

## Glossary

### Reading Pages 138–139

- 12.1 psychology** (n) /saɪ'kɒlədʒi/  
the scientific study of the mind and how it influences behaviour • *The theories of Sigmund Freud have influenced modern psychology.* > psychologist (n), psychological (adj) ❖ psychologia
- 12.2 slow down** (phr v) /sləʊ daʊn/  
be less active • *The doctor advised me to slow down and relax.* ❖ zwolnić
- 12.3 surroundings** (n pl) /sə'raʊndɪŋz/  
the place where you are and all the things in it • *I concentrated on my work and paid no attention to the surroundings.* > surround (v) ❖ okolica 📖 Syn: environment
- 12.4 performance** (n) /pə'fɔ:məns/  
how well or badly you do sth • *Now that she was sleeping better, her performance at school improved considerably.* > perform (v), performer (n) ❖ wyniki
- 12.5 neuroscientist** (n) /,njʊərəʊ'saɪəntɪst/  
sb who studies the brain and the nervous system • *Neuroscientists are studying the process of forgetting to help people with memory problems.* > neuroscience (n) ❖ neurobiolog
- 12.6 wilderness** (n) /'wɪldənəs/  
an area of land that is not used by people for farming or building • *We were lost in the wilderness and didn't know what to do.* ❖ dzicz
- 12.7 occur** (v) /ə'kɜ:(r)/  
happen, take place • *The accident occurred in the early hours of the morning.* > occurrence (n) ❖ występować, odbywać się
- 12.8 sparkling** (adj) /'spɜ:kliŋ/  
shining brightly • *They sat on the shore, watching the sparkling waters.* > sparkle (v, n) ❖ błyszczący
- 12.9 flow** (v) /fləʊ/  
move continuously and easily • *The river flows through the valley into the Mediterranean Sea.* > flow (n) ❖ płynąć
- 12.10 gently** (adv) /'dʒentli/  
calmly and softly • *She lifted the baby gently and held him in her arms.* > gentle (adj) ❖ łagodnie
- 12.11 incidence** (n) /'ɪnsɪdəns/  
the rate at which sth happens • *The researchers found an increased incidence of the disease in people over 70.* > incident (n), incidental (adj) ❖ częstotliwość
- 12.12 depression** (n) /dɪ'preʃn/  
a medical condition in which a person feels very unhappy and anxious over a long period • *She suffers from depression and cannot sleep at night.* > depress (v), depressed (adj) ❖ depresja
- 12.13 sit through** (phr v) /sɪt θruː/  
stay until the end of sth, especially if it is boring or lasts a long time • *We managed to sit through two hours of speeches.* ❖ wysiedzieć
- 12.14 birdsong** (n) /'bɜ:dsɒŋ/  
the musical sounds that birds make • *The only thing we could hear among the trees was birdsong.* ❖ śpiew ptaków
- 12.15 plain** (adj) /pleɪn/  
not decorated, simple • *Her dress was plain but beautiful.* ❖ zwyczajny
- 12.16 participant** (n) /pɑ:'tɪsɪpənt/  
a person who takes part in a particular activity • *About half of the participants in the debate had a chance to speak.* > participate (v), participation (n) ❖ uczestnik
- 12.17 display** (v) /dɪ'spleɪ/  
show (a feeling) or show signs of (a type of behaviour) • *She displayed great confidence in her abilities during the interview.* > display (n) ❖ pokazywać 📖 Syn: demonstrate
- 12.18 violent** (adj) /'vaɪələnt/  
using force in order to attack sb • *The film contains violent scenes and is not suitable for children.* > violence (n) ❖ agresywny
- 12.19 disconnected** (adj) /,dɪskə'nektɪd/  
not related; having no relationship with • *I felt lonely and disconnected from the world around me.* > disconnect (v), disconnection (n) ❖ niepowiązany 📖 Opp: connected
- 12.20 cactus** (n) /'kæktəs/  
a plant without leaves that grows in hot dry areas and doesn't need much water • *Cacti are probably the only plants you will see in the desert.* ❖ kaktus
- 12.21 campfire** (n) /'kæmpfaɪə(r)/  
a fire you make and use when you are staying outside or in a tent • *We spent the night sitting around the campfire and telling stories.* ❖ ognisko

