

Improving Reading Skills

Authors:

Dr Nasrin Shokrpour

Dr Ali Mahboudi

Preface

In the Name of God

This book has been prepared to help the students of medical sciences to improve their basic reading skills. In spite of the availability of many reading comprehension books in the market, the need for a new book was felt as none of them available in the market meets the specific needs of our specific students. The first chapter of this book is on an important reading skill, i.e. “how to deal with unknown vocabulary,” addresses the skill that many students lack or are weak in. The other chapters are reading selections obtained from authentic texts and websites based on the needs of our prospective users. Throughout the book, the students further practice the skills they learned in the first chapter in addition to other reading skills such as skimming, scanning and finding the main ideas. Keeping both the top-down and bottom-up reading processes in mind, the authors have tried to provide a balance between these two so that the students can enjoy the content of the text while being attentive to the various ways the messages are encoded. Another purpose the authors had in mind in the selection of the materials was to help the students to promote their knowledge of academic vocabulary, specifically in the field of medical sciences. The exercises provided are to help the students consolidate the skills they learn.

However, no book is perfect and this book is no exception. The authors accept all the responsibilities for the shortcomings of the book and warmly welcome any suggestions for the betterment of the book in future editions.

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Unit 1

Dealing with Unknown Vocabulary

In every text you read, you will probably meet words that are unfamiliar to you. If you learn some strategies for dealing with this unknown vocabulary, then you will be able to save a lot of time and enjoy your reading more. Looking up every unknown word in the dictionary interrupts your reading, is very boring, and turns away your concentration from the subject you are reading. Dictionary work can be useful, but you should try to delay it until after you've read the passage at least once.



Learning the use and meaning of words in English can be made easier and even enjoyable if you know how to do it. In this part, you will learn some ways to deal with unknown vocabulary. Try to learn them well and apply wherever possible in your reading assignments in this book and other books.

I. Making use of clues (ideas, information) in the sentence:

A. Look for the verb to be. It is easy to find a meaning for a new word when the definition is clearly given. This usually happens with the verb *to be*.

Examples:

1. registered nurse is a nurse who has a degree in nursing and has passed an exam to be allowed to work.
2. Ailment is a disease which is not serious.
3. MP3 is a method of reducing the size of a computer file containing sound, or a file that is reduced in size in this way.



4. MP3 player is a piece of computer equipment that can open and play MP3 files.

5. DNA is the short form of deoxyribonucleic acid, the chemical in the cells of animals and plants that carries genetic information.

B. Look for commas, dashes, parentheses, etc. (punctuation marks) and words such as: i.e. (that is or that is to say), in other words, for example, such as, and or.

Examples:

1. Skimming, a reading skill to read fast to get a general idea, is very important to learn.
2. The context, that is the sentence situation, helps the reader to choose the appropriate (proper, correct) meaning.

What is **context**?

What does “**appropriate**” mean?

3. Modern “disease detectives” such as microbiologists, epidemiologists and other health experts try to find out the reason for epidemic-- a sickness that many people in one region have.

Who are “**disease detectives**”?

What is an **epidemic**?

4. Linguists and educationists (specialists in theories and methods of teaching) are working on the ways to make language acquisition or language learning easier.

What does **acquisition** mean?

5. Workaholism, in other words, an addiction to work has both advantages and disadvantages.

What does **workaholism** mean?

Modern medicine and new methods of food production allow adults to live longer and babies to survive, not die soon after birth.

What does **survive** mean?

C. Look for words which show contrast, opposite ideas such as but, while, whereas, etc.

Examples:

1. Her husband was gaunt, but she was obese (very fat) .

What does **gaunt** mean?

2. There are some diseases which can be diagnosed and treated using simple equipment whereas (while) the successful treatment of some diseases depends on the availability of sophisticated modern, high-tech equipment.

What does **sophisticated** mean?

3. As we age our physical ability declines, but our mental ability and experience increase.

What does **decline** mean?

D. Look for words around the unknown word.

Sometimes the words around the unknown word (context) can help you guess the meaning of that word. For example, when you hear or read “She had a lesion”, it is very difficult or maybe impossible to guess what “lesion” means. But if you continue reading “she had a lesion on her left arm.”, you may limit the number of your guesses. That is, lesion is something that can be on the arm. So it can’t be a house, a car, etc. If you continue reading further, “She had a lesion on her left arm that did not stop bleeding.”, you can guess that lesion can probably be something like an injury or a wound.

Examples:

1. His *haughty* manner continually talking about himself and his

success made even his friends angry.

What does “**haughty**” mean?

2. The test was so *tough* that only few students were able to pass it.

What does “**tough**” mean?

3. The more *competent* a doctor is, the better and more quickly he/she can diagnose one’s disease.

What does **competent** mean?

4. You will need a very sharp knife to *slice* those potatoes?

What does **slice** mean?

5. I cannot read what you’ve written; your handwriting is *illegible*.
What does **illegible** mean? Is an illegible handwriting readable or unreadable?

6. Psychologists say that a person usually has a *self-image* that is different from the way other people see him or her.

What does “**self-image**” mean?

E. Sometimes the meaning of the word may be in the other sentence or sentences which follow.

The boy went to the hospital once a week for *therapy* on his injured leg. The treatment included swimming and other exercises.

You can guess that *therapy* means *treatment*.

Examples :

1. Sick people often feel *resentful*. They seem to be angry because they are ill. They think that it is unfair for them to be sick when others are enjoying good health.

What does “**resentful**” mean?

2. The doctor removed the *tumor* from the patient’s body. He found that the large group of unusual cells were cancer cells.

What does “**tumor**” mean?

3. The patient had all the *symptoms* of flu. His head ached, his muscles were sore (red and painful), and he had a high fever. The doctor said that these signs mean flu.

What does ‘**symptom**’ mean?

4. After 3 nights of sleeplessness, the man was *hallucinating*. For example, when he saw a street sign, he thought it was a person.

What does “**hallucinate**” mean?

II. Word Analysis

Another important way to learn the meaning of unknown vocabulary is to analyze the words into their parts. Words are usually made up of three parts. The main **stem** can stand alone or in combination with the other parts. A **prefix** is a form which is fixed to the beginning of a stem and usually changes the meaning of a word. A **suffix** is a form which is fixed to the end of the stem, and usually changes the part of speech of a word. That is, it changes a verb to a noun or an adjective to an adverb, etc.

If students learn the meaning of some prefixes, stems and suffixes, they can guess the meaning of many words and there is no need to waste their time looking the words up in a dictionary.

For example, there are some prefixes such as un, in, im, il, dis which mean not or the opposite of.

	honest		comfortable		complete		patient		legal
	advantage		natural		correct		moral		literate
Dis:	appear	Un:	happy	In:	dependent	Im:	mobile	Il:	logical
	believe		friendly		visible		mature		
	approve		fair		ability		possible		
	comfort		common		active		passive		
			cover		expert				

Prefix “mal” (before nouns, verbs and adjectives) means bad or badly; not correct or correctly. Example:

malfunction, malformation.

Prefix “mis” (in verbs and nouns) means bad or wrong; badly or wrongly.
Example: misbehavior, misinterpret, misapply, misdeed; misdial, mislead, mishandle, misinform.

In the chart below, you will find some other most common prefixes. Find two examples for each prefix.

Prefix	Area of meaning	Example (s)
ante	before, in front of	
anti	against, opposite	
auto	self	
bi	two, twice	
co, com	with, together	
de	down, the opposite of; removing something	
ex, e	out, from	
infra	below	
inter	between, among	
intra	inside	
macro	large	
micro	small	
mono	one, alone	
post	after, behind	
Pre	before, in front of	
prim	first	
pro	for, before, in front of	
re	again	
sub, sup	under	
trans	across	
tri	three	
uni	one	
ultra	beyond, excessive	

Word Stem Exercises

In the chart below, some of the most common word stems are listed alphabetically. The meaning of the stem is given as an area of meaning because most often there is not one single specific meaning. In the right-hand column, space has been left for you to record examples of words which are built upon the stem.

Word stem	Area of meaning	Example
anthro	man, mankind	
bibl	book	
chrome	color	
chron	time	
cosm	order, world	
cycl	wheel, circle	
dic, dict	say, speak	
duc, duct	lead	
fac, fact, fect	do, make	
form	form, shape	
fort	strong	
geo	earth	
gram, graph	write, writing	
hetero	other, different	
homo	same	
log, logy	speech, word, study	
man, manu	hand	
mater, matri	mother	
medi	middle	
mit, miss	send	
multi	many	
nomen, nym	name	

omni	all	
pan	all entire	
pater, patri	father	
pathy	feeling, suffering	
phil	like, love	
phon	sound	
port	carry	
scrib, script	write	
sequ, secut	follow	
soph	wisdom; wise	
tax, tact	arrange, order	
tele	far, distant	
tempor	time	
tract	draw, pull	
vene, vent	come, go	
vert, vers	turn	
voc, vok	call	
volve, volu	roll, turn	

Unit 2

Pre-reading Activity

A. Think about the following questions. You will find the answers in the reading selection.

1. Does culture give clue to the educational system in different countries?
2. Can each educational system reflect the economy, values, social structure and problems in the society?

B. Skim through the reading selection and decide what the general idea of the whole passage is.

Education: A Reflection of Society

- A Visit schools anywhere in the world, and you will probably notice a number of similarities. There are students, teachers, books, blackboards, and exams everywhere. However, a school system in one country is not identical to the system in any other country. It cannot be exactly the same because each culture is different. The educational system is a mirror that reflects the culture. Look at the school system, and you will see the social structure and the values of its culture.

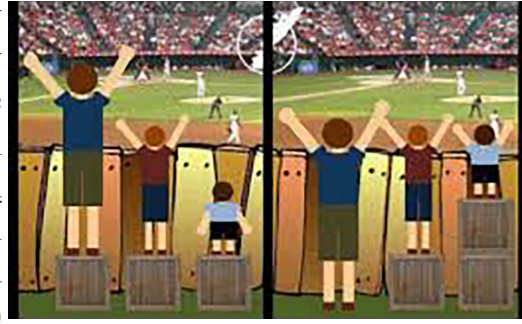
«It» refers to



Kenya

- B Kenya, a developing country on the east coast of Africa, has a rapidly

growing population. The economy is based on agriculture (especially the sale of tea leaves and coffee beans) and tourism. Visitors from another country might be startled by one statistic about education in Kenya .They might be surprised to learn that about 90 percent (%)



Which word in the next sentence gives clue to the meaning of “startled”?

of all students who finish **primary school**--elementary school-- don’t continue on to secondary school. One reason is economic. Education in Kenya is free only through primary school; students must pay tuition in secondary school, and many people can’t afford this. Also, far from cities, in rural areas, children need to quit school to work on their families’ farms. The other reason is social. Some rural tribes (such as the Maasai) don’t want their children to have a formal education because they don’t see its relevance--its connection to real life.

Primary school is the same as -----.

“this” refers to -----.

“relevance” means -----.

Japan

- C In contrast, the Japanese value education highly. They place such importance on it that 88 percent of all students complete not only primary school but also high school. Public schools are all both free and **egalitarian**; all students are considered equal and learn the same material. For social reasons, it’s important for a student to receive a university degree--and a degree from “the right university”. To reach this goal, students have to go through “examination hell”. There are difficult exams for entrance to all universities, to many of the better primary and secondary schools, and even to some kindergartens! Japanese students need great **discipline**, in order to make time for their studies, they need the self-control to give up hobbies, sports and social life. Results of these exams affect the entire family because there is high status, or social position, for the whole family when the children have high test scores.

You can guess from context that “egalitarian” means -----.

“this goal” refers to -----.

Which word in the next sentence gives clue to the meaning of “discipline”?

Britain

- D In the United Kingdom (Britain), the educational system reflects the class system. All state schools--primary, secondary, and university--are free, and the first nine years are egalitarian; all students learn the same material. At age eleven, students take an important national exam. After this, they attend one of three possible secondary schools: college preparatory, vocational (for job training), or comprehensive (with both groups of students). However, 6 percent of British students attend expensive private schools. These are students from upper-class families. Half of the students at Oxford and Cambridge Universities come from such expensive secondary schools. Although all universities are free, only 1 percent of the lower class goes to

university. Because graduates from good universities get the best jobs, it is clear that success is largely a result of one's social class.

The United States

E Education in the United States is more democratic than in many countries, but it also has serious problems. Public primary and secondary schools are free, and almost 80 percent of all Americans are high school graduates. Students themselves decide if they want collage-preparatory or vocational classes in high school; no national exam determines this. Higher education is not free , but it is available to almost anyone, and about 60 percent of all high school graduates attend college or university. Older people have the opportunity to attend college, too, because Americans believe that "you're never too old to learn." However, there are also problems in U.S. schools. In many secondary schools, there are problems with lack of discipline and with drugs and crime. In addition, public schools receive their money from local taxes, so schools in poor areas don't have enough good teachers or laboratory equipment, and the buildings are often not in good condition. Clearly, U.S. education reflects both the best and the worst of the society.

Primary school
is the same as
-----.

Conclusion

F It is clear that each educational system is a reflection of the larger culture: its economy, values, social structure, and problems. Look at a country's schools, and you will learn about the society in which they exist .

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. There are similarities as well as differences in the educational system of different countries.

-----2. Differences in the educational system of each country can be attributed to its culture.

-----3. The values of each society can be observed in its school system.

-----4. Many Kenyan students do not attend secondary school since they need to work and also because the society doesn't see it necessary.

-----5. To Kenyan families, education is relatively connected to life.

-----6. More Kenyan students attend high school than Japanese ones.

- 7. In Japan, the students who are not rich don't go to good schools.
- 8. Social class is so important in Britain.
- 9. Most of the British students attending expensive private schools end their education in Cambridge or Oxford Universities.
- 10. The principle of equality is more considered in education in the U.S. than any other country.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Cultural values -----of each country.
 - a. are not considered significant in the education system
 - b. play an important role in the education system
 - c. have no relevance to the education system
 - d. are assumed important only in the university education
2. The main idea of the reading selection is that -----.
 - a. both British and Japanese people consider a relationship between education and status
 - b. the culture of each country can be considerably known from its educational system
 - c. the United States and Japan hold national exams
 - d. Kenyan, Japanese and American students enjoy free public education in the primary school
3. Japanese students avoid entertaining activities since -----.
 - a. they don't like to be involved in such activities
 - b. their parents want them not to
 - c. the right universities are expensive
 - d. they want to get a university degree
4. Families in Japan ----- their children's education.
 - a. are rather indifferent to
 - b. place a lot of importance on
 - c. are not as concerned as the government about
 - d. usually have no control on
5. Secondary schools in Britain -----
 - a. are all egalitarian
 - b. do not have a role in the students' future careers
 - c. help students train for their future decisions

d. are not usually free

6. In Britain -----attend university.

- a. only a small number of lower class students
- b. most of the students in secondary schools
- c. all of the students from higher classes
- d. half of the students in vocational schools

7. This in paragraph E (line 7) refers to -----.

- a. the students' decision
- b. being a high school graduate
- c. using free education
- d. democracy in education

8. According to paragraph E,-----

- a. national exams are necessary to enter high schools in the U.S.A
- b. more than half of the high school graduates go to university
- c. high school graduates see it difficult to attend colleges
- d. the majority of the college students are old

9. Americans believe that "you are never too old to learn".

This is -----of American education

- a. one of the drawbacks
- b. one of the advantages
- c. neither a drawback nor an advantage
- d. both a drawback and an advantage

C. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Have you ever ----- that Japanese students are so disciplined?

- a. noticed
- b. guessed
- c. regretted
- d. attended

2. The student's behavior ----- his lazy attitude to work; it is clearly shown in his behavior

- a. lacks
- b. reflects
- c. values
- d. receives

3. We were all ----- to hear the news; some were even shocked as well as upset to hear that they were getting divorced.

- a. pleased
- b. startled
- c. prepared
- d. educated

4. Many students in this country have to ----- school since their families are poor and cannot afford it

- a. initiate
- b. quit
- c. continue
- d. attend

5. There was no -----between the topic under discussion and what the teacher said ; therefore, the students got confused.
a. opportunity b. success c. relevance d. priority
6. The schools here are -----; all students are considered equal and receive the same education.
a. tribal b. disciplined c. egalitarian d. educational
7. “What is her ----- in the organization?” She is a manager.
a. belief b. culture c. campus d. status
8. The department is run on -----lines, and all the staff are involved in making decisions.
a. foreign b. technology c. secondary d. democratic
9. You shouldn’t miss the ----- to attend that college; everybody is trying hard to achieve it.
a. opportunity b. tuitions c. knowledge d. charges
10. The students who ----- confidence are not able to function well in class since they cannot contribute to the discussions.
a. possess b. grant c. instruct d. lack

Grammar: present participle and past participle as modifiers

Sometimes adjectives are made from verb and are used like adjectives to modify a noun. They are of two types:

1. Subject adjective

This adjective is made by using a verb +ing.

Example: a growing population=a population that grows
contracting muscles=muscles which contract
a developing country=a country which is continuing to develop

2. Object adjective

This adjective is made by using past participle of a verb.

Example: a developed country = a country which is developed
a balanced diet = a diet which is balanced
an enlarged gland = a gland which has been enlarged

Note: - The - ing form is derived from an active verb
- The - ed form is derived from a passive verb
- The choice between the – ing and the – ed form depends on active / passive NOT on tense.

D. Find examples of subject and object adjectives from both the reading selection in the first part and in the further reading.

subject adjective

object adjective

E. Find the words in the reading selection with the following meanings and write the words on the lines.

1. shows, is the sign of (A) -----

2. puts importance on (C) -----

3. highly surprised (B) -----

4. money paid for education (B) -----

5. to be able to pay for (B) -----

6. aim, objective (C) -----

7. whole, complete (C) -----

8. opposite of failure (D) -----

9. related to profession (E) -----

10. any unlawful action (E) -----

11. money which must be paid to the government based on income, property, etc. (E) -----

F. Answer the following questions orally

1. What are the similarities and differences between two different school

systems ?

2. Why can't the school system of each country be the same ?
3. What is Kenya's economy based on ?
4. What do some Kenyans living in rural areas believe about education ?
5. How are public schools run in Japan ?
6. What does education system reflect in Britain ?
7. Is there any national exam in Britain ? If yes , at what level ?
8. What does success of the graduates depend on in Britain ?
9. Why do we say that education in the U.S. is democratic?
10. Where do American schools get their money from ?

G. Discuss the following questions?

1. What's the education system in your country like?
2. What are the similarities and differences between the education system in your country and the countries mentioned in the reading selection? Which do you prefer? Why?

Further Reading

International students

A All around the world, there are international students at institutions of higher learning. The definition of an international student is "a postsecondary student from another country." The meaning of postsecondary is "after high school." Another phrase for international students is "foreign students." The word foreign means "of a different country or culture." **Even so**, some people don't like the word foreign, so they use the phrase "international students". For institution of higher learning, they usually say "university ", "college ", or "school."

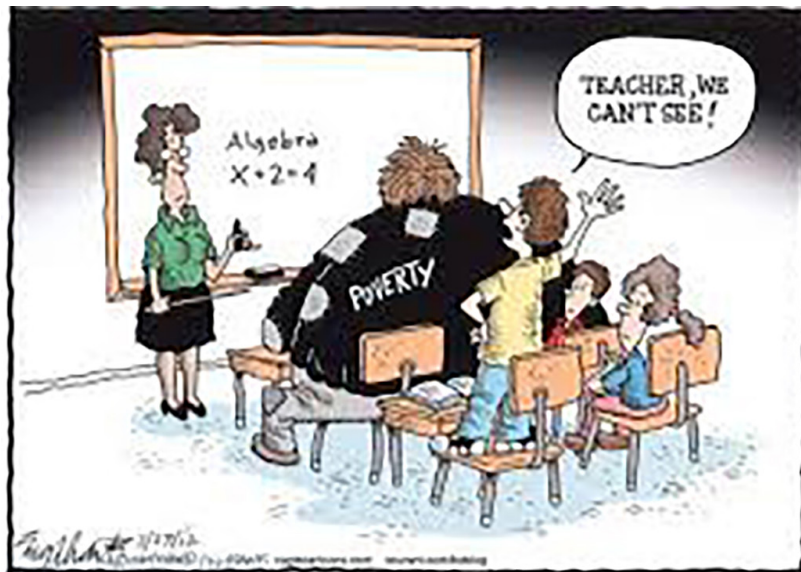
"post" is a prefix which means after.

in spite of that

B International students leave their home countries and go to school abroad. One meaning of the word abroad is "in a foreign place." By far, the country with the most students from abroad is the United States. Canada, Great Britain, and some European countries also have a lot of

students from other countries. **But** more and more students from around the world attend colleges and universities in the developing nations of Latin America, Asia, and Africa. Developing nations don't yet have a high level of industrialization or technology.

"But" can be replaced with ...
a. however
b. moreover
c. consequently



- c Why do high school and college graduates go to colleges and universities far from their homes? Undergraduates are postsecondary students without college degrees. Often, undergraduates want the experience of life in new cultures. Maybe they want to learn another language well, in school and in real life. Many older students want degrees in business, engineering, or technology. These subjects are not always available in their home countries. Some governments and companies send **their** best graduate students and workers to other countries for new knowledge and skill. And some students from expensive private schools at home save money through study abroad, especially in developing nations.

"their" refers to-----.

- D Why do institutions of higher learning want international students? Of course, students from other countries and cultures bring internationalism to the classroom or campus. They bring different languages, customs, ideas, and opinions from many places around the world. Usually, they study hard. Also, educational institutions need money. Tuition is the fee or charge for instruction, and private schools everywhere charge high tuition. One definition of citizens and immigrants is "legal members of a nation or country." International students are not citizens or immigrants, so they pay full tuition and fees to state or government school. And all students away from home spend money for housing, food, recreation, and other things. For these reasons, many schools and groups of schools want students from other countries.

- E For various reasons, many high school and college graduates want or

"abroad" means-----.

need to study abroad. For other reasons, many nations want or need students from other countries and cultures on their college and university campuses.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. Developing countries accept no foreign students in their universities.

-----2. “Foreign students” refers to those students following their education in countries other than their own.

-----3. The main reason for high school and college graduates attending schools in foreign countries is that they want to leave home.

----- 4. Colleges and universities in the developing world try to attract foreign students from the developed world in order to employ them.

-----5. Institutions of higher learning want foreign students basically because they pay to the universities.

-----6. Foreigners don’t like to study in developing countries and usually tend to follow their studies in universities in the developed countries.

-----7. Tuition fees are fixed in other countries, whether for immigrants or international students.

-----8. The phrase “international students” is more preferred than “foreign students”.

-----9. An increasing number of students tend to attend African and Asian universities these days.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. All of the following are among the undergraduates’ motives to attend foreign colleges and universities except:

- a. earning more money in the new context
- b. seeking a university degree
- c. learning to speak a new language
- d. learning a new culture and custom

2. According to this reading selection, -----
 a. internationalism brought by a foreign student is advantageous to the new country
 b. few students go to developing countries to study since they are not highly industrialized
 c. international students abroad are treated as citizens
 d. the universities abroad pay living expenses to foreign students

3. The main idea of the passage is that -----
 a. international students seek education abroad
 b. just as international students may need to study abroad, the foreign universities need students from other countries
 c. international students are growing in number and importance
 d. international students are hard working; therefore, universities abroad want to have them in their educational institutions

4. “Even so, some people don’t -----” (paragraph 1, line 8). SO refers to -----
 a. being from a different country
 b. studying as a postsecondary student
 c. going to a university, or college
 d. defining foreign students

5. “-----save money through study abroad -----” In which of the following sentence does through have the same meaning?
 a. He pushed his way through the crowd to the door.
 b. I got this job through an employment agency.
 c. How many working days were lost through sickness?
 d. He is very weak and is not expected to live through the night.

6. In which of the following pairs, the referents are the same?
 a. international student, immigrant
 b. postsecondary student, international student
 c. foreign student, international student
 d. institution of higher learning, kindergarten

C. Fill in the blanks with the appropriate form of the words given.

1. reflect, reflection

- a. One’s behavior in the society ----- his / her culture and life standards.
- b. The rising rate of crime is a ----- of an unstable society.

2. educational, educate, education, educated

- a. The government is spending a lot of money on -----
- b. He is visiting schools and other ----- establishments in the area.
- c. The officials have started a campaign to ----- the public on the dangers of smoking.
- d. He is an -----person.

3. affect, effect, effective, effectively

- a. Smoking ----- health.
- b. Their efforts to improve the school have been very -----
- c. One of the ----- of this illness is that you lose your hair.
- d. If you try more, you'll learn to deal with the situation-----.

4. attendance, attend, attendant, attending

- a. A person employed to look after and help visitors or customers in a public place is called an -----
- b. In our country,-----at school is demanded by law.
- c. Please let me know if you are unable to -----.
- d. In the USA and Canada, an ----- doctor (also known as a staff physician or an -----) is a physician who has completed residency and practices in a clinic or hospital in the specialty learned during residency.

5. development, develop, developing, developed

- a. They do exercise to ----- their muscles.
- b. A poor country trying to build up its industry and improve the living conditions of its people is referred to as a ----- country.
- c. It was an important stage in the country's -----.
- d. The U.S.A is one of the world's -----countries.

6. industrial, industrialization, industry, industrialize

- a. They are trying hard to -----their country.
- b. Are the government's policies helpful to -----
- c. The process of ----- is a long-term one.
- d. ----- relations are concerned with the relationship between the management and workers in an -----

7. knowledge, know, known, knowledgeable, knowledgeably

- a. This is a disease with no ----- cure.
- b. He always thinks he ----- all the answers.
- c. My -----of French is rather poor.
- d. He speaks very ----- about politics, because he is a -----person.

8. immigrant, immigrate, immigration

- a. He ----- to Japan in 1999.

- b. There are strict controls on -----into this country.
 c. Someone coming into a country from abroad to make his/her home there is called an -----.

