

THE DOCTOR'S REMEDY

A. PRE-READING

ACTIVITY - I

Look at the picture. The boy is very fat and lazy. He is your friend. Now form groups and discuss with your other friends how you would try to change him.



ACTIVITY-2

Form groups and talk to your friends how you can be healthy.



I'll avoid rich and oily food.



I'll wake up early in the morning and do exercise.

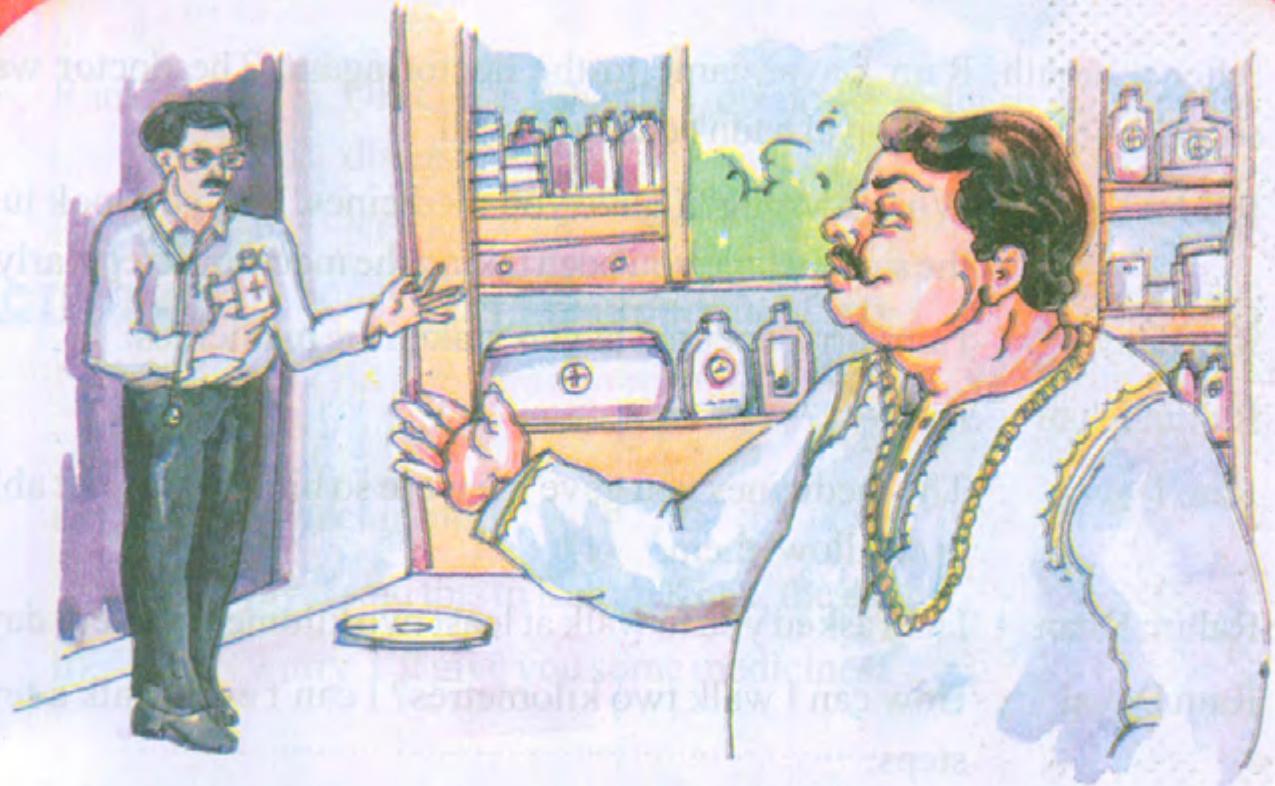


I'll eat plenty of fruits and vegetables.

Read the story aloud and ask the pupils to listen to you with their books closed. Read it again and ask them to follow it in the book while you read. Help them when necessary.

B. READING - I

Rahim Khan was a famous doctor. People from far and near came to him seeking treatment for their diseases. He was a kind man and charged his patients hardly any fee. If his patients were poor, he provided them free treatment.



One day, Ram Dayal, a merchant, came to see Rahim Khan. He was so fat that he couldn't even walk properly.

Ram Dayal : Good morning, doctor. I am Ram Dayal. I have a small business.

Rahim Khan : Good morning. What is the matter?

Ram Dayal : As you can see, doctor, I am too fat. I want to become thin.

Rahim Khan : Don't worry. I'll give you some medicines. In a month's time, you'll become thin. But you must eat a light meal of rotis and vegetables every day. You must also walk at least two kilometres every day.

