**
'No'.
- 6 **Which living person do you most despise, and why?**
No comment!
- 7 **What single thing would improve the quality of your life?**
Probably a housekeeper.
- 8 **Who would you invite to your dream dinner party?**
All my friends and Keith Richards – I think he'd be great at a dinner party.
- 9 **What's the worst job you've done?**
A waitressing job where I had the breakfast shift. It wasn't the job that was so bad, just the hours. I had to go in at five in the morning.
- 10 **If you could go back in time, where would you go?**
Summer camp in Michigan, aged 14.
- 11 **How do you relax?**
A hot bath.
- 12 **What keeps you awake at night?**
Music. A song will keep going round in my brain and keep me awake.



Q&A Lionel Richie

Lionel Richie was born in Alabama, USA. He became famous in the 1970s as lead singer with The Commodores and again in the 1980s as a solo singer. He is best remembered for songs like *Three times a lady*, *All night long*, and *Say you (say me)*, for which he won an Oscar.

2 PRONUNCIATION intonation, stress, and rhythm in questions

Using the right **intonation** or tone helps you to sound friendly and interested when you speak English. **Stressing** the right words in a sentence helps you speak with a good rhythm. **Intonation + stress = the music and rhythm** of English.

- a **1.1** Listen to questions 1–8. In which one does the speaker sound more friendly and interested? Write a or b.
 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___
- b **1.2** Listen and underline the stressed words in these questions.
- | | |
|--|---------------------------------------|
| 1 What's your <u>favourite kind of music</u> ? | 5 How long have you been living here? |
| 2 Have you ever been to a health club? | 6 What are you thinking about? |
| 3 How often do you go away at the weekend? | 7 Are you a vegetarian? |
| 4 Do you know what's on TV tonight? | 8 What do you do to relax? |
- c Listen again and repeat the questions in b. Try to sound as friendly as possible. Then ask each other the questions.

3 SPEAKING

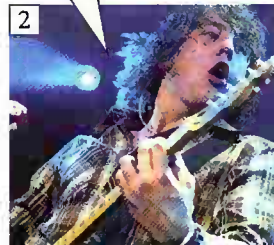
- a Look at the answers other celebrities gave to some other questions in *The Guardian* interview series. In pairs, try to guess what the original questions were.

La Sagrada Familia basilica in Barcelona.



1 Natalie Imbruglia, singer and actress

When England went out of the World Cup.



2 Danny Jones, from the band McFly

For the Labour party.



3 Martin Freeman, actor

Paris in the first decade of the 20th century.



4 William Boyd, writer

Going from anywhere back to Copenhagen.



5 Helena Christensen, top model

Flying, especially since 9 / 11.



6 Shaznay Lewis, singer from All Saints

- b Now choose six questions from the interviews to ask a partner. Only ask questions which you would be comfortable to answer yourself.

- 1 **What's your idea of perfect happiness?**
Sunday by the pool, no phone calls.
- 2 **What's your earliest memory?**
My first day at pre-school. I was terrified. I'd never seen that many children in my whole life.
- 3 **What's your most treasured possession?**
My Oscar.
- 4 **If you could edit your past, what would you change?**
The Commodores never did a farewell tour. We just broke up and disappeared.
- 5 **What has been your most embarrassing moment?**
Forgetting the lyrics to my new single on a TV show.
- 6 **What words or phrases do you most overuse?**
'I'll call you back' or 'I'll see you soon'.
- 7 **What's the most important lesson life has taught you?**
Don't trust the smile, trust the actions.
- 8 **What don't you like about your personality?**
I'm an egotistical maniac with an inferiority complex.
- 9 **What makes you depressed?**
That there are 24 hours in a day and I need 36.
- 10 **When did you last cry and why?**
At the funeral of Milan Williams of The Commodores.
- 11 **Who would you most like to say sorry to?**
To my kids for not being there more.
- 12 **What song would you like to be played at your funeral?**
All night long and Stevie Wonder's *I just called to say I love you*.



WHEN I ARRIVED at the Hydro Bar, the women, who were wearing fashionable dresses and smart suits, were giggling nervously as they put on badges with a number on them. 'Maybe my jeans are a bad idea,' I thought. I chatted to other people while we waited. People I spoke to said they had doubled the number of dates they had in a year with just one night of speed dating. The men included a chef, a banker, a photographer, an engineer, a management consultant, and a novelist. They were just pleased they could stop having to try to chat up strangers in bars: 'It's so hard to meet girls in London. With speed dating you meet 20 or 30 single girls in one night,' said one man. 'You can't talk to girls at salsa classes,' said another. Matt, 28, said, 'After doing this once I got several dates. There's a good atmosphere; it's safe and it's really good. It's like being at a party with lots of single women.'

Then it started. I made eye contact with the girl next to me so we could compare our opinions of the men; we raised our eyebrows for a possibility, exchanged a smile if the man was good-looking, and made a grimace if he made three minutes feel like three hours.

I thought it was boring just to ask questions like 'What do you do?' or 'Where are you from?' so I tried to think of more interesting and imaginative questions to ask, like 'If you could be an animal, what animal would you be and why?'

In the end I ticked six boxes. A couple of days later, I was told that four of the men had ticked me too. Four new dates. Not bad in 66 minutes.

Glossary 2

- 1 _____ a small piece of metal, plastic, or cloth with words or a design on it
- 2 _____ an expression on your face that shows you are in pain
- 3 _____ laugh in a silly way because you are amused or nervous
- 4 _____ move the line of hair above your eye upwards
- 5 _____ **pv** talk (to sb) in a friendly way because you are attracted to them
- 6 _____ talk in a friendly, informal way

- f Complete Glossary 2 with the correct word or phrase.
- g Using your own words, answer questions 1–4 with a partner.
 - 1 Why did the journalist feel a bit uncomfortable at first?
 - 2 What kind of men went to this speed dating evening?
 - 3 What kind of signs did she make to the girl next to her? What for?
 - 4 What kind of questions did she think worked best?
- h Do you think speed dating is a good way of meeting people? If you were looking for a partner, would you try it? What questions would you ask?

