

3. Three Men in a Boat

Health

Learning Outcomes

- ▶ read and understand the extract
- ▶ learn compound words
- ▶ use proverbs correctly in sentences
- ▶ use finite and non-finite verbs
- ▶ learn syllable stress in country names
- ▶ debate on a topic
- ▶ write a story using hints



Digital Desk



Warm-up



While planning a trip with friends, what do you consider before choosing your destination? Prepare an itinerary. Form groups of five and discuss.




It is extremely important to eat a balanced diet. A balanced diet provides the required calories and nutrients which fuel regular activities, including daily workouts. Eating the right type of food at the right time of the day is crucial; it is not only about choosing healthy food over fast food. According to an article in *Harvard Health Letter*, eating breakfast reduces the risk of obesity, heart disease and diabetes. As we sleep, the chemicals in our body work on digesting the food of the previous night. When we wake up the blood sugar in our body is low. Breakfast helps replenish it. If we miss breakfast, our body starts using the previous day's energy reserve. Our whole system gets stressed.

Intake of carbohydrates in the morning is not healthy. Instead, a fibre- and protein-rich diet provides energy for any physical activity throughout the day.

Cross-curricular Connection

The speaker and his two friends plan a travel in this story. Montmorency, their dog, silently observes.

There were four of us—George, and William Samuel Harris, and myself, and Montmorency. We were sitting in my room, and talking about how bad we were—bad from a medical point of view I mean, of course. 

We were all feeling seedy, and we were getting quite nervous about it.

Three of us felt such extraordinary fits of giddiness come over us at times, that we hardly knew what we were doing.

With me, it was my liver that was out of order. I knew it was my liver that was out of order, because I had just been reading a patent liver-pill circular, in which were detailed the various symptoms by which a man could tell when his liver was out of order. I had them all.

It is the most extraordinary thing, but I never read a patent medicine advertisement without being forced to the conclusion that I am suffering from the particular disease therein dealt with in its most virulent form. The diagnosis seems in every case to correspond exactly with all the sensations that I have ever felt.

I remember going to the British Museum one day to read up the treatment for some slight ailment of which I had a touch—hay fever, I fancy it was. I got down the book, and read all I came to read; and then, in an unthinking moment, I idly turned the leaves, and began to lazily study diseases, generally. I forget which was the first distemper I plunged into some fearful, devastating scourge, I know—and, before I had glanced half down the list of 'premonitory symptoms,' it was borne in upon me that I had fairly got it.

I sat for a while, frozen with horror; and then, in the listlessness of despair, I again turned over the pages. I went through the twenty-six letters, and the only illness I could conclude I had not got was housemaid's knee.

I sat and pondered. I thought what an interesting case I must be from a medical point of view, what an acquisition I should be to a class! Students would have no

seedy: unwell

giddiness: the feeling that everything is moving and that you are going to fall

patent: having license/copyright

virulent: contagious/infectious

ailment: illness

distemper: infectious disease

scourge: thing that causes trouble

premonitory: something unpleasant that is going to happen

listlessness: state of being without enthusiasm

need to 'walk the hospitals,' if they had me. I was a hospital in myself. All they need to do would be to walk round me, and, after that, take their diploma.

Then I wondered how long I had to live. I tried to examine myself. I felt my pulse. I could not at first feel any pulse at all. Then, all of a sudden, it seemed to start off.

I then went to my medical man. He is an old **chum** of mine, and feels my pulse, and looks at my tongue, and talks about the weather, all for nothing, when I fancy I'm ill; so, I thought I would do him a good turn by going to him now. 'What a doctor wants,' I said, 'is practice. He shall have me. He will get more practice out of me than out of seventeen hundred of your ordinary, commonplace patients, with only one or two diseases each.'

So, I went straight up and saw him, and he said:

'Well, what's the matter with you?'

I said: 'I will not take up your time, dear boy, with telling you what is the matter with me.

Life is brief, and you might pass away before I had finished. But I will tell you what is not the matter with me. I have not got housemaid's

knee. Why I have not got housemaid's knee, I cannot tell you; but the fact remains that I have not got it. Everything else, however, I have got.'

And I told him how I came to discover it all.

