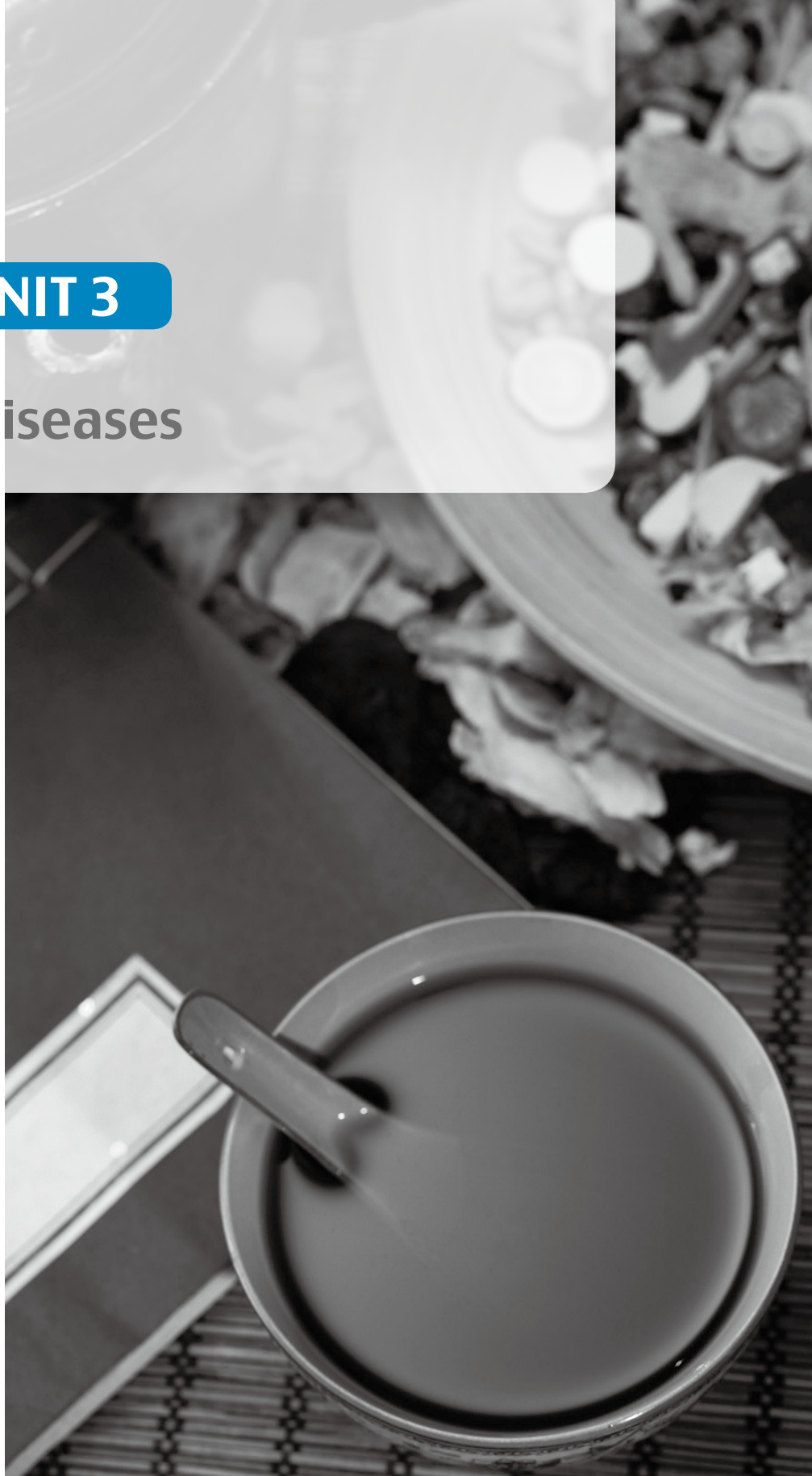
UNIT 3

Diseases



PART I

Theme Introduction

Task ❶ **Changes of emotions are closely related to some diseases of our organs according to TCM doctors , so bad emotions are quite harmful to our health. Now try to match the relations between emotions and diseases according to your background knowledge of Chinese medicine.**

anger	kidney
joy	spleen
fear	lung
sorrow	heart
reflection	liver

Task ❷ **Listen to a passage about emotions and diseases, and check your answers in task 1.**

Doctors of Traditional Chinese Medicine tend to believe emotions are closely related to our organs. The relations exist between joy and heart, anger and liver, thinking and spleen, sorrow and lung, fear and kidney.

