

**2** Rewrite these sentences. Give advice using *it's important . . .*, *it's a good idea . . .*, or *it's sometimes helpful . . .*

**Grammar note: Negative infinitives**

Problem	Advice	Negative infinitive
For the flu,	don't exercise a lot.	For the flu, it's a good idea <b>not to exercise</b> a lot.

- For a toothache, don't eat cold foods.  
For a toothache, it's important not to eat cold foods.
- For a sore throat, don't talk too much.  
For a sore throat, it's sometimes helpful not to talk too much
- For a burn, don't put ice on it.  
For a burn, it's important not to put ice on it
- For insomnia, don't drink coffee at night.  
For insomnia, it's a good idea not to drink coffee at night
- For a fever, don't get out of bed.  
For a fever, it's sometimes helpful not to get out of bed

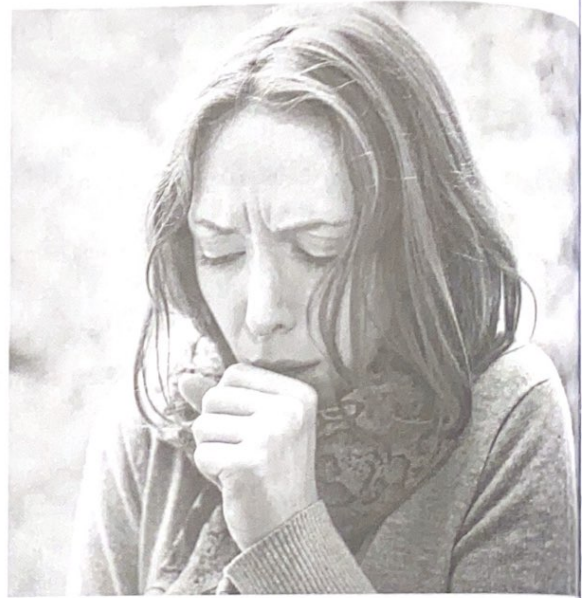
**3** Check (✓) three health problems you have had. Write what you did for each one. Use the remedies below or your own remedies.

**Health problems**

- |  |  |
|--|--|
| <input type="checkbox"/> a cough               | <input type="checkbox"/> a backache        |
| <input checked="" type="checkbox"/> a headache | <input type="checkbox"/> the hiccups       |
| <input checked="" type="checkbox"/> insomnia   | <input type="checkbox"/> a sunburn         |
| <input type="checkbox"/> a cold                | <input checked="" type="checkbox"/> stress |

**Some remedies**

- take some pain medicine
- get some medicine from the drugstore
- use some lotion
- put some ointment on it
- take some cough drops
- see my doctor/dentist
- go to bed
- do nothing



Example: Yesterday, I had a bad headache, so I took some pain medicine.

- Yesterday, I had a stomachache, so I see my doctor
- Today I have a backache, so I put ointment on it
- I always, had stress, so I go to bed and rest