PRACTICE TEST 9

SECTION 1

Iceman

A It was late spring or early summer. The man hurried through a forest he knew well, wincing from the pain in his injured right hand and pausing occasionally to listen for sounds that he was being pursued. As he fled up the slope, the yellow pollen of the hornbeam blossoms fell like an invisible rain, salting the water and food he consumed when he stopped to rest. Five thousand years later, the Neolithic hunter we call the Iceman would still bear traces of this ancient dusting inside his body—a microscopic record of the time of year it was when he passed through this forest and into the nearby mountains, where fate would finally catch up with him.

B Since hikers discovered his mummified corpse in 1991 in a rocky hollow high in the Ötztal Alps on Italy's border with Austria, scientists have used ever more sophisticated tools and intellectual cunning to reconstruct the life and times of the Iceman, the oldest intact member of the human family. We know that he was a small, sinewy, and, for his times, rather elderly man in his mid-40s. Judging from the precious, copper-bladed ax found with him, we suspect that he was a person of considerable social significance. He set off on his journey wearing three layers of garments and sturdy shoes with bearskin soles. He was well equipped with a flint-tipped dagger, a little fire-starting kit, and a birchbark container holding embers wrapped in maple leaves. Yet he also headed into a harsh wilderness curiously under-armed: The arrows in his deerskin quiver were only half finished, as if he had recently fired all his munitions and was in the process of hastily replenishing them. And he was traveling with a long, roughly shaped stalk of yew—an unfinished longbow, yet to be notched and strung. Why?

C When it comes to the Iceman, there has never been a shortage of questions, or theories to answer them. During the 16 years that scientists have poked, prodded, incised, and x-rayed his body, they have dressed him up in speculations that have not worn nearly as well as his rustic garments. At one time or another, he has been mistakenly described as a lost shepherd, a shaman, a victim of ritual sacrifice, and even a vegan. But all these theories fade in the face of the most startling new fact scientists have learned about the Iceman. Although we still don't know exactly what

happened up there on that alpine ridge, we now know that he was murdered, and died very quickly, in the rocky hollow where his body was found.

D "Even five years ago, the story was that he fled up there and walked around in the snow and probably died of exposure," said Klaus Oeggl, an archaeobotanist at the University of Innsbruck. "Now it's all changed. It's more like a paleo crime scene."

E The object of all this intense scientific attention is a freeze-dried slab of human jerky, which since 1998 has resided in a refrigerated, high-tech chamber in the South Tyrol Museum of Archaeology in Bolzano, Italy. The temptation to conduct fresh experiments on the body rises with every new twist of technology, each revealing uncannily precise details about his life. Using a sophisticated analysis of isotopes in one of the Iceman's teeth, for example, scientists led by Wolfgang Muller (now at the Royal Holloway, University of London) have shown that he probably grew up in the Valle Isarco, an extensive north-south valley that includes the modern-day town of Bressanone. Isotope levels in his bones, meanwhile, match those in the soil and water of two alpine valleys farther west, the Val Senales and the Val Venosta. Muller's team has also analyzed microscopic chips of mica recovered from the Iceman's intestines, which were probably ingested accidentally in food made from stone-ground grain; geologic ages of the mica best match a small area limited to the lower Val Venosta. The Iceman probably set off on his final journey from this very area, near where the modern-day Adige and Senales Rivers meet.

F We also know that he was not in good health when he headed up into the mountains. The one surviving fingernail recovered from his remains suggests that he suffered three episodes of significant disease during the last six months of life, the last bout only two months prior to his death. Doctors inspecting the contents of his intestines have found eggs of the whipworm parasite, so he may well have suffered from stomach distress. But he was not too sick to eat. In 2002, Franco Rollo and colleagues at the University of Camerino in Italy analyzed tiny amounts of food residue from the mummy's intestines. A day or two before his death, the Iceman had eaten a piece of wild goat and some plant food.

G Archaeobotanists have used equally clever analyses of pollen and plant fragments to plot the Iceman's last movements. James Dickson of the University of Glasgow has identified no less than 80 distinct species of mosses and liverworts in, on, or near the Iceman's body. The most prominent moss, Neckera complanata, still grows at several sites in the valleys to the south, in some cases quite near known prehistoric sites. According to Dickson, a clot of stems found in the Iceman's possession suggests he was probably using the moss to wrap food, although other ancient peoples used similar mosses as toilet paper.