D. Match the words in column I with their equivalents in column II.

I	II
1. identical	a. stop
2. startled	b. not public
3. quit	c. related to village
4. relevance	d. exactly alike
5. discipline	e. fee for instruction
6. abroad	f. connection
7. tuition	g. to or in another country
8. postsecondary	h. suddenly surprised
9. private	i. after high school
10. rural	j. self-control

E. Fill in the blank using the words in the list.

goal preparatory available
 status lacks charge
 entrance experience recreations

1. Our main ----- must be the preservation of environment.
2. His -----include golf, football and shooting.
3. Women around the world are asking to be given equal ----- as men.
4. To get the job, you need some ----- training.
5. In order to attend the concert, you need to pay -----fees.
6. Do you have any previous ----- of this type of work?
7. He is good at his job but he ----- confidence.
8. Do you think museums should ----- for admissions?

9. We will send you a copy as soon as it becomes ----- .

F. Parts of Speech

Although you do not need to look up every word in the dictionary, sometimes you may want to find the pronunciation or part of speech of a word. A dictionary can give you the following information .

1. spelling
2. number of syllables divided by dots ag. ri. cul. ture (4)
3. stress on the first syllable ag. ri. cul. ture
4. part of speech (n)
5. meaning (the practice of science of farming)
6. usage (formal, informal)
7. type of word (British or American)

Example : ag. ri. cul. ture n[u]

The practice of farming, esp, of growing crops. agricultural /
adj: *agricultural products / machinery* . agriculturalist n

F. Find these words in the dictionary. Write the pronunciation, part of speech, meaning, example, synonym,

Word	part of speech	meaning	example sentence
notice			
identical			
primary			
important			
graduate			
success			
national			
foreign			

G. Fill in the blanks using the correct form of the words given in the list.

Noun	Verb	Adjective	Adverb
education	educate	educated educational	
	surprise		
		defined	
connection			
comprehension			
			differently
knowledge			
	value		
		industrialized	

Unit 3

Pre-reading Activities

A. Skim the following reading selection to get a general idea of what it is about.

-----.

B. Scan the reading selection for more exact or concise synonyms.

The phrases are listed in the order of their appearance.

1. I have created Health Longevity Magazine. Come to share my (strong feeling) ----- and interest for human health.
2. Because it is not the most effective way to health and (long life) ----
-----.
3. Provide your computer with (right, suitable) ----- data and it will
(produce) ----- proper information.
4. In today's world, our body is bombarded with (poisons) -----
from the air we breathe.
5. There are literally toxins in everything we (face) -----
6. Lack of relaxation and rest has negative (effects) -----
7. This is why I developed a (real) ----- care for health and wellness
issues.
8. It is an additional help to fight the impact of the aging process and a
(increase)----- for enhanced health and longevity.

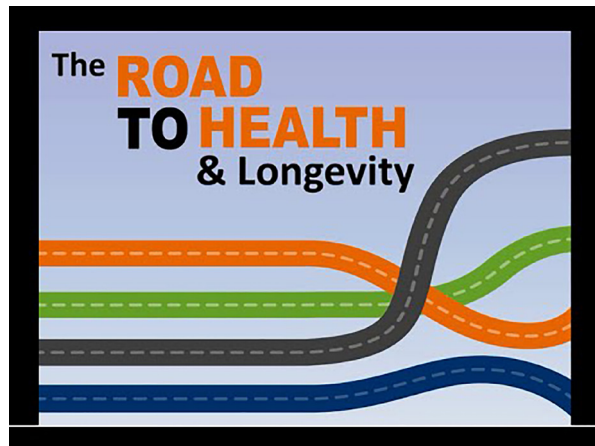
Reading

A

How to Find the Road to Health and Longevity

My name is Marc Deschamps. I have created Health Longevity Magazine. Come to share my passion and interest for human health and to help YOU live a healthier and longer life. My father died of a heart attack at the age of 46. I was 9 years old and I could not understand why life had taken my father so soon. Two of my father's brothers died at the age 38 and 42 ... of heart attacks. My mother retired at age 62, a few months later she contracted a vicious virus and was hospitalized for 3 weeks. One year later she was diagnosed with the Parkinson's disease.

B Every year, when I visit my doctor, he reminds me that I am at “risk” because of family history. I go through blood tests and check ups and the doctor is ready to fire pills and diet plans at me if I go above acceptable levels of cholesterol, weight, blood pressure, etc. You know what? I don’t want to take pills and



follow diet plans because **it** is not the most effective way to health and longevity. The health and longevity equation is about prevention, it is about providing your body with quality input to produce a long and healthy output. Our body is like a car or a computer system. Feed your car with good oil and gas and it will work well; provide your computer system with appropriate data and it will generate proper information. In today’s world our body is bombarded with toxins from the air we breathe, the water we drink, the food we eat. There are literally toxins in everything that we encounter. Is it any wonder that one out of every 2.5 people in the United States are dying and will die of cancer (according to the United States Government’s own statistics)?

“It” refers to -----.

C Our health is also affected by the day-to-day pressure to perform at work and at home. Lack of relaxation and rest has negative impacts on our health condition both short- term and long-term. In many cases, our marital life also suffers.

D This is why I developed a genuine care for health and wellness issues, and for ways to help our body fight against the “attacks” of our environment. I did lots of personal research on various health topics such as anti-aging, stress, relief, energy level, sexual health, heart attack prevention, immune system, skin care, common diseases, etc. ... I read books and newspapers and I consulted several public libraries. I documented my work in short articles and this gave birth to Health Longevity Magazine.

E As a result of this research I came up with a **rock solid conviction**: we need to maintain life with life and we must support our system with natural supplements. **It** is an insurance policy against the deterioration of our body cells occurring daily with the effect of time. It’s certainly not a guarantee of endless health and youth but it is an additional help to fight the impact of the aging process and a boost for enhanced health and longevity.

“it” refers to -----.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- 1. The writer is definitely an expert in the field of health.
- 2. Most of Marc's family members died from cardiac diseases.
- 3. It seems that Marc is bored with frequent check ups.
- 4. Marc doesn't believe in treatment; he believes in prevention.
- 5. According to this reading selection, healthy life requires good food.
- 6. Life stresses merely affect us physically.
- 7. All Marc's efforts, research and consultations have been published in a book.
- 8. To the writer, medications are more effective than natural substances.
- 9. Our body deteriorates no matter we care about it or not.
- 10. Rock solid conviction is not considered as the best method of well being and long life but it could contribute to them.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. By creating Health Longevity Magazine, Marc aims at -----.
- a. holding lectures and seminars
 - b. making people get involved in reading magazines
 - c. helping people boost their health and longevity
 - d. recommending others follow a routine check up
2. What has motivated Marc to create Health Longevity Magazine is -----.
- a. his interest in others' health and longevity
 - b. his great interest for reading magazines
 - c. to remind himself of the risk in his family
 - d. to fight against the environmental hazards
3. Marc doesn't believe in -----.
- a. the effect of medication
 - b. the effect of diet plans
 - c. physicians' role
 - d. all of the above

4. To the writer of this reading, the most effective approach to health is -----.

- a. preventing the disease by the right food
- b. having routine check ups
- c. following physicians' recommendations
- d. curing the disease through the prescribed pills

5. According to this passage, all of the following endanger health and longevity except:

- a. poisonous food and water
- b. toxins in air
- c. tensions in life
- d. insufficient output

6. Marc's rock solid conviction was brought about by -----.

- a. his sufferings in life
- b. the research conducted by him
- c. his belief in traditional therapy
- d. the development of health issues

C. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. My uncle has ----- pneumonia; he has just begun to have the disease.

- a. contracted
- b. diagnosed
- c. overcome
- d. known

2. My family doctor is used to ----- us that we are one of the high risk group.

- a. supporting
- b. reminding
- c. forgetting
- d. firing

3. As the ----- of energy to the machine is increased, the volume gets louder.

- a. access
- b. pressure
- c. output
- d. input

4. The personnel department seems to be ----- a lot of paper work these days; this requires a great deal of budget.

- a. cutting
- b. reducing
- c. generating
- d. rejecting

5. I think this is a/an ----- moment to raise the question of promotion since the authorities have enough time to listen.

- a. appropriate
- b. risky
- c. vicious
- d. adequate

6. We ----- a lot of opposition; nobody agreed with us, so we couldn't go further.

- a. contradicted
- b. approved
- c. classified
- d. encountered

7. Although he was educated, his ----- of experience made the interviewer not accept him for the job.

- a. abundance
- b. lack
- c. perfection
- d. plan

8. The researcher decided to determine the ----- of stress on the workers' job performance; it was significant.

- a. amount
- b. impact
- c. diagnosis
- d. performance

9. After asking about her ----- status, he found that she was single.

- a. financial
- b. social
- c. economic
- d. marital

10. This service is only available to ----- tourists not insiders.

- a. genuine
- b. local
- c. national
- d. domestic

11. After a lot of effort and research, the committee ----- a good solution to the problem of sick building; it is somehow solved by now.

- a. came up with
- b. looked in
- c. affected
- d. investigated

12. To expand our business, we need to ----- good relations with our suppliers.

- a. decline
- b. drop
- c. maintain
- d. borrow

13. Due to her lack of appetite, dietary----- is necessary to be used.

- a. deficit
- b. credit
- c. supplement
- d. deprivation

D. Making inferences

Sometimes ideas presented in a reading selection are not directly stated, but they can be concluded or inferred from the words and/ or phrases used by the writer. These are referred to as inference. Write "yes" in front of sentences that can be inferred from the reading. (If you are not sure, skim the whole reading again).

----- 1. Marc is fed up with tests, check ups, medications and diet plans.

- 2. Prevention of diseases is the most effective way to health and longevity.
- 3. Everybody needs to have regular yearly check ups.
- 4. Our body is like any other system which needs good input.
- 5. Air pollution and toxins were not existent in the past.
- 6. Many American people die due to pollution and toxins.
- 7. Stresses influence us both physically and socially.
- 8. Withstanding the environmental problems is impossible.
- 9. If we are insured, our body will not deteriorate.

E. Find the words or phrases in the reading selection which have the following meanings.

- 1. strong, deep and uncontrollable feeling (p. A)-----.
- 2. stop working at one's job usually due to aging (p. A)-----.
- 3. get or begin to have a disease (p. A) -----.
- 4. a feeling of surprise, strangeness (p. B) -----.
- 5. subjects (p. D) -----.
- 6. a feeling of comfort at the end of a pain or illness (p. D) -----.
- 7. a firm, sincere belief (p. E) -----.
- 8. keep (p. E) -----.
- 9. becoming worse (p. E) -----.
- 10. happen (p. E) -----.

F. Answer the following questions orally.

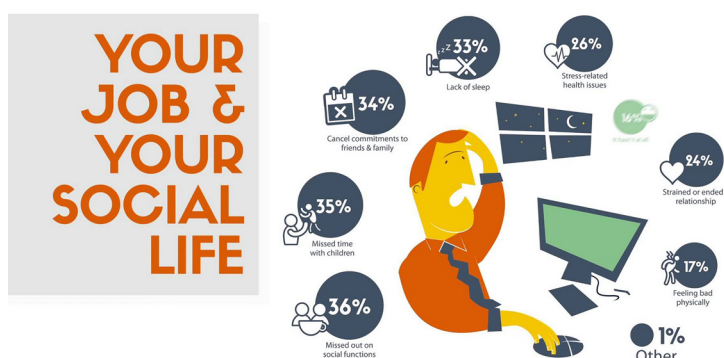
- 1. Why is Marc at risk, according to his physician?
- 2. What is Marc's idea about his doctor's recommendations?

3. What is health and longevity equation about?
4. What does the writer compare human body with?
5. Which factors affect our health and longevity?
6. What is rock solid conviction?
7. Can Marc's recommendation guarantee health and youth?

Further Reading

Sleep and Health

- A One of the easiest and cheapest ways to help your health is just to sleep eight hours or more every night, but more and more people in the world are not sleeping enough. According to the World Health Organization, over half the people in the world may be sleep-deprived. The result of this is not just a lot of tired people; in the United States alone, sleepy drivers cause at least 100,000 car crashes and 1500 deaths a year. Problems with sleep can also cause mental problems as well as medical problems such as high blood pressure, diabetes, thyroid problems, and heart problems.



- B “Anything that slows down work is waste,” said Thomas Edison, the inventor of the light bulb. After the invention of the light bulb, he predicted that work days could be increased to 24 hours a day. American culture values work and often doesn't value sleep; in fact, people who sleep a lot are often called “lazy”. Many famous business and political leaders say proudly, “I only have time to sleep four or five hours a night.” Students, especially college students, often sleep only a few hours a night. They often say, “I'm used to sleeping only a little.”
- C But, according to experts, sleep is like money. If you sleep only five hours a day, you don't “get used to it,” but instead, build up a “sleep deficit.” “It's like a credit card”, says Dr. James Maas, the author of *Power* “it” refers to

Sleep . “You are only borrowing time. You always have to pay it back.” The more hours you don’t sleep, the more hours you should sleep to “pay back” the hours on your “sleep credit card”. For example, if you sleep four hours on Monday and then sleep eight hours on Tuesday, on Wednesday you will have a “sleep-deficit” of four hours. This deficit can continue for months or even years. People with a “sleep deficit” are sleep-deprived; driving and making decisions can be dangerous for these people.



- D Stanley Coren’s research showed that when people sleep ten hours, they do better on tests of mental ability and mood. Research also shows that when people sleep in special rooms without clocks or windows, they usually sleep nine or ten hours. This probably means most people should sleep nine or ten hours every night. If **this** is true, even more than half the people in the world may be running a “sleep deficit.” You didn’t do your homework last night? Maybe you can tell your teacher that you were working hard on your sleep deficit. “This” refers to
- E Winston Churchill, the famous leader of England during World War II worked late at night , but he also often took naps (short sleeps) during the day. He knew sleep was important. He once said, “Don’t think you will be doing less work because you sleep during the day. **That’s** a foolish idea held by people who have no imagination. You will be able to do more”. “That” refers to

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- 1. The best way to maintain your body healthy is to sleep 8 hours per night.
- 2. Lack of enough sleep may bring about both physical and mental problems.
- 3. In this reading selection sleep-deficit means lack of enough sleep.
- 4. The main idea of this passage could be anything that slows down work is a waste.

-----5. The body easily gets used to not sleeping 8 hours a night and this is an advantage for the person.

-----6. To keep healthy, sleep deficit needs to be paid back.

-----7. Sleeping more than 8 hours a night leads to better mental functioning.

-----8. It is implied from the passage that clock and window in the room help the person sleep more.

-----9. Daily sleep doesn't cause one to do less work.

-----10. Daily naps may compensate for sleep deficit.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. The main idea of the first paragraph could be -----.

- a. sleep deprivation is a big problem
- b. sleep deprivation makes people tired
- c. sleep deprivation leads to mental problem
- d. sleep deprivation makes people drive badly

2. In American culture-----.

- a. laziness is appreciated
- b. laziness means a lot of sleep
- c. business is more important than relaxation
- d. both work and sleep are much valued

3. According to paragraph D, people ----- need 9 to 10 hours of sleep.

- a. always
- b. don't
- c. rarely
- d. often

4. The main idea of the whole reading could be ----- .

- a. students should do their homework
- b. sleepy drivers are hazardous
- c. getting enough sleep is very important
- d. anything that slows down work is a waste

5. The word "running" in paragraph D is closest in meaning to -----.

- a. walk fast
- b. do
- c. have
- d. get

6. Today people sleep ----- those living in the past.

- a. more than
- b. less than
- c. as much as
- d. one third of

7. Not having enough sleep may lead to all of the following except-----.

- a. boredom b. accidents c. disease d. laziness

8. Paragraph C----- paragraph B.

- a. contradicts b. confirms
c. is the result of d. is the cause of

9. Sleeping five hours a day -----.

- a. makes the person get used to sleeping less than enough
b. causes other people to consider the person a businessman
c. is advantageous to the person and brings about success
d. requires the person to pay back for it at a later time

C. Use the correct form of the words in the blanks.

understand, understanding, understandable

- a. After the meeting, it was quite ----- that he was annoyed.
b. Luckily, I have a very -----boss.
c. You don't need to -----how computers work in order to use them.

hospitalization, hospital, hospitalize

- a. The sick man has been sent to the -----.
b. He broke a leg and was -----for a month.
c. -----of the patient was postponed by his family.

diagnosis, diagnose, diagnostic

- a. The doctor -----my illness as a rare bone disease.
b. ----- is one of the most important parts of the doctors' work.
c. A -----test was prescribed for him by his family doctor.

toxin, toxic, toxicology

- a. The factory has been sending out -----wastes.
b. The scientific study of poisons and their nature is referred to as -----.
c. There are lots of -----in the air we breathe.

deprive, deprivation, deprived

- a. The refugees suffered terrible -----.
b. The law will-----us of our most basic rights.
c. The ----- children in this area have long suffered from lack of enough food, money and comfort.

waste, wasteful, wasting

- a. It is ----- to throw these away; we might be able to use them one day.

- b. Lots of ----materials are disposed of in the river.
- c. He is suffering from tuberculosis which is a -----disease.
- d. It is a -----of time trying to talk to her.

political, policy, politics, politically, politician, politicize

- a. The governors are trying to find a ----- solution to the problem.
- b. You need to be a -----to succeed in such a situation.
- c. Causing to develop an interest in and understanding of is to -----.
- d. This is a -----arranged dispute.
- e. What is the company's -----on employing new workers.

sleep, sleepy, asleep, sleeper, sleepless, sleeping

- a. I couldn't hear the explosion, I am a heavy-----.
- b. Since I -----late at night, usually in the morning I am-----.
- c. I have spent many -----nights worrying about what I should do.
- d. He usually falls -----easily.
- e. Those who suffer from insomnia (inability to sleep) tend to take ----
----- pills.

D. Fill in the blank using the words in the list.

- | | | |
|----------|-----------|-------|
| during | chemicals | guess |
| evidence | repair | need |
| helps | produce | |
| called | correct | |

No one knows why we sleep. There are two theories, but a theory is only an idea or a ---1---. Scientists don't know if these theories are ---2---. One theory of sleep is ---3--- the "Repair Theory". This says that ---4--- the day we use many important ---5--- in our bodies and brains. We ---6--- sleep to make new chemicals and ---7--- and fix our bodies. One piece of ---8--- for this theory is that our bodies ---9--- more of a growth hormone (a chemical that ---10--- us grow) while we sleep.

E. Unscramble the words in each group to make a sentence

1. tired, people, always, sleep-deprived, are, who, are
2. used, he, to, work, is, hard, sleep, and, well, doesn't
3. later, you, don't, when, sleep, need, to, you, enough, sleep, more

4. dangers, sleep, that, possible, it, protected, is, us, from
5. people, more, work, less, culture, our, sleep, in, and

F. Fill in the blank using the words in the list .

foolish	mood	valued
diagnosed	feed	retired
crash	lazy	

1. There was a serious plane -----this morning ; all passengers died.
2. I have always -----your advice; it is worthwhile to me.
3. He is too-----to work; in fact, he avoids it.
4. Her -----changes very quickly; one moment she is cheerful, and the next she is complaining about everything .
5. It is ----- to spend money on something you can't afford.
6. They ----- my father on full pay at the age of 60.
7. The two doctors -----his disease differently
8. Babies learn to -----themselves after some time.

Tip

English people say “time is money”. When they talk about time and money, they often use the same verbs. For example, time is spent and money is spent. Time is wasted and money is wasted. Time is saved and money is saved. Does your language have this pattern? In your culture do people talk about time and money with the same words?

Unit 4

Pre-reading Activities

A. Before you start reading the reading selection, discuss the following questions in a group.

1. How much do you think people are affected by advertisements?
2. Do you have any reason for your choice of one brand rather than another one?
3. How can consumerism and marketing be related?
4. How does self-fulfilling prophecy affect consumers?

B. Scanning for Members of Word Families.

One way of developing your vocabulary is to learn by word families which are some words related in meaning and form, such as protect, protection, protective, protected. Scan the passage for the word related to the words given below and write them on the line. The words are in the order of their appearance in the passage.

1. consume

----- A noun meaning “a person who uses up, wastes or destroys”.

2. weak

-----A noun meaning “the state or quality of being weak” .

3. offend

----- An adjective meaning “rude in a way that causes you to feel upset, insulted or annoyed”.

4. fresh

----- A noun meaning “ something that makes a thing clearer, purer or more pleasant”.

5. popular

----- A noun meaning “the state of being popular”.

6. succeed

----- An adjective meaning” achieving your aims or what was intended”.

7. compulsive

-----A noun meaning “some irrational desire that we can’t control”

8. lose

-----A noun meaning “ the state of no longer having something or as much of something.

9. reason

----- An adjective meaning “ fair, practical and sensible”

10. choose

-----A noun meaning “ an act of choosing between two or more possibilities”.

Reading

Consumerism and the Human Brain

A

We are all consumers. We all buy and use products and services: that is, we consume. The word comes from the Latin *consumere*, which means “to use up, to waste or destroy.” Most of us don’t think of ourselves as wasteful or destructive, but the word economy is based on consumerism. Today, people worldwide have greater access than ever before to a huge variety of products--and, often to dozens of brands of the same product. What



makes us decide to buy Brand A instead of Brand B, when the two items are really identical? Why do we buy things that we don’t actually need? The answer **lies** in marketing –the advertising and selling of products. Successful marketers use their knowledge of psychology--- and increasingly of recent studies of the human brain---to persuade us to consume more and more.

you can guess
from the context
that
“lies” means--.

B

A good understanding of human weakness is essential if a company wants to sell a product. One way that advertisers persuade us to buy a product is by targeting our dissatisfaction with ourselves, our fears. Consider for a moment a typical fear---fear of being offensive to other people. Advertisers persuade us, for example, that if we don’t buy their mouthwash, we’ll have bad breath and offend other people. Dentists tell us that mouthwash is actually unnecessary; they explain that we need only simple dental hygiene--- regular, correct use of a soft toothbrush and of dental floss. But we continue to spend money on mouthwash, breath freshener and breath mints. Our fear of offending people outweighs our dentists’ logic.

We can
understand
from the context
that floss is
something used
for -----the
tooth.
a. washing
b. cleaning
c. drying
d. whitening

product works well. Their belief causes them to use the product in such a way that it does work well. For example, the ads for Brand x of a diet pill say, “Take this pill, and you will lose weight because you won’t be hungry”. So people buy brand X. Because they believe it will cause weight loss, they begin to eat less. They establish a new habit of eating less. The result ? They lose weight. Is this because of the pill or because they are eating less?

- F Most of us like to think that we are reasonable, independent thinkers. We like to believe that we have a good reason for our choices. We don’t want to buy products because of some strange compulsion--- some irrational desire that we can’t control. The truth is, however, that---with their increasing knowledge of what goes on in the human brain---marketers might have more power over us than we realize.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

----- 1. Psychologists may help marketers to encourage people buy one brand instead of another one.

-----2 . Consuming can be wastefulness.

-----3. Knowledge of what people don’t have but seek to have can be the basis of an advertisement.

-----4. Dentists are marketers of their new products .

-----5. We are often misguided by the dentists’ logic.

-----6. Those who are dissatisfied with themselves are not usually affected by ads.

-----7. Sport utility vehicle owners have an interesting life.

-----8. Sense of smell might lead a person to buy a brand rather than another one.

-----9. Compulsive buyers usually purchase things irrationally.

-----10. What goes on in the consumers’ brain helps the marketers to force them to choose a specific brand.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. The questions asked in the first paragraph -----.
 - a. have remained unanswered through the passage
 - b. are used to emphasize the importance of marketing
 - c. show the recent studies on human brain
 - d. highlight the diversity of the brands

2. The best topic for the first paragraph is -----.
 - a. the origin of the word “consume”
 - b. the effect of marketing on consumers
 - c. human brain and human psychology
 - d. comparison of the consumers in the past and now

3. According to paragraph B, advertisers -----.
 - a. are cleverer than dentists
 - b. are as persuasive as dentists
 - c. and dentists have some similarities
 - d. make us disregard our logic

4. “it” in paragraph C (line 6) refers to-----.
 - a. Marlboro cigarette
 - b. attractive image
 - c. rural village
 - d. Marlboro cowboy

5. To the writer of this passage -----is not reasonable.
 - a. our need for a good self image
 - b. buying Marlboro cigarette
 - c. being an adventurous person
 - d. our morning commute in gridlock

6. The topic sentence of paragraph C -----.
 - a. is brought in the middle
 - b. has appeared at the end of the paragraph
 - c. could be the last sentence
 - d. is the first sentence

7. All of the following are mentioned as factors affecting our choice of a product except:
 - a. our desire for what we lack
 - b. our sense of sight
 - c. our tendency toward being pretty
 - d. our sense of smell

8. Paragraph E mostly talks about -----.
- the effect of self-fulfilling prophecy
 - establishment of new habits
 - the result of losing weight
 - weight loss among consumers
9. According to the reading selection, -----can make us compulsive.
- consumers
 - dentists
 - marketers
 - independent thinkers

C. Answer the following questions orally.

- What is marketing?
- Why do we buy things that we don't need?
- What is necessary for a company owner to know before selling his products?
- Is Marlboro cowboy a successful character in reality ?
- Why are SUVs so popular although they have many drawbacks?
- Can smell have any effect on the consumers' decision to buy something?
- What is self-fulfilling prophecy?
- How do compulsive buyers act?

D. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

- The consumers who are -----use more of something than is necessary.
 - adventurous
 - wasteful
 - excited
 - queasy
- Marketing specialists usually -----people to destroy or waste things; to do this they use the knowledge of psychology.
 - persuade
 - require
 - determine
 - circulate
- This advertising company tries to ----- young people, trying hard to have an effect on this particular group of the society.
 - relax
 - promote
 - target
 - verify

E. Understanding Parts of Speech.

Knowledge of the parts of speech of words can help you guess the meaning of the new word. To know the part of speech of words, suffixes are helpful. Some suffixes related to noun and adjective are chosen from the passage and listed:

Noun	Meaning	Example	Adjective	Meaning	Example
ism	school, tendency	consumerism	ful	with, having	wasteful
logy	study, science	psychology	al/cal	related to	dental
er/or	doer	consumer	ent, ant		different
ness	fact or state of	weakness	ive	having; with	attractive
tion/ ion	state of	dissatisfaction	ous	related to	adventurous
ity	state or quality	popularity	able/ ible	can	reasonable

F. Write the part of speech of the following words. The suffixes will tell you.

1. ----- destructive
2. ----- variety
3. ----- identical
4. ----- successful
5. ----- essential
6. ----- typical
7. ----- offensive
8. ----- freshener
9. -----irrational
10. -----original
11. ----- utility
12. ----- expensive
13. ----- volunteer
14. ----- prediction
15. ----- independent
16. ----- thinker

G. Complete the following sentences by using the words in the list.

1. For a ----- of reasons, the manager decided to cancel the meeting.

2. It was a completely ----- decision not to let the physician have an operation on his heart.
3. Three ----- studies in three different countries all arrived at the same conclusions.
4. We can live without clothes, but food and drink are -----.
5. This painting is fairly ----- of his early work; it has the same quality.
6. Some behaviors are ----- in that they cause much problem for the person.
7. The requested project is of limited practical -----.
8. Any article to be published in journals must be----- ; no other researcher must have worked on it.

