

Сто пёрвый уро́к

101-А

Диалог: Меня́ тошнит
I'm nauseous

Грамматика: 101.А: Порá
101.Б: Illness
101.В: Impersonal Verbs

Меня́ тошнит *I'm nauseous**

Мать	1 2	Семь часо́в. Порá встава́ть! Бы́стро прими́ душ и одéнься, а то опозда́ешь в шко́лу.	<i>Seven o'clock. Time to get up. Hurry up and take a shower and get dressed, or else you'll be late for school.</i>
Сын	3	Я нева́жно себя́ чу́вствую . Кажется, я заболéл.	<i>I don't feel well. I think I've come down with something.</i>
Мать	4	Что с тобо́й?	<i>What's wrong?</i>
Сын	5	Голова́ боли́т, го́рло боли́т. Меня́ зноби́т .	<i>I have a headache, my throat hurts. I have the chills.</i>
Мать	6 7	Наве́рно, это́ грипп . Я сейча́с возьму́ гра́дусник и изме́рю тебе́ температу́ру.	<i>It's probably the flu. I'll go get a thermometer and take your temperature.</i>
Сын	8	Да, мно́гие в шко́ле боле́ют (гриппом).	<i>Yeah, a lot people at school are sick (with the flu).</i>
Мать	9 10 11 12	(<i>Измеряет сы́ну температу́ру</i>) Три́дцать во́семь и семь. Да, ты заболéл. Ну, пое́шь что-нибу́дь. Я бы́стро тебе́ пригото́влю твою́ люби́мую ка́шу.	(<i>Takes her son's temperature</i>) <i>Thirty-eight point seven (=101.6). You're sick all right. Eat something. I'll whip up your favorite kasha for you.</i>
Сын	13	Не хо́чется есть. Меня́ тошнит!	<i>I don't feel like eating. I'm nauseous.</i>
Мать	14	Ой, бе́дный ты мой! Я сейча́с вы́зову врача́.	<i>Oh, you poor thing. I'll call the doctor (to come over).</i>

Словарь

1	порá (+ dative) + <i>imperfective</i> infinitive	<i>it's time (for person) to something</i> (See grammar)
3	заболева́й+ // заболéй+	<i>fall ill, be sick</i> (See grammar)
5	го́рло	<i>throat</i>
5	зноби́+ + <i>accusative</i>	<i>feel aches all over</i> (See grammar)
6	грипп	<i>flu</i>
7	гра́дусник	<i>thermometer</i>
7	измеря́й+ // изме́ри+ (кому́) температу́ру Note the dative case!	<i>take (measure) someone's temperature</i>
8	болéй+ (+ <i>instrumental</i>)	<i>be ill</i> (See grammar)
13	тошни́+ + <i>accusative</i>	<i>be nauseous*</i> (See grammar)
14	вызыва́й+ // вы́зова+ (о) врача́	<i>call (summons) a doctor</i> (Doctors in Russia actually make house calls)

*It's actually incorrect to say "I'm nauseous." The correct form is "nauseated," though not many people observe this. "Nauseous" should be used to describe a substance, e.g., nauseous gas. Век живи́, век учи́сь!

101A.A Пора + Imperfective Infinitive

To express the idea *it's time (for person) to do something* use the construction:

Dative “subject” (optional) + **пора́** + *imperfective infinitive*

We saw a similar use of *time to + imperfective infinitive* in Lesson 92: **когда́ пришло́ вре́мя поступи́ть в сре́днюю шко́лу...** *when it came time to enroll in high school...* Some examples with **пора́**:

На́м пора́ иди́ть домо́й.	<i>It's time for us to go home.</i>
Пора́ ложи́ться спатъ.	<i>Time to go to bed.</i>
Ей уже́ пора́ выходи́ть за́муж.	<i>It's time for her to get married.</i>
Я ви́жу, что мне уже́ пора́ за́канчива́ть ле́кцию.	<i>I see that it's time for me to finish the lecture.</i>

(Just to let you know, it is possible to have a *perfective* infinitive following **пора́**, but we won't explore this here.)



Переведите на русский:

1. It's time to take his temperature again.
2. It's time for the children to go to bed.
3. It's time for me to get a haircut.
4. It's time for her to wash her hair.
5. It's time for our (male) professor to get married.
6. It's time to cancel the performance.

101A.B Sickness and Pain – Words With the Root «БОЛ»

Let's look at a number of words related to *sickness* and *pain* that contain the root **БОЛ**.

101.B.1 The Two Verbs «Болéть»

If you look in a Russian dictionary you will find two verbs with the infinitive **болéть**. But don't be fooled, the two verbs have totally different stems, a fact which is clear when we see the present tense forms.

101.B.1a Болé+ Be painful, hurt (body part)

Болé+ is a 2nd-conjugation e-stem verb meaning *hurt, be painful*. Normally the subject of sentences with **болé+** is a *body part*, and therefore the verb is used only in the third-person. Recall that Russians do not use possessive pronouns (мой, твой) when stating that a body part hurts. Instead, they either leave the whole thing out or use the phrase **у + genitive**:

Голова́ боли́т.	<i>I have a headache.</i>
У тебя́ что-нибу́дь боли́т?	<i>Does anything hurt (you)?</i>
Вчера́ у меня́ о́чень боли́ли у́ши.	<i>My ears were hurting yesterday.</i>
У меня́ боли́т пра́вая нога́.	<i>My right leg hurts.</i>
Ра́ньше у моёй ма́тери ча́сто боли́ла спи́на.	<i>My mother's back used to hurt her often.</i>

101.Б.16 Болéй+ Be ill (person)

