10A Animal lovers

SPEAKING

- 1 Work in pairs. Discuss these questions.
- What kinds of animals do people have as pets in your country?
- Choose a pet from the box for the people in the photos. Explain your reasons.

cat dog goldfish hamster lizard monkey parrot pig rabbit rat

Which is your favourite animal? Why?



READING

1 Do you know any famous Americans who have pets? Make a list.

Now read the article and <u>underline</u> the famous people it mentions. Were they on your list?

- 2 The writer gives four reasons for why he thinks that Americans are crazy about animals. Tick (
 the reasons that he mentions.
- 1 Some hotels have special services for dogs.
- 2 For some people, pets are more important than children.
- 3 Some Americans have strange pets (for example, pigs and lizards).
- 4 There are fashion shows for pets.
- 5 Some people ask the vet to do strange things.
- 6 Some people take their pets to psychiatrists.
- 7 Americans spend a lot of money on their pets.
- 3 Are people in your country crazy about animals?

THE UNITED STATES OF ANIMALS

or years, I have thought that we Americans are probably crazy. Crazy about animals, that is. But now I am sure. I saw an ad in the paper the other day for the Ritz Hotel in Miami which has been open since September 2002. It has a special dog program, with dog menus, dog movies and dog music in the library. It sounds perfect for Oprah Winfrey who never travels without her dogs. I wonder what the hotel does for other animals of the stars. George Clooney, for example, has had a pig (called Max) for many years and Leonardo DiCaprio has a pet lizard.

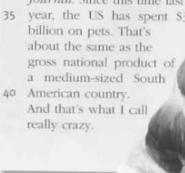
In the same newspaper was an article which proves my point. The article, *Hollywood's Super-Vet Tells All*, was about Dr Amy Attas. Dr Attas sounds perfectly normal, unlike some of her customers. Dr Attas has run a veterinary practice, called CityPets,

15 for the last ten years. Her customers are the rich and famous and, since she began the practice, she has looked after the pets of people like Naomi Campbell, Joan Rivers and Uma Thurman.

One of her best stories is about a late-night phone-call that she received from the wife of hockey star, Wayne Gretzky. Their dog was crying and Wayne could not sleep. If Wayne

doesn't sleep, he doesn't play good hockey, said the wife. The vet visited the house and examined the dog which had a – cold! Another time, she had a call from Cher, who was in Italy. Cher wanted to bring an Italian dog home with her. It had a skin problem and she wanted Dr Attas to come to the airport to look after it. At midnight.

Crazy stuff, huh? No, the really crazy stuff came from another article, this one in the *Wall Street Journal*. Since this time last year, the US has spent \$30 billion on pets. That's





GRAMMAR: present perfect simple with for & since

We use the present perfect simple for states that began in the past and continue into the present. The states are unfinished.

How long have you had your pet? I've had it for many years. I've had it since my sixteenth birthday.

> for many years (a period of time)

past since my 16th birthday now (a point in time)

future

We use the past simple for actions and states that are finished. Compare these examples.

Present perfect simple

She's had it for many years (and she still has it).

She had it for many years (but she doesn't have it now).

- SEE LANGUAGE REFERENCE PAGE 104
- 1 Complete the text. Put the verbs in brackets into the present perfect simple or the past simple.

Oscar Werbeniuk, who is 61, (1) _____ (live) all his life in the same New Jersey house. He (2) _____ (love) animals, especially cats, since he was a child. He (3) _____ (find) his first cat, Tabatha, in the street in 1981, and he (4) _____ (find) another 43 cats since then. But Tabatha - who died in 1990 - (5) _____ (have) babies and Oscar soon (6) _____ (have) more than a hundred cats. For the last fifteen years, there (7) _____ (be) more than two hundred cats in his house. Oscar is lucky because his parents (8) _____ (be) very rich, so he (9) ____ (never / worry) about money. In fact, since 1999, Oscar (10) _____ (be) so busy that he (11) ____ (not / leave) his house.

2 @ 2.29 Listen to the recording to check your answers.

3 Complete the phrases with for or since.

__ 2002

2 ____ a day or two

3 ____ Monday

4 _____ yesterday

5 ____ I left school

6 ____ three years

7 ____ a few weeks

8 ____ an hour 9 ____ the lesson started

10 ____ five minutes

11 _____ half past six

12 ____ last week

- 4 How many different ways can you complete the questions?
- 1 How long have you been ... ?
- 2 How long have you had ... ?
- How long have you known ... ?
- Work in pairs. Ask and answer the questions in exercise 4.