H. Analyzing compound words

Many English words consist of two shorter words, usually in the form of nouns. These are called compound nouns. In order to guess the meaning of compound nouns, try to analyze them; in other words, break them into parts.

Circle the word or phrase which best explains the meaning of the underlined word.

1. worldwide (p. A, line 6)

a. existing in the world	b. in or over all the world
c. experienced in the world	d. things in the world
2. mouthwash(p .B, line 7)

a. washing the mouth	b. mouth hygiene
c. as much drink in the mouth	d. liquid used for making the mouth fresh
3. self-image (p. C, line2)

a. opinion you have of yourself	b. confidence in yourself
c. belief in yourself	d. ability to think by yourself
4. gridlock (p. C, line 24)

a. a safe lock	b. a traffic jam
c. a metal frame	d. a rocky frame

5. well-organized (p. D, line 8)
- a. formed well
 - b. involving a high number of items
 - c. involving a large number of people
 - d. arranged in the best way
6. self-fulfilling prophecy(p. E, line1)
- a. a prediction which comes true
 - b. a prediction based on personal ideas
 - c. a prediction which is satisfying
 - d. a prediction which is hoped to occur

Further Reading

Scientists Say Aromas Have Major Effects on Emotions

- A Perhaps it has always been apparent, as plain as the nose on your face. But nobody was paying much attention. "From an evolutionary point of view, we typically don't think of the nose as very important," said Dr. Gary Schwartz, professor of psychiatry and psychology at the University of Arizona. "But **it** is stuck square in the middle of the face. Why would something that was less relevant to normal activities be so prominent? It implies there is something more important **there** than we may have realized."
- "it" refers to

- "There" refers to



- B Indeed, scientists are learning that fragrance affects us more than previously thought. New research indicates that smells influence our minds, our moods and our bodies. But smell remains one of the least-

understood senses. Although we know a great deal about the eyes and ears, we only partly understand smell. According to Charles Wysocki, an olfactory scientist at the Monell Chemical Senses Center in Philadelphia, we do know that an odour is first detected by the olfactory epithelium, a sort of receptor sheet located in the nose. **This** starts a chain of events that leads to information flow to the olfactory bulb and limbic system of the brain, which plays a key role in regulating body functions and the emotions.

"This" refers to

C Smell, Wysocki said, is the only sensory system to directly project into the limbic system, making it perhaps our most basic, primitive sense. (Other senses reach the limbic system, but travel first to other brain regions). Some of the most significant new findings about smell and scent come from William Dember and Joel Warm at the University of Cincinnati. They recently presented their findings at the annual meeting of the American Association for the Advancement of Science and concluded that scents can keep people more alert and improve performance of a routine task.

D Subjects tackled a 40-minute vigilance test, which required them to watch a video screen and press a button whenever a certain line pattern appeared. While performing the task, some were intermittently given a whiff of peppermint or muguet (lily of the valley) through oxygen masks. Dember said that those workers receiving the fragrances performed 25% better than **those** given only whiffs of pure air. A replication study conducted by Raja Parasuramen at Catholic University, using only peppermint, achieved the same findings.

"Those" refers
to-----

E Although it isn't clear exactly how fragrance works, Dember believes his study may soon have practical applications. "Truck drivers, even passenger car drivers, who need to keep alert while traveling long distance, could find it helpful", he said. An industry group, International Flavors and Fragrance, selected the scents and sponsored this study.

F In Japan, fragrance is already used in the workplace. Shimizu, Japan's largest architectural, engineering and construction firm, has developed an environmental fragrancing system that uses computerized techniques to deliver scents through air-conditioning ducts. The Japanese have found that scents enhance efficiency and reduce stress among office workers.

G In one experiment in Japan, 13 key-punch operators were monitored eight hours a day for a month. When the office air was scented with lavender, errors per hour dropped 21%. They dropped by 33% with

a jasmine fragrance, and a stimulating lemon aroma reduced errors by 54%. Junichi Yagi, vice president of Shimizu's Boston subsidiary S. Technology Center-America, said the key-punchers enjoyed the fragrances. "They reported feeling better than they did without **it**", he maintains. "it" refers to -----.

H Yagi said that fragrances were selected based upon principles of aromatherapy, an ancient form of herbal medicine. Aroma therapists believe that "essential oils", the distilled "essences" of flowers, herbs and plants, can be used to make people feel better. Oils such as lavender and chamomile are considered relaxing; lemon and jasmine, stimulating; pine and eucalyptus, invigorating. Aromatherapy is widely practiced in England, France, Belgium, Germany and Switzerland. "These ideas have been around for a long time", said Yagi, "and now (we're) applying it in Japan."

I Other research is still in the laboratory phase. Peter Badia, a professor at Bowling Green State University, is finding that even when you are sleeping, your nose is wide awake. He's worked with about 100 college subjects in the university sleep lab. Electrodes on test participants monitored brainwave activity, heart rate, respiration and muscle tension. "What we determined is that we respond to odors in sleep," Badia said. "Tests clearly showed subjects are able to detect the odors; typically their heart rate would increase slightly and their brainwaves quicken slightly." But Schwartz thinks that while he was at Yale University, he may have found a relaxing scent: apple spice. Schwartz conducted the experiments over a five year period, testing more than 400 subjects .

J In 1989, Schwartz published findings that he terms, "quite remarkable." "We found spiced apple had relaxing effects as measured in brainwaves, within a minute of [a subject's] smelling the fragrance.

K "In a separate study, respiration, muscle tension, heart rate and blood pressure were measured as a group of healthy volunteers were put under a series of stressful questions such as: "the threat to lose their jobs, or breaking bad news to them" They received whiffs of spiced apple aroma, while a control group was given bursts of plain air. The spiced apple produced a drop in blood pressure, on average of 5 millimeters per person, Schwartz said.

L "It's not a big decrease, but could be the difference between taking medication and not taking medication or reducing the dosage in medication."

^M Schwartz, now at the University of Arizona, continues his work on scent. In one of his current studies, Schwartz is looking at “subliminal scent”, scent below the level of awareness.

^N “I think one of the reasons taking trips to pine forests makes us feel so good is the presence of the mixture of molecules in pine,” Schwartz said. “Equally important – if not more important – may be the absence of ... smog molecules, gasoline, carpet, paint ... putting a great strain on our nervous system.”

^O Schwartz points to so-called ‘sick’ buildings as an example. They inhibit the circulation of fresh air, so people instead breathe a veritable soup of man-made chemicals. “The idea is that the nose can detect those molecules and that information is fed to the brain and does activate brain centers to make us feel queasy or uncomfortable,” Schwartz said. “Yet we wouldn’t be able to attribute it to any scent we’re aware of.”

It is clear that the study of scent is positively blossoming. **“It’s definitely on the increase.”** Wysocki said. “We’ve learned a lot, but we’re a long way from fully understanding smell. We’re still on a great adventure.”

By this sentence
the writer means
-----.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. The fact that aromas affect our emotions have always been confusing for human.

-----2. To the writer, the real importance of nose and sense of smell has been ignored.

-----3. The effect of fragrance on our feeling has long been known.

-----4. Fragrance doesn’t affect us physically.

-----5. Receptor sheets located in the nose play a significant role in regulating our emotions.

-----6. Unlike other senses, smell directly travels to the site of the brain which regulates our functions and emotions.

-----7. The knowledge about the effect of smells is now well-established.

-----8. Even trees can influence our emotions.

-----9. When we are in the subconscious level, we don't feel odors.

-----10. Changes in our organs' functions may reveal how much our body is affected by aromas.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. According to this reading selection, the sense of smell is -----.

- a. not known at all
- b. as much known as other senses
- c. limitedly known
- d. not the least established sense

2. By "----- something that was less relevant to normal activities", the writer means-----.

- a. the effect of fragrance on our emotions
- b. our emotions
- c. our appearance having the nose in the middle of the face
- d. the effect of olfactory receptor on the nose

3. Information flow to the brain is initiated in the ----- .

- a. nose receptor sheets
- b. limbic system
- c. olfactory bulbs
- d. meninges in the brain

4. Odors are directly received by the brain through ----- .

- a. nose
- b. bulbs in the olfactory system
- c. limbic system
- d. olfactory epithelium

5. The results of the study conducted by Raja Prassuraman ----- those of William Dember and Joel Warm.

- a. were irrelevant to
- b. disagreed with
- c. rejected
- d. confirmed

6. According to Yagi, ----- gives us a feeling of freshness and healthy strength.

- a. lemon
- b. lavender
- c. pine
- d. jasmine

7. ----- is an example of subliminal scents .
- Apple spice
 - Sick building
 - Plain air
 - Chamomile
8. Aromatherapy has only recently been used by the -----.
- Japanese
 - German
 - French
 - Belgian
9. We might feel relaxed in a pine forest due to -----.
- the existence of the mixture of molecules in pine
 - lack of air pollution, smog, paint, etc
 - the effect of stresses on our nervous system
 - both pine molecules and unpolluted air
10. Smell is considered our most basic and primitive sense due to the fact that it -----.
- is the least-understood sense
 - reaches the limbic system directly
 - connects with the limbic system indirectly
 - affects us more than previously realized
11. “The study of scent is positively blossoming”. By “blossoming” the writer means this study-----.
- is enhancing
 - has just started
 - has long been practiced
 - is well established

C. Use the correct form of the words in the blanks .

product, production, productivity, producer, produce, productive, productively

- Consumers expect ----- to value the quality of their ----- more than the mere financial benefits.
- Most of the pharmaceutical ----- made in our own country are cheaper than their foreign counterparts.
- Some drugs tend to ----- feelings of excitement; that’s why some people, particularly adolescents, are eager to take them.
- The new drug will be in ----- by the end of the year.
- The students believed their time spent in the library was not ----- enough.
- It is important for everybody to use their time -----.

consumer, consumption, consume

- Before he died, he had ----- a large quantity of alcohol.
- Health-conscious----- want more information about the food they buy.
- He was advised to reduce his meat-----.

offensive, offence, offend

- a. The TV interviewer must be careful not to ----- others.
- b. The new legislation makes it an ----- to carry a gun.
- c. He acted in a way that some viewers might find it -----.

hygienic, hygiene, hygienically, hygienist

- a. In the interest of-----, please wash you hands.
- b. Food must be prepared in ----- conditions.
- c. A person working with a dentist and giving people advice about keeping their teeth clean is referred to as a-----.
- d. Used medical supplies were disposed of -----.

reference, preferable, prefer

- a. I would ----- that you did not mention my name.
- b. Many people express a strong -----for sea food.
- c. Anything was ----- to the tense atmosphere at home.

emotional, emotion, emotionless

- a. The decision was made based on ----- rather than rational thought.
- b. He is suffering some ----- problems.
- c. He ran his lecture with an ----- voice; there was no expression of feeling on his face.

computer, computerize, computerization

- a. The ----- of the medical records have only recently been achieved.
- b. The company has been fully-----.
- c. In research, the data are usually processed by -----.

D. Match the words in column I with their equivalents in column II.

I	II
1. tackle	a. treatment by scents
2. enhance	b. clear, obvious
3. routine	c. pleasant smell
4. aromatherapy	d. try to deal with a difficult situation
5. distilled	e. find, discover
6. replication	f. copy
7. invigorate	g. make fresh and give strength
8. apparent	h. something done ordinarily

G. Find the following words in the dictionary. Write the pronunciation, part of speech, meaning, example , etc.

Word	Part of speech	Meaning	Example Sentence
vigilance			
fragrance			
monitor			
phase			
tension			
absence			
queasy			

Unit 5

Pre-reading Activities

A. Getting Meaning from Context: Choose the best meaning for the italicized words in the following sentences taken from the reading selection. Guess the meaning of new words by breaking them apart-into smaller words or into prefixes and suffixes or by using clues from the context.

1. Never before has there been so much knowledge to assist families and societies in their desire to *raise* children to meet their potential.

- a. care for until grown
- b. promote for challenges
- c. provide health for
- d. enable them to achieve things

2. Mothers need to know how to feed their child correctly to prevent *nutritional* problems.

- a. related to food
- b. concerning health
- c. related to growth
- d. concerning family

3. The major health *burdens* in the adolescent years are related to reproductive health, substance use and mental health such as suicide.

- a. something causing worry and difficulty
- b. advantages
- c. something causing peace and pleasure
- d. potentials

4. Adolescents are generally thought to be healthy. *Yet*, many adolescents do die prematurely.

- a. however
- b. moreover
- c. therefore
- d. also

5. An estimated 1.7 million young men and women between the ages of 10 to 19 *lose their lives*---mostly through accident, suicide, violence or other complications.

- a. gain weight
- b. continue life
- c. die
- d. enjoy

6. Approximately two-thirds of the teenagers participated in moderate to vigorous physical activity in the previous 7 days *preceding* completion of the questionnaire.

- a. during
- b. before
- c. after
- d. while

7. 24% of drivers aged 15-20 years, who were killed in crashes were *intoxicated*. Due to the alcohol use , they died.
- a. sleepy
 - b. confused
 - c. under the influence of alcohol or drugs
 - d. under the influence of medication

B. Skimming for Main Ideas: Skimming is a useful way to get a general idea of the reading selection. But when you scan, you look for specific ideas. During skimming, you should read quickly without being worried about single words or phrases. After skimming , read the passage again. Then you will comprehend it better with a main idea of it in your mind.

Now skim through the following reading selection. Then look at the following ideas. Choose those which are discussed in the reading .

-----Acute and chronic diseases in childhood and adolescence

-----Prevention and care for illnesses in infancy

----- Protection against childhood deadly diseases

----- Different aspects of child development

----- How to feed an infant

----- Types of health problems in adolescence

----- Definition of health by WHO

----- Comparison of adolescent boys and girls

Reading

Child and Adolescent Health and Development

- A The future of human societies depends on children being able to achieve **their** optimal physical growth and psychological development. Never before has there been so much knowledge to assist families and societies in their desire to raise children to meet their potential. “their” refers to ----.
- B In the past several decades, the relationships among health, physical growth, psychological development and parental caregiving have become clearer. Combined growth and development interventions that

help families practice “ **responsive parenting** ” have the potential to promote better psychological development, as well as physical growth .

Can you guess the meaning of “responsive parenting?”



- C Development can refer to maturity in terms of physical, cognitive, language, social, emotional, temperament, or fine and gross motor skills development.
- D To ensure proper development, the WHO Department of Child and Adolescent Health and Development (CAH) is working in the following areas :

Neonatal and infant development

Child development

Adolescent development



- E The Department of Child and Adolescent Health (CAH) works to develop and test guidelines both to prevent ill health and to care for illnesses if and when they occur. Both prevention and care are important at all times, but the balance between them shifts over time, from when children are born to the age 19, **when** they move into adulthood .

“when” refers to the period ----.

- F For neonates (up to one month) and infants (up to one year), prevention and care for illnesses are both very important, and both focus primarily on the mother and other caretakers. In addition to healthy prenatal and delivery practices, prevention for these very young children includes important issues about breastfeeding and the appropriate introduction of complementary foods, hygiene practices, and caring behaviors that contribute to the healthy development of the young child. Care for illnesses in infants and neonates is also very important, as young children can die very quickly if an illness is not recognized. Sick young infants must be taken immediately to a trained provider who can give appropriate care.
- G Most deaths among older children are due to diseases that can be prevented, but that can also be treated very easily at home or in health facilities.

- For some of the most deadly childhood diseases , such as measles, vaccines are available and timely completion of immunization will protect a child from death .
- Diarrhea can be prevented by good hygiene and sanitary practice. When a child with diarrhea becomes dehydrated, rapid and appropriate treatment is necessary both at home and in the health facility .
- Malaria can be prevented by the use of protective nets treated with insecticide that prevent mosquitoes from biting a child. Once the child has been bitten and has malaria, rapid and appropriate care is essential.
- Much less is known about how to prevent respiratory illnesses in children. One contributing factor is indoor air pollution, but the only intervention available now is to teach families how to build and use better stoves. Once children have a serious respiratory illness, they need appropriate care by a trained health provider.
- Malnutrition is also a major contributor to childhood deaths. Mothers and other caretakers need to know how to feed **their** child correctly to prevent nutritional problems. If a child becomes malnourished, appropriate health care from a trained provider is essential.

“their” refers to ----.

For this age group, then, both prevention and the appropriate care of illness are essential.

- ^H As a child moves through the school–age years of five to nine, and on into adolescence, prevention takes on greater and greater importance. The major health burdens in the adolescent years are related to sexual and reproductive health, substance use, mental health including suicide, and accidents and injuries. There are relatively few deaths due to other illnesses and disease, and most of these deaths are caused by malaria or tuberculosis .

^I **Adolescent Health and Development**

One in every five people in the world is an adolescent –defined by WHO as a person between 10 and 19 years of age. Out of 1.2 billion adolescents worldwide, about 85% live in developing countries and the remainder live in the industrialized world.

- ^J Adolescents are generally thought to be healthy. By the second decade of life , they have survived the diseases of early childhood, and the health problems associated with ageing are still many years away. Death

seems so far removed as to be almost unthinkable .

- K Yet many adolescents do die prematurely. Every year, an estimated 1.7 million young men and women between ages of 10 and 19 lose their lives—mostly **through** accidents, suicide, violence, pregnancy—related complications and other illnesses that are either preventable or treatable.

Why does the writer use the word "yet" in the beginning of the paragraph?

- L WHO, along with its partners, UNICEF and UNFPA, advocate an accelerated approach to promoting the health and development of young people in the second decade of life. The **Common Agenda** outlines the action needed to provide adolescents worldwide with the support and the opportunities to :

"through" means:
a. by means of
b. during
c. from the middle of something

- Acquire accurate information about their health needs
- Build the life skills needed to avoid **risk-taking** behavior
- Obtain counseling, especially during crisis situations
- Have access to health services (including reproductive health services)
- Live in a safe and supportive environment

Give two examples of "risk-taking behavior".
1-----
2-----

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. The children's attainment of favorable physical and psychological development determines the future of the society.

-----2. Families are today more provided with sufficient knowledge about how to raise their children than before.

-----3- In the past, parents were more responsive than today.

-----4. Development and maturity are synonyms.

-----5. WHO contributes to developmental issues of children and adolescents by working on them.

-----6. Prevention and care are equally balanced at all ages.

-----7. Infants and young children are more susceptible to illness than adolescents.

-----8. The majority of deadly diseases of older children are preventable and even easily curable.

-----9. Prevention has a larger scope during infancy than in adolescence.

-----10. Half of the world's population are adolescents.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Maturity involves development in all of the following aspects except :

- a. mental b. bodily c. parental d. motor

2. CAH works on neonate, child and adolescent's development in order to -----.

- a. clarify the relationship between body and mind
b. ensure that the optimal development in body and mind is achieved
c. enhance research activities of the experts
d. have different areas under investigation and report them to all the world

3. "----- better psychological development, *as well as* physical growth" (paragraph 2, last line) . As well as is closest in meaning to -----

- a. regarding b. in addition to
c. in spite of d. disregarding

4. Paragraph F mainly deals with -----

- a. prevention of infantile illnesses
b. treatment of neonate diseases
c. prevention and care for infantile illnesses
d. mothers and other caretakers' primary focus

5. According to this passage, prevention and treatment of illnesses are very important in -----

- a. infancy and childhood
b. infancy and adolescence
c. adolescence and adulthood
d. childhood and adolescence

6. Diagnosis of diseases is of utmost importance in the -----

- a. older children b. children
c. infants d. elderly

7. It is said that all of the following contribute significantly to childhood death except -----.

- a. diseases pertaining to malnutrition

- b. lack of timely immunization
- c. lack of health facilities
- d. respiratory diseases

8. As to the prevention and care of illnesses,-----.

- a. the former is more important during infancy
- b. both are important in adolescence
- c. the latter is more important during infancy
- d. the former is more important during adolescence

9. As compared to infants and neonates, adolescents suffer -----.

- a. more deaths due to illnesses
- b. fewer deaths due to illnesses
- c. more from malaria or TB
- d. less from malaria or TB

10. Adolescence is defined as a ----- life span between childhood and adulthood.

- a. 9 year
- b. short
- c. 19 year
- d. long

11. “Care for illnesses in infants and neonates is also very important, as young children can die very quickly ----- ”. In which of the following sentences does AS have the same meaning?

- a. I respect him as a doctor.
- b. As she grew older, she gained more confidence.
- c. As always, he said little.
- d. I couldn’t attend the class as I was sick.

12. What do the following words refer to?

- a. their potential (p. 1, last line) -----
- b. they (p. 5, line 3) -----
- c. this (p. 7, line 1) -----
- d. its (p. 9, line 10) -----

13. “meet” in the last line of the first paragraph is closest in meaning to -----.

- a. visit
- b. touch
- c. reach
- d. require

C. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. ----- are usually done in order to improve or help a situation.

- a. Societies
- b. Interventions
- c. Respirations
- d. Burdens

2. The WHO department of Child and Adolescent Health and Development advocates ways to helping children ----- their optimal physical and psychological development.
a. achieve b. treat c. feed d. prevent
3. Now that the problem has been identified, ----- action can be taken.
a. reproductive b. premature
c. violent d. appropriate
4. Medical negligence was said to have ----- his death.
a. contributed to b. differed from
c. survived d. acquired
5. The ----- arrival of the surgeon led to the success of the operation; the patient was so lucky.
a. risky b. potential c. timely d. mature
6. Early recognition and diagnosis of infantile illnesses is so ----- that even a short time may save the neonate's life.
a. gross b. cognitive c. essential d. emotional
7. Most of our employees work in New York; the ----- are in London.
a. shifts b. remainder
c. temperaments d. guidelines
8. The company managed to ----- the crisis; they did not have to fire some of the employees.
a. survive b. initiate
c. include d. complicate
9. Many experts ----- rewarding your child's good behavior; they recommend doing it.
a. accelerate b. outline c. precede d. advocate
10. Our company promotes equal -----for women; they are given the same job, pay, etc... as men.
a. opportunity b. fitness
c. obesity d. consequence
11. She has ----- a good knowledge of English; she gained it through her own efforts .
a. acquired b. dropped c. decided d. restrained
12. The business is still in ----- but it has survived the worst of the recession.
a. vehicle b. crisis c. baseline d. vigor

C. Answer the following questions orally.

1. Which potentials in children can be achieved through appropriate interventions?
2. What is development?
3. Which areas is WHO working on to promote developmental issues?
4. What do prevention and care for infantile illnesses focus on?
5. Which issues are included in prevention of young children's illnesses?
6. What are the main reasons for older children's deaths?
7. How can diarrhea be prevented?
8. What brings about respiratory illnesses in children?
9. What are the main health burdens in adolescents?
10. What percentage of the world's population is adolescent?

Building Vocabulary

Some terms might consist of different parts. A medical term may contain one or more of the following

- 1- word stem or root
- 2- combined forms
- 3- prefix
- 4- suffix

-A **stem** or root is the main part of the word which is found in other different forms of the word. This part of the word may be a complete word ; therefore, it can be used alone. Example: cardia = heart

A **prefix** is a word part that is fixed at the beginning of a word and changes the meaning of it . Example: normal → abnormal (an adjective changes into its opposite by the prefix “ab”)

-A **suffix** is a word part that is attached to the end of the word and changes its part of speech .

Example: activate → activation (a verb changes into a noun by the suffix “ion”).

D. Add the following prefixes to the words chosen from the text

de, re, over, hyper, pre, mal, neo, psycho

- | | | |
|------------------|-------------------|---------------|
| 1. ----natal | 5. ----productive | 9. ----active |
| 2. ---- natal | 6. ----mature | |
| 3. ----hydrated | 7. ----weight | |
| 4. ----nutrition | 8. ----tension | |

Further Reading



Adolescent Health Status

- A Adolescents engage in many risky behaviors that may have a negative effect on their health. The Healthy People 2010 critical objectives for adolescent and young adults address some of these risky behaviors .

21 Critical Objective for Adolescents and Young Adults

Physical Activity

- B In 2001, approximately two-thirds of all high school students participated in moderate to vigorous physical activity in the previous 7 days preceding completion of the questionnaire. However, data have shown that physical activity decreases during adolescence. For instance, data from 2001 indicates that 71.9% of 9th graders , 67% of 10th graders , 61% of 11th graders , and 56% of 12th graders reported participating in vigorous physical activity (Grunbaum J , Kann L , kinchen S , et al , 2002) .

Objective:

Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardio-respiratory fitness 3 or more days per week for 20 or more minutes **per** occasion. "per" means -----.

