

Example:

0 A struggle B combat C threaten D contest

Answer:



Why people laugh

Sunday May 4th will be World Laughter Day. Dr Madan Kataria, who introduced this annual event, says we need more laughter in our lives to (0) the global rise of stress and loneliness. But surely that strange sound that we make periodically can't be the (1) to such problems.

If an alien were to land on our planet and (2) a stroll among a crowd of earthlings, it would hear a lot of 'ha-ha' noises. It might wonder what (3) this strange habit served. If we ask ourselves what (4) a good laugh, the obvious answer is that it is a response to something funny. But one scientist, Robert Provine, says humour has surprisingly little to (5) with that. Instead, it lies at the (6) of such issues as the perception of self and the evolution of language and social behaviour.

Provine realised that you cannot capture (7) laughter in the lab because as soon as you (8) it under scrutiny, it vanishes. So, instead, he gathered data by hanging around groups of people, noting when they laughed.

He collected 1,200 laugh episodes – an episode being (9) as the comment immediately preceding the laughter and the laughter itself. His analysis of this data (10) some important facts about laughter. "It's a message we send to other people – it (11) disappears when we're by ourselves," he says. "And it's not a choice. Ask someone to laugh and they'll either try to (12) a laugh or say they can't do it on command."

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|-----------------|----------------|----------------|-------------|
| 1 A way | B answer | C end | D response |
| 2 A make | B get | C walk | D take |
| 3 A reason | B purpose | C idea | D meaning |
| 4 A results | B leads | C prompts | D concludes |
| 5 A go | B bring | C do | D set |
| 6 A root | B stem | C head | D back |
| 7 A complete | B authentic | C contemporary | D current |
| 8 A place | B lay | C stand | D keep |
| 9 A defended | B decided | C defined | D depicted |
| 10 A revealed | B investigated | C displayed | D declared |
| 11 A absolutely | B constantly | C undoubtedly | D virtually |
| 12 A offer | B pretend | C fake | D imagine |

Boys don't cry

Almost without (0) , when a little boy starts to cry, he's told to put a brave face on it. 'Boys don't cry!' is the familiar (16) , and with this, we exert enormous pressure on our sons to hide their emotions. Girls are almost (17) expected to express their feelings, but it would be (18) to believe that they are born weaker, more sensitive or with a greater natural (19) to cry. Boys have feelings too.

EXCEPT

EXCLAIM

VARY

ERROR

INCLINE

According to several leading psychiatrists, boys are more vulnerable to psychological and other problems later in life. Social pressures on them to be 'tough' can affect their (20) performance, and even lead to antisocial behaviour. This, in turn, can manifest itself in acts of violence and (21) It is even suspected that the (22) higher rate of suicide among young men is a result of boys being unable to 'get it off their chest', as compared to girls and women, who confide more (23) in others and are more likely to seek professional help if they are emotionally distressed.

ACADEMY

RECKLESS

SIGNIFICANCE

READY

What boys really need is more encouragement in their (24) years in order not to succumb to feelings of depression later on. This will help them to become more mature emotionally and it may even lead to a reduction in juvenile (25) among young males.

FORM

DELINQUENT

What are you like?

Reading Part 3 Multiple choice

1 Read the article quickly and decide which sentence (a, b or c) is the best summary.

- a Dealing with problems in your life.
- b Finding out how to take things easy.
- c Learning to be more positive.

2 Read the text again and choose the correct answer (A, B, C or D) to questions 1–5.

- 1 What does the writer advise people to do before getting up in the morning?
- A Calmly contemplate their day ahead.
 - B Organise their routine to maximise their time.
 - C Decide which undesirable activity they could dispense with.
 - D Reject the idea of having to fulfil their obligations successfully.

