

rest – отдых, отдыхать

an aspirin – аспирин

hay-fever – аллергия

sneeze – чихать

asthma – астма

breathe – дышать

malaria – малярия

cholera – холера

a heart attack – сердечный приступ

hospital – больница

cancer – рак

diet – диета

morning exercise – утренняя зарядка

swimming – плавание

jogging – бег трусцой

cycling – езда на велосипеде

stress – стресс

panic - паника, паниковать

relax – расслабиться

pollution – загрязнение

traffic fumes – выхлопные газы

Exercises:

I. Put these health problems in the three columns. Do you think they are not serious, more serious or very serious?

cancer	toothache	cholera	hay-fever	a headache
a heart attack	a cold	asthma		

not serious

more serious

very serious

II. What illnesses are connected with ...

1. a mosquito bite?
2. bad drinking water?
3. pollution, traffic fumes?
4. grass, flowers, etc.?
5. smoking?

III. Answer these questions for yourself. Use a dictionary if you have to.

1. What do you think is a good diet?
2. What sort of exercises do you like?
3. Do you have a lot of stress in your life?
4. Have you ever been in hospital?