Vigorous Physical Activity in Adolescents



Overweight or Obesity

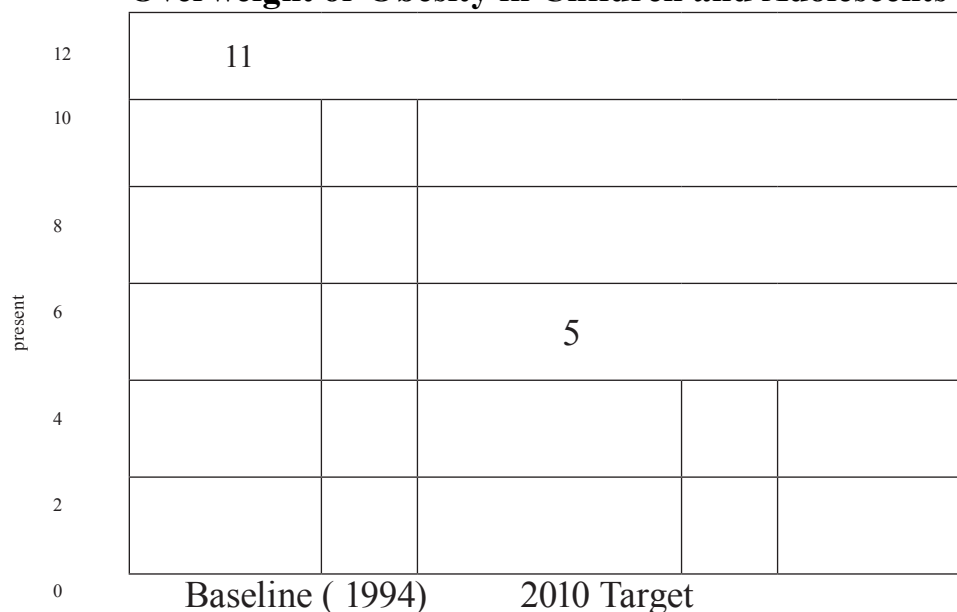
- c People who are overweight as teenagers are likely to be overweight as adults. Overweight places people at an increased risk for hypertension, heart disease, diabetes, some cancers, and other physical problems later in life. The prevalence of adolescents who are overweight has been increasing during the past several years. The percentage of overweight adolescents aged 12-19 years old has increased from 5% in 1970 to 14% in 1999. This increase was similar for both male and female adolescents (Centers for Disease Control and Prevention).

“Over” in the word “overweight” is a prefix which means ---.

Objective:

Reduce the proportion of children and adolescents who are overweight or obese.

Overweight or Obesity in Children and Adolescents



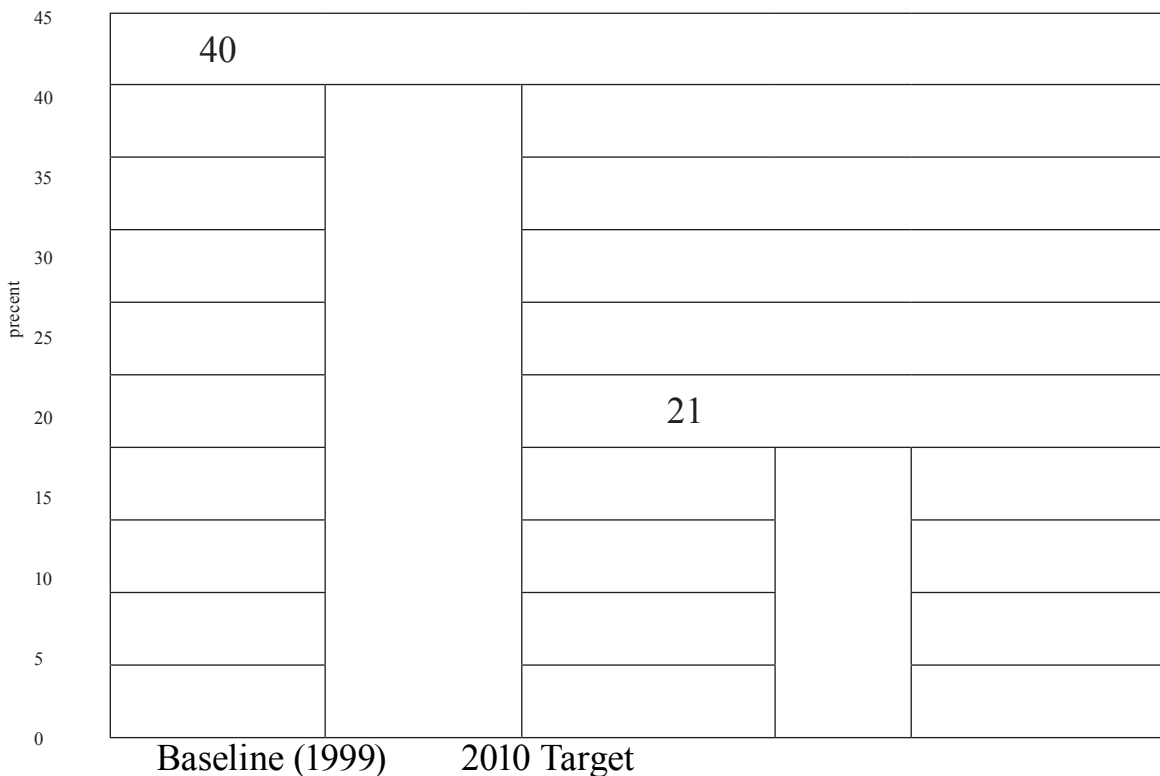
Tobacco Use

- D Smoking, which is often initiated during the adolescent years, is the single most preventable risk factor for the leading causes of death in the United States including heart disease and cancer. Despite these negative consequences, more than half (57%) of adolescents have tried cigarettes by the 12th grade and 27% of 12th grade students are current smokers (Grunbaum J , Kann, et al. 2002). Cigarette smoking among adolescents declined during the 1970s and 1980s but increased in the 1990s among white, African American , and Hispanic high school students (Healthy People 2010). In fact, cigarette use among 8th and 10th graders reached its peak in 1996 . For 12th graders cigarette use reached its peak in 1997. Since 1996 smoking in these grades has fallen off considerably (49% and 42%, respectively)

Objective:

Reduce tobacco use by adolescents

Tobacco use by Adolescents



Substance Abuse

- E Alcohol is the most commonly used psychoactive substance during adolescence. Alcohol use can contribute to many negative consequences for teenagers because of its association with motor vehicle crashes, injuries, deaths , problems in school and the workplace, fighting, and

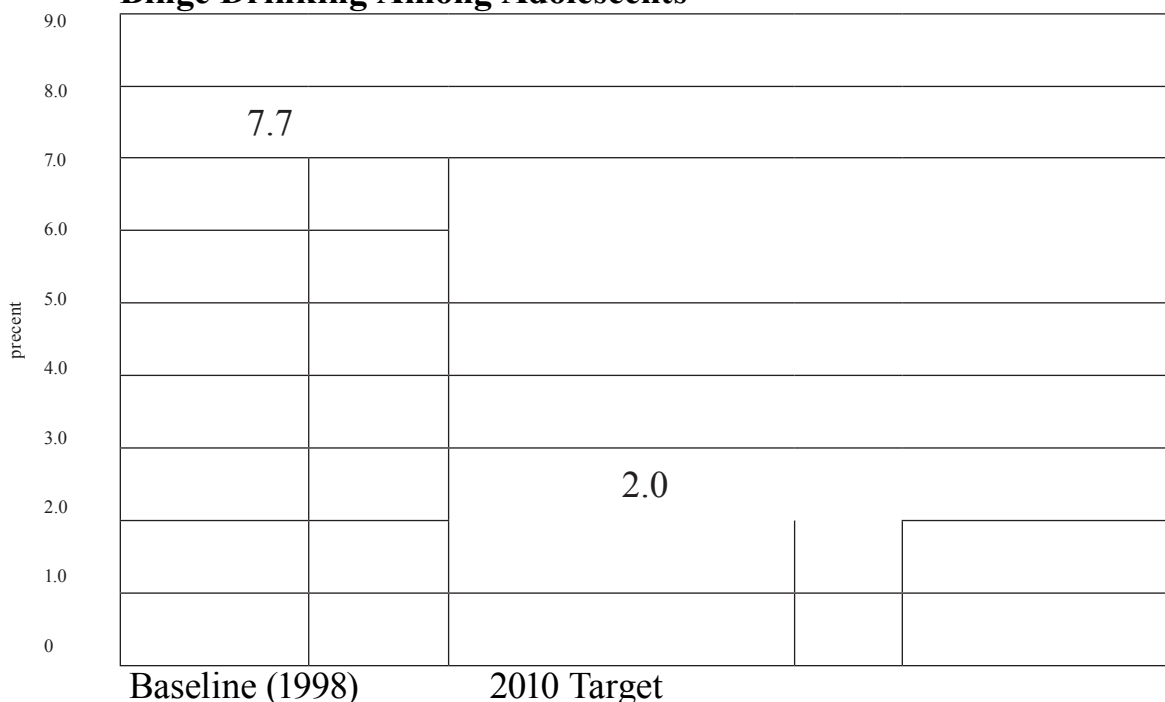
crime (Mackay, Fingerhut , Duran , 2000). In 1998, 19% of adolescents aged 12 to 17 years stated that they had drunk alcohol in the past month (Healthy people 2010). In 2002 , 20% of 8th graders , 35% of 10th graders, , and 49% of 12th graders admitted to drinking an alcoholic beverage in the 30 day period **prior to** the survey (Johnston LD, O'Malley PM, Bachman JG, 2003). Between 1992 and 1998 binge drinking rose by about 4% among students in 12th grade. In addition, there was a slight increase in binge drinking among 8th graders between 1991 (13%) and 1996 (16%) . For students in 10th grade, 21% reported binge drinking in 1992 and 26% reported binge drinking in 1998 . There had been only a slight decline in binge drinking among all high students until 2002 when it dropped appreciably for all students surveyed (Johnston LD, O'Malley PM, Bachman JG , 2003).

“prior to” means:
a. before
b. after
c. at the same time

Objective:

Reduce the proportion of persons engaging in binge drinking of alcoholic beverages

Binge Drinking Among Adolescents



Alcohol use can lead to problems for adolescents who decide to drive under the influence. In 2002, 24% of drivers aged 15-20 years, who were killed in crashes were intoxicated (National Center for Statistics and Analysis, 2002). Among teenagers 16-19 years, 25% of fatally injured male drivers and 14% of fatally injured female drivers in 2001, had blood alcohol concentrations at or above 0.03 percent (Insurance Institute for Highway Safety). In addition, more than one in three teenagers has

ridden with a driver who has been drinking alcohol (Everett SA , Shults RA , et al , 2001). Drivers who have been drinking alcohol are also less **likely** to use restraints (National Center for Statistics and Analysis, 2002).

"likely" is closest in meaning to:
a. possible
b. probable
c. frequent

Objective:

Reduce deaths and injuries caused by alcohol and drug related motor vehicle crashes

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- 1- Risky behaviors are common among the adolescents.
- 2- The writer of this reading selection is critical of adolescents participating in vigorous physical activities.
- 3- Children do more physical activities than adolescents.
- 4- When weight is gained, it is likely that it is not lost easily.
- 5- As children creep into maturity and teenage, they increase their vigorous physical activities.
- 6- Overweight gives rise to health problems.
- 7- There are fewer overweight teenagers these days than before.
- 8- During 1970-1999 as many female teenagers as male ones gained weight.
- 9. Usually smoking starts during adolescence.
- 10- Binge drinking has increased during the past decade.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

- 1. In 2001,-----of students at high school level were engaged in hard physical activities.
 - a. the majority
 - b. only a small number
 - c. a quarter
 - d. about half

2. The statistics revealed in this article indicate that ----- over years.

- a. fewer high school students participate in physical activities
- b. heart diseases and hypertension prevail among adolescents
- c. the majority of 12th graders are smokers
- d. the rate of binge drinking tends to fall among adolescents

3. The Healthy People 2010,-----adolescents' engagement in vigorous physical activities.

- a. condemns
- b. advocates
- c. is neutral about
- d. is critical of

4. The prevalence of obesity has had a/an -----trend among teenagers in the past few years .

- a. falling
- b. enhancing
- c. equal
- d declining

5. The percentage of binge drinking among high school students in America is aimed to decline as much as -----percent in 2010.

- a. 10
- b. 5.5
- c. 9.5
- d. 20

6. It (last paragraph, line 20) refers to -----

- a. binge drinking
- b. decline
- c. number of students
- d. number of surveys

7. Critical objectives for adolescents and adults are talked about in this reading selection in order to-----

- a. recommend the adolescents and teenagers to participate in the behaviors mentioned
- b. present figures and statistics
- c. ensure that risky behaviors prevail
- d. address some behaviors having negative effects

8. Cigarette smoking has-----among adolescents in the U.S.A. during 1970-1997.

- a. declined
- b. fluctuated
- c. remained fixed
- d. reached its peak

C. Fill in the blanks using the words given.

risk, risky

- a. The second operation seems to be very -----.
- b. Patients must be made aware of the ----- involved in this treatment.

vigorously, vigor, vigorous

- a. You need to take ----- exercise several times a week .
- b. The patient opposed the physician's views-----
- c. The patient resumed his work with renewed ----- after a few weeks.

prevail , prevalence , prevalent , prevailing

- a. Considering the ----- economic condition, it seems that inflation will increase rapidly.
- b. Risky behaviors-----among young adults these days.
- c. The----- of binge drinking is a threat to the health of people.

mature, maturity, maturely, maturation

- a. The process of becoming an adult is referred to as -----
- b. Technology in this field has-----considerably over the last decade.
- c. Her behavior shows great-----.
- d. I like my children to behave -----.

die, death , dead, deadly, dying

- a. In case the neonatal illnesses are not recognized, the infant will ---- soon.
- b. The ----- bodies were carried immediately.
- c. Nobody could survive in that ----- accident.
- d. The doctor talked to the ----- patient's relatives that he will ----- soon.
- e. An increase in -----from cancer has worried the communities.

respiratory , respiration , respire , respirator

- a. Due to his difficulty breathing, the doctor asked the nurses to put her on a ----- .
- b. ----- diseases should be dealt with urgently by physicians.
- c. Blood pressure and ----- of the patient was carefully monitored.
- d. The respiratory machine helped him ----- more easily.

nutritional, nutrition, nutritious, nutrient, nutritionist, nutritionally

- b. A person expert on the relationship between food and health is referred as a -----.
- c. The child suffered from a serious -----deficiency.
- d. ----- foods contribute to everybody's health .
- e. The dieticians often discuss the -----value of milk .
- f. She is studying food science and -----
- g. They usually follow a ----- balanced diet .

survival, survive , survivor

- a. He was the only member of the family who----- the crash.
- b. The only -----of the war was my uncle.
- c. His only chance of-----was transplant surgery .

D. Fill in the blank using the words in the list.

current ones	lifestyle behaviors
generally been given	younger children
low prevalence of	which
health concerns	originating earlier
postponing	to shape

Adolescence represents a window of opportunity to prepare for a healthy adult. During adolescence, nutritional problems ---1--- in life can potentially be corrected, in addition to addressing ---2---. It is also a timely period ---3--- the onset and consolidate healthy eating and ---4---, thereby preventing or postponing the nutrition-related ---5--- disease in adulthood. As adolescents have a ---6--- infections such as pneumonia compared with ---7---, and of chronic disease compared with ageing people, they have ---8--- little health and nutrition attention, except for reproductive ---9---. However, there are nutritional issues ---10--- call for specific strategies and approaches.

F. Use the words given in the following sentences.

facilities	risky	occurrence
feed	participate	vigorous
complementary	development	intervention

1. Physical growth and psychological -----of the children determine the future of the society they live in .
2. A link between the -----of skin cancer and the use of computer monitors has been reported by experts .
3. The hotel has special ----- for welcoming disabled people .
4. Appropriate -----are provided for the families for the prevention of respiratory diseases .
5. -----foods are necessary to compensate for iron deficiency.
6. Scientists have announced a new -----to cancer treatment; this will be a breakthrough in medicine.

7. They have a large family to -----; that's why they are poor.
8. It is so ----- for adolescents to turn to drugs and psychoactive drugs.
9. The students must be encouraged to -----in the running of the college.
10. The patient needs to take -----exercise several hours a week.

Unit 6

Pre- reading Activities

A. Think about the following questions. You will find the answers in the reading selection.

1. Has the definition of family expanded over years in the U.S.A?
2. Are American men or women breadwinners these days?
3. What might be the biggest problem of the working mothers?

B. Skim the following passage to get a general idea of what it is about and write it in the space.

C. Guessing Meaning from Context

During reading a text, there is no need to look up all the new vocabulary you don't know . You may guess the meaning of many new words from context- other words and sentences in the paragraph. Punctuation can often help you guess the meaning of words, phrases or sentences.

The following punctuation gives you clue to the meaning of words:

- Comma (,) which introduces examples, definition or explanation.
(Example: the high cost is a drawback, disadvantage).
- Semicolon (;) which might explain the word in the next sentence
(Example: Public schools are both free and egalitarian; all students are considered equal).
- Colon (:) which introduces a list that explains the sentence before it.
(Example: The students attend one of three possible secondary schools: college – preparatory, vocational, or comprehensive.
- Dash (-) which provides additional information about something before it. (Example: The family refers to just the immediate family--mother, father and children).
- Parentheses () which provides examples, etc. ----- (Example : The children should avoid eating Junk food (French fries, chocolate, etc. -----.

D. Use context punctuation to guess the meaning of words underlined in the following sentences.

a. In India education is free only for elementary schools; in the secondary schools tuition is obligatory but many families cannot afford it.

-----.

b. I cannot see the school's relevance –its connection to life .

-----.

c. When extended families – children, parents, grandparents, ----- lived in the same town, relatives took care of the children.

-----.

d. There is far more talk about emotions (sadness, anger, irritability) with daughters than with sons.

-----.

e. Boys do not vocalize, make noises, as much as girls.

-----.

E. Circle the words in the following sentences that give clues to the meaning of the underlined vocabulary item. Then choose the correct answer.

1. Most are employed in traditional fields for females, such as clerical, sales, education and service.

- a. jobs b. schedules c. glances d. images

2. A few have begun to occupy executive positions in business, government, and banking, breaking through the glass ceiling.

- a. the jobs traditionally belonging to men
b. spending many hours away from home
c. the jobs which are simple enough to be done by women
d. the obstacles in the way of women's work

3. Another variation is the blended family, the result of a marriage between a previously married man and woman who combine the children from their former marriage into a family.

- a. new b. first c. second d. last

4. Husband and wife may share household chores. Some fathers are just as capable as mothers at cooking dinner, changing and bathing the baby, and doing the laundry.

- a. facility b. account c. work d. factor

5. In some cases, the women's salary is adequate for family expenses, and the father becomes the "househusband".

- a. enough b. low c. limited d. dramatic

Reading

Working Women



- A In the United States, over 70 percent of women with children under 18 have another job besides that of mother and homemaker. Most are employed in traditional fields for females, such as clerical, sales, education, and service. However, **a growing number** choose a career that necessitates spending many hours away from home. These women are engineers, politicians, doctors, lawyers and scientists, and a few have begun to occupy executive positions in business, government, and banking, breaking through the so-called glass ceiling.

"a growing number" is a number that -----.

- B Monetary factors influence women to work. Some are employed full-time, some part time and some seek creative solutions such as flex-time work schedules and job sharing. Many are single mothers raising children by themselves. But in most cases, one income in the household

is simply not enough, so both parents must work to support the family.

- c A backward glance from this side of the new millennium reveals that the role of married women in the U.S. has changed radically since the 1950s and 1960s, when it was taken for granted that they would stay home and raise the children. **This** is still the image so often portrayed in American movies and advertising. In fact, the traditional combination of the husband as the exclusive breadwinner and the wife as a stay-at-home mom caring for one or two children today counts for only 7 percent of the population in the United States.

"this" refers to

- D Who, then, is taking care of the children?

When extended families--children, parents, grandparents, aunts, and uncles- lived in the same town and sometimes in the same house, a relative of the working parents took care of the children. But beginning with the Industrial Revolution, people moved always from farms and small towns to find better job opportunities in larger cities. Now, most often, the family is just the immediate family---mother, father, and children. Or, **it** could be single-parent family, with either the mother or the father living with the children. Another variation is the blended family, the result of a marriage between a previously married man and woman who combine the children from their former marriages into a new family. So who watches the children while the parents work? Answers to this question are varied.

"it" refers to -----.

1. Some parents put children in day-care facilities.

2. Some parents put children in informal day-care centers in **private** homes.

"private" is the opposite of-----.

3. Companies and hospitals are realizing that providing day care at the workplace makes for happier and more productive employees.

4. Individuals or couples that are wealthy enough have nanny, a woman who comes to care for the children in their own home. Many of these child-care workers are from other countries, e.g. England, Jamaica, Poland, or the Philippines.

"e. g." means
a. for example
b. that is why
c. as a result

- E A trend that has emerged recently is the sharing of child-care responsibilities between husband and wife. Young couples will try to arrange their work schedules so that they work opposite hours or shifts in order that one parent is always home with the children. Since child care is expensive, **this** saves money for the young couple trying to establish themselves and provide a secure environment for the family.

"this" refers to -----.

Husband and wife may also share household chores. Some fathers are just as capable as mothers at cooking dinner, changing and bathing the baby, and doing the laundry.

F

In some cases, the woman's salary is adequate for family expenses, and the father becomes the "househusband." These cases are still fairly rare. One positive trend, however, is that fathers seem to be spending more time with their children. In a recent survey, 41% of the children sampled said they spend equal time with their mothers and fathers. "This is one of our most significant cultural changes," says Dr. Leon Hoffman, who co-directs the Parent Child Center at the New York Psychoanalytic Society. In practice for 30 years, Hoffman has found a "very dramatic difference in the involvement of the father in everything from care taking to general decision making around kids' lives."



A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- 1. The husband is no longer the only breadwinner in the U.S. .
- 2. Fathers in the U.S. increasingly help care for children.
- 3. The majority of women in the U.S. function as mother, homemaker as well as an employee.
- 4. Executive positions are mostly occupied by females in the U.S.
- 5. Financial needs play no role in women's decision to work outside home.
- 6. The members of the extended family today share the child-care responsibilities.
- 7. According to this passage, the more child-care facilities in the American cities, the more successful and happier employees.
- 8. No husband stays at home exclusively to care for the child since he has no job outside.

Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. The majority of American women work outside since -----.
 - a. their family income is insufficient
 - b. it is taken for granted by their husbands
 - c. they need to establish themselves
 - d. they get bored with household chores

2. The most recent tendency in American families is -----.
 - a. the husband working as exclusive breadwinner
 - b. stay- at- home mom taking care of her children
 - c. the couples sharing taking care of their children
 - d. keeping the children at day care centers

3. This (paragraph C, line 5) refers to -----.
 - a. sharing of child care responsibilities
 - b. mother being home with the child
 - c. earning more money
 - d. using simple day-cares

4. The most common form of family in the US today is the ----- one.

a. blended	b. extended
c. immediate	d. single parent

5. As to the American men and women today, the -----.
 - a. former's role has dramatically changed
 - b. latter's role has been revolutionized
 - c. role of both has altered
 - d. role of both has remained fixed

6. It seems that the writer is ----- the fathers spending more time at home caring for the children.

a. indifferent to	b. critical of
c. positive about	d. skeptical of

7. By “ so called glass ceiling” (line 15), the writer means -----.
 - a. invisible barrier to the promotion of women
 - b. tendency to move in the course of events
 - c. earning money for the family
 - d. maintaining the traditional approaches

Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Many positions traditionally belonging to men are now being -----
--- by women.

- a. revealed
- b. occupied
- c. portrayed
- d. facilitated

2. Many oppositions began to ----- after she was selected as the manager of the company.

- a. vary
- b. fluctuate
- c. serve
- d. emerge

3. All the female employees are currently ----- new ways of expanding their membership. They like to be involved more.

- a. denying
- b. removing
- c. ignoring
- d. seeking

4. The manager is trying to provide training that is ----- to meet future needs of industry.

- a. lethal
- b. immediate
- c. adequate
- d. dramatic

5. The newly married couples need some ----- policies to establish themselves and provide a comfortable life for the family.

- a. monetary
- b. private
- c. blended
- d. relative

6. Her immediate family's ----- in such illegal affairs will lead to their disaster; they need to be stopped in a way.

- a. necessity
- b. involvement
- c. variation
- d. combination

7. Lack of money ----- a change of plan in the family, so that they could both be involved.

- a. shared
- b. necessitated
- c. employed
- d. occupied

8. Of the two possibilities, the ----- seemed more likely to bring about success; therefore, they left the second decision aside.

- a. former
- b. last
- c. next
- d. latter

9. She works ----- so she can work a particular number of hours each week but can choose when to start and finish her work.

- a. part-time
- b. flex-time
- c. full time
- d. over-time

10. What worries me as the executive manager is the growing----- toward early retirement.

- a. blend
- b. survey
- c. facility
- d. trend

D. Answer the following questions orally.

1. What are the duties of most women in the U.S.?
2. Which positions are usually occupied by women in the U.S.?
3. What percentage of American women have broken through the glass ceiling today in the U.S.?
4. What is the recent trend in American families as to the child- care responsibilities?
5. With so many working women in America, who takes care of the children?
6. How do the families solve the problem of child care in case the women's income is sufficient?
7. What is the most important cultural change in America today?

Further Reading

(Beginning in the 1960s, American women started entering jobs and professions that had been dominated almost completely by men. In the 1970s, another pattern emerged in employment: men began entering jobs and professions previously dominated by women. This article looks at some of the professions men have recently entered. It examines the reasons behind these career choices, and also mentions some of the changes men are making in "women's work".)

- A When Donald Olayer enrolled in nursing school nine years ago, his father *took it hard*. "Here's my father, a steelworker, hearing about other steelworkers' sons who were becoming welders or getting football scholarships." Mr. Olayer recalls. "The thought of his son becoming a nurse was *too much*".



- B Today, Mr. Olayer, a registered nurse trained as an anesthetist, earns about \$30000 a year at Jameson Memorial Hospital in New Castle, Pennsylvania. His father, he says, has "*done an about face*". Now he tells the guys he works with that their sons, who can't find jobs even after years of college, should have become nurses".

completely
changed

- C That's not an unusual *turnabout* nowadays. Just as women have *gained*

a *footing* in nearly every occupation once reserved for men. Men can be found today working routinely in a wide variety of jobs *once* held nearly exclusively by women. The men are working as receptionists and flight attendants, servants and even “*Kelly girls*.”

“once” means
a. one time
b. some time in the past
c. when

D The Urban Institute, a research group in Washington recently estimated that the number of male secretaries rose 24% to 31,000 in 1978 from 25,000 in 1972. The number of male telephone operators over the same *span* rose 38% and the number of male nurses 94%. Labor experts expect the trend to continue.

