

SECTION-A: Comprehension

Text 1

Read the article carefully before attempting any questions.

Insomnia

In search of the big sleep

Our bodies depend on sleep to keep a number of delicately balanced systems running smoothly. Without it these systems become subtly off-key, which can eventually lead to more serious consequences. Although the odd broken night never hurt anyone, some sleep experts are now saying that even just an hour of missed sleep, night after night, can cause ill health.

WHAT CAUSES INSOMNIA?

Persistent low-level fatigue is extremely common since one in three of us has problems dropping off or sleeping through the night. The cause can lie in surrounding factors, such as an uncomfortable mattress or noisy neighbours. Some insomnia is temporarily caused by stress brought on by a forthcoming special event, such as an exam or getting married or pressure at work. How you feel can notoriously affect sleep, too. Anxiety, anger and resentment call all stop us from dropping off and one of the prime symptoms of depression is early morning waking.

Sleep apnoea, a common disorder in which lapses in breathing cause a shortage of oxygen which in turn disrupts sleep, may need treating. Shift work, partying until the small hours and jet lag can also disrupt the body's internal clock that tells us when to stay awake and when to sleep (doctors call this sort of insomnia 'circadian rhythm disorder').

Too much food, tea, coffee, cola or other stimulants can also be culprits. Physical illness such as pain from arthritis can be a factor, too, as can drugs such as those used to treat chronic illnesses like high blood pressure and asthma.

Some of us simply need to make sure that the bedroom is a calm, pleasant place conducive to sleep and avoid daytime naps. And last but not least, anxiously lying awake worrying about not sleeping can cause what the doctors call psychophysiological insomnia.

KNOCK-ON-EFFECTS

Whatever the cause, fatigue can have devastating effects on all aspects of our lives. It is thought to be a principle factor in around 10 per cent of the road accidents in Britain, for example. And new US research offers some clues as to further effects of this disturbance to the body's natural rhythms. Perhaps the greatest risk could be the effect on the immune system. The research shows that loss of sleep can slow down the action of cells which are involved in fighting off infection and even protecting us against more serious diseases such as cancer.

What isn't known, however, is whether one or two broken nights can have a long-term effect. People who suffer from long periods of stress, for example after bereavement, seem to be more vulnerable to illness, which suggests that lack of sleep may be a factor.

American research also suggests that lack of sleep can make you want to eat too much! In one survey of hospital nurses, nine out of 10 who worked night shifts put on weight. The weight gained ranged from 2.25kg to a massive 44kg. The nurses, it was discovered, nibbled to stay awake and keep going. And, although food didn't actually lift the symptoms of fatigue, it gave them the illusion of staying awake. Nurses on the overnight shift gained more than those on the evening shift, suggesting that the greater the disruption in sleep patterns, the greater the tendency to overeat and thus gain weight.

SLEEPING AND AGEING

Lack of sleep may even contribute to or speed up the ageing process. During sleep the body produces a hormone which is vital for growth and cell renewal. Without enough sleep this rejuvenation time is lost. It comes as no surprise that the period in life when we sleep most- as babies and toddlers- is the period of greatest growth.

One thing is certain: sleep is important and we could do worse than add a new resolution to the rules for living a long and healthy life- don't smoke, eat plenty of fresh fruits and vegetables, exercise regularly and...make sure you get enough sleep!

Text 2

Now read this passage carefully before attempting the questions.

Seek a future, not momentary pleasure

Just the other day, I came across a ‘Missing Person’ advertisement. Usually these advertisements carry the photographs of missing foreign maids and I **seldom** pay any attention to them. This one, however, was different. I knew the girl in the photo. She used to attend the same Sunday School (we call it Children’s Church these days) as my son. She is only 14. I was concerned and troubled. My heart went out to her parents and I remarked so to my husband. My 8-year-old daughter was sprawled in the room and overheard our conversation. Her remark, “Why would someone want to run away in December? What would happen to all her Christmas presents?” An innocent comment that brought relief to my tense emotions.

