**Text 1**

By the early 20th century, Americans could not get enough of the confection called chewing gum invented by Thomas Adams.

The ancient Greeks chewed mastiche - a chewing gum made from the resin of the mastic tree.

The ancient Mayans chewed chicle\* which is the sap\* from the sapodilla tree\*.

North American Indians chewed the sap from spruce trees and passed the habit along to the settlers.

Early American settlers made a chewing gum from spruce\* sap and beeswax.

In 1848 John B. Curtis made and sold the first commercial chewing gum called the State of Maine Pure Spruce Gum. In 1850 Curtis started selling flavored paraffin gums becoming more popular than spruce gums.

On December 28, 1869 William Finley Semple became the first person to patent a chewing gum.

In 1869 Antonio Lopez de Santa Anna introduced Thomas Adams to chicle.

In 1871 Thomas Adams patented a machine for the manufacture of gum.

In 1880 John Colgan invented a way to make chewing gum taste better for a longer period of time while being chewed.

By 1888 an Adams' chewing gum called Tutti-Frutti became the first chew to be sold in a vending machine. The machines were located in a New York City subway station.

In 1899 Dentyne gum was created by New York druggist Franklin V. Canning.

In 1906 Frank Fleer invented the first bubble gum called Blibber-Blubber gum. However, the bubble blowing chew was never sold.

In 191, Wrigley Doublemint brand was created. William Wrigley, Jr. and Henry Fleer were responsible for adding the popular mint and fruit extracts to a chicle chewing gum.

In 1928 an employee of the Frank H. Fleer Company, Walter Diemer invented the successful pink colored Double Bubble, bubble gum. The very first bubble gum was invented by Frank Henry Fleer in 1906. He called it Blibber-Blubber. Fleer's recipe was later perfected by Walter Diemer who called his product Double Bubble.

Words:

**\*** chicle - чикл (натуральный каучук) , жвачка, жевательная резинка

\* sap - сок (растений) ; живица

\* саподилла (Anglophile); сапотовое дерево

\* ель syn: fir хвойное дерево

**Text 2**

In 1905 the first scientist to determine that if special factors (vitamins) were removed from food disease occurred was Englishman, William Fletcher. Doctor Fletcher was researching the causes of the disease Beriberi when he discovered that eating unpolished rice prevented Beriberi and eating polished rice did not. William Fletcher believed that there were special nutrients contained in the husk of the rice.

In 1906 English biochemist Sir Frederick Gowland Hopkins also discovered that certain food factors were important to health. In 1912, Polish scientist Casimir Funk named the special nutritional parts of food as a "vitamine" after "vita" meaning life and "amine" from compounds found in the thiamine he isolated from rice husks. Vitamine was later shortened to vitamin. Together, Hopkins and Funk formulated the vitamin hypothesis of deficiency disease - that a lack of vitamins could make you sick.

Elmer V. McCollum and M. Davis discovered vitamin A during 1912–1914. Vitamin A was first synthesized in 1947.

Casimir Funk discovered B1 in 1912. D. T. Smith, E. G. Hendrick discovered B2 in 1926. Max Tishler invented methods for synthesizing the essential vitamin B2. Lucy Wills discovered Folic acid in 1933. Paul Gyorgy discovered B6 in 1934.

In 1747 Scottish naval surgeon James Lind discovered that a nutrient (now known to be vitamin C) in citrus foods prevented scurvy. It was rediscovered by Norwegians, A. Hoist and T. Froelich in 1912. Vitamin C was the first vitamin to be artificially synthesized in 1935. In 1922, Edward Mellanby discovered Vitamin D while researching a disease called rickets. In 1922 University of California researchers, Herbert Evans and Katherine Bishop discovered vitamin E in green leafy vegetables.

**Text 3**

METHAZID

White crystalline powder of bitter taste. Melting point is 175— 180°. Soluble in mineral and organic acids; insoluble in water and the usual organic solvents.

In its antitubercular potency methazid is close to phthivazid. But it is considerably less toxic and is readily absorbed from the gastrointestinal tract, penetrating into the spinal fluid.

