

## Horses Don't Sweat

by David P. Steel

Chapter 1 of 5:

Do you believe in **reincarnation**? I'm not sure if I do. But if I were an animal in a past life, I **bet my bottom dollar** I was a horse. No, I'm not an **equestrian**, I'm just fascinated by horses because they are so **graceful** and **resilient** at the same time. Most of all, they **inspire** me, and it was my **infatuation** with horses that helped me **get through** my **illness**. Yes, I was one of those who **caught** that **nasty virus going around** – the one that **affects** your **respiratory tract**.

Chapter 2 of 5:

I was **taking** all the **precautions**: washing and **sanitizing** my hands, wearing a **face mask** when I went out, **avoiding crowded** places. But my mother is a doctor and she must have **picked it up** at the hospital and **passed it on** to me. This virus is just so **insanely contagious**. My mother was then **quarantined** in the hospital. My dad was travelling **on business**, so when the trains stopped going, he was **blocked** in another city. I only had my 80-year old **grandma** to **look after** me, and the last thing I wanted to do was **infect** her, too. The **elderly** are more **susceptible** to the disease and the **fatality rate** is much higher.

Chapter 3 of 5:

Someone once told me, "Horses **sweat**, humans **perspire**." There are so many things **messed up** with that statement. **First off**, **sweat** and **perspiration** are really the same thing, just that **perspiration** is a little more **formal** or **elegant**. **Second off**, horses are **light-years** more **elegant** than humans, so for me they are the ones who **perspire**. So, I decided **not to sweat it** and **keep my cool**. I stayed **locked** in my room watching YouTube videos and my **grandma** would **slip** food through the door **every once in a while** – on paper plates and with plastic **cutlery**.

Chapter 4 of 5:

**Needless to say**, I **went through hell**. I had this very painful **cough** that **seemed** to come from deep in my **lungs**. I was **tossing and turning** so much in my bed, I really **worked up a sweat**. You might have heard the phrase "**to sweat like a horse**". No, that wasn't me, I **perspired** like a horse – **profusely**. The only thing that **distracted** me were all the **insightful** videos about horses I was able to watch. Horses are so **muscular** and **wiry**, but they don't eat typical **sources** of **proteins** like meat. They mostly just eat **oats**. So I asked my **grandma** to make lots of **porridge** for me that week. It really **soothed** my **soul**.

Chapter 5 of 5:

After a week of this **ordeal**, I slowly started to feel better. Unfortunately, **despite** all of our **precautions**, my **grandma** got sick **anyway**. By that time, my mother was able to come home and could bring her some special **antiviral** drugs. I don't think she **was supposed to** do that, since the drugs hadn't been tested for this new virus. But it worked and my **grandma** did **not** get **nearly** as sick as I did. She smiled and showed me an old **oil painting** of an **angel fighting off** a whole **legion** of **devils**. The **angel** was relaxed, it was all the **devils** who were **sweating**. No, horses don't **sweat**, they **perspire**.

Please note:

For all **bold-faced words**, there are English definitions which have been especially written for learners. These are available for free in the app StoryPlanet English (for Apple and Android devices). The story will only be available for free from 9 – 27 March 2020. Learn more about StoryPlanet English on our website: [storyplanet.uk](http://storyplanet.uk)

