



Learning outcomes

Communicative

- ☒ To be able to identify different parts of the body
- ☒ To be able to use the word *pun*, meaning 'also'
- ☒ To be able to ask somebody what is the matter
- ☒ To be able to say that you are feeling 'off-colour'
- ☒ To be able to describe symptoms to a doctor, including injuries, common ailments, nausea and vomiting, broken bones, colds and flu
- ☒ To be able to wish somebody a speedy recovery
- ☒ To be able to understand instructions for the taking of medication
- ☒ To be able to ask 'What is this medicine for?'
- ☒ To be able to quote somebody as an authority by saying 'According to ...'
- ☒ To be able to identify healthy and unhealthy lifestyles and eating habits
- ☒ To gain an understanding of the formation of reflexive verbs using the *ber-* prefix
- ☒ To be able to introduce bad news
- ☒ To be able to say 'Because of that ...'

Cultural

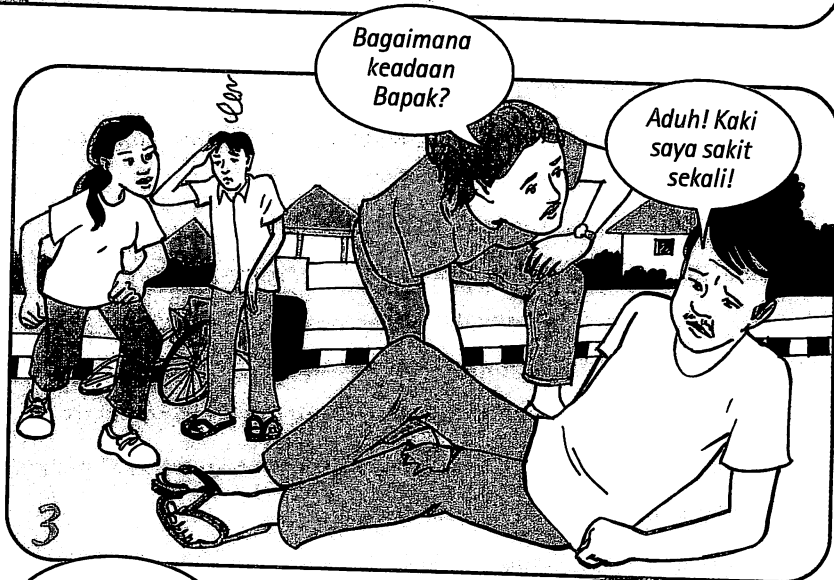
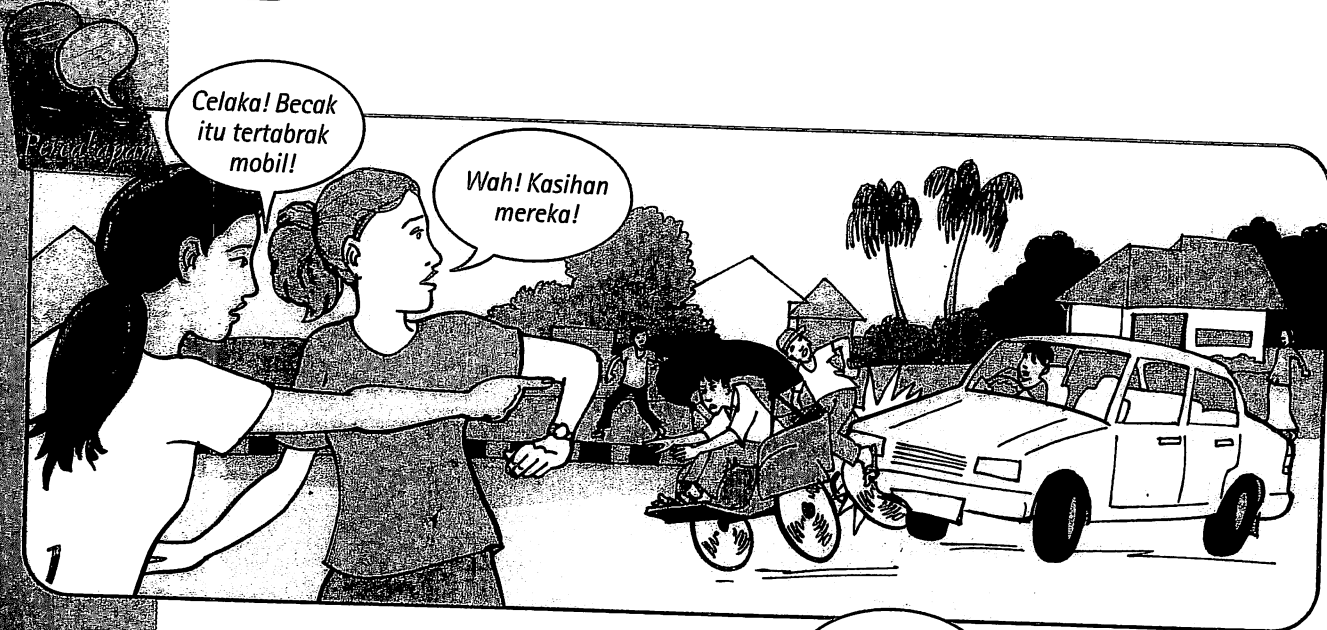
- ☒ To gain an understanding of medical facilities in Indonesia, and in particular in the city of Yogyakarta, including doctors, pharmacies and hospitals
- ☒ To gain a basic understanding of Indonesians' use of *jamu*, the traditional herbal medicine

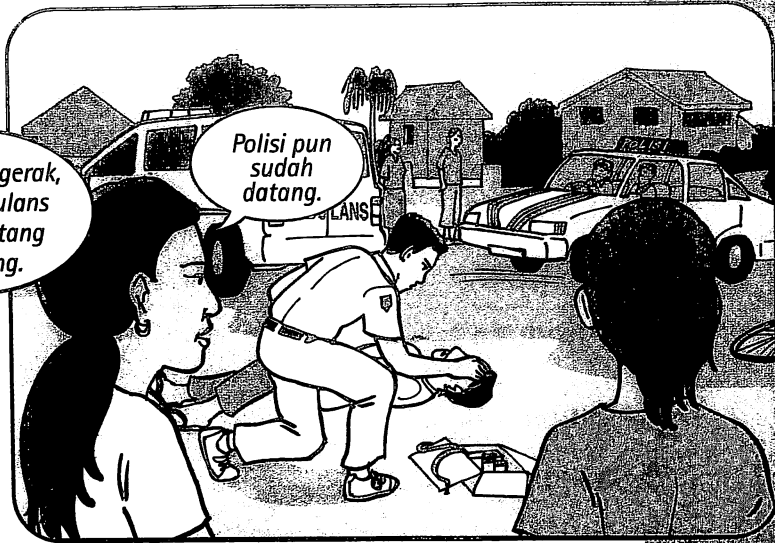
Informational

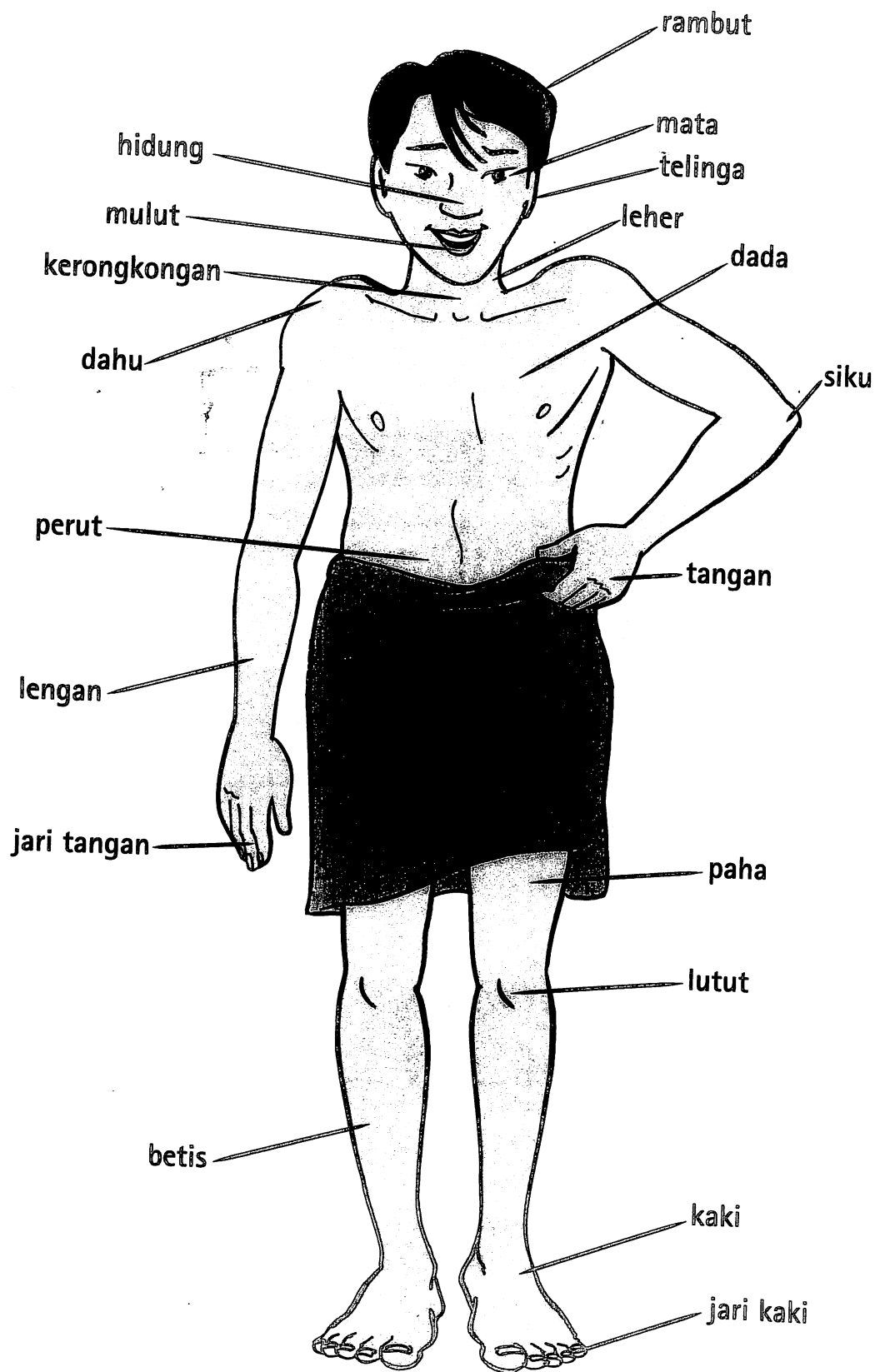
- ☒ To gain an understanding of the *jamu* industry in Indonesia

