



In the Name of God,
the Compassionate, the Merciful

The ILI English Series

Intermediate 1

Student's Book



Iran Language Institute

Affiliated with the Institute for the Intellectual Development of Children and Young Adults

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Conversation

Let's Get Started

Imagine that you want to find yourself a summer job. Which of the following jobs would you rather have? What are the advantages of the job that you have selected?



a busboy



a cashier



a newspaper boy



a ticket collector



a delivery boy



a tour guide



Stand on Your Own Feet!

Mr. and Mrs. Jones are talking about their son, Jimmy.

Mrs. Jones: Guess what! Jimmy has decided to find himself a summer job.

Mr. Jones: Oh, really? Tell me about it.

Mrs. Jones: He thinks he could work as a **delivery** boy or a **busboy**.

Mr. Jones: Personally, I believe he'd better work in a restaurant.

Mrs. Jones: **How come?** What makes you say that?

Mr. Jones: Well, that way he'll get a chance to **socialize** more.

Mrs. Jones: But I'd rather let him decide for himself.

Mr. Jones: Guess you're right. He's old enough for that now.

Speak Out

What are the frequent reasons for which one may get a summer job?

Reading

Let's Get Started



Discuss the following questions.

1. Do you agree with the saying, "If you've got your health, you've got everything."? Why (not)?
2. Do you usually first go to a G.P. when you have a major disease or do you directly go to a specialist?
3. Discuss the conditions in which the following are used to prevent or cure diseases.

disinfectants

bandages

sleeping pills

Passage



Health Care

A **general practitioner** spends most of his time **diagnosing** everyday sicknesses such as coughs, the flu, sore throats, and minor pains. He usually **reassures** his patients and sends them home with a prescription, but if a more serious illness needing immediate attention comes his way, like **pneumonia** or **appendicitis**, he may send the patient to the hospital for **treatment**. Other patients may be advised to see a **specialist** if the illness is serious or they need major operations.

The specialist may then **arrange** a time for the patient to be admitted into a hospital or **nursing home** where all the necessary equipment is **on hand**. Sometimes, the **original** doctor is a **surgeon**, so he himself may **perform** the operation.



Some diseases are **infectious** or **contagious** like those commonly caught by children, for example, **chicken pox** and **scarlet fever**, while others may simply be **due to** old age. Older people may suffer from **indigestion**, rheumatism, heart trouble, and high blood pressure far more often than the young. Still other causes of ill health may be due to **misfortune** or accidents. Examples of these are burns, **scalds**, **wounds**, blood **poisoning**, food poisoning, and bone **fractures**. Some of the commonest things used to prevent or cure these conditions are pills, powders, **ointments**, sleeping pills, **injections**, **bandages**, **disinfectants**, and **syrups**.

Special parts of the body are treated by special doctors. Dentists **extract** or fill teeth and make **dentures**, using equipment such as drills, **forceps** and water sprays. **Oculists** examine eyes, test sight, and write out prescriptions for **opticians**. Opticians make glasses or contact lenses. Altogether, it takes several doctors to keep you healthy.

Comprehension Check

A. Choose the best answer.

1. Diseases that spread quickly are contagious. "Contagious" means _____.
 - a. catching
 - b. serious
 - c. disinfectant
2. The dentist may decide that your bad teeth need to be _____.
 - a. extracted
 - b. sprayed
 - c. contacted
3. Some people may suffer from heart trouble and high blood pressure because of old age. Find a word/phrase in the third paragraph that is closest in meaning to "because of".
 - a. "still"
 - b. "far more often"
 - c. "due to"
4. Occasionally, when some people become old and there is no one to take care of them, they have to give up their houses and go into a _____.
 - a. nursing home
 - b. hospital
 - c. specialist's office
5. _____ are used to wrap up injuries.
 - a. Bandages
 - b. Syrups
 - c. Ointments

B. Choose the best answer.

1. When your illness is serious, you may need to see a (n) _____.
 - a. general practitioner
 - b. ordinary doctor
 - c. optician
 - d. specialist

2. According to the passage, _____ often get chicken pox.

- a. old people
- b. young adults
- c. children
- d. adults

3. Some of the commonest illnesses are _____.

- a. rheumatism, indigestion, and high blood pressure
- b. scarlet fever and chicken pox
- c. pneumonia, sore throat, and indigestion
- d. cold, influenza, and sore throat

4. A general practitioner spends most of his time _____.

- a. reassuring his patients
- b. curing sore throats
- c. diagnosing everyday sicknesses
- d. treating appendicitis

5. According to the passage, _____ make glasses for those whose eyes are weak.

- a. opticians
- b. oculists
- c. surgeons
- d. specialists

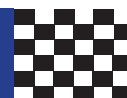
C. Check (✓) the following statements as true or false.

