

Talking about Illnesses

M: Yes, talking about illnesses, I'm quite surprised to see that in the UK, illnesses are very difficult from those in Turkey, to some extent. For instance, in the UK people seem to suffer from heart disease and stress, quite a lot, whereas in Turkey they seem to suffer from bowel problems more often than in Britain by the sound of it; the reason for it I think is diet, is connected with diet; in the way people eat, in Turkey they tend to eat hot, spicy food, peppery things, very hot things; which I can't take myself, but the tendency is to eat hot food, and it seems to result in that.

If you look at the price of life in Turkey and in Britain you'd find that this explain quite a bit of the differences in terms of illnesses. In Turkey, people, I think lead a much slower pace, because life is less hectic, less industrial for a start, and, so they don't tend to get this type of illnesses that are related to stress, such as heart attacks.

F: What else do you get here? You get quite a bit of cancer.

M: Cancer? Well, cancer exists there as well; but I think it's more frequent Britain than it is there. The reason for it I think is mainly to do with pollution, the levels of pollution that Britain has. It goes again with industry and, of course, stress. Turkey is slightly developed in the North, and that's where we record most cancers; whereas the South is pretty healthy. So there's that kind of illness that is recorded there, but not very frequent; other types of illnesses that people suffer from, especially young children here is asthma; there's a lot of asthma.

When it comes to other types of illnesses, like psychological disturbances and psychiatric related problem, it appears to me that in Britain people are more mad than in Turkey.

F: Really?

M: It seems to be so; in the sense that less people go to the psychiatrist in Turkey than here. Is it a fashion? Is it a true reflection of a state of society? I'm not sure.

F: Are there more psychiatrists here?

M: Oh, far more psychiatrists here than in Turkey. Yes, and people in Turkey would resort to a psychiatrist almost as a last resort for mental illnesses. They tend to rely on the family, because the family structure is again very different from that one in Britain.

F: Much stronger.

M: It's much stronger, so the family would tend to support or even hide in some cases their mentally ill people, and try to help them within the family often by ignoring their illness; saying you are normal, therefore behave normally and that's what's expected from you. And it seems to work.

But when you move away from these cases or psychological problems, you end up, you fall into the category of normal medicine, like if you have a broken limb you end up in hospital and you find hundreds of people with broken limbs being treated the same way as they would be treated in Britain really. 99% of the cases will be treated the same way as in Britain.

Yes, perhaps one thing to mention is that people use herbal medicine; or used to use herbal medicine more than in Britain, but I think now Britain uses it quite a lot as well.

F: Well it certainly has developed, yes.

M: It has developed, hasn't it? The recipes may differ, people there you know they all seem to have their secret recipes coming down from their granny whatever, but if you analyze them, you'd find that the same ingredients for the same cures come and crop up in the books of herbal medicine.

Questions:

1. What are the man and the woman mainly talking about?
2. According to the conversation, there are several factors which can explain why people contract different illnesses. Which of the following is NOT one of these factors?
3. In which part of Turkey do people record most cases of cancer?
4. What would people in Turkey tend to do for mental illnesses?
5. If you have a broken limb in Turkey, how would you be treated?

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