

### READING PRACTICE 3

The principle of use and disuse states that those parts of organisms' bodies that are used grow larger. Those parts that are not tend to **wither away**. It is an observed fact that when you exercise particular muscles, they grow. **Those** that are never used diminish. By examining a man's body, we can tell which muscles he uses and which he doesn't. We may even be able to guess his profession or his reaction. Enthusiasts of the "body-building" cult make use of the principle of use and disuse to "build" their bodies, almost like a piece of sculpture, into whatever unnatural shape is demanded by fashion in this peculiar minority culture. Muscles are not the only parts of the body that respond to use in this kind of way. Walk barefoot and you acquire harder skin on your soles. It is easy to tell a farmer from a bank teller by looking at their hands alone. The farmer's hands are **horny**, hardened by long exposure to rough work. The teller's hands are relatively soft.

The principle of use and disuse enables animals to become better at the job of surviving in their world, progressively better during their lifetime as a result of living in that world. Humans, through direct exposure to sunlight, or lack of it, develop a skin color which equips them better to survive in the particular local conditions. Too much sunlight is dangerous. Enthusiastic sunbathers with very fair skins are susceptible to skin cancer. Too little sunlight, on the other hand, leads to vitamin-D deficiency and rickets. The brown pigment melanin which is synthesized under the influence of sunlight, makes a screen to protect the underlying tissues from the harmful effects of further sunlight. If a suntanned person moves to a less sunny climate, the melanin disappears, and the body is able to benefit from what little sun there is. This can be represented as an instance of the principle of use and disuse: skin goes brown when it is "used", and fades to white when it is not.

#### 1. What does the passage mainly discuss?

- A. How the principles of use and disuse change people's concepts of themselves.
- B. The way in which people change themselves to conform to fashion.
- C. The changes that occur according to the principle of use and disuse.
- D. The effects of the sun on the principle of use and disuse.

#### 2. The phrase "wither away" in line 2 is closest in meaning to \_\_\_\_\_.

- A. split                      B. rot                      C. perish                      D. shrink

#### 3. The word "Those" in line 3 refers to \_\_\_\_\_.

A. organisms      B. bodies      C. parts      D. muscles

**4. According to the passage, men who body build\_\_\_\_\_.**

A. appear like sculptures      B. change their appearance  
C. belong to strange cults      D. are very fashionable

**5. From the passage, it can be inferred that author views body building\_\_\_\_\_.**

A. with enthusiasm      B. as an artistic form  
C. with scientific interest      D. of doubtful benefit

**6. The word "horny" in line 11 is closest in meaning to\_\_\_\_\_.**

A. firm      B. strong      C. tough      D. dense

**7. It can be inferred from the passage that the principle of use and disuse enables organisms to\_\_\_\_\_**

A. change their existence      B. automatically benefit  
C. survive in any condition      D. improve their lifetime

**8. The author suggests that melanin\_\_\_\_\_.**

A. is necessary for the production of vitamin-D  
B. is beneficial in sunless climates  
C. helps protect fair-skinned people  
D. is a synthetic product

**9. In the second paragraph, the author mentions sun tanning as an example of\_\_\_\_\_**

A. humans improving their local condition  
B. humans surviving in adverse conditions  
C. humans using the principle of use and disuse  
D. humans running the risk of skin cancer

**10. The word "susceptible" could be best replaced by\_\_\_\_\_**

A. condemned      B. vulnerable      C. allergic      D. suggestible