

# ENGLISH 3

*Hama University - Faculty of Pharmacy - 2<sup>nd</sup> Year*

**Prof. Mohammed Mymoon Fajr**

**Edited by Aman Dhemesh**

**B**eing a pharmacist can make for a rewarding medical career. The pay-to-hours ratio provides an attractive quality of life. And the duties allow for meaningful interactions with patients. So much so that time-and-again pharmacists cited as one of the professionals that Americans trust the most.

1. **Good memory:**

Remember drug side effects and interactions between pills is sometimes a life-and-death prerequisite for the job.

2. **Ability to accurately interpret prescriptions:**

We all know how eligible doctor's handwriting can be, so one can see why a patient would be happy to deal with one of the only professions whose training literally includes education on interpreting the phrasing, intent,....

No wonder pharmacist routinely rank among the most trusted professionals in the world.

-Detail-oriented

pharmacists must stay on the top of every minute detail of a patient, or risk overlooking how an existing condition of medication; might have disastrous side effects with new drug they are about to be taking.

✓ **Is a business person:**

a good retail pharmacist has an appreciation for the business aspects of the profession.

✓ **Serve as a front-line educator:**

a neighbourhood pharmacist may be the only medical professional many people can afford to see.

✓ **Knowledgeable:**

Pharmacists who are committed to continuing education to keep abreast of the latest drugs, their benefits, side-effect and interactions are more likely to be effective in other areas of their jobs as well.

✓ **Kind:**

you might have suspected for two reasons:

People often see pharmacist after receiving bad news.

People show up at a pharmacy to receive medication for a medical condition.

✓ **Patience:**

effective pharmacists understand this and both parties by remaining calm and staying patient.

✓ **Empathy:**

a similar trait that goes hand-in-hand with patience and kindness. Honest sense of empathy is necessary.

✓ **Humanity:**

is all the above characteristics.

# Decisions, Decisions, Decisions

'Digest' problems  
to make good decisions

Table 1: The DIGEST process

<b>D</b>	efine the problem
<b>I</b>	magine a successful solution
<b>G</b>	enerate alternative possibilities
<b>E</b>	valuate the possibilities
<b>S</b>	elect the best one
<b>T</b>	ell people your decision

**H**OW DO YOU MAKE DECISIONS? A lot of the time people make decisions without really thinking about it. They use their instinct, and they just hope that they have done the right thing. However, this kind of decision-making is no good in business, and it's probably not the best way to decide big things in our everyday lives either. Good managers recognise that decision-making is not a moment in time but a process. If you follow the process carefully, the decision will usually be a good one.

We can summarise the process of good decision-making in the acronym DIGEST. What does DIGEST mean? In general English it has a number of meanings, including 'to break down food in the stomach,' but in this case, the word just helps us remember the six parts of the process.

Firstly, **define** the problem. Say what you are really trying to do. Secondly, **imagine** a successful solution. This is usually easy. (If it isn't, go back to the first stage again and define the problem again.) Thirdly, **generate** alternative possibilities. There is very rarely only one possible solution to a problem. Think of several solutions and you are more likely to find a good one in the end. Fourthly, **evaluate** the possibilities – look at each one carefully and consider the good and the bad points about it. Fifthly, **select** the best one. (Again, an obvious stage.) Finally, **tell** people your decision. You should certainly do this if the decision affects other people. Even if it doesn't, you should tell other people. Why? Because it might be difficult not to change

your decision later, even if it is the right thing to do. The more people you *tell* about your decision, the harder it is to change your mind later.

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Let's look at an example of the process in action. First, the problem. Let's say that you keep arriving late for morning lectures. You imagine a successful solution to the problem. That is easy in this case. You need to arrive 10 minutes before the first lecture. However, perhaps you live a long way from the college and the first lecture begins at 8.00. You need to generate some alternative possibilities. You could take a bus, but you don't like public transport ... Stop! You must not start evaluating the possibilities until you have finished generating them. Why? Because there are two sides to the human brain – a *creative* side and a *logical* side. It is impossible to get both sides working well at the same time. In this case, you need the creative side first, to generate the alternatives, then the logical side, to evaluate each one. So, make a list of possibilities – taxi, father's car, hire a driver, take the bus, stay overnight with a friend, etc., and then go through them one by one, thinking of any difficulties. You could give each possibility a number of crosses, one for each difficulty. Finally, when you have evaluated all the possibilities, you need to select one. And that's it. Well, not quite. Tell people about it, remember.

