

EXAM PRACTICE TEST 4

READING TASK

Task 1. (1 point per item). You are going to read a newspaper article. Five sentences have been removed from the text. Choose from sentences A–F the one which best fits each gap (1–5). There is one extra sentence you do not need to use.

CAFFEINE

- A. The widespread use of caffeinated food and drink – in combination with the invention of electric light – allowed people to cope with a work schedule set by the clock, not by daylight or the natural sleep cycle.
- B. Without adequate sleep – the conventional eight hours out of each 24 is about right – the human body will not function at its best, physically, mentally, or emotionally, the doctor says.
- C. Caffeine's ability to murder sleep also makes it a drug of choice for long-distance travellers.
- D. Scientists have developed various theories to explain caffeine's "wake-promoting" power.
- E. There are certain campaigns aimed at encouraging people to cut down on coffee drinking.
- F. And the more modern our world gets, the more we seem to need it.

It's hardly a coincidence that coffee and tea caught on in Europe just as the first factories we're ushering in the industrial revolution. The widespread use of caffeinated drinks – replacing the ubiquitous beer – facilitated the great transformation of human economic endeavor from the farm to the factory. Boiling water to make coffee or tea helped decrease the incidence of disease among workers in crowded cities. And the caffeine in their systems kept them from falling asleep over the machinery. In a sense, caffeine is the drug that made the modern world possible. 1. _____. Without that useful jolt of coffee – or Diet Coke or Red Bull – to get us out of bed and back to work, the 24-hour society of the developed world couldn't exist.

"For most of human existence, your pattern of sleeping and wakefulness was basically a matter of the sun and the season," explains Charles Czeisler, a neuroscientist and sleep expert at Harvard Medical School. "When the nature of work changed from a schedule built around the sun to an indoor job timed by a clock, humans had to adapt". 2. _____.

Czeisler, who rarely consumes any caffeine, is a bundle of wide-awake energy in his white lab coat, racing around his lab at Boston's Brigham and Women's Hospital, grabbing journal articles from the shelves and digging through charts to find the key data points. "Caffeine is what's called a wake-promoting therapeutic," he says.

3. _____. The consensus today focuses on the drug's interference with adenosine, a chemical in the body that acts as a natural sleeping pill. Caffeine blocks the hypnotic effect of adenosine and keeps us from falling asleep. Since caffeine has also been shown to enhance mood and increase alertness in moderate amounts, it's a potent potion for students and scholars stuck in the lab at three in the morning. Paul Erdős, the Hungarian

mathematician who often worked his equations around the clock, is known for saying that "a mathematician is a machine for turning coffee into theorems".

4. _____. There are as many different jet-lag remedies as there are seats on a trans-Pacific flight. But one approach, outlined in *The Caffeine Advantage* by Bennett Alan Weinberg and Bonnie K. Bealer, involves abstaining from caffeine for several days before traveling, then dosing yourself with small amounts of coffee or tea on the day you arrive to stay alert – preferably out in the sunshine – until your regular bedtime in your destination. (During weeks of global travel for this article, it worked for me.)

"Caffeine helps people try to wrest control away from the human circadian rhythm that is hardwired in all of us," says Czeisler. But then a shadow crosses the doctor's sunny face, and his tone changes sharply. "On the other hand," he says solemnly, "there is a heavy, heavy price that has been paid for all this extra wakefulness". 5. _____. As a society, we are tremendously sleep deprived".

In fact, the professor goes on, there is a sort of catch – 22 at the heart of the modern craving for caffeine. "The principal reason that caffeine is used around the world is to promote wakefulness", Czeisler says. "But the principal reason that people need that crutch is inadequate sleep. Think about that: We use caffeine to make up for a sleep deficit that is largely the result of using caffeine".

(Adapted from www.nationalgeographic.com)

5 points

Task 2. (1 point per item). Read the text and decide whether the statements are *True* or *False*.

DEMOCRACY

1. Voting reflects reality. _____
2. Democracy depends on financial bodies. _____
3. Democracy is under threat. _____
4. Russia's position is unfavourable. _____
5. The well-being of authoritarian countries is achieved through political liberalization. _____
6. Voters must be familiar with democratic outcome. _____
7. The basic idea of the text is that democracy is undergoing a serious trial. _____

Democracy is in fashion. Statistics show that nearly sixty per cent of adults worldwide are able to vote in democratic elections. But all too often these rather impressive figures represent a triumph of form over substance. A country may have held a multi-party election but that doesn't turn it into a flourishing democracy. There is a well-documented difference between an entrenched liberal democracy with freedom of the press and an electoral democracy where power is still in the hands of a corrupt elite.