Then he opened me and looked down me, and clutched hold of my wrist, and then he hit me over the chest when I wasn't expecting it—a cowardly thing to do, I call it—and immediately afterwards **butted** me with the side of his head. After that, he sat down and wrote out a prescription, and folded it up and gave it me, and I put it in my pocket and went out.

I did not open it. I took it to the nearest chemist's, and handed it in. The man read it, and then handed it back.

He said he didn't keep it.

I said:

'You are a chemist?'



chum: friend

butted : pushed



He said:

'I am a chemist. If I was a co-operative store and family hotel combined, I might be able to oblige you. Being only a chemist hampers me.'

I read the prescription.

I followed the directions, with the happy result—speaking for myself—that my life was preserved, and is still going on.

We sat there for half-an-hour, describing to each other our illnesses. I explained to George and William Harris how I felt when I got up in the morning, and William Harris told us how he felt when he went to bed; and George stood on the hearth-rug, and gave us a clever and powerful piece of acting, illustrative of how he felt in the night.

George fancies he is ill, but there's never anything really the matter with him, you know.

What it was that was actually the matter with us, none of us could be sure of, but the unanimous opinion was that it—whatever it was—had been brought on by overwork.

'What we want is rest,' said Harris.

'Rest and a complete change,' said George. 'The overstrain upon our brains has produced a general depression throughout the system. Change of scene, and absence of the necessity for thought, will restore the mental equilibrium.'

I agreed with George and suggested that we should seek out some retired and old-world spot, far from the madding crowd, and dream away a sunny week among its drowsy lanes—some half-forgotten nook, hidden away by the fairies, out of reach of the noisy world—some quaint-perched eyrie on the cliffs of Time, from whence the surging waves of the nineteenth century would sound far-off and faint.

Harris said he thought it would be humpy. He said he knew the sort of place I meant; where everybody went to bed at eight o'clock.

'No,' said Harris, 'if you want rest and change, you can't beat a sea trip.'

I objected to the sea trip strongly. A sea trip does you good when you are going to have a couple of months of it, but, for a week, it is wicked.

hampers: prevents from achieving some thing
illustrative: helping to explain something

unanimous: agreed by everyone
equilibrium: balance



[Here, they discussed their experience of what they had heard from friends or relatives who had taken such dangerous journeys and the disastrous effects of sea sickness they had encountered. Apart from being sea sick they had also lost money on food for which they had paid upfront.]

So I set my face against the sea trip.

George said:

'Let's go up the river.'

He said we should have fresh air, exercise and quiet; the constant change of scene would occupy our minds (including what there was of Harris's) and the hard work would give us a good appetite, and make us sleep well.



Harris said he didn't think George ought to do anything that would have a tendency to make him sleepier than he always was, as it might be dangerous. He said he didn't very well understand how George was going to sleep any more than he did now, seeing that there were only twenty-four hours in each day, summer and winter alike; but thought that if he did sleep any more, he might just as well be dead, and so save his board and lodging.

Harris said, however, that the river would suit him to a 'T'. I don't know what a 'T' is. It suited me to a 'T' too, and Harris and I both said it was a good idea of George's, and we said it in a tone that seemed to somehow imply that we were surprised that George should have come out so sensible.

The only one who was not struck with the suggestion was Montmorency. He never did care for the river, did Montmorency.

'It's all very well for you fellows,' he says; 'you like it, but, I don't. There's nothing for me to do. Scenery is not in my line. If I see a rat, you won't stop; and if I go to sleep, you get fooling about with the boat, and slop me overboard.'

We were three to one, however, and the motion was carried.

We pulled out the maps and discussed plans. We arranged to start on the following Saturday from Kingston. Harris and I would go down in the morning and take the boat up to Chertsey, and George, who would not be able to get away from the City till the afternoon (George goes to sleep at a bank from ten to four each day, except Saturdays, when they wake him up and put him outside at two), would meet us there.

'Should we camp out, or sleep at inns?'

George and I were for camping out. We said it would be so wild and free, so patriarchal like.

Harris said, 'How about when it rained?'

If you were to stand at night by the seashore with Harris, and say, 'Hark! Do you not hear? Is it but the mermaids singing deep below the waving waters; Harris would take you by the arm and say, "I know what it is, old man; you've got a chill."'

We therefore decide that we should sleep out on fine nights; and hotel it, and inn it, like respectable folks, when it was wet, or when we felt inclined for a change.

Montmorency hailed this compromise with much approval.

