

Test 2

PAPER 1 READING (1 hour 15 minutes)

Part 1

You are going to read three extracts which are all concerned in some way with well-being. For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.

Mark your answers on the separate answer sheet.

A Martial Art

Learning expertise in Japanese martial arts has its price – bruised legs are standard badges of honour. But with perseverance these disciplines can boost mental alertness and physical strength, and relieve tension. As a novice I found there was a bewildering variety of martial arts. There were plenty that adopted seemingly aggressive methods of subduing an opponent, but they didn't appeal to me. I preferred something less belligerent, and I eventually discovered there was another way – that of aikido.

Aikido's founder was Morihei Ueshiba, a man who drew on ancient martial art styles and perfected his art in Japan in the 20th century. It's claimed he once pinned a famous sumo wrestler to the ground using just one finger. While that may be something of a fable, it illustrates aikido's core philosophy – overcoming opponents without doing them dire physical harm. Aikido is also effective training for strength, flexibility and posture. To be allowed on the exercise mats, you'll need the proper pyjama-like training wear and, as Paul Weber, a teacher of aikido, advises, 'an open mind. Leave all your preconceptions at the door.' Today, dozens of schools continue Ueshiba's teachings, so why not try it for yourself?

- 1 What was the writer's main complaint about martial arts?
 - A the difficulty of finding one that attracted him
 - B the physical pain caused by the exercises
 - C the problem he had in restraining aggressive opponents
 - D the time it took to learn the disciplines

- 2 According to the article, newcomers to aikido are recommended to
 - A buy their equipment from a recognised source.
 - B learn about the philosophy of Morihei Ueshiba.
 - C go to classes without any fixed ideas about aikido.
 - D check on their general health before attending classes.

Ecotourism

Snacking on green ants is not everyone's idea of the most delicious holiday indulgence, but on a recent walk through the Daintree rainforest in Queensland, Australia, Aboriginal guide Kirsty Norris assured a group of uncertain guests that the traditional food source of her Kuku Yalanji tribe was worth a try. She might have been right – but luckily for the native ants and the tourists, rain came streaming down through the canopy, sending any possible food scurrying for cover.

Connecting with nature isn't a compulsory part of a stay at an environmentally friendly resort, but at the Daintree Eco Lodge, where tree-house villas are set on stilts above the

compound's waterfall-fed creek, many people find themselves doing a bit of communing while they relax.

Although ecotourism is increasing in popularity, recording heady growth worldwide, it is still difficult to define. For some travellers, ecotourism means eavesdropping on nature from the comfort of a plush bed with a magnificent view. For others, it's about doing without hot showers and trekking across wildernesses. However, industry watchers say the category's basic tenet is minimal environmental impact combined with some contribution to education and conservation.

- 3 What does the writer say about a stay at Daintree Eco Lodge?
- A Visitors can choose how close to nature they get.
 - B The visitors' rooms are less luxurious than at other resorts.
 - C Visitors to the resort find the weather quite unpredictable.
 - D Most visitors enjoy the educational aspect of staying in the resort.
- 4 What point is made in the third paragraph?
- A Ecotourism will soon reach a peak of popularity.
 - B Some areas of the world should be protected from ecotourists.
 - C The facilities provided for clients need to be improved.
 - D Ecotourism now follows some fundamental principles.

The happiest country

The most deservedly happy place on the planet is the South Pacific island nation of Vanuatu, according to an index published recently. Vanuatu comes top because its people are happy with their lot, live to nearly 70 and do little damage to the planet. Said Marke Lowen of Vanuatu Online, the country's online newspaper, 'People are generally happy here because they get by on very little. This is not a consumer-driven society. Life here is about community and family and goodwill to other people. It's a place where you don't worry too much.'

The Economics Foundation, who compiled the index, said that the small population of 200,000 and the lack of aggressive marketing in what is essentially a subsistence economy were other factors which elevated the country to its top-dog status, adding that people in Vanuatu considered themselves 'caretakers' of the land. The Foundation believes that the survey shows that people can live long, fulfilled lives without using more than their fair share of the Earth's resources.

- 5 What does Marke Lowen say about the people of Vanuatu?
- A They are contented because everyone has a good income.
 - B They are happy because they live in a small community.
 - C They are glad to be isolated from the rest of the world.
 - D They are satisfied that they have everything they need.
- 6 The Economics Foundation has succeeded in
- A demonstrating a point regarding national lifestyles.
 - B explaining their theory about the impact of marketing.
 - C finding new ways of minimising environmental damage.
 - D measuring the effectiveness of the economy in several countries.

