

TEKST 4 Przeczytaj tekst. Po każdym akapicie zdecyduj, czy zdania podane poniżej wyrażają prawdę - 'true', czy fałsz - 'false'.

Immunizations can save a child's life. Because of advances in medical science, children can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children, have been eliminated completely and others are close to extinction – mainly due to safe and effective vaccines.

1. Progress in vaccination has helped eradicate illnesses which were once impossible to cure.

☐

One example of the great impact that vaccines can have is the elimination of polio. In many countries, polio was once most-feared disease, causing death and paralysis, but today, thanks to vaccination, there are no more reports of polio in civilized countries.

2. In some developed countries cases of polio can still be dangerous and cause death to patients who are not vaccinated.

☐

Vaccination is very safe and effective. Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent.

3. Certain discomforts and side-effects of a vaccination procedure may be more acute than the results of a disease.

☐

Serious side effects following vaccination, such as severe allergic reaction, are very rare. The disease prevention benefits of getting vaccines are much greater than the possible side effects for almost all children. It is important that children who are able to get vaccinated are fully immunized. This not only protects whole families, but also helps prevent the spread of diseases to other family members or friends.

4. Vaccination gives protection against diseases not only to vaccinated children, but also to other society members.

☐

Some diseases that can be prevented by vaccination result in prolonged disabilities and can take a financial toll because of lost time at work, medical bills or long-term disability care. In result, getting vaccinated against these diseases is a good investment and usually covered by insurance.

5. As an effect of vaccination, some patients may develop disabilities that require a lot of money to be cured.

☐

TEKST 13 Przeczytaj tekst, z którego usunięto zdania. Wybierz takie, które w najbardziej logiczny sposób uzupełnią kontekst artykułu.

It's a piece of advice yogis have given for thousands of years: take a deep breath and relax. Watch the tension melt from your muscles and all your worries vanish. Somehow we all know that relaxation is good for us.

- ☐ A A comprehensive scientific study has showed that deep relaxation changes our bodies on a genetic level.
- ☐ B Insight into human genetic code may reveal the long ways of development of the man's immune system.

..... (1). It has been discovered that in long-term practitioners of relaxation methods such as yoga and meditation, far more disease-fighting genes were active, compared to those who practised no form of relaxation. In particular, genes that protect us from disorders such as pain, infertility, high blood pressure and even rheumatoid arthritis were switched on. The changes were induced by what is called the relaxation effect, (2)

- ☐ A no matter what its true influence upon human health may be.
- ☐ B a phenomenon that could be just as powerful as any medical drug but without the side effects.

The research has revealed that genes can switch on, just as easily as they switch off. The scientists asked the control group to start practising relaxation methods every day, and after only two months, their bodies began to change. The genes that help fight inflammation, kill diseased cells and protect the body from cancer all began to switch on. (3)

- ☐ A Surprisingly, though, many of the patients were not determined enough to carry it out to the end.
- ☐ B More encouraging still, the benefits of the relaxation effect were found to increase with regular practice.

The more people practised relaxation methods such as meditation or deep breathing, the greater their chances of remaining free of arthritis and joint pain with stronger immunity, healthier hormone levels and lower blood pressure. (4)

- ☐ A The research has showed how a person's state of mind affects the body on a physical and genetic level.
- ☐ B Definitely, the side-effects have blurred the positive image of the study results, which, in turn, has discouraged the researchers.

It might also explain why relaxation induced by meditation or repetitive mantras is considered to be a powerful remedy in traditions such as Ayurveda in India or Tibetan medicine.

But just how can relaxation have such wide-ranging and powerful effects? Research has described the negative effects of stress on the body. Linked to the release of the stress-hormones adrenalin and cortisol, stress raises the heart rate and blood pressure, weakens immunity and lowers fertility. (5)

- ☐ A Stress-relieving physical exercises do not guarantee a long-lasting effect or protection from disease.
- ☐ B By contrast, the state of relaxation is linked to higher levels of feel-good chemicals such as serotonin.

