A visit to the doctor

Once an old gentleman came **to consult a doctor.**

“What do you **complain of**?” – asked the doctor.

“You see, doctor, my nervous system is in a bad state. I have a **heartache,** often **headache**and my sleep isn’t good. Sometimes I cannot sleep all night long.”

The doctor **examined** the **patient**very carefully and said: “Your **treatment**will be very simple, is other words it will be a **rest-cure.**You should go to a quiet place in the village for a month and have an active rest there: get up early, do morning exercises, have breakfast and go for a walk. You should walk much, go to the forest for fresh air, eat much fruit and vegetables and drink milk before going to bed. And you can smoke only one cigarette a day.

A month later the gentleman came to see the doctor again.

“How are you?”- asked the doctor.

“I am quite well now,” –answered the patient – “I’ve done everything that you recommended me, doctor. I **strictly** followed all your orders. I walked much, ate much fruit and vegetables and drank milk before going to sleep. But one cigarette a day almost killed me.”

“But why?” –asked the doctor.

“It’s not a joke to begin smoking at my age, I had never smoked before,” –answered the gentleman.