1. Contagious diseases are mostly caught by children.
2. Oculists make glasses for those whose eyes are weak.
3. There are three groups of diseases mentioned in the passage.
4. Old people suffer from rheumatism more often than young people.
5. A general practitioner arranges for a patient to be admitted to a hospital.

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Listening

Vocabulary Stop



Match the words in column A with the definitions in column B. There is one extra definition.

Column A

1. pack
2. put on weight
3. tough
4. wear sb out
5. word processing
6. flyer

Column B

- a. difficult to solve
- b. make sb very tired
- c. become fatter or heavier
- d. writing letters, reports, etc on a computer
- e. pay sb to work for you
- f. a small printed notice to advertise a company
- g. put things into boxes, containers, etc for transportation

Get Set

Have you ever had a summer job? Read the list below and check (✓) the jobs you've had and the jobs you'd like to have. Then discuss your answers with a partner.

Summer jobs I've had

Summer jobs I'd like to have

work in a convenience store

work in a coffee shop

work as a lifeguard

work at a summer camp

hand out flyers

deliver pizza

make hamburgers

Listen to It



Listen to the conversations and complete the chart.

What kind of summer
job does he/she have?

What does he/she
say about it?

| | |
|-----------|-------|
| ▶ 1. | |
| ▶ 2. | |
| ▶ 3. | |
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| ▶ 6. | |

Think & talk

What summer jobs are popular in our country? Why are they so popular?

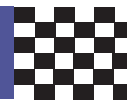
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Grammar through Drills



1.1 Answer the questions.

- T. What will you do if you have an exam tomorrow?
S. I will study hard if I have an exam tomorrow.
T. What would you do if you were a millionaire?
S. I would travel around the world if I were a millionaire.

T. What would you do if you were exhausted?
T. What will you do if you have a headache?
T. What could you do if you had wings?
T. What should you do if you want to get your driver's license?
T. What would you do if you were invisible?

T. Is your brother sick or run-down? **(both)**

T. Can I have tea and ice cream now? **(either)**



1.2 Answer the questions using the words in parentheses.

- T. Do vegetarians eat meat or eggs? **(neither)**
S. Well, they eat neither meat nor eggs.
T. Do you go to school in fall or winter? **(not only)**
S. Well, I go to school not only in fall but also in winter.

T. Do dentists extract or fill teeth? **(not only)**
T. Can you speak French or German? **(neither)**
T. Was Charles Chaplin an actor or a director? **(both)**

1.3 Make exclamations using "what" and nouns.

- T. How foolish!
S. What a fool!
T. How unlucky!
S. What bad luck!

T. How surprising!
T. How beautiful!
T. How shocking!
T. How lucky!
T. How pitiful!

Grammar Note 1

1.4 Change the sentences using “before” or “after”.

T. After he had finished his meal, the bell rang.

S. He had finished his meal before the bell rang.

T. I had opened a file before I went in.

S. After I had opened a file, I went in.

T. After I had consulted him, I bought the house.

T. It had stopped snowing before I went outside.

T. The patient had died before the doctor arrived.

T. After her father had approved of their marriage, they got married.

T. She had fastened her seat belt before the plane took off.

Quasi Modals

The quasi modal **would rather**, usually followed by **than**, is used to express **preference** and the quasi modal **had better** is used to express **recommendation** or **advice**. Both modals are followed by the **infinitive without to**.

I'd rather ask her.

I'd rather not go.

If you want to pass the test, you'd better study.

It might rain; you'd better not go.

Frame

A: Would you like some coffee?

B: No, thank you. I'd rather have tea.

(I prefer to have tea.)