Better and better

TAKE A COUPLE OF MINUTES to lie still in bed and reflect on the day ahead. Do you feel cheerful or fed up, excited or bored? Or do you, perhaps, feel nothing? Go on, prod your subconscious to consider your situation. Unless you get pleasure from living a passive and non-eventful life, having a non-committal attitude can actually be as bad as being pessimistic. So if, as you walk yourself through the events of the day ahead, you feel pretty average about things, then try and aim higher. It will mean that you get much more out of life. So there you are, lying in bed. Picture yourself showering, making breakfast, catching the bus, attending meetings, shopping, cooking supper, watching TV and finally getting into bed. Did your spirits sink at the thought of any of it? If so, pluck what it was out of the timetable and examine it more closely. Is it a must-do, non-negotiable event? For instance, you may not mind the idea of going to work but hate your job or the daily commute. Find out what options you have to make changes or find alternatives. In the meantime, come up with a strong and confident affirming statement about the person you wish to be and the way you wish to tackle these life challenges.

Once you have a clear picture of the things in your life that make you feel low, either eliminate, minimise or improve them and the way you manage them. If getting everyone organised in the morning is a nightmare, you need to apply some lateral thought to the process. Encourage everybody to help with the morning routine. Make everyone responsible for some parts of their own organisation. If everyone is leading busy lives in the household, it makes no sense for one person to be a martyr. Be realistic about your own stamina and stress limits and appreciate the importance of keeping yourself fit and happy. Agree new regimes with family members or housemates as a sensible training exercise, and stick with it until everyone takes their equal share. Instead of feeling miserable about your chores and responsibilities, adopt a positive approach and acknowledge that they are an essential component of life.

2. The writer suggests dealing with difficult aspects of our home lives by
- A freeing up more time to handle them more effectively.
 - B delegating some responsibilities to others.
 - C learning to control stress by taking more exercise.
 - D asking for outside help to relieve pressures.
3. The writer initially implies that adopting a realistic attitude towards life can
- A have a counterproductive effect on our lives.
 - B encourage us to look on the bright side of life.
 - C enable us to find solutions to our problems.
 - D help us be more analytical in our approach to life.
4. The writer justifies having a positive outlook on the day by saying it will
- A make the outcome of our day more predictable.
 - B help us blank out the less desirable events in our lives.
 - C give us renewed energy to face up to problems in life.
 - D reinforce our appreciation of what makes life worthwhile.
5. According to the writer, how should we react to having had a bad day?
- A Focus on the one positive thing that happened, however insignificant.
 - B Try to communicate our feelings about it to another person in a positive way.
 - C Tell ourselves it is perfectly acceptable to feel down after a day like that.
 - D Stay positive and believe that tomorrow will be a better day.

40. Pessimism, doubt and negativity can often disguise themselves as realism. Facing up to the facts can sometimes be healthy but it's essential not to poison hope and optimism with negative thoughts. Observing how you think is vital. You really need to tune into hearing those negative waves as soon as they start and see a more positive alternative view. To find this perspective, you may need to examine closely the experience or subject of your attention. Be curious and interested in life, the things and the people that make up your day. Be resolute that you will find a positive in everything and everyone.

The logical rationale for having a positive attitude is compelling. Nobody knows for sure what each day will bring and whether its end will mark a personal triumph or disaster. Make yourself work out what good things will happen. Today could be the day you meet your soul mate, or when you are praised or promoted. Carry a list and photographs of things in your life that are rewarding or make you feel happy. This can include loved ones, favourite flowers, song tracks, a cutting from a newspaper that made you laugh, or a theatre ticket that reminds you of a wonderful occasion. If you need reminding that good things do happen, take this collection out and relive fond memories and thoughts.

65. Even if today has been a bad day, you needn't go to bed depressed because your optimism didn't pay off. Why? Well, because tomorrow is another day. In the same way that a single look or a sour comment can instantly kill a feeling, so a bubble of optimism arising from even the most minor triumph will eventually get bigger if you refuse to let yourself look on the dark side. That is the great thing about life.

HOMEWORK

Topic vocabulary: Reactions

A Complete using the words in the boxes in the correct form.

