



Complete the passage correctly.

spread	limbs	paralysed	disease	over	took up	dream
confident	design	wheelchair	steer	sucks	blows	exhausted

Hilary Lister was a brave woman from England. When she was young, she was active and full of energy. However, a serious (1) _____ affected her body. The illness slowly (2) _____ through her nervous system, and soon her arms and legs, or (3) _____, became weak. Later, she became completely (4) _____ and had to use a (5) _____ to move around.

Many people thought her life was (6) _____, but Hilary never gave up. She stayed (7) _____ and believed in herself. One day, she decided to (8) _____ sailing. It was her biggest (9) _____ to sail alone across the sea.

Because she could not use her hands, Hilary worked with engineers to (10) _____ a special system. This system helped her (11) _____ the boat. It worked by using her mouth – when she (12) _____, the boat moved one way, and when she (13) _____, it moved another way.

Sailing was not easy. Strong winds often blows across the sea, and Hilary felt (14) _____ after long days on the boat. Still, she never stopped. Her story teaches us that physical limits cannot stop a strong mind.