Where has the innocence of youth gone? Tina (not her real name) started running away from home when she was eleven. I remember the first time I saw her. A **frail**, sweet-looking girl that looked girl that looked far older than eleven. She dressed in a mature fashion, unlike the way other girls her age were dressed. Otherwise she was quiet, at least in my presence. Occasionally though, I would overhear fragments of conversation between her parents. I detected dissatisfaction and discontent. I put that down to the fatal combination of pre-pubescent temperament and perhaps the pampering of doting parents. Whatever the case, she did not look like a little girl.

It is tempting to theorise why Tina turned out the way she did. More likely than not, her parents or family background would be blamed. Yet as far as I know, Tina comes from a normal family. The mother is a homemaker and they are financially comfortable. She is the second child and attends a fairly reputable school. Her parents say that she became uncontrollable after she associated with some members of a girl gang. Prior to that, they had been more **concerned** about the eldest child. Apparently, Tina was the child who gave no trouble.

I do not wish to comment on parenting techniques, since I am certainly no expert and I am not fully appraised of the situation. I would, however like to appeal to all teenagers who are reading this. Before deciding to do anything that is forbidden, stop to think why you are not allowed to do it. Are adults, such spoilsports that they would do anything to stop you from having fun? And if the consequences are heavy, are you able to bear them? I was a teacher to teenagers for many years. My students respected me not because of my **academic** qualifications. It was also certainly not because of my size, since most of them towered over me. They respected me I treated them like adults, but only when they behaved in a mature fashion. I attempted to teach them to act and think responsibly; I did not just make grown-up demands. Grown-up privileges do not come free-they come with responsibilities. Teens, what you must **realise** is that at your age. You will find it hardest to say ‘no’ to temptations. That is why there are so many restrictions to your freedom. Also, do not seek **counsel** with someone your age. What can that fellow classmate teach you that you do not already know? Make your friends with a responsible adult and consult him or her. Seek a future, not momentary pleasure.

At Sunday School the other day, I was recounting the history of Albania and told the seven-eleven year olds how, at one point, one in three children were starving. One child asked a brilliant question, “Why didn’t the people run away to a different country?” Our youths are often like that – innocent in thought but mature in demands. They think that even if they were to make the wrong choice, they can simply run away and start over. Unfortunately, there are only so many chances. There might come a point in time when there is no more turning back.

Teenagers tend to be sullen and unresponsive. They view approaches from adults with much suspicion. It is simply inconceivable to them that adults were once teenagers too. In this, adults are to be blamed. We often forgot that we too **fumbled** and we too were upset with our elders. When considering teenagers, we often are guilty of refusing to allow them to learn via experience, **imposing** on then proven paths that we think would lead to success. No child has ever learnt how to walk without falling; in the same way, no teenagers will learn without given some level of freedom to formulate their own thoughts and shape their emotions. Adult supervision is essential, but they must be allowed to experiment within reasonable limits.

How then shall we live? As adults we need to learn to increasingly extend our apron's strings and one day, to cut them off completely. As for those in their teens, I can only repeat what I said earlier, "Seek a future, not momentary pleasure".

Question 1

Readtext 1 and answer the following questions.

(Total 20 marks)

1. What is insomnia? [1]
2. What happens in sleep apnoea? [2]
3. Write **two** reasons for circadian rhythm disorder. [2]
4. What is psychophysiological insomnia? [2]
5. **In your own words**, describe how lack of sleep contributes to cancer? [2]
6. What was the finding of the study on the correlation between sleep deprivation and overeating? [2]
7. Which periods of human life are considered to result in the maximum growth? [2]
8. Apart from sleep, what are the other requirements of a healthy life? [2]
9. Choose any **five** words from the following. For each of the following words, give one word or short phrase (of not more than seven words) which has the same meaning that the word or phrase has in the passage. [2.5]
 - a. dropping off
 - b. forthcoming
 - c. culprits
 - d. conducive
 - e. fatigue
 - f. vulnerable
 - g. rejuvenation

Question 2

Readtext 2 and answer the following questions.

