

Hygiene has played a vital role in human civilization throughout history. Ancient civilizations, such as the Egyptians, Greeks, and Romans, were among the first to recognize the importance of cleanliness for health. They practiced bathing and used natural oils to maintain personal hygiene. The Romans even built **elaborate** public bathhouses, which became social centers for relaxation and sanitation. These early efforts showed an understanding that hygiene was linked to overall well-being.

During the Middle Ages, however, attitudes towards hygiene changed significantly. The spread of diseases like the Black Death led people to believe that bathing could make **them** more vulnerable to infections. As a result, frequent bathing became rare, and cleanliness was not prioritized. Many people relied on strong perfumes to cover body odor, while poor waste management in cities created **unsanitary** conditions. This lack of hygiene contributed to widespread illness and high mortality rates.

The 19th century marked a turning point in the understanding of hygiene with the rise of scientific discoveries. Pioneers like Louis Pasteur and Joseph Lister demonstrated the link between germs and diseases, leading to improved medical practices and public health measures. **The introduction of handwashing and sterilization in hospitals greatly reduced infection rates.** Public awareness campaigns and government regulations began to promote better hygiene in everyday life.

Today, hygiene remains a crucial aspect of public health and daily routines. Advancements in technology have made access to clean water and sanitation facilities more widespread. People now understand the importance of practices like handwashing, brushing teeth, and proper waste disposal. The history of hygiene reflects humanity's ongoing efforts to protect health and prevent disease, proving its significance across time.

Question 23: Which of the following is NOT mentioned as an ancient civilization that practiced hygiene?

- A. Egyptians B. Greeks C. Indians D. Romans

Question 24: The word **elaborate** in paragraph 1 is OPPOSITE in meaning to _____.

- A. complex B. sophisticated C. modern D. simple

Question 25: The word **them** in paragraph 2 refers to _____.

- A. infections B. people C. diseases D. perfumes

Question 26: The word **unsanitary** in paragraph 2 could be best replaced by _____.

- A. unhealthy B. unsuitable C. unusual D. unlikely

Question 27: Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Promoting handwashing and sterilization in hospitals gradually decreased infection rates.
B. Imposing a ban on handwashing and sterilization in hospitals dramatically increased infection rates.
C. Discouraging the use of handwashing and sterilization in hospitals slightly increased infection rates.
D. Implementing handwashing and sterilization in hospitals significantly lowered infection rates.

Question 28: Which of the following is TRUE according to the passage?

- A. People in the Middle Ages believed bathing caused infections.
B. Louis Pasteur and Joseph Lister linked germs to diseases.
C. Hygiene in ancient times was mainly about using perfumes.
D. The 19th century brought no changes to hygiene practices.

Question 29: In which paragraph does the writer mention a causal relationship that resulted in a decline in personal care habits?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

Question 30: In which paragraph does the writer living conditions have become more common in recent times? emphasize how improved

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4