

TEST 6

0 A reporting

B quoting

C according

D informing

0	A	B	C	D
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Fingernails growing faster

People's fingernails and toenails, (0) to a recent study, are nowadays growing more quickly. Research (1) out at the University of North Carolina indicates that the speed at which human nails are growing has increased by (2) to 25 per cent over the last 70 years.

The results of the study show that the (3) human fingernail now grows about 3.5 mm a month, (4) with just 3 mm seven decades ago. Toenail growth, (5) only about 2 mm per month, was also up on the figure (6) in a similar survey done 70 years ago.

Researchers (7) the rapid increase down to changes in lifestyle, particularly the greater (8) of the importance of regular exercise and a healthy diet. This, they point out, is in (9) with similar trends in the height and weight of present-day adults.

Interestingly, it appears that nails (10) to grow fastest in warmer conditions, with the quickest growth (11) among young people, and men. The fastest-growing nail is on the middle finger, while that on the little finger is (12), far the slowest, at only a fraction over 3 mm each month.

1 A taken	B carried	C studied	D worked
2 A near	B just	C close	D next
3 A average	B medium	C common	D standard
4 A opposed	B measured	C related	D compared
5 A although	B despite	C however	D nevertheless
6 A achieved	B concluded	C arrived	D obtained
7 A set	B write	C put	D say
8 A belief	B information	C familiarity	D awareness
9 A way	B rule	C line	D case
10 A tend	B lean	C head	D aim
11 A pace	B rate	C speed	D step
12 A by	B so	C as	D too

TEST 7

0 A common

B frequent

C general

D routine

0	A	B	C	D
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The sticking plaster

Nowadays, one of the most (0) items found in the home is the sticking plaster.

Protecting a cut by covering the affected area with a piece of material that sticks to the skin may seem a rather (1) idea, so it is perhaps surprising to learn that the plaster was not (2) until about ninety years ago.

The person who thought (3) the idea was Earle Dickson, an employee of the Johnson & Johnson company. Concerned that his wife Josephine sometimes (4) accidents while cooking and doing other jobs, he used pieces of cotton material placed inside strips of sticky tape to cover her injuries. This prevented dirt getting into the (5) and protected it from further harm as she did the (6)

Dickson's boss was impressed, so in 1921 Johnson & Johnson put the new sticking plaster into (7) under the brand name Band-Aid. Sales at first were slow, but somebody at the company came up with the (8) idea of giving free plasters to the Boy Scouts. This created publicity and from then (9) it became a commercial success. Dickson was (10) within the company, eventually becoming a senior executive.

Although the basic design of the sticking plaster has remained similar to the (11), there have been many developments in the materials used and it is now (12) in a variety of shapes, sizes and colours. Total worldwide sales are believed to have exceeded 100 billion.

1 A clear	B evident	C plain	D obvious
2 A realised	B imagined	C invented	D dreamt
3 A up	B over	C in	D forward
4 A did	B had	C made	D took
5 A wound	B damage	C breakage	D tear
6 A homework	B household	C housework	D homecoming
7 A creation	B formation	C production	D construction
8 A keen	B bright	C eager	D shining
9 A after	B to	C since	D on
10 A raised	B lifted	C advanced	D promoted
11 A model	B original	C sample	D standard
12 A available	B achievable	C accessible	D attainable

TEST 8

0 A far B then C back D past

0	A	B	C	D
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The joy of picnics

Years ago, (0) in the days when I was just a kid, my family used to have Sunday picnics together in a (1) part of the countryside. We would find a suitably quiet and pleasant (2), then spend several hours chatting, eating and playing games in the (3) air. Since then, though, my parents' life has become so much busier and they never seem to have the time for (4) family meals any more.

In my (5) this is a great pity, so I've recently started to organise picnics of my (6) I get in touch with some of my closest friends and first we (7) on a suitable place to go. Then we talk about who'll bring which food. This (8) that there will be a variety of tasty things to eat, particularly (9) everyone makes the meals they do best. It's important, though, to keep the food simple, as everything has to (10) into a backpack and then be carried across fields and up river valleys.

When we finally (11) our destination, it's time to sit down, relax and enjoy each other's company. And I'm (12) certain that food tastes far better on a picnic than anywhere else!

