

8 Grammar, Vocabulary, and Pronunciation

American
ENGLISH FILE 5

GRAMMAR

- 1 Complete the sentences with the gerund or the infinitive form of the verb in parentheses.

Example: It's no use worrying (worry). You'll just have to wait and see what happens.

- Our piano needs _____ (be) repaired because the movers dropped it.
- We would rather _____ (have) gone to North Carolina for Christmas.
- I thanked your parents for _____ (have) helped me when I was in trouble.
- I'd like _____ (be) sitting in a café in Thailand right now.
- By the time I'm 40, I hope _____ (have) started my own company.
- I'm tired of _____ (be) told to wait. I've been standing here for three hours already!

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- 2 Underline the correct word(s).

Example: My bus **to leave** / leaves in five minutes.

- The team **is due to** / **due** arrive at six o'clock.
- Bob's **will go** / **going** to New York next week.
- Will** / **Are** we be meeting outside the movie theater?
- I'm about **going** / **to go** to the store. Do we need more milk?
- We **'re move** / **move** into our new apartment next month.
- You're going **getting** / **to get** a new car next year, aren't you?

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- 3 Is the sentence right or wrong? Write *correct* or *incorrect* in the blank.

Example: I see some friends after class tonight.

incorrect

- My parents are due to arrive at 7:00 tonight. Can you help me clean? _____
- We're to be make sure he's there on time because he's usually late. _____
- My sister-in-law is about to have a baby, so my brother is very nervous. _____
- Will we be eating at the usual time? Your brother wants to know. _____
- The President is going open the new mall down the street on Saturday. _____

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VOCABULARY

- 4 Underline the odd word(s) out.

Example: hailstorm flood drought mild

- a bruise a surgeon a blister a rash
- a cold flu asthma a bandage
- ineffective mainstream unproven useless
- a rip-off an X-ray antibiotics stitches
- mild severe real prematurely
- across through on top of put
- breathtaking dull spoiled overcrowded
- delay postpone cancel put off

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5 Complete the words in the sentences.

Example: We went on a package vacation to Greece last year.

- If you go on a l_____ -haul flight, you should stretch and get up and move around as often as possible.
- Don't forget to t_____ out travel insurance before you leave.
- I really like to get off the beaten t_____ when I go on vacation.
- I don't like vacations where the beaches are o_____. I like to be by myself on the beach.
- She wants to take pictures of p_____ scenery on her next vacation, so she's going to Yellowstone National Park.
- Sam and his wife disagree on what their next vacation should be; he thinks her ideas are too d_____ and boring.

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6 Complete the sentences with one word.

Example: She can be as stubborn as a mule. I can never convince her of anything.

- My grandmother is as _____ as a post. We always have to shout when she's around.
- I hope this solution to the problem works like a _____. We don't have time to mess around.
- She turned as white as a _____ just before she fainted.
- Without my contact lenses, I'm as blind as a _____.
- Hop to it, little one! Quick as a _____!
- My uncle drinks like a _____. I wish he'd stop.

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PRONUNCIATION

7 Match the words with the same sound.

pull stub upon acupuncture
reflexology useless

Example: put pull

- up _____, _____
- along _____, _____
- devalued _____

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8 Underline the stressed syllable.

Example: conventional

- below
- around
- bandage
- virus
- system

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Pronunciation total	<input type="checkbox"/> 10
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8 Reading and Writing **A**

READING

1 Read the article and check (✓) A, B, or C.

DOES COMPLEMENTARY AND ALTERNATIVE MEDICINE WORK?

The main point made by people who dismiss Complementary and Alternative Medicine (CAM) as a pointless waste of time and money is that there is no scientific evidence whatsoever that it works. For conventional medicine there is of course an enormous amount of scientific research to back up the effectiveness of medical treatments. This is because of the fundamental difference between conventional medicine and CAM. Conventional medicine regards the body as a complex and sophisticated machine and illness as a breakdown of one or more parts of the machine. Its aim is to get the machine working properly again by removing the problem parts or treating them so that they return to working order. CAM, in the form of such things as homeopathy, acupuncture, and medical herbalism, regards illness as a breakdown of the body's natural healing systems. It believes that there is a natural, non-physical force in all of us that enables the body to heal itself and its aim is to make that force powerful enough to overcome illness and restore health.