The cheerleaders of democracy are watching anxiously to see how many of these new democracies survive over the next few decades. The threat that a disillusioned public will vote for a return to authoritarian rule always hovers in the wing. This is especially true for a country like Russia that seems to be stuck in a painful half way position between electoral and liberal democracy.

Russia is being watched by China for whom economic growth is the priority. The question for China and for other authoritarian governments is whether economic success can be achieved without having to accept a degree of political liberalization. If democracy

is to flourish in the next hundred years, its benefits, economic and political, have to be tangible to citizens of elected governments throughout the world. (Adapted from BBC NEWS)

For questions 8–12 use the information given in the text to complete the sentences. Find in the text words which mean the same as the underlined words below. There is an example (00).

00. We heard the shouts of satisfaction because the team had won the match.
We heard the shouts of triumph because the team had won the match.
8. The student presented his term paper lacking in the essential meaning of the topic.
The student presented his term paper lacking in the _____ of the topic.
9. His business was prospering despite deep economical crisis.
His business _____ despite deep economical crisis.
10. The group of intellectuals paid their respects to the dead President.
The _____ paid their respects to the dead President.
11. The famous actor was disappointed with life.
The famous actor was _____ with life.
12. The jury needed a clear proof to consider him innocent.
The jury needed a _____ proof to consider him innocent.

12 points	
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Task 3. (1 point per item). You are going to read an article about water shortage. Choose the most suitable heading from list A–G for each part (1–6) of the article. There is one extra heading you do not need to use.

WATER SHORTAGE

- A. The way out
- B. Thinking ahead
- C. We can do this
- D. Water for pleasure
- E. Powerless against nature
- F. A sound decision
- G. Sad reality

1. _____
The Earth has all the water it needs to supply its six billion inhabitants with clean, safe drinking water. Nevertheless millions of people are going to die because of water shortage. It's a manageable problem which simply isn't being managed.
2. _____
In southwest Bangladesh more than 30 million people rely on the River Ganges to irrigate their crops and provide drinking water during the dry season. But these people are at the end of the river's long route from the Himalayas to the Bay of Bengal. Increased industrial and domestic consumption by India and other countries upstream has now reduced the flow into Bangladesh to a trickle.

3. _____
The problem is being tackled in a variety of ways. Farmers are switching to less water-hungry crops and the government has dug more than a million tube wells to provide drinking water. The most significant move, however, was a water treaty signed with India – ensuring fair shares of water during the dry season. In a world where water is the cause of increasing tensions between countries – it's a major step in right direction.

4. _____
California is the richest and one of the driest states in America. In the past it has resolved its water problems by throwing money at them. It spent billions of pounds building reservoirs, aqueducts and massive pipelines carrying water to the driest areas. But the state still faces the prospect of increasingly frequent droughts.

5. _____
Rather than switch away from their water-thirsty crops like alfalfa and grapes – the Californians have thrown technology at the problem – installing sophisticated electronic equipment – including radioactive probes – to ensure water is used efficiently and frugally. And on the domestic front, the city of San Francisco is addressing water shortage by installing tens of thousands of low-flush toilets. It's a rather unromantic measure – but highly effective.

6. _____
As global demand for diminishing supplies of water increases – the potential for conflict grows. Peter Gleick argues that water is fundamental to all our lives and yet we are very bad at protecting it. "We can't go on wasting it and fighting over it," he says. "We need a perestroika in our attitude to water. The world must start to co-operate to ensure that we preserve precious water supplies for future generations".

(Adapted from BBC NEWS)

6 points

USE OF ENGLISH

Task 1. (1 point per item). Use only one word which best fits each gap.

CLIMATE CHANGE

Something deeply disturbing is happening to the weather throughout the world. Something (1) _____ is making it less predictable, more capricious and very (2) _____ more threatening. Recent hurricanes in the United States and (3) _____ Caribbean, cyclones in India and floods in Venezuela (4) _____ claimed thousands of lives and caused billions in damage. Many scientists predict that this is just a foretaste of far (5) _____ horrors to come. We may be heading for a very different and more dangerous world. The whole planet is (6) _____ storm alert.

The tiny island of Kutubdia (7) _____ on the front line of climate change. In 1991 one third of the island's 100,000 population died in a tidal surge whipped up (8) _____ a severe cyclone. The survivors returned to their wrecked homes (9) _____ the waters subsided. (10) _____, they are expecting increasingly frequent storms and fear that the (11) _____ devastating hurricane may not be (12) _____ away. They are calling on (13) _____ authorities to build more storm shelters and to improve