AB 4.1, 4.2, 4.3

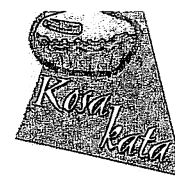
Nicky and Achi are walking to the market when they see an accident in the street.







tertabrak	<i>collided with ...</i>	leher	<i>neck</i>
keadaan	<i>condition</i>	kerongkongan	<i>throat</i>
kaki	<i>foot</i>	mata	<i>eye(s)</i>
memanggil	<i>to call somebody</i>	hidung	<i>nose</i>
ambulans	<i>ambulance</i>	mulut	<i>mouth</i>
bergerak	<i>to move</i>	bahu	<i>shoulder</i>
pun	<i>also/even</i>	siku	<i>elbow</i>
menyaksikan	<i>to witness something</i>	perut	<i>stomach</i>
melihat	<i>to see</i>	tangan	<i>hand</i>
lengan	<i>arm</i>	jari tangan	<i>finger(s)</i>
serius	<i>serious</i>	jari kaki	<i>toe(s)</i>
badan	<i>body</i>	lutut	<i>knee</i>
rambut	<i>hair</i>	betis	<i>calf of leg</i>
telinga	<i>ear(s)</i>	paha	<i>thigh</i>
		dada	<i>chest</i>



Jangan bergerak!	<i>Don't move!/Keep still!</i>
Apa yang terjadi?	<i>What happened?</i>
Di mana sakitnya?	<i>Where does it hurt?</i>
Bagaimana keadaannya?	<i>What is his/their condition?</i>
Cukup serius juga.	<i>It's quite serious.</i>
Kamu yang salah!	<i>You're the one in the wrong!/ It's your fault!</i>
Mana SIM kamu?	<i>Show me your licence.</i>
Saya kurang enak badan.	<i>I'm feeling a bit off-colour.</i>
Saya tidak enak badan.	<i>I'm feeling a bit off-colour.</i>



4.3 Use of 'pun', meaning 'also'

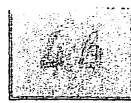
Pun is a word which can take on a number of meanings. Most commonly, it means 'also' or 'even'. It is important to remember that **pun** is an emphatic word. It must be said with correct emphasis. Listen to the emphasis which is placed on it by your teacher, and in the recording of the example sentences on the Audio CD.

Contoh

- 1 Ambulans sudah datang. Polisi pun sudah datang.
- 2 Keadaan tukang becak itu serius. Keadaan penumpangnya pun serius.
- 3 Tukang becak itu dibawa ke rumah sakit dengan ambulans. Penumpangnya pun dibawa ke rumah sakit.
- 4 Banyak orang menyaksikan kecelakaan di jalan itu. Nicky dan Achi pun menyaksikannya.
- 5 Kakinya sakit. Lengannya pun sakit.



Achi dan Nicky singgah di rumah sakit untuk mengunjungi tukang becak yang sakit itu. Dedi pun singgah dengan mereka.



Asking 'What's the matter?'

When we see a friend who is not looking himself or herself, we often want to ask 'What's the matter?', or 'What's up?' To do this in Indonesian, use the phrase *Ada apa?* If the person has already indicated that he/she is sick, you can use the phrase *Sakit apa?* This is more like saying 'What illness are you suffering from?'



Feeling a little off-colour?

Sometimes we are just not feeling ourselves. We are not sure what is wrong, but we just don't feel too well. In English, we have the saying 'I feel a bit off-colour', or 'I just don't feel myself'. Indonesian has an expression for this situation as well. Indonesians say *Saya kurang enak badan*, or *Saya tidak enak badan*.

AB 4.8



Describing symptoms to the doctor

If you need to visit a doctor in Indonesia, it will be important to be able to tell the doctor what the problem is. You have already learnt the phrase *Saya tidak enak badan* (I'm not feeling too well), but that is very general and the doctor will need more specific information. There are different expressions which you will need to learn so that the doctor will be able to help you.

'I'm just sick'

Saya sakit is a very general term which simply says 'I am sick'. It does not necessarily imply that you have vomited, or that you want to vomit. You will see that as well as being a very general term to say that you are sick, *sakit* can also be used in conjunction with other words to be more specific.

When part of your body is hurting, or has been injured in some way, you can describe this by mentioning that part of the body, and then saying that it is sakit.

Contoh

tangan saya sakit	my hand is sore, or has been injured
mata saya sakit	my eye(s) are sore, or have been injured
lutut saya sakit	my knee is sore, or has been injured
perut saya sakit	my stomach hurts, or has been injured
kepala saya sakit	my head hurts, or has been injured

In the dialogue at the commencement of this topic, you saw the becak driver say *Aduh! Kaki saya sakit sekali!* (My foot is really hurting!).

Common ailments

There are some common ailments, such as headache, sore throat and stomach ache, where the phrase is constructed differently, by putting the word *sakit* before the part of the body. This is like saying 'I am suffering the sickness of ...' Look at the differences in the following examples.

Contoh

Kepala saya sakit.	My head is hurt/has been injured.
Saya sakit kepala.	I have a headache.
Perut saya sakit.	My stomach has been hurt.
Saya sakit perut.	I have a stomach ache.
Saya sakit kerongkongan.	I have a sore throat.



Nausea and vomiting

When you feel sick in the stomach, feeling that you are going to vomit, the word to describe this condition is **mual**. You could tell the doctor *Saya mual*, or *Saya merasa mual*.

The doctor is likely to ask you if you have actually vomited, and the word meaning to vomit is **muntah**. So it is likely that the doctor might say something like *Sudah muntah?* or *Apa Anda sudah muntah?*

Broken bones

The word *patah* is used to say 'broken', when referring to long thin things, like a stick, a pencil or a bone. To say that you or somebody else has a broken arm or a broken leg, say it as follows.



- 1 Lengan saya patah.
- 2 Kaki saya patah.
- 3 Kasihan tukang becak itu. Lengannya patah, kakinya pun patah.

Colds and flu

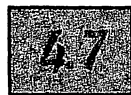
There are a range of terms used in Indonesia to speak about 'getting a cold'.

Saya masuk angin literally means 'the wind has got into me'. It's almost a catch-all phrase, because whenever you mention that you are not feeling well, Indonesians will often put it down to **masuk angin**. It is perhaps the sniffles, the beginning of a cold, perhaps a little bit of fever, or the start of an unknown illness.

Saya sakit selesma and **Saya sakit pilek** are both similar, although these refer more specifically to a cold. You probably have the sniffles, maybe a sore throat, runny nose and a cough.

Saya sakit demam is more of a cold with a fever. You probably have a headache and a sore throat, your body is sometimes hot, sometimes cold, and your bones are aching. You are probably in for a dose of the flu.

Saya sakit influenza is, of course, the flu.



Ada apa?

Work with a partner. Take it in turns to feign some illness. Ask your partner what's wrong with him or her. When your partner replies, express your sympathy and offer some advice.

Contoh

- 1 You: Ada apa?
Partner: Saya sakit pilek.
You: Kasihan! Kamu perlu ke dokter.
- 2 You: Ada apa?
Partner: Saya sakit kepala.
You: Kasihan! Lebih baik kamu beristirahat sebentar.



Wishing somebody a speedy recovery

To wish somebody a speedy recovery like, 'I hope you'll be better soon', say:
Mudah-mudahan lekas sembuh.

Contoh

- Pak Guru: Dedi, di mana kakakmu Achi? Kenapa dia tidak masuk sekolah hari ini?
- Dedi: Achi sedang beristirahat di rumah saja, Pak. Dia sakit pilek.
- Pak Guru: Kasihan! Mudah-mudahan lekas sembuh.

4.9 A 'get well' card

Is there somebody who is away from class because of illness? Wouldn't it be great if that student got twenty or more 'get well' cards from the other students in the class? Design your own 'get well' card for a friend. You can make it a humorous card, or you can decorate it with various pictures. Make sure that it includes the phrase you have learnt to wish somebody a speedy recovery. If there is somebody away from class because of illness, the cards can be sent to that student.



4.10 Membeli obat

Can doctors cook?

You remember the word **resep**? You learnt it in the last topic; it means 'recipe'. Doctors write recipes too; they are called prescriptions. When the doctor gives you a prescription, you will need to take it to the **apotik** to buy the medicine. The doctor, or the pharmacist at the **apotik**, will also tell you how often you need to take the medicine.



Contoh

- 1 Minum obat ini tiga kali sehari, sebelum makan.
- 2 Minum obat ini empat jam sekali.
- 3 Minum obat ini sekali sehari, selama tiga minggu.

The word **minum** is always used when speaking of taking medicine, regardless of whether the medicine is in liquid form or whether it is in tablet or pill form.



4.11 Jamu

Rather than buy western-style medicines at the **apotik**, many Indonesians prefer to take a more traditional kind of herbal medicine known as **jamu**. **Jamu** can be bought in small sealed packets produced in a factory, it can be bought from a **jamu** seller in the street, who will mix it for you on the spot, or it can be bought from a **jamu** shop, where the ingredients are freshly mixed and the customers drink it at the shop. You will learn more about **jamu** later in this topic.

*Kebudayaan
Indonesia*



4.12

Untuk apa obat ini?

To say 'what is this for?', use the phrase *untuk apa?* Notice how Budi uses it in this short conversation with the doctor.

Contoh

Budi: Maaf Bu. Obat ini untuk apa?

Dokter: Obat ini untuk menghilangkan rasa mual, supaya kamu tidak merasa mual dan tidak muntah lagi.

Budi: Terima kasih, Bu.

See if you can work out the following.

Untuk apa obat ini?



neo napacin®
4 TABLET MERINGANKAN SESAK NAPAS



Paramex®
4 TABLET ANTI SAKIT KEPALA

4 TABLET

NEOZEP®
FORTE



Meringankan gejala flu seperti demam, sakit kepala, hidung tersumbat dan bersin-bersin

Isi Bersih : 60 ml

Curcuma PLUS



SIRUP

PENAMBAH NAFSU MAKAN DAN STAMINA



Procold®



Meringankan gejala Flu :

BERSIN-BERSIN,
DEMAM,
SAKIT KEPALA DAN
HIDUNG TERSUMBAT

Jamu ini untuk apa?


There are many different kinds of jamu. There are some for common ailments like headaches, stomach aches and nausea, some to cure colds, some to stop you getting colds, and so on. There are others just to make you feel healthier and stronger, rather like vitamin supplements, others to help get rid of pimples, to help restore your appetite, to reduce stress and tension, and to make females more beautiful. In fact, there is a mixture of jamu for almost any ailment that you can think of. Look at the jamu packets on this page and work out what they are for.

Untuk apa jamu ini?