- 12.22 sociable** (adj) /'səʊfəbl/  
enjoying spending time with other people  
• *He's a very sociable child and has lots of friends.* ❖ towarzyski 📖 Opp: unsociable
- 12.23 efficiently** (adv) /'ɪfɪəntli/  
quickly and carefully • *They work together very efficiently and waste no time.* > efficient (adj) ❖ wydajnie 📖 Opp: inefficiently
- 12.24 process** (v) /'prəʊses/  
understand the meaning of sth • *It took me a bit of time to process all this information.*  
> process (n) ❖ przetworzyć
- 12.25 build on** (phr v) /bɪld ɒn/  
use sth as a basis for further progress • *We need to build on last year's success and do even better this year.* ❖ opierać się na
- 12.26 stream** (n) /stri:m/  
a small narrow river • *Can you see the little fish swimming in the stream?* ❖ strumień
- 12.27 mysterious** (adj) /mɪ'stɪəriəs/  
unknown or not understood • *There was something mysterious going on that no-one knew anything about.* > mystery (n)  
❖ tajemniczy
- 12.28 EEG test** (n) /i:ɪ'dʒi: test/  
a test that measures the electrical activity of the brain • *The EEG test showed there was nothing wrong with his brain.* ❖ badanie EEG
- 12.29 self-esteem** (n) /,self'ɪsti:m/  
confidence in your own abilities • *His teacher's praise gave a boost to his self-esteem.*  
❖ samoocena
- 12.30 mood** (n) /mu:d/  
the way you are feeling at a particular time  
• *Please don't talk to me. I'm in a terrible mood today.* ❖ nastrój

- 12.35 gum** (n) /ɡʌm/  
the pink part inside your mouth to which each of your teeth is attached • *To protect your teeth and gums, you should brush them twice daily and visit the dentist regularly.*  
❖ dziąsło
- 12.36 jaw** (n) /dʒɔ:/  
the lower part of your face that moves when you talk or eat • *Her jaw dropped when she saw how many people were waiting to see her.*  
❖ szczęka
- 12.37 hip** (n) /hɪp/  
the area at either side of your body that is between the top of the leg and the middle part of the body • *He stood there and waited, with his hands on his hips.* ❖ biodro
- 12.38 liver** (n) /'lɪvə(r)/  
the large organ inside your body that cleans your blood • *Drinking alcohol can damage your liver.* ❖ wątroba
- 12.39 muscle** (n) /'mʌsl/  
body tissue that you relax or make tight in order to move a part of your body • *Runners develop powerful leg muscles.* ❖ mięsień
- 12.40 rib** (n) /rɪb/  
one of the bones that surround and protect the chest • *He broke three of his ribs in the accident.* ❖ żebro
- 12.41 thigh** (n) /θaɪ/  
the part of your leg that is above the knee  
• *Cycling is the best way to exercise your thighs.* ❖ udo
- 12.42 toenail** (n) /'təʊneɪl/  
the thin hard covering that protects the end of each toe • *He's finding it difficult to cut his toenails now that he's growing older.*  
❖ paznokieć palca u stopy

- 12.43 waist** (n) /weɪst/  
the area around the middle of your body, which is usually narrower than the rest  
• *He wore a wide black belt around his waist.*  
❖ talia
- 12.44 wrist** (n) /rɪst/  
the part of your body between the arm and the hand • *She was wearing bracelets round both of her wrists.* ❖ nadgarstek
- 12.45 torso** (n) /'tɔ:səʊ/  
the main part of the body, without the head, arms or legs • *He took off his shirt and revealed a tanned torso.* ❖ tułów
- 12.46 get (sth) off my chest** (expr) /get ('sʌmθɪŋ) ɒf maɪ tʃest/  
tell sb about sth that has been worrying you for a long time in order to feel better • *I think you should tell him everything and get it off your chest!* ❖ wygadać się

