

READING B2

Read the text about a teenager who suffers from insomnia. Parts of the text have been removed. Choose the correct part for each gap (1-8). There are two extra parts that you should not use. The first one (0) has been done for you.

A Teenager on Living with Insomnia

Anita S. says sleep has been a problem for her since she was a young child

‘When I cannot sleep, I lie there (0) ____ during the day and what could happen tomorrow. I get frustrated and worried about being awake – I think I have to be up tomorrow and I know I will be so tired.’

Anita says the horrible feeling she gets when she cannot sleep is intensified (Q1) ____ at friends’. Her insomnia got so bad during her A-levels that she stayed up for a day and a half straight, affecting her results.

‘I was really stressed during my exams... I went to see the doctor and she didn’t give me any medication but just (Q2) ____ sleep hygiene,’ she says.

Anita, now 18, says sleep has been a problem for her (Q3) ____ . ‘I never had a routine bedtime. My mum did try, but I was always restless and could never sleep,’ she says, adding that it got worse (Q4) ____ .

‘I could not sleep until the early hours of the morning. Sometimes I went to school on no sleep at all,’ she says.

Anita moves between (Q5) ____ in a cyclical pattern. She has sought help from doctors and psychiatrists who (Q6) ____ good sleep patterns, for example not looking at her phone before bed, but nothing has worked.

Anita believes more young people now experience sleep problems because of growing mental health problems, particularly anxiety. ‘We have a lot more to worry about (Q7) ____ ,’ she says.

‘Sleep is so important. A bad night’s rest affects not only your mental health but your physical health, too. I often find myself catching (Q8) ____ more easily. When my insomnia is at its worse, I get migraines too... Trouble sleeping should not be overlooked... There needs to be more focus on making time for a good night’s sleep or seeking help if you’re struggling with it.’

(Abridged from www.theguardian.com)

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- A since a young age
- B than older generations
- C since she started university
- D *thinking about what has happened*
- E when she became a teenager
- F when she is staying over
- G colds and flu
- H encouraged her to practise
- I than our friends
- J insomnia and oversleeping
- K handed me a leaflet about

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Read the article about a strange criminal case, then choose the correct answer (A, B, C or D) for questions 1-5. Only one answer is correct. The first one (0) has been done for you.

The Strange Case of the 'Time Travel' Murder

A woman's body is found in London. DNA turns up a hit, yet the suspect apparently died weeks before the alleged victim. Here, forensic scientist Dr Mike Silverman tells the story of one of the strangest cases of his career.

A woman had been brutally murdered in London and biological material had been found under her fingernails, possibly indicating that she might have scratched her attacker just before she died.

A sample of the material was analysed; the results were compared with the National DNA database and quickly came back with a positive match.

The problem was, the 'hit' identified a woman who had herself been murdered – a full three weeks before the death of her alleged 'victim'.

The killings had taken place in different areas of the capital and were being investigated by separate teams of detectives.

With no sign of a connection between the two women and nothing to suggest they had ever met, the most 'likely' scenario was that the samples had been mixed-up or contaminated at the one obvious place that they had come together – the forensic laboratory. A complaint was made by the senior investigating officer.

My first thought was that perhaps the second victim's fingernail clipping had been mislabelled and had actually come from the first victim all along. As soon as I started to look at the samples, I could see this wasn't the case.

The victim had painted her nails with a distinctive leopard skin pattern and the cuttings that had been taken bore the exact same pattern. There was no doubt that they were the correct ones.

Determined to get to the bottom of the mystery, I decided to look more closely at how the clippings themselves had come to be collected and discovered that both bodies had undergone an autopsy at the same mortuary, though they had arrived there several weeks apart.

It was while I was examining the mortuary records that I came across a possible answer. It transpired that the body of the first murder victim had been kept in the freezer for several weeks while the police carried out their initial investigation.

It had been removed from the freezer to allow the pathologist to take additional nail clippings the day before the body of the second murder victim had arrived at the mortuary.

The following day, the same pair of scissors had been used to cut the nails of the second murder victim. Although the scissors had been cleaned between uses, I couldn't help but wonder whether sufficient genetic material had survived the cleaning process to transfer onto the second victim's nails and then produce a DNA profile in the subsequent analysis.

I arranged for the nail scissors from the mortuary to be analysed and discovered not two but three separate DNA profiles were present. Further examination found DNA contamination on several other mortuary instruments, but it was only ever going to present a problem when it came to fingernail scissors.

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I immediately sent out an urgent memo to all coroners, mortuaries and forensic pathologists in the country, highlighting the problem and suggesting that, in the future, all nail clippings should be taken with disposable scissors and that the scissors should then be placed in the evidence bag with the nail clippings to confirm they had only been used once. It's a system that remains in place to this day.

(Abridged from www.bbc.com)

0 The dead woman found in London

- A had been murdered before her killer's death.
- B had scratched herself before dying.
- C had some connections with her murderer.
- D *had some biological material under her nails.*

Q1 The material found on the dead woman's body was analysed and its DNA

- A matched with the DNA of a woman who died three weeks later.
- B matched with the DNA of a woman who had died weeks before.
- C didn't match with any DNA contained in the national database.
- D matched with the DNA of a woman killed in the same area.