H Taken together, the evidence strongly indicates that the Iceman's last journey began in

the low-altitude deciduous forests to the south, in the springtime when the hop hornbeams were in bloom. But it may not have been a straight hike into the mountains. Oeggl has also found traces of pine pollen in the Iceman's digestive tract, both above and below the hornbeam pollen. This suggests that he may have climbed to a higher altitude where pine trees grow in mixed coniferous forests, then descended to the lower altitude of the hop hornbeams, and finally ascended again into the pine forests in his last day or two. Why? No one knows. But perhaps he wanted to avoid the steep, thickly wooded gorge of the lower Val Senales—especially if he was in a hurry.

Questions 1-5

*The reading Passage has eight paragraphs **A-H**.*

Which paragraph contains the following information?

Write the correct letter ***A-H***, in boxes ***1-5*** on your answer sheet.

NB You May Use Any Letter more Than Once

1 the last area in which the iceman might live and stay.
2 a mass of special plant was discovered and used to analyze the iceman's movements.
3 a scientist analyzes the iceman's last hike depending on pollen.
4 the time and area the iceman was found.
5 the iceman's body had been out of condition for months before his death.

Questions 6-9

Do the following statements agree with the information given in Reading Passage **1**?
*In boxes **6-9** on your answer sheet, write*

YES	*if the statement is true*
NO	*if the statement is false*
NOT GIVEN	*if the information is not given in the passage*

6 According to the author, there must be another complete human corpse older than the iceman.

7 The iceman might be the leader of his society, and he was very rich.

8 Scientists guessed the iceman's information perfectly, and finally got the real cause of his death.

9 By testing the iceman's body, we know where he came from.

Questions 10-13

Complete the sentences below.

Choose NO MORE THAN TWO WORDS from the passage for each answer.

Write your answers in boxes *10-13* on your answer sheet.

10 The iceman has been placed in a _____ room since 1998.

11 The iceman might get _____, for eggs of the whipworm parasite were found in his gut.

12 There are a variety of mosses and liverworts found around the iceman such as _____.

13 The route of the iceman's last movement might not be _____.

SECTION 2

STRESS

A How busy is too busy? For some it means having to miss the occasional long lunch; for others it means missing lunch altogether. For a few, it is not being able to take a "sickie" once a month. Then there is a group of people for whom working every evening and weekend is normal, and frantic is the tempo of their lives. For most senior executives, workloads swing between extremely busy and frenzied . The vice-president of the management consultancy AT Kearney and its head of telecommunications for the Asia-Pacific region, Neil Plumridge, says his work weeks vary from a "manageable" 45 hours to 80 hours, but average 60 hours.

B Three warning signs alert Plumridge about his workload: sleep, scheduling and family. He knows he has too much on when he gets less than six hours of sleep for three consecutive nights; when he is constantly having to reschedule appointments; "and the third one is on the family side", says Plumridge, the father of a three-year-old daughter, and expecting a second child in October. "If I happen to miss a birthday or anniversary, I know things are out of control." Being "too busy" is highly subjective. But for any individual, the perception of being too busy over a prolonged period can start showing up as stress: disturbed sleep, and declining mental and physical health. National workers' compensation figures show stress causes the most lost time of any workplace injury. Employees suffering stress are off work an average of 16.6 weeks. The effects of stress are also expensive. Comcare, the Federal Government insurer, reports that in 2003-04, claims for psychological injury accounted for 7% of claims but almost 27% of claim costs. Experts say the key to dealing with stress is not to focus on relief - a game of golf or a massage - but to reassess workloads. Neil Plumridge says he makes it a priority to work out what has to change; that might mean allocating extra resources to a job, allowing more time or changing expectations. The decision may take several days. He also relies on the advice of

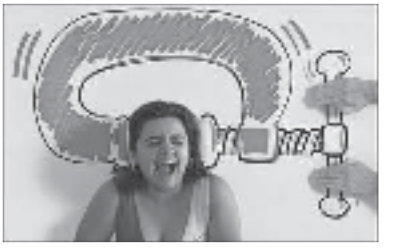
colleagues, saying his peers coach each other with business problems. "Just a fresh pair of eyes over an issue can help," he says.

