



7A There's very little traffic

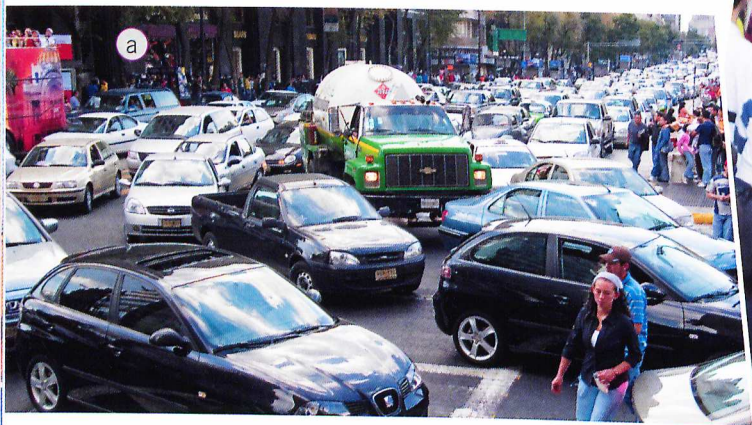
Learn to discuss living in cities

G too/enough; so/such

V Describing life in cities

1 SPEAKING

- a**  What type of stress do photos a and b show? How do you think the people in the pictures feel?
- b**  Imagine a third photo of city life. What might it show? Discuss your ideas.



2 READING

- a** The article below is from an online group called *The Slow Movement*. What do you think they believe?
- 1 Success isn't as important as people think.
 - 2 You shouldn't let your work take over your life.
 - 3 Modern life is bad for our health.

Quick – slow down!

Speed worship

We love speed. When it comes to doing business and connecting with people, speed is important. We need to get our work done faster. We worry that we're too slow, that we aren't efficient enough or productive enough to succeed. We need to get there first. How do we do this? We speed up. Why? Because we seem to associate 'slow' with failure, inefficiency and perhaps worse: laziness.


City life

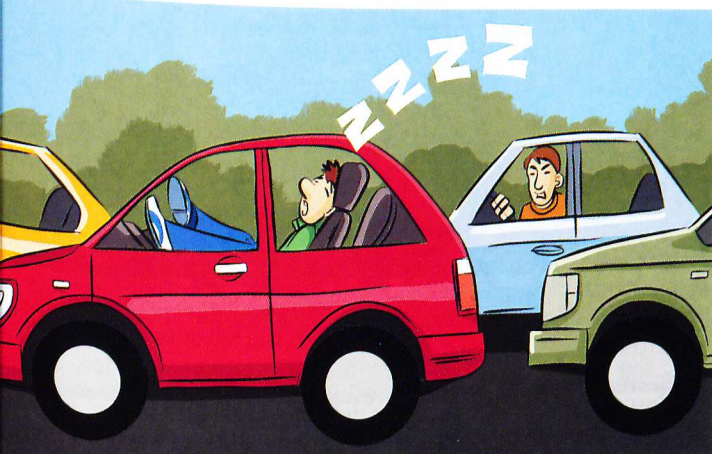
Many people complain that they don't have enough time. They have too much work to do every day and there are always too many things that they haven't done. There is pressure to be available 24/7 – to colleagues, clients and friends. We spend around 13 hours a week on emails and an average of three hours a day on social networking sites. City living can make things worse – we spend 106 days of our

RULES FOR SLOWING DOWN

- 1 Put your feet up and stare idly out of the window. (Warning: Do not attempt this while driving.)
- 2 Think about things, take your time. Do not be pushed into answering questions. A response is not the same as an answer.
- 3 Yawn often. Medical studies have shown that yawning may be good for you.
- 4 Bright lights and screens before bed will make sleeping difficult. So avoid gaming and social networking late in the evening.
- 5 Spend more time in bed. When it's time to get out of bed in the morning, don't. Sit there for half an hour and do nothing. Then get up slowly.
- 6 Read long, slow stories.
- 7 Spend more time in the bath.
- 8 Practise doing nothing. (Yes, this is the difficult one.)

life looking for a parking space and up to three days a year in traffic jams. We have less time to relax, and this makes us more impatient and less polite. Even birds are affected by the pace of urban living – blackbirds in cities get up earlier and go to sleep later than rural blackbirds.

- b** Read *Quick – slow down* quickly and check your ideas.
- c** Read the article again. What connection does the writer make between ... ?
- 1 speed and business
 - 2 slowness and laziness
 - 3 time and city life
 - 4 relaxing and our mood
 - 5 work and sleep
 - 6 'sleep debt' and alcohol
 - 7 tiredness and health
- d**  How could you live more slowly? Compare your ideas.
- e** Read *Rules for slowing down*. Were they the same as your ideas in 2d? Which ones are ... ?
- things you do already
 - things you don't do, but you think are a good idea
 - things you think are a bad idea



Time poverty and sleep debt

Economist Juliet Schor calculated that people in most jobs now work the equivalent of a full month more each year than they did two decades earlier. In addition to this, scientist Russell Foster says that people get about two hours less sleep than they did 60 years ago.