Ram Dayal : I will, doctor.

Rahim Khan gave Ram Dayal some medicines. Ram Dayal thanked the doctor and returned home.

After a month, Ram Dayal came to the doctor again. The doctor was surprised to see that Dayal hadn't changed at all.

Rahim Khan : What's wrong? I gave you medicines. Yet, you look just the same. Have you been taking the medicines regularly?

Ram Dayal : I am sorry, doctor. I haven't taken the medicines.

Rahim Khan : But why?

Ram Dayal : The medicines you gave me were so bitter. I was not able to swallow them.

Rahim Khan : I had asked you to walk at least two kilometres every day.

Ram Dayal : How can I walk two kilometres? I can't even walk a few steps.

Rahim Khan : What about your food?

Ram Dayal : I like sweets very much. So, I eat at least four varieties of sweets with my lunch every day. I need at least four spoons of ghee with every handful of rice that I take. How can I eat just rotis and vegetables? I'll die of hunger.

Rahim Khan thought for a while. Then, he looked at his patient.

Rahim Khan : All right. Please enjoy your life. I don't want to hurt your feelings. You have a short life to lead.

Ram Dayal : What do you mean, doctor?

(Shocked)

Rahim Khan : Yes, sir. I didn't want to tell you anything. But now I have no choice. You have a terrible disease that makes you very fat. I am sorry to say that you'll die in a month's time.

Ram Dayal : Oh God! What'll I do now? Is there no cure for this disease?

Rahim Khan : NO, not at all.

ACTIVITY-3

Let's read and find facts

Find out who said these and to whom? The first one has been done for you.

- a) I want to become thin.

Ram Dayal said this to Rahim Khan, the doctor.

- b) Don't worry. I'll give you some medicines.

- c) I like sweets very much.

- d) I had asked you to walk at least two kilometres a day.

- e) I am sorry to say that you'll die in a month's time.

- f) Is there no cure for this disease?

- g) What about your food?

- h) How can I walk two kilometres?

ACTIVITY-3

B. READING - II

Ram Dayal was shocked. He left for his house with a heavy heart. A month later, a thin and weak man came to see Rahim Khan.

Rahim Khan : What's your problem?

Ram Dayal : Don't you recognize me? I'm Ram Dayal the merchant who came to see you a month ago.

Rahim Khan : I remember now. But you have become so thin. Don't you eat well now?

Ram Dayal : How can I eat when I know that I'll die soon? I hate sweets these days. I only eat rotis and vegetables. I visit the temple on the hill every day so that God will give me a place in heaven when I leave this world.

Rahim Khan : But the temple must be at least five kilometres from your house. How do you manage to go to the temple?

Ram Dayal : I walk to the temple every day. You said that I would die in a month's time. It has been a month now. I may die any day from now. I wanted to meet you and say goodbye.

On hearing this, Rahim Khan started laughing.

Rahim Khan : My friend, you will not die so soon. You will live a long life. You are perfectly healthy now. I told you a lie. I knew that thought of your death would stop you from eating a heavy meal or being lazy. This was part of the treatment. I am glad it has worked.

Ram Dayal : Thank you, doctor. I feel so happy and relieved now.

Rahim Khan : But remember, you must learn to eat the right kind of food. Your body also needs good exercise. Never forget that.

Ram Dayal : I won't, doctor. Thank you very much.

ACTIVITY -4

Let's read and find facts

Who said these and to whom?

- a) But you have become so thin.
.....
- b) I visit the temple on the hill every day.
.....
- c) I hate sweets these days.
.....
- d) How do you manage to go to the temple?
.....
- e) I may die any day from now.
.....
- f) My friend, you will not die soon.
.....
- g) I feel so happy and relieved now.
.....
- h) I told you a lie.
.....



ACTIVITY – 5

Let's Read and understand

Answer the following questions :

- 1) Who was Rahim Khan?
.....
- 2) What was Ram Dayal's problem?
.....
- 3) Why did the doctor advise Dayal to eat a light meal or rotis and vegetables?
.....
- 4) What did Ram Dayal like to eat?
.....
- 5) Why didn't Ram Dayal take medicines regularly?
.....
- 6) Why was Rahim Khan surprised?
.....
- 7) Why did Ram Dayal walk to the temple everyday ?
.....
- 8) Who said to whom, "You'll die in a month's time" ?
.....
- 9) Did Rahim Khan recognize Ram Dayal on his third visit?
.....
- 10) What made Ram Dayal stop from eating heavy meal or being lazy?
.....