SPEAKING

1 Work in pairs. Turn to page 132.

Take it in turns to choose one of the animals in the picture. Ask and answer yes/no questions to find out which animal it is. Use these questions and your own ideas.

- Has it got four legs?
- Is it a farm animal?
- Is it a kind of bird?
- Do people keep it as a pet?
- . Does it eat other animals?
- Can it run very fast?
- Is it dangerous?

10B Stress



ow often have you had a headache in the last twelve months? How many stomach aches have you had? Have you sometimes found it difficult to breathe? Have you had any skin problems? How often have you felt sad or nervous for no good reason? How often have you wanted to cry? How often have you got angry?

If your answer to three or more of these
questions is 'too often', you are probably
suffering from stress. And if you are suffering
from stress, you are not alone. Over half of the
adult population has had stress-related
symptoms in the last year and many of them

15 have needed help of some kind. Stress is now the major health problem of our times. Stress, itself, is not an illness, but it can certainly contribute to illnesses, some of them serious. When you feel under stress, your body produces more of the hormones adrenaline and cortisol. As a result, the body needs more oxygen and your heart rate and blood pressure go up. At its most serious, this can lead to heart problems, but

25 and colds. Scientists have also discovered that stress can lead to the loss of brain cells.

The most common cause of stress is over-work, but a difficult boss or problems with your colleagues are also common causes. Some jobs

stress is also related to weight problems, coughs

30 are more stressful than others, with teachers and police officers at the top of the scale and beauty therapists at the bottom. From time to time, we hear of celebrities suffering from stress, footballers like Ronaldo or the American actress,

35 Winona Ryder. But stress can affect us all and the figures prove it. 40 million working days are lost in the UK every year because of stress-related illnesses. What is more, people who are suffering from stress do not work as well as usual. The

40 situation is so serious that some companies now offer relaxation and stress management classes.

If you think you, too, are suffering from stress, it's important to know if it is causing you health problems. If it is, see your doctor and talk

45 about it.

SPEAKING & READING

1 Work in pairs. Which of the jobs in the box do you think are especially stressful? Explain why or why not.

accountant beauty therapist nurse doctor computer programmer gardener police officer teacher unemployed person

Being a doctor is stressful because ...

- 2 Read the article and choose the best title.
- 1 Adrenaline and cortisol
- 2 Are you suffering from stress?
- 3 The most stressful jobs

- 3 Read the article again and answer the questions.
- 1 What are three symptoms of stress?
- 2 How many adults suffer from stress?
- 3 Which hormones does the body produce when it is under stress?
- 4 What illnesses are related to stress?
- 5 Name two stars who have suffered from stress.
- 6 How many working days are lost in Britain every year because of stress?
- 7 What are some companies doing about stress?
- 4 How stressful is your work and day-to-day life?

GRAMMAR: present perfect simple for unfinished time

We use the present perfect simple to talk about finished states that happened in a period of time which is not finished. The time phrases we use (for example this week, in the last twelve months) are connected to present time.

I've had two days off work this week. (This week is not finished.)

How often have you had a headache in the last twelve months? (in the last twelve months includes this

We use the past simple to talk about finished actions and states that happened in a period of time that is also finished. The time phrases we use (for example, last Friday, two years ago) are not connected to present time.

I was ill last Friday.

He went to relaxation classes two years ago.

SEE LANGUAGE REFERENCE PAGE 104

1 Mark the phrases unfinished time (U) or finished time (F).

last month yesterday this month in 1998 last week this week in my life one year ago today in the last month since last year this morning

- 2 Complete the sentences with the correct verb form.
- I have been / went for a walk a few days ago.
- I've done / did a lot of sport this month.
- 3 I've made / made some good friends this year.
- 4 I have been / was very busy last month.
- 5 I've been / was quite tired in the last two weeks.
- 6 I haven't had / didn't have much free time this week.
- I have had / had a big party for my last birthday.
- 3 Now change the sentences so that they are true for you.
- 4 Complete the sentences. Put the verbs in brackets into the present perfect simple or the past simple.

| 1 | How many | cups of | coffee | (you / | drink) | yesterday? |
|---|----------|---------|--------|-----------|--------|------------|
| 2 | How many | films | (von/ | see) this | month | |

- 3 How many times ____ (you / take) a train/bus this week?
- 4 How much money ____ (you / spend) today?
- 5 How much junk food _ (you / eat) last week?
- 6 How often ____ (you / be) late for school/work this year?
- How often ____ (you / be) ill last year?
- Which countries ____ (you / visit) in the last five years?
- 5 Work in pairs. Ask and answer the questions in exercise 4.