JAMU Berat bersih : 7 gram

Pegal Linu

1




DEP. KES. RI No. TR. 771216431

Industri Jamu
PT. SIDO MUNCUL
SEMARANG - INDONESIA

JAMU Berat bersih : 7 gram

Sehat Pria

33



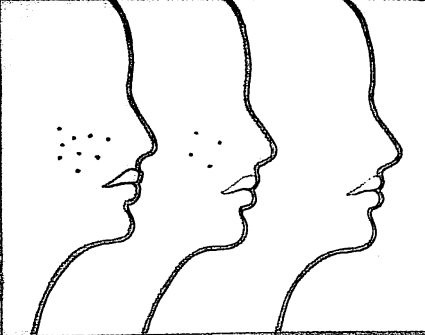
DEP. KES. RI No. TR. 75024141

Industri Jamu & Farmasi
PT. SIDO MUNCUL
SEMARANG - INDONESIA

JAMU 88

Pil Jamu Jerawat

Diolah berdasarkan ramuan tradisional Indonesia



INDUSTRI JAMU RUPA PORTRAIT
PT. NYONYA MENEER
Jl. Raden Patah 191M Semarang 50126
INDONESIA

JAMU Ramping Jelita[®]
Isi : 24 pil @ 300 mg



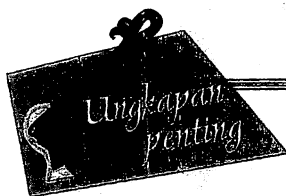
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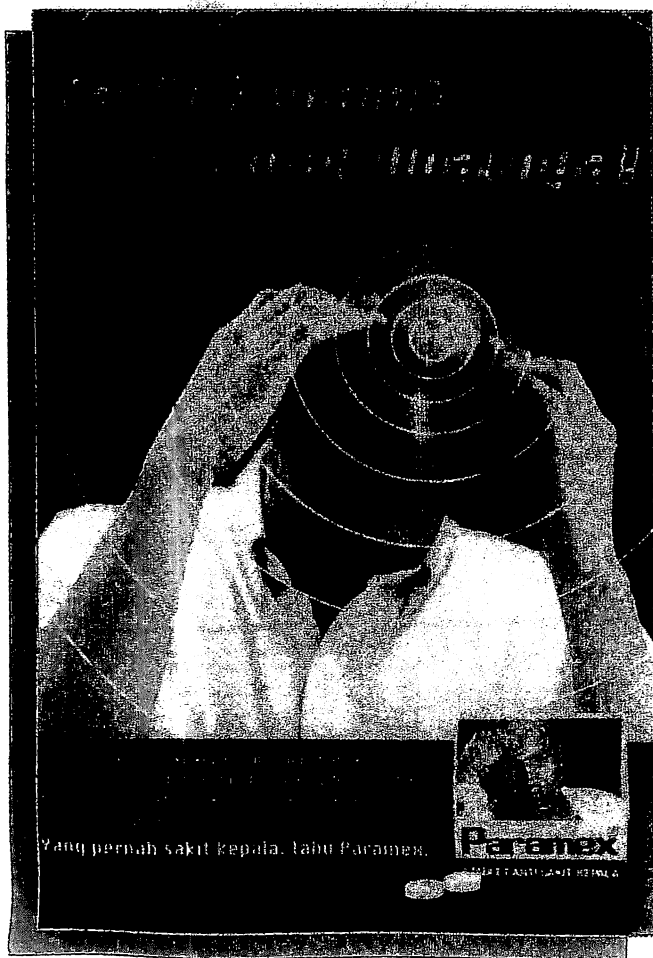
Ramping Jelita



penumpang	passenger	influenza	the flu
dibawa	to be taken/carried	lekas	quickly
lelah	weak	sembuh	recover/get well again
sakit	sick/ill	resep	prescription
mual	nauseous	obat	medicine
muntah	to vomit	apotik	chemist/pharmacy
patah	broken/snapped	selesma	a light cold/the sniffles
masuk angin	a light cold/the sniffles	fasilitas	facilities
tanpa	without	kedokteran	medical
pilek	a cold		
demam	fever		



Ada apa?	<i>What's up?/What's the matter?</i>
Sakit apa?	<i>What illness do you have?</i>
Untuk apa?	<i>What's it for?</i>
Mudah-mudahan lekas sembuh.	<i>I hope (you'll) be better soon.</i>



Menurut iklan ini, orang yang sakit kepala perlu minum obat Paramex.

4.14 'According to ...'

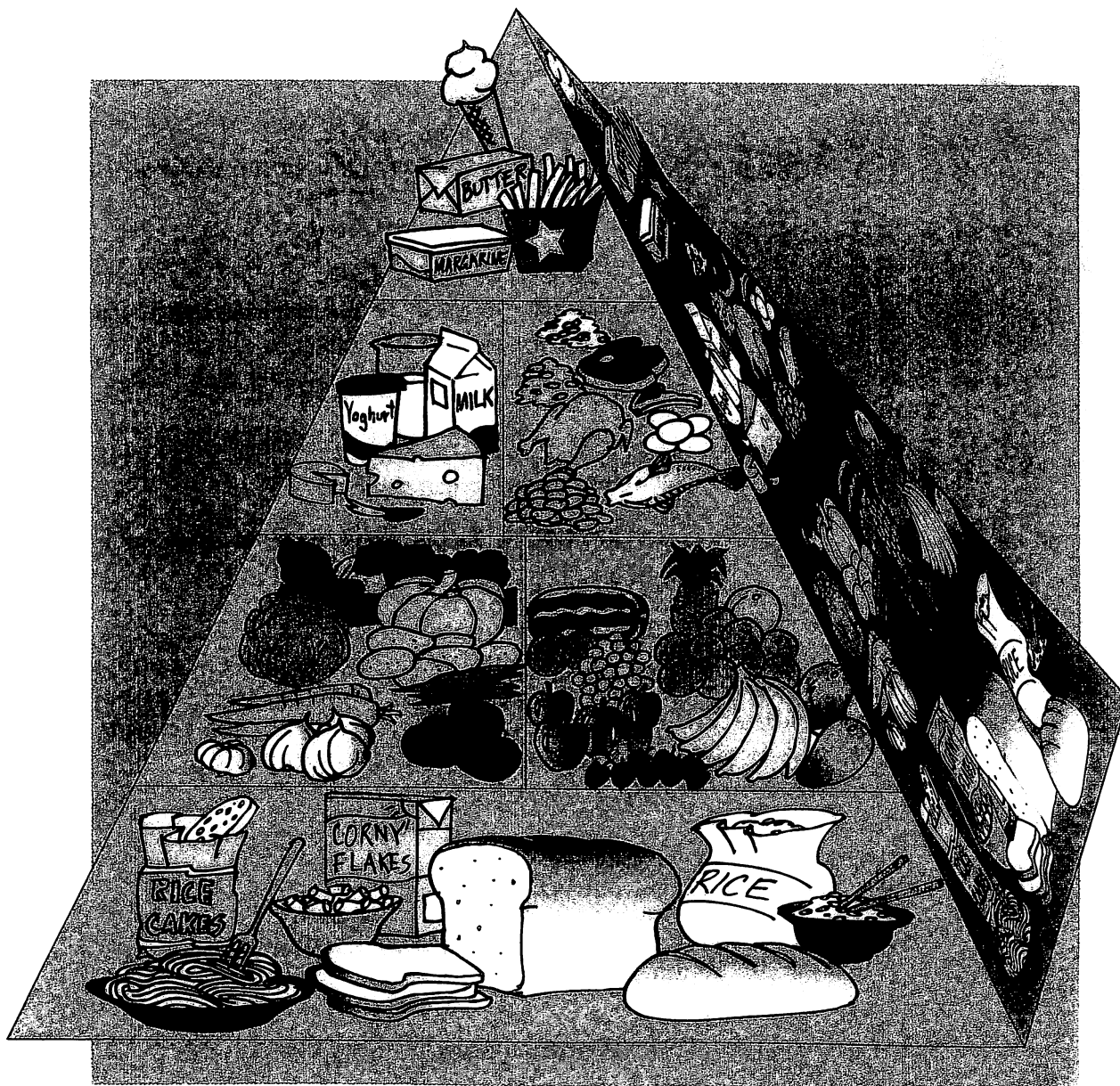
You learnt the word **menurut** in the previous topic, where it was used to say 'In my opinion' (**menurut pendapat saya**). Actually, that phrase literally translated means 'According to my opinion'. Therefore, **menurut** can be used when citing somebody, or some source, as an authority. For example, you can use it when saying 'according to the doctor ...', 'according to the newspaper ...', 'according to that advertisement ...' and so on.

Contoh

- 1 Menurut dokter, Budi sakit selesma.
- 2 Menurut ibu, sebaiknya Budi tinggal di rumah dan beristirahat minggu ini.
- 3 Menurut penjual obat di apotik, Budi harus minum obat itu tiga kali sehari.
- 4 Menurut surat kabar hari ini, ada kekurangan fasilitas kedokteran di kota ini.

Menurut dokter-dokter dan ahli-ahli kesehatan, kita seharusnya selalu makan makanan yang baik untuk kesehatan. Menurut mereka, ada enam kelompok makanan. Kalau makan terlalu banyak dari kelompok keenam kamu pasti akan kegemukan karena makanan semacam itu berisi terlalu banyak lemak. Lemak tidak baik untuk kesehatan.

Menurut ahli kesehatan, kalau makanan sehat, badan juga sehat.



Makan makanan yang sehat supaya badanmu sehat juga.

Apakah Anda ingin membaca lebih banyak tentang makanan sehat? Anda bisa membaca tentang ini dengan mengunjungi tempat-tempat internet, melalui Keren! 2 Companion Website di www.longman.com.au/cw.





AB 4.13

You will have noticed that many Indonesian verbs commence with the prefix **ber-**. Basically there are two types of verbs with the **ber-** prefix: those which are formed by adding the **ber-** prefix to a noun stem word, and those which are formed by adding the **ber-** prefix to a stem word which is already a verb.

'Ber-' + noun

When attached to a noun, the **ber-** prefix forms verbs which most commonly have the meaning 'to have' or 'to wear' whatever is denoted by the stem word. You have already seen some examples of this.



Rumah sakit Bethesda, di kota Yogyakarta beratap genteng. Rumah sakit itu modern dan gedungnya bagus sekali.

Contoh

- 1 nama name
 bernama ... having the name ...
 Anak-anak Bapak dan Ibu Sudarmo bernama Achi dan Dedi.
- 2 umur age
 berumur ... having the age ...
 Achi berumur tujuh belas tahun sedangkan Dedi berumur empat belas tahun.

Here are some more examples.

- 3 Dokter-dokter biasanya berpakaian putih.
- 4 Juru rawat itu beranak tiga.
- 5 Sekretaris di kantor dokter itu berambut pendek.

'Ber-' + verb

When the **ber-** prefix is attached to a stem word which is already a verb, the resulting verb is a reflexive verb; that is to say, the subject (the doer of the action), performs the action on itself. It is therefore a verb which only affects the doer of the action or, if the subject is plural, the doers of the action.