## Vocabulary Page 140

- 12.31 chest** (n) /tʃest/  
the upper front part of your body • *His heart was beating in his chest.* ❖ klatka piersiowa
- 12.32 eyebrow** (n) /'aɪbraʊ/  
the line of hairs just above each of your eyes  
• *She raised her eyebrows, pretending to be surprised.* ❖ brew
- 12.33 eyelid** (n) /'aɪlɪd/  
the piece of skin that covers your eye when you close it • *I thought he was asleep, but he was watching everything from behind half-closed eyelids.* ❖ powieka
- 12.34 fingernail** (n) /'fɪŋɡəneɪl/  
the thin hard covering that protects the end of the upper part of each finger • *She painted her fingernails red.* ❖ paznokieć

- 12.47 blink** (v) /blɪŋk/  
close and then open your eyes quickly  
• *He blinked as he came out into the sunlight.*  
> blink (n) ❖ mrugać
- 12.48 bruise** (n) /bru:z/  
a blue or brown mark on your skin that you get after you have been hit or after falling • *She was covered with bruises after falling off her bike.* > bruise (v) ❖ siniak
- 12.49 disability** (n) /,dɪsəˈbɪləti/  
a condition in which you are unable to use part of your body or your brain because of an illness or injury • *In most countries, public places are becoming more accessible for people with disabilities.* > disable (v), disabled (adj) ❖ niepełnosprawność
- 12.50 reaction** (n) /rɪˈækʃn/  
an unpleasant effect that results from eating sth or taking a particular drug • *Don't continue taking the pills if you notice a bad reaction.* > react (v), reactive (adj) ❖ reakcja
- 12.51 scar** (n) /skɑ:(r)/  
a mark that is left on a part of your body after an injury has got better • *I'm afraid that deep cut will leave a scar.* > scar (v) ❖ blizna
- 12.52 spot** (n) /spɒt/  
a small, red mark on your skin, usually with a yellow head • *He had a large spot on his nose.* ❖ pryszcz
- 12.53 stroke** (n) /strəʊk/  
a sudden serious illness caused by a change in the blood supply to the brain, which can result in death or inability to move or speak  
• *She suffered a stroke last year and has not been able to use her legs since.*  
❖ udar mózgu
- 12.54 swollen** (adj) /swɒlən/  
larger than normal, usually because of an injury or illness • *Your wrist is swollen – it must be broken, I'm afraid.* > swell (v), swelling (n)  
❖ spuchnięty
- 12.55 allergic** (adj) /əˈlɜ:dʒɪk/  
having skin or breathing problems if you eat or touch sth • *Even though I like cats, I can't go near them because I'm allergic.* > allergy (n)  
❖ uczulony
- 12.56 symptom** (n) /ˈsɪmptəm/  
a feeling or a change in your body or mind that shows you are ill • *If your symptoms get worse, you should go and see the doctor again.* ❖ objaw
- 12.57 ache** (v) /eɪk/  
feel a continuous pain that is not very strong  
• *My back really aches after carrying all those boxes.* > ache (n) ❖ boleć
- 12.58 itch** (v) /ɪtʃ/  
have or cause an uncomfortable feeling on your skin that makes you want to scratch  
• *This sweater itches every time I wear it.*  
> itch (n), itchy (adj) ❖ swędzieć
- 12.59 bump** (v) /bʌmp/  
hit part of your body against sth and hurt it  
• *Be careful not to bump your head on that shelf when you stand up.* > bump (n)  
❖ uderzyć się
- 12.60 heal** (v) /hi:l/  
make or become healthy again, especially after an injury • *After the accident, it took two months for my arm to heal.* ❖ wyzdrowieć
- 12.61 have a lie down** (expr) /hæv ə laɪ daʊn/  
have a short rest, usually in a bed • *I'm not feeling very well, I think I'm going to have a lie down.* ❖ położyć się
- 12.62 sweat** (v) /swet/  
produce liquid on your skin, usually because you are hot or ill • *It was so hot that we started to sweat as soon as we went out.* > sweat (n)  
❖ pocić się
- 12.63 faint** (v) /feɪnt/  
lose consciousness for a short time • *I thought I was going to faint when I was asked to come up on the stage.* ❖ zemdleć
- 12.64 treat** (v) /tri:t/  
give medical attention and try to cure • *Your condition can be treated with these pills.*  
> treatment (n) ❖ leczyć

### LOOK!

The verbs *treat* and *cure* have a similar meaning as both of them refer to medical care and treatment of diseases. We use *treat* to say that sb is receiving medical care for a disease, but we don't know whether they'll be cured and be healthy again. On the other hand, we use *cure* to say that sb has been treated and is well. .