ACTIVITY – 6

Let's read between the lines

Choose the appropriate answer in each of the following.

1. Rahim Khan was a famous doctor because he was _____.
 a) kind b) kind and intelligent c) intelligent
 d) kind, intelligent and experienced
2. When Ram Dayal came to see Rahim Khan third time, he was _____.
 a) very fat b) strong and stout c) thin and weak.
3. Ram Dayal used to visit the temple on the _____.
 a) mountain b) hill c) field
4. Rahim Khan asked Ram Dayal to walk at least _____ kilometres everyday.
 a) four b) five c) three d) two

ACTIVITY – 7

Let's Speak

A. Form pairs and say the words :

much, must

The letter 'u' in both the words has the same sound. Now practise the following words given in the box.

lunch, bus, sun, just, run, rush, cut, shut, but, fun.

B

Let's Talk

Form pairs and role-play the following conversation :

Doctor : What's the matter?

Patient : I don't feel well, Sir.

I've got a temperature.



Doctor : Don't worry. I'll give you some medicines.
In a week you'll be all right.

Patient : Thank you, sir.
How many times should I take the medicines a day?

Doctor : I'm sorry. I forgot to tell you. Take the medicines two times a day after food.
Take it regularly for five days.

Patient : Thank you very much, sir.

[Allow the pupils to role – play the dialogues given in the text.]

ACTIVITY – 8

Let's enrich our vocabulary

A] The words below tell us about the work people do. Read the descriptions and write the correct word in the space. The first one has been done for you.

merchant, doctor, dentist, green-grocer, druggist

- i) **merchant** : A man goes from village to village and buys rice and wheat etc. from the farmers there. He then sells the goods in the town/city.
- ii) **dentist** : A person who is trained and qualified for treatment of teeth.
- iii) **green-grocer** : A person who sells vegetables and fruits.
- iv) **doctor** : A person who is trained and qualified to practise medicine.
- v) **druggist** : A person who sells medicines.

B. Read the words given below. They are not in alphabetical order.
Write them in their alphabetical order. Take help of a dictionary.

provide, seek, medicine, vegetable, fruit, surprise, wrong,
handful, any, regularly, able, cure, hunger, forget, temple.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

C. Here are some words below. They are the names of meals we eat.
Read the description and write the names of meals against the boxes.

The first letter of the word is written in the box. Then you fill in the remaining letters.

[lunch, dinner, breakfast, supper]

1. It is first meal of the day. We normally eat it
in the morning.

b.....

2. It is a light kind of meal eaten in the middle
of the day.

l.....

3. It is the main meal of the day eaten at
midday or at night.

d.....

4. It's a light meal eaten at night or just before
going to bed.

s.....

ACTIVITY-9

Let's write

A. Put in capital letters, full stops, commas and exclamation marks in the right places, and rewrite the sentences.

Ram Dayal : Oh God what'll I do now _____

Rahim Khan : have you been taking the medicines regularly. _____

Ram Dayal : the medicines were so bitter _____

Rahim Khan : All right sir you have a short life to lead _____

Ram Dayal : is there no cure for this disease _____

Rahim Khan : no sir _____

[Try out yourself first. Then take the help of the lesson and correct your mistake.]

B. Read the following sentences.

— What's your problem?

— How can I walk two kilometres?

These two sentences are question sentences.

The words '**what, how, where, when, why, who, which**' are question words. We use them when we want to ask questions.

Change the following sentences into question sentences using **who/what/why/how/when/ where/ which**. The first one has been done for you.

Example :

1) I go to school at 10 o'clock?

When do you go to school?



2) Mohan is my best friend.

Who _____?

3) She is fine now.

How _____?

4) He is in class V.

Which class _____?

5) Sheela is fond of sweets.

What _____?

6) Mita was late for school because of rain.

Why _____?

7) Jiban is from Kalapathar.

Where _____?

C. Read the following sentences:

Example - 1

Ram Dayal thanked the doctor.

Ram Dayal returned home.

Now we can join the sentences with '**and**'.

Ram Dayal thanked the doctor **and** returned home.

We use '**and**' to link two sentences or ideas.

Example - 2

Let's write

I didn't want to tell you anything.

Now I have no choice.

These two sentences convey opposite ideas. Now we can link them with '**but**'.

I didn't want to tell you anything **but**, now I have no choice.

Match the sentences in column - A with column - B and write them.

Column - A

I remember now

I wanted to meet you

I feel so happy

I gave you some medicines

I didn't want to tell you the secret

Column - B

and say goodbye.

yet, you look just the same.

but, I had no way out.

and relieved now.

but, you have become so thin.