



Read the text and mark the statements

True (1), False (2), Not Stated (3).

American National No Housework Day

No Housework Day is one of those days you see on calendars on the Internet but don't know where it came from. It is always on April 7th. It is one day of the year when it is OK to do nothing in the house. Everybody has the day off from doing the household chores. It's OK to let the dishes and the washing pile up; it's no problem to let another layer of dust settle on top of the TV; and it's absolutely fine to leave the vacuum cleaner in its corner for the day. The laundry will be just fine in the basket until tomorrow. And as for cooking, make sure you have a home-delivery phone number handy. Or get yourself off to a restaurant. This is also a good day for those who never do anything around the house, who never lift a finger, to appreciate those who do the housework.

You could celebrate it a little differently; if you're not the person who normally does the housework, why not take over just for today? Or if you have an elderly neighbour, how about offering to help out with the chores on this No Housework Day?

What is housework, exactly? If you never do it, you probably never think about this. It is a lot of hard work and someone does it every single day. It starts while the rest of the house is still asleep. Next time you wake up, listen to see if you can hear the washing machine working or smell the coffee machine. It happens while you are still trying to open your eyes at the breakfast table. Then while you are at school, the breakfast dishes are magically cleaned, the tables wiped and the dishes all put in their place. You come home from school and the bath is clean, again. Your shirts are washed, ironed, and hanging in your closet, again. The toothpaste tube in the bathroom is never empty. Who does all this invisible housework? A recent study conducted at the University of Michigan found that the average married American woman does 17 hours of housework per week! After a long day at school or work, housework is the last thing anyone wants to come home to do.

Doctors say that it is essential for people with busy lifestyles to relax. Relaxation can lower heart rate and blood pressure, reduce headaches, and improve concentration.

Celebrate National No Housework Day by ignoring the dirty dishes in the sink and the piles of laundry that need to be done and just relax. You deserve it!

1. National No Housework Day was founded by American doctors.
2. April 7th is the day off in the USA.
3. Home-delivery from restaurants is free on No Housework Day.
4. Some people who don't usually do any household chores prefer to do them on this day.
5. Those who do housework get up earlier than the rest of the family.
6. Special robots are available to do all the household chores.
7. Housework is a popular hobby for American teens.
8. Regular relaxation is necessary for health.

