

3 GRAMMAR IN USE Read the text and find fifteen more places where the word **to** is missing.

▶▶ 3.33 Listen and check.

Flying is bad for your health



THE DEATH of Emma Christofferson from deep-vein thrombosis allegedly caused by a twenty-hour plane journey has led to calls for an enquiry into so-called 'economy class syndrome'. The cabin crew were shocked ^{to} find the previously healthy 28-year-old in a state of collapse at the end of a long-haul flight from Australia to London. A blood clot had spread from her legs to her lungs with fatal results. Experts believe her death is just the latest example of the growing danger posed by sitting for extended periods of time in cramped aircraft seats.

Farol Khan, director of the Aviation Health Institute, claims have evidence that more than 6,000 passengers a year die of deep-vein thrombosis (DVT) as a result of long-haul flights. Unfortunately, as symptoms often take some time appear, the link between the condition and flying is not always apparent. But there seems be a clear relationship between the occurrence of DVT and the steady reduction in the amount of leg room between seats in economy-class cabins. In a bid increase the number of passengers carried and their consequent profitability, many airlines have squeezed more and more seats into their planes, at the cost of comfort and leg room. And our willingness put up with these uncomfortable conditions is simply based on the fact that we know more seats means

lower prices. But with limited opportunities stretch or move around, the blood circulation in passengers' legs tends slow down, and blood clots can easily develop. Most at risk are elderly people, sufferers from heart conditions and smokers. But as Emma Christofferson's case shows, even the young and healthy can do little prevent blood clots occurring under these circumstances. ... recommend moving the legs and feet regularly, and advise taking walks up and down the aisle at least once an hour.

Promoting a 'caring, sharing' image is something many airlines are keen on, and some of these have finally promised take the problem more seriously, for instance by issuing health advice to passengers 'trapped' on their long-haul flights. They usually recommend moving the legs and feet regularly, and advise taking walks up and down the aisle at least once an hour. But, as any experienced traveller knows, the aisles on most planes are only just wide enough for the trolleys get through. It is often impossible walk down the aisle get to the toilets, let alone allowing enough space take any exercise.

The truth is that until we are all prepared give up paying rock-bottom prices for long-distance travel, the airlines will have no incentive improve conditions. And a return to exclusive and expensive air travel is something nobody would contemplate advocating.