5 LISTENING

- a **1.3** Listen to a radio programme about speed dating. A man and a woman who have both tried it talk about their experiences. How successful was it for them?
- b Listen again. Then answer the questions with E (Emily), A (Alex), or B (both).
Who...?
 - 1 preferred to ask normal questions
 - 2 was asked an unusual question
 - 3 was asked the same question again and again
 - 4 got the fewest matches
 - 5 had a disastrous date because he / she wasn't feeling well
 - 6 was invited on a date which never took place
 - 7 had a good date in spite of having had some bad news
 - 8 realized on a date that his / her first impression was wrong
 - 9 says he / she isn't planning to go speed dating again
- c Does hearing about Emily and Alex's experiences make you feel more or less positive about speed dating?

6 SPEAKING

GET IT RIGHT reacting and asking for more information

When you ask someone a question and they answer, it is normal to show interest, e.g. *Really?*, *Oh yes?*, *Yes, me too*, *Me neither*, *I know what you mean*, or by asking for more information, either with another question, e.g. *And what happened then?* or simply with a question word, e.g. *Why?* *When?*, etc.

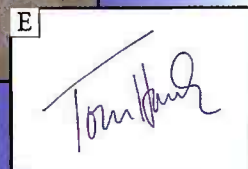
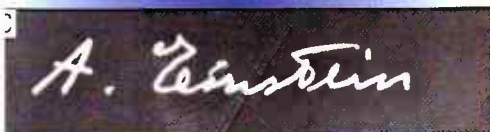
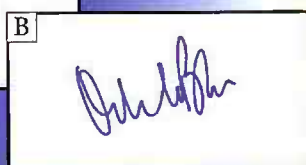
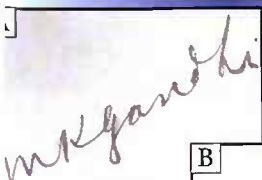
- a You are going to do 'speed questioning' with other people in the class. Before you start, think of five questions to ask.
- b When your teacher says 'Start', you have three minutes to talk to the person next to you. Ask and answer each other's questions and ask for more information. When the teacher says 'Change', stop and go and talk to another student.
- c Which questions were the best for finding out about other students?

From The Observer

Do you believe it?

READING & SPEAKING

Look at the signatures. Can you identify any of the people?



What your *signature* says about you

Your signature is the part of your handwriting that says the most about your personality. It is quite normal for your signature to change during your life, as your signature reflects how you evolve as a person. It is also common to have several signatures, for example a more formal signature (name and surname) when you sign a credit card or passport, and an informal signature (just your first name) when you sign a birthday card.

Your formal signature A signature usually contains either a first name and a surname, or initials and a surname, or, less frequently a first name and initials. Your first name represents your private or family self, and your surname represents your public self, how you are socially and at work.

If your first name is more prominent in your signature, this implies that you have positive feelings about your childhood and that your 'private' self is more important to you than your 'public' self.

If your surname is more prominent, this means that your 'public' self is more important to you. The more space there is between your name and surname, the more you wish to keep your public and private self separate.

If you use only initials either for your first name or your surname in your signature, this means that you are more secretive about this part of your personality (your private or public persona).

Legibility A legible signature, where names can be clearly read, implies that you are a person with clear ideas and objectives. The more illegible your signature is, the less assertive you are as a person, and the more you tend to avoid conflict.

Angle Most signatures are horizontal, rising, or descending. A rising signature means that you are the kind of person who, when faced with problems, will work to overcome them. Usually optimistic, you are in control and ambitious. A descending signature means that you have a tendency to get depressed and give up when faced with problems, and lack self-confidence. Some people's signatures are going through a hard time or an illness. A horizontal signature suggests an emotionally stable person who is well-balanced and generally satisfied with the way their life is going.

Size If your signature is bigger than the rest of the letter or document you have written, that means that you are self-confident and have quite a high opinion of yourself. Some people actually sign in capital letters, which suggests they are arrogant rather than self-confident. People whose signature is smaller than the rest of the text may be insecure and have low self-esteem.

Read the first paragraph of an extract from a book about graphology. On a piece of paper, write the sentence *I look forward to hearing from you*, and then sign your name under the sentence.

Now read the rest of the extract and answer the questions. According to the extract, which of the people A–F...?

- | | |
|--|--|
| 1 has / had no separation between their public and private self, and is / was not very assertive | 4 is / was probably rather arrogant |
| 2 is / was more identified with their public self, optimistic, and ambitious | 5 keeps / kept their public and private life separate, is / was ambitious, and has / had positive feelings about their childhood |
| 3 is / was more identified with their private self, and without much self confidence | 6 is / was secretive about their private life, and keeps / kept it very separate from their public life |

Try to guess the meaning of the highlighted words and phrases from the context. Check with your dictionary or the teacher.

Now look at your partner's piece of paper with his / her signature, and explain what it means.

Did you agree with your partner's interpretation? Do you think graphology is a serious science? Why (not)?

2 VOCABULARY personality

a Without looking at the text, how many of the ten highlighted adjectives / phrases can you remember?

b p.146 Vocabulary Bank Personality.

c Add either a suffix or a prefix or both to the bold words to make an adjective that fits the sentence.

