Read the text and mark the sentences T (true) or F (false) or NG (not given).

Can music really make you run faster?

Costas Karageorghis, a sports psychologist, calls music sport's legal drug." He says that exercising with music can improve athletic performance by 15 percent. The music must be carefully chosen so that the tempo or "beat" is synchronized the exercise you are doing. According to Professor Graeorghis, music also makes you feel less pain and makes an exercise session less boring and more enjoyable. Gym chain, Fitness First, recognizes the importance of music workouts and plays music in all its clubs. The most popular song for male gym members is Survivor's Eye of the Tiger, while women love Abba's Dancing Queen.

Music works well with weightlifting and other repetitive actions, but it can also help with running. The best example is Haile Gebreselassie, perhaps the world's greatest distance runner, who used the techno-pop song Scatman as a metronome when he broke the world's 2,000-meter record. But music was so important to Gebreselassie, why do other top runners never race with headphones?

Graeorghis says "Research has shown that for most top athletes music is less effective. Elite athletes focus more on their bodies, and less on outside stimuli like music." So although music can help amateur runners run faster and further, most athletes prefer silence.

I decided to try running with music myself. I was going to run a marathon, and a sports doctor gave me the perfect playlist songs for running. When I did the race, I found that some of the tracks, like Von Kleet's Walking on Me, made running easier. Others made me want to throw away the mp3 player. When I crossed the line, I had beaten my previous personal best by one mute, but was it because of the music? To be honest, I felt it was probably because of the extra training.

Pole in The Times

1 The psychologist says that all kinds of music can help us exercise better.

2 He says that exercise is more fun with music.

3. He says music can uplift people's mood.

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4 Men and women prefer different music when they exercise.

5 Music helped Haile Gebreselassie break a record.

6 Most top athletes use music when they run.

7 Music can help amateur runners to run faster.

8 The journalist chose his music for the marathon.

9. His music list has 10 songs in total .

10. All the songs helped him run faster.

2. *The reading passage has 9 paragraphs marked A to I.*

Match each of the topics i to ix below with one of the paragraphs A- I and write the appropriate letter in boxes 28-35 on your answer sheet.

11. Topic ii: women and Japanese companies

12 Topic iii: why men sometimes resign from Japanese companies

13 Topic iv: permanency in employment in Japan

14. Topic v: recruiting season: who, when and where

15. Topic vi: the social aspect of work

16. Topic vii: the salary structure

17. Topic viii: the recruitment strategy of foreign firms

18. Topic ix: Japanese people after retirement

Employment in Japan

A

Every autumn, when recruitment of new graduates and school leavers begins, major cities in Japan are flooded with students hunting for a job. Wearing suits for the first time, they run from one interview to another. The season is crucial for many students, as their whole lives may be determined during this period.

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B

In Japan, lifetime employment is commonly practised by large companies. While people working in small companies and those working for subcontractors do not in general enjoy the advantages conferred by the large companies, there is a general expectation that employees will in fact remain more or less permanently in the same job.

C

Unlike in many Western countries where companies employ people whose skills can be effective immediately, Japanese companies select applicants with potential who can be trained to become suitable employees. For this reason, recruiting employees is an important exercise for companies, as they invest a lot of time and money in training new staff. This is basically true both for factory workers and for professionals. Professionals who have studied subjects which are of immediate use in the workplace, such as industrial engineers, are very often placed in factories and transferred from one section to another. By gaining experience in several different areas and by working in close contact with workers, the engineers are believed, in the long run, to become more effective members of the company. Workers too feel more involved by working with professionals and by being allowed to voice their opinions. Loyalty is believed to be cultivated in this type of egalitarian working environment.

D

Because of this system of training employees to be all-rounders, mobility between companies is low. Wages are set according to educational background or initial field of employment, ordinary graduates being employed in administration, engineers in engineering and design departments and so on. Both promotions and wage increases tend to be tied to seniority, though some differences may arise later on as a result of ability and business performance. Wages are paid monthly, and the net sum, after the deduction of tax, is usually paid directly into a bank account. As well as salary, a bonus is usually paid twice a year. This is a custom that dates back to the time when employers gave special allowances so that employees could properly celebrate *bon*, a Buddhist festival held in mid-July in Tokyo, but on other dates in other regions. The festival is held to appease the souls of ancestors. The second bonus is distributed at New Year. Recently, bonuses

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have also been offered as a way of allowing workers a share in the profits that their hard work has gained.

E

Many female graduates complain that they are not given equal training and equal opportunity in comparison to male graduates. Japanese companies generally believe that female employees will eventually leave to get married and have children. It is also true that, as well as the still-existing belief among women themselves that nothing should stand in the way of child-rearing, the extended hours of work often do not allow women to continue their careers after marriage.

F

Disappointed career-minded female graduates often opt to work for foreign firms. Since most male graduates prefer to join Japanese firms with their guaranteed security, foreign firms are often keen to employ female graduates as their potential tends to be greater than that of male applicants.

G

Some men, however, do leave their companies in spite of future prospects, one reason being to take over the family business. The eldest sons in families that own family companies or businesses such as stores are normally expected to take over the business when their parents retire. It is therefore quite common to see a businessman, on succeeding to his parents' business, completely change his professional direction by becoming, for example, a shopkeeper.