A Stanford University researcher carried out an experiment which proved directly how anger did harm to our health. He injected some gases from an angry person into a mouse, and the mouse died after a couple of minutes. This experiment showed how poisonous the gas was when we were angry. Chinese doctors also traced some people and tried to investigate how their kidney activated when people were frightened by outside environment. The result indeed proved that fears would do great harm to our kidney.-

- ✧ This part is used to let students have a rough knowledge about emotions and diseases.
- ✧ Before class, students are required to collect some successful cases in which doctors of Chinese medicine tried to cure diseases by adjusting patients' emotions.
- ✧ In class, students are free to talk about the relationship between emotions and health in pairs.
- ✧ Several volunteers are asked to report what they have discussed on emotions and diseases.
- ✧ Students are asked to complete Task 1, listen to a passage and check their answers of task 1.

PART II

Listening Task

Word Bank

otolaryngology /ˌəʊtəlærɪŋˈɡɒlədʒɪ/ *n.*	耳鼻喉学
outpatient /aʊtˈpeɪʃənt/ *n.*	门诊病人
acupoint /ˈækjʊˌpɔɪnt/ *n.*	穴位
corridor /ˈkɒrɪdɔː/ *n.*	走廊，通道
virus /ˈvaɪərəs/ *n.*	病毒
bacteria /bækˈtɪərɪə/ *n.*	细菌（bacterium的名词复数）
anesthetic /ˌænɪsˈθetɪk/ *n.*	麻醉药
caesarean /sɪˈzeərɪən/ *n.*	剖腹产
obesity /əʊˈbɪsɪtɪ/ *n.*	肥胖症
database /ˈdeɪtəbeɪs/ *n.*	资料库；数据库
internal medicine	内科医学
immune system	免疫系统
coronary heart disease	冠心病

Task ❶ Short Conversations

You will hear eight short conversations about diseases. A question will follow each conversation. Listen carefully and choose the best answer from the four possible choices.

1. M: I have a temperature, feeling very tired, and my joints are aching. I just don't feel very well.

   W: Well, you need to see an internal medicine doctor. Please go to the counter and register first, and then I will show you the outpatient department.

   Q: which department should the patient go to in this hospital first?

   A. Surgical department.

   B. Internal medicine.

   C. The Otolaryngology Department.

   D. The outpatient department.

2. M: Miss Jones, how are you feeling today?

   W: Much better, thank you! I can sit straight today. The acupuncture is really mysterious.

   Q: What seems to the attitudes of Miss Jones towards the doctor?

   A. She is furious.

   B. She is disappointed.

   C. She is content.

   D. She is not satisfied.

3. W: My father always gets faint when he stands up abruptly from a chair, and sometimes he would feel breathless.

   M: Why not try Doctor Jenkins? He has cured some similar cases with Chinese herbs.

   Q: What does the man advise the woman's father to do?

   A. Her father should have some Chinese herbs.

   B. Her father should have a good rest.

   C. Her father could try a Chinese herbal treatment.

   D. Her father should have a thorough check.

4. W: It is said that people who are often caught by small diseases are not easy to suffer from serious diseases. Do you agree with that, Charlie?

   M: Of course not. In fact, those people who often get diseases would pay more attention to their health, so they do not catch serious diseases easily.

   Q: Why don't those people catch serious diseases easily?

   A. Because they often get ill.

   B. Because they pay much more attention to their health.

   C. Because they have better immune system.

   D. Because they are easily to be caught by small illness.

5. W: Since I came to work in this company, I always feel dizzy, headache and depressed.

   M: Oh, I have a secret to improve your situations. Why not massage some of the health-care acupoints as Taiyang acupoint, Taixi acupoint. Of course, you could have another job, either.

   Q: What can improve the woman's health condition according to the man?

   A. To massage several health-care acupoints.

   B. To get acupuncture in the hospital.

   C. To relieve her emotions.

   D. To move to a new environment.

6. M: I just met Peter on the corridor, and he said I did not look very well.

   W: Try not to be affected by others' words. If you really feel uncomfortable, you can have vacation or have some health-care herbal tea advised by your doctor.

