

Track 26, Page 76

Technology Addiction

"Larry used to be an excellent student. Now, he's falling asleep in class. He's not completing his class work. . . He's always on the computer playing video games. Even at one and two o'clock in the morning, I can hear him playing video games in his room."
—A mother's report

1. An addiction is an activity or a habit that people cannot control and that is harmful to them. Some psychologists are talking about a new kind of addiction—technology addiction. People with a technology addiction can't stop using their electronic devices—checking email and social media, playing video games, chatting, browsing the internet.
2. Do you know any technology addicts? Hours, or even days, pass, and they are still sitting at the computer or looking at their devices. They get upset when someone interrupts

them. They feel nervous or depressed when they aren't on the computer, playing a video game, or using the internet. When they finally use their electronic devices again, they feel relieved. They neglect their family and friends.

3. If you think you are becoming addicted to technology, there are steps that you can take to limit your time using electronic devices.
 - Set an alarm for one or two hours. When the alarm goes off, do an offline activity, like reading a book or exercising.
 - Choose a time to disconnect from your electronic devices at night. For example, turn off your computer at 11:00 every night.
 - Do other activities that you enjoy. Go out to lunch with friends, take a class, or exercise.
 - If these ideas don't help, you might need professional help.

UNIT 6

Track 27, Page 83

Surgeon
Cardiologist
Ophthalmologist
Pediatrician
Family doctor
Obstetrician
Dermatologist
Gynecologist
Allergist
Psychiatrist

Track 28, Page 86

D: These are the X-rays, Mr. West. Jimmy has a broken leg. It's a bad break. The nurse is putting ice packs on his leg now because it's swollen quite a lot. We need to wait for the swelling to go down, so we're going to keep him in the hospital for 2 days and then we'll put the cast on.

W: How long is he going to need the cast?

D: For children, it's usually 6 to 8 weeks.

W: He's in a lot of pain.

D: We're going to give him something for the pain in a few minutes. Is he allergic to anything?

W: No, he isn't.

D: He's going to need painkillers for a few days.

W: Can he go to school?

D: Don't worry, he will be back in school next week, but he's going to need crutches.

Track 29, Page 88

1. I'll help you.
2. I'll call her.
3. I'll drive you.
4. I'll make dinner.

5. I'll visit you.

6. I'll take you to the doctor.

7. I'll pick up your prescription.

8. I'll see you tomorrow.

Track 30, Pages 90 & 91

The Accident

There was a bad accident at the intersection of Maple and Central Avenue about ten minutes ago. A woman went past the stop sign and hit another car. A witness who saw the accident immediately called 911. The police and two ambulances were at the scene of the accident a few minutes later.

Luis is lying by the side of the road. His arm is cut very badly. One emergency medical worker is applying a pressure bandage to stop the bleeding. The other technician is talking to him and taking his blood pressure. She's telling Luis that the bleeding is under control. Soon, they're going to take him to the hospital. Luis is going to need thirty or more stitches in his arm.

Two other emergency workers are helping the woman on the stretcher. She is pale and confused. She doesn't know her name and she can't answer any questions. One worker is covering her with a blanket. Because the front windshield of her car is broken, the workers think that she might have a concussion.

A police officer is directing traffic at the scene. Traffic is moving very slowly because everyone wants to look at the accident.

Track 31, Page 92

Asthma

Ricky Garcia is going to play outside with his friends. He is taking out his inhaler and taking two puffs. Five minutes later, he's in the park with his friends, running after a soccer ball. Ricky has asthma, but he knows how to control it.

Asthma is a lung disease. The airways of the lungs become inflamed—that is, red and swollen—making it difficult to breathe normally. A person with asthma may have wheezing, coughing,

a tight feeling in the chest, or shortness of breath. Serious breathing problems are called asthma attacks. They can be mild or very serious, requiring immediate medical attention.

Asthma can begin at any age. Childhood asthma, often beginning when a child is younger than ten years old, is one of the most common childhood diseases. Doctors report that the number of young people with asthma is increasing. Over four million children in the US have the disease and the number is growing. It is the number-one cause of absence from school. Asthma is often genetic. If a parent has asthma, the children are more likely to develop the disease. Children with asthma need to be under a doctor's care. They and their parents can learn to understand this disease and to control it.

It is important to find out what "triggers" asthma. In other words, what causes the attack? The most common triggers are exercise, viral infections, stress, and irritants like dust, pollen, or animals. Big cities present added triggers for both children and adults because of air pollution, exhaust from buses and cars, cockroaches, and mold.

There are two kinds of asthma medications—control drugs and quick-relief drugs. Children take control drugs once or twice a day to help prevent asthma attacks. If a child begins to have an asthma attack, he or she needs immediate help, so a quick-relief drug is necessary. This medication is often taken through an inhaler. School-aged children usually carry their inhalers with them. This medication works quickly and children begin to breathe more easily in a few minutes. If a child has a serious asthma attack, he may need emergency care at a hospital or doctor's office.

About half of all children outgrow asthma, and their asthma attacks stop when they are teenagers. However, many people live with the disease into adulthood.

Track 32, Page 96

- A: 911. What is your emergency?
 B: My daughter ate some of my medication. She's lying on the floor of the bedroom.
 A: What is your location?
 B: 521 Chestnut Street. In Garfield.
 A: Please stay calm. Repeat that address.
 B: 521 Chestnut Street, Garfield.
 A: Stay on the line. Help is on the way. How old is your daughter?
 B: She's four. Oh, my baby.
 A: Where is your daughter now?
 B: She's on the floor, in my bedroom.
 A: Is she breathing?
 B: Yes, she's breathing, but she isn't moving.
 A: What kind of medicine did she take?
 B: It was medication for high blood pressure.
 A: How many did she take?
 B: I don't know. I don't know.
 A: Ma'am, the ambulance is on the way. Is your door unlocked?
 B: No, no it's locked.
 A: Unlock the door. Do that right now, unlock the door.
 B: Yes, I unlocked it.
 A: When the medics arrive, give them the bottle of medication.
 B: Yes, yes, I will. Oh, the police are here.
 A: OK. The ambulance is right behind them. You can hang up now.

UNIT 7

Track 33, Page 99

1. busier than
2. taller than
3. larger than
4. noisier than
5. friendlier than
6. farther than
7. rainier than
8. higher than
9. sunnier than

Track 34, Page 102

1. the busiest
2. the tallest
3. the largest
4. the noisiest

5. the friendliest
6. the farthest
7. the rainiest
8. the highest
9. the sunniest

Track 35, Page 106

Chicago, Illinois; Los Angeles, California; and New York, New York are the three largest cities in the United States. New York is the largest of these three cities, with a population of 8,537,673 residents. New York includes the five boroughs: Manhattan, Brooklyn, Queens, the Bronx, and Staten Island. New York is one of the most diverse cities in the world. Approximately 29% of the residents are of Hispanic origin. Of the three cities, New York had the lowest unemployment in 2010, with an unemployment rate of 4.6%. Household income is the income of all the people living in the same house. The median household income in New York is \$55,191. Homes in New York are expensive. If you're looking for a home in New York, plan to spend about \$425,000.