

About two weeks ago, I found that my eyes were feeling quite itchy. The feeling lasted all day, and has continued ever since. About one week ago, my nose started running, as if a little water tap had been turned on all of a sudden. No, I'm not sick. It's just allergy season. Most people I know suffer from some allergy or other. I'm not sure exactly what I am allergic to, but I can guess that it is something to do with plants. It is Spring, the weather is warming up, plants and trees are budding, so I assume that there is something in the air that is seasonal that causes me to have an allergic reaction. The trouble with seasonal allergies is that, when you have them, you look like you are sick. Red eyes, a runny nose, a general discomfort or annoyance because of the symptoms, all add up to a look of being ill. I'm not very good at taking medicine either. I choose not to, unless I'm feeling really bad. Mind you, the allergy medicine in the cupboard has been looking very attractive recently. My husband also has allergies, but he doesn't mess around and waste time. He goes straight for the solution, takes the pill or the liquid, and gets on with life. Deep down I don't want to believe that I have allergies. I would prefer it if my symptoms came from a cold. Around here, they say that if you have lived in Wenatchee for seven years, then it's your turn to develop an allergy. Well, I've been here for eighteen, so I am overdue! It must be something to do with all of the orchards and agriculture. Thankfully, we don't have any food allergies; now that would be rough. A good friend of mine is wheat intolerant, and has to be careful with her diet. In restaurants and at parties, she has to ask a lot of questions about the food that is available, and sometimes avoid the food just in case. I can't imagine having to avoid wheat, or my favorite, dairy products. So, I will put up with the sneezing, runny nose, and itchy eyes by remembering that some people have far worse allergies than I do. Perhaps I'll look in the medicine cabinet today, and give one of them a try.

Grammar notes.

Common phrases; ever since, deep down, the trouble with, just in case.

1. Ever since I went to the art gallery, I have been wanting to go back.
2. She won't admit it, but deep down she is in love with him.
3. The trouble with this restaurant is that, even though it is elegant, the food is far too expensive.
4. Even though it was sunny outside, we took our umbrellas, just in case.