This results in 'sleep debt', in other words people have so little sleep over such a long period of time that they are permanently tired. Studies done on doctors who hadn't had enough sleep showed that they had the same reaction speed as people who had drunk two glasses of beer. Being so tired can also seriously affect your health – scientists have discovered a link between sleep debt and cancer, heart disease, diabetes, infections and obesity.

Slow seeing

We are in such a hurry that we are creating big problems for ourselves. The answer to this is simple: slow down! Slowing down gives us the opportunity to see things more clearly and make the right decisions, and in the end it may help us to have better ideas and a healthier life. Einstein, one of the greatest scientific minds of all time, spent a lot of time daydreaming, and psychologists agree that this helps us to be more creative. So sit back and do nothing for a little while – your brain and body will thank you for it.

3 GRAMMAR *too/enough; so/such*

- a** Put *too*, *too much*, *too many* or *enough* in the correct place in each sentence. Then check your answers in the article *Quick – slow down!*
- 1 We worry that we're slow.
 - 2 We aren't efficient or productive to succeed.
 - 3 Many people complain that they don't have time.
 - 4 They have work to do every day.
 - 5 There are always things that they haven't done.

- b** Look at the sentences in 3a again. Did you put the words before or after ... ?

- 1 an adjective 2 a noun

- c** Complete the rules with the words in the box.

an adjective countable after
a noun before uncountable

- 1 We use *too* before _____, but *too much* or *too many* before _____.
- 2 We use *too much* before _____ nouns and *too many* before _____ nouns.
- 3 *Enough* always comes _____ an adjective but _____ a noun.

- d** Complete the sentences with *so* or *such*.

- 1 People have _____ little sleep over _____ a long period of time that they are permanently tired.
- 2 Being _____ tired can also seriously affect your health.
- 3 We are in _____ a hurry that we are creating big problems for ourselves.

- e**  Now go to Grammar Focus on p.146

- f** Find and correct the mistake in each sentence.

- 1 I have such much work to do that I often have to work at weekends.
- 2 You spend too many time in front of the computer.
- 3 We don't have money enough to buy a new car.
- 4 He doesn't like his job, but he's too much lazy to look for a better one.
- 5 Cheer up! Why are you always in so a bad mood?
- 6 I'll have to draw the plan again. It isn't enough clear.

- g** Write four sentences about your everyday life and work/studies. They can be true or false. Include *too*, *enough*, *so* or *such*.

I've got so many clothes that I never know what to wear.

- h** Work in groups. Read your sentences. Can your group guess which sentences are true and which are false?

7A too / enough; so / such

▶ 3.2 too and enough

We use *too* and *not enough* to explain problems, when something is more than the right amount or less than the right amount:

*Oh no, there are **too** many people and there **isn't enough** food! What's everybody going to eat?*

We often use *enough* to tell somebody not to worry:

*Don't worry. We've got **enough** food. I bought lots of food this morning.*

We use adjective + *enough* and *enough* + noun



	More than the right amount	The right amount	Less than the right amount
With adjectives	<i>It's too warm to play tennis.</i>	<i>It's warm enough to go to the beach.</i>	<i>It isn't warm enough to have a picnic.</i>
With countable nouns	<i>There are too many people. I can't see anything.</i>	<i>There are enough people for a game of volley ball.</i>	<i>There aren't enough people for a game of football.</i>
With uncountable nouns	<i>I spend too much time in internet chat rooms.</i>	<i>I have enough time to bake a cake.</i>	<i>There isn't enough time to go shopping.</i>

▶ 3.3

Tip After *too* and *enough*, we often use *to* + infinitive:
*It's **too late to walk** home but I don't have **enough money to pay** for a taxi.*

Tip We can use *such a* + noun to express a positive or negative opinion:

*It's **such a pity / shame** you missed the beginning! (= I'm so sorry / sad.)*
*You're **such a genius!** (= You're so clever!)*
*The meal was **such a waste** of money!*
*It's always **such a pleasure** to talk to you.*

▶ 3.4 so / such

We use *so* and *such* to draw attention to the extreme quality of something. We can use *so* before an adjective and *such* before adjective + noun.

- *so* + adjective: *Why are you **so happy?*** (= why are you as happy as you are?)
- *such* + *a / an* + adjective + singular noun: *It's **such a beautiful day!*** (= it's a very beautiful day)
- *such* + adjective + plural noun: *They're **such friendly people!***

▶ 3.5

After *so / such*, we often use a *that* clause:

*It was **such** a nice place **that** we decided to stay another week.* (= we decided to stay because it was extremely nice)
*I ate **so much** food **that** I felt ill.*

7B Causative have / get

We use the structure *have / get* + object + past participle to talk about things that we arrange or pay for but don't actually do ourselves. *Have* is slightly more formal than *get*.