- I don't think he's going to get very far. He's totally unambitious. **ambition**
- You'll have a lively evening if Jane's coming because she's very _____. **talk**
- You can't trust John to help. He's completely _____. **rely**
- You look very _____. Have you had some good news? **cheer**
- He's a bit _____. He said he liked my sister but he obviously doesn't. **sincere**
- She's not very _____. She never has any good ideas. **imagine**
- People say he's _____. You can't trust him with money. **honest**
- She's so _____! She won't give me a hand with my homework. **help**

3 PRONUNCIATION using a dictionary to check word stress

In a dictionary, word stress is shown by an apostrophe before the stressed syllable, e.g. *begin* /brɪ'gɪn/. Some words, especially compound words, have a primary (or main stress) and a secondary stress, e.g. *good-looking* /,gʊd'lʊkɪŋ/. Secondary stress is shown by a low apostrophe. It is less strong than primary stress.

a Use the phonetics to underline the *main* stressed syllable.

- | | |
|---------------------------------|----------------------------|
| 1 arrogant /'ærəɡənt/ | 7 possessive /pə'zesɪv/ |
| 2 assertive /ə'sɜ:tɪv/ | 8 loyal /'lɔɪəl/ |
| 3 bad-tempered /,bæd'tempəd/ | 9 stubborn /'stʌbən/ |
| 4 creative /kri'eɪtɪv/ | 10 impatient /ɪm'peɪʃnt/ |
| 5 considerate /kən'sɪdərət/ | 11 unsociable /ʌn'seɪʃəbl/ |
| 6 conscientious /,kɒnʃrɪ'enʃəs/ | 12 immature /ɪmə'tʃʊə/ |

b 1.4 Listen and check. Are the negative prefixes or suffixes stressed?

c Practise saying the sentences below.

- He's terribly bad-tempered – you need to be careful with him.
- She's so conscientious – she always does her best in everything.
- He's very easy-going – he never gets stressed.
- His mother's really possessive – she doesn't want him to get married.
- She's so immature – she behaves like a child.

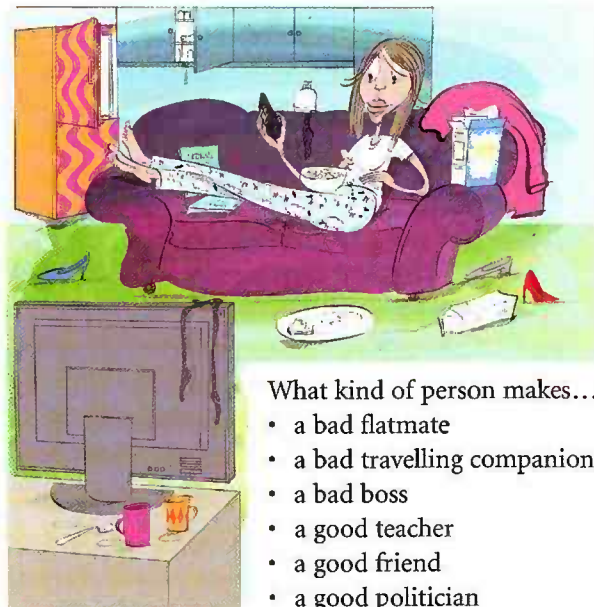
4 SPEAKING

GET IT RIGHT paraphrasing

If you don't know the exact adjective you need, use a phrase, e.g. *She's the kind of person who...*, *He tends to...*

Remember the third person s.

Talk in small groups. Give examples where you can of people you know or have known.



What kind of person makes...?

- a bad flatmate
- a bad travelling companion
- a bad boss
- a good teacher
- a good friend
- a good politician

MINI GRAMMAR

the...the... + comparatives

The more illegible your signature is, the less assertive you are as a person.

Use *the* + comparative adjective or adverb to show that one thing depends on another, e.g.

The sooner you do it, the easier it'll be = how easy it will be depends on when you do it.

The colder it is, the more clothes you need to wear.

Rewrite the sentences using *the...the...* + a comparative adjective or adverb.

- If you study more, you learn more.
The _____, the _____.
- If we leave soon, we'll get there earlier.
The _____, the _____.
- If you are sociable, you have more friends.
The _____, the _____.
- If you are happy, you are nicer to other people.
The _____, the _____.

5 1.5 SONG You gotta be

6 LISTENING & READING

- a Read the beginning of a magazine article. Do you know what a psychic is? Do you believe psychics have special powers or are you sceptical?
- b You're now going to listen to Jane describing her visit to the psychic, Sally Morgan. After each part, discuss the questions with a partner.

Part 1 1.6

Answer the questions.

- 1 What was Jane's first impression of the room and of Sally?
- 2 What are the first questions Sally asked her?
- 3 Why is Jane surprised by two things Sally mentions?

Part 2 1.7

True or false?

- 1 Jane lived in Ireland when she was a child.
- 2 The psychic says there will be a new man in Jane's life.
- 3 Jane is above average height.
- 4 She thinks Jane will be attracted to him by his looks.
- 5 Jane thinks she knows who the man is.

Part 3 1.8

Choose a, b, or c.

- 1 Sally says that, in the future, Jane ____.
a will have the same health problems as her mother
b will live longer than her mother
c should have plastic surgery
 - 2 According to Sally, ____ is good at reading and writing.
a neither Jane's son nor her daughter
b neither Jane's ex-husband nor her daughter
c neither Jane's ex-husband nor her son
 - 3 What Sally says about Jane's children makes Jane feel ____.
a convinced that Sally is a genuine psychic
b less sceptical about Sally being a psychic
c sure that Sally is not a genuine psychic
- c Read about some typical techniques used by psychics. Match the titles with the paragraphs.

