Variant 4

Reading: Part 1

10. Установите соответствие между текстами A–G и заголовками 1–8.
Занесите свои ответы в таблицу.
Используйте каждую цифру только один раз.
В задании один заголовок лишний.

1. **Mutual evolution**
2. **Ancient recipes**
3. **Balanced usage**
4. **Precious knowledge**
5. **Dangerous tendency**
6. **Caution above all**
7. **Linguistically proved**
8. **Divine directions**

A. Humans have evolved with herbs and plants for hundreds of thousands of years. Using herbal medicine brings harmony and balance back to the body, because it allows the body to be just as responsible for the healing as the plant. Using harsh, synthetic chemical compounds, which have only been around for a hundred years or so (and have not usually been properly tested for long term safety), comes with the mentality that the body is a broken machine and needs to be fixed.

B. Before there was modern-day medicine and its pharmacopeia of synthetic drugs, there were plants, and ancient civilizations knew how to use them strategically to treat common ailments and even life-threatening diseases. The ancient Egyptian Ebers Papyrus, a scroll from 1550 BC that's over 100 pages long, details 700 medicinal herbs and how to use them. The Greek Corpus Hippocraticum from the 16th century BC also details the use of herbal medicine. Later, during the 1800s and early 1900s, the knowledge of herbal medicine was passed down from one generation to the next.

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C. Paracelsus (1493-1541) was one of the proponents of chemically prepared drugs out of raw plants and mineral substances; nonetheless, he was a firm believer that the collection of those substances ought to be astrologically determined. He continuously emphasized his belief in observation, and simultaneously supported the "Signatura doctrinae"—the signature doctrine. According to this belief, God designated his own sign on the healing substances, which indicated their application for certain diseases. For example, the hazelwort is reminiscent of the liver; thus, it must be beneficial for liver diseases.

D. Modern day medicine is actually very different from the ancient concepts and understanding of medicine. This is clear from the fact that the first medical schools were based on the use of herbs and plants as medicines. The word "drug" that we so commonly use to refer to medicines these days actually comes from a Dutch word "droog" which means "dry" or "to dry". This fact reveals that ancient healers used to dry herbs and plants so that they could be used as medicines.

E. Of all the components which comprise the current day pharmacopoeia, seven thousand are taken from plants. To understand the importance of herbal medicine, it is first important to learn a little bit about plants. Every plant on the planet creates specific chemical compounds which is a basic part of their metabolic function. These main metabolites may include fats or sugars, as well as metabolites which are found in a lower number of plants, but which are contained within a specific species.

F. Herbs are trophorestorative and this means that they work on the deepest levels to bring about healing and also bring about vitality. Through scientific research it has been found that plants bring about benefits to us by transferring genetic information to our bodies. This in a true sense means 'deep healing'. However, it is a fact that one must try out herbal medicines and treatments only after doctor's

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consultation and advice. Even simple therapies like cranberry extract may first need a nod from the doctor to be taken.

G. Some will argue that species would go extinct even without human interference. While that's certainly true, it's the rate that plants are dying off that raises alarm. Thanks to climate change, deforestation and other human-influence factors, experts believe that species are going extinct somewhere between 1,000 and 10,000 times faster than they would naturally. Since plants can't just up and move as their habitat is being destroyed, they are even more vulnerable than endangered animals. It is happening too quickly.

OTBET:	A	B	C	D	E	F	G

Reading: Part 2

11. Прочитайте текст и заполните пропуски A–F частями предложений, обозначенными цифрами1–7. Одна из частей в списке 1–7 лишняя.

Занесите цифры, обозначающие соответствующие части предложений, в таблицу.

Perfectionism, after all, is an ultimately self-defeating way to move through the world. It is built on an excruciating irony: **A** _____. It also makes you better at your career and relationships and life in general. By avoiding mistakes at any cost, a perfectionist can make it **B** _____.

But the drawback of perfectionism isn't just that it holds you back from being your most successful, productive self. Perfectionistic tendencies have been linked to a laundry list of clinical issues: depression and anxiety, self-harm, social anxiety disorder and agoraphobia, obsessive-compulsive disorder, eating disorders, insomnia, hoarding, dyspepsia,

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chronic headaches, and, most damning of all, even early mortality and suicide. There are studies that suggest that the higher the perfectionism is, **C** _____.

Though, culturally, we often see perfectionism as a positive trait.

This is where perfectionism gets complicated — and controversial. Some researchers say there is adaptive, or 'healthy' perfectionism **D** _____ versus a maladaptive, or 'unhealthy' version (when your best never seems good enough and not meeting goals frustrates you).

Perfectionists can make smooth sailing into a storm, a brief ill wind into a category-five hurricane. At the very least, they perceive it that way. And, because the ironies never end, the behaviours perfectionists adapt ultimately, actually, do make them more likely to fail.

Mental health problems aren't just caused by perfectionism; **E** _____ , too. One recent study, for example, found that over a one-year period, college students who had social anxiety were more likely to become perfectionists — but not vice versa.

It's also been shown that one of the most robust protections against anxiety and depression is self-compassion — **F** _____. And self-criticism, which perfectionists are so good at, predicts depression.