Q2 The two murders

- A had taken place in the same area of the capital.
- B were being examined by the same team of policemen.
- C had taken place on the same day in different areas of the capital.
- D had occurred in different neighbourhoods of London.

Q3 Dr Silverman supposed that

- A the two women had had some sort of connection with one another.
- B an error had occurred in the forensic lab.
- C the DNA samples had been mixed up by the senior investigating officer.
- D the two women had been killed by the same murderer.

Q4 Dr Silverman's first idea was that

- A the analysed piece of fingernail belonged to the first victim, not to the second one.
- B the second woman's fingernail clipping had been contaminated by nail polish.
- C the two women had the same nail polish but different leopard skin patterns.
- D the two women had the same leopard skin pattern painted on their nails.

Q5 Dr Silverman later found out that

- A both bodies had been kept in the same freezer at the mortuary.
- B the bodies of the two murder victims had been mislabelled.
- C both autopsies had been carried out at the same morgue.
- D the victims' bodies had been removed from the freezer on the same day.

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Read the texts about some famous walls in history.

Match the questions (1-9) with the descriptions (A-E).

You can choose each description more than once.

The first one (0) has been done for you.

Some Notable Border Walls in History

A

Arguably the most famous border wall, the Great Wall of China is one of the world's largest building-construction projects. Although widely believed to be about 5,500 miles long, in 2012 China released a (disputed) study that claimed the wall was actually 13,170 miles in length – more than half of the Earth's circumference. Construction began in northern China in the 7th century BCE and continued for two millennia. Up to one million workers reportedly died during its construction – giving the wall the nickname 'the longest cemetery on Earth'. However, the wall did little to prevent invasions. In the early 13th century, for example, Genghis Khan and his Mongolian army easily breached the barrier. According to scholars, 'the wall never worked' and provided more 'political propaganda' than actual security.

B

During Germany's era of partition, after some 2.5 million people defected from Soviet-controlled East Germany, the country's government decided to construct a wall to bar access to West Berlin and thus West Germany. Construction began on the night of August 12-13, 1961, and the system of walls and other security measures eventually extended 28 miles through Berlin and 75 miles (120 kilometers) around West Berlin. Despite featuring watchtowers, gun emplacements, and mines, the wall became the scene of highly publicized escapes, and some 5,000 East Germans are believed to have crossed. However, nearly 200 are thought to have died. The Berlin Wall became a prominent symbol of the Cold War, and in 1987 US President Ronald Reagan famously called on Soviet leader Mikhail Gorbachev to 'tear down this wall!'. Two years later, as the Soviet Union began to collapse, the wall was opened.

C

This barrier in northern Iran lives up to its name. The Great Wall of Gorgan was built in the 5th-6th century during the Sāsānian dynasty and was designed to repel attacks, mainly from the Hephthalites and Turks. The wall spans some 124 miles of modern-day Golestan province and includes nearly 40 forts. In addition to the barrier, an elaborate system of canals had to be constructed to provide water for the production of 200 million bricks. The bricks were red, inspiring the wall's nickname: 'the Red Snake'.

D

While new in comparison with others on the list, these are of note for defying the current trend – rather than being built, these walls are in the process of being dismantled. The Peace Walls (or Peace Lines) were first constructed in Belfast in 1969 in order to separate Catholic neighbourhoods from those of Protestants. At

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the time, Northern Ireland was in the midst of the 'Troubles', a violent conflict between unionists (mainly Protestants), who wanted to remain part of the United Kingdom, and nationalists (Catholics), who sought to join Ireland. Approximately 100 walls and other barriers were eventually erected. However, rather than creating good neighbours, the fences were accused of fostering an 'atmosphere of abnormality'. In 2013 the Northern Ireland government vowed to remove all of the walls by 2023, and the first Peace Wall was torn down in 2016.

E

Hadrian's Wall was built to protect north-western Britain from 'barbarians'. Work began at the behest of Roman Emperor Hadrian (ruled 117-138 CE), and it took about six years for 15,000 infantrymen to complete it. In addition to the wall itself, there were towers, fortlets (milecastles), and barracks. It was later expanded to some 73 miles, and it remained in use until about 410. The wall is a notable example of the Roman Empire's military architecture. However, perhaps more importantly to some, Hadrian's Wall inspired one of the most famous walls in pop culture, the great Ice Wall in *Game of Thrones*.

(Abridged from www.britannica.com)

Which wall...

		C
0	is made of red bricks?	
Q1	started to be dismantled in 1989?	
Q2	is about 120 miles in length?	
Q3	started to be erected in the late 1960s?	
Q4	was built over the course of two thousand years?	
Q5	was used for defence purposes for about three centuries?	
Q6	was quite ineffective in preventing foreign attacks?	
Q7	divided town districts inhabited by people of different political and religious creeds?	
Q8	was erected by foot soldiers?	