E For one thing, tightness in the job market seems to have given men an additional incentive to take jobs where they can find **them**. Although female-dominated office and service jobs for the most part rank lower in pay and status, “*they’re still there*,” says June O’Neill, director of program and policy research at the institute. “Traditionally male *blue-collar* jobs, meanwhile, aren’t increasing at all”.

“them” refers to ---.

F At the same time, she says. “The outlooks of young people are different.” Younger men with less rigid views on what constitutes male or female work “ may not feel there’s such a stigma to working in a female-dominated field.”

G Although views have softened, men who cross the sexual *segregation* line in the job market may still face discrimination and ridicule. David Anderson, a 36-year-old **former** high school teacher, says he found secretarial work “a way out of teaching and into the business world.” He had applied for work at 23 employment agencies for “management training jobs that didn’t exist, and he discovered that “the best skill I had was being able to type 70 words a minute.”

“former” is the opposite of -----.

H He took a job as a secretary to the marketing director of a New York publishing company. But he says he could feel a lot of people wondering what “I was doing there and if something was wrong with me.”

I Mr. Anderson’s boss was a woman. When she asked him to fetch coffee, he says, “ the other secretaries’ eyebrows went up. Sales executives who came in to see his boss, he says, “ couldn’t quite believe that I could and would type, take dictation, and answer the phones.”

J Males sometimes find themselves mistaken for higher-status professionals. Anthony Shee, a **flight attendant** with US Air Inc, has been mistaken for a pilot. Mr. Anderson, the secretary, says he found himself being “treated in *executive tones* whenever I wore a suit.”

“a flight attendant” is a person who----.

K In fact the men in traditional female jobs often *move up the ladder fast*. Mr. Anderson actually worked only seven months as a secretary. Then he got a higher-level, better paying job as a placement counselor at an employment agency. «I got a lot of encouragement to advance», he says «including job tips from male executives who couldn't quite see me staying a secretary.»

L Experts say, for example, that while men make up only a small fraction of elementary school teachers, a disproportionate number of elementary principals are men. Barbara Bergmann, an economist at the University of Maryland who has studied sex segregation at work, believes that's partly because of «sexism in the occupational structure» and partly because men have been raised to assert themselves and to assume responsibility. Men may also feel more compelled than women to advance, she suspects.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

----- 1. Men have taken jobs in female-dominated careers since these jobs are available.

----- 2. It is traditionally taken for granted that men can assume more responsibilities than women.

----- 3. Young people are stricter about men and women's work than their parents.

-----4. This passage mainly talks about the advantages of entering the field of nursing.

-----5. Mr. Olayer's father changed his mind about his son's nursing job after he investigated more about it.

-----6. Men have entered traditionally female-dominated jobs since they earn more money through these jobs.

----- 7. Men are less qualified in female-dominated fields.

----- 8. It is possible that men are more intelligent than women.

----- 9. Donald Olayer now believes that he has mistakenly decided to enter the nursing field.

----- 10. Donald's father's recommendation for his coworkers' sons is
“ work as a welder.”

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Donald's father -----.
a. encouraged his son to become a nurse
b. used to disagree with men working as nurses
c. regrets that he prevented his son becoming a nurse
d. is still holding the same view about men becoming nurses
2. It is stated that Donald's father's attitude toward male nurses -----.
a. is still basically negative
b. has become stricter
c. is a sort of indifference
d. has completely changed
3. One of the jobs that Donald's father liked his son to get was -----.
a. being a registered nurse
b. working as a steel worker
c. being an anesthetist
d. working in a college
4. By going to a nursing school, Donald ----- his father.
a. pleased b. followed c. disobeyed d. misinformed
5. According to this passage, some steelworkers' sons-----.
a. are studying at the university
b. are unemployed
c. disagree with their fathers
d. have their father's jobs
6. Although female-dominated office and service jobs for the most part rank lower in pay and status, “they are still there”. The underlined part means -----.
a. such jobs are available
b. females are available to take these jobs
c. office and service jobs are not increasing
d. men occupy office and service jobs
7. When David Anderson took a job as a secretary, others -----.
a. encouraged him to continue
b. admired his decision
c. made fun of him
d. recommended their friends to do the same

8. Men have turned to female-dominated jobs mostly due to their -----.
- | | |
|--------------------------|-----------------|
| a. availability | b. higher pays |
| c. lesser physical labor | d. higher ranks |

9. His father, he says, has “ done an about face”. The underlined part means his father has-----.
- | | |
|-----------------------|---------------------|
| a. become annoyed | b. been admired |
| c. completely changed | d. become regretful |

C. Fill in the blanks with the appropriate forms of the words given.

1. necessary, necessitate, necessarily, necessity
- | |
|--|
| a. There was no ----- to find a new job. |
| b. This discussion can, if -----, be continued tomorrow. |
| c. Spending long hours in the office doesn't ----- mean high quality work. |
| d. Lack of money ----- a change of careers. |
2. adequate, adequately, adequacy
- | |
|---|
| a. The interviewer doubted her ----- for the job. |
| b. Each employer must provide ----- facilities for the employees. |
| c. She wasn't ----- insured about the accuracy of his remark. |
3. extension, extend, extended, extensive
- | |
|---|
| a. The company plans to -----its activities to produce videos. |
| b. An -----family consists of not only the parents and children but also the relatives. |
| c. This country needs a further -----of the power of the central government. |
| d. The storm caused -----damage. |
4. thought, think, thoughtful, thoughtfully
- | |
|---|
| a. You look very -----; what are you -----about? |
| b. Give her offer plenty of ----- before you accept it. |
| c. He listened to the lecturer very-----. |
5. apply, applicant, application, applied
- | |
|--|
| a. We had 250 ----- for the job. |
| b. His major is -----physics. |
| c. Scientific discoveries are often ----- to industrial processes. |
| d. You have to fill the -----form before you get a job. |
6. trainee, train, trainer, training
- | |
|-------------------------------|
| a. He is -----to be a doctor. |
|-------------------------------|

- b. A person who is being trained is called a -----.
- c. In the course she received thorough ----- in every aspect of the job.
- d. Her ----- decided she shouldn't run in the race.

7. employer, employee, employment, employ

- a. The firm -----more women than men.
- b. He is a government -----.
- c. The number of people in -----has fallen.
- d. The workers decided to talk to the factory -----about their problems.

D. Fill in the blank using the words in the list.

ads	go	step	could
hunting	about	job	education
person	companies	begin	

Not very long ago, when people needed to find a job, there were several possible steps. They might ---1--- with a look through the classified ---2--- in the back of the newspaper. They ---3---go to the personnel office at various---4--- and fill out an application, or they could ---5--- to an employment agency. They could even find out ---6--- a job opening through word-of-mouth from another ---7--- who had heard about it. These days, job ---8--- is more complicated. The first ---9--- is to determine what kind of ---10--- you want and make sure that you have the right ---11--- for it.

E. Scan the reading passage to find a word for each meaning.

- 1. related to managing a business or an organization -----.
- 2. show, make something known -----.
- 3. direction -----.
- 4. a quick look -----.
- 5. safe -----.
- 6. connected with office work -----.
- 7. be the explanation or cause of something -----.
- 8. not public -----.

9. chance -----.

10. sufficient-----.

Unit 7

Pre-reading Activities

1. At what age are people the happiest, the most productive, the most stubborn, the strongest, the most pessimistic, the most creative, the healthiest,?
2. Is it the same for both males and females?

A. Now skim the reading selection and find the main idea.

B. Study the flowing words and their meaning, Then complete the sentences below.

ups and downs (n)	the good things and bad things that happen in life or in a particular situation or relationship
trade-off (n)	an acceptable balance between two opposing things; exchange; give and take
ingenuity: (n)	skill at inventing things; thinking of new ideas; inventiveness.
reassuring (adj)	making you less worried or uncertain about something
possess (v)	to own or have something
bonus (n)	anything pleasant that is extra than you were expecting
deny (v)	to say that something is not true; to refuse to admit or accept something
veteran(n)	a person with a lot of experience in a particular area or activity
on the verge of (idm)	about to happen or do something
determination (n)	the quality of continuing to try to do something even when it is difficult

foster (v)

help to develop an idea, skill, feeling,
etc.; encourage; promote

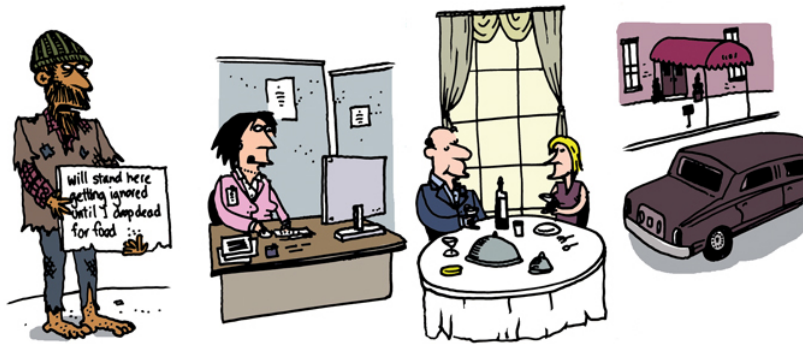
1. The doctor's ----- smile after the operation made the parents feel hopeful about their child's health.
2. The health ministry's aim is to ----- the use of healthful food among people.
3. I love the job, and it's an added ----- that it's so close to home.
4. Dr. Jones is a 20-year ----- of the internal department at this hospital.
5. Working women have to make a ----- between their jobs and their families.
6. People's success may depend on different factors such as talent, lady luck, etc, but it has been proved that ----- to succeed has the most important part to play.
7. She's been ----- having a nervous breakdown ever since she lost her job.
8. All of us ----- some qualities and abilities that we never make use of.
9. Health experts constantly use their ----- to find new ways of getting rid of physical and mental disorders.
10. Nobody can ----- the important role of women in social activities around the world.

Reading

Are These the Best Years of Your Life

Which are the best years of life? All of us ask ourselves this question from time to time, and we probably come up with different answers. The reason seems to be that different periods are related to different kinds of achievement. This article looks at specific areas of achievement and relates these areas to specific periods of life.

The ups and downs of life may seem to have no predictable plan.



But scientists now know there are very definite life patterns that almost all people share. Today, when we live 20 years longer than our grandparents and when women mysteriously outlive men by seven years, it is clearer than ever that the “game of life” is really a game of trade-offs. As we age, we trade strength for ingenuity, speed for thoroughness, passion for reason. These exchanges may not always seem fair but at every age, there are some advantages. So it is reassuring to note that even if you’ve passed some of your “primes,” you still have other prime years to experience in the future. Certain important primes seem to peak later in life.

When Are You Smartest? *From 18 to 25, according to I.Q. scores, but you’re wiser and more experienced with increasing age.* You’re sharpest in your 20’s; around 30, memory begins to decline, particularly your ability to perform mathematical computations. “But your I.Q. for other tasks climbs,” says Berkeley psychologist Arthur Jensen. Your vocabulary at age 45, for example, is three times as great as when you graduated from college. At 60, your brain possesses almost four times as much information as it did at age 21. This trade-off between sharpness and wisdom has led psychologist Dr. Leopold Bellak to suggest that “maturity quotients” (M.Q.’s instead of I.Q.’s) be adopted for adults.

When Are You Healthiest? For men, from 15 to 25; for women from 15 to 30.

“A man is in his best shape in the decade before age 25,” says New York internist Dr. Donald Tompkins. “His muscles are firmest, his resistance to colds and infections is highest, and his body is most efficient in utilizing nutrients.” Women, for reasons scientists do not understand, get a five-year bonus. Peak health begins to decline when the body process called anabolism (cell growth) is overtaken by the opposite process, catabolism (cell death). “Cells have been dying since birth,” says Tompkins, “but in our late 20’s, they start dying faster than they are replaced”. Also, muscle is replaced with fat.

Women also get an additional bonus of good health later in life: National Institute of Health figures show that the onset of such “old age”

diseases as arthritis, rheumatism, and heart ailments begin around age 60 in men, at age 65 in women. It is hard to deny the generally greater fitness of women: Life expectancy for men is now 68.3; for women, 75.9. Says U.S. aging authority William Kannel, "Older women with low blood pressure are practically immortal." However, psychologists believe that by entering the competitive job market in increasing number, women may eventually give up their statistical advantage.

When Are You Most Likely to Develop Mental Disorders? From 30 to 35.

This surprisingly narrow peak is very real. The National Institute of Mental Health (NIMH) reports that more than half of the patients in mental hospitals, male and female, are in this age group (men leading women by about 20%).

But if we're neurotic between 30 and 35, apparently we recover quickly. Admissions to mental hospitals drop sharply around age 40 and stay down until age 65. Yet say psychiatrists, between ages 40 and 55, more people report they "feel" on the verge of a nervous breakdown.

Relatively few actually occur. "We become veterans at coping", says psychologist Marvin Karlin.



Suicide, a measure of mental problems, peaks from 20 to 24 and then again around 70. Incidences of suicide are smallest among people with intact marriages, highest among the divorced.

When Are You Happiest? You have the best physical sense of yourself from 15 to 24; the best professional sense from 40 to 49. Pessimism peaks between 30 and 39.

San Diego State University psychologists Marilyn Borges and Linda Dutton found that before age 24, we believe that our happiest years are yet to come: over 30, we believe that they're behind us. A National Health Survey agrees: After age 39, we "become more realistic and do not view happiness as a goal in itself." If we maintain our health, achieve professional and emotional goals, then happiness, we feel, will follow.

The American Institute of public opinion says that the pessimism peak occurs when we realize that talent and determination aren't enough to guarantee success. Lady Luck must help.

Also, youth's good physical sense of self apparently does little to foster

happiness. “Parents who tell their teenage children, “These are the happiest years.” Says Liggett, “couldn’t be more wrong. Adolescence is very difficult. Only when you are 40 and looking back does youth look blissful.”

When Does Your Sexual Drive Peak?

Around 16 to 18 for men; between 35 and 40 for women.

While the male’s sex drive is diminishing, the female is reaching her sexual peak. Some psychologists believe that nature arranged it this way in order to control population.

When Are You Most Creative? Generally between 30 and 39, but the peak varies with different professions.

Mozart wrote a symphony and four sonatas by age eight, and Mendelssohn composed his best known work, *A Midsummer Night’s Dream*, at 17, but most of the great music was written by men between 33 and 39. In his monumental work, *Aging and Achievement*, psychologist H. C. Lehman presents the years for peak work in many fields: Grand opera (35 to 39), musical comedy (40 to 44), short stories (30 to 34) and poetry (24 to 29- the earliest peak for all types of writing), painting and sculpture (32 to 39), and economics (30 to 39).

Though the peak in most fields comes early-most Nobel prizewinners did their top research in their late 20’s and 30’s—creative people continue to produce quality work throughout their lives. Psychologist Dr. John McLeish, in *The Ulyssean Adult*, explains that for the well-conditioned mind,” there is no upper limit. At 71 Tolstoy completed *Resurrection*, writing all of its 200000 words by longhand. Voltaire wrote his marvelous satire *Candide* at 64. Will Durant began to write five volumes of the monumental *History of a Civilization* in collaboration with his wife, Ariel, when he was 69, and he finished at 89.

By viewing life’s various peaks, we can easily get the feeling that we are part of a giant give-and-take plan. Though statistically the plan is there, we must remember that every peak has many exceptions. Says McLeish, “The human life journey cannot be charted by a single curving line.”

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

----- 1. People develop according to a definite plan.

----- 2. Most primes happen in the earlier periods of life.

- 3. The writer states that at every age you are, you have chance for development and progress.
- 4. When you are at college, your range of vocabulary is the highest.
- 5. According to this article, women are generally healthier than men.
- 6. Between ages 40 and 65, there are the least cases of mental disorders.
- 7. The main goal in life for most people is to achieve happiness .
- 8. According to the article, talent and hard work guarantee success.
- 9. A young person's good physical sense of self helps his happiness.
- 10. Creative people produce high level work throughout their lives.
- 11. The tone of this article is optimistic.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. It seems that the game of trade-offs mentioned by the writer - ----.
 - a. is true only for certain people
 - b. has a lot of exceptions
 - c. may be independent of people's age
 - d. occurs naturally for most people
2. The writer states that the game of life is -----..
 - a. often moving from good to better and finally to the best
 - b. not always reasonable
 - c. following a linear order for all people
 - d. not often beneficial
3. With increasing age -----.
 - a. sharpness is overtaken by wisdom
 - b. wisdom is overtaken by sharpness
 - c. both sharpness and wisdom climb
 - d. both sharpness and wisdom decline
4. The reason why women have a 5 year bonus is -----.
 - a. still unknown
 - b. due to their physiological differences with men
 - c. their longer life expectancy
 - d. their earlier maturity

5. "Older women with low blood pressure are practically immortal." means:
- Women who have lower blood pressure get old later
 - Aging and blood pressure affect each other to a great extent
 - Immortality depends on a person's degree of blood pressure.
 - old women live longer provided they have low blood pressure.
6. The last sentence in paragraph 4 implies that -----.
- women are not suited to highly competitive job situations
 - there may be a relationship between job stress and life expectancy
 - women don't like to have a longer life expectancy so they are entering the competitive job market
 - in future there are more competition between men and women for jobs
7. Paragraph 5, 6 and 7 are all related to -----.
- suicide and its causes
 - mental disorders
 - the years people have more stress
 - ways to avoid mental disorders
8. Paragraph 8 implies that happiness ----- as people grow older.
- usually increases
 - often decreases
 - is viewed differently
 - is seldom subject to change
9. According to paragraph 9, when people don't achieve their goals through talent or hard work they -----.
- must try harder
 - usually seek new ways
 - become disappointed
 - relate it to lack of chance
10. What Liggett says (paragraph 10) implies that ----- .
- parents don't understand their children
 - young people don't value their youth as it is
 - at age forty people regret their youthfulness
 - the more experienced people get, the happier they are
11. Paragraph 13 implies that -----.
- creative people do not produce quality work after their peak
 - the peak in most fields occurs late in life
 - creative people produce fine works throughout their lives
 - the peak in a field is largely dependent on the person's talent

12. The last sentence in paragraph fourteen means that -----.
- a. the human life journey should be drawn with a straight line
 - b. people should stay in one place and not move around so much
 - c. people are different, and their lives are different
 - d. there are different stages and peaks in people's life
13. The main idea of the whole reading selection is that -----.
- a. there is no pattern for achievement; you have to look at each person's life separately
 - b. men and women have different peaks in their lives
 - c. most primes usually peak early in life
 - d. the different periods of life are related to different kinds of achievements

Further Reading

Personality- Nature or Nurture

A

The nature/nurture question is not a new one. Its roots go back at least several hundred years. In the 1600s the British philosopher John Lock wrote the newborn infant was a "blank slate" on which his or her education and experience would be "written." In other words, Lock believed that environment alone determined each person's identity.



In the 1700s, the French philosopher Jean Jacques Rousseau claimed that "natural" characteristics were more important. Today, we realize that both play a role. The question now is, to what degree? To answer this question, researchers are studying identical twins, especially those who grew up in different environments.

B

Jim Lewis and Jim Springer are identical twins who were separated five weeks after birth. They grew up in different families and didn't know about each other's existence. They were physically alike--the same dark hair, the same height and weight. They both had high blood pressure and very bad headache. But they also moved in the same way and made the same gestures. They both hated baseball. They both drank the same brand of beer, drove the same make of car, and spent their vacations on the same small beach in Florida. They had both married women named Linda, gotten divorced, and then married women named Betty. Studies of these and other separated twins indicate that genetics (biology) plays a significant role in determining personal characteristics and behavior.

- ^C Various research centers are studying identical twins in order to discover the “heritability” of behavioral characteristics—that is, the degree to which a trait is due to genes (“nature”) instead of environment. They have reached some startling conclusions. One study found, for example, that optimism and pessimism are both very much influenced by genes. But only optimism is affected by environment, too. According to another study, genes influence our coffee consumption, but not consumption of tea. Anxiety (nervousness and worry) seems to be 40 to 50 percent heritable. Another study tells us that happiness does not depend much on money or love or professional success; instead, it is 80 percent heritable! Among the traits that appear to be largely heritable are shyness, attraction to danger (thrill seeking), choice of career, and religious belief.
- ^D It is not easy to discover the genes that influence personality. The acid that carries genetic information in every human cell, DNA, contains just four chemicals: adenine, cytosine, guanine, and thymine. But a single gene is “spelled out” by perhaps a million combinations. As the Human Genome Project (which provides a “map” of human genes) was nearing completion in the spring of 2000, there were a number of newspaper headlines about specific discoveries: “Gene Linked to Anxiety,” “Gay Gene!” and “Thrill Seeking Due to Genetics.” The newspaper articles led people to believe that a single gene is responsible for a certain personality trait, in the same way a single gene can be responsible for a physical characteristic or disease. However, one gene alone cannot cause people to become anxious or homosexual or thrill seeking. Instead, many genes work together, and they *do* direct the combination of chemicals in the body. These chemicals such as dopamine and serotonin (which affect a person’s mood) have a significant influence on personality.
- ^E If, indeed, personality traits are, on average, about 50 percent heritable, then environment still plays an important role. Unlike other animals, human beings have choice. If our genes “program” us to be anxious, we can choose a low-stress lifestyle or choose to meditate or relaxation exercises. But because of the powerful influence of genes, most psychologists believe that there is a limit to what we can choose to do. Thomas Bouchard, a psychologist and the director of one twin study, says that parents should not push children in directions that go against their nature. “The job of a parent,” he says, “is to look for a kid’s natural talents and then provide the best possible environment for them.”

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- 1. Lock believed that “natural” characteristics did not play any part in each person’s identity.
- 2. Identical twins are good cases to shed light on the questions of nature or nurture.
- 3. It is said that happiness is mostly genetically determined.
- 4. It seems that the role of genes is not as important as that of environment in behavioral characteristics.
- 5. The scientists have found that each personality trait is regulated by a single gene.
- 6. In the spring of 2000, the “map” of human genes was completed.
- 7. Good environment provides us with a variety of choices.
- 8. Thomas Bouchard recommends the parents to rely more on environment.
- 9. Most of the information in this article is about the role of genes.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Those who believe that newborns are “blank slates” support -----.
- a. the natural theory
 - b. the nurture theory
 - c. a combination of nature and nurture
 - d. neither of the two theories
2. The case of Jim Lewis and Jim Springer (the identical twins) supports -----.
- a. both Locke and Rousseau’s claims
 - b. mostly Locke’s claim
 - c. mostly Rousseau’s claim
 - d. neither Lock nor Rousseau’s claims
3. The evidence presented in paragraph C is mostly in favor of -----.
- a. nature theory
 - b. nurture theory

- c. “blank state” theory d. the role of environment

4. It is implied from these paragraphs that we are influenced -----.

- a. mostly by our genes
b. mostly by the environment
c. by both genes and environment
d. more by genes than by the environment

5. The tone of the article is -----.

- a. more biased toward the nature theory
b. more biased toward the nurture theory
c. more emotional than realistic
d. impartial in relation to each theory

C. Match the words in column I with their equivalents in column II.

I	II
1. peak (v)	a. origin
2. thoroughness	b. characteristic
3. cope with	c. express
4. onset	d. important
5. diminish	e. handle; manage
6. in collaboration	f. attraction to danger
7. root	g. the state of doing things very carefully and completely
8. significant	h. together
9. startling	i. the beginning of something
10. trait	j. to reach the highest point or value
11. thrill seeking	k. surprising
12. spell out	l. decrease; go down

D. Fill in the blank using the words in the list.

heritable onset diminish determines
collaboration identity thoroughness trait

1. Researchers are studying identical twins to learn the degree to which nature and nurture ----- personal characteristics.
2. Today, we know that both nature and nurture determine a person's -----.
3. Examples of characteristics that are ----- to some degree are optimism , pessimism, happiness , thrill seeking and choice of career.
4. It is a genetic ----- that causes deafness at an early age.
5. As we age, some abilities ----- while others rise.
6. The new treatment can delay the ----- of the disease by several years.
7. I was impressed by her ----- and believe that her success was mainly due to this quality not good luck.
8. The instructor performed the project in ----- with one of her students.

E. Choose the correct form of the words in the blanks.

prediction, predict, predictable

- a. No one can ----- when the disease will strike again.
- b. -----is a skill which can be enhanced with experience.
- c. Some believe that the behavioral traits of people are ----- if you know how their parents behaved.

achievement, achieve, achievable

- a. There have been a lot of ----- in the field of medicine.
- b. Before you set your objectives, make sure that they are-----.
- c. Unrealistic ambitions cannot easily be -----

maturity, mature, mature

- a. Humans----- after a much longer time than other animals.
- b. He is very ----- for his age.
- c.----- is an important quality for anyone in a managerial post.

creator, creation, creativity, creative, creatively, create

- a. Every teacher should try to ----- a positive atmosphere in his or her class.

- b. Although education can foster -----, there have been many ----
----- people without university degrees.
- c. Nobody knows who was the ----- of white lab coats in the field
of science.
- d. Wealth ----- is the only goal for many people.
- e. People can be more ----- if they make use of their mind -----.

personality, personal, personally

- a. He believes that parents should be made ----- responsible for
their children's behavior.
- b. I don't know what anyone else thinks, but my ----- view is that
students should be made to work more outside the classroom.
- c. A ----- disorder is any of a number of mental illnesses, which
are characterized by difficulties in relations to your surroundings and to
other people and in maintaining a fixed image of yourself .

identity, identification, identical, identifiable, identify

- a. Some psychologists believe that people's occupations give them a
sense of -----.
- b.----- twins are two children who come from the same egg in the
mother and so are the same sex and look extremely similar.
- c. The cause or causes of a disease can be found through ----- signs
and symptoms .
- d. Each medical record must have a number for easy-----.

heredity, hereditability, inherit, hereditary, heritable

- a. Epilepsy is ----- in her family.
- b. The debate over the effects of ----- and environment is still
continuing.
- c. The study of identical twins has shed some light on the ----- of
behavior characteristics.
- d. He has ----- his mother's patience.
- e. Some believe that even money –making ambition can be -----.

