

You should spend about 20 minutes on **Questions 1 – 13**, which are based on the reading passage below.

Question 1 – 6

The reading passage has seven sections, **A – G**

Choose the correct heading for each section from the list of headings below.

List of Headings

- i why children do not always trust pets
- ii using pets to help with psychological conditions
- iii the physical and social benefits of having pets
- iv Providing homes for pets in need
- v Choosing the right pet
- vi A statistical analysis of health benefits
- vii How pets can help children
- viii Different types of pet-owner relationships
- x Advantages of pets for the sick and those in special homes

Example *Answer*

Section A ix

1. Section B
2. Section C
3. Section D
4. Section E
5. Section F
6. Section G

Man's best friend

- A. Humans have been keeping pets for almost as long as we have been living in houses. Even in the Greek legend of Odysseus, his dog Argus gets a mention – the faithful hound is the only one who recognizes him after his lengthy voyage. Most animals were originally brought into households to work, as hunting dogs or using cats to catch mice for example. But the advantages of keeping a pet go far beyond simply using them as labor. Pets are widely accepted as having a beneficial effect on your health, but animals can also have positive impact on your emotional and mental well-being, too.
- B. In 1995 the Australian National People and Pets survey discovered that pet owners visited their doctors less often than their pet-less friends, and were at less risk suffering heart attacks and strokes. However, the major reason given for pet owners' better physical health was that they are more active than the rest of the population. Dog owners in particular take more recreational walks, which improves their overall fitness levels. But the survey also uncovered the social benefits of having a pet, saying: 'Over 60 per cent of pet owners say that having a pet around when people visit makes it easier to get into conversation and create a friendly atmosphere.'
- C. So, does it matter what type of pet you have? Do different pets have different health benefits? Dr. McNicholas says it depends what kind of relationship you want to have with your pet. The first is the 'human' type of relationship. This is when pets provide companionship and a supportive role. Dogs or



cats would fall into this category. The second is keeping a pet for social reasons. Dog walkers always meet other dog walkers, for example. The third relationship is when your pet is also your hobby – such as keeping exotic animals. In this category, you benefit from the calming effect of watching the animals but also gain from the social aspect of joining clubs or societies.

- D. The health benefits of pets have become so widely accepted that many animals are now used in hospitals as part of patients' recovery programs. The charity Pets as Therapy (PaT) has 3,500 dogs and 90 cats currently working for them. The animals make weekly visits to nearly 5,000 hospital wards, residential care homes or special care schools in a bid to boost patients' well-being. The animals may be used to help stroke victims regain the use of their limbs. 'Patients want to stroke the animals so this encourages them to move their arms or hands again,' say Maureen Hennis, chief executive of PaT. Both the PaT dogs and cats are taken into care homes to provide comfort for the residents. Many of them may have given up their own pets before going into homes, so animals help bring a sense of normality to their lives.
- E. PaT animals also work with people suffering from depression. 'They can sometimes get through the barriers these patients put up, where human have failed in the past,' says Maureen. PaT is currently working with a psychologist from Sunderland Royal Hospital treating children with animal phobias. The results so far have been 'very encouraging'. 'We are enabling these children to rejoin the community,' say Maureen. They can now walk to school or go to the park when previously they were too frightened to do so.
- F. SeeSaw, a bereavement charity set up especially for children, also uses animals to build emotional bridges. Kathy Moore, a counsellor and project coordinator for Macmillan Cancer Relief, takes her dog Do-Good with her when she meets children who have a parent or sibling who is dying from a terminal illness. Most children are unwilling to open up to a stranger, but Kathy says Do-Good helps them learn to trust her. 'He can provide such a good way into my first contact with a child,' she says. 'Even if they are a little wary of me, most children can't resist Do-Good – he's got such a great personality and we all go on walks together.'
- G. Despite the growing body of evidence that pets are beneficial for our health, scientists have not been able to answer one crucial question – are dogs better than cats? Dr. McNicholas says it does not matter what type of pets you have, as long as it fits into your lifestyle. 'If you hate long walks but have 'bouncy' dogs that need walking, that is going to push your stress levels way up,' she says. 'You need to do your homework beforehand, so both you and your pet benefit from the relationship. Animals really can give you unconditional love. They don't care if you are having a bad hair day – you can just be yourself.'

Question 7 – 10

Complete the sentences below.

Choose NO MORE THAN THREE WORDS from the passage for each answer.

7. Walking a dog generally increase people's
8. Some owners find that their pets provide bothand support.
9. PaT uses cats and dogs toin a variety of locations.
10. Children can be helped towith the use of pets when dealing with bereavement.

Question 11 – 13

Do the following statements agree with the information given in the reading passage?

Write:

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	if there is no information on this

11. Humans have been keeping pets since people started living in houses.
12. Many patients notice an improvement in their mobility after stroking animals.
13. Children's fear of animals is being successfully overcome in one PaT program.