C Executive stress is not confined to big organisations. Vanessa Stoykov has been running her own advertising and public relations business for seven years, specialising in work for financial and professional services firms. Evolution Media has grown so fast that it debuted on the BRW Fast 100 list of fastest-growing small enterprises last year - just after Stoykov had her first child. Stoykov thrives on the mental stimulation of running her own business. "Like everyone, I have the occasional day when I think my head's going to blow off," she says. Because of the growth phase the business is in, Stoykov has to concentrate on short-term stress relief - weekends in the mountains, the occasional "mental health" day - rather than delegating more work. She says: "We're hiring more people, but you need to train them, teach them about the culture and the clients, so it's actually more work rather than less."

D **Identify the causes:**

Jan Elsnera, Melbourne psychologist who specialises in executive coaching, says thriving on a demanding workload is typical of senior executives and other high-potential business people. She says there is no one-size-fits-all approach to stress: some people work best with high-adrenalin periods followed by quieter patches, while others thrive under sustained pressure. "We could take urine and blood hormonal measures and pass a judgement of whether someone's physiologically stressed or not," she says. "But that's not going to give us an indicator of what their experience of stress is, and what the emotional and cognitive impacts of stress are going to be."

E Elsner's practice is informed by a movement known as positive psychology, a school of thought that argues "positive" experiences - feeling engaged, challenged, and that one is making a contribution to something meaningful - do not balance out negative ones such as stress; instead, they help people increase their resilience over time. Good stress, or positive experiences of being challenged and rewarded, is thus cumulative in the same way as bad stress. Elsner says many of the senior business people she coaches are relying more on regulating bad stress through methods such as meditation and yoga. She points to research showing that meditation can alter the biochemistry of the brain and actually help people "retrain" the way their brains and bodies react to stress. "Meditation and yoga enable you to shift the way that your brain reacts, so if you get proficient at it



you're in control."

F The Australian vice-president of AT Kearney, Neil Plumridge, says: "Often stress is caused by our setting unrealistic expectations of ourselves. I'll promise a client I'll do something tomorrow, and then [promise] another client the same thing, when I really know it's not going to happen. I've put stress on myself when I could have said to the clients: 'Why don't I give that to you in 48 hours?' The client doesn't care." Overcommitting is something people experience as an individual problem. We explain it as the result of procrastination or Parkinson's law: that work expands to fill the time available. New research indicates that people may be hard-wired to do it.

G A study in the February issue of the Journal of Experimental Psychology shows that people always believe they will be less busy in the future than now. This is a misapprehension, according to the authors of the report, Professor Gal Zauberman, of the University of North Carolina, and Professor John Lynch, of Duke University. "On average, an individual will be just as busy two weeks or a month from now as he or she is today. But that is not how it appears to be in everyday life," they wrote. "People often make commitments long in advance that they would never make if the same commitments required immediate action. That is, they discount future time investments relatively steeply." Why do we perceive a greater "surplus" of time in the future than in the present? The researchers suggest that people underestimate completion times for tasks stretching into the future, and that they are bad at imagining future competition for their time.

Questions 14-18

Use the information in the passage to match the people (listed A-D) with opinions or deeds below. Write the appropriate letters A-D in boxes 14-18 on your answer sheet.

NB you may use any letter more than once

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A **Jan Elsnera**
B **Vanessa Stoykov**
C **Gal Zauberman**
D **Neil**

14 Work stress usually happens in the high level of a business.
15 More people's ideas involved would be beneficial for stress relief
16 Temporary holiday sometimes doesn't mean less work.
17 Stress leads to a wrong direction when trying to satisfy customers.
18 It is not correct that stress in the future will be eased more than now

Questions 19-21

Choose the correct letter, **A, B, C** or **D**.
Write your answers in boxes 19-21 on your answer sheet.

19 Which of the following workplace stress is **NOT** mentioned according to ***Plumridge*** in the following options?

A Not enough time spend on family
B Unable to concentrate on work
C Inadequate time of sleep
D Alteration of appointment

20 Which of the following solution is **NOT** mentioned in helping reduce the work pressure according to ***Plumridge***?

A Allocate more personnel
B Increase more time
C Lower expectation
D Do sports and massage

21 What is point of view of ***Jan Elsnera*** towards work stress?

A Medical test can only reveal part of the data needed to cope with stress
B Index some body samples will be abnormal in a stressful experience
C Emotional and cognitive affection is superior to physical one
D One well designed solution can release all stress

Questions 22-27

Summary

Complete the following summary of the paragraphs of Reading Passage，using ***no more than two*** words from the Reading Passage for each answer. Write your answers in boxes **22-27** on your answer sheet.