F. Fill in the blank using the words in the list

- | | |
|----------------------------------|------------------|
| an estimated | the mysteries of |
| hair color, eye color and height | shapes life |
| diabetes or some kinds of cancer | new treatments |
| linked together | |

Scientists are finished with the Human Genome Project. Mapping the position of every human gene is a major step in the history of science. Officials have announced the completion of the effort to identify all the chemical pieces in DNA, the genetic material that ---1---. The human genome is a map of our genetic structure. This structure is built from more than three-thousand million chemical pieces ---2---. These pieces are organized into genes, ---3--- thirty-thousand of them. The chain decides such things as physical appearance, like ---4--- but also much more. Genes can make a person more or less susceptible to such diseases as ---5--- .

This genetic map will guide scientists as they study ---6--- of health or disease. Scientists hope to speed up to develop genetic treatments. These ---7--- could fight some diseases on the level of cells and genes.

Unit 8

Pre-reading Activities

A. Study the following words and their meanings. Then complete the sentences which follow with these words.

staple : (n)	a food that is needed and used all the time
boast : (v)	to have or possess (something to be proud of)
credentials: (n)	the qualities, training or experience that make you suitable to do something
nix: (v)	stop, prevent
queasy: (adj)	upset; wanting to vomit; nauseous
constituent: (n)	component part
be onto something: (idm)	to know about something or be in a situation that could lead to a good result for you
counteract: (v)	to do something to reduce or prevent the bad effects of something; counter
punch:(n)	a hot or cold drink made by mixing water, fruit juice and spices
batch:(n)	an amount of food, medicine, etc produced at one time
trade-off (n)	the act of balancing two things that you need or want but which are opposed to each other
confirm : (n)	to state or show that sth is definitely true or correct, especially by providing evidence
trigger: (v)	to make sth happen; to cause

1. Shortages mean that even -----like bread are difficult to find.
2. There is a -----between the benefits of the drugs and the risk of side effects.

3. Sometimes eating too much may ----- a -----stomach.
4. More research is needed to -----harmlessness of the new drug.
5. The roots or leaves of some herbs can be boiled in some water to obtain a quietening -----.
6. The cook brought in a -----of homemade cakes.
7. Which remedies are more effective to -----migraine, homemade or prescription medicine?
8. Scientists believe they -----big. They are likely to find new cures for AIDS and cancer.
9. Which parts of our country -----springs with healing properties?
10. The ointment didn't help to -----the itches, so I had to make use of baking soda.
11. what are the basic ----- of the mixture?
12. Although she was young, she had all ----- for the job.

Reading

Home Remedies: Even Doctors Use

A

The next time you're sick, you might be able to avoid a trip to the doctor's office by simply pulling something out of the refrigerator. Or the kitchen cabinet. Or even the spice rack. More and more studies are finding that certain foods, spices, and other household staples provide effective relief from common health problems. In fact, many physicians, concerned about the overuse of antibiotics and the trend toward treatment overkill for even minor medical problems, are recommending these simple cures. And patients are more than willing to give them a try, considering today's soaring medical costs and shrinking insurance coverage.



You can guess from the context that soaring and shrinking are (synonyms, antonyms) so If "soar" means go up; increase, "shrink" means-----.

B

The treatments here are more than just folklore- all of **them** come from doctors with decades of experience, and *many* even boast the kind of scientific credentials usually reserved for prescription medicines. And *all* are likely to be in your house already. So try one out the next time

"them" refers to ...

"many" and "all" refer to -----, What should you try out the next time you or your kids are sick?

you or your kids are hit with an every day illness. But keep in mind that, just like prescription medicines, treatments involving natural substances can cause side effects. If you experience any unusual reactions to the therapy, discontinue it immediately.

What is a side-effect of baking soda?



Baking soda nixes itches.

- C Adding about 1/4 to 1/2 cup per quart of cool water, or half a box in the bathtub, will often calm down rashes, chicken pox, or poison ivy. You can soak in it or apply it with compresses, says Lorraine Stern, M.D., an associate clinical professor of pediatrics at the University of California, Los Angeles, and a pediatrician in practice for 21 years, but be aware that it may be drying to the skin. These treatments or a paste made from baking soda and water are also effective for insect bites and bee stings.

what does "it" refer to?

Ginger quiets queasy stomachs.

- D If your mother gave you ginger ale for an upset stomach, she was onto something. Ginger has a calming effect on the stomach- a fact verified by a study finding that ginger capsules helped counteract the effects of motion sickness. Most of the grocery store varieties of ginger ale and ginger snaps (cookies) are very light on real ginger, but they may have enough to settle slight queasiness. For a more powerful punch, though, you can boil a few slices of ginger root in about 2 cups of water to make yourself a batch of ginger tea. (Ginger tea is also available at some health food stores.

What word in this paragraph can have the same meaning as "settle"?

Garlic fights colds and flu.

- E The trade-off here is obvious---the unwelcome scented aftereffects--but studies have confirmed that some of garlic's chemical constituents can kill disease-causing germs. Add two to three cloves per serving to whatever you're making or for maximum healing power, make this special soup; Toss garlic (again, two to three cloves per serving) and a bit of ginger into a pot full of vegetable soup that is heavy on ingredients loaded with

Disease- causing germs are germs which-----.

vitamins A and C (e.g. carrots, broccoli, spinach, tomatoes, red and green peppers). The latest studies have named vitamins A and C as two of the most effective nutritional infection fighters, and the soup's steam helps clear congestion, covering all approaches on the cold front. To avoid the odor of garlic, try the pill form found in many pharmacies and health food stores.



Acupressure alleviates nausea and pain

F Above your wrist is a point you can press into medical service to *relieve* nausea, according to Bruce Pomeranz, M.D., a professor of neurobiology at the University of Toronto. Six studies confirm the effect, although why *it* works is still unclear. Find the groove (long, narrow channel) between the two large tendons on the inside of your wrist that run from the base of the palm, up to the elbow about 2 inches above the wrist, press down hard with a thumb or finger for a minute or two until the spot feels slightly achy. Mild queasiness may be relieved immediately; relief of more intense nausea may require about 20 minutes of repeated pressing.

"relieve" and -----
are synonyms.

G Another acupressure point---web of flesh between the thumb and forefinger---seems to moderate pain sensations. Find a spot about an inch into that triangle where you've got muscle, not just skin, and squeeze it until it aches a bit. Repeat two or three times, or hold the pressure for a few minutes. It's especially effective for relieving pain in the head or neck area but can relieve any pain because it triggers the release of endorphins, the body's natural painkiller.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. The writer recommends that we should avoid prescription medicines.

-----2. Medical costs are falling due to high living standards.

-----3. Home remedies don't usually have side effects.

-----4. Baking soda is a home remedy.

-----5. Ginger can help relieve some stomach discomfort.

-----6. Garlic is the best remedy for cold and flu.

-----7. Scientists still don't know the mechanism by which acupressure alleviates pain.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. The writer seems to be -----.
 - a. in favor of using mostly prescription medicines
 - b. against conventional medicine (prescription medicines)
 - c. against overuse of home remedies
 - d. in favor of occasional use of home remedies
2. It is said that research on home remedies -----.
 - a. has been largely fruitless
 - b. has shown their effectiveness
 - c. has not been enough yet
 - d. has not provided supporting evidence
3. It is said that prescription medicines -----.
 - a. are more effective
 - b. have less side effects
 - c. have more side effects
 - d. are scientifically based
4. For which of the home remedies mentioned in the text a side effect has been mentioned ?

a. ginger ale	b. garlic
c. baking soda	d. acupressure
5. According to the article if you have a sore throat, watery eyes and difficulty with breathing, what home remedy might you try out?

a. garlic	b. ginger ale
c. acupressure	d. baking soda
6. If someone suffers from a headache, according to this text, what home remedy do you recommend?

a. baking soda	b. ginger
c. garlic	d. acupressure

C. Discuss the following questions with a partner.

1. What are the reasons people are turning to home remedies?

2. Which treatments are free from side effects, home remedies or prescription medicines?
3. What is the use of baking soda ? Have you even tried it out?
4. You suffer from an upset (queasy) stomach, what home remedy or prescription medicine do you use? Why?
5. When you travel in a car, on a bus or train, do you feel motion sickness? If so, what will you do?
6. What's the "trade-off" of garlic?
7. Have you ever tried out acupuncture? On which part of your body? Was it effective ?

D. Use the correct form of the words in the blanks.

affect, effect, effectiveness, effective

- a. Research has verified the -----of home remedies.
- b. I tried taking some tablets for the headache but they didn't have any ----- . I think folk medicines are more-----.
- c. I think all the worry has ----- my brain.
- d. Do you believe that household staples offer ----- relief from common health problems?

prevent, prevention, preventive, preventable

- a. ----- actions are intended to stop something before it happens.
- b. Some incurable diseases such as AIDS are ----- but unfortunately some people don't take -----measures to ----- them. They don't follow the saying "-----is better than cure. "
- c. The health ministry is trying to develop ----- medicine rather than curative medicine.

queasy, queasiness

- a. I can't watch operations on TV; it makes me feel too-----.
- b. The feeling of -----is very common in pregnant women.

heal, health, healer, healthy, healthful, healing, healthily

- a. His broken heart will take a long time to -----.
- b. He gave up smoking for -----reasons.
- c. In order to have good-----, we should eat-----, that is we should eat ----- food.
- d. A ----- is a person who has the power to -----people without using ordinary medicine.

e. The -----power of many herbs and vegetables have been proved.

manage, manager, management, manageable, managerial

- a. All people should be taught stress ----- strategies.
- b. Patients who have complaints can speak to the hospital -----.
- c. Working women have to learn how to ----- their time.
- d. The hospital -----were sent on a ----- scheme to get up to date.
- e. If the work is divided into smaller, more ----- sections, we can do it more easily.

access, accessible

- a. It is necessary that all people have -----to health resources.
- b. The problem with some drugs is that they are very-----.

Further Reading

The Price of a Healthy Life Has Little to Do with Money

A Have you ever thought about it? Have you ever wondered, “*what is the price I must pay to live a healthy life?*”. Most of us want to live a long, prosperous life, free of mental and physical disability, right? Well, what does it take to increase our chances of **doing that**?



What does
“doing that” refer
to?-----

- B Heredity plays a part in creating tendency, not destiny. So we’ll admit the role it plays. Then we’ll work to reduce its negative effects and optimize its benefits.
- C Must money play a significant role in living a healthy life? NO. Avoiding smoking or tobacco products is a top priority for someone who wants a long life. Cigarettes cost money. So, if you don’t smoke, it saves you money up front, and long term in reduced medical expenses and sick days.
- D Research shows that optimists live longer and happier than pessimists. A positive attitude doesn’t cost money. It is our free choice to be an optimist or a pessimist.
- E The diet we choose to eat strongly affects our likelihood of developing heart disease, the No. 1 killer in America. A diet low in red meat and other saturated fats and high in complex carbohydrates is inexpensive. This puts proper eating within the reach of everyone.

F Ignorance might be the most costly part of trying to live a healthy life. What we don't know can certainly hurt us. However, is it expensive to learn about good health, diet and stress management? NO. Libraries are free and open to everyone. And, most people now have access to the Internet, either directly, through friends or at the library.



G Practicing proactive, preventive healthcare is a good idea. Getting annual physicals, including blood scans, chest X-rays, age related pap smears for women and PSA test for men, can be expensive. If their health insurance policies don't cover routine physicals, many people do nothing. Your health is your responsibility. Does your health insurance cover going to the movies, or out to dinner, or an extended weekend vacation? No. You pay for these yourself. Isn't your health something worth paying for ? Ask your doctor how often you should have a physical. Ask what the total cost will be for a thorough exam, including all tests appropriate for your age. Then, find the money and get the physical. Remember, "An ounce of prevention is worth a pound of cure".

H Relaxing regularly can help reduce blood pressure and stress levels. Stress and high blood pressure are risk factors for many disorders, both mental and physical. Studies show that laughing regularly produces hormones that strengthen the immune system. And, a stronger immune system fights off disease better. If you had to drop an income producing activity to make time to relax in your life, laughing and relaxing could cost your money. However, if you're that busy, shouldn't you cut back anyway? And if you need that much time to "make ends meet." shouldn't you consider changing to a simpler lifestyle?

I What is the price of a healthy life? Little of the price involves money. Most of the price relates to changes in attitude, perception and our approach to life. After thinking about it, isn't it worth it for the chance to have a happier and healthier life?

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. Heredity has the most significant role in following a healthy life.

-----2. The writer believes that even poor people can lead a healthy life.

- 3. It is stated that long- lived people have a positive attitude.
- 4. Providing healthy food is usually expensive.
- 5. Our ignorance about good health, diet, etc hurts us a lot.
- 6. Annual physicals are preventive health care measures.
- 7. Spending more on prevention is more advantageous than spending less on cure.
- 8. A simpler life style can lead to a stronger immune system.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item

1. According to the writer, ----- has the least role in leading a healthy life.

a. diet	b. heredity
c. relaxation	d. money
2. “Heredity plays a part in creating tendency, not destiny” implies that our health -----
 - a. is independent of our genes
 - b. can greatly be determined by our lifestyle
 - c. is mostly determined by our genes
 - d. tends to be independent of our lifestyle
3. The writer says that people’s efforts in following a healthy life is greatly dependent on -----
 - a. their genes and destiny
 - b. their awareness of good health, diet, etc
 - c. annual routine physicals
 - d. being optimists or pessimists
4. According to paragraph E, healthy food -----
 - a. is difficult to obtain
 - b. is abundant worldwide
 - c. can cheaply be obtained
 - d. can be grown all over the world
5. Paragraph G emphasizes that annual physicals are -----

a. inexpensive	b. costly
c. insignificant	d. essential

6. The writer concludes that for a healthy life people need-----.
- a. a change in their approach to life
 - b. to work less and relax more
 - c. to stop thinking about money in their lives
 - d. less money and more opportunity

C. Fill in the blanks using the words in the list.

congestion	attitude	cover	ingredients
alleviate	confirmed	optimists	up front
relief	proactive	trigger	pessimists

1. Some believe that home remedies can bring about -----to all types of pain because they -----the release of the body's natural painkillers.
2. Nasal -----is very common, particularly in children, in winter.
3. Health insurance doesn't usually-----the expenses for plastic surgery which is performed for beauty.
4. If people practiced -----, preventive health care more, there would be fewer admissions to hospitals.
5. The surgeon said that he would get all the money -----, or he would not do the operation.
6. Research has found that positive or negative ----- has a relationship with longevity, that is, ----- live longer and more happily than-----.
7. Do you know which acupressure point may -----nausea?
8. A soup with -----full of vitamins is very effective against some infections.
9. Different studies have -----the effectiveness of home remedies.

D. Match the words in column I with their equivalents in column II.

I	II
1. trend	a. taking action yourself, rather than waiting for something to happen and then acting as a result of it
2. make ends meet	b. put something (or yourself) in water or liquid
3. annual	c. doctors' exams of a patient
4. proactive	d. find enough money to pay the bills
5. soak	e. ready and eager to do something
6. soar	f. the state of part of the body being blocked with blood or mucus
7. willing	g. a general direction in which a situation is changing or developing
8. verify	h. confirm
9. congestion	i. every year
10. physicals	j. to increase quickly to a high level

E. Fill in the blank using the words in the list.

realization home remedies due to

common ailments with colic or diarrhea obviously not

were deemed cure yourself are days

awareness and understanding

Home remedies and natural cures or medicines made at home from natural ingredients such as fruits, vegetables, herbs are catching a lot of attention---1--- its very nature of cure: simple, no or a few side effects, no chemicals, inexpensive, plus the pleasure of being able to--2--!

How much do you value your health? Can you put a price tag on your own health, on that of your loved ones? ---3---, if anything, your health or that of your family is invaluable. Long gone ---4--- when drugs manufactured in laboratories were popular, when expensive chemical or synthetic drugs ---5--- to be the best for our bodies. Apart from the

forbidding cost, the side effects that the body has to deal with can not be ignored. This ---6--- has dawned and people today are going back to natural remedies that humankind has been using for thousands of years.

For natural ---7---, the kitchen is a great place to start.

It has almost all the medicines you would possibly need at least to deal with ---8--- . All this at no or negligible cost, purity, without side-effects. Sounds too good to be true? well, it is just a little ---9--- that you need to make the best out of it. Read up a bit on natural remedies to equip yourself to treat a toddler cranky ---10---.

F. Discuss the following questions in a group and answer to the class.

1. How effective do you think herbal medicine is? give examples.
2. Why do the patients turn to natural substances these days rather than going to a doctor?
3. What is the effect of ginger on the body?
4. an you give other examples of natural substances used for treatment?
5. In your region, how much are the people attracted toward herbal medicine?

Unit 9

Pre-reading Activities

A. Study the following words and their meaning; then complete the sentences following them.

challenge (n)	courage or ability to deal with something new or difficult
autonomy (n)	the ability to act and make decisions without being controlled by anyone else; independence
strain (n)	pressure on somebody/ something because they have too much to do or manage, or something very difficult to deal with
intertwine (v)	to be or become very closely connected with something / somebody else
approach(n)	a way of dealing with somebody/ something
wear and tear (idm)	damage to anything that is the result of normal use
strive (v)	to try very hard to achieve something
unique (adj)	being the only of its kind; being different from others
abuse (n)	the use of something in a way that is wrong or harmful; misuse
substantial (adj)	large in amount, value or importance; considerable
feat (n)	an action or piece of work that needs skill, strength or courage
wreak havoc on :	to do a great damage or harm to somebody/ something
impending (adj)	likely to happen very soon
detrimental (adj)	harmful; damaging

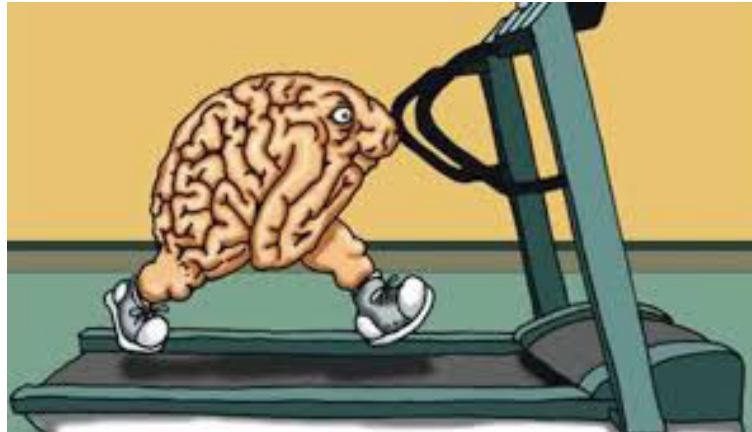
1. Drug and alcohol -----contributed to Brian's death.
2. We should identify behaviors that are beneficial or -----
and then make the necessary changes.
3. It is difficult for the people who lack----- to achieve a lot in their
lives.
4. In spite of some similarities, people are ----- in their -----
-----to dealing with stress and stressful situations.
5. Indoor pollution -----the health of the whole household
particularly the elderly and the children.
6. People living in that polluted area were warned against the
-----epidemic.
7. The students should be taught how to cope with the stresses and ----
-----of college life.
8. The insurance policy doesn't usually cover damages by normal -----.
9. All of the instructors and students should ----- for the highest
standards of education
10. Research findings have shown that there is a ----- difference
between the men and women's attitudes to happiness.
11. Some people , when under stress, can do specific ----- which
can't be performed in a normal situation.
12. Are the future careers of university students -----with their
fields of study at the university?

B. Scan the text to find the answers to these questions.

1. What factors affect adjustment to stress?
2. What are some destructive coping behaviors?
3. What is stress response?
4. What are the stages of stress response?

Reading

Exercise and Stress Reduction



A. Students bring to campus a variety of needs, expectations, and experience that influence the way they react and adjust to their new environment. Factors such as their academic strengths and weaknesses, social insecurity, fear of failure, lack of challenge, autonomy and responsibility, and role strain all play a vital part in this adjustment. Unfortunately, many young people are unable to adjust to the demands of their new environment and fall victim to the effects of stress response.

A fundamental assumption of one approach to stress is that mind, body, and behavior are closely intertwined. The interplay of these three **factors** occurs all day and every day as a person adjusts to the demands of daily living. Also, physical wear and tear on the body may result in chronic mental strain associated with coping with the demands of college life. Destructive distress often develops in precisely this way as mind, body, and behavior affect each other in an accelerating cycle of stress buildup.

Which factors?

There are, however, positive aspects of stress. To many, involvement with a variety of stimuli and stressors provides a number of interesting and stimulating aspects to a full life. Learning, developing, and striving for optimal potential all require an encounter with stress. Many of our most memorable peak moments involve stressful events.

We all have our unique zone of positive stress, the zone in which we feel healthy, productive, and satisfied. It is important for us to be able to recognize the limits of this zone. We must be able to distinguish the borders of this zone and live within them.

Exercise Benefits

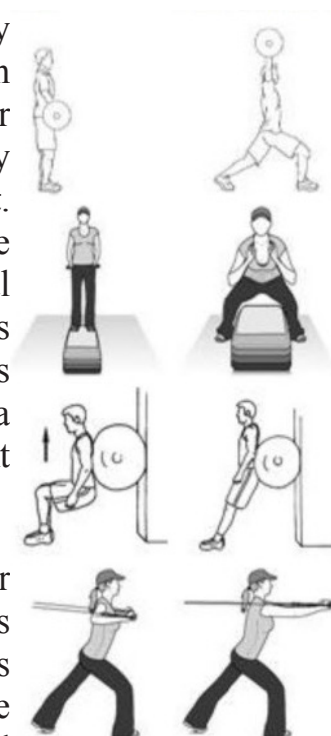
A vital step in controlling stress and preventing illness is maintaining a periodic exercise program. Exercise can be a very effective means of managing the physical and psychological effects of stress response.

Physical activity can prevent stress-induced illnesses such as ulcers, back pain, migraine headaches, and high blood pressure. In addition, physical activity can play a major part in reducing the *destructive coping behavior* in our society as evidenced by the abuse of alcohol and other drugs, smoking, overeating, and violence. There is substantial evidence that exercise can positively affect a wide variety of physical and psychological stress-related responses. A sound program of physical exercise may increase body awareness, reduce muscle tension, burn up stress produced adrenaline, quiet the sympathetic nervous system, lower baseline tension level, and produce faster recovery from stress response. Psychological benefits of vigorous exercise are the release of emotional tension, feeling of well-being and calmness, less anxiety, less depression, and enhanced self-esteem.

What are the examples of destructive coping behaviors?

The Stress Response

When you experience stress, which can be loosely defined as anything that you perceive to threaten your stability or equilibrium, a portion of your nervous system comes into play to ready the body to meet the demands of this **emotional upset**. Your pupils dilate, and your muscles become more tense, resulting in an overall heightened mental and physical awareness. This phenomenon is referred to as the **stress response**. Personality is related to stress in that a person's perception of a stimulus or situation determines to a large extent how stressful the situation is.



This "emotional upset" refers to the in----- caused by stress.

What is stress response?

You can guess that "thrive on" is synonym/ antonym of "suffer from."

Whether you suffer from stress or **thrive on** it, your system must be prepared to withstand it. The stress response readies your body to deal with threats efficiently and effectively. It gives your body the stimulus to perform amazing feats, both mental and physical; yet, at the same time, it can wreak havoc on your health. If the stress is prolonged, it can weaken your body defenses, accelerate the aging process, and lead to chronic disease.

There is little doubt that aerobic fitness and exercise play a crucial role in reducing the effects of stress. Specifically, research indicates the following:

1. Relatively brief exercise training program can be effective in reducing arousal during psychological stress.
2. Fitness is associated with lower levels of cardiovascular arousal

during and following psychological stress.

3. Relatively brief exercise training program can be effective in reducing depression.

4. Fitness is associated with lower levels of depression following prolonged life stress.

5. Fitness is associated with lower levels of physical illness following prolonged life stress.

6. Exercise training programs can be effective in improving the cardiovascular and psychological functioning of cardiac patients.

Generally, the stress response can be broken down into the three stages defined by Hans Selye, a pioneer in stress research: (1) the alarm reaction stage, (2) the resistance stage, and (3) the exhaustion stage.

The alarm reaction stage, or flight or fight response, is the initial reaction of your body to stress. This response mobilizes the body's resources for immediate physical activity. Increased activity of the sympathetic nervous system and suprarenal glands brings about a wide range of physical changes that are necessary to prepare the body to deal with the impending threat. These changes include increased heart rate and stroke volume and decreased digestion.

During the resistance stage, the body increases its capacity to deal with stress. However, if the stressor continues for a prolonged period of time, the heightened physiological adjustment may have a detrimental effect on the body.

When the body can no longer deal effectively with stress, the exhaustion stage, or distress, is evident. The exhaustion stage may manifest itself in high blood pressure, extra heartbeats, and emotional problems.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. Inability to adjust to the demands of a new environment results in the stress response.

-----2. The interplay of mind, body and behavior is necessary to adjust to the demands of daily living.

- 3. Stress can function as a stimulus to motivate people.
- 4. The zone of positive stress is more or less the same for everybody.
- 5. It is said that such illnesses as ulcer, backache, etc. can be caused by stress.
- 6. Drug and alcohol abuse is a coping behavior against stress.
- 7. Stress response has some physiological manifestations.
- 8. Stress response can have both positive and negative effects.
- 9. The more fit people are, the less the probability of stress effects will be.
- 10. The fight or flight response follows the alarm reaction stage.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Paragraph 1 is mostly about ----- .
 - a. students' expectations and needs on the campus
 - b. factors affecting adjustment to college life
 - c. how to avoid a stress- inducing environment
 - d. the type of stress the students are involved in on the campus
2. A person's adjustment to the demands of daily living ----- .
 - a. is accelerated by physical wear and tear on the body
 - b. may result from chronic mental strain
 - c. usually results in physical wear and tear
 - d. requires the interaction of mind, body and behavior
3. Paragraph 3 deals with ----- .
 - a. why stress can be beneficial
 - b. how stress affects people's daily life
 - c. how people can cope with stress
 - d. what to do to get rid of stress
4. According to the reading selection, a full life ----- .
 - a. is relatively stress-free
 - b. is difficult to achieve nowadays
 - c. necessarily involves stress
 - d. is basically built upon stressful events

5. The author recommends everybody to ----- the borders of their unique zone of positive stress.

- a. widen
- b. limit
- c. be aware of
- d. step out of

6. Paragraph 5 is more concerned with ----- stress.

- a. the advantages of exercise against
- b. the types of beneficial exercise helping to cope with
- c. physical and mental disorders which arise from
- d. factors or situations which mostly result in

7. Anything that we think endangers our stability can be referred to as -----.

- a. stress response
- b. stress
- c. alarm reaction stage
- d. resistance stage

8. It is implied that stress response is of ----- nature.

- a. physiological
- b. psychological
- c. behavioral
- d. environmental

9. Stress response -----.

- a. occurs at the exhaustion stage
- b. readies the body to cope with threats
- c. is reduced by doing regular exercise
- d. certainly harms the people's health

10. The exhaustion stage occurs when -----.

- a. the impending threat has been removed
- b. body adjusts itself to the stressful situations
- c. the heart rate and stroke volume are increased
- d. fight or flight is not achieved

C. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Some personality types expose themselves to more ----- than other types; such people are more competitive.