1. characterised by having high standards, motivation and discipline
2. the more psychological disorders a person is going to suffer
3. the very thing that perfectionists lack
4. making, and admitting, mistakes is a necessary part of growing and learning and being human
5. as with all personality traits, there are different degrees of perfectionism
6. harder to reach their own lofty goals
7. some of these problems can lead to perfectionism

OTBET:	A	B	C	D	E	F

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Reading: Part 3

irine's perfect english

Прочитайте текст и выполните задания12–18.
В каждом задании запишите в поле ответа цифру 1, 2, 3 или 4, соответствующую выбранному Вами варианту ответа.

On a few evenings when we were living in San Francisco, we were startled to hear a long succession of enormously loud booming noises. We went outside to investigate. The sky was clear, we didn't see any lights to suggest explosions, and everyone seemed to be going about their business without worrying about the strange sounds, so we presumed we were simply unaware of some normal occurrence. The source, on further investigation, turned out to be fireworks — sometimes they were coming from the baseball stadium. What amazed us, though, was that the spots where these fireworks were being set off were miles away from us and over a hill — far enough that we couldn't catch even a glimpse — and yet from the volume we would have thought they were going off right over our heads.

Today's interesting thing is a phenomenon consisting of similarly mysterious booming noises, but without such a ready explanation. The most generic term I could find for such sounds is mistpouffers (spelled "mistpoeffers" in Belgium and the Netherlands). In various areas they go by such diverse terms as "Guns of the Seneca" (near Seneca Lake and Cayuga Lake in New York), "Barisal guns" (in Bangladesh), "uminari" (in Japan), "fog guns," "lake guns," and many others. In all these instances, the terms describe a sound or series of sounds that resemble loud but distant cannon fire, usually heard near the edge of a large body of water.

The sounds occur when there are no storms in the vicinity that could produce thunder and no other obvious source. Sometimes they're accompanied by a rumble that can be felt strongly enough to shake plates and hanging pictures; other times no vibration is felt.

The fact that such sounds have been reported for centuries means that proposed explanations such as artillery tests and sonic booms are not entirely satisfying. Earthquakes and volcanoes, on the other hand, can certainly produce loud booming sounds. If the atmospheric conditions are

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right and the sound is loud enough, it can travel enormous distances; the 1883 eruption of Krakatoa in Indonesia was heard at least 3000 miles away. However, one would expect that if seismic activity were the cause, it would be on a newsworthy scale, and therefore easily connectable to the sounds. That doesn't seem to be the case with mistpouffers, and they're also too frequent to make this a really good answer.

I've read a number of theories having to do with escaping gases, the idea being that for one reason or another a giant gas bubble is released from the sea floor, floats up to the surface, and then makes a huge "pop"; this is thought to explain why the sounds are usually heard near water and results in the evocative name "lake farts." The gas-bubble idea strikes me as distinctly silly. If this were truly the cause, surely there'd be innumerable reports of people sighting such bubbles popping on the water's surface — passengers in nearby ships would be stunned by the noise — and that would be that.

The leading theory about the sounds is disappointingly mundane: the source is thought to be thunder (or, in some cases, explosions of one sort or another) whose sound travels a long way simply because atmospheric and topographic conditions happen to be just right. This seems eminently plausible: if a volcano could be heard thousands of miles away, undoubtedly the sound from a thunderstorm far out over the sea could carry from beyond the horizon. There is a bunch of math and atmospheric science that seems to support this explanation, and while the details are a bit opaque to me, I feel confident that we need not appeal to invisible alien spacecraft, the footsteps of the gods, or other such fanciful causes.*

12 What startled the author in San Francisco?

1) A series of loud noises.
2) A series of booming explosions.
3) The clear sky.
4) The fireworks at the local baseball stadium.

Ответ: ☐

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13 Was the author able to see the fireworks?

1) Yes, they were seen over the hill.
2) Yes, they went off right over their heads.
3) Yes, though they were miles away.
4) No, they were too far away.

Ответ: ☐

14 The generic term "mistpouffers" describes ...

1) a supernatural phenomenon.
2) a series of mysterious sounds of water.
3) a series of mysterious sounds near water.
4) various areas near water.

Ответ: ☐

15 The mistpouffers occur ...

1) during storms.
2) during thunderstorms.
3) during fine weather.
4) when no vibration is felt.

Ответ: ☐

16 The author doubts volcanoes are the cause of mistpouffers because ...

1) their sound could not travel such enormous distances.
2) they didn't erupt that often.
3) they didn't produce loud booming sounds.
4) they would be in the news reports.

Ответ: ☐

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17 The author doubts gas-bubbles are the cause of mistpouffers because ...

1) they would have been seen and heard by many witnesses.
2) they were not seen on the water's surface.
3) they were not heard by the passengers of the nearby ships.
4) there were not innumerable reports.

Ответ: ☐

18 The author supports the theory that the cause of mistpouffers is thunder because ...

1) it can be carried beyond the horizon.
2) such explanation is quite sensible.
3) it is a disappointing theory.
4) it explains every detail of the phenomenon.

Ответ: ☐

irine's perfect english

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