Part 2

You are going to read an extract from a magazine article. Six paragraphs have been removed from the extract. Choose from the paragraphs **A–G** the one which fits each gap (7–12). There is one extra paragraph which you do not need to use.

Mark your answers **on the separate answer sheet**.

Chewing gum culture

*It's fashionable, classless and Americans chew 12 million sticks of it a day.
Discover how an ancient custom became big business.*

Chewing gum contains fewer than ten calories per stick, but it is classified as a food and must therefore conform to the standards of the American Food and Drug Administration.

Today's gum is largely synthetic, with added pine resins and softeners which help to hold the flavour and improve the texture.

7

American colonists followed the example of the Amero-Indians of New England and chewed the resin that formed on spruce trees when the bark was cut. Lumps of spruce for chewing were sold in the eastern United States in the early 1800s making it the first commercial chewing gum in the country.

Modern chewing gum has its origins in the late 1860s with the discovery of *chicle*, a milky substance obtained from the sapodilla tree of the Central American rainforest.

8

Yet repeated attempts to cultivate sapodilla commercially have failed. As the chewing gum market has grown, synthetic alternatives have had to be developed.

9

Most alarming is the unpleasant little *chicle* fly that likes to lodge its eggs in the tapper's ears and nose.

Braving these hazards, barefooted and with only a rope and an axe, an experienced *chiclero* will shin a mature tree in minutes to cut a path in the bark for the white sap to flow down to a bag below.

10

Yet, punishing though this working environment is, the remaining *chicleros* fear for their livelihood.

Not so long ago, the United States alone imported 7,000 tonnes of *chicle* a year from Central America. Last year just 200 tonnes were tapped in the whole of Mexico's Yucatan peninsula. As chewing gum sales have soared, so the manufacturers have turned to synthetics to reduce costs and meet demands.

11

Plaque acid, which forms when we eat, causes this. Our saliva, which neutralises the acid and supplies minerals such as calcium, phosphate and fluoride, is the body's natural defence. Gum manufacturers say 20 minutes of chewing can increase your salivary flow.

12

In addition, one hundred and thirty-seven square kilometres of America is devoted entirely to producing the mint that is used in the two most popular chewing gums in the world.

- A** Gum made from this resulted in a smoother, more satisfying and more elastic chew, and soon a whole industry was born based on this product.
- B** Meanwhile, the world's gum producers are finding ingenious ways of marketing their products. In addition to all the claims made for gum – it helps you relax, peps you up and eases tension (soldiers during both world wars were regularly supplied with gum) – gum's greatest claim is that it reduces tooth decay.
- C** Research continues on new textures and flavours. Glycerine and other vegetable oil products are now used to blend the gum base. Most new flavours are artificial – but some flavours still need natural assistance.
- D** This was not always the case, though. The ancient Greeks chewed a gum-like resin obtained from the bark of the mastic tree, a shrub found mainly in Greece and Turkey. Grecian women, especially, favoured mastic gum to clean their teeth and sweeten their breath.
- E** Each *chiclero* must carry the liquid on his back to a forest camp, where it is boiled until sticky and made into bricks. Life at the camp is no picnic either, with a monotonous and often deficient maize-based diet washed down by a local drink distilled from sugar cane.
- F** The *chicleros* grease their hands and arms to prevent the sticky gum sticking to them. The gum is then packed into a wooden mould, pressed down firmly, initialled and dated ready for collection and export.
- G** Today the few remaining *chicle* gatherers, *chicleros*, eke out a meagre and dangerous living, trekking for miles to tap scattered sapodilla in near-100% humidity. Conditions are appalling: highly poisonous snakes lurk ready to pounce and insects abound.



Part 3

You are going to read a newspaper article about an expedition. For questions 13–19, choose the answer (A, B, C or D) which you think fits best according to the text.

Mark your answers on the separate answer sheet.

An awfully big adventure

The Taklamakan Desert in western China is one of the last unexplored places on Earth. It is also one of the most dangerous. Charles Blackmore crossed it, and lived to tell the tale.

There are very few big adventures left and very few heroes. Children's stories used to specialise in them – courageous explorers with sunburnt, leathery skin and eyes narrowed by straining to see into far horizons on their journeys into the unknown. These days you no longer find such people in fiction, let alone in real life. Or so I thought until I met Charles Blackmore.

Blackmore's great adventure consisted of leading an expedition across one of the last unexplored places on earth, the Taklamakan Desert in western China. Its name means 'once entered you never come out', but local people call it the Desert of Death. He recalled the dangers and exhilaration of that amazing trek, in the calm atmosphere of his family home.