Methazid is used in all forms of pulmonary tuberculosis in children and adults, both in fresh cases of the disease and during exacerbations of a chronic process and the presence of symptoms of intoxication. It is likewise indicated in tuberculosis of the larynx and oral cavity, tuberculosis of the serous membranes, tuberculosis of the peripheral lymph nodes, bones and joints, skin. In miliary tuberculosis and tubercular meningitis, methazid is used in conjunction with streptomycin.

Methazid is prescribed orally, before meals. During the first few days adults are given 0.2 gm twice a day; if the drug is tolerated well, the dose is increased to 0.3—0.5 gm 3 times daily. Children are given methazid in a daily dose of 0.02 gm per kg body weight, this being prescribed in 2—3 divided doses.

The duration of treatment depends on the peculiarities of the disease in each case, the effectiveness of treatment, and so on. The course of treatment may last from 2 or 3 months to a year or more.

There is usually good tolerance to the drug. During a long use some complications may occur: vertigo, headache, pain in the region of the heart, dermatitis, paresthesia, dysuric symptoms, nausea, vomiting, and anorexia. In such cases the dose must be reduced or the drug temporarily withdrawn.

Methazid is contraindicated in angina pectoris and decompensated heart disease, organic diseases of the central nervous system, and diseases of the kidneys of a nontuberculous character which are accompanied by a derangement of the secretory function.

**Text 4**

**A problem of smoking**

Some of the chemicals in cigarette smoke cause the release of natural sedatives or stimulants into the brain. These can affect the person's mood. Nicotine is an extremely addictive drug, and not having it when you are addicted makes you have cravings (тяга, стремление), where you feel like you 'have' to have the drug.

Inhaled tobacco smoke is especially addictive because it delivers high doses of nicotine to the brain very rapidly.

There are many reasons why young people start to smoke. Maybe their parents smoked. Maybe they think they will look like their super-cool hero. Maybe they feel that it makes them look older and more interesting. Maybe they believe that smoking can calm them down, relieve stress, help them to concentrate, help them have a good time or any of the dozens of reasons that smokers can come up with to hide the facts.

People also get into the habit of smoking at certain times, like at parties when friends are smoking… and they can find it is hard to be the non-smoker.

Smoking and its effects:

A smoker wouldn't have the breath to do all that athletic stuff;

A smoker would smell like a dead ashtray, so what gorgeous girl or guy would want to be close to that?

A smoker would not have great skin and hair;

Apart from the smell, taste, effects on hair and skin, and on moods, cigarette smoke has even more unpleasant effects on the body;

The senses of smell and taste are affected. Smokers can't smell how they smell to others, and their taste buds (вкусовые сосочки языка) don't work so well, so they can't enjoy food properly.

Smokers are ten times more likely to get heart disease, lung disease, major heart attack or stroke. They are also more likely to develop diabetes.

Smoking is the most common cause of cancers of the lung, throat and mouth.

Female smokers have more trouble becoming pregnant, and have more painful periods (месячные). Smoking can harm the baby if they get pregnant and continue to smoke.

**Text 5**

**Green tea** is loaded with antioxidants and nutrients that have powerful effects on the body. This includes improved brain function, fat loss, a lower risk of cancer and many other incredible benefits. Green tea contains bioactive compounds that improve health.

Green tea is more than just green liquid. Many of the bioactive compounds in the tea leaves do make it into the final drink, which contains large amounts of important nutrients. It is loaded with polyphenols like flavonoids and catechins, which function as powerful antioxidants. These substances can reduce the formation of free radicals in the body, protecting cells and molecules from damage. These free radicals are known to play a role in aging and all sorts of diseases.

One of the more powerful compounds in green tea is the antioxidant Epigallocatechin Gallate, which has been studied to treat various diseases and may be one of the main reasons green tea has such powerful medicinal properties. Green tea also has small amounts of minerals that are important for health. Try to choose a higher quality brand of green tea, because some of the lower quality brands can contain excessive levels of fluoride.

But even if you choose a lower quality brand, the benefits still far outweigh any risk.

Compounds in green tea can improve brain function and make you smarter, green tea increases fat burning and improves physical performance.

