

## PART I: READING

- 1.1** Read the passage from Doctor Tabitha Wailer's journal. Check (✓) the best prediction of what the journal is about. There is only one right answer.

As a pediatrician,<sup>1</sup> I see a lot of stomachaches, sore throats, and sprained ankles. Often, parents try to treat their children at home first, before they bring them to my office. I am surprised sometimes by parents' home remedies. The most popular remedies usually don't work (for example, chicken soup is *not* a cure for colds and fevers, just a way to treat a sore throat). But there are a few surprising home remedies that work and have a scientific explanation.

- \_\_\_\_\_ A. home remedies  
\_\_\_\_\_ B. pediatricians  
\_\_\_\_\_ C. parents with stomachaches  
\_\_\_\_\_ D. how to treat sore throats

- 1.2** Now read Dr. Wailer's entire journal. Use the information to choose the correct answers.

#### A Doctor's Journal

As a pediatrician, I see a lot of stomachaches, sore throats, and sprained ankles. Often, parents try to treat their children at home first, before they bring them to my office. I am surprised sometimes by parents' home remedies. The most popular remedies usually don't work (for example, chicken soup is *not* a cure for colds and fevers, just a way to treat a sore throat). But there are a few surprising home remedies that work and have a scientific explanation.

One home remedy that works is for earaches. Cut an onion in half and put it in the oven. When the onion is comfortably warm to the touch, take it out of the oven and gently put it on the ear with the earache. The earache will start to feel better. The reason is the onion releases a gas that treats earaches, and the heat helps the gas move into your ear.

My favorite home remedy is the wet sock<sup>2</sup> cure. It sounds unusual, but unlike chicken soup, this can treat a fever. First, put your feet in hot water. Put socks in cold water. Then put the cold, wet socks on your feet. After that, put warm, dry socks on top of the wet ones, so you are wearing two socks on each foot. Then go to bed. In the morning, you will not have a fever. The cure is complicated, but the wet socks help blood flow in your body, and this is what helps the fever.

Children usually don't have a problem with these home remedies. If these cures don't work, you should talk to a doctor. Just don't tell your doctor about the onion or wet socks—he or she may laugh!

<sup>1</sup> **pediatrician:** a doctor for children

<sup>2</sup> **sock:** clothing you wear on your foot, inside your shoe

Check (✓) the best answer to complete each sentence.

1. According to Doctor Wailer, chicken soup can treat a(n) \_\_\_\_\_.  
 A. cold  
 B. fever  
 C. earache  
 D. sore throat
2. Dr. Wailer works \_\_\_\_\_.  
 A. on the Internet  
 B. at her office  
 C. in her home  
 D. in a school
3. Dr. Wailer thinks patients with a fever should \_\_\_\_\_.  
 A. first try chicken soup, then try the onion cure  
 B. first try the onion cure, then try the wet sock cure  
 C. first try the wet sock cure, then talk to a doctor  
 D. first talk to a doctor, then try chicken soup
4. Dr. Wailer says \_\_\_\_\_ helps cure an earache.  
 A. blood flow  
 B. a dry sock  
 C. hot water  
 D. half an onion
5. Dr. Wailer probably thinks the onion cure and wet sock cure \_\_\_\_\_.  
 A. aren't good for children  
 B. are a little strange  
 C. don't work  
 D. cause stomachaches

**1.3** Read the passage from “Gross Medicine” in NorthStar: Reading and Writing 2, Unit 9. Use the information from this reading and “A Doctor’s Journal” to complete the activity. The first one has been done for you.

The pain in my ankle was terrible. And it was moving up my leg. I needed to find a doctor fast. But in Botswana, near the Kalahari Desert, a trip to the hospital looked like this: one day by car, three days by bicycle, or six days by donkey. This is when I met Ntemidisang and the leeches.

Ntemidisang was a traditional doctor from a village four kilometers away. He looked at the cut. He pushed on it carefully. Then he put his hand on my forehead and nodded<sup>1</sup> his head. Yes, I had a fever. He said he had to take the pus out of the ankle before I could bicycle to the city the next day to get some antibiotics.

Ntemidisang smiled to help me relax. He put a wet cloth on my forehead and opened a small metal box. Inside this dirty little box were the leeches.