1.5 Substitute.

I'd rather **have tea**.

have coffee

he

she

leave now

I

do it myself

arrange it

go alone

discuss it

have tea



1.6 Change these sentences using “would rather”.

T. I prefer to sit here.

S. I’d **rather** sit here.

T. She prefers to discuss it first.

S. She’d **rather** discuss it first.



T. We prefer to consult a doctor.

T. She prefers to come back tomorrow.

T. I prefer to drink water after my meals.

T. He prefers to go to the library.

T. They prefer to speak to him in his house.

1.7 Substitute making the necessary changes.

If **he** wants to pass, **he’d better study**.

she

try harder

they

we

you

attend the class

follow directions

be serious

study

he

1.8 Change these sentences using “had better”.

T. It will be better if he consults a doctor.

S. He’d **better** consult a doctor.

T. It will be better if I try harder.

S. I’d **better** try harder.

T. It will be better if I come tomorrow.

T. It will be better if you respect your traditions.

T. It will be better if she takes private lessons.

T. It will be better if we register on time.

T. It will be better if they are serious.



1.9 Make sentences with “had better” or “would rather” and opposite adjectives or adverbs.

T. Business letters should be short.

S. They had better not be long.

T. I prefer to wait outside.

S. I would rather not wait inside.

T. You should put on heavy clothes.

T. She prefers to buy a new car.

T. I should leave early.

T. He prefers to swim in warm water.

T. You should keep this medicine in a cool place.

1.10 Ask questions using question words.

T. I'd better not go to the movies. (**where**)

S. Then, **where** had you better go?

T. She'd rather not use a pen. (**what**)

S. Then, **what** would she rather use?

T. You'd better not eat sweets. (**what**)

T. He'd rather not travel by train. (**how**)

T. She'd better not drink coffee. (**what**)

T. They'd rather not consult a lawyer. (**whom**)

T. I'd better not leave in the morning. (**when**)





appendicitis (n.)
arrange (v.)
bandage (n.)
busboy (n.)
chicken pox (n.)
contagious (adj.)
convenience store (n.)
delivery (n.)
dentures (n.)
diagnose (v.)
disinfectant (n.)
extract (v.)
flyer (n.)
forceps (n.)
fracture (n.)
general practitioner (n.)
hand out (v.)
indigestion (n.)
infectious (adj.)
injection (n.)
lifeguard (n.)
misfortune (n.)
nursing home (n.)
oculist (n.)
ointment (n.)
optician (n.)

original (adj.)
perform (v.)
personally (adv.)
pneumonia (n.)
poisoning (n.)
reassure (v.)
scald (n.)
scarlet fever (n.)
socialize (v.)
specialist (n.)
spread (v.)
surgeon (n.)
syrup (n.)
tough (adj.)
treatment (n.)
wear out (v.)
word processing (n.)
wound (n.)

Idioms and Expressions

due to sb/sth

How come?

on hand

stand on one's own feet

UNIT

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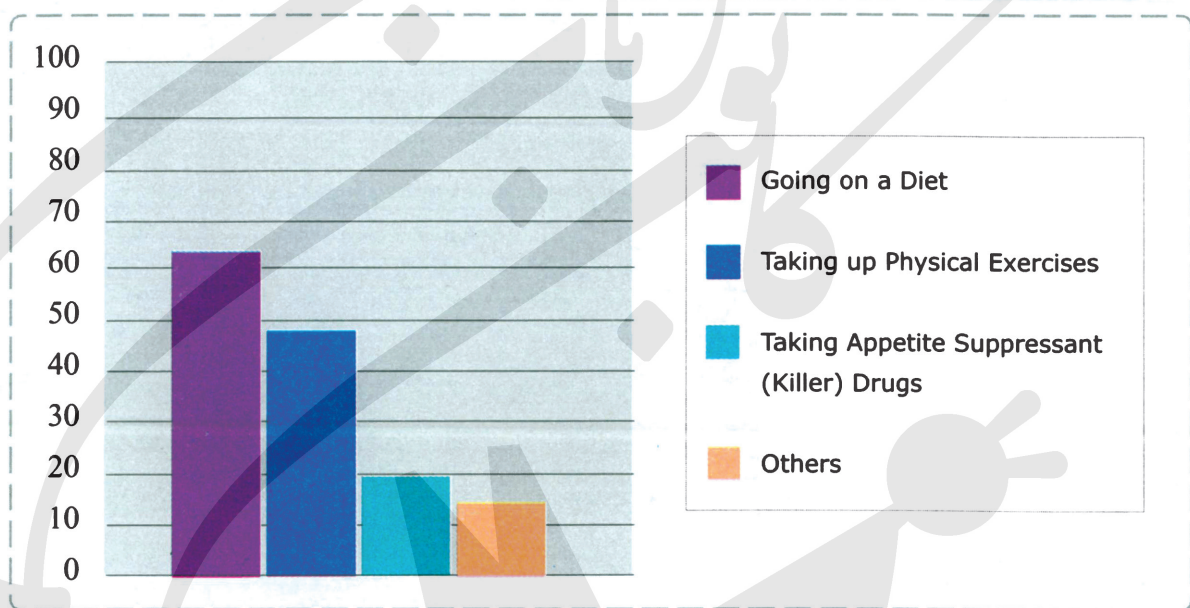
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Conversation