   Q: What does the woman infer?

   A. The man should go to see a doctor.

   B. The man should adjust her mind and physical conditions.

   C. The man should not care Peter's words.

D. The man should not complain.

7. W: Oh, some of my roommates fell asleep this morning. Didn't they have a good sleep last night?

   M: It's not about their sleep. People always feel sleepy and tired when spring comes.

   Q: How do people feel when spring comes according to the man?

   A. People always feel sleepy.

   B. People always feel energetic.

   C. People always fall asleep.

   D. People could not sleep well.

8. W: I consider I have the symptoms when the medicinal teacher interpreted those diseases.

   M: For students of medicine, one of the important things is not to associate the symptoms of medicinal books with ourselves.

   Q: What is very important for students of medicine?

   A. They should not relate the symptoms of medicinal books to themselves.

   B. They should pay more attention to their medicinal books.

   C. They should interpret the diseases of the books.

   D. They should keep attentive in medicinal classes.

Task ❷ **Passage**

You will hear a passage about diseases. Five questions will be asked following this passage. Listen carefully and choose the best answer from the four possible choices.

Half of leading causes of death in the United States are of unhealthy or dangerous behaviors, such as overeating, failing to exercise, and overexposing oneself to the sun. Today, we are more likely to become ill or even die because of our own actions than the reason of viruses or bacteria invading our bodies.

Scientists in health psychology also have found strong relationship between stress and diseases. Those stressors include frustration, pressure and conflict. Of all the diseases that are influenced by stress, coronary heart disease has received the most attention from health psychologists.

Although stress does not cause cancer, it does interfere with the immune system's ability to destroy cancerous cells. The effective ways to improve the situation is to get progressive relaxation and stick to chronic physical exercises.

Questions:

1: What has influenced half of the mortality in the USA?

A. Healthy behaviors.

B. Overeating behavior.

C. Unhealthy or dangerous behaviors.

D. Viruses.

2: What kind of unhealthy behavior has not been mentioned in the passage?

A. Overeating.

B. Failing to exercise.

C. Overexposing oneself to the sun.

D. Getting insomnia.

3: What has strong relationship with diseases according to scientists in health psychology?

A. Stress. B. Emotions.

C. Exercises. D. Overeating.

4: What disease has received the most attention of all the diseases caused by stress?

A. Coronary heart disease. B. High blood pressure.

C. Pneumonia. D. Heart attack.

5: What are the effective ways to improve the situations caused by stress?

A. To get progressive relaxation

B. Stick to chronic physical exercises.

C. To relieve stresses and get exercises.

D. A and B

PART III

Speaking Task

Teaching steps

1. Ask students to think about appropriate descriptions when they don't feel very well.
2. Play the model dialogue to the students one time, and ask several students to repeat the model dialogue. It is helpful for training the students' ability to understand the important details of the listening text by this way.
3. Arrange the students in pairs and ask them to discuss the topic and do the role-play activities in the part of Oral Activity.
4. Go around the classroom to supervise the students' discussion. If necessary, give help to the students, especially the weaker ones.
5. Select several pairs to present their conversations in class.

Language Focus

1. I feel dizzy/under the weather/drowsy/nauseated/light-headed.
2. My symptoms include loss of appetite, weight loss, excessive fatigue, fever and chills.
3. I have some pain and itching around my eyes/ears/throat ...
4. I feel exhausted most of the time.
5. I haven't had much energy for some time.
6. I have a headache, nausea and vomiting.

7. Sleeplessness is sometimes the side effect of certain medications.
8. Medicines sometimes have unpleasant side effects.
9. The side-effects of the drug are as yet unknown.
10. Side effects may vary for each individual depending on the person's disease state, age, weight, gender, ethnicity and general health.
11. Side effects can occur when commencing, decreasing/increasing dosages.
12. Lifestyle or dietary changes may also help to minimize side effects.

Oral Activity:

※ After listening to the model dialogue, the students are required to imitate the dialogue and organize their own conversations. Students can take sentences in the language focus part as reference.

※ Ask all the students to find out their own partners, work in pairs.