Antioxidants in green tea may lower your risk of various types of cancer.

Besides, green tea may protect your brain in old age, lowering your risk of Alzheimer’s and Parkinson’s.

Green tea can kill bacteria, which improves dental health and lowers your risk of infection, may lower your risk of type II Diabetes, reduce your risk of cardiovascular disease.

Green tea can help you lose weight and lower your risk of becoming obese, may decrease your risk of dying and help you live longer.

**Text 6**

**Coffee.** It is loaded with antioxidants and beneficial nutrients that can improve your health.

The studies show that coffee drinkers have a much lower risk of several serious diseases. Coffee can improve energy levels and make you smarter, it can help people feel less tired and increase energy levels.

This is because it contains a stimulant called caffeine, which is actually the most commonly consumed psychoactive substance in the world. After you drink coffee, the caffeine is absorbed into the bloodstream. From there, it travels into the brain.

Many controlled trials in humans show that coffee improves various aspects of brain function. This includes memory, mood, vigilance, energy levels, reaction times and general cognitive function.

Coffee can help you burn fat. There’s a good reason for that… caffeine is one of the very few natural substances that have actually been proven to aid fat burning. Several studies show that caffeine can boost the metabolic rate by 3-11%. Other studies show that caffeine can specifically increase the burning of fat, by as much as 10% in obese individuals and 29% in lean people.

The caffeine can drastically improve physical performance.

Caffeine also increases Epinephrine (Adrenaline) levels in the blood. This is the “fight or flight” hormone, designed to make our bodies ready for intense physical exertion.

There are essential nutrients in coffee and it is the biggest source of antioxidants.

Coffee may lower your risk of type II diabetes and the risk of stroke, protect you from Alzheimer’s disease and dementia. Caffeine may lower the risk of Parkinson’s. Coffee appears to have protective effects on the liver and it can fight depression and make you happier. Coffee drinkers have a lower risk of some types of cancer. Coffee does not cause heart disease. And it may help you live longer.

**Text 7**

**Amoxicillin** is an antibiotic in the penicillin group.Amoxicillin is used to treat certain infections caused by bacteria, such as pneumonia; bronchitis; gonorrhea; and infections of the ears, nose, throat, urinary tract, and skin. Amoxicillin is in a class of medications called penicillin-like antibiotics. It works by stopping the growth of bacteria. Antibiotics will not work for colds, flu, and other viral infections.

Amoxicillin comes as a capsule, a tablet, a chewable tablet, a suspension (liquid), and pediatric drops to take by mouth. It is usually taken every 12 hours (twice a day) or every 8 hours (three times a day) with or without food. Take amoxicillin exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor.

Shake the liquid and pediatric drops well before each use to mix the medication evenly. The chewable tablets should be crushed or chewed thoroughly before they are swallowed. The tablets and capsules should be swallowed whole and taken with a full glass of water.

Take amoxicillin until you finish the prescription, even if you feel better. Stopping amoxicillin too soon may cause bacteria to become resistant to antibiotics.

Amoxicillin also is used sometimes to prevent anthrax infection after exposure and to treat anthrax infection of the skin. Like many forms of medication, amoxicillin can have unwanted side effects. Some of these are more common, and some are more severe.

 Before taking amoxicillin,

* tell your doctor and pharmacist if you are allergic to amoxicillin, penicillin, cephalosporins, or any other medications;
* tell your doctor and pharmacist what prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking. Your doctor may need to change the doses of your medications or monitor you carefully for side effects.

**Text 8**

**Amoxicillin** is used to treat certain infections caused by bacteria.

Amoxicillin may cause side effects. Tell your doctor if any of these symptoms are severe or do not go away: upset stomach, vomiting, diarrhea.

Some side effects can be serious. The following symptoms are uncommon, but if you experience any of them, call your doctor immediately: severe skin rash, hives, seizures, yellowing of the skin or eyes, unusual bleeding or bruising, pale skin, excessive tiredness, lack of energy.

What should I do if I forget a dose?

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

What storage conditions are needed for this medicine?