The team he led was composed of four Britons (one of them the party's medical officer), an American photographer, four Chinese (all experts on the area), 30 camels and six camel handlers. It later turned out that the camel handlers had never worked with camels before, but were long-distance lorry drivers: a misunderstanding that could have cost everyone their lives and certainly jeopardised the expedition's success. This mixed bunch set out to cross 1,200 kilometres of the world's least hospitable desert and Charles Blackmore has written a mesmerising account of their journey.

At the time, he was about to leave the Army after 14 happy years. He launched the expedition for fun, to fill a gap in his life, to prove something. 'I had always assumed I'd spend my whole life in the Army. I had been offered promotion but suddenly I felt I wanted to see who Charles Blackmore really was, outside all that. It was a tremendous gamble. Tina, my wife, was very worried that I wouldn't come back as nobody had ever done that route; we went into it blind. In the event, it took 59 days to cross from west to east, and the desert was very kind to us.'

Anyone reading his extraordinary account of that crossing will wonder at the use of the word 'kind'. The team suffered unspeakable hardships: dysentery; extremes of temperature; severe thirst and dehydration; the loss of part of their precious water supply. 'But', Blackmore explains, 'when we were at the limits of our own endurance and the camels had gone

without water for seven days, we managed to find some. We didn't experience the Taklamakan's legendary sandstorms. And we never hit the raw, biting desert cold that would have totally immobilised us. That's not to say that we weren't fighting against hurdles the whole time. The fine sand got into everything, especially blisters and wounds. The high dunes were torture to climb, for us and for the heavily laden camels, which often rolled over onto us.

'What drove me on more than anything else was the need to survive. We had no contingency plan. Neither our budget nor time allowed one. No aircraft ever flew over us. Once we got into the sandhills we were completely on our own.

'I knew I had the mental stamina for the trip but I was very scared of my physical ability to do it. I remember day one – we sat at the edge of the desert and it was such an inferno that you couldn't breathe. I thought, "We've got to do it now!" At that moment I was a very scared man.'

If it was like that at the beginning, how did they feel towards the end? 'When you've walked for 1,000 kilometres you're not going to duck out. You've endured so much; you've got so much behind you. We were very thin, but very muscular and sinewy despite our physical exhaustion. My body was well-toned and my legs were like pistons. I could walk over anything.'

Midway through the book, Blackmore went on to describe lying in the desert gazing up at a full moon, thinking of his family. How conscious was he of the ordeal it must have been for them? 'Inside me there's someone trying to find peace with himself. When I have doubts about myself now, I go back to the image of the desert and think, well, we managed to pull that together. As a personal achievement, I feel prouder of that expedition than of anything else I've done. Yet in terms of a lifetime's achievement, I think of my family and the happiness we share – against that yardstick, the desert does not measure up, does not compare.'

Has Charles Blackmore found peace? 'I yearn for the challenge – for the open spaces – the resolve of it all. We were buoyed up by the sense of purpose. I find it difficult now to be part of the uniformity of modern life.'

- 13 Meeting Charles Blackmore changed the writer's opinion about
- A the content of children's fiction.
 - B the nature of desert exploration.
 - C the existence of traditional heroes.
 - D the activities of explorers.
- 14 When the expedition members set off, some of the group
- A posed an unexpected risk.
 - B disagreed with each other.
 - C were doubtful of success.
 - D went on ahead of the others.
- 15 Blackmore had decided to set up the expedition because
- A he was certain he could complete it.
 - B he wanted to write a book.
 - C his aims in life had changed.
 - D his self-confidence was low.
- 16 Which of the following best describes the team's experience of the desert?
- A They were not able to have enough rest.
 - B It presented continual difficulties.
 - C They sometimes could not make any progress at all.
 - D It was worse than they had expected.
- 17 Which of the following did Blackmore experience during the trip?
- A frustration at the lack of funding
 - B regret about the lack of planning
 - C realisation that they would receive no help
 - D fear that he would let his companions down
- 18 According to Blackmore, what enabled him to finish the expedition?
- A his strength of will
 - B his physical preparation
 - C his closeness to his family
 - D his understanding of the desert
- 19 How does Blackmore feel now that the expedition is over?
- A tired but pleased to be home
 - B regretful about his family's distress
 - C unsure of his ability to repeat it
 - D unsettled by the experience

Part 4

You are going to read an article about offices. For questions **20–34**, choose from the offices (**A–D**). The offices may be chosen more than once.

Mark your answers **on the separate answer sheet**.

Of which office is the following stated?