※ Ask the students to Role Play the dialogue. Work with a partner. Make up conversations based on the following situations.

◆ A and B are doctor and patient. A is a doctor of Chinese medicine, while B feels uncomfortable today. A is inquiring B's symptoms and tries to offer some health-care methods.

◆ A and B are classmates. They are discussing how to deal with colds in ways of Chinese medicine.

※ Assign them to organize their conversations, and select at least two pairs to present their conversations in class.

Model Dialogues

A and B are colleagues working in an insurance company. Here is a talk between them.

A: Oh, again! I have left my proposal at home!

B: Take it easy, Betty!

A: To tell you the truth, after giving birth to my baby, I have had a bad memory. The doctor said I became absent-minded only because of having used some anesthetic in the caesarean birth operation.

B: Well, It happens to some women. But I am sure you will recover from this gradually.

A: The doctor also advised me to do some physical exercises to improve this symptom. Perhaps drinking Chinese herbal tea might work.

B: Do not worry about this anymore. Let's get to work, and you will forget about your problem.

PART IV

Leisure Time

Focal Point

In this part, students are required to answer the meaning of "get a taste of your own medicine" after watching the video. This idiom is related to medicine, but gets a different meaning, which is whenever you do something to someone else, the same thing will happen to you later.

Enjoy a video clip entitled "Get a Taste of Your Own Medicine", and retell the main idea of the video to your partner.

Video (00:01 — 02:45)

Script:

Mr. Medicine: Hey, I'm Mr. Medicine. Feeling sick? Feeling under the weather? Well, in a moment, that Dr. J guy in Sean Connery cap is going to teach you an idiom about me and my friends: "To get a taste of your own medicine". I'll admit that some medicines taste bad — which is why this idiom is a bit negative about us — but we don't all taste that

bad. After all, without us, you humans would stay sick longer — a lot longer. So, get plenty of sleep, drink a lot of water, and of course, watch a lot of Greenhill videos! That's the only way of your English to stay truly healthy.

Dr. J: Today, I'm going to tell you about a very interesting expression we say in English. To get the taste of your own medicine. Now what this means is that whenever you do something to someone else and then later the same thing happens to you, you get a taste of your own medicine. Now the main idea of this expression is that usually is very sour, very bitter. Okay, and so you other people take medicine and now it's time you have to taste your own medicine. Okay, now I think in Chinese they say something like Zi Shi E Guo. Okay, which means to receive the same Karma of something that you've done before, Okay, now let's give an example. Okay, at my school when I was young there were a lot of kids — they liked to play jokes — they were pranksters. They like to play jokes on the other students. Well, one day everybody in the class did a big trick on that guy who liked to play all the jokes and basically when he was the object of his own joke and everybody played a big joke on him, then we all said: "Finally, you get a taste of your own medicine." Okay, ladies and gentlemen, I hope that you were having a good life out there, you are enjoying yourself studying English. Don't waste your time playing jokes on anybody, or else you will have to take a taste of your own medicine. Thank you.

PART V

Additional Task.

Task ❶ **Oral Practice.**

How do you understand the following Chinese saying? Try to show your opinions to your partner basing on one of the following sayings.

- ✧ Diseases originate from one's heart.
- ✧ A good laugh would make us ten years' younger; a bad worry would make our hair whiten; a big cry would call our grief away.

Task ❷ **Listening practice**

Listen to a passage about acupuncture and obesity. Fill in the blanks while listening.

Acupuncture is widely used in complementary and *alternative* medicine to reduce body weight. However, a recent study shows that scientist have not found a *systematic* review and meta-analysis to assess an effect of acupuncture. This study is to critically assess evidence for reduction of body weight and to *evaluate* adverse events of acupuncture *therapy* based on the results of randomized controlled trials (RCTs) that evaluate the effect of various types of acupuncture therapies. A total of 19 *electronic* databases, including English, Korean, Japanese and Chinese databases, were systematically searched for RCTs of acupuncture for reduction of body weight or improvement in obesity with no language *restrictions*. This review suggests that acupuncture is an effective treatment for obesity. However, the amount of evidence is not fully *convincing* because of the poor *methodological* quality of trials reviewed. So there is an urgent need for well-planned, long-term studies to *address* the effectiveness of acupuncture for treating obesity.