- 1 It's not very good to eat with your mouth open, Timothy. behaviour • manners
- 2 I expect very good from all of you while I'm out of the classroom. avoid • prevent
- 3 There's no way you can me from seeing my friends!
- 4 Let's the city centre as there'll be loads of traffic. chuckle • giggle
- 5 The girls were excitedly in their room – it was extremely irritating!
- 6 He occasionally quietly to himself as he read the letter. grin • smirk
- 7 The boys were after the film so I think they had a good time.
- 8 Stop in such an unpleasant way. Just because you won the game doesn't make you better than me, you know! glance • glimpse
- 9 I something through the window but I've got no idea what it was.
- 10 Terry at the clock and realised he was late. peep • peer
- 11 The window was so dirty we had to through it to see inside.
- 12 Don't ! Keep your eyes closed or it'll ruin the surprise. cross • fed up
- 13 I'm It's boring just sitting here. Let's go out for a walk.
- 14 Mr Jenkins was so when he heard the news he went red with anger. manoeuvre • tactic
- 15 Reversing round a corner is a difficult
- 16 I'm going to have to use some underhand to get Adam to agree.

B Each of the words in bold, except one, is in the wrong place. Write the correct words on the lines.

A young child's emotions

Young children express their emotions much more openly than most adults. In the playground, they often (1) **neglect** and ridicule the 'weaker' children and 'social misfits'. When they're successful at something, they (2) **grimace** openly. When they're taking horrible medicine, they (3) **conduct** in a way that adults rarely do. When they're (4) **impatient**, you know about it immediately. The (5) **gloat** a young child can experience during a nightmare often seems far more extreme than the fear adults have. Children's emotions are often very unpredictable too. When something angers them, they (6) **mock** instantly. A young child can go from peaceful (7) **terror** to extreme anger and back again in just a couple of minutes. If you give a small child a pet, they'll love it for a day or two, but then they might completely (8) **snap** it. All of this is for many reasons. Firstly, humans have to learn how to (9) **contentment** and control their emotions. And that takes time. Secondly, humans have to learn how to (10) **handle** themselves within a society. That also takes many years. Indeed, many adults still have a lot to learn when it comes to that.

C Complete using the words in the boxes in the correct form.

acknowledge • agonise • comfort • disgust • moan • rejoice • resent

- 1 I've been over this decision for ages but I've definitely made my mind up now.
- 2 The whole country was out on the streets when they won the World Cup.
- 3 Do you at least that not everyone thinks about things the same way you do?
- 4 I was in such pain I just lay in bed
- 5 I'm with the way this company's dealt with this problem. I'm going to complain.
- 6 I do the fact that Josh was promoted and I wasn't, yes.
- 7 We all need to Joyce at such a difficult time for her.

disillusioned • glum • resolute

- 8 Monica's absolutely determined to get this law changed. I've never seen her so about anything before.
- 9 You look a bit today. Is anything the matter?
- 10 Joe said he's so with his job he's thinking of quitting.

apathy • consequence • dignity • inertia

- 11 No one knows exactly what the of this action will be.
- 12 I thought the Prime Minister handled her resignation speech with great
- 13 The bureaucratic system in this country is suffering from extreme Nothing ever gets done!
- 14 There's just so much from young people these days when it comes to politics. They're just not interested.

Topic vocabulary: Health**D Circle the correct word or phrase.**

- 1 If he's been bitten by a snake, we'll have to get him to a hospital to get the **vaccine** / **antidote** immediately.
- 2 They give most children a number of **vaccines** / **antidotes** these days to stop them getting serious diseases.
- 3 Have you been **inoculated** / **injected** against tetanus?
- 4 The symptoms are small red spots and slight skin **irritation** / **annoyance**.
- 5 I've cut my finger. Have you got **plaster** / **a plaster**?
- 6 Richie's broken his leg and it's in **plaster** / **a plaster**.
- 7 My **diagnosis** / **prognosis** is that you're suffering from stress.
- 8 If you carry on taking the tablets, then your **diagnosis** / **prognosis** is excellent.
- 9 **Preventive** / **Protective** medicine's all about not getting diseases rather than curing them after you've got them, isn't it?
- 10 My grandmother spent the last two years of her life in a nursing **house** / **home**.