→ *The hospital has **treated** 40 cases of the disease in the last month.*

→ *She was now completely **cured** of her disease.*

### Face and body

chest	hips	thighs
eyebrows	jaw	toenails
eyelids	liver	torso
finger nails	lungs	waist
gums	muscles	wrists

### Health and injuries

ache	disability	symptom
allergic reaction	scar	
bruise	stroke	

- 12.65** **mattress** (n) /'mætrəs/  
the part of the bed that you lie on • *He didn't have a bed – he slept on a mattress on the floor.* ❖ materac
- 12.66** **first-aid kit** (n) /,fɜːst 'eɪd ,kɪt/  
a box containing basic medical supplies that you can use if there is an accident • *Can you get me some antiseptic cream from the first-aid kit?* ❖ apteczka

Listening Page 142

- 12.67** **ongoing** (adj) /'ɒŋ,ɡəʊɪŋ/  
continuing to develop • *It's an ongoing problem and I don't think it will be solved soon.* ❖ trwający
- 12.68** **commentator** (n) /'kɒməntətə(r)/  
a person who describes and comments on an event on the radio or television • *He's a football commentator on Sky channel.* > comment (v, n), commentary (n) ❖ komentator
- 12.69** **nut** (n) /nʌt/  
a small dry fruit with a hard shell • *During the summer, squirrels store up nuts for the winter.* ❖ orzech

Grammar Page 144

- 12.70** **never in a million years** (expr) /'nevər ɪn ə 'mɪljən jɪəz/  
absolutely never • *Never in a million years did she expect to see him there.* ❖ nigdy, nawet za milion lat
- 12.71** **filling** (n) /'fɪlɪŋ/  
a small amount of material used by a dentist to fill a hole in a tooth • *The dentist said I needed a filling.* ❖ plomba, wypełnienie
- 12.72** **pioneer** (v) /,paɪə'nɪə(r)/  
be the first person to do or develop sth • *The doctor pioneered a new heart surgery technique.* > pioneer (n), pioneering (adj) ❖ być pionierem czegoś
- 12.73** **ward** (n) /wɔːd/  
an area in a hospital for patients with similar conditions • *The new hospital ward for children which opened today is decorated in bright colours.* ❖ oddział
- 12.74** **society** (n) /sə'saɪəti/  
an organisation whose members share similar interests • *I'm a member of the local drama society.* ❖ stowarzyszenie

- 12.75** **get over** (phr v) /get əʊvə(r)/  
recover from an illness or other unpleasant experience • *I haven't got over the flu yet – I'm still quite weak.* ❖ przeboleć, wyzdrowieć  
📖 Syn: recover
- 12.76** **pass out** (phr v) /pɑːs aʊt/  
become unconscious for a short time • *He was hit on the head and then passed out.* ❖ zemdleć 📖 Syn: faint
- 12.77** **burn out** (phr v) /bɜːn aʊt/  
become extremely tired and unable to do any work because of working too hard • *He burned out after working 60 hours a week for months.* ❖ wypalić się
- 12.78** **care for** (phr v) /keə fə(r)/  
look after sb who is sick or very old or very young and cannot look after themselves • *Anna cared for her sick mother day and night.* ❖ opiekować się
- 12.79** **come down with** (phr v) /kʌm daʊn wɪð/  
start to suffer from an illness that is not serious • *I came down with a bad cold and couldn't go to work.* ❖ zachorować na
- 12.80** **throat** (n) /θrəʊt/  
the space inside the neck, where food or air can go • *Smoking can damage your throat.* ❖ gardło
- 12.81** **throw up** (phr v) /θrəʊ ʌp/  
bring food from the stomach back up through the mouth • *The smell was so bad that it made me want to throw up.* ❖ wymiotować  
📖 Syn: vomit
- 12.82** **keep in shape** (expr) /ki:p ɪn ʃeɪp/  
keep your body in a healthy condition • *I go to the gym three times a week to keep in shape.* ❖ być w formie
- 12.83** **be out of breath** (expr) /bi: aʊt əv breθ/  
have difficulty breathing, especially after taking exercise • *I was a little out of breath after my morning run.* ❖ być bez tchu
- 12.84** **hold my breath** (expr) /həʊld maɪ breθ/  
deliberately stop breathing for a short time • *The doctor asked me to hold my breath and count to ten.* ❖ wstrzymywać oddech
- 12.85** **lose my voice** (expr) /luːz maɪ vɔɪs/  
be unable to speak for a short time, usually because of an illness • *He's got a bad cold and he's lost his voice.* ❖ stracić głos
- 12.86** **cough** (v) /kɒf/  
force air through your throat suddenly and noisily • *He coughed to clear his throat.* > cough (n) ❖ kaszleć
- 12.87** **give birth** (expr) /gɪv bɜːθ/  
produce a baby • *She gave birth to a beautiful baby girl.* ❖ urodzić

