

## TEST 104

Example:

0 A stronger      B wider      C further      D higher

0	A	B	C	D
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### CLUTTER IS BAD FOR YOU

Everyone has to tidy up around the house sometimes, but the new idea known as 'de-cluttering' goes (0) ... than that. By showing you how to get (1) ... of all the things you don't need, de-cluttering can actually help you (2) ... a healthier, less stressful lifestyle. At least, that is the belief of professional 'de-cluttering consultant', Clare Davis. Clare visits her clients in their homes and (3) ... them on what to keep, what to throw out, and how best to (4) ... the furniture and storage space.

But Clare does more than just tidying a desk or (5) ... out a wardrobe that is stuffed with last year's fashion items. She aims to (6) ... to the root of the problem. According to Clare, if your home is disorganised and untidy then so is your mind, and your happiness and health will (7) ... as a result. She believes that everything in the house should either have a (8) ... or be something you really cherish. Many people (9) ... on to things for the wrong (10) ... . And so the first (11) ... in Clare's de-cluttering programme is to remove everything her clients don't need, like clothes they have grown (12) ... of and objects they no longer need.

Clare's clients speak (13) ... of her. All sorts of people from writers to computer programmers have said they (14) ... her service useful. Many have said that her de-cluttering programme has (15) ... them to become more organised.

1 A lost	B empty	C rid	D free
2 A lead	B complete	C perform	D keep
3 A recommends	B advises	C tells	D persuades
4 A fix	B settle	C arrange	D regulate
5 A cutting	B crossing	C calling	D clearing
6 A get	B come	C catch	D gain
7 A suffer	B harm	C damage	D hurt
8 A target	B basis	C task	D function
9 A keep	B hold	C stay	D wait
10 A purposes	B objectives	C reasons	D causes
11 A degree	B act	C progress	D step
12 A tired	B fed	C sad	D worn
13 A greatly	B highly	C deeply	D surely
14 A discovered	B understood	C taken	D found
15 A helped	B supported	C improved	D made

## TEST 105

**Example:**

0 A organising      B planning      C targeting      D programming

0	A	B	C	D
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### WEDDING BELLS

I love weddings, although I'm not actually (0) ... to get married myself, at least not in the (1) ... future. Marriage, though, is definitely back in fashion. For the last twenty years or so, the trend has been for young people to wait, to (2) ... on their education and their career before thinking about (3) ... down and starting a family. But apparently, things are now changing. The reason, it seems, is that so many famous celebrities are getting married relatively young, and (4) ... a great deal of publicity in the process, and as a result young people are getting (5) ... about the idea of marriage again.

It could be, (6) ... that what seems so appealing is not the idea of married life at all, but rather the (7) ... of a big party and (8) ... of expensive presents. This seems to me the only advantage of getting married. I mean, how often do you actually (9) ... to gather all your friends and family together in one place, all dressed up and on their (10) ... behaviour, with yourself as the (11) ... of attention? But, to tell you the (12) ..., when it comes to weddings, I have a lot in (13) ... with a football fan. I know that I don't actually have to play the game in order to enjoy it. So, as I (14) ..., I love weddings, but only as (15) ... as they are other people's!

1 A next	B first	C near	D close
2 A commit	B dedicate	C devote	D concentrate
3 A turning	B cutting	C settling	D pulling
4 A catching	B gaining	C earning	D keeping
5 A excited	B interested	C fascinated	D attracted
6 A although	B despite	C therefore	D however
7 A hope	B thought	C wish	D luck
8 A loads	B packs	C crowds	D pots
9 A succeed	B enable	C manage	D arrive
10 A top	B best	C ideal	D perfect
11 A spot	B centre	C heart	D middle
12 A fact	B reality	C honesty	D truth
13 A common	B familiar	C similar	D alike
14 A remark	B say	C tell	D speak
15 A long	B well	C soon	D far