Keep this medication in the container it came in, tightly closed, and out of reach of children. Store the capsules and tablets at room temperature and away from excess heat and moisture (not in the bathroom). Throw away any medication that is outdated or no longer needed. The liquid medication preferably should be kept in the refrigerator, but it may be stored at room temperature.

Keep all appointments with your doctor and the laboratory. Your doctor may order certain lab tests to check your body's response to amoxicillin.

If you are diabetic, test your urine for sugar while taking this medication.

Do not let anyone else take your medication. It is important for you to keep a written list of all of the prescription and nonprescription (over-the-counter) medicines you are taking, as well as any products such as vitamins, minerals, or other dietary supplements. You should bring this list with you each time you visit a doctor or if you are admitted to a hospital. It is also important information to carry with you in case of emergencies.

**Text 9**

**Echinacea** isa genus, or group of herbaceous flowering plants in the daisy family. They are found only in eastern and central North America, where they grow in moist to dry prairies and open wooded areas.

Echinacea is well known for its anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory properties. It is commonly recommended by herbalists as an agent to lessen the symptoms and duration at the onset of a cold or the flu. Liquid form seems to be the most effective way, taken in a tea to be used up to 6 times per day, or as an oil at one drop every 2-3 hours or so (mix it in warm water because it tastes bad). Alternatively, the leaves can be dried, pulverized into a powder, and made into capsules for when it is inconvenient to utilize its beneficial properties otherwise. This method also solves the problem of the bad taste. As a cold and flu preventative, Echinacea has not been conclusively proven scientifically, but as with most herbs, it hasn't been tested extensively either.

Echinacea also appears to be useful for a plethora of other common ailments, and a tea can be made to reduce symptoms of scratchy or sore throat, lymph node inflammation, stomach cramps, and urinary tract infections. There is some indication that it is beneficial in cancer patients, helping to rejuvenate the system after chemotherapy, and it is widely used as a general blood purifier. Externally, it can be made into an ointment for treatment of insect bites, burns, measles, skin ulcers, herpes sores and cold sores. The Indians swore by it as being an effective anti-venom agent for snakebites, but this hasn't been conclusively proven. It would sure be worth a try in a situation with no doctors close by, however.

 Echinacea is safe to use other than for people with allergies to the daisies. A doctor should be consulted first for people with AIDS, HIV, or other immune system problems.

**Text 10**

**Food Additives**

Before now we had no idea what biologically active food additives are. At the moment it’s impossible to find a person who is not familiar with this abbreviation. At the pharmacy everyone can notice a great amount of these preparations displayed on the show-windows. There are preparations for vision, memory, blood vessels, heart, and weight loss.

Biologically active food additives are substances which optimize a diet, improve quality of life, and reduce risk of development of some diseases. But they can't be considered as medicines. Therefore, the prescription is not required to buy them.

Scientists insist that a person simply cannot be completely healthy without use of dietary supplements. They consider that we are not able to eat the amount of useful products that will provide our body with necessary substances. There are two ways to solve this problem: to vitaminize our food or systematically use biologically active food additives.

But what do these dietary supplements have more – benefits or harm? Depending on age, sex, power inputs, speed of metabolism and other factors, we need certain substances, and biologically active additives can give them.

One more benefit is the fact that their use allows you without using drugs to support the functions of organs and systems of the human body.

But the dietary supplements also may have negative sides. Due to the fact that they are made from natural ingredients, they are not too dangerous. However, effectiveness of many of them is very low, and some of them are habit-forming.

One should remember the main thing – the organism of each person is individual and unique, and what helps and suits one, can cause unfavorable reaction in the other organism. For example, the ginseng can't be accepted by hypertensive persons. Don't forget about it and keep healthy!

**Text 11**

**ABOUT EGGS** AND **EGG SHELL**

Eggs are the most universal food product and they are popular in the cookery of many countries due to their value to our health and variety of dishes.

Do you know that there is a holiday devoted to the eggs? It’s one of the newest and highly amusing holidays. The history of the holiday is: in 1996 in Vienna International Egg Commission announced The Egg Day which is to be celebrated on the 2-nd Friday in October.

