PRACTICE TEST 1 – V2

PART A: LEXICO-GRAMMAR

I. Choose the best answer A, B, C, or D to complete each sentence below. Write your answers in the corresponding numbered boxes provided.

1. Despite their normal cylindrical form, some of the documents _____ on silk that were found at Mawangdui, an archaeological site in southeastern China, were folded into rectangles.
A. wrote B. written C. were written D. be written

2. If your priority is being able to _____ your legs and walk around occasionally, take the train instead of the plane.
A. extent B. span C. stretch D. range

3. You and your big mouth! It was supposed to be a secret. You _____ her!
A. shouldn't have told B. mightn't have told C. mustn't have told D. couldn't have told

4. ____ that he only started learning English 2 years ago, his English is excellent.
A. Bringing B. Accounting C. Shining D. Considering

5. Some of the studies show positive results, _____ others do not.
A. whereas B. unlike C. therefore D. contrary

6. I try to strike _____ when I'm on holiday spending half my time doing things and the other half just relaxing.
A. a double bind B. a leading light
C. the common touch D. the happy medium

7. These measures have been ____ in order to increase the company's profit.
A. carried B. taken C. tried D. done

8. _____, he was determined to continue to climb up the mountain.
A. However tired B. Tired as he might feel
C. As he might feel tired D. He felt very tired though

9. _____ our project was unnecessary, we would not have invested in it.
A. Had we thought B. Unless had we thought
C. If had we thought D. As we had ever thought

10. In such a plight _____ that we had no choice but to radio for help.
A. we found ourselves B. we ourselves found
C. did we find ourselves D. did we ourselves find

II. Complete these sentences, using the suitable form of the words in brackets. Write your answers in the corresponding numbered boxes provided.

1. It suggests that clay-working technology in the nineteenth century developed according to some _____ logic or technical imperative. (**ESCAPE**)

2. He's a highly motivated individual, with the _____ required to complete projects. (**PERSEVERE**)

3. A dry champagne makes the ideal _____ to this dish. (**ACCOMPANY**)

4. Not surprisingly, the _____ of founding elections frequently brings about efforts to introduce changes in electoral systems that would benefit the current incumbents. (**AFTER**)

5. Despite its well-devised plot, _____ characters and interesting comic situations, this play did not at first receive the success it merited. (**LIKE**)

6. The instruction manual includes a section on _____ to help you with any simple problem you might have with the robot vacuum. (**TROUBLE**)

7. Since then, he has worked _____ for the good of the game in Manchester, England and much further afield, earning him recognition around the globe as a true ambassador of football. (**STINT**)

8. You can _____ the carbon dioxide to separate it from the other constituents. (**LIQUID**)

9. An old industrial plant is always _____ with a rapidly developing international metropolis city, and then it is not long before its gradual disappearance. (**HARMONY**)

10. Would you mind if I took one of the pictures as a _____? (**KEEP**)

III. Complete the following extract with the correct form of the words given in the box. There are TWO WORDS that you do not need to use.

WIDEN	PARTICULAR	SYNONYM	CELEBRATE	CONTAMINATION	ABUNDANT
BOTTLE	MAGNIFY	DEPEND	SUPPLEMENTARY	KNOWLEDGE	VARIOUS

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For many, no drink is more (1) ……with good health than green tea, the ancient Chinese beverage (2) ……for its soothing aroma and (3) ……of antioxidants. By some estimates, Americans drink nearly 10 billion servings of green tea each year.

But a new report by an (4)…… laboratory shows that green tea can vary (5) ……from one cup to the next. Some bottled (6) ……appear to be little more than sugar water, containing little of the antioxidants that have given the beverage its good name. And some green tea leaves, (7) ……those from China, are (8) ……with lead, though the metal does not appear to leach out during the brewing process.
The report was by ConsumerLab.com, an independent site that tests health products of all kinds. The company, which had previously tested a variety of green tea (9) ……typically found in health food stores, took a close look at brewed and (10) ……green tea products, a segment that has grown rapidly since the 1990s.