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You will not make perfect decisions every time, even with this decision-making process. However, there is an old saying in business: 'There is only one thing worse than a bad decision, and that is no decision at all.'

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# An encyclopaedia of science

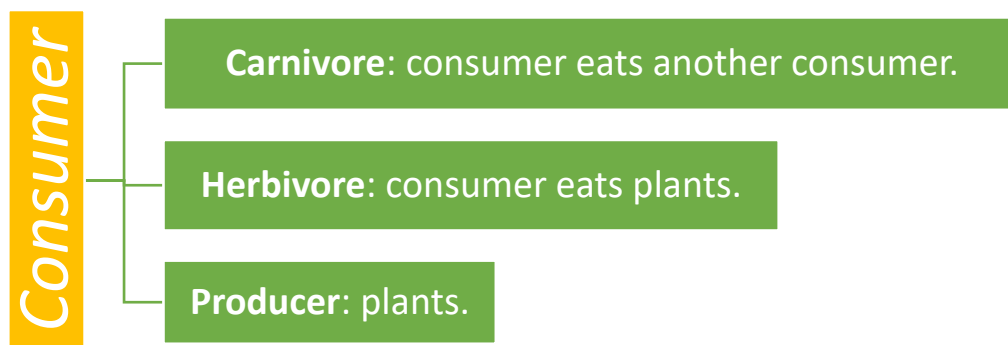
**Ecology:** the study of the relationship between the living things and their environment. living things depend on each other to survive, all are involved in food chains = food web = food pyramids

**Ecosystem:** an area of particular climate. Any change of climate may destroy the ecosystem.

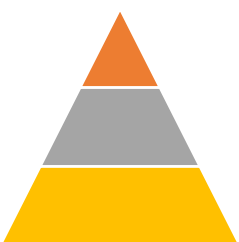
- The advance of deserts.
- People can change or destroy the ecosystem,
  - Building towns in green lands.
  - Building factories may destroy it.

**Environment:** the land, water and air where people, animal and plants live. There are different environments on Earth.

**Food chain:** this is the way that energy transferred from one living thing to another.

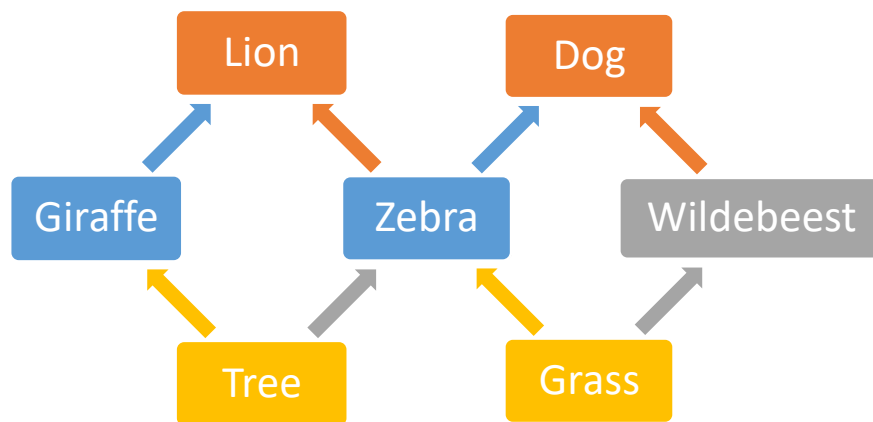


<i><b>Carnivore</b></i>	<i><b>Herbivore</b></i>	<i><b>Producer</b></i>
Tigers	Giraffe	Grass
Cats	Sheep	Fruits
Dogs	Rabbits	Vegetable
Puma		



**Food pyramids:** is a diagram that shows how much energy is needed to keep a particular living thing alive. At each level of a food pyramids there are fewer consumers.

**Food web:** is the connection of two or more food chain. It shows the relationships between animal and plants. In a certain ecosystem most consumers and producers are part of a food web, so it is difficult in real life to predict the effect of a change in one part of the web.