## TEST 106

**Example:**

0 A benefits

B profits

C winnings

D favours

0	A	B	C	D
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### EXERCISING TO MUSIC

All sorts of sportspeople say that there are great (0) ... to be gained from exercising to music. It's an opinion which is shared by sports scientists at London University who have been studying the (1) ... of music on exercise performance. They have now (2) ... that listening to motivating tunes can help people to get fit quicker. They discovered that the right tunes not only inspire people to start exercising in the first (3) ... but also enable them to (4) ... out for longer. Music can calm someone down after a stressful day, so that they are more in the (5) ... to exercise. But also, (6) ... on the rhythm of music helps people to (7) ... going when they are getting tired.

The researchers attended gyms in various countries to (8) ... the reactions of different age groups to different types of music. Interestingly, they found that it is the music that people (9) ... with their youth that inspires them most. The researchers also visited international athletics' meetings, and found that music can also help (10) ... athletes to perform to a higher (11) ... Before and during a competition, it can (12) ... vital changes to their mental state, which can (13) ... the difference between winning and losing.

The British fitness industry is (14) ... the findings seriously. Several leisure companies have (15) ... surveys to ask members about their musical preferences.

1 A effects	B force	C significance	D results
2 A checked	B relied	C defined	D proved
3 A step	B case	C place	D instance
4 A wear	B make	C work	D draw
5 A humour	B mind	C state	D mood
6 A thinking	B concentrating	C visualising	D reflecting
7 A keep	B stay	C hold	D continue
8 A regard	B follow	C observe	D remark
9 A associate	B combine	C accompany	D join
10 A head	B top	C chief	D upper
11 A average	B standard	C measure	D amount
12 A turn on	B set up	C bring about	D let in
13 A mean	B represent	C allow	D cause
14 A seeing	B taking	C doing	D acting
15 A drawn up	B written up	C handed in	D filled in

## TEST 107

Example:

0 A interested      B determined      C fascinated      D decided

0	A	B	C	D
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### GREENFORCE

If you're (0) ... in having the trip of a lifetime, but also doing something useful at the same time, then why not try (1) ... a Greenforce expedition as a volunteer. Greenforce, which was (2) ... in 1997, is an international research agency that (3) ... information about the wildlife and natural habitats in various parts of the world. There is a qualified biologist in (4) ... of each team of volunteers and these carry out surveys all year (5) ... in some of the world's remotest and most beautiful places. Volunteers come from all walks of life. The minimum age is 18 years, but there is no upper age (6) .... No previous experience is necessary as Greenforce provides (7) ... training in animal identification and survey (8) .... You'll need to be somebody who enjoys the outdoor life, however, as working in remote (9) ... can be challenging. You'll also need to be (10) ... about wildlife and prepared to learn a lot about the place you visit. Each expedition (11) ... for ten weeks, and training begins in the UK with a residential weekend where you can get a (12) ... of expedition life and (13) ... up with some of your team mates, as (14) ... as learning about first-aid and basic survival skills. Each volunteer (15) ... £2,550 towards the cost of the expedition, but past volunteers say it is worth every penny.

1 A joining	B going	C seeing	D enrolling
2 A brought about	B set up	C put on	D got off
3 A harvests	B spots	C gathers	D picks
4 A head	B guide	C lead	D charge
5 A round	B over	C forward	D away
6 A point	B limit	C deadline	D frontier
7 A full	B whole	C entire	D absolute
8 A uses	B ways	C methods	D means
9 A residences	B positions	C resorts	D locations
10 A fond	B passionate	C keen	D attracted
11 A lasts	B spends	C passes	D takes
12 A touch	B drop	C trial	D taste
13 A strike	B know	C meet	D speak
14 A long	B well	C far	D soon
15 A contributes	B affords	C agrees	D combines

## TEST 108

**Example:**

0 A production

B work

C commerce

D industry

0	A	B	C	D
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### THE TOURIST TRAP

Tourism is the fastest-growing (0) ... in the world. As well as bringing prosperity to an area, however, it can also destroy the qualities which (1) ... visitors in the first (2) .... If it is not carefully controlled, tourism can also (3) ... problems for local people, as is (4) ... by various examples from around the world.