IV. Underlined and correct 10 mistakes in the following letter. The first one has been done for you.

Dear Mr Rees, Thank you for your letter of 21 June. I was very disturbed ***with*** your account of what had happened in our hotel last week, and I am writing to apologize for this. I can understand that your were shocked by the way the employee spoke to you. It can be no excuse for such behavior and I terribly understand why you felt the need to complain about the situation. I can provide no explaining for the way the receptionist behaved. Our hotel group has a reputation for being good at taking after our customers, and I am very sorry that your experience of our service did not confirm this. I intend to deal about the staff member appropriately and I will ensure that she does not repeat this behavior again by sending her on a retraining course next week. I would like to assure you that the behavior you encountered is not typical for our staff. For a manager, I am responsible for all of our employees, so please accept my apologies again and this voucher worth £50 spent in any of our hotels. Yours sincerely, Clive Martin Hotel Manager	0. by…….. 1. …… 2…….. 3…….. 4…….. 5…….. 6…….. 7…….. 8…….. 9…….. 10……

V. Complete the following passage by filling each blank with ONE suitable word. Write your answers in the corresponding numbered boxes provided.
With the development of the tourism industry, various new types of vacations have recently appeared. A new word has (1) _____ the lexicon of travel brochures, one which has also been cropping (2) _____ on rural road signs far from Europe's crowded beaches. "Agritourism" is a new holiday flavour, sought by a growing (3) _____ of holidaymakers who want to taste a little of the real country, to breathe its air, savour its food and wine, and perhaps to speak its (4) _____.
The pioneer project of agritourism was the development of gites in France. Government grants in the post-war years helped convert crumbling farm outbuildings (5) _____ rural holiday cottages for poor Parisians, before the British became beneficiaries in the early 1970s.
(6) _____ 17 years from 1978, the number of Britons taking a gite holiday increased every year. Now agritourism has become a philosophy (7) _____ embraces properties across the Mediterranean, with Cyprus, Spain and Italy (8) _____ the forefront of development.
Agritourism might manifest (9) _____ as ensuite guest rooms on a working farm, rustic quarters in a restored country cottage or a grand, antique-filled mansion (10) _____ its own pool. It may be a revitalised winery, a cheese-making dairy or a village co-operative reviving traditional handicrafts. But it will certainly be rural - and often remote.

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PART B: READING

I. Read the following passage and choose one option A, B, C, or D to indicate the correct answer to each of the questions. Write your answers in the corresponding numbered boxes provided.

