

## Note-Making

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### Ice Breakers | Q 1 | Page 147

Complete the web.

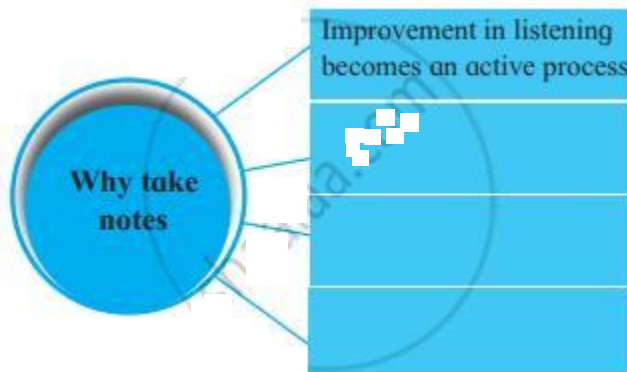


**Solution:**

1. **Speech**
2. An announcement
3. Our life events
4. Teacher's dictation

### Ice Breakers | Q 2 | Page 147

Discuss in groups why you take notes.



**Solution:**

1. **Improvement in listening becomes an active process**
2. It reinforces the learning from the class
3. Last minute revision can be done better with the help of notes
4. It offers convenience in carrying than the bulky books.

### Ice Breakers | Q 3 | Page 147

Better notes will help you remember concepts, develop meaningful learning skills, and gain a better understanding of a topic. Discuss in groups of different styles or methods you use in your note-making/taking. For example, to underlining important facts.

**Solution:** The different styles or methods that I use in note-making/taking are

1. Underlining important facts
2. Making tables for data such as historical dates, scientists and discoveries, etc.
3. Using different colour codes for different kinds of information taken in the notes.  
For example, while learning about different countries, capitals and currencies, I can use a certain colour for capital and another colour for currency.

## **BRAINSTORMING (A1) [PAGE 151]**

### **Brainstorming (A1) | Q 1 | Page 151**

**Read the following passage carefully and complete the activities.**

Occasional self-medication has always been part of normal living. The making and selling of drugs has a long history and is closely linked, like the medical practice itself, with belief in magic. Only during the last hundred years or so, the development of scientific techniques made, diagnosis possible. The doctor is now able to follow up on the correct diagnosis of many illnesses with specific treatment of their causes. In many other illnesses of which the causes remain unknown, he is still limited, as the unqualified prescriber, to the treatment of symptoms. The doctor is trained to decide when to treat symptoms only and when to attack the cause. This is the essential difference between medical prescribing and self-medication.

The advancement in technology has brought about much progress in some fields of medicine, including the development of scientific drug therapy. In many countries, public health organization is improving and people's nutritional standards have risen. Parallel with such beneficial trends are two which have an adverse effect. One is the use of high-pressure advertising by the pharmaceutical industry which has tended to influence both patients and doctors and has led to the overuse of drugs generally. The other is the emergence of eating, insufficient sleep, excessive smoking, and drinking. People with disorders arising from faulty habits such as these, as well as from unhappy human relationships, often resort to self-medication and so add the taking of pharmaceuticals to the list. Advertisers go to great lengths to catch this market.

Clever advertising, aimed at chronic sufferers who will try anything because doctors have not been able to cure them, can induce such faith in preparation, particularly if cheaply priced, that it will produce-by suggestion-a very real effect in some people.

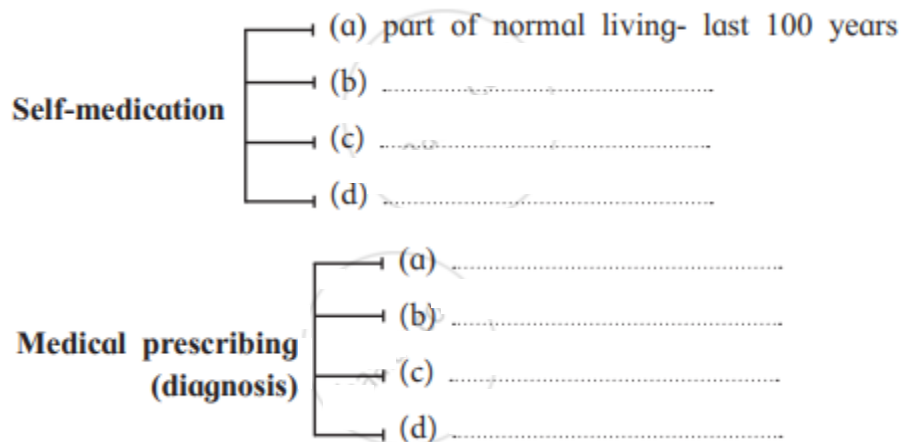
Advertisements are also aimed at people suffering from mild complaints such as simple

cold and coughs which clear up by themselves within a short time.

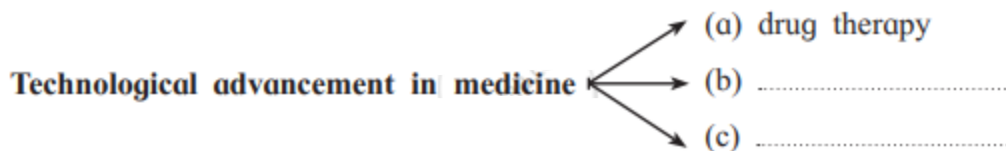
These are the main reasons why laxatives, indigestion-remedies, painkillers, cough-mixtures, tonics, vitamin and iron tablets, nose drops, ointments and many other preparations are found in quantity in many households. It is doubtful whether taking these things ever improves a person's health, it may even make it worse. Worse, because the preparation may contain unsuitable ingredients; worse because the taker may become dependent on them; worse because they might be taken excess; worse because they may cause poisoning, and worst of all because symptoms of some serious underlying cause may be asked and therefore medical help may not be sought. Self-diagnosis is a greater danger than self-medication.

**Complete the following points with the help of the above text. (Give a suitable title.)**

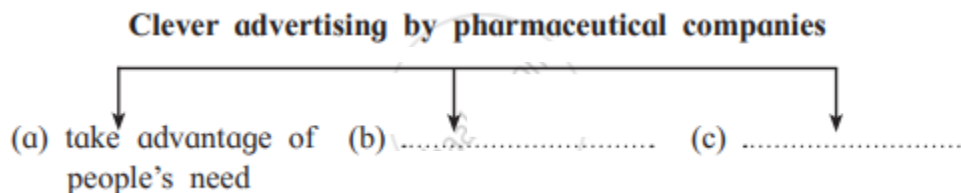
1.



2.



3.



## **Solution:**

**Don't be your own doctor unless  
you are one!**

### **1.**

#### **Self-medication:**

- a. **part of normal living-last 100 years**
- b. making and selling of drugs has a long history and are closely linked
- c. the medical practice had relied on belief in magic
- d. drug making and selling too had been based in magic.

#### **Medical prescribing (diagnosis):**

- a. being done over the last hundred years
- b. development of scientific techniques had made it possible to treat illness
- c. when causes are unknown, the doctor treats only the symptoms
- d. the doctor is trained to decide when to treat only symptoms or attack the cause, unlike self-diagnosis or self-medication.

### **2. Technological advancement in medicine:**

- a. **drug therapy**
- b. improvement in public health organization
- c. rise in people's nutritional standards

### **3. Clever advertising by pharmaceutical companies:**

- a. **take advantage of people's need**
- b. aimed at people suffering from mild complaints
- c. can induce a faith in a preparation when doctors have not been able to cure them.