VOCABULARY & SPEAKING: collocations with aet

1 Complete column A with a phrase from column B.

A difficulties

- She got promoted 2
- They got into trouble
- They got divorced
- He got fired
- She got very ill
- They got married

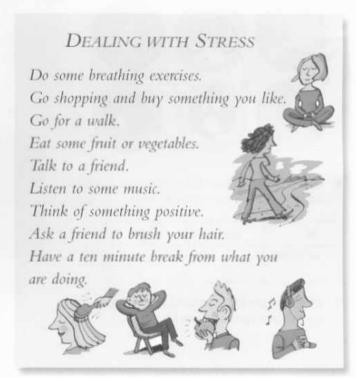
- They got into financial a and the children staved with their mother.
 - b and they closed their company.
 - c and took two months off
 - d because he was always late.
 - e with the police.
 - f in a beautiful church.
 - g because her work was so good.
- 2 Many events in our lives can cause stress. Put the events in exercise 1 in order of stressfulness.
- 3 Work in groups. Compare and discuss your lists. As a group, decide on the four most stressful events.

I think that getting divorced is the most stressful because ...

I don't think that getting promoted is very stressful.

4 These suggestions come from books about stress. Which ones work for you?

What else do you do when you are feeling stressed?



10c | Marathon men

SPEAKING & VOCABULARY: Sport

- 1 Look at these sentences. Mark each one like this:
 - √√ very true for me
 - √ true for me
 - x not true for me
- 1 I am fit.
- 2 I enjoyed sport at school.
- 3 My health is very important to me.
- 4 I like lots of different sports.
- 5 I would like to run a marathon.
- Work in pairs. Compare your answers to exercise 1. For each sentence, give some extra information.
- 3 Match the sports in the box to the pictures A–I.

aerobics cycling golf running squash swimming tennis weight training yoga



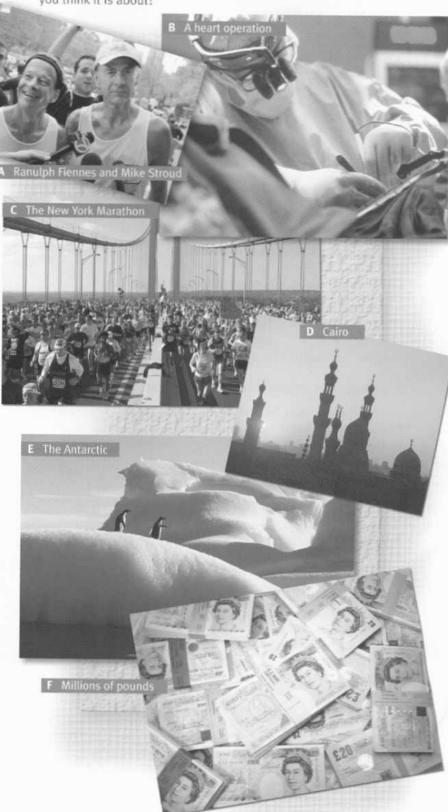
4 Put the sports in exercise 3 into three groups according to the verbs they go with.

| play |
|------|
| |
| |

5 Which are the best sports to keep fit? Which are the best sports to watch?

LISTENING

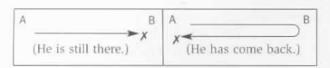
You are going to listen to part of a sports radio programme. All the things shown in pictures A–F appear in the programme. What do you think it is about?



- 2.30 Now listen to the programme to find out if you were right.
- 2.30 Listen again and choose the correct answers.
- 1 The winner of the men's marathon was Martin Lel. / Rodgers Rop.
- 2 The fastest woman ran the race in 2 hours 10 minutes and 30 seconds. / 2 hours 22 minutes and 31 seconds.
- They ran their first marathon in the North Pole. / Patagonia.
- In the last seven days, Fiennes and Stroud have been to Sydney, Singapore and Cairo. / the Andes, the Amazon and the desert of Oman.
- They have raised more than two / four million pounds for a multiple sclerosis research centre.
- 6 Ranulph Fiennes is going into hospital / to work soon.
- Who are the greatest sports heroes in your country? What have they done?