H

On the job, working relationships tend to be very close because of the long hours of work and years of service in common. Social life in fact is frequently based on the workplace. Restaurants and *nomi-ya*, "pubs", are always crowded at night with people enjoying an evening out with their colleagues. Many companies organise trips and sports days for their employees. Senior staff often play the role of mentor. This may mean becoming involved in the lives of junior staff in such things as marriage and the children's education.

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I

The average age of retirement is between 55 and 60. For most Westerners, retirement may be an eagerly awaited time to undertake such things as travel and hobbies. Many Japanese, however, simply cannot get used to the freedom of retirement and they look for ways of constructively using their time. Many look for new jobs, feeling that if they do not work they will be abandoned by society. This has recently led to the development in some municipalities of municipal job centres which advertise casual work such as cleaning and lawn mowing. Given that Japan is facing the problem of an increasingly ageing society, such activities may be vital in the future.

3.

THE LOCH NESS MONSTER

In the Scottish Highlands there, is believed to be a monster Jiving in the waters of Loch Ness. The waters of Loch Ness are one mile wide and 24 miles long, the largest body of freshwater in the United Kingdom. To many sceptics, this monster is only a modem day myth, but to others who claim they have seen it, the monster exists and still lurks in the waters of Loch Ness today.
Throughout Scotland, research has been done at several lakes but Loch Ness Is the icon for monsters – Nessie, as the monster is affectionately named, being the most popular of them all. Both professionals and amateurs flock to this lake with their cameras in the hope of capturing a brief glimpse of Nessie and possibly solving the mystery of the Loch Ness monster.
The very first sighting of Nessie was as far back as 565 AD. It is believed that she ate a local farmer and then dived back into the waters, with no accounts of being seen again for over 100 years. However, since the turn of the 20th century, several other people have claimed to see her. Some people believe that old Scottish myths about water creatures such as Kelpies and water horses have contributed to the idea of tills wondrous monster lurking beneath.
2007 brought about the most recent sighting of Nessie. A tourist named Gordon Holmes from Yorkshire visited the Loch Ness waters and claims lie not only saw her, but has captured her on video. He claimed she was jet black, about 15 metres long and travelling in a very straight line at about 6 miles per hour. Despite this supposed evidence, controversy still reigns and opinion clearly divided about its existence. The video footage has been discredited

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amid accusations of tampering, whilst others claim mat the image caught by Holmes could be nothing more than a tree trunk or even one of the otters that inhabit the loch.

Some scientists believe that the Loch Ness monster could a mirage or a psychological phenomenon in as much as sometimes we see what we want to see. Of course those who have seen her beg to differ, but many experiments have been conducted to arrive at theories to explain what it is that people could be witnessing. It has been suggested that Nessie could be related to a prehistoric animal known as a Plesiosaur, an animal that measured up to ten metres in length and is otherwise thought to be extinct, although this theory is unsupported by any data, One scientist in particular has been researching the lake itself to find out more about its history, It seems that for such a large animal to Jive in this lake it would require a vast food source, but for such an amount of fish to survive there would need to be plenty of microscopic animals called zooplankton. The only way to find out how much of this there is in the water is to measure the amount of algae. Algae needs light to survive so by measuring just how deep the daylight can penetrate the lake scientists can then start to work out what kind of population can be sustained. Despite results that suggest that the fish population was too small, the conclusions drawn were inconclusive.

In the 1900s, a ten year observational study was carried out, recording an average of 20 sightings of Nessie per year, The phenomenon exploded in second half of the century, when photos were publicly released of a 'flipper', Submarines were sent into die Loch Ness to try to discover more about this creature (and now are actually run as tourist attractions). Another theory behind why Nessie rose to the top of the waters where she was more likely to be seen, was that disruption from nearby road works in the 1930s forced her to move to higher levels due to the amount of vibration fell in the water. Another argument centres on the geographical placement of the Loch, which sits on the Great Glen fault line formed over 400 million years ago. Some scientists have claimed that resulting seismic activity in the lake could cause disturbances on its surface and people could be mistaking this for Nessie.

Up until today, there is no convincing proof to suggest that the monster is real, which, given the preponderance of digital cameras, webcams trained on the loch and other technological advances in recording equipment, suggests that the myth of Nessie may be just that – a myth. Nonetheless, accommodation all over the Scottish Highlands offers tours of the lake itself so tourists can try to catch their own glimpse of Nessie, In 2007, it was

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estimated that related tourism brought in an estimated £6 million to the region, thanks to the attention of the film industry.

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

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

19. The first reported sighting of the Loch Ness monster was in 1962.

20. It is believed the idea for the Loch Ness monster may have been inspired by other stories of sea creatures.

21. The last person who claims to have seen the Loch Ness monster has video footage.

22. There is evidence to suggest that the Loch Ness monster is related to the plesiosaur.

23. Testing of algae in the loch proved that the food source was insufficient to sustain Nessie.

24. Movement along a fault line could have caused Nessie to rise to the surface.

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