Line	
1	**Evolution of Computers Passage**
	If you had to count every person who lived in the United States, and there were no calculators and no computers of any kind to help you, how would you do it?
	That's the puzzle that nineteen-year-old engineer Herman Hollerith was faced with in the 1880s
5	when he was employed by the U.S. Census Bureau. His solution was to invent a machine that stored information by putting patterns of holes in stiff pasteboard, an idea that Hollerith struck upon by observing the Jacquard loom, an automatic weaving machine that was controlled by specially coded punch cards. The machine, called the Hollerith tabulating machine and sorting box, was used to record the 1890 population census and shortened what had been a seven-year job to just three months.
10	Because Hollerith's machine used mechanical counters operated by electromagnets and circuits, it is considered the very first computer. Go anywhere today, a grocery store, an office, a school and you see one of its many descendants, such as the calculator, personal computer, iPad, and smart-phone. Though Hollerith retired to work at a cattle farm in Maryland, in 1924 the company he founded was renamed International Business Machines (IBM), which is still one of the largest technology corporations in the
15	world.
	Data Storage
	As a data storage medium, Hollerith's invention was revolutionary, but one problem with it was the physical size and quantities of cards, each punch card holding only 960 bits of information. Many types of companies needed to hold more data in a smaller space. A big leap was made in the 1950s with the
20	invention of magnetic tape, which consisted of long strips of plastic with a magnetized coating that could store as much data as 10,000 punch cards. A single reel was about the size of a dinner plate, and could be read from and written to rapidly. In 1963, Philips introduced magnetized tape in a small cassette, which became a popular choice for businesses to store data using computers.
	Nevertheless, tapes were still **cumbersome**, and they would degrade over time. Then came the hard
25	drive. IBM made one of the first, in 1956, called 305 RAMAC. It was bigger than a refrigerator and contained fifty discs, each two feet in diameter. The 305 RAMAC could store 4.4 megabytes of data. By comparison, at about the size of a wallet, three floppy discs, a popular medium from the 1980s and 1990s, held the same amount of information.
	Hard drives have been constantly improving ever since, getting smaller, faster and more energy
30	efficient. With the invention of the flash drive and the micro-SD card our information storage platforms are almost too small to handle with our bare hands.
	Over the years, the price of data storage space has decreased exponentially. In 1984, a 5-megabyte drive cost $1,400, or $280 per megabyte. Within five years, this was cut in half, and 35 since then, the popularity of personal computers for home and business has driven the price even lower. In 2010, the cost
35	per megabyte was less than ten cents.
	Microprocessors
	The microprocessor, or Central Processing Unit (CPU), is the brain inside every computer, tablet, and smartphone. It's a silicon semiconductor chip that contains the basic logic and 40 arithmetic functions that the device needs in order to run. The CPU receives and decodes instructions from keyboards, touch
40	screens, and Wi-Fi adapters and sends signals out in a timed sequence to devices such as monitors, printers, and networks.
	The first microprocessor was devised in 1971 and called the Intel 4004. Measuring just 1/8" by 1/16", it was as powerful as the electronic computer of 25 years prior, which weighed 30 tons and used 18,000 vacuum tubes. It was said about that computer that the lights of Philadelphia dimmed when it was
45	turned on.
	And yet, as fast as the 4004 Intel was, today's CPUs are thousands of times faster. One way that chips get faster is by the addition of more, and smaller, transistors. Though the Intel 4004 processor held 2,300 transistors, a typical Intel processor today, with a 32-nanometer processing die, holds 560,000,000 transistors. (One nanometer equals one-billionth of a meter.) Manufacturers of microprocessors also speed
50	up chips by making circuits smaller; when the circuits are more compact, the microprocessors become faster because electrons have less distance to travel. As chips get smaller, more of them can be etched onto the same diameter silicon wafer by improved fabrication equipment. Consequently, computers that used to require warehouses now fit in the palm of our hands.

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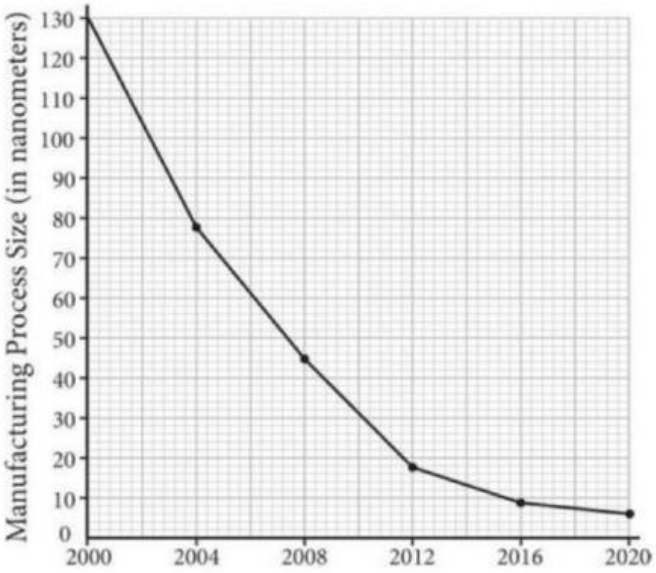
Microchip Transistor Sizes, 2000-2020