Contoh

- 1 berlari to run (oneself)
 Setiap sore hari, Achi berlari empat kilometer.

Berlari cannot be used to say 'I run a company', or 'I'll run you out of town'. It can only mean 'to run (oneself)'.

- 2 berjalan to walk (oneself)
 Budi akan berjalan ke apotik di Jalan Senja.

Berjalan cannot be used to say 'I walk the dog'. It can only mean 'to walk (oneself)'.



Atas!

If the first syllable of the stem word begins or ends with the letter **r**, the prefix added is **be-**, not **ber-**. However, this rule does not apply if the stem word commences with a vowel, even if the first syllable finishes with an **r**.

rambut becomes berambut
kerja becomes bekerja
renang becomes berenang
arti becomes berarti

Study carefully the following sentences. Each one contains a reflexive verb which you have already learnt. In each case, note how the action of the verb affects only the subject (the doer of the action).

- 1 Hari ini Achi tidak bisa bernyanyi karena kerongkongannya sakit.
- 2 Ayah Achi sedang berbicara dengan Pak Dokter.
- 3 Karena sakit selesma, Budi harus tinggal di rumah dan beristirahat saja.
- 4 Nicky sedang berlibur di kota Yogyakarta.
- 5 Karena tidak tahu jalan ke apotik, Nicky bertanya kepada seorang tukang becak.
- 6 Sebelum pulang dari dokter, Budi singgah di Pasar Beringharjo karena dia ingin berbelanja.
- 7 Pak Darmo nanti akan pergi ke mesjid untuk bersembahyang.
- 8 Dokter itu tidak bisa berbahasa Inggris.
- 9 Anak-anak itu sering bermain di jalan.
- 10 Kami sedang belajar bahasa Indonesia.

Awas!

The stem word **ajar** is an exception to the rule. To the stem word **ajar** we add **bel-** (not **ber-**). **Belajar** is the only reflexive verb taking the prefix **bel-**.



4.17

Hidup sehat, hidup panjang!

Ide yang hebat!



Design your own wall poster promoting a healthy lifestyle. You can depict things like healthy foods, cleanliness, non-smoking signs, sports and other healthy activities designed to keep you fit.

You might like to think about including some of these expressions on your poster.

- Hidup sehat, hidup panjang!
- Makan sehat, badan juga sehat.
- Kebersihan penting untuk kesehatan.
- Jangan sampai kegemukan.
- Ayo! Mari kita jadi sehat!
- Olahraga baik untuk kesehatan.
- Merokok merugikan kesehatan.



Simon berkata ...

Work in groups of about six to eight and play the game 'Simon berkata ...' in Indonesian. One person will begin as 'Simon' and give instructions. If the instructions begin with 'Simon berkata ...', all other students in the group must do as Simon says. If they do the wrong thing, or don't do anything, they drop out. If the instruction does not begin with 'Simon berkata ...', they should do nothing. Anybody who follows an instruction where Simon does not say to do it drops out. Here are some instructions to get you started.

Simon berkata ... angkat tangan! (raise your hand)
 berdiri!
 berdiri di atas satu kaki saja!
 duduk!
 letakkan tangan pada mulut!
 letakkan tangan di atas kepala!
 letakkan tangan di bahu!



Kenapa Dedi tidak bersekolah hari ini?

AB 4.15

Read or listen to the following conversation between Achi and her teacher. This conversation contains several of the language functions which we have learnt recently.

Bu Guru: Achi, di mana adikmu Dedi hari ini? Kenapa dia tidak bersekolah hari ini?
Achi: Dedi tidak enak badan, Bu.
Bu Guru: Sakit apa dia?
Achi: Dedi mual, Bu. Kadang-kadang dia juga sakit kepala.
Bu Guru: Kasihan! Apakah Dedi sudah diperiksa oleh dokter?
Achi: Sudah, Bu. Menurut Pak Dokter, keadaannya tidak begitu serius.
Bu Guru: Apa Dedi diberi obat oleh Pak Dokter?
Achi: Tentu saja, Bu. Dedi pergi ke apotik untuk membeli obat itu. Menurut Pak Dokter, Dedi harus minum obat itu tiga kali sehari, sebelum makan.
Bu Guru: Mudah-mudahan dia lekas sembuh.



I've got bad news for you!

Bad news is introduced with the words **jangan-jangan**, meaning 'I'm afraid that ...' We don't use this phrase when we are actually scared or frightened, but rather when we are about to give some bad news. For example, 'I'm afraid he has got cancer', or perhaps something less serious, such as 'I'm afraid you've failed your exam', or even 'I'm afraid that it's going to rain this afternoon'.

Contoh

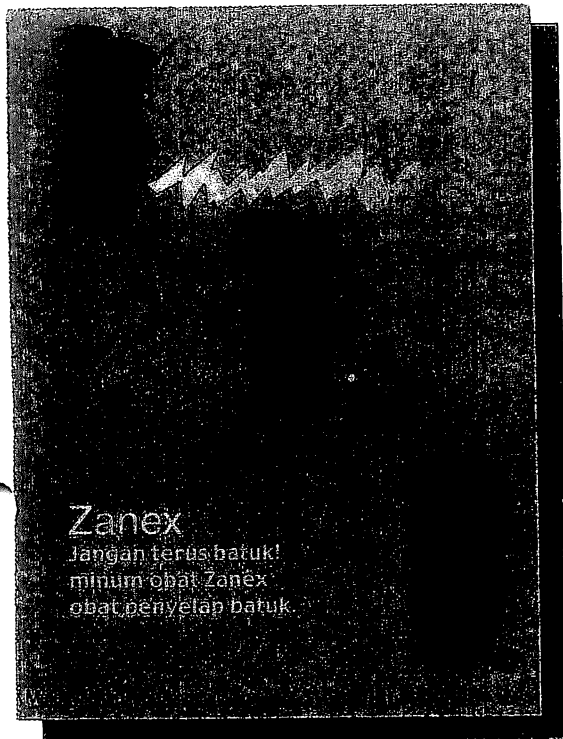
- 1 Pak Hutabarat sakit sekali. Jangan-jangan dia kena sakit kanker.
- 2 Sekarang sudah jam delapan malam. Jangan-jangan apotik sudah tutup.
- 3 Ali sering batuk. Jangan-jangan dia terlalu banyak merokok.
- 4 Kaki tukang becak itu patah karena kecelakaan itu. Jangan-jangan dia tidak bisa bekerja selama beberapa bulan.

'Because of that ...'

To say 'because of that ...', Indonesians use the phrase *karena itu*, or sometimes *oleh karena itu*.

Contoh

- 1 Hasan terlalu banyak merokok. Karena itu dia sering batuk. Merokok tidak baik untuk kesehatan.
- 2 Obat itu tidak bisa dijual tanpa resep dokter. Oleh karena itu kami perlu pergi ke dokter dulu untuk minta resep.
- 3 Dedi sakit selesma. Karena itu dia tidak bersekolah hari ini.



Iklan obat

Design your own advertising poster for a brand of medicine. Perhaps you can design an advertising poster for a headache painkiller, a pimple treatment, or drops for sore eyes. You can use pictures cut from magazines or you can draw the pictures yourself. Use Indonesian words on the advertisement. Here are some words and phrases you might like to use.

- **manjur** (strong/effective)
- **bisa dibeli di apotik**
- **tidak perlu resep**
- **obat yang bekerja cepat**



menurut	<i>according to...</i>
sebaiknya	<i>it would be best if ...</i>
kekurangan	<i>a shortage</i>
ahli kesehatan	<i>expert(s) on health</i>
kelompok	<i>a group</i>
kegemukan	<i>suffering from obesity</i>
lemak	<i>fat (noun)</i>
gula	<i>sugar</i>
berarti	<i>to mean ...</i>

hidup	<i>live</i>
kebersihan	<i>cleanliness</i>
merugikan	<i>to damage</i>
diperiksa	<i>to be checked/examined</i>
kena	<i>to be struck down by ...</i>
kanker	<i>cancer</i>
batuk	<i>to cough</i>
manjur	<i>strong/effective</i>



Maup senar, maup panjang.

Live healthy, live long.

Kebersihan penting untuk kesehatan. Cleanliness is important for good health.

Angkat tangan!

Raise your hand!

Letakkan tangan di ...

Put your hand on ...

Merokok merugikan kesehatan.

Smoking damages your health.

(oleh) karena itu ...

because of that ...



Fasilitas kedokteran di kota Yogyakarta

Mau melihat fasilitas kedokteran yang terdapat di kota Yogyakarta, atau mungkin Anda mau mengunjungi Rumah Sakit Bethesda, atau rumah sakit lain di kota itu? Anda dapat melihat ini melalui *Keren! 2 Companion Website* di www.longman.com.au/cw.



Minta bantuan dari dokter

Work with a friend and perform this role-play conversation in the doctor's office. One of you play the part of the patient, the other the part of the doctor.

Note: It is not intended that you will do a word-for-word translation, but rather that you will convey the intended meaning.

- Doctor: Invite the patient to sit down and ask him/her what the matter is.
- Patient: Tell the doctor that you are not feeling yourself, and that you have been feeling nauseous.
- Doctor: Ask the patient if he/she has vomited.
- Patient: Tell the doctor that you have not yet vomited, but you feel quite nauseous.
- Doctor: Ask the patient if he/she has a stomach ache.
- Patient: Tell the doctor that you do have a stomach ache.
- Doctor: Ask the patient what he/she ate for dinner last night.
- Patient: Tell the doctor that last night you and some friends ate **sate** and **gado-gado** at the **warung** in Pasar Kambing Street. This morning you felt ill, and your friends also felt ill.
- Doctor: Express sympathy. Tell the patient that he/she will need to go to the pharmacy to buy medicine.
- Patient: Ask if you need a prescription.
- Doctor: Reply that the medicine cannot be bought without a prescription, write the prescription, and tell the patient to take the medicine three times a day before meals, for a week.
- Patient: Ask if you can go to school.
- Doctor: Advise the patient to stay home and rest for several days.
- Patient: Thank the doctor and leave.



006

What is 'jamu'?

Jamu is traditional herbal medicines and vitamin supplements, which are very common and popular in Indonesia. The basic ingredients of jamu are various types of leaves and plant stems and roots which are ground into a fine powder and mixed together with water. Invariably the taste is extremely bitter; in fact, it is often said that the authenticity and strength of the jamu is judged by its bitterness. Best advice is to gulp it down in one go!