Some of the staff like it and some don't.

20

Advice from an expert has had a good effect.

21

Staff there benefit from the range of work involved.

22

Some members of staff prefer unsuitable furniture.

23

A particular rule has been beneficial.

24

The air quality is better than might be expected.

25

It is often either very hot or very cold.

26

Staff can work in privacy if they want to.

27

There is not enough room for every member of staff to work.

28

It would be better if the furniture were arranged differently.

29

Evidence of the company's achievements is visible.

30

Staff can control the temperature effectively.

31

Staff appear to be under pressure.

32

Working here is like being on display.

33

The staff have made it a pleasant place to work in.

34

IS YOUR OFFICE WORKING OK?

Fresh air and the right chairs are the key to a happy, healthy workforce, according to a new survey. We went to four contrasting offices, to find out how healthy and happy they were as working environments. On our expert panel were a building health consultant; an ergonomist, who studies people's working conditions; and an occupational psychologist. Here are their verdicts.

OFFICE A ADVERTISING AGENCY

Building Health Consultant: This office is about as simple as it could possibly be; no central heating, no mechanical ventilation, windows opening straight onto the street. It is difficult to see why this space works but the occupants, who are part of a small, dynamic team, appear to have few complaints. They adapt to the changing seasons by opening doors and roof panels or switching on electric radiators – pretty much, perhaps, as they do in their own homes. This may be the key: a team of seven people have created a happy, homely working environment and do not have to put up with any externally imposed bureaucracy.

Ergonomist: The furniture here has evolved; no two pieces match. Much of it actually creates bad working postures. Chairs are old, most aren't adjustable and many are broken. Although in that way this environment is poor, the personnel have a varied work schedule, which they control – office work, out meeting clients, making presentations, and so on. This variety reduces the risk of fatigue, boredom or muscular problems.

Occupational Psychologist: Staff are delighted with the variety of work and the versatility of the office space. They said their office was 'just the right size' – small enough to know what colleagues were doing, large enough to be able to be on your own and focus on personal work. I found the office attractive and fun, simultaneously conveying images of efficiency and creativity.

OFFICE B NEWS SERVICE

Building Health Consultant: While the office may not be very exciting, it appears comfortable and is not disliked by the staff. The air quality and general maintenance standards appear to be good. A 'Recycle Waste Paper' policy has been received favourably by staff and has led to a greater interest in recycling in general.

Ergonomist: I was not surprised to learn that the company had already employed the services of an ergonomist. Chairs are excellent, lighting and computer equipment are good. Space provision is good, although the layout could be improved. But the environment is impersonal and unstimulating, with grey, bare walls.

Occupational Psychologist: Walls are bare apart from year planners and a poster describing maternity rights. Most staff have been there for at least five years and relationships are

satisfactory. The office could be improved if desks were positioned to make the sharing of information easier. Proof of success or information on forthcoming projects could be displayed on the walls.

OFFICE C BANK

Building Health Consultant: An office that produces mixed reactions from those working in it. The feeling inside is akin to being in a glass case, viewed by, and viewing, countless similar exhibits. Despite relatively small space, the air did not appear to be stale due to effective air-conditioning.

Ergonomist: The office area is, sadly, very standard and totally uninspiring. The desks are adequate, but only just. Not all the chairs being used for computer operation conform to requirements but this is user choice. Computer screens are often on small desk units with lowered keyboard shelves; this is no longer considered appropriate for modern equipment.

Occupational Psychologist: Staff are mutually supportive and well served by technology. Numerous communications awards are on display. The wood coloured panelling and brown carpet give a slightly sombre effect. The office is a buzz of activity.

OFFICE D NEWSPAPER

Building Health Consultant: It is difficult to say anything good about this building. The air-conditioning control is very crude, resulting in large variations in temperature. The space is cluttered and most people have inadequate desk space. The office is very dusty – there are plenty of places for dust to lodge. The shed-type roof also collects dust, which, if disturbed, showers those sitting below.

Ergonomist: The furniture would be more at home in a carpentry workshop than in a high-tech industry. Most of the chairs are of little value to keyboard users, particularly those who are shorter than about 1.75 m. Many chairs are old, lack suitable adjustment and have armrests that prevent the user from getting sufficiently close to the desk.

Occupational Psychologist: Old brown chairs, soiled carpets, dust and dirt everywhere. A lot of scope for improvement – the place needs a good tidy-up, individual success could be more recognised and the air conditioning needs to be improved immediately. Few conversations were going on when we visited; everybody seemed stressed and driven by deadlines. The company needs to adopt a policy of team-working.