

**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 important not to talk too much.
- For a burn, don't put ice on it.  
For a burn it's a good idea 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 a good idea not to get out of bed.

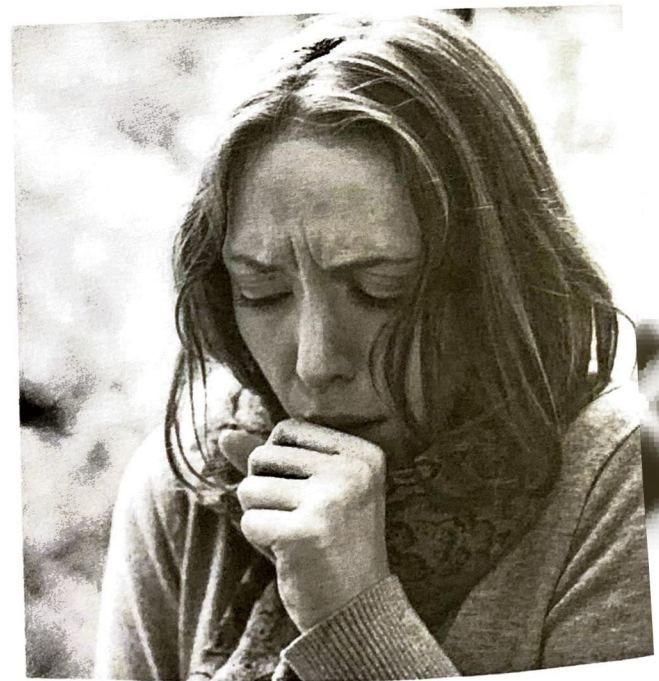
**3** Check (✓) three health problems you have had. Write what you did for each one. Use the remedies below or your own remedies.

**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 checked="" type="checkbox"/> a sunburn  |
| <input 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.

- Last week, I had a sunburn, so I use some lotion.
- Sometimes I have a backache, so I go to bed and do nothing.
- Last month, I had insomnia, so I take some medicine.