- 12.88 do sb good** (expr) /du 'sʌmbədi gud/  
help or benefit sb • *It will do you good to go out a little more.* ❖ zrobić dla kogoś coś dobrego, pomóc
- 12.89 have an upset stomach** (expr) /hæv ən ʌp'set 'stʌmək/  
feel sick in the stomach • *I have an upset stomach. Maybe it's because I ate so much.* ❖ mieć rozstrój żołądka
- 12.90 you are what you eat** (expr) /ju α: wɒt ju i:t/  
the kind of food that you eat affects your health • *You are what you eat so you'd better watch your diet and stop eating junk food.* ❖ jesteś tym, co jesz
- 12.91 sneeze** (v) /sni:z/  
have air come suddenly out of your mouth and nose in a way that you can't control • *She must have had a bad cold, because she coughed and sneezed all the time.* ❖ kichać
- 12.92 germ** (n) /dʒɜ:m/  
a very small organism that can cause disease • *Make sure you wash your hands thoroughly so you don't get germs on the food.* ❖ zarazek
- 12.93 on board** (phr) /ɒn bɔ:d/  
on a boat, aircraft or train • *It's a huge cruise ship! There are ten restaurants on board.* ❖ na pokładzie
- 12.94 virus** (n) /'vaɪərəs/  
an extremely small organism that can cause disease in people, animals and/or plants • *If you have a virus, you can pass it on to other people.* ❖ wirus
- 12.95 aisle** (n) /aɪl/  
the long, narrow space between seats in an aircraft, train, church, etc. • *I walked up and down the aisle to stretch my muscles.* ❖ przejście

### Phrasal verbs

build on	come down with	sit through
burn out	get over	slow down
care for	pass out	throw up

## Writing Pages 146–147

- 12.96 factual** (adj) /'fæktʃuəl/  
based on facts, not opinions • *You should give only factual information, not your own views.* > fact (n) ❖ faktyczny
- 12.97 objective** (adj) /əb'dʒektɪv/  
not influenced by personal opinions or feelings • *He tried to give an objective report of what had happened.* ❖ obiektywny 📎 Opp: subjective