(Total 25 marks)

1. What made the writer pay attention to the advertisement? [2]
2. How did the writer's eight-year old respond to the advertisement? [1]
3. Explain the meaning of 'my heart went out' . [2]
4. Why did Tina not look her age? [1]
5. When was the first time Tina ran away? [1]
6. Why did the writer not wish to comment on the roots of the problem? [2]
7. Is the author tall? Find one phrase to support your answer. [2]
8. What should teenagers accept when they make 'grown-up demands'? [1]
9. Who should teenagers consult when they need help? [1]
10. Why is it necessary to impose so many restrictions on teenagers? [1]
11. What are adults guilty of? [2]
12. What is the connection between a child learning how to walk and youths? [2]
13. Explain the phrase 'seek a future, not momentary pleasure'. [2]
14. Choose any **five** words from the following. For each of the following words, give one word or short phrase (of not more than seven words) which has the same meaning that the word or phrase has in the passage. [2.5]
 - a) seldom
 - b) frail
 - c) concerned
 - d) academic
 - e) realise
 - f) counsel
 - g) fumbled
 - h) imposing

SECTION-C: Use of English

Read the text below and think of the word which best fits each blank. Use only **one** word in each blank. Write your answers in the spaces below. The first one is done for you as an example.

(Total 10 marks)

What is the Great Sphinx?

The Great Sphinx is a large human-headed lion that was carved from a mound of natural rock. It is located in Giza where it guards the front of Khafra's pyramid.

Legends have been told (0)..... many years about the Great Sphinx. These stories (1)..... about the powers and mysteries of (2)..... sphinx. Some people even believe that (3)..... are hidden passageways or rooms underneath (4)..... Great Sphinx, but nothing has been found (5).....

A story about the Great Sphinx (6)..... written on a slab of stone (7)..... the sphinx's paws.

The story reads (8)..... one day, a young prince fell asleep next (9)..... the Great Sphinx. He had been hunting all day, and (10)..... very tired. He dreamt that the Great Sphinx promised that he would become the ruler of Upper and Lower Egypt if he cleared away the sand covering its body. (the Great Sphinx was covered up to its neck).

0. *for*

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

SECTION-D: Writing

You **must** answer this question. Write your answer in **100– 150** words in an appropriate style on the opposite page.

(Total 20 marks)

1. Your English speaking friend, Andrew, is thinking of starting a small business providing holiday camps for children. Read Andrew's letter and the notes you have made. Then write a letter to Andrew using **all** your notes.

I've decided to start my own business! I want to run summer holiday camps for children, with activities such as water sports, camping and climbing. Do you think a camp like this could be successful?

I'm really interested to know what children in your country normally do during the summer holiday. Could you write and give me some information about this?

I have one last question. If you are free this summer, would you like to come and help me organize the first summer camp? Of course I will provide you with accommodation.

*Please write back soon,
Andrew*

Give opinion

Tell Andrew

Yes!

Ask for details

Write your **letter**. You must use grammatically correct sentences with accurate spelling and punctuation in a style appropriate for the situation.

Write an answer to **one** of the questions **2 – 5** in this part. Write your answer in **100– 150** words in an appropriate style on the opposite page. Write the question number in the box at the top of the page.
(Total 20 marks)

2. You have had a class discussion on how to keep healthy and your teacher has now asked you to write a report for new students at your college giving them some advice on places to go in the area.

You should include information on sports facilities and healthy places to eat locally.

Write your **report**.

3. You have been asked to provide a reference for a friend of yours who has applied for a job as a receptionist in an English language college. The person appointed will be good at dealing with a range of different people and will have excellent administrative skills.

You should include information about your friend's character and personal qualities and skills, their previous relevant experience and reasons why they should be considered for this job.

Write your **reference**.

4. You have decided to enter an international short story competition. The competition rules say that the story must **begin** with the words:

When their car broke down, they decided to go and ask for help at the nearest house.

Write your **story**.

5. You have recently had a discussion in your English class about places to live. Now your teacher has asked you to write an essay, giving your opinion on the following statement.

Whatever your age, life in the country is always better than life in the city.

Write your **essay**