GRAMMAR: present perfect simple with been & gone

- 1 Match sentences 1 and 2 to the diagrams A and B.
- Ranulph has gone to Singapore.
- 2 Ranulph has been to Singapore.



2 Complete the dialogue with been or gone.

Jane: Hello.

Mark: Hi, it's Mark here. Is Rick there please?

Jane: Hi, Mark. No, I'm sorry. He's (1) ____ away for

the week.

Mark: Oh? Work? Holiday?

Both. He's (2) ____ to Patagonia - for a walk. Jane:

Mark: Oh, I've (3) ____ there. Twice. It's really nice.

Why didn't you go with him?

Jane: Because my boss has (4) ____ to Nepal on

business so I'm in charge of the office.

Mark: Nepal? Nice!

Jane: Have you (5) ____ there, too?

a few times, actually. Mark: Yes, I've (6) ___

Jane: Really? I've only (7) ____ there once. I liked it.

Mark: Yes, it's an excellent place for walking.

Jane: Yes. Well, I'll tell him you called.

Mark: OK. Thanks. Bye, Jane.

Jane: Bye, Mark.

2.31 Listen to the recording to check your answers. Then work in pairs and practise the dialogue.

PRONUNCIATION: /ɔ:/

1 What are the missing letters in the words below? All the words have the same vowel sound.

6 c_lled 1 bef_re 2 f__r 7 sp_rt 3 New Y_rk 8 s_rt 4 n_rth 9 th__ght 10 w_lking 5 rep_rt

Which of these words contain the same sound (/o:/)?

6 morning awful 2 caught 7 squash 3 cause 8 thought 4 daughter 9 walk 5 important 10 would

2.32 Listen to the recording to check your answers.

DID YOU KNOW?

1 Read the information about sport in Australia.

Australia is one of the most sporting countries in the world. Although the population is guite small (about 20 million), it has a large number of world champions in many different sports. About three quarters of all Australians do some kind of sport. The most popular



are walking, swimming, aerobics, cycling, tennis and golf. They also enjoy watching sport. The most important events in the sporting calendar are the Grand Final of Australian Rules Football, international cricket matches, the Melbourne Cup (horse racing), international basketball and soccer matches, and the Australian Grand Prix (motor racing).

- 2 Work in pairs. Discuss these questions.
- What are the most popular sports in your country?
- What are the most important sporting events in your
- Describe a sporting event that you have attended.

10D Doctor, doctor

VOCABULARY & SPEAKING: body & health

 Label the parts of the body A-J in the picture with the words in the box.

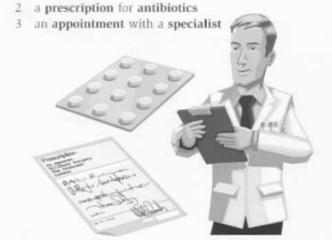
back chest ear eye head mouth neck nose stomach throat

How many other parts of the body can you name?

What do you think is wrong with the people in the doctor's waiting room? Use the language in the boxes to describe them.

| He She | 's got | a headache. a stomach ache. a cold. a cough. flu. a hangover. a temperature. a pain in his/her back/neck, etc. |
|------------|-----------------------------------|--|
| His Her | back head stomach throat | hurts. |

- 3 Which person in the picture above needs these things?
- 1 some aspirin or paracetamol



- 4 Work in pairs. Ask and answer these questions.
- When was the last time you were ill? What was the matter?
- Did you see a doctor? Did the doctor give you a prescription?
- · Did you take any time off work/school?



LISTENING

- 1 Section 2.33-2.34 Listen to two men at the doctor's. Why are they quite happy when they leave?
- 2 3 2.33-2.34 Listen to the conversations again. Complete the doctor's notes for both patients.

back cold cough depressed eyes flu paracetamol specialist stomach ache stress

| Symptoms: | tte's got a headache, a cold and a He's also got pains in his (2) neck this temperature is 39°. | - 1 |
|-------------|---|-----|
| chest and | neck. His temperature is 39°. | |
| | : His girlfriend has left him. He seems | |
| Diagnosis: | (4) | |
| Treatment / | Medicine: strong (5) | |

| Symptoms: (6) (7) | tte is extremely nervous. Ite's got a but he also says he feels hot and this (8) hurt. |
|-------------------------|--|
| Other notes: | He doesn't est well - he lives on coffee |
| Diagnosis: | (9) |