There are different kinds of jamu for different ailments, the list being limited only by imagination. Undoubtedly some of them work, for we know that in western countries, too, some herbal medicines have very beneficial effects. However, there are dangers with jamu too. Jamu powders have a very short shelf life, and if past their use-by date may have aflatoxin fungus growing on them. This can cause cancer, serious kidney and heart disease, and even death. Nonetheless, Indonesians, particularly the Javanese people, trust jamu to remedy all kinds of ailments, many people even becoming addicted to jamu. Basically, there are three ways in which jamu can be bought.

Jamu gendongan

The word **menggendong** means 'to carry on one's back'. In Java, you will often see women carrying on their backs large baskets filled with bottles containing ready-mixed jamu. These women are a kind of **pedagang kaki lima**, though they specialise in jamu. They will sell their jamu to anybody who approaches them, but most probably work a certain area within the city, and will call at the homes of regular customers. Because they carry the jamu on their back

(**menggendong**), they are called

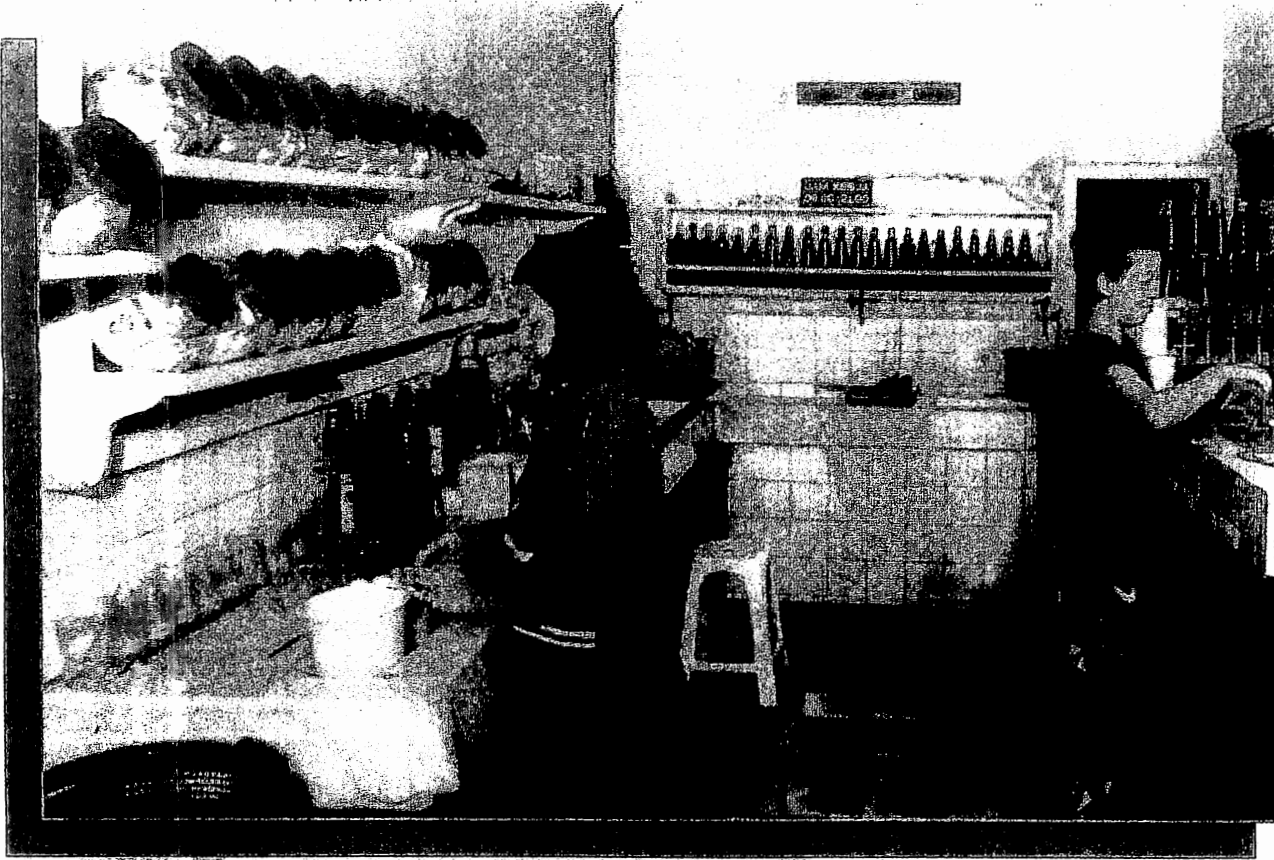
penjual jamu gendongan. They mix their jamu according to their own recipes, often handed down by their mothers and grandmothers. This is probably not the safest or most healthy way to buy jamu, because the ladies will have mixed the jamu at home, using their own ingredients and perhaps using water which is unclean.



Toko jamu

Jamu shops are not so easy to find, but if you ask around the local people will know where they are. These shops are usually a family business run by a family with generations of experience in the mixing of jamu. The secret of preparation has been passed on from generation to generation by word of mouth. They may grow some of the raw herbal material themselves, may collect some of it from other places, or perhaps purchase it from growers. Often the raw materials are ground at the shop. The different herbal powders are then stored in large bottles on shelves in the shop. When a customer comes in asking for a jamu for a particular ailment, the shop owner will take a little of this powder, a little of that, a pinch from this bottle, a pinch from that one, sometimes throw in a raw egg,

people are regular customers at these shops and the shop owner often knows that Pak so-and-so will call in every Tuesday and Friday for a particular jamu. Customers like this are treating the jamu as a kind of vitamin supplement, but quite clearly some people have become addicted to the jamu.



There are jamu for the treatment of headaches, stomach aches, diarrhoea, constipation, rheumatism, asthma, colds and influenza, and for the treatment of malaria, to name just a few. There are also jamu to cleanse and thin the blood, to refresh and give vitality when one is run down, while others are designed specifically to improve sexual drive and performance. There is even a jamu that is said to accelerate weight loss, maybe the earliest known slimming pill!



In many of the traditional markets, you can find stalls which sell the raw ingredients of jamu. They sell various types of herbs, leaves and plant roots, but only those who know the jamu recipes can make use of these raw materials.

Pabrik jamu

The origins of the jamu industry in Indonesia are lost in antiquity. Popular belief, however, is that among the earliest users of jamu were

Java. According to oral history, the ladies of that palace were involved in the preparation of jamu for both medicinal and for cosmetic purposes; that is, for maintaining the health of themselves and their families while at the same time keeping themselves looking young and beautiful. Over the centuries, the secret recipes and skills found their way to the common people outside the palace, and today we see the jamu gendongan ladies and the jamu shops doing a thriving business. However, the demand for jamu has grown so large that these small-scale practitioners are able to meet only a fraction of the demand. Jamu is now a multi-million-dollar industry in Indonesia and these days large factories produce a bewildering range of jamu in sealed packets which are sold through warungs, supermarkets, apotiks and small convenience shops. The most well-known jamu factories include Jamu Air Mancur, Jamu Nyonya Meneer, Jamu Cap Jago and Jamu Mustika Ratu.

Many of these large jamu companies now export their products, including to Europe, Australia, Japan and the United States of America. Without doubt, the largest and most well-known among them is the Jamu Nyonya Meneer company, with its main factory in the city of Semarang, the capital of Central Java.

Jamu has traditionally been produced in a powder form, which is mixed with water for drinking. These days, however, the large jamu factories have started to produce their products not only in powder form (which remains popular), but also in the form of pills and capsules, and even in a liquid form.



Apakah Anda mau membaca lebih banyak tentang industri jamu di Indonesia? Mungkin Anda ingin mengunjungi sebuah pabrik jamu yang besar dan terkenal. Anda bisa melihat ini melalui *Keren! 2* Companion Website di www.longman.com.au/cw.





Choose the most appropriate answer to each question and write the answers in your exercise book.

1 Kita mempunyai dua:

- a perut
- b hidung
- c telinga
- d mulut

2 When you visit the doctor, you are likely to be asked:

- a Apakah kamu makan?
- b Obat itu untuk apa?
- c Ada apa?
- d Menurut siapa?

3 Saya mual means:

- a I feel fine.
- b I feel like I'm going to vomit.
- c I have vomited.
- d I've got the flu.

4 Kamu sakit apa? means:

- a Are you sick?
- b How long have you been sick?
- c What sickness do you have?
- d How long have you been in hospital?

5 To tell the chemist that you have a headache, say:

- a Saya sakit kepala.
- b Kepala saya sakit.
- c Aduh! Saya mempunyai kepala.
- d Saya gila.

6 Obat ini manjur means:

- a Take this medicine every day.
- b You can't buy this medicine without a prescription.
- c This medicine is expensive.
- d This medicine is strong and effective.

7 To wish somebody a speedy recovery, say:

- a Jangan khawatir, kamu baik-baik saja.
- b Mudah-mudahan lekas sembuh.
- c Kamu akan sembuh cepat.
- d Mudah-mudahan kamu tidak akan meninggal.

8 Which of these contains the most lemak?

- a keju
- b daging ayam
- c es krim
- d roti

9 Kalau mau membeli obat, biasanya kita pergi ke:

- a dokter
- b toko jamu
- c apotik
- d pasar

10 To tell you to take three pills a day, the doctor is likely to say:

- a Makan tiga pil setiap hari.
- b Makan tablet ini tiga kali sehari.
- c Makan kapsul ini sehari tiga kali.
- d Minum obat ini tiga kali sehari.

Listen to each question on the Audio CD. For each question you will hear a question or a sentence read twice. Choose the most appropriate response and write it in your exercise book.

- 1 a Ya, memang ada.
b Ada kantor dokter di Jalan Mawar.
c Saya kurang enak badan.
d Saya bertanya kepada dokter.
- 2 a Rumah sakit ada di Jalan Senopati.
b Kaki saya sakit sekali, Pak.
c Tadi pagi ada kecelakaan di jalan.
d Saya perlu ke dokter.
- 3 a Saya tidak enak badan.
b Sudah, Pak. Dua kali.
c Keadaan saya serius sekali.
d Saya sudah membeli obat di apotik.
- 4 a Menurut dokter, tidak begitu serius.
b Ya, begitu, menurut pendapat saya.
c Menurut iklan ini, obat itu manjur.
d Menurut saya, dokter itu baik sekali.
- 5 a Obat itu bisa dibeli di apotik.
b Obat itu menghilangkan rasa mual.
c Obat itu cukup manjur.
d Obat itu untuk anak-anak kecil saja.
- 6 a Ya, ini resepnya.
b Ya, obat itu bisa dibeli tanpa resep.
c Tidak, obat itu tidak bisa dijual tanpa resep.
d Tidak, obat itu tidak begitu mahal.
- 7 a Mudah-mudahan saya lekas sembuh.
b Saya selalu makan makanan sehat.
c Menurut dokter, saya sakit selesma.
d Kebersihan penting untuk kesehatan.
- 8 a Karena kakinya patah.
b Karena dia tidak pergi ke dokter.
c Karena dia sakit perut.
d Karena dia terlalu sering merokok.
- 9 a Terima kasih.
b Saya belum sembuh.
c Untuk apa obat itu?
d Apa saya perlu resep?
- 10 a Terima kasih.
b Bibi saya adalah juru rawat.
c Kasihan. Mudah-mudahan lekas sembuh.
d Ambulans sudah datang. Polisi pun sudah datang.