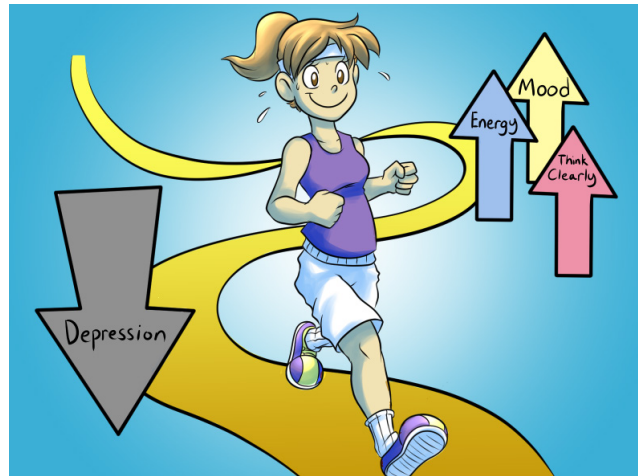
- a. violence
- b. pioneers
- c. destruction
- d. challenges

2. If stress is -----, it may lead to chronic disease.

- a. prolonged
- b. positive
- c. mild
- d. beneficial

value and meaning to our lives. Motivation is the energy that fuels the engines of behavior that drive toward these goals. *Its* presence explains why we strive, work and persevere.

Presence of what?



B. Research reveals that a considerable number of people who begin weight loss, drug rehabilitation, and similar programs drop out long before achieving much progress. Furthermore, as these programs progress, participants display decreased interest and reduce their efforts. The mainsprings of their actions appear to stop working, and they no longer are able to maintain their goal-directed activity. They apparently lack the capability of convincing themselves they can complete such programs. People who believe that they are capable of attaining a goal are more likely to achieve it. When people doubt their ability to achieve a goal, they often reduce their driving efforts or give up altogether when they run into obstacles.

C. Human motivation depends on a series of choices based on perceptions. It is possible that the individuals who drop out of improvement programs do value their goals but the perceived relationships between program activity and goal achievement are uncertain, leading to reduced commitment. Generally, the force of effort maintained by individuals toward their goals is determined by two factors: their perceived chances of achieving the desired outcomes and the degree of value they place on the outcomes. In other words, each person internalizes his or her chances of success and also the value of that success to his or her well-being. (“What are my chances of losing those twenty-five pounds, and if I do lose them, of what value is that twenty-five pound loss to me?”)

D. Before starting an exercise program, it is important that you evaluate your present circumstances and satisfactorily answer two important questions:

1. What are my chances of increasing my overall physical fitness?

2. Will the changes brought about by exercise be of value to me?

E. The answer to the first question is relatively easy: Excellent. Research indicates that the unfit or sedentary person can look forward to substantial gains in cardio-respiratory and muscular fitness after only a few months of continuous, vigorous exercise.

F. You will have to answer the second question yourself. However, here are some thoughts to consider. If you are now sedentary, it is reasonable to assume that the physical and psychological changes that occur in your body as a result of exercise will be of some value to you. In addition, research indicates that we all have certain basic needs in common that must be fulfilled in order for us to lead balanced lives. For example, we all enjoy the satisfaction of achievement, whether it comes from a promotion at work or from jogging two miles without stopping. Also, knowing that we can achieve our goals is an important reinforcement of our need to experience some control over our environment. A sense of mastery, the completion of a task, or the learning of a valued skill that once seemed difficult to acquire can all lead to feelings of self-confidence and well-being. The desire to witness and control our environment, to enjoy it, to react to it, and to master it is the most significant factor in proving satisfaction. Furthermore, we gain satisfaction from meaningful activities and from opportunities to develop a sense of responsibility and self-direction. All of these needs can be met by a sound exercise program.

G. It's very easy to find excuses **not** to exercise. Too cold, too hot, too windy, too busy, too tired, will make it up next week-- all are frequently heard. However, if you accept the goals of health-related fitness and are aware of how they relate to your self-concept, you soon will be looking for excuses to exercise.

What are these
which are heard?

Changing Behavior

H. It is difficult to change behavior without addressing the underlying causes; otherwise, the same problems come back along with a new set of problems. Also, many of our behaviors tend to be adaptations and not maladaptation to everyday events. That is, we tend to make adaptations that enable us to get through each day with a minimum amount of stress. Another difficulty is that when we make an attempt to change our behavior in a positive way, we tend to find ways to **undermine it**. Certain changes make us feel less free, and feeling free is often more important than concerns about our health. However, if we are presented with informed choices for behavioral change, reinforced by results that we can experience and measure, we tend to stay committed.

What do we
undermine?
What do we
do when we
undermine sth?

I. It is essential that fitness achieves a high priority in our lives. Efforts in increasing motivation must have **that end** in sight at all times. However, external rewards (extrinsic motivation) are viewed only as a temporary means in changing behavior. Behavior can only be continuously maintained by our own internal rewards (intrinsic motivation).

Which end?
What does end
mean here ?

J. The following are some general steps that may aid you in changing behavior. Some of these steps can be eliminated or modified, or you can add others to the list, depending upon your needs.

Suggestions for changing behavior

1. Desire to change; it is your responsibility.

Is "desire" a verb
or a noun here?

2. Analyze the history of your problem.

3. Record your current behavior.

4. Analyze your current status.

5. Set short- and long-term goals.

6. Sign a contract with a friend or your instructor.

7. List some possible strategies for change.

8. Select one or two strategies that may be useful.

9. Learn and adopt new coping skills (i.e., how to relax) and social skills.

10. Outline a maintenance program once your goal has been reached.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. People who drop out before achieving their goals do not usually value those goals.

----- 2. The value of the achieved success can affect the individual's motivation.

----- 3. Motivation can be defined as the basic reasons we strive, work and persevere toward our goals.

-----4. A sound exercise program can replace motivation in an individual's life.

-----5. Excuses not to exercise are difficult to find.

-----6. Feeling free is often more important for people than their health.

-----7. External rewards are as important as internal ones for behavior maintenance.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Motivation can be -----the energy that fuels the engines of behavior toward our goals.

- | | |
|-----------------|---------------------|
| a. activated by | b. maintained by |
| c. defined as | d. obtained through |

2. Paragraph B recommends people to -----.

- a. drop out if their goals are unrealistic
- b. avoid running into obstacles
- c. turn to weight loss, drug rehabilitation and similar programs
- d. have self-confidence in their abilities

3. The value one places on the outcomes of a goal-----.

- a. is independent of the person's motivation
- b. determines the force of the effort maintained by the person
- c. reduces the person's commitment to the goal
- d. makes him or her drop out of the improvement program

4. The answers to questions raised in paragraph D -----.

- a. are more concerned with extrinsic than intrinsic motivation
- b. address the factors which undermine one's efforts to achieve his or her goals
- c. are completely personal so they differ according to the behavior and goal of people
- d. help the person to adopt and maintain a sound exercise program

5. In order to change our behavior, we should-----.

- a. adapt ourselves to everyday events
- b. follow a regular daily exercise program
- c. deal with what has made us do that behavior
- d. change our motivation in a way to meet the new conditions

C. Discuss the following questions with your friends.

1. What is motivation and how can it help us?
2. Is motivation alone enough to make us drive toward our goals? Why?
3. What factors affect human motivation ?
4. What are the reasons some people drop out of improvement programs?
5. Why do people try to find excuses not to exercise?
6. Which is more important, extrinsic or intrinsic motivation ? Why?
7. How can we change our behavior?

**D. Fill in the blanks using the appropriate form of the words given.
response, to respond, responsive**

- a. The disease has proved -----to the new treatment.
- b. The infection did not ----- to the new drug.
- c. His body's -----to his new exercise programs was quite good.

perception, perceive, perceived

- a. One factor affecting a person's hard work is his -----chances of achievement.
- b. Experiencing stress can be defined as anything people----- to threaten their stability.
- c. Your -----of this phenomenon can affect the way you handle it.

reaction, to react, reactive

- a. Your response was more -----rather than preventive.
- b. People who have an allergic -----to a drug must not take it.
- c. People can ----- badly to certain food additives.
- d. The parents in the West have recently-----strongly against sex and violence on TV.

motivation, to motivate

- a. The way people perceive something affects their -----.
- b. When someone focuses on his/her final goal and believes in his/her abilities, he/she -----more to achieve that goal.

success, to succeed, successful, successfully

- a. She has had a lot of ----- in getting through her studies.
- b. She's finally -----to lose a few pounds.
- c. Is it easy for a woman to combine a -----career with raising a family?

d. A number of patients have been -----treated through following a sound regular exercise program.

psychology, psychologist, psychological, psychologically

- a. He is a well-known lecturer in -----.
- b. The doctor says most headaches are purely -----.
- c. Regular exercise affects people not only physically but also-----.
- d. Educational -----claim that reading standards among college students have declined.

adaptation, to adapt, adaptable, adaptability

- a. Motivation is an important factor helping us ----- ourselves to a new environment.
- b. The survivors in this life seem to be those who are -----to change.
- c.----- is a necessary quality in an ever-changing work environment.
- d. Evolution occurs as a result of----- to new environments.

E. Match the words in column I with their equivalents in column II.

I	II
1. get through	a. to stop going to school or stop an activity before you have finished it
2. driving	b. to make something gradually weaker or less effective
3. undermine	c. increase
4. persevere	d. manage to do or complete something
5. mainspring	e. to accept or absorb something as your own
6. internalize	f. the most important part of something
7. upset	g. strong and powerful; having a strong influence in making something happen
8. enhance	h. feeling of unhappiness and disappointment
9. induce	i. to continue trying to do or achieve something despite difficulties
10. unique	j. to cause something
11. drop out	k. belonging to or connected with one particular person, place or thing

F. Fill in the blank using the words in the list.

the most common reasons

to lack of ability

in order to do this

moving toward your goals

changeable and under your control

they stop trying

It is important to establish goals so that your progress toward a healthier life can be observed and measured. ----1----, it is vital to develop a greater awareness about your environment. Focus on your lifestyle and convince yourself that you are capable of self- assessment and of taking action in the process of ----2----. Many individuals attribute their failure to achieve goals ----3----. They tend not to try again or persist; ----4----. Research tells us that the reasons for failure can directly affect the ability to carry on. ----5---- are lack of effort, lack of ability , task difficulty and bad luck. It is important to remember that motivation is ----6----.

Unit 10

Pre-reading Activities

A. Study the following words and their meanings. Then use the words in (if necessary change the form) the sentences which follow.

exhausting : adj	making you feel very tired
sedentary: adj	involving little exercise or physical activity; inactive
accumulate: v	to gradually increase in number or quantity
overindulgence : n	the state of having too much of something nice esp food or drink
proliferate : v	to increase rapidly in number or amount; multiply
endurance : n	the ability to continue doing something painful or difficult for a long period of time without complaining
scrutiny: n	careful and complete examination; inspection
inhibit: v	to prevent something from happening or make it happen more slowly or less frequently than normal

1. Some animals such as mice, if put in a suitable situation, ----- so fast.
2. Regular exercise increases bodily strength and -----.
3. The -----of fat in the main blood vessels increases the risk of heart attack.
4. The hospital manager ordered a close -----of what' was happening in the hospital.
5. A lack of oxygen may -----brain development in the unborn child.

6. His doctor said he should start playing sport because his lifestyle was too-----.

7. Nurses should be paid more because they usually have an -----job.

8. Obese people are advised to avoid -----in food and drink; their condition is worsened.

Reading

Fitness for Life

- A People who exercise regularly, whether walking, jogging, swimming, cycling or playing team sports, are more likely to be able to carry on exhausting work for longer periods of time than sedentary people. This is due to the adaptive responses made by the body as a result of regular exercise.
- B Today's mass participation in jogging and distance running is a strong indicator that people generally value good health and work hard to keep their bodies in 'good working order'. On the other hand, modern-day living, with its sedentary lifestyles and increased leisure time, has brought modern-day illnesses such as obesity, heart disease and cancers.
- C **Obesity** is a severe overweight condition of the body, defined as accumulation of body fat that is more than 20% above the norm for the person's height and build. It is a serious form of malnutrition of the body (mal, of course, meaning bad).
- D **Physical effects of obesity on the body**
Because of the increase in body size, the cardiovascular-respiratory systems have to work much harder since more energy is used in just moving the body mass.
- E In addition, an increase in adipose tissue (fat under the skin) and a decrease in sweat gland density make it much harder for the vascular system to remove waste heat energy. This waste heat is produced as part of the process of conversion of food fuel into useful work or energy in the body's muscles and organs and has to leave the body from the skin surface. Therefore, a thick insulating layer under the skin will tend to restrict flow of heat outwards. This means that the heart has to work harder to pump blood faster round the circulatory system, so that heat energy, carried by the blood, can be released more rapidly near the skin surface.





- ^F Also a relatively poor circulatory system within adipose tissue means that the blood (and therefore heat energy) cannot reach the skin surface in large enough quantities to release its heat as effectively as it would in a thin person.
- ^G All these factors result in heart overload and increased respiratory functioning, to keep pace with the increases in total metabolic functioning.

Obesity and disease

- ^I Obesity has been strongly associated with a number of modern-day cardiovascular diseases, such as atherosclerosis, hypertension and coronary and cerebral thrombosis.
- ^G An obese person has an increased risk of suffering from mature diabetes, hernia, and gall bladder diseases, cirrhosis of the liver and mechanical injuries to the body, such as backache and damage to joint structures (leading to joint pain and arthritis). In addition, an obese person would be more at risk during surgery and an obese woman would be more likely to experience complications during pregnancy.

Causes of obesity

^K **Positive energy balance**

Carbohydrates and fats are the fuels needed for energy production. The major cause of obesity is that energy intake (eating carbohydrate and fat) is far greater than energy output.

In other words, there is a lack of energy expenditure, so the obese person will continue to gain weight. This concept is known as a positive energy balance and can be expressed as:

ENERGY INPUT > ENERGY OUTPUT

- ^L Excess carbohydrate is stored as glycogen. When all the glycogen stores are filled, carbohydrate (together with the excess fat content in the diet) is converted to fatty acids and glycerol. Excess fatty acids and glycerol are stored as triglycerides (fat) in adipose tissue around major organs such as the heart and stomach, underneath the skin and in the skeletal muscle.

Glandular malfunction

- ^M A small percentage of obese people suffer from a glandular malfunction, which results in a hormonal imbalance in the body. This tends to create adipose tissue abnormally.

Overeating and overweight

- ^N There is a strong relationship between a positive energy balance and being overweight. The latter is often associated with poor eating habits and unbalanced diets containing a high proportion of fat. This results in an individual becoming exhausted through work (exercise) more quickly than someone with a higher proportion of carbohydrate in his/ her diet.
- ^P Overindulgence in food is also associated with psychological, social and cultural factors. For example, the overeater may eat in an attempt to relieve anxieties. It has been shown that childhood obesity is strongly linked to adult obesity, i.e. the fat child grows into a fat adult!
- ^Q The development of fat cells begins during the first 2 years of life. Numbers of fat cells in young overfed children may proliferate to five times the normal number of cells. So as the child grows, she/ he has thousands of extra fat cells just waiting to fill with fat. In the adult the number of fat cells remains constant but the cells increase in size as weight is gained. Once this weight is gained it will be maintained unless a negative energy balance is achieved.

Obesity and lack of exercise

- ^R There is strong evidence to suggest that overweight children and adults are far less active than their thinner counterparts. Obesity has the long-term effect of limiting the mobility of joints, thus restricting the person's ability to coordinate movements. It also places an additional strain on the cardiovascular and respiratory systems, as described earlier. Bodily strength, endurance and speed are impaired as a result of weight gain. So a combination of physical and psychological factors (such as poor self-esteem, learned helplessness caused by repeated failure at sporting activities and unwillingness to expose the body to the scrutiny of others) often inhibit the person from participating in sport and leisure activities.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- 1. Modern sedentary lifestyle has brought more health to man.
- 2. Obesity can be the result of malnutrition.
- 3. Obesity leads to increases in total metabolic functioning.
- 4. Positive energy balance prevents obesity.
- 5. Overweight may be the result of poor eating habits
- 6. Psychological and social factors may lead to overeating.
- 7. Obesity usually starts from childhood.
- 8. Weight gain can cause poor self-esteem.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

- 1. Regular exercise results in -----.
 - a. mass participation in jogging and distance running
 - b. the exhaustion of sedentary people
 - c. adaptive responses by the body
 - d. treatment of modern-day illnesses such as cancer
- 2. Paragraph C -----.
 - a. defines obesity
 - b. deals with main causes of obesity
 - c. advises us to avoid malnutrition
 - d. deals with the hazards of malnutrition
- 3. Paragraph D, F, G and H deal with -----.
 - a. the diseases which may arise from obesity
 - b. physical effects of obesity on the body
 - c. the process of getting obese
 - d. ways to avoid obesity
- 4. According to the information in the text, the main cause of obesity is -----.
 - a. glandular malfunction
 - b. malnutrition

- c. psychological, social and cultural factors
- d. positive energy balance

5. One way mentioned to reduce anxiety is -----.

- a. relaxation
- b. avoiding eating
- c. social support
- d. overeating

6. In an overfed child the fat cells -----.

- a. increase in number
- b. increase in size
- c. maintain a negative energy balance
- d. remain constant until adulthood

C. Discuss these questions with your classmates.

1. What are the effects of obesity on health and what are its causes and its cure?
2. Describe the most effective way of reducing body weight
3. What do you understand by “healthy eating”? How can this concept be applied to dieting?
4. How could an evaluation of body composition assist in:
 - a. the control of body weight ?
 - b. aiding sportsmen and women preparing for competitions?
5. How can exercise be used as a means of weight control?

D. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. A combination of balanced diet and regular aerobic exercise is known to be the most effective means of ----- fat accumulation.

- a. proliferating
- b. enduring
- c. inhibiting
- d. coordinating

2. Weight reduction will be achieved only when the normal proportion of fat, carbohydrates and proteins are maintained but their amounts are -----.

- a. exhausted
- b. released
- c. relieved
- d. restricted

3. When energy input is equal to energy output, a neutral energy balance is -----.

- a. achieved
- b. impaired
- c. converted
- d. removed

4. Body composition has two basic components including body fat or -----adipose tissue and lean body mass such as the muscle, bone and skin.

- a. accumulated
- b. coordinated
- c. associated
- d. insulated

5. Fat people don't like to participate in group activities because they dislike exposing their body to the ----- of others.

- a. endurance
- b. scrutiny
- c. overindulgence
- d. complication

6. If the body's energy -----exceeds the body's energy-----, then obesity is very probable.

- a. output/ input
- b. intake/ expenditure
- c. expenditure/ output
- d. input/ intake

7. Some hormones, when -----too much, may impair the body's normal functioning.

- a. linked
- b. converted
- c. released
- d. overfed

8. As a result of a neutral energy balance (energy input is equal to energy output), a person's weight -----.

- a. remains constant
- b. undergoes dramatic changes
- c. may be out of control
- d. is heavily lost

E. Study the following words and their meanings. Then use their correct forms in the blank spaces which follow.

consistent: adj happening in the same way and continuing for a period of time

furring up: v the formation of (hard) grey substance inside a pipe, an artery or on the tongue

impede: v to delay or stop the progress of something; hinder; prevent

silt up: v to block or become blocked with silt (sand, mud, etc carried by water; in this context fat molecules)

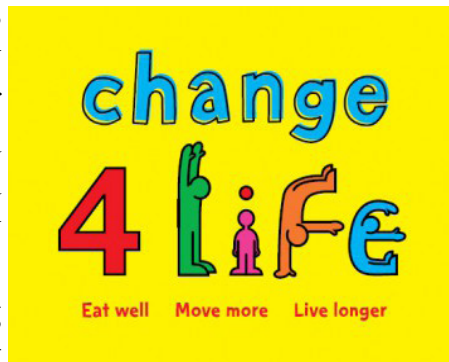
stamina: n physical or mental strength

It is obvious that a person loses his ----- when he/she takes in a lot of fat ----- . This causes the build-up of lipid deposits in the inner linings of the arteries, that is the -----of the arteries. In other words, the arteries are -----with such deposits so that the normal flow of blood is -----.

Further Reading

Cardiovascular Diseases

A Cardiovascular diseases include diseases of the heart and blood vessels. The majority of patients suffering from cardiovascular diseases have hypertension or high blood pressure (hypertension is diagnosed when the diastolic pressure consistently reads over 95 mmHg or 11.9 kPa). Hypertension is a major contributing factor in atherosclerosis, coronary heart disease and strokes.



B Atherosclerosis, commonly described as furring up of the arteries, is caused by lipid (fat) deposits accumulating in the inner lining of the arteries, resulting in a narrowing of the arterial lumen, thereby impeding blood flow. When the deposits silt up one of the coronary arteries, a coronary heart attack results.

C **Coronary heart disease (CHD)** is one of Britain's greatest killers and encompasses diseases such as angina and heart attacks or coronary thrombosis. The first symptoms of coronary heart disease are often manifested as a result of an increased heart rate caused by physical exertion or excitement. Heavy cramp-like pains are experienced across the heart. This kind of pain is known as angina and is normally treated and controlled with drugs and relaxation. A person suffering from angina has a higher risk of suffering from a coronary thrombosis.

D A coronary thrombosis or heart attack is a sudden severe blockage in one of the coronary arteries, cutting off the blood supply to the cardiac tissue. This blockage is often caused by a blood clot formed within slowly moving blood in an already damaged, furred-up coronary artery. Heart attacks can be severe or mild, depending on the positioning of the blockage.



^E In Figure 2 a severe blockage has occurred in a descending coronary artery. The amount of heart tissue involved is great, causing a major heart attack. The figure also shows a mild blockage towards the end of the coronary artery in which the amount of heart tissue involved is minimal. In this instance the patient would have a better chance of full recovery. In a severe blockage the heart may stop beating. This is called a cardiac arrest. About half of all cardiac arrest cases die.

Protection against coronary heart disease

^F The advice usually given is to watch your weight, do not smoke, do not drink too much alcohol, reduce your salt intake and relax, but take regular exercise. This is because, although some individuals who smoke, eat too much and drink too much live to old age without heart trouble, a higher proportion contract heart disease than the average for the population as a whole. There is, therefore, a higher statistical risk of heart disease among people who drink, smoke, eat too much and take salt in their food.

Exercise and coronary heart disease

^G There is good evidence that regular exercise can have a protective effect on the heart. Stamina-building activities such as jogging, cycling and swimming will improve the efficiency of cardiac tissue and circulation within the heart muscle.

^H Regular exercise reduces resting heart rate and increases stroke volume because of a stronger, more efficient heart. Resting blood pressure is lowered and the balance of cholesterol (a constituent of animal fat in the diet) and triglycerides (fat) is improved. Amounts of cholesterol and

triglycerides that reach the fuel transport system of the body are statistically associated with a high incidence of atherosclerosis and, therefore, there is an increased probability of heart disease and coronary thrombosis. Diets should, therefore, include less animal fat (saturated) to reduce this risk.

¹ In addition to the positive physiological effects of exercise on the body, a person will feel and look better. The type of exercise undertaken to protect your body from coronary heart disease will depend on your present physical condition. The major questions to be asked in devising an exercise program are: how often (frequency); how much (intensity); and how long (duration)

^J 1. Frequency: at least two to three times a week.

2. intensity: hard enough to make you breathless.

This should mean that your heart rate should be at least 60% of your maximal heart rate and increase in proportion to your maximal heart rate as your fitness improves.

3. Duration: the length of each session will depend on the intensity of the exercise but should last between 20 and 60 minutes for it to be beneficial to the body.

4. Finally, what activity? Something that you enjoy doing! it is important that the selected mode of exercise is aerobic and uses large muscle groups so that stamina is improved.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

-----1. Hypertension can be a sign of cardiovascular diseases.

-----2. Deposits of fat in the inner lining of the arteries may lead to atherosclerosis.

-----3. Coronary heart disease (CHD) is the greatest killer in Britain .

-----4. Angina is a kind of pain in the chest that can usually be treated with drugs.

-----5. The mortality rate of cardiac arrest cases is about % 50.

-----6. Smoking, drinking and overweight lead to heart attack inevitably.

-----7. The decrease in stroke volume has a protective effect on the heart.

-----8. The writer says that the frequency of exercise is more important than its intensity and duration.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Furring up of the arteries is the same as -----.

- a. coronary thrombosis
- b. atherosclerosis
- c. angina
- d. heart attack

2. An increased heart rate caused by physical exertion or excitement ----- coronary heart disease.

- a. is the result of
- b. usually leads to
- c. often reveals the first signs of
- d. may be the first manifestations of

3. Paragraph D mostly deals with -----.

- a. how heart attack can be treated
- b. how to prevent a coronary thrombosis
- c. why a coronary thrombosis is so dangerous
- d. how heart attack occurs

4. According to the information in the text, ----- heart attack.

- a. weight control is the best way to prevent
- b. people who exercise regularly do not ever develop
- c. smoking and drinking don't necessarily lead to
- d. the most challenging disease all over the world is

5. Increase in stroke volume -----.

- a. may lead to heart attack
- b. is beneficial to our body
- c. can be prevented through regular exercise
- d. is the result of reduced heart rate

C. Discuss the following questions with your classmates.

1. Describe the ways in which exercise can reduce the risk of getting coronary heart disease.
2. How might changes in the lifestyle go some way to preventing coronary heart disease?

