

4. People who are physically fit prolong their life by 24 per cent. So, **the more** you exercise, **the better** for you.
5. All in all, the scientists calculated that those who exercise, eat fruit and vegetables and don't smoke or drink alcohol live 14 years longer than those who don't follow these rules. So, **the sooner** you understand it, **the better and healthier** your life will be.

3b. Read the text again and guess the meaning of the *the... the* sentences.


Grammar focus

Конструкция *the...the*

The more fruit you eat (1), **the healthier** you are (2)
the... the... sentences mean that both things change together and that the second thing depends on the first one.



Read the rule (p. 279) and check your answers.


4.  Go back to the list of problems (ex. 2c) and rewrite it using *the... the* sentences.

5. Add more information to your mind map (see Lesson 1).

Lesson 6. Addiction – when you just can't stop it


1. Look at the title of the lesson, read the definition of the word 'addiction' and predict what we are going to speak about.

addiction – 1) a strong need that someone feels to regularly take an illegal or harmful drug (an addiction to nicotine)
2) a strong need or wish to spend as much time as possible doing a particular activity (computer addiction).

2a.  Listen to the telephone conversation and answer the questions.

- Who is Jane talking to?
- What does Mary think the problem might be?




2b.  Look through the list of the signals of addiction and say which of them have been mentioned in the conversation. Listen to the conversation again and check.

When someone:

- 1) uses drugs or alcohol to get away from problems or as a usual way to relax,
- 2) seems to 'drop out' of life among family and friends,
- 3) loses interest in something that used to be a big interest,
- 4) misses classes, or gets behind with work (отстаёт),
- 5) avoids friends, or hangs out with kids who use drugs,
- 6) sells their things or steals yours,
- 7) is very moody and behaves in ways which are unlike their usual behaviour,
- 8) gets upset (расстраивается) or really depressed,
- 9) has problems with sleeping or getting out of bed,
- 10) is sick or shaky,
- 11) changes eating habits – maybe too much or not enough, or eats at 'different' times,
- 12) puts on weight or quickly loses weight.

2c. Do you think Jane made the right decision to phone Teenage Helpline? Why?

3a.  Listen and read along the e-mails Jane and Mary were exchanging. Answer the questions: *What can be addictive? What is physical addiction? What is psychological addiction?*

1. Mary, I am afraid what you said might be true. What shall I do?
2. Jane, you cannot really help someone who has an addiction. That person has to help himself. All you can do is show that

you care, tell those adults you trust about the problem, and be ready to praise every small step taken to stop the addiction.

3. Mary, I decided to talk to my parents first but I want to know more about the problem before I do it.
4. You are right, Jane, but don't wait too long, as the longer you wait the more difficult it may be to sort it out. I attached the information you might find useful.

Types of addiction

There are two types of addiction.

1. Physical addiction is when a person's body becomes dependent on something and wants more and more of whatever it is to be able to feel OK. Trying to give up can make that person suffer withdrawal [wɪð'drɔ:əl] symptoms¹ which can last for quite a long time, but slowly the body gets used to doing without.

These withdrawal symptoms can feel like a really bad flu that they want to go back to whatever they were taking to feel OK again. It is hard to give up. It is much easier not to start.

2. Psychological [ˌsaɪkə'lɒdʒɪk(ə)l] **addiction** is when someone wants something which will change their mood or feelings. They may not get physical withdrawal symptoms, but they may feel lonely or depressed if they can't get the thing that they want.

3. What can be addictive?

People can become addicted to a wide range of things

- drugs – legal and illegal,
- alcohol,
- tobacco,
- sniffing glue or petrol (бензин).

But people can also become addicted to behaviours, which take over their lives.

Among others, teenagers often become gamers and spend too much time at their computers, video games, mobiles and

¹**withdrawal** [wɪð'drɔ:əl] **symptoms** – физические или психические расстройства, возникающие после прекращения приёма наркотика или уменьшения его дозы

SMS, and chatting on the Internet. All these problems look less dangerous than drug addiction but they are also very harmful.

Keep yourself safe by:

- asking smokers not to smoke near you as passive smoking is also dangerous,
- avoiding being around someone who is addicted to alcohol or drugs,
- telling someone if you feel unsafe,
- never trying whatever drug somebody is using,
- not making the mistake of thinking what that person is doing must be cool because they are older than you.

3b. Read the e-mails again and decide what information you would use to talk to someone who you think might be addicted. Work in pairs.

4. ✍ Write a shorter e-mail to Jane giving her a piece of advice.

Lesson 7. Sleep tight

1. Read the famous saying and discuss it.

Early to bed, early to rise, makes a man healthy, wealthy and wise.

Benjamin Franklin



2. Guess the words in bold and answer the questions. Compare with your partner.

- How long do you usually sleep?
- When do you **fall asleep** on weekdays?