A Getting information from the client

B Using a name

C The flattering statement

D Identifying common medical problems

- d Listen to Jane talking about her visit again. Which techniques did Sally use?
- e 1.9 Now listen to Jane talking a few weeks later. What was her final opinion about Sally's psychic abilities? What has happened since she went to see Sally?
- f Do you know anyone who has been to a psychic? What happened?

Can psychics really see the future?

Jane Dickson investigates.

I am almost the only person I know who has never been to a psychic. Everyone I asked had a story about how key events in their lives had been predicted in some way. So I was really looking forward to my first visit to a psychic...



Tricks of the trade?

These are some of the techniques used by psychics...

- 1 Something psychics always do is say something that's true of almost anyone on the planet, preferably something positive. An all-time favourite is 'You're intelligent with a great sense of humour'. Who is going to answer, 'Well actually, I'm not. I'm really stupid and have no sense of humour at all?'
- 2 Statistics confirm that a headache is the most common female health problem and almost 50% of men have a scar on their leg, so it's not really surprising when a psychic 'sees' these problems.
- 3 A psychic can deduce a lot from your age and appearance, and most of them actually ask direct questions. It's difficult to avoid answering if you want results, because saying nothing is like going to the doctor and refusing to discuss your symptoms.
- 4 Coming up with a few names is always impressive. The usual method is to let the client work out who it might be. 'Does the letter s mean anything to you?' is a frequent strategy.



7 GRAMMAR auxiliary verbs

- a Look at some extracts from the listening. Circle the correct auxiliary verb.
 'Australia is very important in your life.'
 '1 *Is / Isn't / Was it?* I've never been to Australia.'
 'Another place which is very important in your life is Ireland.'
 'Yes Ireland 2 *is / does / has* play a big role in my life.'
 'Let's see, your mother suffers from headaches, 3 *doesn't / isn't / does* she?'
 'Yes, she 4 *is / does / has*, actually.'
 'Well, you'll need to watch out for headaches, and so 5 *is / does / will* your mother.'
- b 1.10 Listen and check. Underline the auxiliaries which are stressed.
- c In pairs, decide which auxiliary is used...
- | | |
|--|-------------------------------------|
| A as a short answer. | <input checked="" type="checkbox"/> |
| B to add emphasis. | <input type="checkbox"/> |
| C to check information. | <input type="checkbox"/> |
| D to show surprise. | <input type="checkbox"/> |
| E to avoid repeating a verb or phrase. | <input type="checkbox"/> |
- d p.132 Grammar Bank 1B. Read the rules and do the exercises.

8 PRONUNCIATION intonation and sentence rhythm

- a 1.11 Listen to the conversation and circle the auxiliary verbs which are stressed.
- A What's your sister like?
 B Well, she's rather shy and quiet.
 A Is she? So is my brother!
 B Isn't your brother a doctor?
 A That's right. And your sister works in a bank, doesn't she?
 B No, she doesn't. She's a journalist.
 A Oh yes, you did tell me, but I forgot. I think they'd probably get on well.
 B Do you? But if my sister doesn't talk much and neither does your brother...
 A Yes, you're probably right. We won't introduce them then.
- b Listen and repeat the conversation copying the intonation and rhythm. Then practise it in pairs.
- c 1.12 Listen and respond to the sentences you hear with an echo question, for example *Are you? Didn't you?*, etc.
- d Complete the sentences on the left so that they are true for you. Then read them to your partner who will respond with an echo question and then say whether he / she is the same as you or different.

I'm not very good at _____ . (activity)	Aren't you?	Neither am I. / I am.
I'm very _____ . (adjective)	Are you?	So am I. / I'm not.
I hate _____ . (a food)	Do you?	So do I. / I don't. I like it.
I don't often _____ . (verb)	Don't you?	_____ .
I've been to _____ . (town / country)	_____ .	_____ .
My favourite season is _____ .	_____ .	_____ .

- e Communication You're psychic, aren't you? A p.116 B p.119. Make guesses about your partner and then check if they are true.

G present perfect (simple and continuous)

V illness and treatment

P consonant and vowel sounds

You're the doctor!

SPEAKING & VOCABULARY illness and treatment

Read about the two situations and work out the meaning of the highlighted words. Then decide which you think is the correct answer for each one.

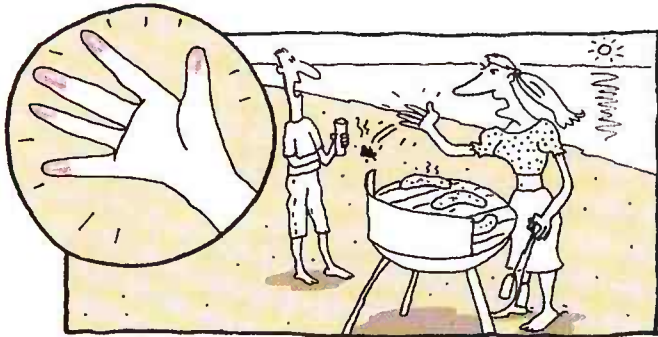
You're the doc!



1 You're at home with some friends watching a football match on TV. In the excitement, one of your friends suddenly starts having a nosebleed.

DO YOU...?

- a get some ice from the freezer and put it on his nose
- b get some toilet paper, tell him to put it in his nose, and suggest that he goes to the doctor to check his blood pressure
- c tell him to pinch the soft part of his nose for five minutes



2 You're having a barbecue with some friends on the beach. One of your friends accidentally picks up a very hot piece of wood and burns her hand. It hurts a lot and she has blisters on her skin.

DO YOU...?