4.9
Dengarkanlah!

Choose the most appropriate answer to each question and write the answers in your exercise book.

- 1 Jamu has been known in Indonesia:
 - a for about fifty years
 - b since the late 19th century
 - c for hundreds of years
 - d for thousands of years
- 2 Jamu is a type of:
 - a factory
 - b doctor
 - c traditional medicine
 - d pharmacy
- 3 Jamu gendongan is sold:
 - a in packets
 - b in a jamu shop
 - c by women in the street
 - d in a pharmacy
- 4 The jamu gendongan sellers:
 - a mix the jamu at home
 - b get the jamu from their mothers
 - c get the jamu from a jamu factory
 - d sell the safest kind of jamu
- 5 Jamu can be:
 - a expensive
 - b difficult to find
 - c addictive
 - d illegal
- 6 Jamu shops are usually:
 - a a family-run business
 - b part of a large chain of stores
 - c attached to a pharmacy
 - d attached to a hospital
- 7 Jamu can:
 - a only be bought in Java
 - b only be bought in Java and Bali
 - c only be bought in Indonesia
 - d now be bought in many countries
- 8 Nyonya Meneer is:
 - a the owner of a jamu shop in Yogyakarta
 - b a jamu gendongan lady in Semarang
 - c the name of a large jamu company
 - d the name of a supermarket chain in Indonesia

Perlu ke dokter?

4.1 Tulislah dalam bahasa Indonesia

Listen to the dialogue on the CD and, without looking at your Course Book, write the following sentences in Indonesian.



CB 4.1

- 1 Oh! The poor things!

Wah! Kasihan mereka!

- 2 Let's help them!

Marikita tolong!

- 3 How are you, Mr?

Apa kabar, Bapak?

- 4 OK, but be quick!

OK, tetapi cepat-cepat!

- 5 There has been an accident in Lembang Street.

Ada celaka di Jalan Lembang.

- 6 Don't move, Mr.

Jangan bergerak, Bapak.

- 7 Did you see this accident?

Apakah ^{anda} melihat celakanya?

- 8 Their condition is quite serious.

Keadaannya sangat parah.

- 9 We'll take them to the hospital.

Kita antarkan ke rumah sakit.

- 10 It was your fault!

Hu Salahnya!

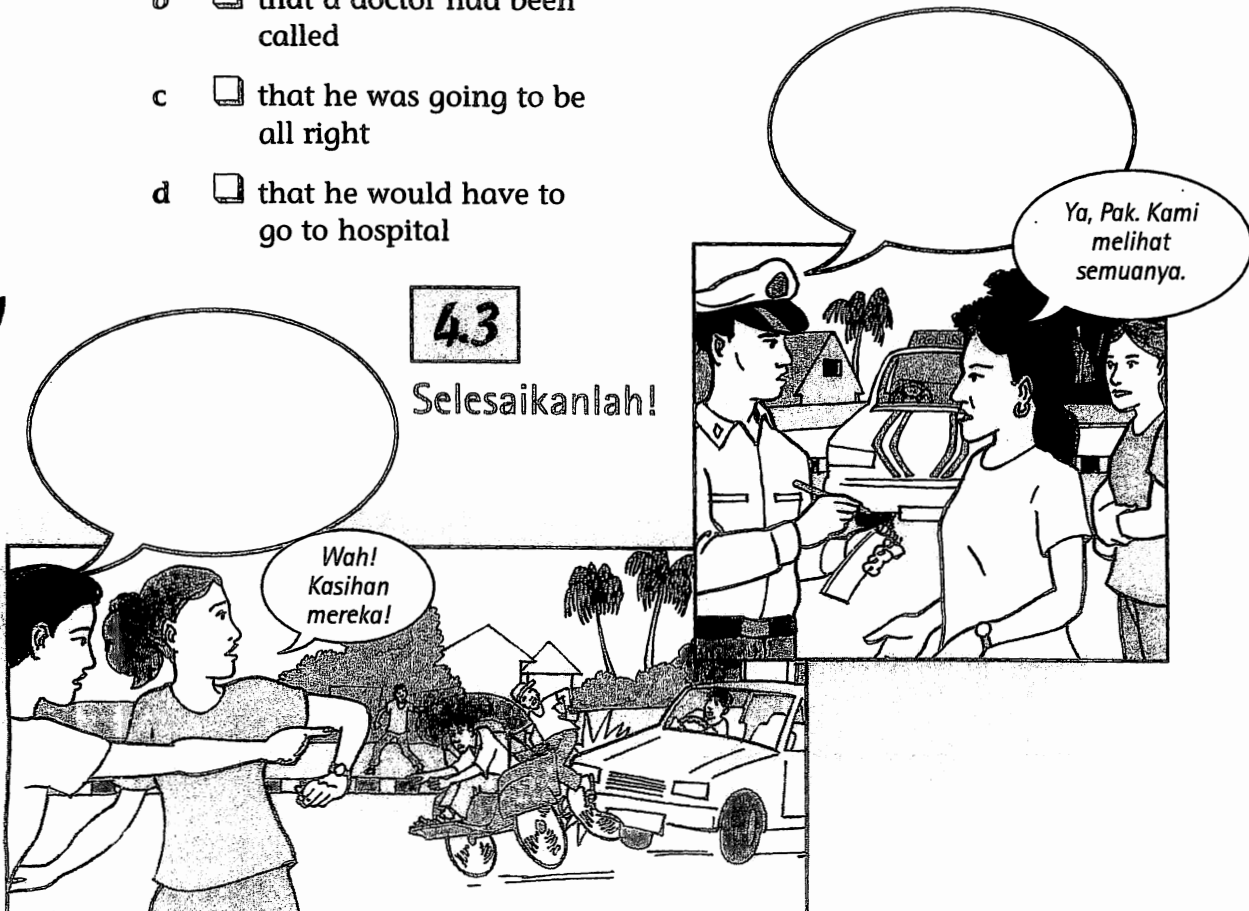
4.2

Pilihlah jawaban yang tepat

CB 4.1

- 1 The becak driver said that:
- his leg has been hurt
 - his arm has been broken
 - the police should be called
 - the car driver was going too fast
- 2 The ambulance was called by:
- Nicky
 - Achi
 - the car driver
 - the becak driver
- 3 Nicky told the becak driver:
- not to move
 - that a doctor had been called
 - that he was going to be all right
 - that he would have to go to hospital
- 4 The ambulance driver asked the becak driver:
- if he was hurt
 - where he was hurt
 - how bad the pain was
 - if he could move his leg
- 5 According to the policeman:
- it was nobody's fault
 - the becak driver was at fault
 - the car driver was at fault
 - the car driver and the becak driver were both at fault

CB 4.1



When Budi went to a new doctor for the first time, the doctor needed to record all of Budi's personal details on his medical record card. Listen to the doctor talking to Budi and fill in the information on his card.

Data pribadi

Nama lengkap _____

Alamat _____

Nomor telepon _____

Umur _____

Tanggal lahir _____

Tempat asal _____

Laki-laki/perempuan _____

Pekerjaan _____

Berat badan _____

Tinggi badan _____

Warna mata _____

Warna rambut _____

Merokok atau tidak? _____

Olahraga yang dimainkan _____

Berapa kali seminggu berolahraga? _____

Penyakit dalam waktu setahun yang lalu _____

Penting: Informasi di atas ini hanya untuk digunakan oleh dokter Anda.



4.5

Work with a partner. One of you play the part of a doctor interviewing a new patient. Ask the relevant questions to get all of the information needed for the new patient's medical record card. Then swap roles, so that your partner can ask you questions to complete your details on the card.

Data pribadi

Nama lengkap _____

Alamat _____

Nomor telepon _____

Umur _____

Tanggal lahir _____

Tempat asal _____

Laki-laki/perempuan _____

Pekerjaan _____

Berat badan _____

Tinggi badan _____

Warna mata _____

Warna rambut _____

Merokok atau tidak? _____

Olahraga yang dimainkan _____

Berapa kali seminggu berolahraga? _____

Penyakit dalam waktu setahun yang lalu _____

Penting: Informasi di atas ini hanya untuk digunakan oleh dokter Anda.

4.6

4.4
Dengarkanlah!

These people have been rounded up by the police as suspects in a crime. Listen to an eye-witness giving the police a description of the person that she saw commit the crime. Can you identify the guilty person?

CB 4.2



4.7

CB 4.2

Write a physical description of one of the people in your class. Make the description as complete as possible, then give it to a partner to see if he/she can work out who you have described.

4.8 Anda sakit apa?

In each of the following cases, look at the picture and place yourself in the position of the patient who has to go to the doctor to ask for help. Complete the conversations by adding your part. You will need to read what the doctor says both before and after each piece of your speech to make sure that the conversation flows.

1



Anda: _____

Dokter: Selamat pagi, silakan duduk. Kamu sakit apa?

Anda: _____

Dokter: Hmm, Apa kamu sudah muntah?

Anda: _____

Dokter: Kamu makan apa tadi malam?

Anda: _____

Dokter: Dengan siapa kamu ke restoran itu, dan apakah mereka juga merasa mual atau muntah?

Anda: _____

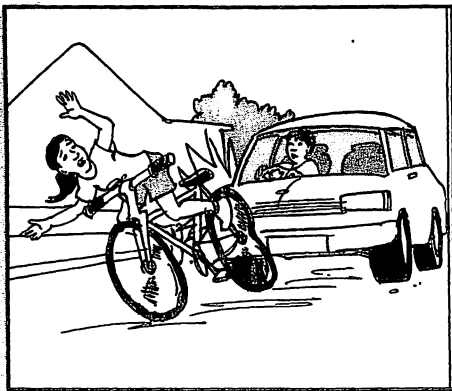
Dokter: Hmm, Saya kira Kamu sakit disentri. Pergilah ke apotik dan belilah obat. Ini resep.

Anda: _____

Dokter: Tiga kali sehari, sesudah makan, sampai habis.

Anda: _____

2



Dokter: Selamat pagi, silakan duduk. Ada apa?

Anda: _____

Dokter: Kapan kecelakaan ini terjadi?

Anda: _____

Dokter: Hmm, di mana sakitnya?

Anda: _____

Dokter: Apakah Anda juga sakit kepala?

Anda: _____

Dokter: Hmm, kalau naik sepeda Anda harus hati-hati. Ada banyak sopir mobil yang menjalankan mobilnya terlalu cepat.