Statistics from National worker's compensation indicate stress plays the most important role in _____22____ which cause the time losses. Staffs take about ____23_____ for absence from work caused by stress. Not just time is our main concern but great expenses generated consequently. An official insurer wrote sometime that about _____24____ of all claims were mental issues whereas nearly 27% costs in all claims. Sports such as _____25_____, as well as _____26_____ could be a treatment to release stress; However, specialists recommended another practical way out, analyse_____27_____once again.

SECTION 3

MAT DESIGN AND FOOT HEALTH

A YOU'VE scoured the Innovations website and gadget shops, trawled a dozen more sites offering "alternative" gifts, spent hours on eBay, and still you haven't found that perfect something. When just about everyone you know has just about everything, coming up with a present that is both novel and useful gets harder every year. But fear not. There is something worth having that most of us lack - something that could improve the quality of our lives immeasurably. If you really care, give the gift of a wobbly walk.

B Seriously. The feet of a typical urbanite rarely encounter terrain any more undulating than a crack in the pavement. While that may not seem like a problem, it turns out that this flat-earth business is not doing us any good. By ironing all the bumps out of our urban environment we have put ourselves at risk of a surprising number of chronic illnesses and disabilities. Fortunately, the free market has come to the rescue. You can now buy the solution - in fact, there is even a choice of products. Indoor types will appreciate the cobblestone walkway, a knobbly textured plastic mat that they can wobble along in the comfort of their own homes. And for the more adventurous, there are shoes designed to throw you off balance.

C The technology may be cutting edge, but its origins are deep and exotic. Research into the idea that flat floors could be detrimental to our health was pioneered back in the late 1960s. While others in Long Beach, California, contemplated peace and love, podiatrist Charles Brantingham and physiologist Bruce Beekman were concerned with more pedestrian matters. They reckoned that the growing epidemic of high blood pressure, varicose veins and

deep-vein thromboses might be linked to the uniformity of the surfaces that we tend to stand and walk on.

D The trouble, as they saw it, was that walking continuously on flat floors, sidewalks and streets concentrates forces on just a few areas of the foot. As a result, these surfaces are likely to be far more conducive to chronic stress syndromes than natural ones, where the foot meets the ground in a wide variety of orientations. The anatomy of the foot parallels that of the human hand - each having 26 bones, 33 joints and more than 100 muscles, tendons and ligaments. Modern lifestyles waste all this flexibility in your socks. Brantingham and Beekman became convinced that damage was being done simply by people standing on even surfaces and that this could be rectified by introducing a wobble.

E “In Beijing and Shanghai city dwellers take daily walks on cobbled paths to improve their health” To test their ideas, they got 65 clerks and factory workers to try standing on a variable terrain floor - spongy mats with different amounts of give across the surface. This modest irregularity allowed the soles of the volunteers' feet to deviate slightly from the horizontal each time they shifted position. As the researchers hoped, this simple intervention turned out to make a huge difference over just a few weeks. Just a slight wobble from the floor activated a host of muscles in people's legs, which in turn helped to pump blood back to their hearts. The muscle action prevented the pooling of blood in their feet and legs, reducing the stress on the entire cardiovascular system. And two-thirds of the volunteers reported feeling much less tired. Yet decades later, the flooring of the world's workplaces remains relentlessly smooth.

F Earlier this year, however, the idea was given a new lease of life when researchers in Oregon announced findings from a similar experiment with people over 60. John Fisher and colleagues at the Oregon Research Institute in Eugene designed a mat intended to replicate the effect of walking on cobblestones. In tests funded by the National Institute of Aging, they got some 50 adults to walk on the mats in their stockinged feet for less than an hour three times a week. After 16 weeks, these people showed marked improvements in balance and mobility, and even a significant reduction in blood pressure. People in a control group who walked on ordinary floors also improved but not as dramatically.