1 A close	B nearby	C near	D next
2 A spot	B point	C tip	D dot
3 A free	B empty	C wide	D open
4 A outer	B outdoor	C outward	D outgoing
5 A view	B regard	C thought	D belief
6 A self	B part	C behalf	D own
7 A decide	B determine	C fix	D arrange
8 A assures	B insures	C ensures	D secures
9 A unless	B so	C if	D though
10 A fit	B match	C suit	D join
11 A arrive	B get	C achieve	D reach
12 A remarkably	B absolutely	C extremely	D highly

TEST 9

0 A noticed

B solved

C found

D saw

0	A	B	C	D
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Email overload

A recent survey (0) that office workers are suffering from an increasingly common 21st-century problem: too many emails. The study, which involved observing the (1) of over 50 companies, appears to show that the huge number of messages they are now receiving is (2) many of them from doing their jobs properly. In some cases, (3) to the authors of the report, the negative (4) on concentration can be as bad as losing a whole night's sleep.

The main problem seems to be that whenever employees receive emails, they feel (5) to reply to them immediately. Often the message has nothing at all to (6) with the work they are currently involved in, requiring them to focus on a completely different issue – until the next email arrives. These constant changes are tiring for the brain and this inevitably (7) to poor overall performance.

Many employees continue to do this outside working (8), checking their emails at home again and again just in (9) there are any new messages. Some even do so while they are on holiday.

The solution, say the scientists who (10) the survey, is relatively simple. Companies should advise people to check their emails far less often, possibly as (11) as three or four times a day, reminding them that not every message needs an instant reply. They could also encourage their employees to relax more, and not (12) their work quite so seriously.

1 A crew	B staff	C team	D band
2 A delaying	B opposing	C preventing	D interfering
3 A agreeing	B relating	C depending	D according
4 A effect	B result	C reaction	D product
5 A needed	B ordered	C commanded	D obliged
6 A see	B do	C make	D go
7 A results	B leads	C causes	D creates
8 A days	B terms	C hours	D turns
9 A case	B event	C time	D fact
10 A made up	B took part	C carried out	D filled in
11 A few	B many	C little	D much
12 A feel	B take	C think	D regard

TEST 10

0 A stands

B goes

C stays

D lies

0	A	B	C	D
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St Lucia

The island of St Lucia, which (0) between St Vincent and Martinique, is said to be one of the most attractive in the Caribbean. Measuring 44 kilometres long and 22 kilometres in width, it has a central mountain (1) which runs the length of the island. There are white sandy beaches with wonderful (2) of the two tall volcanoes called the Pitons, (3) of which are covered – like most of the island – in dense forest.

The climate is hot and tropical (4) the year, with average daily temperatures of about 27°C. Showers can occur in any month, although they are usually (5) fairly quickly.

Not surprisingly, St Lucia is extremely (6) with tourists. There is a wide range of (7) , from camping to luxury hotels, and it is very well (8) by sea and air with the rest of the world. (9) this, the island remains largely unspoilt and there are many quiet places to visit.

Not far from the coastal areas there are beautiful waterfalls in spectacular green valleys, often with (10) anybody else about. The roads are narrow and winding, so it is not (11) to travel any distance by car. A much better way to (12) to know the countryside of this lovely island is on horseback.

1 A queue	B range	C row	D series
2 A views	B scenes	C looks	D sights
3 A either	B all	C both	D each
4 A around	B while	C throughout	D over
5 A past	B over	C through	D beyond
6 A liked	B favourite	C enjoyed	D popular
7 A housing	B shelter	C sleeping	D accommodation
8 A connected	B joined	C related	D united
9 A Since	B Although	C Despite	D However
10 A nearly	B hardly	C almost	D just
11 A suitable	B favourable	C acceptable	D advisable
12 A want	B have	C get	D need

TEST 11

0 A believe B imagine C realise D suppose

0	A	B	C	D
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PAPER

'Just (0) a day without paper,' reads one advertisement for a Finnish paper company. It adds, 'You almost (1) see our products every day.' And they're right. But in most industrial countries, people are so (2) to paper – whether it's for holding their groceries, for drying their hands or for (3) them with the daily news – that its (4) in their daily lives passes largely unnoticed.

At one (5) paper was in short supply and was used mainly for important documents, but more recently, growing economies and new technologies have (6) a dramatic increase in the (7) of paper used. Today, there are more than 450 different grades of paper, all designed for a different (8)

Decades ago, some people predicted a 'paperless office'. (9), the widespread use of new technologies has gone hand-in-hand with an increased use of paper. Research into the relationship between paper use and the use of computers has shown that the general (10) is likely to be one of growth and interdependence.