1. The stance that the author takes in this passage is most similar to that of _____.
A. a computer industry spokesperson explaining why innovation is good for the economy.
B. a consumer advocate explaining why the price of computers continues to fall.
C. a columnist outlining the evolution of computer speed and storage over time.
D. an efficiency expert discussing how the Census Bureau can improve its performance.
2. Based on the first three paragraphs, what claim is the author making about Hollerith's invention?
A. The invention of the Jacquard loom was inspired by the success of Hollerith's machine.
B. Subsequent technological innovations were based on Hollerith's original design.
C. The success of the 1890 census propelled IBM to the forefront of the computer industry.
D. Hollerith's mechanical counters continued to be used years after their original debut.
3. Which choice provides the best evidence for the answer to the previous question?
A. Lines 8-9 ("The machine... three months")
B. Lines 10-11 ("Because Hollerith's... computer")
C. Lines 11-12 ("Go anywhere... smartphone")
D. Lines 12-15 ("Though Hollerith... world")
4. As used in line 25, "**cumbersome**" most nearly means _____.
A. awkward B. bulky C. heavy D. ponderous
5. The author poses a rhetorical question at the beginning of the passage primarily to help readers _____.
A. understand the enormity of Hollerith's initial task.
B. relive the bygone era in which Hollerith lived.
C. appreciate the job of the U.S. Census Bureau.
D. acknowledge how important computers are.
6. The passage most strongly suggests that which of the following is TRUE?
A. The 1980s saw the most significant innovations in the history of personal computing.
B. The price of data storage space has risen due to consumer demand for personal computers.
C. Continued innovation in data storage devices has resulted in increased value for consumers.
D. Computer industry profits have fallen as a result of decreased costs related to data storage.
7. Which choice provides the best evidence for the answer to the previous question?
A. Lines 30-31 ("With the... hands") B. Lines 32-33 ("In 1984... megabyte")
C. Lines 33-34 ("Within five... lower") D. Lines 34-35 ("In 2010... ten cents")
8. What explicit meaning may correctly be drawn from the data in the graphic?
A. The most significant decrease in microchip transistor sizes occurred between 2000 and 2008.
B. The decline in microchip transistor sizes will most likely level out after the year 2020.
C. Microchip transistor sizes are expected to increase to approximately 10 nanometers by the year 2020.
D. The difference in microchip transistor sizes from 2004 and 2012 is 40 nanometers.
9. In line 44-45, the author most likely refers to the fact that a computer in the 1940s dimmed the lights of Philadelphia to demonstrate the relationship between _____.

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A. the size of the Intel 4004 and of its predecessor.
B. the speed of contemporary CPUs and of the Intel 4004.
C. the manufacturing process in the 1970s and that of today.
D. the number of transistors in the Intel 4004 and in CPUs today.
10. It can be reasonably inferred from the passage and graphic that _____.
A. Herman Hollerith's ideas influenced contemporary computers and other devices.
B. The price of data storage space has fallen in the face of continual consumer demand.
C. Increased consumer demand corresponds to a decrease in transistor sizes in the 2000s.
D. Smaller transistors have exponentially increased the processing speed of today's CPUs.

II. Read the passage and do the tasks that follow.
Questions 1-5: The reading passage has five sections, A-E. Choose the correct headings for sections A-E from the list of headings below. Write the correct number, i-ix, in the boxes 1-5 in the corresponding numbered boxes provided.

List of Headings
i. Mushrooms that glow in the dark
ii. Bright creatures on land and in the sea
iii. Evolution's solution
iv. Cave-dwelling organisms
v. Future opportunities in biological engineering
vi. Nature's gift to medicine
vii. Bioluminescence in humans
viii. Purposes of bioluminescence in the wild
ix. Luminescent pets