## Vocabulary list "Horses Don't Sweat"

<b>Word</b>	<b>Definition</b>
to affect	to influence; when something causes a reaction
angel	a heavenly being believed to look after people on Earth
antiviral	acting against viruses, as opposed to antibiotic which acts against bacteria
anyway	in spite of efforts to the contrary; regardless
to avoid	to stay away; to not do something; to prevent something from happening
to bet one's bottom dollar	to strongly believe in the probability of something; to be convinced that something will happen or turn out to be true
to block	to stop from moving; to prevent anything from passing through
to catch	to get a disease; also: to capture a flying or running person, animal or object
contagious	when something spreads quickly and easily, e.g. a disease or a strong emotion that affects many people
cough	a sharp noise that comes from the mouth, usually due to a dry or infected throat
cutlery	spoons, knives and forks used to eat food with; silverware or flatware
devil	an evil spirit
to distract	to divert one's attention from one topic to another; to cause someone to lose their concentration
elderly	older people; those who are over a certain age, e.g. depending on the country or context, over 60 or 70
elegant	beautiful, graceful, of high quality; especially refined; discretely fashionable, i.e. not vulgar or exaggerated
equestrian	a person trained in riding a horse; a person who rides horses
every once in a while	not often, occasionally, now and then
face mask	a protective covering worn over the mouth and nose, e.g. to help avoid catching or spreading a disease
fatality rate	number of deaths, e.g. due to a disease; degree to which those affected by something die
first off	to start with; introducing the number one item on a list
formal	serious, proper, distinguished
to get through something	to endure a long process; to survive in a difficult situation
to go round	to circulate, to spread within a community
to go through hell	to have a horrible experience that does not end quickly; to suffer extremely for a long time
graceful	beautiful, especially in the way one moves; attractive in shape or action
grandma	an elderly female relative, i.e. the mother of one's mother or father
illness	sickness, disease
infatuation	obsession, strong attraction, romantic fixation on someone
to infect	to give a disease to someone; to bring a harmful germ into a body, e.g. a virus or bacteria
insanely	incredibly, extremely, enough to drive one crazy
insightful	informative, interesting, bringing one to discover new viewpoints
to inspire	to give hope, to move someone to action or change, to cause someone to come to an idea
to keep one's cool	to remain calm, to not overreact, to be focused and unflustered
legion	a large number of soldiers
light-year	an extreme difference or distance; in astronomy: 9.46 trillion kilometers

locked	closed with a key or bolt; inaccessible without permission or a password
to look after someone	to take responsibility for someone who needs help; to take care of a sick, very young or very old person
lung	one of two organs in the breast used to transport air into the bloodstream and push air out through the mouth
messed up	wrong, disordered, confused
muscular	strong, full of muscles, the result of long-term body-building
nasty	very bad, disgusting, causing extreme discomfort
needless to say	obviously; no explanation is necessary
not nearly	not close, no comparison
oat	type of grain or cereal which is usually eaten in a flat, soft form and used to make food like porridge
oil painting	a picture to hang on a wall made by an artist, using a type of color that has been widely popular since the Renaissance
on business	for work purposes, e.g. when travelling or meeting someone
ordeal	a difficult experience, a time of suffering
to pass on	to give something to someone; to forward or share something
perspiration	emit a water-like substance emitted through one's skin, e.g. due to sports or a fever
to perspire	to sweat; to emit a water-like substance through one's skin, e.g. due to sports or a fever
to pick up	to actively or passively receive something from someone, usually implies going somewhere to get it
porridge	a warm breakfast meal made of oats boiled in water and or milk, usually sweetened with sugar
precaution	something done to avoid a bad outcome; an action taken to protect oneself or others from potential harm
profusely	in large quantities; flowing in excess
protein	an element in food, especially meat, eggs, cheese and beans, which is believed to be essential for muscle building
to quarantine	to separate sick people into a special area to stop the spread of a disease; to isolate someone from others
reincarnation	the belief that after one dies, one returns to life as another person, animal or other life form
resilient	robust, strong, resistant; able to recover quickly from a setback
respiratory tract	system in the body that handles breathing, including the lungs, nose and throat
to sanitize	to disinfect; to clean thoroughly; to remove all undesirable elements
second off	after the first point; introducing priority number two on a list
to seem	to give an impression of being something; to suggest a reason for something without being fully convinced
to slip	to pass something to someone discretely; to move smoothly and carefully; also: to slide uncontrollably, e.g. on ice
to soothe	to reassure, to comfort, to help someone relax
soul	a person or animal's emotional and/or spiritual center of self; the inner essence of a living being
source	the original place of origin; where something comes from
susceptible	likely to be affected, easily influenced, lacking resistance
to sweat	to perspire; to emit a water-like liquid through one's skin, e.g. under one's arms when doing sports
to not sweat it	to stay calm, to not worry
to sweat like a horse	to become wet all over one's body due to a fever, intense heat or physical exertion
to take precautions	to do certain things to avoid a bad outcome; to act in advance to protect oneself or others
to be supposed to	should, as expected

to toss and turn	to sleep unquietly; to continuously move about in one's bed due to pain or restlessness
wiry	describing a body which has little fat, long muscles and appears full of energy
to work up a sweat	when one's body becomes wet due to great exertion, e.g. by quickly climbing up a mountain