[They then made elaborate plans about what they would take with them on the boat and this led to a lot of confusion and comedy.]

Jerome K Jerome



About the Author

Jerome K Jerome (1859–1927) was an English author, known for his wit and humour. He is best known for his comic masterpiece *Three Men in a Boat* published in 1889. His other works include the essay collections *Idle Thoughts of an Idle Fellow* (1886) and *Second Thoughts of an Idle Fellow*; *Three Men on the Bummel*, a sequel to *Three Men in a Boat*.



Comprehension

A. Answer these questions.

1. How did the speaker know that his liver was out of order?
2. Why did the speaker feel that he was a hospital in himself?
3. Why did the speaker decide to go to the doctor?
4. What was the outcome of his meeting with the doctor?
5. After contemplation, what solution did the friends have for the cause of their illness?
6. Based on the description given by George, what kind of place were they looking for?
7. What suggestion was finally agreed upon? Why?

patriarchal: giving power to men



B. Answer these questions with reference to the context.

1. *I sat for a while, frozen with horror; and then, in the listlessness of despair, I again turned over the pages.*
- Why was the speaker in a state of despair?
 - What pages is he referring to?
 - What were the contents of the pages?
2. *What it was that was actually the matter with us, none of us could be sure of, but the unanimous opinion was that it—whatever it was—had been brought on by overwork.*
- Who does 'us' refer to?
 - What was the unanimous opinion?
 - What was wrong with them?
3. *'Let's go up the river.'*
- Who is the speaker?
 - Why did he suggest going up the river?
 - Who did not agree with this suggestion? Why?

Psychosomatic means mind and body. A psychosomatic disorder is a disease which involves both body and mind. It is a disease that is caused or made worse by mental factors.



C. Think and answer.

1. Hypochondria is a condition in which a person is unduly worried about a serious illness. Do you think that the speaker was a hypochondriac? Give reasons.
2. The trio felt that the monotony of work without break had led to the present malady. Therefore, they felt that they needed to run far away from 'the madding crowd'. What could be the other ways of getting rid of boredom and monotony? Elaborate with examples.
3. The speaker imagines all kinds of diseases by reading a medical book. Today we also have the Internet to get a sea of information. Is it good to be your own doctor and self-medicate? What are the dangers involved in this?



Word Wonder

Read these sets of words and understand their types.

Set A

- ▶ coffee mug
- ▶ dinner table
- ▶ living room

Set B

- ▶ notebook
- ▶ waistcoat
- ▶ bookstore

Set C

- ▶ long-term
- ▶ up-to-date
- ▶ good-hearted



The words in Set A are open compound words. The words in Set B are closed compound words. The words in Set C are hyphenated compound words.

A. Fill in the blanks with appropriate compound words from the box.

two-door	peanut butter	deep-sea	first-class
ice-cold	bookstore	long-term	jet-black

- Jia has brown eyes and _____ hair.
- We are looking for a _____ solution to the problem.
- I want to do _____ diving in Thailand.
- We went to Shimla in a _____ compartment.
- Rohan bought a _____ refrigerator last week.
- I like to eat _____ and jelly sandwich.
- Gaurav left his phone at the _____.
- I had goosebumps when I jumped into the _____ water of the river.



Read these proverbs and their meanings.

Proverb	Meaning
▶ The grass is always greener on the other side.	what others have is always more attractive
▶ Blood is thicker than water.	family is more important than anyone else
▶ Actions speak louder than words.	what you do reveals more about you than what you say
▶ Two wrongs don't make a right.	revenge only makes things worse

B. Find out the meanings of these proverbs and make sentences with them.

- Cut your coat according to your cloth.
- Make hay while the sun shines.
- Take care of the pennies, and the pounds will take care of themselves.
- Man does not live by bread alone.
- Too many cooks spoil the broth.



Learn About Language

Read these sentences.

- ▶ Ko-ai was **sitting** in front of the brass mirror.
- ▶ Her father **sat** in the room for a long time.
- ▶ They will **sit** in the same foundry.

Here, the form of the verb **sit** changes in every sentence to indicate the tense, the number and the person of the subject. Such verbs are known as **finite verbs**.

Now, read these sentences.

- ▶ He likes **to play** every day.
- ▶ **Playing** is an important activity that kids should engage in.
- ▶ I do not like **waiting** at a bus stop.