A. In the pitch-black waters of the ocean's aphotic zone depths from 1,000m to the sea floor - Rood eyesight does not count for very much on its own. Caves, in addition, frequently present a similar problem: the complete absence of natural light at any time of the day. This has not stopped some organisms from turning these inhospitable environments into their homes, and in the process many have created their own forms of light by developing one of the stunning visual marvels of the biological universe-bioluminescence.
B. Many people will encounter bioluminescence at some point in their life, typically in some form of glowworm, which is found on most continents. North and South America are home to the "firefly", a glowing beetle which is known as a glow-worm during its larvae stage. Flightless glowing beetles and worms are also found in Europe, Asia, Australia, and New Zealand. Less common flies, centipedes, molluscs, and snails have bioluminescent qualities as well, as do some mushrooms. The most dramatic examples of bioluminescence. However, are found deep below the ocean's surface, where no sunlight can penetrate at all. Here, anglerfish, cookie-cutter sharks, flashlight fish, lantern fish, gulper eels, viperfish, and many other species have developed bioluminescence in unique and creative ways to facilitate their lives.
C. The natural uses of bioluminescence vary widely, and organisms have learnt to be very creative with its use. Fireflies employ bioluminescence primarily for reproductive means their flashing patterns advertise a firefly's readiness to breed. Some fish use it as a handy spotlight to help them locate prey. Others use it as a lure; the anglerfish, for example, dangles a luminescent flare that draws in gullible, smaller fishes which get snapped up by the anglerfish in an automated reflex. Sometimes, bioluminescence is used to resist predators. Vampire squids eject a thick cloud of glowing liquid from the tip of its arms when threatened, which can be disorientating. Other species use a single, bright flash to temporarily blind their attacker, with an effect similar to that of an oncoming car which has not dipped its headlights.
D. Humans have captured and utilized bioluminescence by developing, over the last decade, a technology known as Bioluminescence Imaging (BLI). BU involves the extraction of a DNA protein from a bioluminescent organism, and then the integration of this protein into a laboratory animal through trans- geneticism. Researchers have been able to use luminized pathogens and cancer cell lines to track the respective spread of infections and cancers. Through BLI, cancers and infections can be observed without intervening in a way that affects their independent development. In other words, while an ultra-sensitive camera and bioluminescent proteins add a visual element, they do not disrupt or mutate the natural processes. As a result, when testing drugs and treatments, researchers are permitted a single perspective of a therapy's progression.
E. Once scientists learn how to engineer bioluminescence and keep it stable in large quantities, a number of other human uses for it will become available. Glowing trees have been proposed as replacements for electric lighting along busy roads, for example, which would reduce our dependence on non-renewable energy sources. The same technology

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used in Christmas trees for the family home would also eliminate the fire danger from electrical fairy lights. It may also be possible for crops and plants to luminesce when they require watering, and for meat and dairy products to "tell us" when they have become contaminated by bacteria. In a similar way, forensic investigators could detect bacterial species on corpses through bioluminescence. Finally, there is the element of pure novelty. Children's toys and stickers are often made with glow-in-the dark qualities, and a biological form would allow rabbits, mice, fish, and other pets to glow as well.

Questions 6-9: Choose FOUR letters. A-G. Write the correct letters the numbered boxes 6-9. Which FOUR uses are listed for bioluminescence in nature?

A. ways of attracting food
B. tracing the spread of diseases
C. mating signals
D. growing trees for street lighting
E. drug trials
F. defensive tactics
G. torch to identify food

Questions 10-13: Complete the sentences below. Choose NO MORE THAN TWO WORDS from the passage for each answer. Write your answers in the corresponding numbered boxes provided.

10. The luminescent fluid that a vampire squid emits has a _____ effect on its predator.
11. In order to use bioluminescence in a trans-genetic environment, _____ must first be removed from a bioluminescent creature.
12. One advantage of BLI is that it could allow researchers to see how a treatment is working without altering or disturbing _____.
13. In the future, _____ may be able to use bioluminescence to identify evidence on dead bodies.

III. In the passage below, seven paragraphs have been removed. Read the passage and choose from the paragraphs A-H the one which fits each gap. There is ONE extra paragraph which you do not need to use. Write your answers in the corresponding numbered boxes provided.

Most people contend that the education system, as it manifests itself in many western countries, is inadequate and even pernicious. This general discontent should not be ignored; on the contrary, it should sensitize us to the problems we are confronted with in our attempt to become educated citizens and, most importantly, individuals.

1.	

The reason why I have referred to "western education" is that I want to make the distinction between western and eastern civilization. Education should not be viewed merely as an institution whose aim is to transform uneducated, uncouth people into a kind of intelligentsia. Rather it should be regarded as the decantation of human thought, whether this has to do with cognition, experience, or emotion. It is a repository of ideas and theories that have hitherto concerned philosophers, scientists, laymen, and as such it is influenced by the moral, philosophical and scientific outlook on life prevailing in each place. For example, the educational systems in Europe and America are markedly different from those in Asia or India, primarily because the religious concepts and theories underlying and permeating these two civilizations, eastern and western, have distinct orientations.

2.	

No doubt, western thought, with its undue emphasis on reason and cognition, has contrived to exacerbate problems, leading to human oppression and misery. Although it has helped improve our standard of living and has ushered us in a new, promising dimension and era, it has nevertheless transformed us into a self-destructive mass baying for its own blood! On the other hand, eastern thought, with its emphasis on inner harmony and equilibrium that can lead to spiritual elevation, has definitely provided the disillusioned westerner with a lot of answers and solutions to his/her predicaments.

