

AN INTRODUCTION TO ILLNESS AND HEALTH

„Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”
Ralph Waldo Emerson

I. Discussion Points:

- a) Do you agree with the idea that Waldo has expressed in the quotation? If not, express why.
- b) What does „being a healthy person” mean to you?

II. Modern people are particularly vulnerable to all sorts of factors affecting health: (smoking, drinking, drugs, and so on). Which of the following do you consider to be the most frequent reason of their usage?

- a) the constant impression that they are rejected by society;
- b) rebellion against medical advice;
 - c) for fun or out of curiosity;
 - d) in the moments of isolation, sadness or frustration.

III.A. Test Memory part 1.

Read through today’s lesson and try to remember as much information as possible. Your teacher will give you a time limit. Do not write anything down and do not use any dictionary while reading. After you have finished you will answer the questions about the text.

III.B. Test Memory part 2

Now answer the following questions:

- a) Where was the shelter of our ancestors?
- b) What were men prepared for?

- c) Are there any physical differences between modern man and the forebears?
- d) What destroys the physical shape of our day's man?
- e) What is modern man's body loaded with?
- f) What causes the permanent tension and the overweight?
- g) What constitutes the biggest discrepancy in the daily life of a modern man?
- h) Give a definition of Health.
- i) Who was „the father of medicine” and what did he create?
- j) To whom is the Hippocratic Oath addressed?

The men who inhabited the earth 20.000 years ago lived a life of the hunter, running after their prey and attacking it with stone axes. At the mercy of the weather, they took shelter in caves at night and protected themselves as best as they could. For this life, men were as well, if no better, adapted than any other mammals, with bodies designed to endure long periods without food, to stand up to the heavy exertion of hunting and to respond quickly to the numerous emergencies with which their lives were fraught.

The physical characteristics of modern man are little different from those of his forebears but are deployed in very different circumstances. Food is plentiful, exercise is rarely taken and tensions in an urban society are continually high. Early man's appreciation of sweet-tasting berries assured him of an adequate supply of water-soluble vitamins. The same craving for sweet things means that modern man's body is loaded with sugars and other carbohydrates, often in excess of his needs or his body's capacity to absorb them.

His sedentary, stressful urban life makes him overweight and tense. In order to feel better he may smoke cigarettes, drink alcohol or take tranquilizers: palliatives that must, in the long term or in excess, do him harm.

The major health problems of developed societies stem from exactly this discrepancy between man's social and physical evolution. High blood cholesterol levels resulting from an unbalanced diet, high blood pressure resulting from stress, obesity, and smoking all add considerably to the chances of the occurrence of heart disease.

Health is difficult to define. It might be described as the subjective assessment of a person's ability to cope with his life: is only when he feels ill that it is time to visit a doctor. This definition, however, ignores the fact that some diseases do not produce any noticeable symptoms at their onset and so the tendency in industrial societies is to screen people for diseases before they actually feel unwell so as to prevent their ever getting seriously ill.

DO YOU KNOW:

1. That HIPPOCRATES, the „father of medicine”, was born on the island of Kos c.460 BC? He worked empirically, basing his judgements on observation rather than preconceived ideas. The Hippocratic Collection, including the Hippocratic Oath that binds doctors to keep their patients' confidences, are medical works by many authors and are not necessarily of Hippocratic origin.

2. That they mean:

AAS-anthrax antiserum- ser anti-antrax;

AAS- aortic syndrome- sindrom de arc aortic;

AAVC-anomalous atrioventricular conduction- conducere atrio-ventriculara anormala;

ABD-abdomen- abdomen;

ABD- aged, blind or disabled man- batran, orb sau neputincios;

IV. Try to replace the underlined words and expressions by some others. Why do you think the author of the article has chosen these ones and not the ones you found?

V. Imagine that you are Hippocrates and say in a few words why do you think that he created the Hippocratic Oath?

VI. Imagine a dialogue in which two or three friends who have read about ancient medicine discuss about the people that lived in that period. Make use of the formulas used below:

Let's have fun:

1. Patient has chest pain if she lies on her left side for over an year.
2. She has had no rigorous or shaking chills, but her husband states that she was very hot in bed last night.
3. Discharge status: Alive but without permission.

It seems to me that.....

I think that.....

I imagine that.....

The point is that.....

To be fair.....

I agree with you.....

VII. Translate into English:

- a. Viața sedentară de la oraș i-a făcut să se îngrășe.
- b. Hrana se găsește din belșug, dar ei fac foarte rar exerciții, iar tensiunea în societatea urbană este foarte ridicată.
- c. În țările cu o industrie dezvoltată, majoritatea bolilor cu cauze ușor de identificat, ca tuberculoza sau holera au fost eliminate și înlocuite cu cele datorate unei alimentații encorespunzătoare.
- d. Corpul este prost echipat pentru a putea face față rezultatelor acestei transformări.

VIII. Read carefully the text. Decide weather the statements below are true or false, according to what you read in the given passage:

1. The things that give us the most pleasure in life involve us in activity. **T/F**
2. Sedentarism and stress make life more useful. **T/F**
3. Walking and physical exercise are apparently very dangerous things to indulge in. **T/F**
4. Those who lived 2000 years ago, lived in cars. **T/F**
5. Modern man's body is loaded with sugars and other carbohydrates, because of the excess of sweets. **T/F**
6. Smoking and alcohol are good for health. **T/F**

IX. In the text we have the expression "to deal with". Look at the following diagram of this and other uses of the verb "to deal" and chose the correct form in order to complete the sentences below:

- **to deal out-** to distribute, to make gifts;
 - to give money;
 - to beat somebody;
- **to deal in-** to include smb. in smth.;
- **to deal with/ at-** to have commercial relations with smb;
 - to talk about; to make a deal regarding;

- a. The money must be.....fairly and justly.
- b. John arrived late for our surgery, but we..... him.....
- c. He threatenedhis punishment with his own hand.
- d. I made a.....him.
- e. I have.....that American agency for years.

X. Give synonyms and antonyms for the following words and use them in as many sentences as possible:

- Overweight;
- onset;
- empirically;

XI. Chose from the column on the left the nouns corresponding to the verbs on the right and make short sentences with them.

Raise Turn Sprawl Walk Bend Lean

The back On the tip of the toes The head (to the right/ to the left) The legs The bust The arms
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