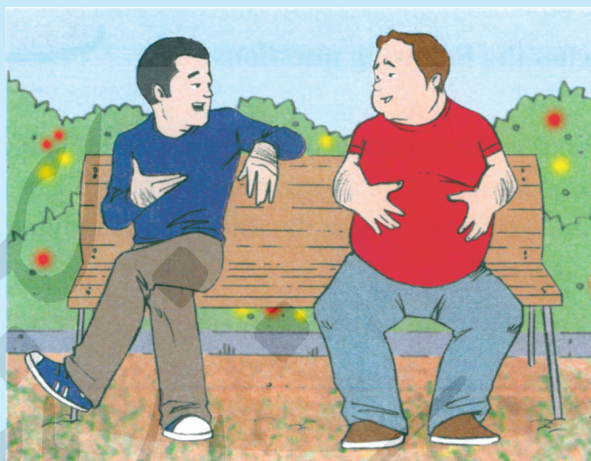
Let's Get Started

According to recent research, overweight people fall into four basic categories based on the (combination of) strategies that they apply to lose weight. Look at the chart below and answer the following questions:



1. What is the most popular method to lose weight?
2. What percentage of people take chemical drugs in order to avoid eating too much?
3. Can you mention a couple of effective plans from the category of "others"?





Keeping in Shape

Mike and Dennis are talking about physical fitness and staying in shape.

Dennis: To be honest with you, Mike, you'd better do something about your stomach.

Mike: Yeah, I'm starting to get a **potbelly**.

Dennis: So, why don't you take up jogging?

Mike: Well, you know, I've always hated jogging.

Dennis: How about something else, then?

Mike: I enjoy biking, but I don't like riding alone.

Dennis: Look, my friends and I bike every weekend. Would you like to join us?

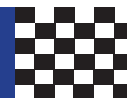
Mike: Sounds great! Just tell me about the time and place.

Speak Out

BMI (Body Mass Index) is a number that shows body weight adjusted for height. With the formula presented below you can calculate this index and figure out to which group you belong.

| | | |
|--|--------------|-----------------|
| $\text{BMI} = \frac{\text{Weight in Kilograms}}{(\text{Height in Meters}) \times (\text{Height in Meters})}$ | below 18.5 | Underweight |
| | 18.5 - 24.9 | Normal |
| | 25 - 29 | Overweight |
| | 30 and above | Obese (too fat) |

How should/do you try to keep in shape?



Discuss the following questions.

1. What is the importance of physical and intellectual fitness for success in exams?
2. Does stress before an exam have a positive or negative effect on your performance? Why?
3. Are you for or against the following recommendations? Give reasons.

■ A short nap during the afternoon will help you study better and result in an improved performance.

■ It is necessary to study intensively right before an exam.

Passage



Exam Fitness

Research has shown that success in exams depends on physical **as well as intellectual** fitness, and while there is no **substitute** for studying, keeping yourself in good physical shape will help you **make the most of** what you've learned. The following advice will enable you to perform at your best at exam time.

