

## Unit 8 Habits العادات

### 1- Smoking:

Tarek is in the habit of smoking لديه عادة تدخين thirty cigarettes every day. He's talking to his friend Samy who is a non-smoker. غير مدخن

**Samy:** How are you Tarek ?. I see that you still suffer from smoking. تعاني

**Tarek:** I'm very ill Samy. But I can't give up smoking. يقلع

**Samy:** I'm sure you can. Just make up your mind اتخذ قراراً to give it up.

**Tarek:** I tried more than once أكثر من مرة. But I always start smoking again.

**Samy:** You have to have a strong will ينبغي أن يكون عندك إرادة قوية to do that. Remember that you're damaging your health. تدمر You'll have to give up smoking sometime later. ستضطر أن تترك

**Tarek:** I know.

**Samy:** So, it's better for you to give it up من الأفضل لك now. You can start by cutting down the number of cigarettes you smoke every day. إنقاص عدد

**Tarek:** I promise to do that, Samy. Thanks a lot.

### 2- Drugs المخدرات:

Mofid is in the habit of taking drugs تناول المخدرات. The social worker الأخصائي الاجتماعي is talking to Mofid.

**S.W.:** How are you today?

**Mofid:** I feel very tired جداً متعب and I have a terrible headache صداع صعب.

**S.W.:** Your father has informed أخبر the director of the school مدير المدرسة that he found out اكتشف that you take drugs.

**Mofid:** Yes, he found some sedative tablets أقراص منومة in my bookcase. حقيبة كتب

**S.W.:** You have to confide in me تثق بي. I want to help you. This matter will take time.

**Mofid:** I have every confidence in you, sir. لى كل الثقة فيك

**S.W.:** Then, tell me all about it.

**Mofid:** It started a year ago. An old friend of mine gave me a tablet and told me it will calm my nerves يهدئ أعصابى and enable me to study for a long time.

**S.W.:** Is he still at school?

**Mofid:** No, he joined the university. التحق بالجامعة

**S.W.:** I'm going to ask the school doctor for help اطلب مساعدة طبيب المدرسة. He'll help me to give you advice on how to stop this addiction. الإدمان

**Mofid:** Thank you, sir.

### 3- Oversleeping: النوم مدة أطول

Ehab is in the habit of staying up late السهر إلى وقت متأخر. After dinner, he sleeps for a long time.

**Doctor:** What's the trouble?

**Ehab:** My stomach معدتى is giving me much trouble. تعب كثير

**Doctor:** How is that?

**Ehab:** I have some sort of indigestion سوء هضم which causes heartburn حرقان فم المعدة. Sometimes I have some colic pain. ألم من المغص

**Doctor:** Do you have your meals at regular hours? فى ساعات منتظمة

**Ehab:** Yes, Doctor.

**Doctor:** Do you sleep after dinner?

**Ehab:** Yes, I sleep for about 3 hours, immediately after dinner.

**Doctor:** Now, I understand. You should stay up مستيقظ for at least one hour after dinner.

**Ehab:** And what about the period الفترة I sleep?

**Doctor:** It's too long. One hour is quite enough. كافية جداً

**Ehab:** But I feel very tired after taking dinner. بعد الغذاء

**Doctor:** Then you should eat less أقل. Why don't you go on a diet? تتبع نظاماً غذائياً

**Ehab:** I'm ready to do so, doctor. I hope I'll be able to get rid of this bad habit. أتخلص من هذه العادة السيئة

#### 4- Watching TV: مشاهدة التلفزيون

Salwa is in the habit of watching TV for a long time every day. Her mother is talking to her.

**Mother:** Are you still watching TV Salwa?

**Salwa:** Yes, mother.

**Mother:** You shouldn't stay up تظلي مستيقظة so late لساعة متأخرة. You have to go to school tomorrow.

**Salwa:** But it is an interesting film, mother.

**Mother:** I think it's a silly سخيف one. In fact في الحقيقة, you are wasting your time and damaging your health.

**Salwa:** How am I damaging my health, mother?

**Mother:** Watching TV for long periods فترات is bad for your eyes يضر عينيك. The rays الأشعة that come out of the TV screen تصدر من الشاشة are very harmful ضارة جداً.

**Salwa:** But the programs are interesting and I like to watch them.

**Mother:** Yes, but you have to make use of your time تهتمى and to take care of your health من وقتك بصحتك.

**Salwa:** Well, Mother. I'll do as you say. سأتبع ما تقولين.

### 5- Lending Money: إقراض النقود

Ibrahim is very upset غير سعيد. قلق. His wife is talking to him.

**Wife:** I see you're very worried.

**Ibrahim:** Yes, it's a real problem.

**Wife:** What is it exactly? ما الأمر بضبط?

**Ibrahim:** Well, it's the cheque I got from Ali Salem. The bank refused يدفعه نقداً to cash it رفاض. Ali has no money in his account. حساب.

**Wife:** You're in the habit of lending إقراض money to many people. I've always advised you نصحتك to be careful but you don't listen.

**Ibrahim:** What can I do? I like to help people who are in trouble.

**Wife:** But they are giving you trouble. You should be very careful. Don't lend money لا تقرض النقود to anyone whom you don't trust تثق فى very much.

**Ibrahim:** I learnt the lesson. I'll be very careful.

**Wife:** Yes, you have to or you will lose all your money and become bankrupt مفلس. Don't forget the saying "Neither a borrower or a lender be." لا تقرض ولا تقرض