

Pre-Intermediate 1
Unit 4 Reading
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It Might Work for You

might = may

work = be effective

"It" in the title of the reading refers to "the home remedy".

remedy = treatment, cure

Very often, we have small medical problems that aren't serious enough to require a visit to the doctor's office. We can often take care of problems such as a sore throat, a stomachache, or a stuffy nose with over-the-counter medicines available on drugstore shelves. However, many people prefer to treat minor medical problems with home remedies. These solutions vary from country to country, from family to family, and even from person to person.

medical (adj.) = related to **medicine** and health care

- **medicine** (n.) = the science and profession of being a doctor and providing health care

Another Meaning:

- **medicine** (n.) = drug, medication

require = need

take care of = look after

such as = for example, like

sore = painful

- *Roger has a sore finger.*
- *Rose has a sore knee.*
- *Michael has sore eyes.*
- *Emily has sore feet.*

stuffy nose ≠ running nose

- *He has a **stuffy** nose.*
- *He has a running nose.*

OTC Medicines = Over-the-Counter Medicines = Non-Prescription Drugs

prescription = a piece of paper on which a doctor writes the details of the medicine or drugs that someone needs

➤ *You can buy OTC medicines without a prescription.*

available = on hand

shelf + es ⇔ shelves

however = but

treat (v.) = cure

treatment (n.) = cure, remedy

minor ≠ major

minor = not important, not serious

solve (v.) = find an answer to a problem

solution (n.) = the answer to a problem

vary = be different, differ

For a sore throat, it's certainly easy to stop by a local drugstore and pick up a pack of lozenges. But some people prefer to make special drinks, such as warm milk with honey, or lemon juice and honey. Other people like to gargle with warm salt water.

stop by = visit

drugstore = pharmacy

a local drugstore = a drugstore near your house

pick up = select, choose

lozenge = a small, flat sweet that you suck to make a cough or sore throat feel better

gargle = hold water in your throat and play with it



lozenge

It is possible to treat stomachaches with antacids that are available at local drugstores, but many people first try drinking soda to settle their stomachs. Another more natural remedy is peppermint tea.

anti = against

antacid = anti + acid

antacid = a drug that lowers the acidity of the stomach

antacid drink = a drink that contains antacid

antacid tablet = a tablet that contains antacid

settle = pacify; make sth calm; calm down

soda = coke

nature (n.) = the environment

natural (adj.) = related to nature; not man-made; not artificial

peppermint water = the water that contains the essence of peppermint

peppermint tea = a hot drink made of peppermint leaves



peppermint

In addition to the various cold medicines available, many people treat their colds by having a bowl of home-made chicken soup. Others like to drink hot water with lemon and honey before they go to bed.

in addition to = as well as, besides, on top of
various = different

Many books offer helpful suggestions for the treatment of minor medical problems at home and provide useful information about first aid procedure.

first aid = help given to a sick or injured person until full medical treatment is available
aid = help
helpful = useful
procedure = method; course of action

Modern medicine has progressed greatly in the past few years, but there are still times when it's very convenient to rely on good old home remedies.

progress = make progress
progress (verb) ⇒ The stress is on the second syllable. /prə'gres/
progress (noun) ⇒ The stress is on the first syllable. /'pra:.gres/
convenient = easy to use
rely on = depend on

Main Ideas:

- We can treat minor medical problems with over-the-counter medicines or home remedies.
- Over-the-counter medicines are the drugs that we can buy from the drugstore without a prescription.
- Home remedies are different and they aren't the same everywhere.
- We can treat a sore throat with lozenges, by gargling warm salt water or by making special drinks.
- We can treat stomachaches with antacids, by drinking soda or with peppermint tea.
- We can treat a cold with cold medicines, by having a bowl of soup, or with special drinks.
- There are books about how to treat minor medical problems.

Full Text:

It Might Work for You

Very often, we have small medical problems that aren't serious enough to require a visit to the doctor's office. We can often take care of problems such as a sore throat, a stomachache, or a stuffy nose with over-the-counter medicines available on drugstore shelves. However, many people prefer to treat minor medical problems with home remedies. These solutions vary from country to country, from family to family, and even from person to person.

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It is possible to treat stomachaches with antacids that are available at local drugstores, but many people first try drinking soda to settle their stomachs. Another more natural remedy is peppermint tea.

In addition to the various cold medicines available, many people treat their colds by having a bowl of home-made chicken soup. Others like to drink hot water with lemon and honey before they go to bed.

Many books offer helpful suggestions for the treatment of minor medical problems at home and provide useful information about first aid procedure.

Modern medicine has progressed greatly in the past few years, but there are still times when it's very convenient to rely on good old home remedies.

Sample Summary:

People often deal with minor health issues like sore throats, stomachaches, or colds at home instead of going to the doctor. They use over-the-counter medicines or home remedies. For example, for a sore throat, some prefer lozenges from the drugstore, while others make drinks with honey or gargle with salt water. We can treat stomachaches with antacids or natural remedies like soda or peppermint tea. For colds, people might use chicken soup or hot water with lemon and honey. Many books provide advice on home treatments and first aid. Despite advances in modern medicine, home remedies are still convenient and popular.

Source:

[Pre-Intermediate 1 \(anglophone.ir\)](http://anglophone.ir)