- 12.98 changing room** (n) /tʃeɪndʒɪŋ ˌru:m/  
the room where you change your clothes in a gym or where you try clothes on in a shop • *There are not enough showers and changing rooms in our gym.* ❖ przebieralnia
- 12.99 eligible** (adj) /'elɪdʒəbl/  
having the right qualifications for sth • *He isn't eligible to join the club because he doesn't live in the area.* > eligibility (n) ❖ odpowiedni
- 12.100 affordable** (adj) /ə'fɔ:dəbl/  
not expensive • *It is difficult to find affordable housing in the city centre.* ❖ niedrogi
- 12.101 brand new** (adj) /,brænd 'nju/  
completely new • *I actually bought this coat last year, but it still looks brand new.* ❖ całkiem nowy
- 12.102 value for money** (expr) /'vælju: fə 'mʌni/  
worth the money you spend on it • *I know our washing machines aren't cheap, but they're good value for money as they last for over ten years.* ❖ wart swojej ceny
- 12.103 hi-tech** (adj) /'haɪ'tek/  
using the most advanced machines and methods • *Our computers are hi-tech, using the latest components and technology.* ❖ zaawansowana technologia 📎 Also: high-tech
- 12.104 neat** (adj) /ni:t/  
tidy and in order • *He always keeps his desk extremely neat.* > neatly (adv) ❖ schludny
- 12.105 out-of-date** (adj) /,aʊt əv 'deɪt/  
old and not fashionable • *I've had my smartphone for five years and it's now hopelessly out-of-date.* ❖ niemodny
- 12.106 overpriced** (adj) /,əʊvə'praɪst/  
too expensive • *I agree it's high quality, but it's still overpriced.* ❖ za drogi
- 12.107 reasonable** (adj) /'ri:znəbl/  
not too expensive; at an acceptable price • *That's a very reasonable price to pay for a new computer.* ❖ rozsądny 📎 Opp: unreasonable
- 12.108 state-of-the-art** (adj) /,steɪt əv di 'ɑ:t/  
very modern; using the most modern techniques • *This laptop is state-of-the-art, but of course it isn't cheap.* ❖ najnowocześniejszy
- 12.109 bear in mind** (expr) /beər ɪn maɪnd/  
remember or consider sb/sth • *The price may look cheap, but bear in mind that it doesn't include everything.* ❖ mieć na uwadze

### Costs and prices

affordable	reasonable
cheap	unreasonable
expensive	value for money
overpriced	

- 12.110 vaccine** (n) /'væksɪn/ a substance that a doctor puts into your blood to protect you from a disease • *The vaccine can protect you against many types of flu.* > vaccinate (v), vaccination (n) ❖ szczepionka
- 12.111 smallpox** (n) /'smɔːlpɒks/ a disease that caused a high temperature and spots on the skin and often resulted in death • *Smallpox killed millions of indigenous people when it arrived in the Americas.* ❖ ospa
- 12.112 anthrax** (n) /'ænræks/ a serious disease that sheep and cows can get and pass on to humans and which often causes death • *The poor farm worker caught anthrax from a cow.* ❖ wąglik
- 12.113 cholera** (n) /'kɒlərə/ a serious disease of the bowels that can cause death • *You can catch cholera from infected water or food.* ❖ cholera
- 12.114 typhoid** (n) /'taɪfɔɪd/ a serious disease that causes a high temperature, red spots on the chest, pain in the bowels and sometimes death • *Many people died of typhoid before the vaccine was invented.* ❖ dur brzuszny
- 12.115 pasteurisation** (n) /,pæstʃəraɪ'zeɪʃn/ the process of heating a liquid such as milk and then cooling it, in order to kill dangerous bacteria • *Pasteurisation kills over 90% of harmful bacteria in milk.* > pasteurise (v) ❖ pasteryzacja
- 12.116 veterinarian** (n) /,vetərɪ'neəriən/ a person whose job is to treat animals who are ill or injured • *I'm passionate about animals and nature so I'm going to try and become a veterinarian.* ❖ lekarz weterynarii 📖 Syn: vet, veterinary surgeon
- 12.117 infectious** (adj) /ɪn'fekʃəs/ that can be passed from one person to another • *The disease is highly infectious, so patients must be isolated.* > infect (v), infection (n) ❖ zakaźny
- 12.118 virtually** (adv) /'vɜːtʃuəli/ almost • *The two pictures are virtually identical. There are only very slight differences between them.* ❖ prawie
- 12.119 microorganism** (n) /,maɪkrəʊ'ɔːgənɪzəm/ a living thing that is so small you cannot see it without a microscope • *Bacteria and viruses are microorganisms.* ❖ mikroorganizm
- 12.120 kill (sth) off** (phr v) /kɪl ('sɪlmθɪŋ) ɒf/ destroy completely • *This cream can kill off all bacteria.* ❖ wytępić (coś)
- 12.121 intestine** (n) /ɪn'testɪn/ a long tube inside the body that food passes through after it leaves the stomach • *Digested food passes from the stomach into the small intestine.* > intestinal (adj) ❖ jelito 📖 Syn: bowel