▶ 3.9

	<i>have / get</i>	Object	Past participle
<i>They're</i>	<i>having</i>	<i>their kitchen</i>	<i>painted.</i>
<i>When are you going to</i>	<i>get</i>	<i>your hair</i>	<i>cut?</i>
<i>I've</i>	<i>had</i>	<i>my car</i>	<i>fixed.</i>
<i>She wants to</i>	<i>have</i>	<i>her book</i>	<i>published.</i>

We can mention the agent (the person who did the action) after *by*.
*She had her dress made **by a top designer.***

▶ 3.10

Tip We use a reflexive pronoun (e.g. *myself*, *herself*, *ourselves*) to emphasize that we **didn't** arrange or pay for somebody else to do something:
*I wanted to get my trousers shortened, but it was too expensive, so I did it **myself.***

We can use the structure *have* + something + past participle to talk about experiences that are caused by other people. These experiences are usually negative:
*He **had his phone stolen.*** (= He experienced the situation where somebody stole his phone)

We can use the structure *get* + something + past participle to focus on the end results of an activity rather than the activity itself:

*I don't care how you do it – just **get this work done!***
 (= finish it or pay for somebody to finish it)



7A too / enough; so / such

a Complete the sentences with one phrase from the box in each space. Use each phrase twice.

enough too too many too much

- 1 She speaks quite quickly but she makes too many mistakes.
- 2 Oh no ... we haven't got _____ milk. Can you go to the shop and buy some?
- 3 They're nice children, but they make _____ noise.
- 4 We wanted to go out, but it was _____ cold.
- 5 They spend _____ time watching TV. It's not healthy!
- 6 Your project isn't brilliant but it's good _____. You don't need to do it again.
- 7 You should take a bus – it's _____ far to walk.
- 8 _____ people attended the meeting – everyone was talking at the same time and they couldn't make any decisions.

b Match the sentence halves.

- | | |
|--|---|
| 1 <input type="checkbox"/> They're so ... | a ... times that you must know every word by now. |
| 2 <input type="checkbox"/> It was such a ... | b ... way that we thought she was being kind. |
| 3 <input type="checkbox"/> You've read that book so many ... | c ... nice people that I'm sure you'll like them! |
| 4 <input type="checkbox"/> She wrote her complaint in such a ... | d ... boring film that we left halfway through. |
| 5 <input type="checkbox"/> There was so much ... | e ... lazy that they never do any homework. |
| 6 <input type="checkbox"/> They're such ... | f ... food that we couldn't eat it all. |

c Rewrite the second sentence so that it means the same as the first. Use the words in brackets and *so*, *such*, *too* or *enough*.

- 1 They went by plane because they're rich. (that)
They're so rich that they went by plane.
- 2 I'm so sorry that we didn't see you. (pity)
It's _____ that we didn't see you.
- 3 He's too young to be a doctor. (old)
He isn't _____ be a doctor.
- 4 I didn't go out because I was so tired. (too)
I was _____ go out.
- 5 That player's so good that he plays for his national team. (such)
He's _____ he plays for his national team.
- 6 It was such a serious situation that they had to call the police. (so)
The situation _____ they had to call the police.

d ► Now go back to p.81

7B Causative have/get

a Match the sentences with reasons A–C for using causative *have/get*.

- | | |
|--|---|
| 1 <input type="checkbox"/> Have you had your hair done? It looks lovely. | A The subject arranges or pays for somebody to do something |
| 2 <input type="checkbox"/> My boss isn't very good at getting his team motivated. | B The subject has a bad experience caused by someone else |
| 3 <input type="checkbox"/> I've had my heart broken too many times – I don't want to fall in love again. | C The speaker focuses on the end result rather than the activity itself |
| 4 <input type="checkbox"/> I need to get my eyes checked. I can't see very well. | |
| 5 <input type="checkbox"/> My neighbours had their car stolen last week. | |
| 6 <input type="checkbox"/> I just want to get this work done quickly so I can relax again. | |
| 7 <input type="checkbox"/> I had my portrait painted by a wonderful artist. | |
| 8 <input type="checkbox"/> Last time I went to the dentist I had to have two teeth taken out. | |

b Rewrite the phrases in bold with causative *have/get*. Don't include the words in brackets.

- 1 I'm going to **(pay sb) to clean my flat**.
- 2 I'll **(arrange for sb) to install the new programs**.
- 3 Can you try to **finish the project** as quickly as possible?
- 4 **(sb) stole my email password** last week.
- 5 Robert, would you like to **start the meeting**?
- 6 We **really need to tidy the flat** – it's such a mess.

c ► Now go back to p.84