D. Use the correct form of the given words in the blank spaces.

blockage, block, block

- a. Exercise can help to clear the -----in an artery.
- b. Deposits of fat in an artery -----the normal flow of blood.
- c. Angina is usually caused by the narrowing or ----- of one or more of the arteries which supply the heart muscle with blood.
- d. A----- in the pipe was preventing the water from coming through.

endurance, endure, endurable,

- a. The pain in his broken arm was too great for him to -----.
- b. Although she was only a teenager, she showed remarkable ----- throughout her illness.
- c. When the pain became no longer -----, he took some pain-killers.

manifestation, manifest, manifest

- a. How long does it take for the symptoms to -----?
- b. Diseases which do not have visible -----are more difficult to treat.
- c. The -----relief on the parents' face ----- that the operation on their child was quite successful.

accumulation, accumulate

- a. Physical exertion prevents the -----of fat in the body.
- b. As people -----more wealth, they tend to spend a greater proportion of their incomes.

relief, relieve, relieved

- a. She breathed a sigh of -----when she found out she had passed her exams.
- b. Different people ----- their boredom differently; for example, some may listen to music, some read books, etc.
- c. She was given a shot of morphine to -----her pain.
- d. They were -----to see their children safe and out of danger.
- e. News of their safety came as a great-----.
- f. Do you have any ideas of modern methods of pain-----?

E. Match the words in column I with their equivalents in column II.

I	II
1. encompass	a. make or set free
2. devise	b. a feeling of being happy with your own character and abilities
3. constituent	c. to make different parts of the body work well together
4. stamina	d. not physically active
5. manifest	e. to show something clearly; to appear or become noticeable
6. coordinate	f. physical or mental strength
7. self-esteem	g. to include a large number or range of things
8. release	h. very tiring
9. sedentary	i. one of the parts of something
10. exhausting	j. to invent something new or a new way of doing something; think up

F. Supply the blank spaces in the following sentences with the words in column A.

1. Diseases which are the greatest killers in the industrialized world ---
----- coronary heart disease, different types of cancer and diabetes.
2. As the disease progresses, the patient loses the ability to -----his or her movements, i.e. he/she cannot make parts of his or her body work together in order to form particular movements.
3. Regular exercise not only increases a person's -----both mentally and physically but also makes his/her -----improve.
4. One of the causes of cardiovascular disorders is the -----lifestyle people have adopted.
5. When people take placebos, their body -----some hormones which serve as natural medications.
6. Signs of drowsiness -----in her after a/an----- day she had spent in the hospital.

7. The students need to know what the -----of the juices produced by the stomach are.

G. Fill in the blank using the words in the list.

weight decreases	energy output through exercise
takes place in the liver	in addition
an increase of energy output	which form

The long-term effects of aerobic exercise in alleviating obesity are well established. Long-term systemic exercise increases energy output, as fat mobilization ---1---. Exercise causes lipids (fat-like molecules, insoluble in water, ---2--- large parts of fat cells) to decrease and metabolic rate to increase. For example, ---3--- of approximately 5000kJ per day through exercise will burn off 1 kg of body fat in one week. The result of such an excess of ---4---, against input via food, is a steady progressive long-term weight loss. As ---5---, physiological functioning and physical fitness improve and so the obese person is able to increase the intensity, duration and frequency of exercise. ---6---, there is a small reduction in the risk of heart disease.

Unit 11

Pre-reading Activities

A. Getting Started: Guess the meaning of the underlined words and write them on the lines. You can make use of such clues as punctuation, logic, examples, synonyms, antonyms, connecting words, etc.

1. It seems there is a new medical breakthrough, i.e. a sudden and exciting discovery that leads to more changes.

breakthrough: ----- .

2. In some countries, where many parents value daughters less than sons, it is common for a woman to have an ultrasound, discover the gender of her fetus and then go immediately for an abortion rather than give birth to a girl.

gender: ----- .

abortion: ----- .

3. For couples who have difficulty conceiving a baby, there are now a number of possibilities. One is the use of fertility drug; these often result in a successful pregnancy.

fertility: ----- .

4. Another common method of conception is in vitro fertilization. By this method of conceiving a baby outside a women's body, childless couples may still become parents.

in vitro: ----- .

conception: ----- .

5. Already, the transplant of a healthy organ such as a heart, lung, liver, kidney and so on for a diseased organ is quite common.

organ: ----- .

6. We have the medical ability to keep a person technically "alive" for years, on machines, after he or she is "brain dead", that is after the neocortex has stopped functioning.

brain dead: ----- .

7. For this reason, there has recently been research into xenotransplants, i.e. the transplanting of an organ from one species into another.

xenotransplants: ----- .

B. Discuss the following questions in small groups and present it to the class.

1. Do you think medical technology has changed human life?
2. What are some of the recent advances in medical technology ?
3. Has medical technology helped human beings to have a longer life?

Reading

Medical Technology and Bioethics



Breakthroughs in Medical Technology

- A Every day, when we open a newspaper, turn on TV, or get onto the Internet, it seems there is a new medical breakthrough—a sudden and exciting discovery that, in turn, leads to more changes. Clearly, medical technology is rapidly advancing; some people would even say **it** is at a frenetic pace. The breakthroughs allow doctors to diagnose diseases, treat patients, and extend the length of life in ways that were not imaginable by most people fifty year ago. Many of these discoveries are beneficial, but **they** are coming so fast that we often don't have a chance to consider the moral questions and ethical problems. As Martin Luther King, Jr. once said, "Our scientific power has outrun our spiritual power."
- "It" refers to _____.
- "they" refers to _____.

Consequences of a Medical Discovery – "The Pill"

- B There are always consequences to a medical breakthrough. Take the example of the birth control pill, which became available in the 1960s and is now "old new". **This** gave women more control over their bodies and allowed for population growth control. But it also caused people to question their beliefs about gender roles, sex, freedom, and the family. It contributed to enormous societal change worldwide. Has this been a good thing? The answer reflects each person's religion, culture, and personal values.
- "This" refers to _____.

Technology and the Beginning of a Human Life

- C Some of the most astonishing new medical technology involves the beginning of life. Due to ultrasound and amniocentesis, it is now possible to have a good deal of information about a baby many months before the actual birth. Most people agree that **this knowledge** is beneficial. Some medical problems, for example, can actually be repaired, through surgery, even before birth. However, there is the question of ethics. In some countries where many parents value daughters less than sons, it is common for a woman to have an ultrasound, discover the gender of her fetus, and then go immediately for an abortion rather than give birth to a girl. The ethical question will become even more difficult in the very near future, when a couple will be able to choose the sex of their child. For many people, a related question is this: when does “human personhood” begin-- at the moment of conception, after several months of pregnancy, or at the baby’s first breath?

“This knowledge” refers to -----

New Methods of Conceiving a Baby

- D For couples who have difficulty conceiving a baby, there are now a number of possibilities. One is the use of fertility drugs. These often result in a successful pregnancy, sometimes of twins-- but also sometimes of triples (three babies), quadruplets, quintuplets, and even sextuplets! In such multiple births, the babies are born early, before they are mature enough, and almost always have many painful, expensive physical or mental challenges. Another common method of conception is in vitro fertilization. By this method of conceiving a baby outside a woman’s body, childless couples may still become parents. This brings joy to many families, but **it** also raises questions. At a cost of over \$75,000 for the delivery of one such baby, should society have to pay for this -- or for the very expensive care of premature babies from multiple births-- especially when there are many orphaned children who need parents? Expense is not the only ethical question. Another is what to do with the fertilized human eggs that are the result of in vitro fertilization. An egg might be frozen for a long time--perhaps decades- before it is implanted in the mother’s body. Is this egg a human being? If the parents die, for example, in a car accident, or divorce, to whom do the eggs belong? Can physicians destroy these frozen eggs?

“it” refers to -----

Living Longer?

- E For centuries, people have hoped to find a “**fountain**”-- some magical water to make them healthy and young for a very long time. Today the oldest humans are perhaps 105 to 110 years of age. An average person can expect to live to seventy-five or eighty in some countries. New research into the extension of human life offers the possibility of a medical fountain of youth. Already, the transplant of a healthy organ--

You can guess that fountain means -----

a heart, lung, liver, kidney, and so on-- for a diseased organ is quite common. The problem is finding enough organs. For this reason, there has recently been research into xenotransplants--the transplanting of an organ from one species (such as a



baboon) into another (a human). This has not yet been successful, but now, with increasing knowledge of genetics, scientists are altering pigs with human genes in the hope that these animals can be raised on special farms and soon provide a large supply of organs for transplantation. Of course, there are ethical concerns-- just one of **which** is disease that can travel from one species. At the same time, other researchers are working in the area of bio-synthetics. The goal of this is to create organs, not transplant existing organs. A good example is skin. Patients with very serious burns can now receive artificial skin, grown in laboratories, instead of real skin. Patients respond well to it, and it allows them to leave the hospital earlier than with older methods. There is a large supply, and there are not the same ethical problems as with other types of transplants. In search of a genetic fountain of youth, Italian biologists have been experimenting with mice. By blocking the action of a single gene called [P66. sup. shc], they have created mice that live 30 percent longer than usual. This gives people great hope, but it is premature to do something similar in humans. Perhaps, with more time, we will have the opportunity to consider the possible ethical questions in extending human life by 30 percent.

“which” refers to-----.

The Ending of a Human Life

F More than ever before, there are huge moral questions involving the ending of a human life. For example, we have the medical ability to keep a person technically “alive” for years, on machines, after he or she is “brain dead”, that is after the neocortex has stopped functioning. But is it ethical to do this? And what about the alternative? In other words, is it ethical not to keep a person alive if we have the technology to do so? And how much care should be given to a dying patient? Forty years ago, it was far easier to give a patient “the best healthcare that money could buy” because there wasn’t as much healthcare as we have now. Today, there seems to be no end to expensive tests and treatments to prevent death. One MRI scan, for instance, costs \$2,000 but might not give the physician significant information. Who will pay for this? How can this be available to everyone, not just the rich? How much is too much?

A Need for Answer to Ethical Questions

- G It goes without saying that we need to find answers to such questions. Some—but not enough—hospitals have begun to hire bioethics to help both patients and doctors. Some- but not enough- medical schools have responded by including courses in ethics for future physicians. Without far more attention to these questions, our understanding of technology will continue to «outrun» our understating of what is right and wrong. And we will continue to make the mistakes of the past: upsetting the natural order and suffering the consequences.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- 1. The birth control pill has resulted in positive changes in the society.
- 2. Birth is the starting point of human personhood.
- 3. Xenotransplants are rather common.
- 4. In vitro fertilization and fertility drugs are the methods that help infertile couples have a baby.
- 5. “The best care that money can buy” was not available in the past.
- 6. Ethical questions will soon be answered in hospitals through the services provided by bioethics.
- 7. It seems that bioethics is advancing in an equal pace with medical breakthroughs.
- 8. Our spiritual power is balanced with our scientific power.
- 9. The writer of this passage is doubtful about the virtue of birth control pills.
- 10. The writer agrees with amniocentesis and the likely abortion after it unquestionably.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. The main idea of paragraph A is that -----.
- a. medical advances occur suddenly every day

- b. medical technology is advancing with no opportunity to think about moral issues
 - c. recent medical discoveries are advantageous to human life
 - d. recent medical discoveries have prolonged human's life
2. The birth control pill -----.
- a. is a recent discovery
 - b. has been around for 5 decades
 - c. has nothing to do with medical breakthroughs
 - d. has not caused changes in the society
3. It is understood from paragraph C that amniocentesis is a test that -----.
- a. helps parents decide whether to continue the conception or stop it
 - b. provides a lot of information regarding infertility and conception
 - c. helps repair all medical problems the fetus suffers from
 - d. deals basically with ethical issues arising from conception and delivery
4. According to paragraph C, ethical questions concerning beginning or ending the human life-----.
- a. will become more complex in future
 - b. is going to be settled soon
 - c. is now “ old news”
 - d. will be less frequently asked in future
5. The problem with in vitro fertilization -----
- a. mostly involves the high cost of the procedure
 - b. is mostly concerned with the complicated lab procedures
 - c. involves more issues than just expense
 - d. is related to just ethical issues
6. According to the recent medical discoveries, “fountain of youth”-----.
- a. will certainly be available to human soon
 - b. is likely to come true in the future
 - c. has been rejected by today's scientists
 - d. needs some magic to come true
7. Xenotransplants has been recently considered due to the -----.
- a. availability of organs and organ transplantation
 - b. advances in the expertise of the surgeons
 - c. inadequacy of organs to be transplanted
 - d. religious and ethical concerns of people

8. Today, providing the patient with “the best health care that money can buy” is -----.

- a. not as easy as it used to be
- b. something impossible
- c. mostly ignored by care providers
- d. easier than in the past

9. According to the last paragraph, upsetting the natural order and suffering its consequences -----.

- a. is what mostly happened in the past
- b. will continue unless we attend to ethical questions
- c. is completely stopped by current practices
- d. has led to some mistakes that cannot be corrected

10. The main idea of paragraph G is that -----.

- a. hospitals will soon hire bioethicists
- b. ethical questions require to be answered
- c. technology outruns ethical issues
- d. we need to upset the present natural order

11. According to this passage, medical advances -----.

- a. are welcomed by everybody
- b. will give human control over everything
- c. have advantages as well as drawbacks
- d. are considered inappropriate these days

12. The questions asked in paragraphs C, D and F -----.

- a. are all answered in the passage
- b. are rarely asked by scientists
- c. emphasize the fact that medical advances are not without problem
- d. show that scientific advancement is the only thing people need

13. The writer has a/an -----view about medical advances as shown in the last paragraph .

- a. positive
- b. critical
- c. indifferent
- d. neutral

C. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. It seems that societal changes that are the -----of the birth control pills have had both advantages and disadvantages.

- a. consequence
- b. extension
- c. tolerance
- d. alternative

11. Destruction of the environment is one of the most serious -----
we face today.

- | | |
|----------------|--------------|
| a. challenges | b. responses |
| c. experiments | d. supplies |

12. At the time of the -----, the midwife recognized some physical deficits in the baby

- | | |
|---------------|------------------|
| a. conception | b. delivery |
| c. alteration | d. fertilization |

13. In spite of taking some potent painkillers, her headache seemed to be -----.

- | | |
|-------------------|----------------|
| a. underdiagnosed | b. unrelenting |
| c. undetected | d. manageable |

D. Getting Meaning from Context.

On the lines write words from the reading selection that fit these definitions . The letters in parentheses refer to the paragraph where the words appear.

1. involving a lot of energy and activity in a way that is not organized
(A) -----.

2. having a helpful or useful effect (A) -----.

3. morally correct or acceptable (A) -----.

4. a result of something that has happened (B) -----.

5. the fact of being male or female (B) -----.

6. show, reveal (B) -----.

7. very surprising (C) -----.

8. real, genuine (C) -----.

9. becoming pregnant (D) -----.

10. extremely large in size or amount (F) -----.

11. It is very clear (G) -----.

12. to make a plan, situation, etc. go wrong (G) -----.

E. Parts of Speech

One way of guessing the meaning of a new word from the context is understanding the word's "part of speech", i. e. If the word is a noun, an adjective, a verb, an adverb or a preposition. Many English words can be more than one part of speech.

Example (1): A lot of research has been done on biosynthetic. (Here research is a noun).

Example (2): The scientists have researched on the effect of placebo on the patients. (research in this sentence is a verb) .

In some cases, different parts of speech of a word are spelled the same but pronounced differently.

Example (1) : The population of our country has increased enormously. (Increase is a verb: the stress is on the second syllable).

Example (2): The increase in the number of people in that country has worried the authorities (Here increase is a noun, its stress is on the first syllable).

Example (3): What time do you leave the house in the morning? (house here is a noun and "s" is pronounced "s".)

Example (4): The government housed 2000 works of modern art. (house here is a verb and "s" is pronounced "z".)

F. Fill in the blanks using the correct form of the words given in the list.

Verb	Noun	Verb	Noun
control	control	cost	cost
search	search	need	need
answer	answer	research	research
deal	deal	water	water
question	question	supply	supply
value	value	travel	travel
use	use	function	function

hope	hope	contrast	contrast
challenge	challenge	help	help
increase	increase	experiment	experiment

G. Complete each sentence by using the words in the chart. Use the same word for both blanks and then write the part of speech.

- Many experts have -----() the questions arising from challenging issues. However, the ----- () presented have not settled the issues.
- Pills have given women more -----() over their bodies and allowed for population -----(). In this way they ----- () population expansion.
- Many people -----() the eligibility of using the new advances and techniques in medicine. These ----- () are increasing each day.
- One possibility is the -----() of fertility drugs. Many infertile couples -----() them in order to have a baby.
- Many people -----() with societal problems in order to solve them. These ----- () often result in failure.
- IVF is usually very expensive. Sometimes it -----() over \$ 75000. Many families cannot afford such -----().
- The ----- () of the orphaned children are sometimes urgent. They -----() to have a family that supports them.
- Scientists -----() that animals raised on special farms can provide a large -----() of organs for transplantation. This ----- () is not very far and some day such animals can -----many organs to be transplanted to human body.
- Italian biologists are -----() on mice in ----- () for genetic fountain of youth . Their ----- () on this subject and their -----() will probably result in success.

Further Reading

A Revolution in Medicine

- A Ann Miscoi had seen her father and her uncle die of organ failure in their mid 40s. So she figured she was lucky to be living when she turned 50 last year. The trouble was, she felt half dead. Her joints ached, her hair was falling out and she was plagued by unrelenting fatigue. Her doctor assured her that nothing was seriously wrong, even after a blood test revealed unusually high iron levels, but Miscoi was not so sure. Scanning the internet, she learned about a hereditary condition called hemochromatosis, in **which** the body stores iron at dangerous concentrations in the blood, tissues and organs. Hemochromatosis is the most common genetic illness, and probably the most **underdiagnosed**. As Miscoi read about it, everything started making sense-- her symptoms, her blood readings, even her relatives' early deaths. So she found a doctor who would take her concerns more seriously.

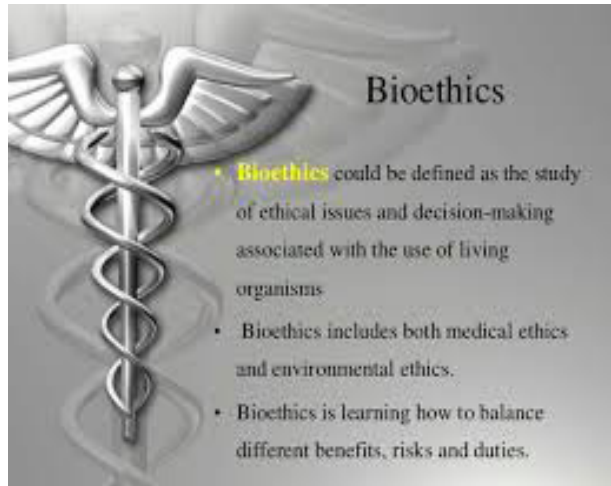
"which" refers to...

You can guess from context that "under" means...



- B Until recently, diagnosing the condition required a liver biopsy --- not a procedure to be taken lightly. But Miscoi did not have to go that route. Scientists isolated the gene for hemochromatosis a few years ago, and developed a test that can spot it in a drop of blood. Miscoi tested positive, and the diagnosis may well have saved her life. Through a regimen of weekly blood letting, she was able to reduce her iron level before her organs sustained lasting damage. She is now free of symptoms, and as long as she gives blood every few months, she should live a normal life span. "Without the DNA test, I would have had a hard time convincing any doctor that I had a real problem."

C Hemochromatosis testing could save millions of lives in coming decades. And it's just one early hint of the changes that the sequencing of the human genome could bring. **By** 2010, says Dr. Francis Collins of the National Human Genome Research Institute, screening tests will enable anyone to gauge his or her unique health risks, down to the body's tolerance for cigarettes and cheeseburgers.



"By" is closest in meaning to

D Meanwhile, genetic discoveries will trigger a flood of new pharmaceuticals --- drugs aimed at the causes of the disease rather than the symptoms --- and doctors will start prescribing different treatments for different patients, depending on their genetic profiles. The use of genes as medicine is probably farther off, but Collins believes even that will be routine within a few decades. "By 2050," he said recently, "many potential diseases will be cured at the molecular level before they arise."

E That may be a bit optimistic, but the trends Collins foresees are already well in motion. Clinical labs now perform some 4 million genetic tests each year in the United States. Newborns are routinely checked for sickle cell anemia, congenital thyroid diseases and phenylketonuria, a metabolic disease that causes retardation. Like hemochromatosis, these conditions are catastrophic if they go undetected, but highly manageable when they are spotted early. Newer tests can help people from cancer-prone families determine whether they have inherited the culpable mutation. "My mother died of colon cancer at age 47," says Dr. Bert Vogelstein, an oncologist at John Hopkins and the Howard Hughes Medical Institute. "If we had known she was {genetically} at risk, we could have screened for the disease and caught it early."

F Early detection is just the beginning. Genes help determine not only whether we get sick but also how we respond to various treatments. "In the past," says Dr. William Evans of children's research hospital, "the questions were how old are you and how much do you weigh?" "Now, thanks to recent genetic discoveries, physicians can sometimes determine who stands to benefit from a given drug, and who might be harmed by it."

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- 1. Hemochromatosis is easy to diagnose.
- 2. What Miscoi thought about her disease proved to be right.
- 3. Too much iron in the blood might damage one's body organs.
- 4. Diagnosing homochromatosis through isolating genes is a recent development in medicine.
- 5. Today everyone is able to measure his/her health risks.
- 6. One's genetic profile might cause a doctor to prescribe a variety of treatments for different patients.
- 7. What the author presents in this passage is only predictions.
- 8. According to paragraph E, phenylketonuria in newborns can best be treated.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

- 1. Hemochromatosis is all of the following except:
 - a. hereditary
 - b. genetic
 - c. mostly underdiagnosed
 - d. mostly treated
- 2. According to the passage, genes do all of the following except:
 - a. determine whether we get sick or not
 - b. determine whether we respond to various treatments
 - c. undergo isolation for specific conditions
 - d. help doctors to diagnose all health problems
- 3. Liver biopsy -----.
 - a. is the only way to diagnose hemochromatosis
 - b. is widely used today by physicians to come to a diagnosis
 - c. reveals the concentration of iron in blood, tissues and organs
 - d. is recommended by the writer to be used more in the future
- 4. "As Miscoi read about it, everything started making sense." **AS** in this sentence is closest in meaning to-----.
 - a. when
 - b. like

- c. in the positions of d. in the condition of
5. According to the writer, human genome sequencing-----.
- a. has long been practiced by scientists
b. is in its starting point at the moment
c. is able to measure anybody's unique health risks
d. can now measure anyone's tolerance for cigarettes
6. According to the writer, using genes as medicine will -----.
- a. not be achievable so easily
b. result in the symptoms of the disease
c. be at hand in a few years
d. eliminate the prescription of pharmaceuticals
7. The writer is ----- the treatment of diseases by one's genetic profile.
- a. indifferent to
b. as pessimistic as Collins about
c. not as optimistic as Collins about
d. critical of

C. Use the appropriate form of the words given in the blanks.
remedy, remedial, remediable

- a. ----- diseases can be treated by some specific interventions.
b. The medical problem he has needs ----- treatment.
c. Herbal medicine is an excellent home -----for sore throat.
d. This situation can be easily -----.

recommended, recommendation, recommend

- a. It is dangerous to exceed the -----dose.
b. It was strongly -----that her blood pressure be checked.
c. I had the operation on the -----of my doctor.

scientifically, science, scientific

- a. They are all -----students, that is, they are students of -----.
- b. He took a very ----- approach to management.
- c. We need to approach the problem-----.

injury, injure, injured

- a. My friend is suffering an -----leg.
b. He ----- his knee playing football
c. There were no -----in the crash.

belief, believe, believable, believer

- a. Contrary to popular -----, he is not a responsible physician.
- b. Her explanation certainly sounded -----.
- c. He is a strong -----in the effect of supernatural powers.
- d. I find it hard to -----in what he says.

fertile, fertility, fertilize, fertilizer, fertilization

- a. To have a baby, the couple need ----- treatment.
- b. The -----eggs were sent to the laboratory to grow in suitable conditions.
- c. Chemical -----are used to help the plants grow successfully.
- d. The treatment was tested on healthy -----women under the age of 35.
- e. Immediately after -----, the cells of the egg divide.

destruction, destructive, destructively, destroy

- a. They have -----all the evidence.
- b. The storm resulted in death and -----.
- c. The -----effects of anxiety are mostly known.
- d. The modern weapons were used -----in the war.

success, succeed, successful, successfully

- a. He was trying to ----- as a surgeon .
- b. Confidence is the key to -----.
- c. The company has had another-----year.
- d. They could -----finish the project.

C. The prefix “bi” means “two”. Try to guess from the context the meaning of the following prefixes .

tri-----

quad -----

quint -----

sext -----

**D. Now find examples from the passages for the following prefixes.
Then write the meaning of the word.**

bio-----

pre-----

ultra -----

neo-----

quint -----

over -----

tri-----

anti-----

trans-----

un -----

bi-----

counter -----

E. Fill in the blank using the words in the list

parents'

reproduction

responsible

managed

referred to as

cases

these

traits

are

gene

animal

People used to think that hereditary traits, such as brown eyes, tallness, red hair, and so forth, were passed from parents to children in the blood. Terms such as “bad blood “ and “blood brothers” though incorrect, ---1--- still used. Modern science has shown that ---2--- traits are passed in the genes from the ---3--- cells, which recombine during ---4---. The actual chemical in the gene ---5--- for this transmission is deoxyribonucleic acid, usually ---6--- DNA. In the last two decades scientists have ---7--- to isolate the genes that cause particular ---8--- in some organisms and plants . In certain ---9--- they can even use the techniques of recombinant DNA or ---10--- splicing to insert a fragment of a gene from one ---11--- directly to the genes of another.

تقویت مهارت خواندن انگلیسی

نویسندگان

دکتر نسرین شکرپور

دکتر علی مهبودی