Болéй+ is a 1st-conjugation **ей-stem** verb meaning *be ill; have an illness* (see more below for how to use this verb). The subject is the person who is ill, and, as expected, the verb agrees in person, number, and gender:

Он ча́сто боле́ет.	<i>He is often sick.</i>
К сча́стью, она́ не до́лго болéла.	<i>Fortunately she was not sick for a long time.</i>
Я наде́юсь, что ты не бу́дешь болéть, когда́ ты бу́дешь жить в Росси́и.	<i>I hope that you'll stay well when you are living in Russia.</i>

You can express the disease the person is sick with using a bare instrumental, (most commonly with the noun **грипп** *flu*, but we've provided a few other examples as well):

Все в университе́те боле́ют гриппом.	<i>Everyone in the university has the flu.</i>
Мой мла́дший брат боле́ет свýнкой.	<i>My younger brother has the mumps.</i>
Я не по́мню, болéла ли она́ ко́рыю.	<i>I don't remember whether she had chicken pox.</i>

Unfortunately, you cannot use **болéй+** with *every* disease. For example, you can't use it with **пак** or **а́тма**. So we suggest that you learn the phrase **болéй+ гриппом** *have the flu*. It's also possible to simply say **У [кого́] грипп**.

Cool fact: **Болéй+** (followed by **за** + *accusative*) is used to express the idea of *root for a sports team*. (And given the way some people root, it's not that odd that this verb is related to illness.)

Он боле́ет за Пýйтсбург.	<i>He roots for Pittsburgh.</i>
За ка́кую кома́нду (За ко́го) ты боле́ешь?	<i>Which team (Who) are you rooting for</i>

101.Б.3 Заболева́й+ // Заболéй+ Fall ill / Be ill

You can build a new verb from **болéй+** by adding the prefix **за-**, to give the (literal) meaning *fall ill; come down with something* (more on the exact usage of this verb below). There's a secondary imperfective (see Lesson 43 for more on secondary imperfectives) built from perfective **заболéй+**, namely, **заболева́й+**. Some examples:

Я заболéл.	<i>I'm sick / I have fallen ill.</i>
Я бою́сь, что заболева́ю.	<i>I'm afraid I'm coming down with something.</i>
Я чу́вствую, что (я) заболева́ю	<i>I can feel that I'm coming with something.</i>
Надень тёплую ку́ртку, а то заболе́ешь.	<i>Put on a warm coat or else you'll get sick.</i>

101.Б.3а How to Say “I’m sick” Заболёл vs. Болéет (vs. Бóлен)

You might think that expressing the very common phrase “*She is sick (ill)*” would be straightforward in Russian. You would be wrong. It turns out that there are (at least) three possibilities used to express the idea of being sick: **Она болéет / Она заболéла / Она больна́.** (The last form is a short-form adjective with the forms **бóлен / больна́ / больны́.**) So, how do you know which of the three to use?

While **заболéл/а/и** literally means *fall ill* (recall that the prefix **за-** can indicate the beginning of an action), this verb is used quite often, certainly much more than we would say “I have fallen ill.” In fact, we recommend that you use this verb to inform someone for the first time that you or someone else is sick. Here’s a typical exchange: - Где Саша? Почему́ его́ нет? + Он заболéл.

Болéй+ carries the meaning of *nursing an illness*, and implies that the person is at home convalescing. Thus, you cannot walk into class and say **Я болéю** (because you should be at home taking medicine). This verb is used in the present to indicate that someone is often (or never) ill: **Она́ ча́сто (никогда́ не) болéет.**

The short-form adjective **бóлен** (which did not appear in the dialog) is more or less similar to **заболéл**, but we won’t burden you with yet another form to learn.

(To be honest, the difference in meaning between these three words can be very subtle, and is probably not worth worrying about at this point.)



Переведите на русский:

- | | |
|--|---|
| 1. My left arm hurts. | 2. I’m (Vera) sick (= I have fallen ill.) |
| 3. Dima is sick with the flu. | 4. When she was young, she had the mumps сви́нка . |
| 5. He is never ill. | 6. I’m afraid he’s going to get sick. |
| 7. Misha is sick again (= has fallen sick again) | 8. Nothing hurts. I feel great. |

101А.Б Totally Impersonal Verbs – Тошнит / Зноби́т

Russian has a number of verbs (often related to feeling ill) that behave rather oddly from the point of view of English. These verbs appear in the third-person (neuter) singular and take an accusative direct object – **without any subject at all in the sentence**. Thus, often the entire sentence consists of just two words – *accusative direct object + verb* (of course, it’s possible to include adverbs, though Russians normally don’t with these verbs). In this lesson we have two of these “totally” impersonal verbs: **тошнй́+** *feel nauseated* and **зноби́+** *have the chills*. Let’s look at some examples:

Меня́ тошнй́т.

I feel nauseated.

Ната́шу зноби́т.

Natasha has the chills.

Вчера́ Ма́шу тошнй́ло.

Masha felt nauseated yesterday.

Лéну зноби́ло.

Lena had the chills.

With the verb **тошнѝ+** you can express the source of the nausea with **от + genitive**. Quite often this phrase is used when **тошнѝ+** has a more metaphorical meaning, something akin to *it really disgusts me, I find it (or him) revolting*. However, the source could also be something someone ate, as seen in the final example:

Меня от такой музыки просто тошнит.

That kind of music makes me sick to my stomach.

Лену от него тошнит.

Lena finds him revolting.

Всех тошнило от рыбы. Наверно, она была испорченная.

Everyone got sick from the fish. It was probably spoiled.



Переведите на русский:

1. I feel nauseated.
2. He has the chills.
3. That makes me sick to my stomach.
4. Kira had the chills yesterday.
5. Do you feel nauseated?
6. That kind of music makes my father sick to his stomach.