This natural, non-physical force, however, cannot be detected using the usual scientific techniques. So it is impossible to prove its existence scientifically, and this has led some people to reject the whole idea of CAM. With conventional medicine, we can test scientifically whether treatments have an effect on the body by looking for changes in the body's cells, nerves, organs, and systems as a result of treatment. With CAM, we cannot prove whether or not the natural force for restoring health exists. However, it is possible to see what effects CAM treatments have had on the cells and structures of the body in order to assess their effectiveness.

One example of scientific evidence for the effectiveness of CAM treatments is a study which showed that homeopathic medicine had an effect on the brain activity of sufferers of fibromyalgia, a painful muscle disorder. Research also indicated that acupuncture was effective in the treatment of patients suffering from Crohn's disease, a painful disorder of the digestive system. Tests on their digestive systems showed that they had less inflammation after acupuncture treatment. Another study concerned the highly diluted solutions used in homeopathic medicines. Skeptics claim that these cannot possibly have any effect because they are so diluted and little or nothing of the original substance remains. But a study showed that

ultra-high dilutions of histamine (a protein involved in allergies) have an influence on cell activity in the body.

One of the most common tools of conventional medical research is a test called an RCT. This is a comparative test to discover the effectiveness of, for example, a new drug. Some subjects are given the drug and others are given a dummy pill. The subjects do not know whether they have taken a real pill or a dummy one, known as a placebo. Researchers then look at whether the people who took the real pill showed more improvement than the people who took the dummy pill, or placebo. The same kind of test is also carried out for CAM treatments, and it seems an obvious thing to do in order to get evidence of their effectiveness. However, a number of CAM practitioners feel that these RCT tests are not appropriate for CAM treatments. This is for two reasons.

Firstly, they say, this is because CAM therapies are entirely focused on each individual as a separate case. Treatment isn't dictated by the specific medical problem the patient is suffering from but by the need to restore to full power that individual's natural force for maintaining health. So the result of an RCT test for one person may be wholly different for another, meaning that no general conclusion could be drawn about a particular treatment. Secondly, the practitioners say, a key factor in CAM treatments is the relationship between the patient and the practitioner. Many people, especially those with severe or long-standing medical problems, opt for CAM treatments because they do not want to take drugs for a long time or because they do not have faith in conventional medicine to improve their condition. Some of these people may feel that they get benefits from CAM treatments and from their consultations with CAM practitioners, even if the treatments do not work for their original problem. So CAM treatments may be beneficial in ways that RCT tests would not reveal. Some patients, for example, say that they prefer the holistic approach of CAM and feel that the decisions about treatment give them greater control over their own lives than conventional medicine. They like the feeling that they are taking personal responsibility for their own health.

1 The writer says in the first paragraph that criticism of CAM is _____.

- A based on ignorance ☐
 B understandable ☐
 C increasing ☐

2 The writer says that the difference between CAM and conventional medicine _____.

- A is a very great one ☐
 B is not as great as people may think ☐
 C is greater in some forms of CAM than others ☐

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- 3 The writer's point in the second paragraph is that _____.
 A you can't prove that CAM treatments have had any effect ☐
 B you can't prove that the main principle of CAM is true ☐
 C you can't use the same tests for CAM and conventional medicine ☐
- 4 The writer uses fibromyalgia and Crohn's disease as examples of _____.
 A conditions that don't respond to conventional medicine ☐
 B conditions that CAM has been shown to improve ☐
 C how different kinds of CAM treatment can be compared ☐
- 5 The study of highly diluted solutions _____.
 A disproved a common criticism of homeopathy ☐
 B provided different results from previous studies of them ☐
 C showed that some solutions are more effective than others ☐
- 6 When describing what RCT tests involve, the writer says that _____.
 A some people disapprove of their use in conventional medicine ☐
 B they have proved the effectiveness of some CAM treatments ☐
 C they appear suitable for testing CAM treatments ☐
- 7 The first objection to the use of RCT tests for CAM treatments is that _____.
 A the tests do not work for certain medical problems ☐
 B tests on a single individual may produce very different results ☐
 C the tests do not produce a consistent pattern of results ☐
- 8 The writer says in the last paragraph that the attitude of patients to CAM treatments _____.
 A depends entirely on whether the treatments are effective or not ☐
 B is not necessarily connected with whether the treatments are effective or not ☐
 C may make them think that a treatment has been effective when it has not ☐
- 9 The second objection to the use of RCT tests for CAM treatments is that _____.
 A they cannot measure the effect of CAM treatments on some patients ☐
 B they do not work for the most common CAM treatments ☐
 C they may suggest that some ineffective CAM treatments actually work ☐
- 10 The writer's purpose in the article is to _____.
 A demonstrate why critics of CAM treatments may be right ☐
 B recommend CAM treatments rather than conventional medicine ☐
 C discuss whether or not the effectiveness of CAM treatments can be proved ☐

