

Migraines

Millions of working days are lost each year through migraines and it has been estimated that just about all of the population have had attacks from time to time. Persistent sufferers are said to have included Lewis Carroll, Charles Darwin, Sigmund Freud, Joan of Arc, Rudyard Kipling and Thomas Jefferson.

The symptoms vary a great deal from patient to patient but usually, in addition to a searing headache, many patients vomit. Before this headache there may also be a warning 'aura'. It is also common for some sufferers to see flashing lights and visual disturbances.

Migraines usually begin in the sufferer's teens and may persist throughout the unfortunate victim's life. But the precise cause of migraine, is something of a mystery. Attacks are triggered off by many different things. Sometimes a specific factor can be the cause, such as chocolate, cheese, oranges, lemons, shellfish, alcohol, tobacco, bananas or fried foods.

To find out whether or not any one of these triggers are responsible, a migraine sufferer must keep a close record of everything that he or she consumes for a month or two. Only then will a pattern emerge, showing some relationship between migraine attacks and a particular food.

A more general cause of migraine is stress. When this is the cause, the attack usually occurs when the individual is relaxing - often at the weekend, for example. When an attack occurs, the pain and extreme discomfort can often be relieved to a degree by the use of ordinary painkillers such as aspirin or paracetamol. If these don't work, then it's probably best to get a doctor's prescription for one of the more powerful products available.

It isn't always easy to deal with the pain and discomfort efficiently and I strongly recommend that any sufferer try to identify a cause. If the cause is a particular food, then the obvious answer is to cut it out of the diet - for a year or two at least. If stress is the cause, then the answer is either to cut back on stress-producing activities, or to learn how to relax more efficiently. Preventing migraines takes some effort, but the effort is usually worthwhile.

I- Participle adjectives, compound adjectives and adjectives as nouns

Exercise:

Add these adjectives to the text: amazed, amazing, annoyed, bored, boring, interested, interesting

Monday was a school holiday and, unfortunately, it rained all day, so the children kept telling me they were..... and there was nothing.....to do at home. I was trying to write up some of my reports, but they kept interrupting me every five minutes and just became very I'm..... that their teachers can keep them busy and in their lessons every day. After only one morning with them, I was extremely Because of the constant noise and squabbling. I was ready to throw them out in the rain. Instead, I decided to take them to the cinema. It's really To see how calm they can become in a dark cinema. The film seemed rather but at least it kept them quiet.

Exercise:

Make appropriate compound adjectives from each pair of words and add them to the sentences:

Distance/long end/never grow/fast keep/peace educate/well
funny/look home/make wash/white

Example: Ghana had to increase food imports to meet the needs of a fast-growing population.

1- Mrs Baxter offered us scones with cream and her.....jam.

2- Please don't use this phone to make anycalls.

3- Soldiers have to learn to talk rather than fight when they are sent onmissions.

4- The president's wife seemed to have asupply of new shoes and handbags.

5- We have to invest more in schools and teachers if we want to have apopulation.

6- That Piece of cloth at the end of each sleeve is called a frill.

7- We rented a small cottage in Devon, with a red-tiled and walls.

Exercise:

Correct the mistakes in this text:

Sometimes I wonder what people in other countries think about us. We are no longer among the rich and powerful of Europe. In a very short period, we seem to have turned into the poor and weak. The situation is appalling. You cannot walk down a street in our cities without seeing a homeless. The unemployed stand around on our street corners. The old and sick receives no help. Why are we no longer shocked that this is going on? Is it like this everywhere? Does the Japanese and Canadian have the same problems? I doubt it. The unthinkable have happened here and we must do something about it soon.