

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 not to exercise a lot.

1. For a toothache, don't eat cold foods.

For a toothache, it's important not to eat cold foods.

2. For a sore throat, don't talk too much.

For a sore throat it's important not to talk too

3. For a burn, don't put ice on it.

For a burn it's important not to put ice on it

4. For insomnia, don't drink coffee at night.

For insomnia it's a good idea not to drink coffee at night

5. For a fever, don't get out of bed.

For a fever it's sometimes helpful not to get out of bed

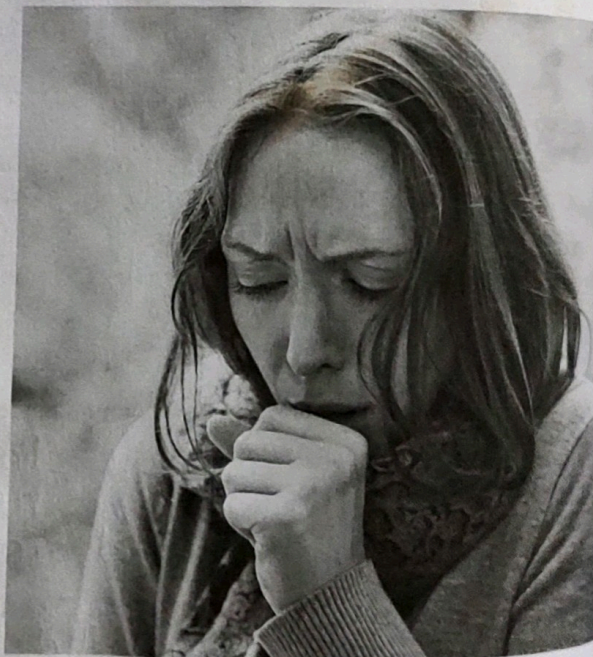
3 Check (✓) three health problems you have had. Write what you did for each one. Use the remedies below or your own remedies.

Health problems

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

1. _____
2. _____
3. _____

Learning to laugh

A Scan the article. Check (✓) the sentence that is the better summary of the article.

- People who laugh at least once a day live longer than people who don't.
- Laughter has important health benefits for your body.



LAUGH IT OFF

Have you laughed today? If so, you probably did a good thing for your health.

Psychologists now consider laughing to be an important practice for good health. Laughter is known to reduce stress, improve the body's ability to fight disease, and make life happier and more interesting. It adds to the pleasure we get from other people and the enjoyment other people get from us.

Dr. Madan Kataria, the founder of Laughter Yoga, discovered that laughter does not have to be real to be good for the body. In Laughter Yoga, people combine yoga breathing with laughter exercises in a group. This allows people to practice laughing without the presence of humor.

Dr. Kataria has found that the body responds well just to the physical act of laughing.

Dr. Annette Goodheart was one of the first doctors in the U.S. to promote laughter for health. In her book *Laughter Therapy: How to Laugh About Everything in Your Life That is Not Really Funny*, she writes, "Everyone usually knows what they think is funny or can laugh at. But I help people laugh about things that aren't funny and support them in re-balancing and resolving their pain."

People who say that laughter is the best medicine might be right. A laugh a day keeps the doctor away!

B Check (✓) True or False.

	True	False
1. Laughter can help the body fight disease.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. The more you laugh, the more other people like you.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Laughter is healthier for you if it is real.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. Psychologists believe it is healthy to laugh at all situations.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. Dr. Goodheart helped patients focus only on funny things.	<input checked="" type="checkbox"/>	<input type="checkbox"/>

C Describe a time you laughed hard at something. How did you feel afterward?

It's very funny to see my cats playing, so when I see them I laugh a lot after that I feel so nice and happy to have my cats with me.