However, the costs (11) in paper production, in terms of the world's land, water and air resources, are high. This (12) some important questions. How much paper do we really need and how much is wasted?

1 A	positively	B	obviously	C	certainly	D	absolutely
2 A	conscious	B	acquainted	C	familiar	D	accustomed
3 A	providing	B	delivering	C	contributing	D	giving
4 A	task	B	operation	C	service	D	role
5 A	time	B	instance	C	date	D	occasion
6 A	called on	B	come around	C	brought about	D	drawn up
7 A	total	B	portion	C	number	D	amount
8 A	point	B	goal	C	purpose	D	result
9 A	Instead	B	Besides	C	Otherwise	D	Alternatively
10 A	method	B	order	C	trend	D	system
11 A	involved	B	contained	C	held	D	connected
12 A	puts	B	raises	C	gets	D	places

TEST 12

0 A known B common C popular D normal

0	A	B	C	D
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THE MUSTARD SHOP

Norwich, a city in the east of England, is a (0) shopping centre for thousands of people. In particular, visitors love to (1) the small, unusual shops hidden away in Norwich's narrow streets. The Mustard Shop is usually high on everybody's (2) of interesting shops to see.

The (3) between mustard, a type of sauce, and Norwich (4) back to the nineteenth century. Jeremiah Colman began to make mustard in 1814 in a nearby village. The yellow fields, full of mustard flowers whose seeds were required for Colman's factory, soon changed the appearance of the local (5) The company (6) rapidly and in 1854 it moved to a suburb on the (7) of Norwich. By this time, Colman's mustard was famous in many countries. The company is still in (8) and many people continue to enjoy eating mustard with meat, cheese and other food.

In 1973, the company opened The Mustard Shop. It is a careful reproduction of a typical mustard shop of a hundred years ago and sells a wide (9) of mustards. Upstairs there is a small museum where visitors can (10) a collection of old Colman's posters and an exhibition (11) the history of mustard. It is a shop not to be (12) when visiting Norwich.

1	A	explore	B	enquire	C	research	D	analyse
2	A	account	B	brochure	C	list	D	guide
3	A	join	B	tie	C	union	D	link
4	A	comes	B	goes	C	belongs	D	leads
5	A	view	B	scenery	C	background	D	nature
6	A	expanded	B	enlarged	C	increased	D	strengthened
7	A	limits	B	frontiers	C	sides	D	outskirts
8	A	reality	B	fact	C	existence	D	force
9	A	amount	B	extent	C	range	D	set
10	A	review	B	watch	C	examine	D	remark
11	A	explaining	B	announcing	C	expressing	D	discovering
12	A	unnoticed	B	missed	C	escaped	D	left

TEST 13

0 A advantage B benefit C profit D gain

0	A	B	C	D
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THE PERFORMING ARTS

In the past, British children were frequently encouraged to try out their performing skills for the (0) of adults. They did this by reading aloud, acting or (1) a musical instrument. As they (2) up they were taken to public places of entertainment – the theatre, opera, circus or ballet. They looked forward to these (3) with great (4) and would remember and discuss what they had seen for many weeks afterwards. But nowadays television and computers (5) an endless stream of easily (6) entertainment, and children quickly accept these marvellous (7) as a very ordinary part of their everyday lives. For many children, the sense of witnessing a very (8) live performance is gone forever.

But all is not lost. The (9) of a TV set may have encouraged a very lazy response from (10) in their own homes, but the (11) of those with ambitions to become performing artists themselves does not seem to have been at all diminished. And live performances in public are still relatively (12), albeit with an older, more specialist audience.

1	A	controlling	B	handling	C	doing	D	playing
2	A	developed	B	grew	C	advanced	D	brought
3	A	circumstances	B	occasions	C	incidents	D	situations
4	A	sensation	B	action	C	thrill	D	excitement
5	A	supply	B	send	C	stock	D	store
6	A	applicable	B	convenient	C	available	D	free
7	A	designs	B	inventions	C	exhibits	D	appearances
8	A	special	B	peculiar	C	specific	D	particular
9	A	attendance	B	presence	C	being	D	company
10	A	spectators	B	onlookers	C	viewers	D	listeners
11	A	want	B	appeal	C	pressure	D	desire
12	A	famous	B	favourite	C	popular	D	approved