- a pour cold water on the hand and then cover it with a plastic bag
- b cover the burn with suncream
- c break the blisters and put on antiseptic cream

2 PRONUNCIATION consonant and vowel sounds





The phonetic symbols in a dictionary help you check the pronunciation of words which have an irregular sound-spelling relationship.

a **1.13** Use the phonetic symbols to help you pronounce these words. Then listen and check.

- | | |
|------------------|-------------------------|
| 1 cough /kɒf/ | 4 bruise /bru:z/ |
| 2 heart /hɑ:t/ | 5 blood /blʌd/ |
| 3 asthma /'æsmə/ | 6 diarrhoea /,daɪə'riə/ |

b How do you pronounce the sounds below? Write the words from the list in the correct column.

ache infection ankle bandage specialist chemist
choking GP allergy pressure rash check-up
stomach temperature unconscious

c **1.14** Listen and check. Practise saying the words.

d **p.160 Sound Bank.** Look at the typical spellings for these sounds.

e Ask and answer the questions below with a partner.

- 1 What are the main symptoms of...?
 - a a cold
 - b flu
 - c a twisted ankle
 - d a heart attack
 - e an allergic reaction
 - f food poisoning
- 2 What should you do if you have the illnesses or injuries above?

b **Communication** *You're the doc!* p.116. Check your answers.

c **p.147 Vocabulary Bank** *Illness and treatment.*

3 READING & LISTENING

- a You are going to read an article about two people who found themselves involved in life or death situations. Work in pairs. A read the first article and B read the second.

Help! My friend's choking!

Library assistant, Mrs. Johnson was having dinner with friends in a restaurant. They were all having steak and Mrs Johnson had just swallowed a piece of meat when she suddenly found that she couldn't breathe. Her friends hit her hard on the back, but the piece of steak remained stuck in her throat. She was starting to panic. One of her friends shouted out desperately, 'Excuse me, can anyone help my friend? She's choking.' At another table in the restaurant Trisha Goddard, a TV chat show presenter, saw what was happening and rushed over to try to help. She stood behind Mrs Johnson and put her arms round her waist, and then pulled hard inwards and upwards three times...



- b Take turns to tell each other your story. Explain...
 1 what the situation was.
 2 what the person who was giving first aid did.
- c Discuss whether you think they did the right thing or not.
- d **1.15** **1.16** Now listen to what happened next and answer the questions.
 1 What happened to Mrs Johnson in the end? Did Trisha Goddard do the right thing?
 2 What happened to Peter in the end? Did his mother do the right thing?

4 SPEAKING

GET IT RIGHT keep going!

Even when you know a lot of vocabulary connected with a topic, you may find that you don't know the exact word or phrase for what you want to say. If this happens, don't freeze! Paraphrase (use other words to say what you mean) and keep going!

Useful language

What I mean is...

I can't remember / I don't know the word, but it's...

She had a sort of / kind of...

Talk to a partner.

Have you ever had to give first aid?

YES **NO**
 Who to? Why?
 What happened?

Has anyone ever had to give you first aid?

YES **NO**
 What happened?

How much do you know about first aid?

Where did you learn it?

What do you think you should do if...?

- a someone is stung by a wasp
 b someone has too much to drink and loses consciousness
 c someone accidentally takes too many painkillers

The day my little boy swallowed a tomato

'Look at me, Mum,' giggled my three-year-old son. I could hardly understand him, as his mouth was full of cherry tomatoes. He had taken them out of the fridge while I was making lunch. 'Oh Peter, don't be silly,' I laughed. This was a big mistake. Peter tried to laugh too, and as he did so, one of the tomatoes got stuck in his throat. He tried to cough, but nothing happened. He was choking. I hit Peter on the back, but the tomato didn't move. Peter began to turn blue. I ran outside into the street, screaming for help, but the road was completely deserted. I was desperate. I put my whole hand in his mouth and pushed my fingers as far as I could down his throat...



GRAMMAR present perfect (simple and continuous)

Check what you know: present perfect / past simple. Right (✓) or wrong (✗)? Correct the wrong highlighted phrases.

- 1 A **Have you ever had** an operation?
 B Yes, I've broken my leg two years ago.
- 2 A How long was your uncle in hospital?
 B Since last Tuesday. He's coming home tomorrow.
- 3 You haven't taken your medicine yet.
- 4 A **Have you gone** to see the doctor?
 B Not yet. I'm going this afternoon.
- 5 Ouch! I cut my finger! Have you got a plaster?
 6 I know my doctor for ten years. She's very good.

Any problems? ➔ **Workbook p.10**

1.17 **New grammar.** Read the jokes and use your instinct to cross out the wrong form (present perfect simple or continuous). Listen and check.

Patient Doctor, my son *has swallowed / has been swallowing* my pen, what should I do?
Doctor Use a pencil until I get there.



Doctor You look exhausted!
Patient Yes. *I've run / I've been running* after a cat.
Doctor After a cat?
Patient Yes, I think I'm a dog, doctor.
Doctor I see. How long *has this gone on / has this been going on* for?
Patient Since I was a little puppy.
Doctor OK. Just lie down here on the couch and we'll talk about it.
Patient I can't!
Doctor Why not?
Patient I'm not allowed on the furniture.



Patient *Have they sent / Have they been sending* you the results of my tests yet?
Doctor Yes. The news isn't good, I'm afraid.
Patient How long have I got to live, doctor?
Doctor Ten...
Patient Ten WHAT? Months? Weeks?
Doctor Nine, eight, seven, six...



c ➔ **p.132 Grammar Bank 1C.** Read the rules and do the exercises.

d In pairs, use the prompts to ask and answer the questions. Is there anything you could do to improve your health?