Anda: _____

Dokter: Belum pasti! Saya kira lebih baik Anda ke rumah sakit untuk diperiksa lagi. Mungkin kaki Anda patah.

Anda: _____

Anda: _____

Dokter: Selamat pagi, silakan duduk. Anda sakit apa?

Anda: _____

Dokter: Sejak kapan selesma ini mulai?

Anda: _____

Dokter: Sering batuk juga?

Anda: _____

Dokter: Apa yang terjadi? Apa Anda kehausan atau kedinginan?

Anda: _____

Dokter: Kasihan!

Anda: _____

Dokter: Oh, saya kira tidak begitu serius. Anda bisa membeli obat 'Procold' di apotik.

Anda: _____

Dokter: Tidak perlu. Obat itu bisa dibeli tanpa resep. Minum obat itu empat jam sekali.

Anda: _____

4

Dokter: Selamat pagi, silakan duduk. Ada apa?

Anda: _____

Dokter: Sudah berapa lama Anda sakit kepala?

Anda: _____

Dokter: Apa sudah minum obat sakit kepala, misalnya 'Paramex'?

Anda: _____

Dokter: Hmm, aneh! Kalau sudah minum Paramex biasanya orang tidak sakit kepala lagi. Selain sakit kepala, apa lagi? Apa Anda juga merasa tidak enak badan?

Anda: _____

Dokter: Hmm, mungkin Anda sakit influenza. Saya akan menulis resep untuk obat yang lebih manjur.

Anda: _____

Dokter: Pergilah ke apotik untuk membeli obat ini. Kalau sesudah dua hari masih sakit, datanglah ke sini lagi.

Anda: _____

Dokter: Mudah-mudahan lekas sembuh.



CB 4.12

**ANTIMO**

Komposisi: Tiap tablet berisi Dimenhidrinat 50 mg

Indikasi: Untuk rasa mual dan muntah dalam perjalanan yang diderita jika naik kendaraan bermotor, kapal, kereta api, mobil, atau pesawat terbang.

Dosis:

Dewasa dan anak di atas 12 tahun - 1 tablet

Anak berumur 8-12 tahun - $\frac{1}{2}$ tablet

Anak berumur 5-8 tahun - $\frac{1}{4}$ tablet

Diminum $\frac{1}{2}$ jam sebelum berangkat. Jika perlu dapat diulangi setiap 4 jam.

Dosis maximum 2-3 tablet sehari.

Perhatian: Pengemudi kendaraan bermotor dan operator mesin berat jangan minum obat ini sebelum mengerjakan tugas.

1 Mengapa orang minum obat Antimo?

2 Berapa tablet dosis Antimo untuk seorang anak yang berumur sepuluh tahun?

3 Apakah Antimo bisa diminum lebih dari sekali sehari?

4 Siapa yang seharusnya tidak minum obat Antimo? Menurut Anda, kenapa?

5 Menurut Anda, apa artinya Antimo?

4.10

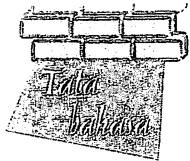
Pilihlah jawaban yang tepat

Kalau sudah selesai, dengarkanlah CD untuk memeriksa jawaban Anda.



- 1 Kita pergi ke _____ untuk membeli obat.
a dokter b apotik c pasar
- 2 _____ itu terjadi di jalan, di depan kantor polisi.
a kecelakaan b kereta api c rumah sakit
- 3 _____ dia sakit karena masuk angin.
a tangan b kepala c kerongkongan
- 4 Obat itu biasanya tidak dijual tanpa _____.
a apotik b resep c dokter
- 5 Orang yang sakit itu sedang _____ oleh dokter.
a dijual b diperiksa c dibaca
- 6 _____ dokter, saya harus minum obat ini tiga kali sehari.
a dibeli b menjual c menurut
- 7 Lengannya patah, kakinya _____ patah.
a pemilik b punya c pun
- 8 Orang yang sakit sekali kadang-kadang _____ ke rumah sakit dengan ambulans.
a dibawa b membawa c dibangunkan
- 9 Kita mempunyai dua kaki, dua _____, dua mata, dan dua telinga.
a mulut b lengan c perut
- 10 Orang yang terlalu banyak merokok sering _____.
a sehat b batuk c sembuh





4.13 Verbs with 'ber-' prefix

You have learnt about verbs with the **ber-** prefix, and you know that verbs formed in this way are verbs where the action affects only the doer of the action. The action does not affect another object.

For each of the **ber-** verbs listed below, write a sentence. Don't look for sentences in your Course Book; create new sentences of your own.

1 berjalan

2 bernama

3 berbelanja

4 berolahraga

5 berwarna

6 berbicara

7 bernyanyi

8 bersantai

9 bertanya

10 berangkat

4.14 Budi diperiksa oleh dokter



Selesaikanlah!

Choose the correct words from those shown in the right-hand column to fill the gaps in this passage. When you have finished, check your answers by listening to the CD.

Note: Each word may only be used once.

Hari ini Budi tidak _____ badan. Dia merasa lelah sekali. Dia sakit kepala dan kerongkongannya _____ sakit. Lagi pula, tadi pagi dia muntah dua kali dan masih merasa _____. Oleh karena itu Budi pergi ke dokter untuk diperiksa dan untuk _____ nasehat dari dokter. Nama dokter



itu Ibu Sulistyowati. Sebelum pergi ke Dokter Sulistyowati, Budi harus menelepon dulu untuk minta _____. Menurut sekretaris di kantor itu, Budi bisa bertemu dengan Dokter Sulistyowati pada jam sepuluh pagi.

Di kantor itu badan Budi _____ oleh Dokter Sulistyowati. Dokter itu ingin tahu apa yang dimakan oleh Budi kemarin. Budi berkata _____ kemarin dia pergi ke luar kota dengan beberapa teman dan mereka makan siang di sebuah _____ kecil. Mereka makan ikan _____ dengan nasi dan minum air putih. _____ Ibu dokter, makanan dan minuman yang Budi beli di warung itu mungkin kurang bersih _____ Budi sakit disentri.

Dokter Sulistyowati menulis _____ untuk Budi. Untuk membeli obat Budi harus membawa resep itu ke _____. Sesudah itu dia harus minum obat itu tiga kali sehari, sesudah makan. Kata dokter, Budi harus tinggal di rumah dan _____ saja. _____ obat itu sudah habis, Budi harus datang lagi ke Dokter Sulistowati untuk diperiksa lagi.

diperiksa
pun
goreng
sehingga
beristirahat
janji
warung
kalau
mual
resep
minta
apotik
enak
menurut
bahwa



4.15 Kenapa Dedi tidak bersekolah hari ini?

Bacalah atau dengarkanlah percakapan antara Achi dan gurunya, kemudian pilihlah jawaban yang benar.

CB 4.19

- 1 Hari ini Achi tidak bersekolah. Benar *atau* Salah
- 2 Dedi mual dan sakit kepala. Benar *atau* Salah
- 3 Dedi sudah diperiksa oleh dokter. Benar *atau* Salah
- 4 Achi berkata bahwa keadaan Dedi serius sekali. Benar *atau* Salah
- 5 Dedi membeli obat dari apotik. Benar *atau* Salah
- 6 Dedi harus minum obat itu dua jam sekali. Benar *atau* Salah



4.16

Conduct a survey among the people in your class. Move around the classroom and ask questions in Indonesian in order to find out whether the conditions listed below apply to any of the people in your class (including the teacher). When you find somebody who answers 'Yes', write that person's name in the correct box on the grid. See if you can complete the grid by finding somebody for each box on the grid.

Mencari orang yang ...

minum obat hari ini	pergi ke apotik minggu ini.
pergi ke dokter minggu ini	sakit kerongkongan hari ini.
sudah muntah tahun ini	sakit kepala hari ini.
lengannya atau kakinya patah tahun ini.	merasa tidak enak badan hari ini.
harus tinggal di rumah sakit tahun ini atau tahun yang lalu	pergi ke dokter gigi bulan ini atau bulan yang lalu.

Listen to the sentences read on the CD. Each sentence will be read twice. From the sentences below, choose the statement which is true.



Sentence number one

- a I have a headache.
- b I have a stomach ache.
- c My head has been hurt.
- d My leg has been hurt.

Sentence number two

- a Budi harus minum obat itu dua kali sehari.
- b Budi harus minum obat itu tiga kali sehari.
- c Budi harus minum obat itu dua jam sekali.
- d Budi harus minum obat itu empat jam sekali.

Sentence number three

- a Kalau mau mendapat resep kita harus pergi ke apotik.
- b Kata penjual di apotik, obat itu bisa dijual tanpa resep dokter.
- c Kalau mau membeli obat itu kita harus mempunyai resep dokter.
- d Kata penjual di apotik, obat itu lebih mahal kalau tidak mempunyai resep dokter.

Sentence number four

- a I have a sore knee and a sore toe.
- b I have a sore leg and a sore toe.
- c I have a sore elbow and a sore finger.
- d I have a sore arm and a sore finger.

Sentence number five

- a Everybody knows that smoking is not good for your health.
- b Everybody knows that playing sport is good for your health.
- c Everybody knows that good food is important for good health.
- d Everybody knows that to be healthy you must go to the doctor regularly.

4.18 Kominex, apa itu?



Look at the information brochure on the following page which is packaged together with a common medicine in Indonesia. You will find new words in this activity, but remember, being able to make an educated guess at the meaning is the sign of a good language learner.

Start by working out the words used for the side headings. Beside each of the following headings, write what you think it means.

- Indikasi _____
- Komposisi _____
- Dosis _____
- Farmakologi _____
- Efek sampingan _____
- Peringatan dan Perhatian _____

Answer the following questions in English.

- 1 What is the major component of Kominex?

- 2 What is the allowable dose for a 10-year-old child?

- 3 What is actually done by the component Fenilpropanolamina Hcl in Kominex?

- 4 What are the possible side-effects of Kominex?

- 5 You should not take Kominex if you suffer from certain illnesses. What are those illnesses?

- 6 Who else should not take this medicine?

- 7 What are you advised *not* to do while taking Kominex?

- 8 What are you advised to do if you are no better within a week?

- 9 Kominex may be sold without a prescription. Benar atau Salah

Kominex

PT Mulia Sehat, Surabaya, Indonesia.

Indikasi: Meringankan flu, yang disertai gejala-gejala demam, pilek, sakit kepala dan sakit pada otot.

Komposisi: Tiap tablet berisi:

Parasetamol	400 mg
Fenilpropanolamina Hcl	12.5 mg
Klorfeniramina Maleat	2 mg

Dosis: Anak-anak 3-6 tahun: 3 x sehari $\frac{1}{2}$ tablet
Anak-anak 6-12 tahun: 3 x sehari 1 tablet
Dewasa: 3 x sehari 1-2 tablet
(Atau menurut petunjuk dokter.)