An egg is used in medioprophylactic diet as it contains a lot of vitamins such as A, E, D and a group of vitamin B. In the whole 13 vitamins! Besides vitamins, eggs contain iron, calcium, folic acid, nicotinic acid and some other useful substances.

An egg is an important product in child nutrition. In 100 gr. of the product there are 12.5 of albumin, 11.5gr. of fat, 0.7gr. of carbohydrates. Energy value accounts 157 kilocalories. Eggs have a lot of positive sides:

Egg yolk causes contractions of the gallbladder, this contributes to the bile outflow into the intestines and it improves intestinal movements and helps digesting of fats;

Eggs are a source of nicotinic acid which is necessary for nutrition of brain and formation of sex hormones;

Vitamin K is necessary for blood coagulation;

Choline improves memory and takes poisons away from the liver;

Lecithin dissolves plaques in the blood vessels;

Folic acid prevents development of congenital abnormalities in newborns;

Useful for strengthening of vocal cords, have favourable influence on the nervous system, stimulate blood functions, contribute to keeping proper blood pressure.

Recently researchers proved that eggs help to lose weight. Eggs play an important role in strengthening of weak lungs. Eggs contribute to the decrease risk of breast cancer in women.

In folk medicine eggs are used for curing TB and burns.

In the whole, eggs have beneficial impact for ulcer, pancreatitis, cough, bronchitis, eczema, flu, gastritis, pains in the joints and some other illnesses.

**Text 12**

**A Widespread Problem**

For most people, alcohol is a pleasant accompaniment to social activities. Moderate alcohol use--up to two drinks per day for men and one drink per day for women and older people (A standard drink is one bottle of beer or wine, one glass of wine) - is not harmful for most adults. Nonetheless, a substantial number of people have serious trouble with their drinking. Currently, nearly 30 million Russians - abuse alcohol or are alcoholic. Several million more adults engage in risky drinking patterns that could lead to alcohol problems. In addition, approximately 53 percent of men and women in Russian Federation report that one or more of their close relatives have a drinking problem. The consequences of alcohol misuse are serious--in many cases, life-threatening (угроза жизни). Heavy drinking can increase the risk for certain cancers, especially those of the liver, esophagus, throat, and larynx (voice box). It can also cause liver cirrhosis, immune system problems, brain damage, and harm to the fetus during pregnancy. In addition, drinking increases the risk of death from automobile crashes, recreational accidents, and on-the-job accidents and also increases the likelihood of homicide (убийство) and suicide.

What Is Alcoholism?

Alcoholism, which is also known as "alcohol dependence syndrome," is a disease that is characterized by the following elements:

· Craving (тяга): A strong need, or compulsion to drink;

 · Loss of control: The frequent inability to stop drinking once a person has begun;

 · Physical dependence: The occurrence of withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety, when alcohol use is stopped after a period of heavy drinking. These symptoms are usually relieved by drinking alcohol or by taking another sedative drug;

 · Tolerance: The need for increasing amounts of alcohol in order to get "high."

**Text 13**

**Stress Management**

It has been found that most illnesses are related to unrelieved stress. If you are experiencing stress symptoms, you have gone beyond your optimal stress level; you need to reduce the stress in your life and/or improve your ability to manage it.

**1. Become aware of your stressors and your emotional and physical reactions.**

Determine what events distress you. Determine how your body responds to the stress. Do you become nervous or physically upset? If so, in what specific ways?

**2. Recognize what you can change.**

Can you change your stressors by avoiding or eliminating them completely?

Can you reduce their intensity? Can you shorten your exposure to stress? Can you devote the time and energy necessary to making a change?

**3. Reduce the intensity of your emotional reactions to stress.**

The stress reaction is triggered by your perception of physical or emotional danger. Do not view your stressors in exaggerated terms. Do not expect to please everyone. Work at adopting more moderate views; try to see the stress as something you can cope with. Try to temper your excess emotions. Do not think about the negative aspects and the “what if’s”.

**4. Learn to moderate your physical reactions to stress.**

Slow, deep breathing will bring your heart rate and respiration back to normal.