G The mats are now on sale at $35. "Our first 1000 cobblestone mats sold in three weeks," Fisher says. Production is now being scaled up. Even so, demand could exceed supply if this foot-stimulating activity really is a "useful non-pharmacological approach for preventing or controlling hypertension of older

adults", as the researchers believe. They are not alone in extolling the revitalising powers of cobblestones. Reflexologists have long advocated walking on textured surfaces to stimulate so-called "acupoints" on the soles of the feet. Practitioners of this unorthodox therapy believe that pressure applied to particular spots on the foot connects directly to corresponding organs and somehow enhances their function. In China, spas, hotels, apartment blocks and even factories promote their cobblestone paths as healthful amenities. Fisher admits he got the idea from regular visits to the country. In Beijing and Shanghai city dwellers take daily walks along cobbled paths to improve their health. "In the big cities, people take off their shoes and walk on these paths for 5 or 10 minutes, perhaps several times a day," Fisher says.

H The idea is now taking off in Europe too. People in Germany, Austria and Switzerland can visit "barefoot parks" and walk along "paths of the senses" - with mud, logs, stone and moss underfoot - to receive what's known there as reflexzon-massage. And it is not difficult to construct your own "health pathway". American reflexologists Barbara and Kevin Kunz, based in Albuquerque, New Mexico, advise that you cobble together a walkway using broom handles, bamboo poles, hosepipes, gravel, pebbles, dried peas, driftwood, fallen logs, sand, door mats and strips of turf.

I If your enthusiasm for DIY doesn't stretch to this, and Fisher's cobblestone mats are all sold out, there is another option. A new shoe on the market claims to transform flat, hard, artificial surfaces into something like natural uneven ground. "These shoes have an unbelievable effect," says Benno Nigg, an exercise scientist at the human performance laboratory of Calgary University in Canada, which has done contract research for the shoe's manufacturers. "They are one of the best things to have happened to humankind for years." Known as Masai Barefoot Technology, or MBTs, the shoes have rounded soles that cause you to rock slightly when you stand still, exercising the small muscles around the ankle that are responsible for fore-aft stability. Forces in the joint are reduced, putting less strain on the system, Nigg claims.

J Perhaps this all sounds a bit high-tech. If so, hang consumerism and go for the radical solution: search out a patch of Mother Earth that has yet to be concreted over and walk around on it for a few hours. You can even take your shoes off first, at no extra charge. But hurry: this offer is available for a limited period only.

Questions 28-32

Do the following statements agree with the information given in Reading Passage **3**?
*In boxes **28-32** on your answer sheet, write*

TRUE	*if the statement is true*
FALSE	*if the statement is false*
NOT GIVEN	*if the information is not given in the passage*

28 Charles Brantingham and Bruce Beekman are the first researchers on the connection between damage to health and conditions of floor

29 John Fisher and his colleagues found that those who walked on cobble-stones suffered a worsening physical condition

30 Manufacture of Fisher's cobblestone mats booms with high demand of this product.

31 The research works such as customized pathway from Barbara and Kevin Kunz were inspired from an oversea trip.

32 Benno Nigg suggests that shoes of Masai Barefoot Technology have specific age limitation.

Questions 33-35

Choose the correct letter, **A, B, C** or **D**.
Write your answers in boxes 33-35 on your answer sheet.

33 which of the followings is true according to ***the research experiment*** on cobbled paths **in paragraph E**:

A Spongy mats make volunteer feel shaky.
B Chinese special culture makes it only applicable in certain area.
C More than half of participants reported a positive feedback
D This method could cure cardiovascular disease unexpectedly.

34 John Fisher and colleagues from ***Oregon Research Institute*** has found the followings:

A People walk on special designed mat only have improvements in blood pressure.

B Blood pressure of control group improves not as much as the other one.

C Elder people improve more dramatically than youngsters.

D Testing time of 16 weeks is a significant factor in this experiment.

35 Shoes from ***MBT*** are also beneficial for your health as which of the following reasons:

A Special designed soles on the bottom make you feet exercised

B Researcher has previous experience in this field.

C African style shoes were very successful in store sales.

D They can protect the ankle and muscles around feet.

Complete the following summary of the paragraphs of Reading Passage，using ***no more than two*** words from the Reading Passage for each answer. Write your answers in boxes **36-40** on your answer sheet.

The anatomy of human's foot is complex, which 36 …… human hand. The experiment, conducted on employees, showed that body movement on surface of different condition can lower the 37 ……on heart. Similarity was also found in another experiment conducted by researcher from Oregon Research Institute. The test also showed there was a substantial 38 ……in pressure in blood. Reflexologists advise people to work on a road with resistance to stimulate certain points of body via standing on the 39 ……. In the end, the author of the passage also advocates that people can build their own health 40 …… except for buying the special mats and shoes.