

READING 7 : **LEISURE**

Among the professional and managerial classes, working hours have increased and, overall, in the economy, record numbers of people are in employment. As people work more, the appetite for leisure activities has grown to compensate for the greater stress. The past five years alone have seen the leisure business expand by 25%, with a change in emphasis to short domestic weekend breaks and long-haul short breaks to exotic destinations in place of long holidays. In the future, it is expected that people will jump from one leisure activity to another in complexes catering to everyone's needs with gyms, cinemas, cafes, restaurants, bars, and internet facilities all under one roof. The leisure complexes of today will expand to house all the leisure facilities required for the leisure age.

1. Working hours have increased by 25% among the professionals and managerial classes.
2. People in the upcoming future will constantly change their leisure hour activities from one to another, all under the same roof.
3. People work more to enjoy the leisure hours during their long-haul short breaks.
4. In the past five years, the business hours have increased to 25%.
5. People enjoy their leisure hours in gyms, cafes, cinemas, restaurants, bars, and others.

**READING 8: ECO- TOURISM**

In many coral-reef areas, tourism is one of the main industries bringing employment, and in many cases, is promoted to provide alternatives to fisheries-based livelihoods and to ensure that local reef resources are conserved. In the Caribbean alone, tours based on scuba-diving have attracted 20 million people in one year. The upgrading of roads and communications associated with the expansion of tourism may also benefit local communities. However, plans for development must be considered carefully. The ability of the poorer members of the community to access the benefits of tourism is far from guaranteed, and requires development guided by social, cultural, and environmental principles. There is growing recognition that sustainability is a key requirement, as encompassed in small-scale eco-tourism activities, for instance.

1. Tourism is one of the primary industries that bring job opportunities to the coral-reef regions.
2. Caribbean Island depends only on tourism for their economy.
3. Scuba-diving in the Caribbean Islands witnesses more than 20 million tourists in one year.
4. Plans associated with upgrading the roads and communications will not help expand the coral-reef region's development.
5. In the small-scale ecotourism activities, sustainability is the crucial requirement.

The process starts when you get the original script and a tape. 'We would start by translating and adapting the film script. The next step is what we call 'timing', which means synchronizing the subtitles to the dialogue and pictures.' This task requires discipline. You play the film, listen to the voice and the subtitles are up on your screen ready to be timed. You insert your subtitle when you hear the corresponding dialogue and delete it when the dialogue finishes. The videotape carries a time code that runs in hours, minutes, seconds, and frames. Think of it as a clock. The subtitling unit has an insert key to capture the time code where you want the subtitle to appear. When you press the delete key, it captures the time code where you want the subtitle to disappear. So each subtitle would be an exacting part of the translation profession.

Melanie Leyshon talks to Virginie Verdier of London translation company VSI about the glamour and the grind. Virginie is quick to point out that this is as exacting as any translating job. You work hard. It's not all entertainment as you are doing the translating. You need all the skills of a good translator and those of a top-notch editor. You have to be precise and, of course, much more concise than in traditional translation work.

1. Synchronizing the subtitles to pictures and dialogues requires extreme discipline.
2. Think of the videotape as a clock.
3. When clicking the delete key, everything including the subtitles get deleted.
4. Leyshon describes the process of adding subtitles as any translation job.
5. There's an insert key in the subtitling unit that will capture the time code in a place where the subtitle must be added.

The practice of homeopathy was first developed by the German physician Samuel Hahnemann. During research in the 1790s, Hahnemann began experimenting with quinine, an alkaloid derived from cinchona bark that was well known at the time to have a positive effect on fever. Hahnemann started dosing himself with quinine while in a state of good health and reported in his journals that his extremities went cold, he experienced palpitations, “infinite anxiety”, a trembling and weakening of the limbs, reddening cheeks, and thirst. “In short,” he concluded, “all the symptoms of relapsing fever presented themselves successively...” Hahnemann’s main observation was that things which create problems for healthy people cure those problems in sick people, and this became his first principle of homeopathy: *similia similibus* (with help from the same). While diverging from the principle of apothecary practice at the time, which was *contraria contrariis* (with help from the opposite), the efficacy of *similia similibus* was reaffirmed by subsequent developments in the field of vaccinations. Hahnemann’s second principle was minimal dosing – treatments should be taken in the most diluted format which remain effective. In case it negated any possible toxic effects of *similia similibus*.

1. German Physician Hippocrates first introduced the practice of homeopathy.
2. During the 1790s, Quinine, an alkaloid was widely used to reduce fever as it had positive effects.
3. The first principle of homeopathy was the things that cured problems in the sick people created problems in the healthy people.
4. The second principle of homeopathy by Hahnemann is The Single Remedy theory, in which only one homeopathic remedy can be given at any one time
5. Even in the pink of his health, Hahnemann started dosing himself with Quinine.