Relaxation techniques can reduce muscle tension. Medications, when prescribed by a physician, can help in the short term in moderating your physical reactions.

**5. Build your physical reserves.**

Exercise for cardiovascular fitness three to four times a week. Eat well-balanced, nutritious meals. Maintain your ideal weight. Avoid nicotine, excessive caffeine, and other stimulants. Mix leisure with work. Take breaks and get away when you can. Get enough sleep. Be as consistent with your sleep schedule as possible.

**6. Maintain your emotional reserves.**

Develop some mutually supportive friendships/relationships. Always be kind and gentle with yourself – be a friend to yourself.

**Text 14**

The practice of immunisation dates back hundreds of years. Buddhist monks drank snake venom to confer immunity to snake bite and variolation (smearing of a skin tear with cowpox to confer immunity to smallpox) was practiced in 17th century China. Edward Jenner is considered the founder of vaccinology in the West in 1796, after he inoculated a 13-year-old-boy with vaccinia virus (cowpox), and demonstrated immunity to smallpox. In 1798, the first smallpox vaccine was developed. Over the 18th and 19th centuries, systematic implementation of mass smallpox immunisation culminated in its global eradication in 1979.

Louis Pasteur’s experiments spearheaded the development of live attenuated cholera vaccine and inactivated anthrax vaccine in humans (1897 and 1904, respectively). Plague vaccine was also invented in the late 19th Century. Between 1890 and 1950, bacterial vaccine development proliferated, including the Bacillis-Calmette-Guerin (BCG) vaccination, which is still in use today.

In 1923, Alexander Glenny perfected a method to inactivate tetanus toxin with formaldehyde. The same method was used to develop a vaccine against diphtheria in 1926. Pertussis vaccine development took considerably longer, with a whole cell vaccine first licensed for use in the US in 1948.

Viral tissue culture methods developed from 1950-1985, and led to the advent of the Salk (inactivated) polio vaccine and the Sabin (live attenuated oral) polio vaccine. Mass polio immunisation has now eradicated the disease from many regions around the world.

Attenuated strains of measles, mumps and rubella were developed for inclusion in vaccines. Measles is currently the next possible target for elimination via vaccination. Current successes include the development of recombinant hepatitis B vaccines, the less reactogenic acellular pertussis vaccine, and new techniques for seasonal influenza vaccine manufacture.

**Text 15**

**MEDICINAL QUALITIES OF BIRCH**

Birch has a wide variety of medicinal applications which is reflective of its physical versatility; that of being able to grow in a wide variety of conditions. It also has different qualities in different parts of the tree. The leaves, the twigs, bark and the root are all used for medicine; different parts are often used for different purposes. In general, Birch is said to have diuretic, antirheumatic, stimulant, astringent, anthelmintic, choloagogue and diaphoretic qualities.

An infusion made from the leaves of the Birch has been used as a diuretic and cleansing agent to the urinary tract. It has therefore been used to eliminate gravel and dissolve kidney stones and to treat cystitis and other urinary tract infections. This infusion can also be used to cleanse the body of excess water. In addition, it has been used to treat gout, rheumatism and mild arthritic pain. Other uses of Birch leaves are for cramps and wounds.

 The young shoots along with the leaves have been used as a tonic laxative. A decoction of the leaves has sometimes been used to prevent baldness, as is the fresh juice. The decoction is also used as a sleeping aid before bed for insomnia. This same tea can also be used as a wash for skin complaints. If the skin problems are severe or chronic, a decoction of the bark can be used as a wash or added to the bath. In addition, the oil extracted from the buds or the bark can be used externally for acne, rheumatism and gout.

The bark and twigs of the birch tree have qualities very similar to Wintergreen. They can be used as a healthy drink as it aids in purification of the blood. Being a blood purifier, the tea, twigs and bark can be helpful for boils and sores when taken internally as well as used as a wash.

Birch bark has positive effects on the bowel as well, which makes it notifying to the whole body. It can aid in conditions of diarrhea, dysentery and cholera infantum. It has historically been used to expel worms. A tea of the twigs and bark aids in ridding the mouth of cancer sores.