

Pre-Intermediate 3
Unit 8 Reading
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Going to the Doctor

It sometimes strikes me that some people don't approve of seeing a doctor unless they get into trouble. Although I have faith in my doctor's skill, I don't think of myself as an exception. Well, to cut a long story short, I hadn't been feeling very well for some time. I had no appetite, and I was sleeping badly. I had a pain in my chest and rather a bad cough that I couldn't get rid of. I phoned our family doctor one evening and managed to make an appointment for that evening.

It sometimes strikes me = It sometimes comes to my mind; I find it surprising

unless = if not

unless they get into trouble = if they don't get into trouble

approve of doing something = agree to do something

although = though = even though = despite the fact that

faith = strong belief

have faith in something = believe (in) something

skill = an ability at which you are good

exception = oddity = an abnormal case

to cut a long story short = to put it into a nutshell = briefly speaking = to sum it up

appetite = the tendency to eat food

chest = breast

rather = fairly, to some extent

cough (verb) = to force air out of your lungs through your throat with a short, loud sound

cough (noun) = the act of coughing, or the sound this makes

get rid of something = dispose of something = to remove something that you do not want any longer

manage = be able to

appointment = an arrangement to meet somebody

make an appointment = arrange to meet someone

The receptionist opened the door and said Dr. Smith was on his rounds but would be back in a few minutes or so. So, I went into the waiting room and collapsed on a chair.

receptionist = secretary

Dr. Smith was on his rounds. = Dr. Smith was visiting his patients in their houses.

will => would (Past Form of the Verb)

in a few minutes or so = after about a few minutes

collapse = fall down

After about five minutes, she took my file out of the file cabinet, called me, and said that the doctor had arrived and would see me. I followed her into the consulting room, and she left me with him. He told me to sit down and asked me what the trouble was. I told him all about myself.

file = document, record

folder = a folded piece of paper in which we keep files

We put files into folders and keep them in file cabinets.

consulting room = a room where a doctor examines his patients



File Cabinet

He looked at my tongue and said it was coated. He took my pulse and listened to my chest after I had unfastened my shirt. He looked at my throat and took my temperature.

His tongue was coated. = There was a white layer on his tongue.

pulse = heartbeat

take somebody's pulse = find out a person's heartbeat in every minute by touching his/her body

temperature = how hot/cold sth is



a coated tongue

After he had finished his examination and asked me a lot of questions, he said that he doubted if there was anything serious the matter with me, but I was thoroughly run-down. "You have been working too hard, so you're exhausted. You can't burn the candle at both ends, and you need a real rest. I'll give you a bottle of medicine that will help. Take a spoonful in water three times a day after meals. Be careful with your diet and have plenty of good plain food. Get plenty of fresh air and sleep. If I were in your shoes, I would get a real change of air and surroundings. Remember, take it easy. Take a long walk along the cliffs or into the country; it would do you a world of good." I respected what the doctor told me and took his advice. Now everything has changed for the better, and I feel as fit as a fiddle.

examine (verb) = check someone's body to find out what is wrong with him/her

examination (noun) = the act of examining a patient

doubt (noun) = uncertainty

doubt (verb) = not to be sure, to be uncertain

if = whether

if there was anything serious the matter with me = whether I had a serious problem

thoroughly = completely

run-down = very tired, exhausted, drained

burn the candle at both ends = work too hard and not rest

medicine = drug

a spoonful = as much as a spoon can hold

➤ *A Spoonful of sugar helps the medicine go down.*

diet = what you usually eat

plenty of = a lot of

plain food = low-cal food = food with low calories

rich food = high-cal food ≠ plain food

surroundings = the place where you are and the things around you

along = in a line next to something long; at a particular place



cliff

be/feel (as) fit as a fiddle = be in shape

➤ fiddle = violin

Full Text:

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The receptionist opened the door and said Dr. Smith was on his rounds but would be back in a few minutes or so. So, I went into the waiting room and collapsed on a chair.

After about five minutes, she took my file out of the file cabinet, called me, and said that the doctor had arrived and would see me. I followed her into the consulting room, and she left me with him. He told me to sit down and asked me what the trouble was. I told him all about myself.

He looked at my tongue and said it was coated. He took my pulse and listened to my chest after I had unfastened my shirt. He looked at my throat and took my temperature.

After he had finished his examination and asked me a lot of questions, he said that he doubted if there was anything serious the matter with me, but I was thoroughly run-down. "You have been working too hard, so you're exhausted. You can't burn the candle at both ends, and you need a real rest. I'll give you a bottle of medicine that will help. Take a spoonful in water three times a day after meals. Be careful with your diet and have plenty of good plain food. Get plenty of fresh air and sleep. If I were in your shoes, I would get a real change of air and surroundings. Remember, take it easy. Take a long walk along the cliffs or into the country; it would do you a world of good." I respected what the doctor told me and took his advice. Now everything has changed for the better, and I feel as fit as a fiddle.

Sample Summary:

The text is about a person who was feeling unwell and visited his family doctor. The doctor examined him and diagnosed him with being run-down due to overwork. The doctor prescribed him some medicine and advised him to rest, eat well, and get some fresh air. The person followed the doctor's advice and felt much better.

Source:

[Pre-Intermediate 3 \(anglophone.ir\)](http://Pre-Intermediate3(anglophone.ir))