**Adaptation:** adjusting living things with their environment.

**Biomass:** storage energy that converted to fuels.

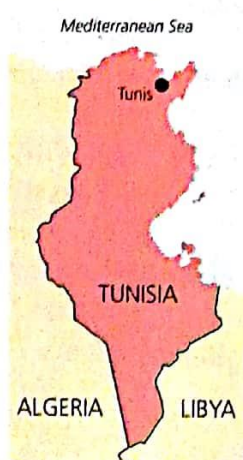
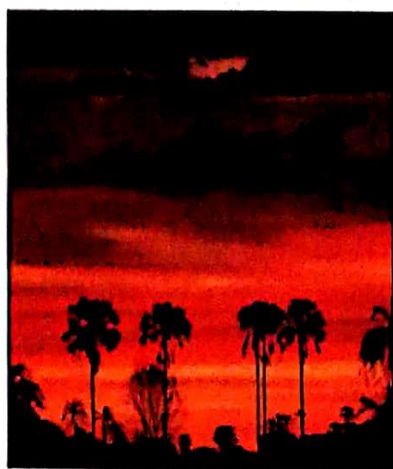
**Biome:** environment that covers a large area of the Earth.

<i>Consumer</i>	<i>Primary</i>	Herbivore	Animals eat plants
	<i>Secondary</i>	Carnivore	It eats primary consumer
	<i>Tertiary</i>	Carnivore	It eats carnivore

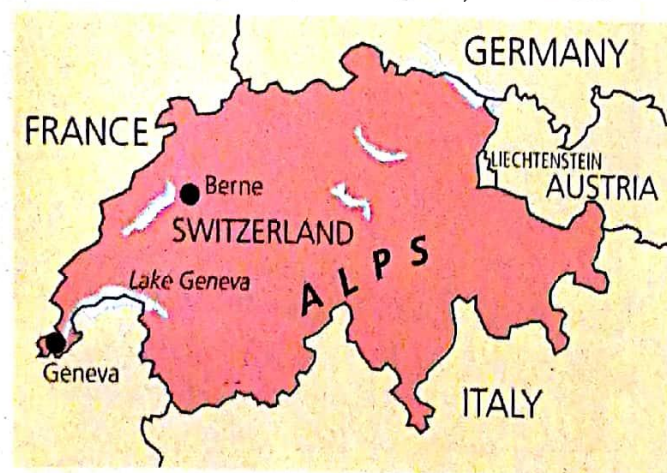


# Choosing a Holiday Destination

WHAT DO YOU WANT FROM A holiday destination? Sun, sea and sand? Or landscapes – mountains, lakes and rivers? This week, we are looking at two very different holiday destinations – Tunisia, with its golden beaches, and Switzerland, with its towering mountains.



**Tunisia** is located in North Africa. It has borders with Algeria to the west and Libya to the southeast. There are daily flights to the capital, Tunis, from Europe and the Middle East. It is an Arabic-speaking country, but you can get by in French.



**Switzerland** is located in Western Europe and is bordered by Italy, France, Germany and Austria. The country has three languages – German, French and Italian. Switzerland also has excellent transport links to the capital, Berne, or any of the other major cities.

Tunisia has a long Mediterranean coastline. This provides lots of opportunity for water sports. Switzerland, on the other hand, is completely landlocked. It has no coastline at all. However, there are still plenty of opportunities for water sports on the many lakes.

Both Tunisia and Switzerland are small in terms of population. Switzerland has 6.8 million people, while Tunisia has 9.8 million. Tunisia is much bigger than Switzerland in area (163,000 square kilometres versus 41,000), but both countries are similar in the percentage of habitable land. There are no people in large parts of Tunisia because most of the south of the country is desert. In Switzerland, on the other hand, much of the land area is occupied by mountains and lakes.

Both countries are agricultural. Forty per cent of the land in Switzerland is used for crops or cattle, while in Tunisia 31% of the land is farmed. Both countries export some foodstuffs. In fact, Tunisia is famous for its dates. Switzerland is famous for chocolate, of course, but the cocoa beans are imported from South America. Switzerland's biggest industry has nothing to do with agriculture – it's banking.