Exercise

Many people believe that there are two kinds of students: the fit, **sun-tanned** type with **bulging** muscles and a low IQ, and the weak, **pasty academics**, who wear thick glasses and pass all their exams. The **implication** is that students are either intellectual or physical, which is not in fact the case. Recent studies have found that students who take regular exercise generally do better at school than those who don't. For example, twenty minutes of aerobic exercise will immediately **bring about**:

- an improved **performance** in IQ tests,
- a **reduction** in stress,
- improved levels of alertness and **concentration**,
- faster, clearer, more **creative** thinking,
- an **improvement** in memory.

So, try to do some aerobic exercise at least three times a week. But remember, as exercise **peps you up**, it's better not to do it near bedtime. It could cause **insomnia**. And on the exam day, exercise before your exam starts, **preferably** outdoors.

Body clocks and sleep

Our bodies and minds are **programed to run** to a particular **schedule** and our mental and physical abilities change **dramatically** during a day. For example, concentration, memory and the ability to work with our hands, all reach a **peak** in the afternoon, and fall to a low in the middle of the night. Our body clocks are set and kept in **sync** by daylight which also keeps us **alert**. Confusing your body clock will make you less alert and less **effective**. **Lack** of sleep will not stop a surgeon from operating successfully or a pilot from landing a jet, but it will affect a student's ability to read a book and remember things well.

Some points to remember:

- If you have to get someone to wake you up every morning, you are not getting enough sleep.
- You should sleep at regular times so as not to confuse your body clock.
- You must get enough daylight. Study in a well-lit room, preferably near a window.
- The best times to study are between 9:00 and 12:00 noon, and then late afternoon between 4:00 and 6:00.
- The worst times are after lunch, because your body clock goes into a **dip** between 1:00 P.M. and 3:00 P.M., and also late at night. You may think you are more creative after 11:00 P.M., but remember that most exams take place during the day. Studying late at night will **disrupt** your body clock.
- A short nap during the afternoon will help you study and could **result in** an improved performance – just make sure you don't fall asleep during your exam.

Final points:

- Don't study more than four or five hours a day **on top of** your school or other work.
- Whatever you tell yourself or other people, studying with the TV or radio on **adversely** affects your ability to **absorb** what you're trying to learn. The same goes for any **background** music which competes for your attention. Choose music you find pleasant, not incredible.
- Study with a friend – it helps you feel you aren't suffering alone.



Comprehension Check

A. Choose the best answer.

1. Aerobic exercise can _____ faster and clearer thinking.
 - a. perform
 - b. bring about
 - c. reduce
2. “Your body clock goes into a dip.” “Dip” means a _____.
 - a. chemical
 - b. quick look at something
 - c. lower level of functioning
3. “Don’t study more than four or five hours a day on top of your school or other work.” What is the meaning of “on top of” in this sentence?
 - a. In addition to something else.
 - b. Covering.
 - c. For maximum effect.
4. “Bulging muscles” in paragraph 2 shows _____.
 - a. physical health
 - b. high intelligence
 - c. intellectual abilities
5. In the paragraph titled “Body clocks and sleep,” find a word or phrase that most probably means “work at the same time as something else”.
 - a. Reach a peak.
 - b. Be programed.
 - c. Be kept in sync.

B. Choose the best answer.

1. Doing exercises near bedtime _____.
 - a. improves your grade
 - b. helps you sleep better
 - c. makes it difficult for you to sleep
 - d. causes stress

2. According to the passage, _____.

- a. lack of sleep stops a surgeon from operating successfully
- b. a pilot will not find it that difficult to land a plane if he doesn't have enough sleep
- c. lack of sleep may cause a student to remember things better
- d. the best time to study is late at night

3. You can get better scores on your exams by _____.

- a. studying between 1:00 – 3:00 A.M.
- b. taking a short nap during the afternoon
- c. being creative after 11:00 A.M.
- d. sleeping at different times

4. In order to learn better, you should _____.

- a. have the TV on
- b. listen to background music
- c. have a good physical build
- d. not have anything that prevents your concentration

5. The writer recommends _____.

- a. studying with a friend
- b. getting someone to wake you up every morning
- c. studying indoors
- d. getting a suntan

C. Check (✓) the following statements as true or false.

1. A great number of people associate physical fitness with lack of intelligence.
2. People find it most difficult to concentrate in the afternoon.
3. There is scientific evidence for the idea that there are two basic types of students.
4. Students who take regular exercise generally do better at school than those who do not.
5. Students should choose incredible, not pleasant music.