3.	

However, it is all these small creature comforts that have led to the separation between the East and the West. A Westerner takes so many things for granted; he has so many dreams and aspirations, but these have always to do with social identity and status, success and bank accounts. He uses the telephone and television to communicate with others; he has a beautiful house and a fast car; he is concerned with how he looks and what people think of him; he is always torn between desire and duty, love and hate. That is why he cannot bring himself to renounce luxury and security. He engages in a ruthless struggle for survival and ends up being an animal under the thin veneer of civilization. It is only on the brink of destruction and disillusion that she decides to turn over a new leaf and go through the "harrowing experiences" of living in a different, disciplined and illuminating way; to discover the true meaning of life.

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4.	

Western education has focused mainly on knowledge and learning, without offering insights into how individuals can learn to learn. Its aim has been to teach students certain facts in a mechanistic way, paying no attention to feeling a significant aspect of our essence. Modern education is, to a greater or lesser extent, concerned with today's needs, in terms of manpower and scientific advances. It does not probe into the human psyche so as to discover those powers and resources that can shed some light on our problems.

5.	

The human mind is a wonderful, yet untapped, mystery that can spring serendipitous surprises. Science is certainly beginning to unravel its mysteries and education must try to train it. Both right and left brain capacities should be developed. The distinction between the right- and left-hemisphere of the brain, known as lateralization, is no excuse for adhering strictly to reason and cognition, i.e., the realm of the left hemisphere.

6.	

"Intellect or affect?" one may ask. Certainly both. We should not view them as two forces vying with each other, but as the ends on a continuum that is called self-awareness and spiritual elevation.

7.	

Missing paragraphs:

A. Yet, eastern thought and religions have received an onslaught of criticism on the grounds that they are kept separate from everyday life and cannot be a valid and feasible modus vivendi, as shown in the vast relevant literature, with the innumerable accounts of westerners' harrowing experiences in Buddhist monasteries etc. Not all people can have their hair cut or eat rice and vegetables for months or even years, living in desolate huts and praying to Gods they know nothing about.

B. Actually, these are not really a continuum but rather a continuous process, whereby intellect and affect mingle together to form the basis of new knowledge and experience. Man is a tripartite entity, comprising the body, the mind, and the soul or spirit. Let us not lose sight of this unity.

C. This expectation that any concatenation of sentences exhibiting a degree of cohesion is bound to impart some kind of coherent meaning, is very common and usually exploited in literature. For example, the semblance of cohesion in our passage by virtue of the connections we have already mentioned may be employed by an author in order to, say, achieve a comic or ironic effect, depending on the context of situation.

D. Nevertheless, despite the fact that eastern and western civilizations evince distinct characteristics, they are meant to be a unifying force, a wealth of knowledge and experience that we should all tap into. Students should be encouraged to tackle knowledge in their own, individual, holistic way; they should be allowed to read, write and listen as well as to touch, smell and feel. Modern psychotherapy, in conjunction with old eastern and western theories of learning, have stressed children's need for play and the fundamental role the latter plays in knowledge acquisition.

E. In light of this, we refer to western thought as rational, absolute and abstract, placing a great deal of importance on reason and the intellect; and eastern thought as intuitive, mystical and concrescent, laying emphasis on spiritual harmony, on the ways to develop a sound personality or, rather, individuality. Personality and individuality have always been treated as synonymous in western thought, which is wrong. The former has to do with the self-image that we want to project and deploy in relation to our environment and others; the latter with our inner strength and capacities that form the core of our existence and usually give us impetus to act. It is individuality that characterized the lives of many legendary figures in history. Consider Peter the Great and Alexander the Great, whose immense wit transformed the world and is etched on our memories.

F. The right hemisphere, which has been grossly neglected - perhaps severely damaged - by the westerner, has a vital contribution to make. We can find out how important it is if we try to engage in meditation; and in doing so, we can also find out the extent to which our left brain or "logical mind" tends to control the right brain or "intuitive mind."

