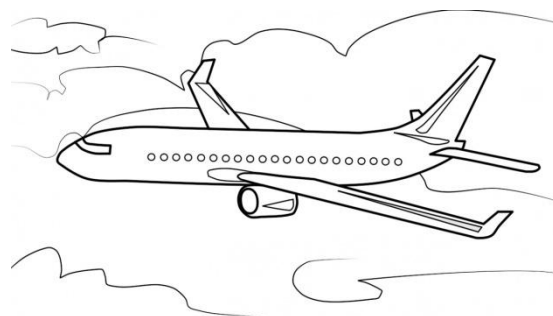


Uzupełnij każdą lukę w poniższym tekście jednym wyrazem utworzonym od tych podanych w ramce. Kilku słów z ramki musisz użyć więcej niż raz, a kilku – wcale.

thirst	sick	health	little	
differ	safe	woman	crowd	fly
board	possible	sit	special	
prevention				



FLYING IS BAD FOR YOUR HEALTH

Flying is the safest way to travel... or is it? Some doctors think the aeroplane is a dangerous place, especially for the old and the (1)_____.

Although the aeroplane is pressurized, there is (2) _____ oxygen than on the ground. Anyone with heart disease or a lung problem notices the (3) _____ much sooner. Even healthy people find it difficult to concentrate after hours of breathing less oxygen than usual. So anyone who has had a heart attack should not fly for two weeks after the attack. After an operation, you should stay on the ground for at (4)_____ ten days.

Because of changes of pressure, pregnant (5)_____ shouldn't take a flight lasting more than four hours after their thirty-fifth week. People with bad colds will probably get earache during take-off and landing.

Even if you feel well when you get on the plane, you will (6)_____ feel ill when you get off. (7)_____ on a plane for many hours – especially in economy class where there isn't much leg room – gives everyone aches and pains, on long (8)_____.

Most of the air you breathe is recycled so you will possibly catch a cold or flu from one of the passengers.

Flying also causes dehydration. Everyone needs to drink more in the air, but if you drink alcohol, it will make you even more (9)_____.

The most common problem is jet lag. But there isn't much you can do to (10)_____ it. You should change to your new time zone as soon as possible and you shouldn't sleep if it's still daylight.

Crowded airports, long queues and delays cause stress and high blood pressure. So be careful! (11) _____ is the safest way to travel, but is it the healthiest?