When Phuket in Thailand first became a popular tourist (5) ..., people there were unable to (6) ... with the increase in rubbish that 2 million visitors a year (7) ... and a huge incinerator had to be built in the countryside to deal with it. New hotels at Goa in India caused a huge increase in water consumption, (8) ... many local people to walk considerable (9) ... to get clean water. And Egypt's desert landscapes are being destroyed by the litter (10) ... by tourists. Moving sands are difficult to clean, and the white desert to the west of the Nile Valley may be permanently (11) ....

It's encouraging, therefore, to read about the (12) ... of certain tour companies who are organising environmental holidays in some of the worst hit areas. Regular tours now go to places (13) ... the Himalayas and Atlas mountains in North Africa with the (14) ... of combining a bit of sightseeing with the chance to help (15) ... some of the mess left by previous visitors.

1 A convinced	B attracted	C persuaded	D appealed
2 A place	B point	C position	D purpose
3 A lead	B form	C create	D invent
4 A displayed	B presented	C exhibited	D shown
5 A destination	B position	C terminus	D departure
6 A handle	B treat	C cope	D check
7 A reject	B involve	C establish	D produce
8 A forcing	B making	C encouraging	D urging
9 A extents	B distances	C spaces	D lengths
10 A fallen	B sunk	C lowered	D dropped
11 A injured	B touched	C affected	D influenced
12 A attempts	B efforts	C strains	D duties
13 A as well as	B as for	C such as	D so as to
14 A aim	B plan	C wish	D hope
15 A rub out	B care for	C break off	D clear up

## TEST 109

Example:

0 A view

B image

C vision

D shot

0	A	B	C	D
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

### THE ORIGIN OF THE WIZARD'S HAT

The popular (0) ... of the wizard, an old man in a tall hat who has magical powers, is a (1) ... one in European myths and fairy tales. But (2) ... to a team of German archaeologists, people who looked like wizards may really have existed as (3) ... ago as the Bronze age, and they really did wear pointed hats. But these were not the cloth hats we (4) ... with fictional characters such as Harry Potter and Gandalf. (5) ... , these wizards had hats of gold that (6) ... them to predict the movements of the planets and stars.

This is the (7) ... of archaeologists who are trying to (8) ... the 150-year-old mystery of the strange yet beautiful golden cone-shaped objects that sometimes (9) ... up at archaeological sites across Europe. Some people (10) ... forward the idea that the cones might have been vases, others that they could have been a soldier's head protection, but now historians think they must (11) ... have been tall hats. The men who wore them were (12) ... as magicians because they could predict with (13) ... the best time for sowing, planting and harvesting crops. And the hats played an important (14) ... in this, as they were covered in astronomical pictures and would have been worn on very special (15) ... when the movements of the sun and moon were calculated.

1	A plain	B familiar	C general	D broad
2	A owing	B supposing	C providing	D according
3	A ages	B long	C time	D far
4	A associate	B remind	C recognise	D acknowledge
5	A Therefore	B Although	C Instead	D Regardless
6	A helped	B made	C let	D meant
7	A completion	B result	C outcome	D conclusion
8	A fulfil	B prove	C solve	D detect
9	A pull	B keep	C turn	D bring
10	A came	B looked	C called	D put
11	A honestly	B actually	C eventually	D absolutely
12	A regarded	B believed	C concerned	D presumed
13	A loyalty	B justice	C accuracy	D reality
14	A share	B piece	C task	D part
15	A occasions	B moments	C events	D incidents

## TEST 110

**Example:**

0 A highest

B main

C leading

D head

0	A	B	C	D
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### AN IMPORTANT INVENTION

Aluminium foil is used to wrap food in the kitchen. It is a very thin flexible metal sheet, sold in a roll, and since it does not burn, its (0) ... use is probably to cover a chicken before it is put in the oven. The invention of the foil in France in 1903 may not have seemed hugely significant at the (1) ... but it began a packaging revolution that was to change our whole (2) ... of life.