G. It is against this background of western corruption that the educational system is called on to function. On the face of it, it functions properly and effectively, producing highly motivated people determined to succeed in their field; individuals who claim to work towards their goals and the betterment of society. History, though, has recorded wars and destruction, oppression and evil. In the same vein, western education has produced cold hedonists who live in an ivory tower, bereft of feeling, concerned only with their own success, to the detriment of other people.

H. But what does it mean to become individuals? Becoming individuals certainly means striving for a holistic, humanistic education, liberated from the constraints imposed by western civilization. It means individualizing the approaches and methods on which western education is based; considering the needs of our students and adjusting our behaviour and goals accordingly. It means a lot of things; the most crucial is trying to develop, in a holistic, unfragmented way, all aspects of human personality - cognitive or intellectual, emotional or affective.

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IV. You are going to read some opinions from an article about maintaining a healthy lifestyle. For questions 1-10, choose from the people (A-D). The people may be chosen more than once.

Which person gives each of these opinions about health?

It's a good idea to be a bit sceptical.	1 .....
The current interest in health is not completely genuine.	2 .....
There is a lot of contradictory information.	3 .....
Modern options may be too complicated.	4 .....
The best way to be healthy requires considerable sacrifices.	5 .....
There is nothing wrong with occasionally indulging in some bad foods.	6 .....
The mental aspects of health are as important as the physical.	7 .....
Some interventions may do as much harm as good.	8 .....
We must wait some time to know an outcome.	9 .....
A similar behaviour could benefit most living things.	10 .....

How can we live a healthy life?

A. Louise

From what I've read, we can do a myriad of things to improve our health. Keeping fit is important in keeping the weight down and keeping active. Eating a healthy diet is vital too, naturally; some people say going vegetarian is healthy, but I don't think I could do it. I do try to cut back on red meat and processed meats like sausages and such to once or twice a week. Of course, smoking and drinking is detrimental. It's becoming incredibly confusing though, because there's such a glut of information out there. One week they tell us we must drink eight glasses of water every day, then they tell us water is irrelevant, but tea drinkers live longer than non-tea drinkers. They tell us chocolate will make us fat and the fat will kill us, then they tell us that chocolate can lower blood pressure and prevent heart disease. They tell us running is critical to heart health, but it will wreck our knees. I've read all manner of things. I try to take it all with a grain of salt.

B. Anna

I'm not a doctor, but I do work in biological research, and I must say that some of the work they're doing with calorie restriction is very interesting. You see, they have quite reliably established that all sorts of animals, from worms to fruit flies to rats, all the way up to primates, have extended healthy lifespans if their calorie intake is restricted considerably – I mean, something like thirty percent below general recommendations – while they continue to get enough nutrients by eating only very high quality foods. Of course, it's easier for laboratory animals. This would be very difficult to implement for most humans. It's not an easy diet to follow, for sure – no more pizza. Some people are trying it already, though, I've read. I think they're part of a study, but it's early days still. We'll have to wait a lifetime, quite literally, to see how they get on.

C. Alan

There's a saying, several maybe, about moderation being the key to this and that. The way I look at it, this is also the key to having a healthy life. Everything in moderation. There's nothing wrong with a piece of chocolate cake once in a while; eating a chocolate cake every day – not so good. Too much coffee is not healthy at all, while some say a cup or two is actually good for you. Conversely, exercise is so important, as everyone knows, but if you get too much, well, the body gets worn out long before it should. So really I think, the way I look at it, a bit of anything is fine, and too much of anything is foolhardy. A varied diet is important, and doing various activities throughout the day. Try new things; if the mind is alert and interested, health follows. And being happy is the most important of all, I think.

D. Ronald

I think our whole search for the healthy lifestyle is a bit contrived. It comes from an overabundance of leisure time and a tendency to hypochondria. For most of human history, we were content to have a meal on the table, and escape dying from the plague, and maybe procure a new suit of clothes once in a while. Now, we have choices. We have antibiotics, we have the supermarket, and we have all sorts of vitamin pills and supplements. Does it really matter what brand of multivitamin supplement you take? Will one extend your life by six months and the next by two years? I doubt it. I think, in general, people need to stop dwelling on their health so much and just get on with it and live their lives. That pharmaceutical product you're taking to lower your risk of heart disease might just end up increasing your risk of cancer. We really don't know, but worrying about it will surely lower your quality of life!

THE END

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