- 1 / drink much water? How many glasses / drink today?
- 2 / do any physical exercise? What? How long / do it?
- 3 / eat a lot of fruit and vegetables? How many portions / have today?
- 4 / walk to school/work/university? How far / walked today?
- 5 / smoke? How long / smoke? How many cigarettes / have today?
- 6 / take any vitamins at the moment? How long / take them?
- 7 How many hours / sleep a night? / sleep well recently?
- 8 / allergic anything? / ever have a serious allergic reaction?

6 READING

- a What symptoms do people have when they feel stressed?
- b Which *three* of these things do you think are the most stressful? Number them 1–3 (1 = the most stressful) and compare with a partner.
- Packing for a trip at the last minute.
 - Being stuck in a traffic jam when you have an appointment.
 - Writing a report for your boss when you don't have much time to finish it.
 - Running for a bus or train.
 - Looking after a family member who has a chronic illness.
 - Shopping in your lunch break.
 - Programming a DVD player using the instruction manual.
- c Read the article once quite quickly and then tick (✓) the activities that are bad for your health. What does the article say about the others?
- d Read the article again more slowly. Circle the correct *main idea* for each paragraph.
- 1 a Being in traffic jams is bad for our health.
b Some people think that not all kinds of stress are bad for us.
c Doctors don't agree how we can reduce our levels of stress.
 - 2 a Young people suffer more from stress than older people.
b Alzheimer's is one of the illnesses many old people suffer from.
c Good stress stops us from getting ill.
 - 3 a Situations which produce good stress are always short term.
b Some stress can make our cells stronger.
c Too much protein can make us ill.
 - 4 a We need some stress to exercise our cells' self-repair mechanism.
b Doing physical exercise makes us feel less stressed.
c Packing your suitcase in a hurry is an example of good stress.
- e Complete the sentences using words from the article.
- 1 When we try to do less of something, we try to c _____
d _____ (paragraph 1).
 - 2 An illness that you have for a very long time is called a c _____
illness (1).
 - 3 Something which is good for us is b _____ (2).
 - 4 The verb to make something stronger is s _____ (2).
 - 5 Our body is made up of millions of c _____ (2).
 - 6 When we treat our body badly we d _____ it (3).
 - 7 Another word for illness is d _____ (3).
 - 8 Something which is bad for us is h _____ (3).
 - 9 Doing exercise helps to make our m _____ bigger and
stronger (4).
- f Use your dictionary to check the pronunciation of the words in e
- g Discuss these questions with a partner.
- 1 Do you agree with what you have read in this article? Why (not)?
 - 2 What kinds of 'good stress' do you have in your life?
 - 3 What other health stories have you heard about recently?
Do you pay much attention to them? Do you believe them?



1 For decades doctors have warned us about the dangers of stress and have given us advice about how to cut down our stress levels. Everyone agrees that long-term stress, for example having to look after someone who has a chronic illness, or stressful situations where there is nothing we can do, for example being stuck in a traffic jam, is bad for our health and should be avoided whenever possible. However, some medical experts now believe that certain kinds of stress may actually be good for us.

2 Dr Marios Kyriazis, an anti-ageing expert, claims that what he calls 'good stress' is beneficial to our health and may, in fact, help us stay young and attractive and even live longer. Dr Kyriazis says that 'good stress' can strengthen our natural defences which protect us from illnesses common among older people, such as Alzheimer's, arthritis, and heart problems. He believes that 'good stress' can increase the production of the proteins that help to repair the body's cells, including brain cells.

3 According to Dr Kyriazis, running for a bus or having to work to a deadline are examples of 'good stress', that is



situations with short-term, low or moderate stress. The stress usually makes us react quickly and efficiently, and gives us a sense of achievement – we did it! However, in both these situations, the stress damages the cells in our body or brain and they start to break down. But then the cells' own repair mechanism 'switches on' and it produces proteins which repair the damaged cells and remove harmful chemicals that can gradually cause disease. In fact, the body's response is greater than is needed to repair the damage, so it actually makes the cells stronger than they were before.

4 'As the body gets older, this self-repair mechanism of the cells starts to slow down,' says Dr Kyriazis. 'The best way to keep the process working efficiently is to 'exercise' it, in the same way you would exercise your muscles to keep them strong. This means having a certain amount of stress in our lives.' Other stressful activities that Kyriazis recommends as being good stress include redecorating a room in your house over a weekend, packing your suitcase in a hurry to reach the airport on time, shopping for a dinner party during your lunch break or programming your DVD or video recorder by following the instruction manual.



From The Times

So next time your boss tells you that she wants to see that report finished and on her desk in 45 minutes, don't panic; just think of it as 'good stress' which will have benefits for your long-term health!

THE INTERVIEW



- a You are going to listen to an interview with Frank Clifford, an astrologer and palmist. Before you listen, read the glossary and look at how the words are pronounced to help you understand what he says.

Glossary

birth chart /bɜːθ tʃɑːt/ a map which shows the position of the planets when a person was born

unalterable /ʌn'ɒltərəbəl/ which can't be changed

destiny /'destəni/ what will happen to somebody in the future

genuine /'dʒenjuɪn/ real, authentic

scared the life out of me terrified me

curse /kɜːs/ a word or phrase which has magic power to make something bad happen



- b 1.18 Listen to part 1. Answer the questions with a partner.

- 1 What does an astrologer find out from a person's birth chart?
- 2 What does a palmist find out from reading someone's palm?
- 3 How can astrologers and palmists help people with their future?
- 4 Would Frank Clifford tell people if he 'saw' that they were going to have a serious illness? Why (not)?

- c 1.19 Listen to part 2. Answer the questions with a partner.

What does he say about...?

- 1 choosing an astrologer or palm reader
- 2 a palmist he visited when he was 17
- 3 the kind of people who visit him
- 4 the different attitudes of men and women
- 5 predicting his own future

- d 1.20 Listen and complete the phrases. What do you think they mean?