Until the early 20th century, everything bought from shops was wrapped with paper and string and, (3) ... the growing technological expertise in the world, packaging remained quite (4) .... Aluminium foil was not (5) ... used until 1914, when people began using it as a secure top for milk bottles. Some forty years later, however, the packaging revolution really (6) ... when companies making the cans used for soft drinks stopped using tin, a metal which was becoming too expensive, and (7) ... to aluminium. (8) ... production of aerosol cans soon (9) ....

At the (10) ... of the 20th century, there was little or no packaging to throw away. But with the (11) ... of the new materials what we now (12) ... to as the 'throw-away society' was born. Disposable razors, for example, were (13) ... to be used and then thrown away. The idea was appealing to manufacturers because it (14) ... that the customer would always be (15) ... back for more.

1 A moment	B period	C age	D time
2 A state	B condition	C way	D course
3 A despite	B however	C although	D nevertheless
4 A basic	B primary	C fundamental	D initial
5 A deeply	B widely	C thickly	D largely
6 A set out	B burst in	C showed up	D took off
7 A exchanged	B switched	C replaced	D swapped
8 A Quantity	B Volume	C Mass	D Great
9 A continued	B succeeded	C accompanied	D followed
10 A turn	B change	C point	D round
11 A occurrence	B arrival	C visit	D approach
12 A call	B refer	C mention	D describe
13 A intended	B hoped	C wanted	D aimed
14 A caused	B involved	C meant	D included
15 A returning	B entering	C reaching	D coming

## TEST 111

**Example:**

0 A vehicles

B craft

C vessels

D carriages

0	A	B	C	D
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### LIFE SAVERS ON TWO WHEELS

When emergency service (0) ... such as police cars, fire engines or ambulances respond to an emergency (1) ... they need to get to the scene of the incident as quickly as possible. At certain times of day, however, making their (2) ... through city centre traffic can be a big problem and precious time can be (3) ... in trying to get past traffic (4) ... ups. An experiment (5) ... out recently in the city of York, may (6) ... an answer to this problem, at least in the (7) ... of ambulances.

The researchers in York discovered that specially-adapted mountain bikes negotiated the city's rush-hour traffic much more (8) ... than a traditional ambulance could. In the experiment, a paramedic on a mountain bike (9) ... the ambulance every time, and always arrived within the eight-minute 'standard response time' laid down by the British government. The bicycles were fitted with sirens, (10) ... lights and medical equipment and are (11) ... by paramedics who are able to (12) ... patients on the spot. Sometimes this meant giving emergency first-aid until the ambulance arrived, but often the paramedic was able to deal with the situation (13) ... thus allowing the ambulance to be redirected to other emergencies.

Obviously, mountain bikes would not be so (14) ... in rural areas, but for small cities, and busy city centres with one-way (15) ... and pedestrian-only areas they could well prove to be very useful.

1 A appeal	B call	C trip	D order
2 A road	B way	C track	D route
3 A dropped	B missed	C lost	D spared
4 A hold	B jam	C stick	D block
5 A fetched	B carried	C taken	D put
6 A predict	B process	C provide	D presume
7 A example	B case	C instance	D event
8 A purely	B simply	C hastily	D easily
9 A excelled	B won	C defeated	D beat
10 A switching	B twinkling	C flashing	D sparkling
11 A driven	B ridden	C trodden	D handled
12 A heal	B treat	C mend	D cure
13 A solely	B apart	C singly	D alone
14 A effective	B able	C competent	D powerful
15 A techniques	B organisations	C systems	D establishments