Reading total

10

WRITING

Use the information below to write a report of approximately 250 words.

The company you work for has recently opened a gym for its employees. You have been asked by your boss to get feedback from all the gym users and to write a report detailing what they are positive about and what problems they have, and to make suggestions for improving the facilities and getting more people to join.

You have made notes covering the views of the majority of people:

People want gym open 24 hours, not just 7:00AM to 7:00PM.

Gym facilities OK but almost everyone complained about the changing rooms (not enough showers, water not very hot).

People not very happy about some loud music. Some instructors play more variety than others.

All classes, e.g. aerobics, very good but very crowded.

Writing total

10

Reading and Writing total

20

8 Listening and Speaking **A**

LISTENING

- 1 Listen to five people talking about various alternative medicine treatments. Match the speakers (1–5) to what they mention in connection with the treatments (A–H).

Speaker 1 ☐Speaker 2 ☐Speaker 3 ☐Speaker 4 ☐Speaker 5 ☐

A uncertainty about whether a treatment would be worth trying

B conventional medicine not having any effect on a problem

C changing from one alternative medicine treatment to another

D becoming ill after giving up a treatment

E a treatment that seemed to work at first but was then ineffective

F fearing that a treatment might not have had the desired effect

G a treatment that caused a different problem to develop

H a treatment having no effect even after being repeated many times

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- 2 Listen to a talk about choosing the right vacation. Choose the correct answer.

1 The first decision that needs to be made about the vacation is:

A who is going on the trip

B where you are going

C where you are staying

2 Why do single people choose where they go before inviting their friends?

A They want to exclude their friends.

B They want to know that they can choose the destination.

C They don't have families to consider.

3 Why might people choose to go to a city?

A To visit museums and art galleries

B To go camping

C To visit a spa

4 What can you do in nature that you can't in the city?

A Go to an art gallery

B Go to the museum

C Go camping

5 Why should everyone be happy with the final destination?

A Someone who is unhappy can ruin the vacation

B Someone who is unhappy will spend the day at a spa

C Someone who is unhappy will want to go camping

☐ 5

SPEAKING

Student A

- 1 Ask your partner these questions.

1 Which part of the world would you most like to visit?

2 Which place in your own country would you most recommend to visitors?

3 Have you ever used alternative medicine?

4 How healthy is your lifestyle?

5 What causes people to use alternative medicine?

- 2 Now answer your partner's questions.

- 3 Now talk about one of these statements, saying if you agree or disagree. Give reasons.

1 "Tourism does more harm than good."

2 "I would use alternative medicine if modern medicine didn't work."

3 "It is very hard to have a healthy lifestyle in the modern world."

- 4 Now listen to your partner. Do you agree with him/ her?

Speaking total ☐ 15Listening and Speaking total ☐ 25

8 Listening and Speaking **A****Student B**

- 1 Answer your partner's questions.
- 2 Now ask your partner these questions.
 - 1 What's the best place you have ever visited?
 - 2 What's the most difficult journey you've ever taken?
 - 3 What do you do to keep your family healthy?
 - 4 What could you do to live in a healthier way?
 - 5 How common is alternative medicine in your country?
- 3 Listen to your partner. Do you agree with him/her?
- 4 Now talk about one of these statements, saying if you agree or disagree. Give reasons.
 - 1 "Everyone should visit at least one foreign country in their life."
 - 2 "I would like to live in a country I haven't lived in yet."
 - 3 "Alternative medicine is as useful as conventional medicine."

Speaking total		15
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Listening and Speaking total		25
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