**1. Replace the underlined words with a synonym.**

*alleviate, subside, washed out, stiffness, squeeze, impairment, determine, bring on, cause*

1. Symptoms of Parkinson’s disease are tremors, slow movement and muscle rigidity.
2. Symptoms of Alzheimer’s disease include difficulty in learning and worsening of judgment.
3. Treatments are available to lessen some of the symptoms.
4. What triggers this disease is unknown.
5. We don’t know what causes the symptoms to arise.
6. Scientists have not yet been able to identify the cause.
7. Carpal tunnel syndrome is a condition in which the median nerve is compressed.
8. During the last phase of migraine the person often feels drained.
9. The bad feeling disappears within 24 hours.

**2. Match the words so that they form phrases.**

|  |  |
| --- | --- |
| 1. experience | 1. sheath |
| 1. lapse into | 1. disease |
| 1. lose | 1. unconsciousness |
| 1. myelin | 1. consciousness |
| 1. pass on | 1. pain |
| 1. progressive | 1. to a person |
| 1. recurrent | 1. convulsion |
| 1. throbbing | 1. seizures |

**3. History lesson: complete the sentences using the verbs in brackets.**

a) If Alexander the Great (march) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ west instead of east, he (conquer) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the whole of Europe.

b) If more Vikings (go) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to North America, the Viking settlements (succeed) \_\_\_\_\_\_\_\_\_\_\_\_.

c) If the ancient Egyptians (build) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bigger boats, they (cross) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the Atlantic and (land) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in America.

d) If a storm (not hit) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Bartolomeu Dias’s ship off the coast of Africa in 1487, they (not arrived) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the Indian Ocean by accident.

e) If Cheng Ho and other Chinese explorers (continue) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ further on their voyages, they (sail) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ up the west coast of Africa and reached Europe in the early 15th century.

**4. Listening.**

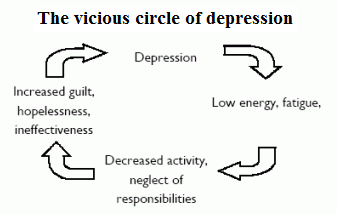
***a) Watch the video about the polio epidemic and answer the questions below.***

1. Why did the first polio epidemic occur at the beginning of the 20th century?
2. What purposes did the March of Dimes have?
3. When was the first polio vaccine created?
4. Why was Ms Duffy not allowed to go to the cinema when she was a child?
5. What was the situation like in 1953?

***b) Read the text and complete a word which fits best.***

Polio is a \_\_\_\_\_\_\_\_\_\_\_\_ disease caused by a virus that mainly \_\_\_\_\_\_\_\_\_\_\_\_ children. Before people knew the importance of sanitation babies often \_\_\_\_\_\_\_\_\_\_\_\_ polio at a young age when their mothers’ \_\_\_\_\_\_\_\_\_\_\_\_ system still protected them so the disease passed with no symptoms and the babies would not get polio again. As the importance of sanitation was recognised, children were not \_\_\_\_\_\_\_\_\_\_\_\_ to the polio virus until protection from mothers’ immune system had long worn \_\_\_\_\_\_\_\_\_\_\_\_. As a \_\_\_\_\_\_\_\_\_\_\_\_, older kids become infected \_\_\_\_\_\_\_\_\_\_\_\_ polio and many experienced symptoms before the disease passed. 10 to 15% of them became \_\_\_\_\_\_\_\_\_\_\_\_ or killed when the virus attacked the nerves of the spine and brain.

**5. Speaking: Depression**

****1. What is depression?

2. Have you ever been depressed? Why?

3. Do you know anyone who suffers from depression?

**Depression**

Everyone occasionally \_\_\_\_\_\_\_ blue or sad. However, these feelings are usually short-lived and pass within a \_\_\_\_\_\_\_of days. When you have depression, it interferes \_\_\_\_\_\_\_daily life and causes pain for both you and those \_\_\_\_\_\_\_care about you. Depression is a common but serious illness.

A \_\_\_\_\_\_\_of people with a depressive illness never seek treatment. But \_\_\_\_\_\_\_majority, even those with the \_\_\_\_\_\_\_severe depression, can get better with treatment. Medications, psychotherapies, and other methods can effectively treat people with depression.

Depressive illnesses are disorders of the brain. Brain-imaging technologies, \_\_\_\_\_\_\_as magnetic resonance imaging (MRI), \_\_\_\_\_\_\_shown that the brains of people who have depression look different \_\_\_\_\_\_\_those of people without depression. The parts of the brain involved \_\_\_\_\_\_\_mood, thinking, sleep, appetite, and behaviour appear different. But these images do not reveal why the depression has occurred. They also \_\_\_\_\_\_\_be used to diagnose depression.

**Symptoms of depression:**

* Persistent \_\_\_\_\_\_\_\_\_\_\_\_ (SAD), \_\_\_\_\_\_\_\_\_\_\_\_ (ANXIOUS), \_\_\_\_\_\_\_\_\_\_\_\_ (HOPE) and feeling of guilt
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (IRITATE) and restlessness
* Loss of interest in activities once \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (PLEASURE), including sex
* Fatigue, decreased energy, difficulty concentrating and making \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (DECIDE)
* Insomnia, early-morning wakefulness, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (EXCESS) sleeping
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (EAT) (=eating too much) or appetite loss
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (THINK) of suicide, suicide attempts

**Number the treatments of depression according to their importance:**

\_\_\_ Improve and regulate your diet (omega-3 fatty acids and nutrients)

\_\_\_ Antidepressants and psychotherapy

\_\_\_ Get in a routine

\_\_\_ Set manageable goals

\_\_\_ Exercise

\_\_\_ Get enough sleep

\_\_\_ Try occupational therapy or get a pet