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Listening

Vocabulary Stop



Match the words in column A with the definitions in column B. There is one extra definition.

Column A

1. expert
2. caller
3. rarely
4. self-employed
5. snack
6. feel like

Column B

- a. a person who telephones sb
- b. not often
- c. working for yourself and earning money from your own business
- d. a person who has special knowledge or skill
- e. want to do sth
- f. a person or company that employs others
- g. eat a snack instead of a meal or between meals

Get Set

Work in pairs. Paula, Peter, and Maria wrote letters to a fitness expert. Match the letters with the responses.

1. Paula

I work 12 hours a day.
I rarely take vacations.
I work all the time
and...

2. Peter

I want to lose weight. My
problem is that I always
eat between meals. I can't
control myself.

3. Maria

I'm 60 years old and
want to start exercising.
I haven't exercised in 20
years, and I'm afraid.

- a. It's OK to snack if you choose your snacks carefully.
- b. Don't be afraid to take the day off. It won't kill you!
- c. Try walking for fitness, but take it slow at first.

Listen to It



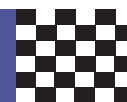
You will hear the fitness expert. Write the additional advice he gives.

| The Additional Advice | |
|-----------------------|-------|
| Paula | |
| Peter | |
| Maria | |

Think & talk

What other advice can you give the people who wrote the letters on the previous page?

Grammar through Drills



Grammar Note 1

The **-ing** form of the verb (or **gerund**) can be used in several positions in a sentence. Some examples are:

A. as the subject:

Swimming tired me.

Listening to lectures bores me.

B. as the object:

I like **swimming**.

She enjoys **watching** TV.

C. after prepositions:

He went on **talking**.

I'm afraid of **walking** in the dark.

D. in noun compounds:

diving board

swimming pool

Frame

A: Do you like swimming?

B: Yes, I do. I think swimming is fun for everyone.

2.1 Substitute.

Swimming is fun for **everyone**.

running

children

playing games

socializing

some people

cooking

going to the movies

hiking

everyone

swimming

2.2 Make general statements using the *gerund* and either “convenient” or “inconvenient” based on the information given.

T. We have a phone now.

S. Having a phone is **convenient**.

T. I had a flat tire.

S. Having a flat tire is **inconvenient**.

T. I live near a bus stop.

T. Frank traveled by plane.

T. I got a parking ticket.

T. We stood in line for an hour.

T. I am in good shape.

Grammar Note 2

Some common verbs that are normally followed by gerund(s) are:

enjoy, finish, quit, admit, deny, avoid, recommend, appreciate, mention, dislike, (not) mind, etc.

She **imagined walking** into the office and **shouting** at her boss.

The doctor **suggested taking** a long holiday.

Frame

A: Was he an interesting person?

B: Yes, I always enjoyed talking to him.

2.3 Substitute.

I enjoyed talking to him.

swimming in that pool
doing aerobic exercises
suggested
finished
avoided

telling the truth
denied
regretted
talking to him
enjoyed

2.4 Answer the questions using *gerunds* and *pronouns*.

T. Did Paul imagine that he had competed in the race?

S. Yes, he imagined competing in it.

T. Did Jane suggest that we should leave early?

S. Yes, she suggested leaving early.



T. Did Susan deny that she had cheated on the exam?

T. Did Bob admit that he had borrowed Tom's car?

T. Did Sam recommend that we should disrupt the meeting?

T. Did Mary mention that she had watched the movie?

T. Did the man admit that he had robbed the bank?

Grammar Note 3

When we put a verb after a preposition, we normally use a gerund, not an infinitive. Some prepositions are:

of, with, about, on, for, in, at, from, after, etc.

He insisted **on becoming** a surgeon.

The company is interested **in selling** its product.

Frame

A: Do you know where he wants to move?

B: Well, he talked about moving to the country.

2.5 Substitute.

He talked about moving to the country.

living here
thought of
seeing you
looked forward to
going there

insisted on
working hard
believed in
talked about
moving to the country

2.6 Make sentences using the prepositions given.

- T. He checked the oil. Then he started the car. (**before**)
S. He checked the oil **before** starting the car.
T. She drew a straight line. She didn't use a ruler. (**without**)
S. She drew a straight line **without** using a ruler.