COMMON PHRASES

- 1 ...or he may do a print and have _____ at what is being shown in the hands now...
- 2 So it's our job really to encourage people to live their _____.
- 3 I'm not a doctor so I wouldn't _____ . (informal)
- 4 ...so I thought I'd learn this subject and understand _____ on earth she was talking about. (informal)
- 5 A lot of people would expect bored housewives, and people with _____ to do, or...
- 6 ...but in fact the truth is you tend to get _____ of people. (informal)

- e Listen to the interview again with the tapescript on page 121. Would you like Frank Clifford to read your palm or do you a birth chart? Why (not)?

IN THE STREET



- a 1.21 Listen to five people talking about horoscopes. Write the number of the speakers next to their star sign. Which people believe strongly that star signs can influence people's personality?



Cherry

Miles

Mike

Theresa

Kurt

Aries /'eəriːz/

Taurus /'tɔːrəs/

Gemini /'dʒemɪnaɪ/

Cancer /'kænsə/

Leo /'liːoʊ/

Virgo /'vɜːgəʊ/

Libra /'liːbrə/

Scorpio /'skɔːpiəʊ/

Sagittarius /sædʒɪ'teəriəs/

Capricorn /'kæprɪkɔːn/

Aquarius /ə'kwɛəriəs/

Pisces /'paɪsɪz/

- b Listen again and write the name of the person.

- 1 Who thinks they are typical of their star sign?
- 2 Who thinks you can often know what someone is like if you know their star sign?
- 3 Who nearly forgets what star sign they are?
- 4 Who is the most sceptical about horoscopes and star signs?
- 5 Who sometimes enjoys reading his / her horoscope?

- c 1.22 Listen and complete the phrases with one word. What do you think they mean?

COMMON PHRASES

- 1 _____ particularly, no.
- 2 I think it's _____ minimal. (informal)
- 3 You can definitely _____ their, sort of, personality straight away.
- 4 _____ whatsoever.

- d Listen to the interviews again with the tapescript on page 122. Then answer the same questions with a partner.

If you are writing an email, it is more usual to start with *Hi*.
If you are writing a letter you should start with *Dear*.

- a Read the email from Chris. It has 12 mistakes: four grammar, four punctuation, and four spelling. With a partner, correct the mistakes.
- b Read Chris's email again and find phrases that mean...
- I haven't written or phoned.
 - I've been reading and replying to my emails.
 - Say hello to your family from me.

New Message

Send Chat Attach Address Fonts Colors Save As Draft

From: Chris
To: Eva
Subject: News

Hi Eva,

Sorry that I havent been in touch for a while but I've been ill. I got flu last week and I had a temprature of 39°C so I've been in bed since four days. I'm feeling a bit better today so I've been catching up on my emails. Luckly my classes at university don't start till next week.

How are you? What have you been doing? Anything exciting. Here everyone are fine – apart from me and my flu! My brother Ian has just started his new job with a record-company – I think I told you about it when I last wrote – anyway, he's really enjoying it. How are your family? I hope they're well.

I have a good news – I'm going to a conference in your town in may, from 16th to 20th. Could you recomend a hotel where I could stay in the centre of town? It needs to be somewhere not too expensive because the university is paying. I'll have a free half-day for siteseeing. Do you think you'll can show me around? That would be great.

Well, that's all for now. Please give my regards to your family. I hope to hear from you soon.

Take care,
Chris

- c You're going to answer Chris's email. Look at the Useful language expressions and try to complete them.

Useful language

Opening expressions

- Thanks ¹_____ your email / letter.
It was great ²_____ hear from you.
Sorry for ³_____ writing earlier / that I haven't been in touch for a while.
I ⁴_____ you and your family are well.

Responding to news

- Sorry ⁵_____ hear about your exam results.
Glad ⁶_____ hear that you're all well.
Good luck ⁷_____ the new job.
Hope you ⁸_____ better soon.

Closing expressions

- Anyway, / Well, that's all ⁹_____ now.
Hope to hear from you soon. / Looking ¹⁰_____ to hearing from you soon.
¹¹_____ my regards (love) to...
Take ¹²_____ / ¹³_____ wishes / Regards / (Lots of) love from...
¹⁴_____ (= something you forgot and want to add) Please send me the photos you promised.

PLAN the content.

- 1 Underline the questions in the email that Chris wants you to answer.
- 2 Underline other places in the letter where you think you need to respond, e.g. *I've been ill*.
- 3 Think about how to respond to each of the things you've underlined.

WRITE 120–180 words, in two or three paragraphs. Use informal language (contractions, colloquial expressions, etc.), and expressions from **Useful language**.

CHECK your email for mistakes (grammar , punctuation , and spelling).

1 What do you remember?

GRAMMAR

a Complete the sentences with one word.

- 1 What were you and Sarah talking ___?
- 2 You didn't like the film, ___ you?



- 3 My father loves opera, and so ___ my mother.
- 4 A I've been to India twice.
B ___ you? I'd love to go.
- 5 What have you ___ doing since I last saw you?

b Circle the right answer, a, b, or c.

- 1 Could you tell me what time _____?
a the bus leaves
b leaves the bus
c does the bus leave
- 2 How many people usually _____ to this class?
a do come
b come
c did come
- 3 _____ at least three books so far this month.
a I've been reading
b I read
c I've read
- 4 That was the best film _____!
a I've ever seen
b I've never seen
c I've ever been seeing
- 5 The sooner you start, _____ you'll finish.
a sooner
b the sooner
c the sooner than

VOCABULARY

a Word groups. Underline the word that is different. Say why.