I put my head back and watched the stars. I tried to think of other things. But I felt something cool on my skin. Ntemidisang put the leeches gently around the cut on my ankle. Suddenly, I felt them bite, and then I didn’t feel anything.

Ntemidisang tried to make me laugh and forget about what was happening on my ankle. He wasn’t funny, but I laughed.

An hour later, my ankle was bandaged and Ntemidisang was smiling. I was smiling too. I thanked him for helping me, and we said goodbye. Two days later, after riding 240 kilometers to the next city, I found a hospital. As the doctor was giving me a shot of antibiotics, I was thinking, “I sure don’t like shots, but at least they aren’t as gross as leeches!”

<sup>1</sup> **nodded:** moved his head up and down to say “yes”

Source: Adapted from *Why leeches influence my physical examination (Essay)*. Shetal Shah. *The Lancet* 352.9145 (Dec 19, 1998): p. 2014(1).

Description	Ntemidisang	Tabitha Wailer	Both
He / She works as a doctor.			✓
1. He / She works in an office.			
2. He / She knows home remedies.			
3. He / She uses only home remedies.			
4. He / She thinks people need regular medicine sometimes.			

**PART 2: VOCABULARY**

**2.1** Write the words from the box next to their definitions. Not all of the words will be used.

bandage	blood	flow	flu	patient	saliva	swelling	veins
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- \_\_\_\_\_ 1. An area on your body that is larger than usual because of injury
- \_\_\_\_\_ 2. The liquid in your mouth
- \_\_\_\_\_ 3. Tubes that bring blood back to the heart from the rest of the body
- \_\_\_\_\_ 4. When a liquid moves slowly from one place to another
- \_\_\_\_\_ 5. Someone who is getting medical treatment

**2.2** Write the words from the box next to their home remedies. Not all of the words will be used.

a cold	earache	headache	sprained ankle	toothache
backache	fever	sore throat	stomachache	

- \_\_\_\_\_ 1. Try cool water, for example, a cool bath.
- \_\_\_\_\_ 2. Put your foot up on a chair or sofa with ice, and don't walk.
- \_\_\_\_\_ 3. In China, some people treat this with a metal coin, or they take aspirin.
- \_\_\_\_\_ 4. Try drinking tea with honey. It tastes good too!
- \_\_\_\_\_ 5. There is no easy home remedy. For this, you need to see a dentist!

**PART 3: SKILLS FOR WRITING**

**3.1** Complete each sentence with the adjective or adverb form of the word in parentheses.

- That home remedy for my fever worked well.  
(good)
1. When you hurt your leg, you should walk slowly.  
(slow)
  2. Tom hurt his knee, and now he can't run fast.  
(fast)
  3. My earache is so painful.  
(painful)
  4. If you have a cold, take a warm bath.  
(warm)
  5. I tried the wet sock remedy, and my fever went away quickly.  
(quick)
  6. The doctor carefully touched Joe's swollen ankle.  
(careful)

**3.2** These sentences are in the wrong order. Number the sentences to show the correct order. The first one has been done for you.

- \_\_\_\_\_ Finally, sit down and rest until your stomach feels better.
- \_\_\_\_\_ After that, drink the water slowly for 10 to 20 minutes.
- \_\_\_\_\_ First, cook a small piece of ginger in water for about one hour.
- 1 Ginger is a good home remedy for a stomachache.
- \_\_\_\_\_ Then wait until the water is warm, but not hot, and pour it in a glass.

**PART 4: WRITING**

A Narrative Paragraph (20 minutes)

Write about a time you or someone you know visited a doctor.

- Tell the reader who saw a doctor and when, where, and what the problem was.
- Tell what the doctor did to treat the problem.
- Use adverbs of manner and time order words.
- Remember to use past tense verbs.
- Use the vocabulary and grammar from Unit 9.

Unit 9 Vocabulary Words					
a cold / the flu	blood	fever	patient	sore throat	swollen
backache	cure	flows	saliva	sprained ankle	toothache
bandage	earache	headache	shots	stomachache	treat
Unit 9 Grammar: Adverbs of Manner					
• I <i>carefully</i> showed the doctor the cut on my leg.					