T. They painted the house. They didn't go on vacation. (**instead of**)
T. She got the information. She used a computer. (**by**)
T. I went to bed. I had already brushed my teeth. (**after**)
T. He teaches English. He also gives classes in history. (**besides**)
T. I'm upset. I lost my wedding ring. (**about**)

Grammar Note 4

When we want to give more information about sb/sth, we sometimes use a noun in front of another noun. When a particular combination is regularly used to make a new noun, it is called a **compound noun**.

a car park
an address book

Some compound nouns consist of **gerund + noun**. The gerund usually says what function the following noun has.

a **living** room
drinking water

2.7 Answer the questions using compound nouns.

- T. What is a room for people to wait in?
S. It is a **waiting room**.
T. What is a machine that answers the telephone?
S. It is an **answering machine**.

T. What is a list of people who are waiting for something?
T. What is an electric machine for washing clothes?
T. What is a pool that is built for people to swim in?
T. What is a board from which people can dive into the water?
T. What is a large bag that you use for sleeping in?

Grammar Note 5

Verbs Followed by Object + Bare infinitive

Most of the transitive verbs are followed by an infinitive when their objects, whether nouns or pronouns, are the doer of the action expressed by the infinitive.

I asked **him to lend** me some money.
I ordered **him to stop** the engine.

However, a limited number of verbs are followed by the simple form of the verb. Some of these verbs are **let, help** and **make**.

He **let** me **use** his car.
We **helped** him **do** the work.
She **made** me **listen** to her.
The pain **made** him **cry**.

Notes

1. In such sentences, **make** means force or cause (a person to do something or a thing to happen).
2. The verb **help** can also be followed by an infinitive. However, **in American English**, it is more common to use the **simple form**.

Frame

A: By the way, how did Robert go to the seaside?

B: I guess John let him use his car.

2.8 Substitute.

John let **Robert use his car**.

borrow his book
wear his suit
Tom
read his letters
take his picture

Gary
take his money
wear his shoes
Robert
use his car

2.9 Answer the questions negatively using *pronouns*.

T. Did your sister help you polish the floor?
(sweep)

S. No, but she helped me **sweep** it.

T. Does your nephew help you wash your clothes? (iron)

S. No, but he helps me iron them.

T. Did Rick help you paint the board? (erase)

T. Does Jane help you write reports? (fax)

T. Did your brother help you do your homework? (correct)

T. Did Andy help you carry the bike? (wheel)

T. Does Susan help you wash the dishes?
(dry)

Grammar Note 6

When the verb that follows **help** is negative, the adverb **not** precedes the infinitive with **to**.

He **helped** her **not to** fall.

2.10 Combine the sentences.

T. Sue helped me. So I didn't fall.

S. Sue helped me not to fall.

T. The doctor helped him. So he didn't suffer from insomnia.

S. The doctor helped him not to suffer from insomnia.

T. Linda helped her. So she didn't make any mistakes.

T. Cindy helped me. So I didn't lose control.

T. David helped him. So he didn't lose his concentration.

T. Julia helped them. So they didn't have a poor performance.

T. Stephen helped us. So we didn't get wet.

Check It Out



absorb (v.)

academic (n.)

adversely (adv.)

alert (adj.)

background (n.)

bring about (v.)

bulging (adj.)

caller (n.)

concentration (n.)

creative (adj.)

dip (n.)

disrupt (v.)

dramatically (adv.)

effective (adj.)

feel like (v.)

implication (n.)

improvement (n.)

index (n.)

insomnia (n.)

intellectual (adj.)

lack (n.)

mass (n.)

obese (adj.)

overweight (adj.)

pasty (adj.)

peak (n.)

pep up (v.)

performance (n.)

potbelly (n.)

preferably (adv.)

program (v.)

reduction (n.)

result in (v.)

run (v.)

schedule (n.)

self-employed (adj.)

substitute (n.)

sun-tanned (adj.)

suppressant (n.)

sync (n.)

underweight (adj.)

Idioms and Expressions

as well (as sb/sth)

make the most of sth

on top of