3 How often do you go to the doctor's? How do you feel about going to the doctor's?



FUNCTIONAL LANGUAGE: at the doctor's

- 1 Look at the phrases. Who is speaking: the doctor (D) or the patient (P)?
- a I feel awful.
- b I think you should take a few days off work.
- c I'll give you a prescription.
- d I'll have a look at you.
- e Is there anything I can take for it?
- f It's nothing to worry about.
- g It's very painful.
- h What's the matter?
- i What's wrong with me?
- i Where does it hurt?
- 2 Complete the dialogue with phrases a-j from exercise 1.

| Doctor: Come in. Take a seat. |
|---|
| Patient: Thank you. |
| Doctor: Now, (1) |
| Patient: (2) It's my back. |
| Doctor: (3) |
| Patient: Here and here. |
| Doctor: OK. (4) Take off your shirt. Does this hu |
| Patient: Yes, it does. (5) Is it serious? |
| Doctor: No, (6) |
| Patient: (7) Do you know? |
| Doctor: I think you've pulled a muscle. |
| Patient: (8) |
| Doctor: Yes, (9) |
| Patient: Thank you. And what about work? Is it OK to work? |
| Doctor: No, not at the moment. (10) And come be and see me in ten days. |
| Patient: OK. I'll make an appointment with the |

3 ② 2.35 Listen to the recording to check your answers. Then work in pairs and practise the dialogue.

receptionist. Thank you. Bye.

Roleplay

4 Work in pairs, A and B.

A: You are the patient. Describe how you feel.
B: You are the doctor. Ask the patient questions about how they are feeling and suggest what she/he should do.

Use the phrases in exercise 1 to help you.

PRONUNCIATION: sentence stress

1 S 2.36 Listen to a joke. Notice how the important words are stressed.

Patient: Doctor, doctor, what did the X-ray of my head show?
Doctor: Absolutely nothing!

- Work in pairs. Practise reading these jokes. Stress the words that are underlined.
- 1 Patient: Doctor, doctor, I'm seeing double.

Doctor: Take a seat, please.

Patient: Which one?

2 Patient: Doctor, doctor, I've got a <u>memory</u> problem.

Doctor: How long have you had this problem?

Patient: What problem?

3 Patient: Doctor, doctor, I feel very nervous. This is

the first operation I've ever had.

Doctor: Don't worry. It's my first time, too.

3 S 2.37-2.39 Listen to the recording to check your pronunciation.

103

10 Language reference

GRAMMAR

Present perfect simple 2

We use the present perfect simple to show the connection between present time and past time.

We use the present perfect simple for states that began in the past and continue into the present. The states are unfinished.

How long have you had your dog? I've had it for many years,

We use the past simple for finished actions and states. Compare these examples.

Present perfect simple

She's had a dog for many years (and she still has it).
Past simple

She had a dog for many years (but she doesn't have it now).

We can also use the present perfect simple to talk about finished states that happened in a period of time which is not finished. The time phrases we use (for example, this week, in the last twelve months) are connected to present time.

I've been ill twice this year. How often have you been ill this year? (this year is not finished)

We use the past simple to talk about finished actions and states that happened in a period of time that is also finished. The time phrases we use (for example, last Friday, two years ago) are **not** connected to present time.

I was ill three times last year. (last year is finished)

Time phrases

The following time phrases include present time. They are often used with the present perfect simple.

today this week/month/year in the last week/the last year/my life

The following time phrases are not connected to present time. They are not usually used with the present perfect simple.

in 1992 last week/year yesterday one week/two days ago

With some time phrases, the connection to the present depends on the time of speaking. *This morning* is connected to present time if it is now before midday. It is not connected to present time if it is now after midday.

I've read three reports this morning. (spoken at 11.00 am) I read three reports this morning. (spoken at 3.00 pm)

We use for to talk about periods of time.

I've lived here for three years. He studied for ten minutes.

past now future

We use since to talk about the starting point of an action or state.

She's been ill **since** Monday.

I haven't spoken to them **since** we had an argument.



Been & gone

The verb go has two past participles: been and gone.

We use gone to show that a person has left a place.

 $\begin{array}{c} A \\ \hline \\ \text{He has gone to Singapore.} \end{array}$

We use been to show that a person has left a place and returned.



He has been to Singapore.

See page 74 for more information about the present perfect simple.