Farmakologi:

- Parasetamol menurunkan rasa panas tubuh dan juga meringankan nyeri.
- Fenilpropanolamina Hcl adalah suatu dekongestan nasal yang meringankan hidung tersumbat.
- Klorfeniramina maleat adalah suatu antihistamin yang berperan memblok tempat aksi histamin akibat reaksi alergi.

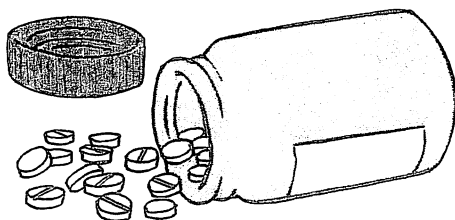
Efek sampingan:

Obat ini bisa menimbulkan rasa mengantuk, mulut kering, mual atau muntah.

Peringatan dan Perhatian:

- Tidak cocok untuk orang yang menderita glaukoma, diabetes, asma atau gangguan jantung.
- Tidak dianjurkan untuk anak-anak di bawah umur 2 tahun atau wanita hamil, kecuali atas petunjuk dokter.
- Jangan melebihi dosis tercatat.
- Kalau sukar tidur atau pusing kepala, hentikan penggunaan obat ini.
- Selama minum obat ini dilarang mengendarai kendaraan bermotor atau menjalankan mesin.
- Harap ke dokter lagi bila gejala flu dan demam belum sembuh setelah 7 hari.

Dilarang menjual obat ini tanpa resep dokter.



Selesaikanlah!

Complete the blank speech bubble in each picture with words which are appropriate. Consider the description below each picture and what the other person is saying before you fill in the speech bubble.



The doctor asks what's wrong with Dedi.



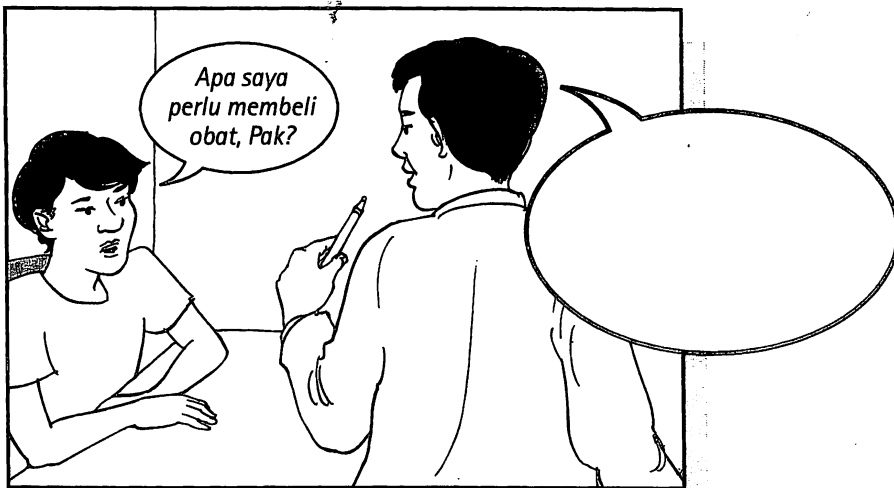
Dedi says that his throat is sore, and his eyes are also sore.



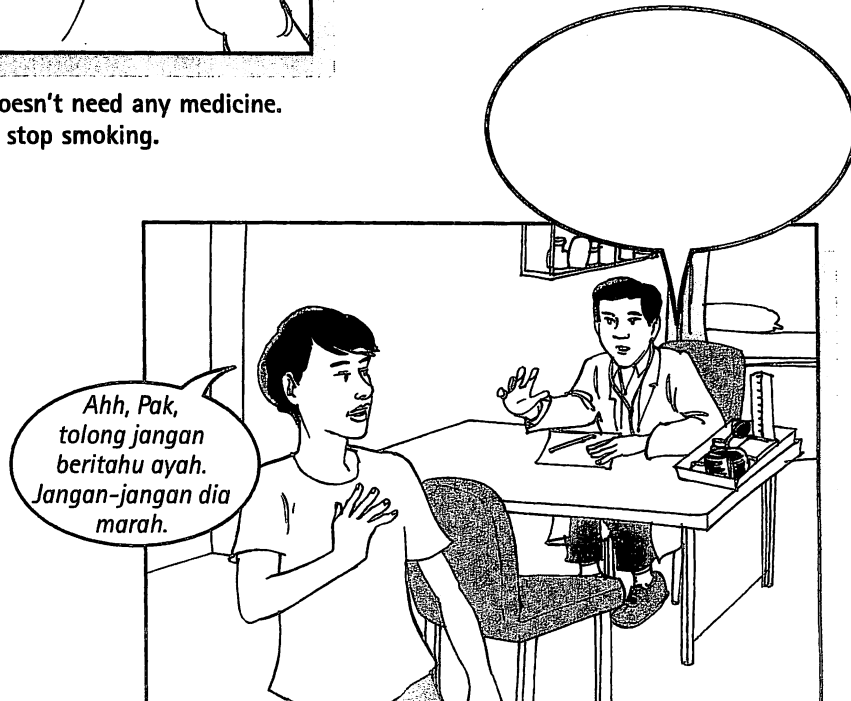
Dedi says that he does smoke, sometimes.



The doctor tells Dedi that smoking is bad for his health.



The doctor says that Dedi doesn't need any medicine. He just needs to stop smoking.



The doctor tells Dedi not to worry.

4.20 Revision checklist

Go through the checklist of what you have learnt in Topik empat. Work with a partner to check what you know, then help your partner check what he/she knows. Tick the ones that you know. Put a cross beside the ones that you need to revise.

Ungkapan yang berguna *Useful expressions*

- Mudah-mudahan lekas sembuh.
- Kasihan!
- Menurut dokter, ...
- Kata dokter, ...
- Jangan-jangan ...
- Karena itu, ...
- Oleh karena itu, ...
- Hidup sehat, hidup panjang.

Memberitahu *Informing*

- Saya kurang enak badan.
- Saya tidak enak badan.
- (Kaki) saya sakit.
- Kaki saya sakit, lengan pun sakit.
- Saya sakit kepala.
- Saya sakit perut.
- Saya merasa mual.
- (Lengan) saya patah.
- Saya sakit
(selesma/pilek/demam/influenza)
- Obat ini tidak bisa dijual tanpa resep dokter.

- Kebersihan penting untuk kesehatan.
- Minum obat ini (tiga kali sehari.)
- Merokok tidak baik untuk kesehatan.
- Merokok bisa merugikan kesehatan Anda.

Ungkapan seru! *Exclamations!*

- Jangan bergerak!
- Kamu yang salah!
- Angkat tangan!

Pertanyaan *Questions*

- Apa yang terjadi?
- Ada apa?
- Anda sakit apa?
- Apakah Anda sudah muntah?
- Bagaimana keadaannya?
- Di mana sakitnya?
- Untuk apa (obat/jamu) ini?

Note: The words appearing in brackets are used as examples only. Other suitable words could easily be substituted in these positions.

4.21 Speaking test (1)

Test yourself on the language functions listed below. When you are sure that you know each one, write your initials in the column headed **Sendiri**. The next task is to get a classmate to test you on each function and, if satisfied, he/she will initial the column headed **Teman**. Finally, your teacher will test you and initial the column headed **Guru**. Any language functions which have not been satisfactorily mastered should be relearnt and retested.

Language functions	Sendiri	Teman	Guru
1 Teacher will indicate parts of the body. Student to respond appropriately. For example: Mata saya sakit. Telinga saya sakit.			
2 What's wrong with you?			
3 I don't feel too well.			
4 I have a headache?			
5 What illness is your (friend/mother/grandmother etc.) suffering from?			
6 I feel nauseous.			
7 Have you vomited?			
8 Yes, I've vomited three times today.			
9 You poor thing! I hope you'll be better soon.			
10 His arm is broken; his leg is also broken.			
11 Where does it hurt?			
12 What's this medicine for?			
13 That old lady is very sick. I'm afraid she has cancer.			
14 According to the doctor, my older brother has the flu.			
15 This medicine cannot be sold without a prescription.			
16 Smoking is not good for your health.			
Respond to the following questions in Indonesian.			
17 Pernahkah kamu minum jamu?			
18 Makanan apa yang tidak kamu suka?			
19 Tadi malam kamu makan apa untuk makan malam?			
20 Kenapa kamu tidak bersekolah kemarin? (Make up a medical reason.)			



Bercakap-
cakap

Speaking test (2)

This is an alternative speaking test which your teacher may choose to use. If you do this speaking test, there are two role-play scenarios. Your teacher will choose which one you will be asked to do. Whichever one you do, your teacher will play the part of the doctor.

Scenario 1

You are holidaying in Yogyakarta and have been staying in the Losmen Garuda, a cheap guest house in Jalan Pasar Kambing. Suddenly, last night, in the middle of the night, you woke up vomiting. You have vomited several more times since then and this morning you are visiting a doctor in order to get treatment and advice. The doctor will try to identify the cause of the illness by checking on other things; for example, 'Do you have a headache?', 'Do you have a sore throat?', 'Do you feel nauseous now?' and so on. The doctor will also want to know what you've been doing, what you've been eating, drinking and so on. If the doctor gives you a prescription, ask where you can buy the medicine, how often you have to take it, and for how long. Ask also about any eating requirements for the next few days.

Scenario 2

You have been holidaying in Yogyakarta for the past week and each day you've been out exploring the city, usually in a *becak*. This morning, your *becak* was clipped by a passing taxi. The taxi didn't stop, but you and the *becak* driver were thrown out of the *becak* and onto the road. The *becak* driver was not badly hurt, but you have injured both your arms and your face. Furthermore, there seems to be something wrong with your left leg. You don't seem to be able to walk on it. Perhaps there is a broken bone. You are visiting the doctor for treatment. The doctor will ask about other parts of your body, to make sure that there are no other injuries. He/she may also ask whether you have headaches, whether the accident was reported to the police, and so on. The doctor will prescribe some painkillers. Ask where you can buy them, how often you have to take them, and for how long. It seems that your leg is not broken and should be all right in a few day's time.

To perform these role plays, you may need to be able to:

- describe your symptoms
- tell the doctor what happened
- identify parts of your body
- tell the doctor where it hurts
- say what you have been eating and drinking
- ask if your condition is serious
- ask if you need medicine
- ask where you can buy medicine
- ask how often you have to take the medicine, and for how long
- ask what you may eat and drink for the next few days

Your performance in this test will be marked on the following criteria.

- your understanding of the questions being asked of you
- control of the language necessary to maintain the conversation
- avoidance of unnatural silent periods between responses
- pronunciation
- phrasing and intonation
- appropriateness of body language
- some acceptance of responsibility for moving the conversation forward, such as by providing additional detail, asking questions, and so on