Indeed, studies show that relaxation has virtually the opposite effect, lowering heart rate, boosting immunity and enabling the body to thrive.

TEKST 24 Przeczytaj fragment tekstu, a następnie wybierz poprawną odpowiedź lub odpowiedzi do każdego z pytań.

One of the key factors in the growing popularity of tea in England had to do with Thomas Garraway. He owned a coffeehouse known as Garraway's where he served tea as a drink with medicinal qualities. Since his coffee house was also a center for trade and business, he sold tea in bulk as well as by the cup. Coffee houses were hubs of business and trade news, and patronized entirely by men. This was a big step for tea being sold in coffee houses and not just at the drugstore.

24.1 In the coffeehouse established by Thomas Garraway

- ☐ A tea was served mainly to men with health problems.
- ☐ B people met to exchange current information of great importance.
- ☐ C one could drink only one cup of tea a day.

Seeing coffeehouses as centers of trade and business, men would go there to do business or to meet others or to read the newspaper. And, of course, they drank lots of tea. Coffee houses were very active places for political discussions among the men. Yet, King Charles II perceived a threat from these coffee houses that permitted men to assemble and discuss politics. He ordered that all coffee houses be closed right away. His decision was widely criticized by the people of England and so Charles II had to change his mind, allowing the coffee houses to reopen.

24.2 King Charles II

- ☐ A did not approve of the meetings that took place in the coffeehouses.
- ☐ B actively participated in the trade and business discussions in the coffeehouses.
- ☐ C was responsive to his countrymen's opinions.

Meanwhile the king's wife, Catherine, had been introduced to tea. Catherine used tea as a beverage at her court events where it was considered more a beverage than a medicine. She served tea in her literary circles and this promoted tea to the point where it could be seen for sale in the markets. By then, tea was a regular trade item and no longer a specialty.

24.3 Thanks to Catherine

- ☐ A tea replaced coffee at meetings at the Royal court.
- ☐ B tea was no longer perceived as a luxury product.
- ☐ C tea became easily available to wider circles of the English society.

With an increasing demand for tea, a trade routine was established between China and England and it became possible for tea prices to become stable. Meanwhile, coffee became more difficult to import consistently and prices were not stable. Merchants in England were much more in favor of promoting tea because of its accessibility. Not only was

tea a stable commodity, but tea leaves could be used again for additional cups of tea or by the lower classes. Tea was more expensive per pound, but a smaller quantity was needed to make tea than the amount needed for coffee. Reusing tea leaves was far more acceptable than reusing those coffee grounds.

24.4 Popularity of tea was growing

- ☐ A due to decreasing availability of coffee.
- ☐ B because of the economical aspect of its use.
- ☐ C despite arising trade conflicts between England and China.

Much later, it became more patriotic to drink tea than coffee since by the early 19th century, British colonies of Java, India and Sri Lanka were growing tea for use in Britain. And coffee came from Arabia, which did not have the same links to Great Britain as the tea producers in India, Java, and Sri Lanka, being colonies at that point. There were difficulties with getting Chinese tea for a while during this period because of tensions between China and Britain which resulted in trade restrictions. With increasing tensions between Britain and China, trade was restricted in 1831 when China allowed foreign merchants to use only the Canton port.

24.5 By the early 19th century Chinese tea

- ☐ A lost its popularity among English patriots who preferred tea from other regions.
- ☐ B was also imported by producers from Java, India and Sri Lanka.
- ☐ C could no longer be delivered to England in satisfying quantities.

It wasn't the resumption of trade alone that made more and more tea available. It was the Clipper ships, with their astounding speed that cut the time in half for transport of tea from China to the areas of the west. Tea could be received in half the time. That enabled tea prices to come down. A greater supply of tea pushed the prices down to where the working classes could afford to buy and enjoy it.

24.6 A greater availability of tea on European market

- ☐ A was possible thanks to progress in seafaring technologies.
- ☐ B enabled people from all circles of society to try its taste.
- ☐ C exerted a great influence on the amount of money people spent on it.