- | | | | |
|------------|----------|------------|---------------|
| 1 vain | stubborn | possessive | wise |
| 2 cheerful | loyal | insincere | conscientious |
| 3 flu | blister | cold | asthma |
| 4 GP | A & E | specialist | doctor |

b Complete the sentences with a preposition.

- 1 Who were you talking ___ on the phone?
- 2 She's very good ___ listening to people.
- 3 Sam is a real pain ___ the neck.
- 4 She's allergic ___ milk.
- 5 What are you waiting ___?

c Complete the sentences with an adjective made from the word in bold.






- | | | |
|-----------------------------|--|-----------------|
| 1 Damien is very _____. | He never remembers our anniversary. | forget |
| 2 I'm _____ | - I want to go far in my profession. | ambition |
| 3 My brother is very _____. | I can always depend on him for anything. | rely |
| 4 Luke is very _____ | - happy one moment and sad the next. | mood |
| 5 Madeleine is very _____. | It's very easy to hurt her feelings. | sense |

d Write words for the definitions.

- 1 **b** _____ (verb) when blood comes out of, for example, your finger
- 2 **s** _____ (adj) bigger than normal, especially because of an injury or infection
- 3 **b** _____ (noun) a piece of cloth used to tie round a part of the body that has been hurt
- 4 **b** _____ - **t** _____ (adj) (a person who) gets angry very easily
- 5 **b** _____ (adj) (a person who is) always telling other people what to do
- 6 **a** _____ (adj) (a person who) thinks he / she is superior to other people

PRONUNCIATION

a Underline the word with a different sound.

1	 cheerful	headache	choking	stitches
2	 sociable	unconscious	pressure	bossy
3	 funny	impulsive	blood	flu
4	 cough	open	swollen	throat
5	 heart	calm	earache	arm

b Underline the stressed syllable.

- | | | | | |
|----------|----------|-----------|----------|------------|
| arrogant | immature | injection | allergic | specialist |
|----------|----------|-----------|----------|------------|

CAN YOU UNDERSTAND THIS TEXT?

- a Read the article and choose a, b, or c.
- The survey was paid for by _____.
 - Dr Petrie
 - City University
 - CentralNic
 - If your password is 'family oriented', you _____.
 - probably have a large family
 - probably don't use a computer very often
 - are likely to be an animal lover
 - If your password is 'Brad Pitt', you probably _____.
 - want to identify yourself with a famous person
 - watch a lot of TV
 - go to the cinema very often
 - People who belong to the 'cryptic' group _____.
 - worry about other people reading their emails
 - don't spend much time trying to invent a password
 - can't think of an interesting password
 - Passwords say something about our personalities because _____.
 - we think for a long time before choosing one
 - we choose words which we will remember easily
 - we choose something without thinking about it consciously
- b Look at the highlighted words and phrases. Can you guess what they mean?

CAN YOU UNDERSTAND THESE PEOPLE?

- a **1.23** Listen and circle the correct answer, a, b, or c.
- How did the woman meet her current partner?
 - By speed dating.
 - Through a friend.
 - On an Internet dating site.
 - How does the man describe the girl he met?
 - shy
 - extrovert
 - hard-working
 - How will the man be travelling?
 - By train and taxi.
 - By bus and taxi.
 - By train and bus.
 - What does the doctor tell Mr Strong to do?
 - Take antibiotics.
 - Drink a lot.
 - Stay in bed.
 - What do the two commentators agree about?
 - That the player won't be playing in the next match.
 - That the player has twisted his ankle.
 - That the player won't be able to play again for two months.

Passwords reveal your personality

THE WORD OR PHRASE that you use to open your email account may provide a key to your personality as well as to your correspondence, according to a British psychologist. Helen Petrie, professor of human / computer interaction at City University in London, analysed the responses of 1,200 Britons who participated in a survey funded by CentralNic, an Internet domain-name company. The results were recently published on CentralNic's website.

Petrie identifies three main password 'genres'. 'Family oriented' respondents numbered nearly half of those surveyed. These people use their own name or nickname, the name of a child, partner, or pet, or a birth date as their password. They tend to be occasional computer users and have strong family ties. 'They choose passwords that symbolize people or events with emotional value,' says Petrie. One third of respondents were 'fans', using the names of athletes, singers, movie stars, fictional characters, or sports teams. Petrie says fans are young and want to ally themselves with the lifestyle represented by a celebrity. Two of the most popular names were Madonna and Homer Simpson. The third main group of participants are 'cryptics' because they pick unintelligible passwords or a random string of letters, numerals, and symbols such as 'Jxa+157'. Petrie says cryptics are the most security-conscious group. They tend to make the safest but least interesting choices.

Passwords are revealing for two reasons. First, because they are invented on the spot. 'Since you are focused on getting into a system, for example your email account, you're likely to write down something that comes quickly to mind,' says Petrie. 'In this sense passwords tap into things that are just below the surface of consciousness. Also, to remember your password, you pick something that will stick in your mind. You may unconsciously choose something of particular emotional significance.'

- b **1.24** You will hear two women who visited a psychic talking about their experiences to a man from the Psychic Association. Answer the questions.
- Why did Loreнна go to a psychic?
 - What did the psychic tell her?
 - Was it good advice?
 - What's the man's opinion of the psychic Loreнна saw?
 - Why doesn't Alice agree with Loreнна?
 - What did the psychic tell her?
 - How did the psychic's advice help her?
 - What advice does the man give Alice?

CAN YOU SAY THIS IN ENGLISH?

Can you...?

- ask questions with or without auxiliaries and with prepositions
- describe your and your friends' / family's personalities
- talk about health problems and describe symptoms to a doctor