FUNCTIONAL LANGUAGE At the doctor's

What's the matter? What's wrong with you? Where does it hurt?

I feel awful. It's very painful. It hurts.

I'll have a look at you.
I'll give you a prescription.
I think you should take a few days
off work.
It's nothing to worry about.

WORD LIST

Animals

cat n C *** /kæt/ dog n C *** /dog/ goldfish n C /gooldfr[/ hamster n C /hæmstə/ lizard n C /lizad/ monkey n C /magki/ parrot n C /pærat/ pig n C ° /pig/ rabbit n C /ræbit/ rat n C /raet/

Collocations with get

get divorced /get drvo:st/ get fired /get fared/ get ill /get il/ get into (financial) /get intu: difficulties 'difikltiz/ get into trouble /get intu: 'trabl/ get married /get 'mærid/ get promoted /get pro'moutid/

Sport

aerobics n U /ea/raubiks/ champion n C * /t[æmpiən/ cricket n U /krikit/ cycling n U /sarklin/ final n C /famal/ golf n U * /golf/ horse racing n U /hois reisin/ marathon n C /mærəθ(ə)n/ motor racing n U /mouto reisin/ race n C *** /reis/ running n U /ranin/ soccer n U /spka/

squash $n\ U$ swimming $n\ U$ tennis $n\ U$ weight training $n\ U$ yoga $n\ U$

/skwof/ /swimin/ /tenis/ /weit treinin/ /jauga/

Body & health

adrenaline n U /adrenalm/ antibiotic n C /æntiborotik/ appointment n C *** /arpointmont/ aspirin n C/U /æsprin/ back n C *** /bæk/ blood pressure n U /blad pre[a/ brain n C ** /brein/ breast cancer n U /brest kænsə/ breathe v ** /brith/ cell n C ** /sel/ /tfek Ap/ check-up n C chest n *** /t[est/ cold n C ** /kəold/ cough n C/v " /kof/ diagnosis n C /doraginausis/ ear n C *** /10/ examine v *** /ig'zaemin/ exhausted adj /tg'zo:stid/ eye n C *** /cii/ flu n U /flu:/ hangover n C /hæŋəuvə/ headache n C * /hedeik/ heart attack n C /ho:t ətæk/ heart rate n U /hast rest/ hormone n C /ho:moun/ hurt v *** /h3:1/ illness $n \ C^{***}$ /senlr/ mouth n C *** /mau0/ multiple sclerosis n U /maltipl skla rausis/ muscle n C ** /masl/ neck n C ***

/nek/ nose n C *** /nauz/ operation n C *** /opereifn/ oxygen n U /pksid3(ə)n/ pain n C *** /pem/ painful adj * /pemfl/ paracetamol n C/U /pærə'si:təmol/ prescription n C /pri'skrip[n/ skin n U *** /skm/ specialist n C * /spe[əlist/ stomach ache n C/U /stamak erk/ suffer (from sth) v ** /safa/ symptom n C * /simptom/ temperature n C/U ** /temprit[e/ throat n C *** /toerb/ treatment n U *** /tri:tment/ vitamin n C /mmstrv/ weight n U *** /went/ X-ray n C /eks rei/

Other words & phrases

achievement n C ** affect v *** arrival n C/U ** beauty therapist n Cbronze n U brush v ' calendar n C canoe n C/v cause v *** celebrate v ** continent n C ** contribute v *** crazy about (sth) adj CIY P +++ deep adj *** desert n C/U ** farm n C gardener n C gross national product (GNP) n U hockey n U memory n C *** official adj *** over-work n U point n C *** prove v *** raise v *** scale n C *** spectator n C stopover n C

stress n U *

stressful adj

stuff n U + **

vet n C

veterinary

practice n U

up to date adj

/ə't[i:vmənt/ /əˈfekt/ /əˈruɪvl/ /bju:ti θerəpist/ /bronz/ /braf/ /kælində/ /kəˈnuː/ /koiz/ /selabreit/ /kontinent/ /kəntribjust/ /kretzi əbaut /kron/ /disp/ /dezət/ /form/ /ga:dnə/ /graus næ[n(a)] 'prodakt/ /hpki/ /mem(ə)ri/ /ə'fi[]/ /auva/wask/ /point/ /pru:v/ /reiz/ /skeil/ /spektertə/ /stopouvo/ /stres/ /stresfl/ /staf/ /Ap to 'dert/ /vet/ /vet(ə)nri præktis/