So why do people go to each country on holiday? The climate and the landscape give the answer in each case. Switzerland is wonderful for winter sports – the temperature is around  $-2^{\circ}\text{C}$  in January – whereas Tunisia is marvellous for the traditional beach holiday in early summer – the temperature is around  $30^{\circ}\text{C}$  in May. For the more adventurous, Switzerland provides many opportunities for mountaineering, from gentle slopes to the highest peak (Pointe Dufour 4,634m), while Tunisia offers desert safaris to the Grand Erg (the Great Eastern Sand Sea). No mountaineering though – the highest peak is only 1,544m (Jebel Ash Shanabi). If you are interested in the past, Switzerland has many beautiful buildings from its long history. Switzerland is, in fact, the oldest democracy in the world. Democratic government was established nearly 700 years ago. Tunisia takes you even further back in time. It contains the ruins of the ancient city of Carthage, which is nearly 3,000 years old.

You decide. Skiing or sunbathing? Climbing mountains or sand dunes? The heat of the midsummer sun, or the snow glare of the winter mountains? Why not visit both?



## 4 READING

- a Are the foods in the list **carbohydrates** or **proteins**? With a partner, think of four more kinds of food for each category.

cake chicken pasta salmon

- b With a partner, answer the questions below with either **carbohydrates** or **proteins**.

What kind of food do you think it is better to eat...?

- for lunch if you have an important exam or meeting
- for breakfast
- for your evening meal
- if you are feeling stressed

- c Look at the title of the article. What do you think it means? Read the article once to find out, and to check your answers to b.

- d Read the article again. Then with a partner, say in your own words why the following people are mentioned. Give as much information as you can.

- 1 Dr Paul Clayton
- 2 people on diets
- 3 schoolchildren
- 4 Paul and Terry
- 5 nightclub owners in Bournemouth

- e Find adjectives in the article for the verbs and nouns in the list. What's the difference between the two adjectives made from *stress*?

stress (*noun*) (x2) relax (*verb*) wake (*verb*)  
sleep (*verb*) power (*noun*) violence (*noun*)  
oil (*noun*)

- f Ask and answer the questions with a partner.

- 1 What time of day do you normally eat protein and carbohydrates? How do they make you feel?
- 2 How often do you eat chocolate? Does it make you feel happier?
- 3 After reading the article, is there anything you would change about your eating habits?



**We live in a stressful world, and daily life can sometimes make us feel tired, stressed, or depressed. Some people go to the doctor's for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.**

**D**r Paul Clayton, a food expert from Middlesex University, says 'The brain is affected by what you eat and drink, just like every other part of your body. Certain types of food contain substances which affect how you think and feel.'

For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food which is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy, and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.

Another powerful mood food could become a secret weapon in the fight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incidents.

Why does chocolate make people less aggressive? First, it causes the brain to release feel-good chemicals called endorphins. It also contains a lot of sugar, which gives you energy, and can help stop late-night tiredness turning into aggression. These two things, together with a delicious taste, make chocolate a powerful mood changer.

### **Mood food – what the experts say**

- Blueberries and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (e.g. cabbage and spinach) and oily fish (e.g. salmon) eaten regularly can help to fight depression.

Adapted from a British newspaper

# Simple present tense

When should I use the present simple tense?

## ***Something is generally true:***

- People need food
- Two and two make four
- It snows in winter here
- Cats drinks milk

## ***Permanent things:***

- Where do you live?
- I don't like mushrooms.
- She works in a bank.

## ***Habits:***

- Do you smoke?
- I don't travel very often.
- I play tennis every Sunday.

## ***Short actions happening now:***

He takes the ball; he runs down the wing and he scores.

## ***Arranged future:***

- School begins at 8:00 tomorrow.
- The plane doesn't arrive at 7:00, it arrives at 7:30.
- What time does the film start?

## ***Instruction:***

- Open your book page ...
- Don't shout at him.

## ***States, possessions, feeling, verbs used in progress,***

***be, believe, belong, hate, hear, like, love, mean, prefer, remain, see, seam, smell, think, understand, want, wish.***

- I understand English.
- He doesn't like fish.
- She believes in life after death.
- Do you prefer tea or coffee?

## ***Sequence of actions in the present: (first, then, after that)***

- First, I get up, then I have breakfast.
- After school I switch on my computer, then I check my emails and after that I play my favourite game.