In these sentences, the words **to play**, **playing** and **waiting** do not change with the tense, the number or the person. Such words are known as **non-finite verbs**.

There are three kinds of non-finite verbs.

infinitives

to + verb form

gerunds

-ing form of the verb is used as a noun

participles

-ing and -ed/-d/-t forms of verbs used as adjectives

For example,

- ▶ I went there **to meet** him. (infinitive)
- ▶ I want **to learn** skating. (infinitive)
- ▶ People tried to retrieve their belongings from the **burnt** huts. (participle)
- ▶ The **injured** man waited for the doctor. (participle)
- ▶ Don't wake the **sleeping** child. (participle)
- ▶ **Cycling** is a good form of exercise. (gerund)
- ▶ **Waiting** for the bus is a waste of time. (gerund)

A. State whether the highlighted words in these sentences are participles (P) or gerunds (G).

1. **Hearing** the car horn, the driver started shouting.



2. A **torn** jacket is easily mended, but hard words bruise the heart of a child.
3. The little girl ruined the painting by **spilling** water on it.
4. The children saw a musketeer **standing** on his head.
5. **Shaking** their hands, the two friends greeted each other.
6. **Hunting** animals is a crime.
7. **Jumping** over the fence, the thief escaped.

B. Fill in the blanks using the non-finite forms of verbs in the brackets. Write down if they are infinitives, gerunds or participles.

1. The man loved _____ (pamper) his obedient dog.
2. The dog began _____ (bark) when he saw a thief entering the house.
3. The lazy student was not _____ (will, change) his routine.
4. It _____ (be) a very rainy day. We played indoors.
5. _____ (sing) is his favourite pastime.

Language Lab

Listen to the names of these countries, note the stress on the highlighted words.




America	Germany	Nepal
Australia	Iceland	Nigeria
Bahrain	Panama	Bangladesh
Jamaica	Canada	Russia
Kenya	Romania	Denmark
Kuwait	Switzerland	Egypt
Lebanon	Liberia	Thailand

A. Mark the stress syllables in each of these names of countries.

Estonia	France	New Zealand	Singapore
Venezuela	Myanmar	Bhutan	Greenland
Hawaii	Malaysia	Turkey	England
Zimbabwe	Tajikistan	Uruguay	Sri Lanka



 B. Listen to the debate on the topic 'Social networking sites are a sophisticated means of stalking people'. Then, fill in the blanks with the correct words.

1. We are living a dual _____.
2. Twenty-six percent of those stalked are also being _____.
3. Alexis Bowater said that stalking is an old crime in a new _____ world.
4. Cyberstalking is a form of social _____.
5. Stalkers send _____ or abusive emails.



C. Now, form groups of five. Two groups should pick the same topic. One group can speak for the motion and another group can speak against the motion. Choose from these topics.

1. The use of the Internet should be banned in schools.
2. Education is the key to future success.
3. How important is Arts Education?
4. Do movies have a bad influence on the world?

Composition



Write an argumentative essay on the topic: The Internet has no cons.



Hints:

- ▶ Find a concrete argument to use as your base.
- ▶ Research as much as possible.
- ▶ Gather all your facts.
- ▶ Formulate an outline.
- ▶ You can look at an essay as having three broad sections:

Introduction: contains your thesis statement

Body: contains relevant facts, statistics, narratives, testimonials and more

Conclusion: will offer a summary of what has been written; thesis statement and why your stance is correct



Activity

In pairs, make a suitable poster for a health camp that is being organised in your school. Look at this sample poster for a blood donation drive.



Blood Donation

1 REGISTRATION
The staff and volunteers will sign you in and go over basic eligibility and donation information. You will be asked to show a donor card, driver's license, or other form(s) of ID.

2 MINI CHECK-UP
Your temperature, pulse, blood pressure and hemoglobin level present in a sample of blood will be checked.

3 DONATION
The actual donation takes about 8-10 minutes during which you will be seated comfortably. Certain donation types, such as platelets, red cells or plasma can take up to 2 hours.

4 REFRESHMENTS
After donating, you should have a snack and something to drink in the refreshments area. You can leave the site after 10-15 minutes and continue with your normal daily activities.

GIVE BLOOD GIVE LIFE



Further Reading: *Three Men in a Boat* by Jerome K Jerome

