

READING

PART 1

You are going to read a magazine article about living longer. Choose the most suitable sentence that best summarises each part from the list (A-H) for each part (1-6) of the article. There is one extra sentence which you do not need to use. There is an example at the beginning (0).

- A The older population is getting bigger and bigger.
B People are living longer than they used to.
C Optimism may be the key to a longer life.
D Many people worry about getting older.
E Should you take drugs to stay young?
F How long we are likely to live depends on genetic programming.
G What you eat can increase your chances of living longer.
H Our ideas about death may contribute to ageing.

Get ready for the life span revolution

Scientists have proved that human beings tend to live much longer than they used to.

0 B 4
Today there are about 300 men and ten times as many women living in Britain who were alive at the beginning of the 20th century. If increasing life expectancy and the new emphasis on the quality of life are anything to go by, far more people will be enjoying New Year parties in both the year 2000 and 2100.
1 5
The prospect of ageing fills some people with dread, and it's hard to find anyone who is really enthusiastic about getting older. How old will you be in 2050 and how do you imagine yourself? Lonely, happy, sick? Or could you be pretty much as you are today, only enjoying life much more because of your wisdom and experience?
2 6
One thing is certain; there will be a lot of others like you. Those who are over 85 are the fastest growing age group in the population, and will continue to grow at an ever-increasing rate.
3
Life span is determined largely by genes - as is strongly suggested by the way it varies between species. A mouse lives, at best, for three years, while the Galapagos tortoise commonly survives for more than a hundred years. At 20, a dog is very old, a herring gull is middle-aged and an eagle owl is only just reaching adulthood.
Humans have a maximum life span of about 120 years. Of course, not everyone will live to such an age, but research now shows beyond doubt that diet is one of the major life-style factors that determines the quality of later life. Rats on restricted diets have life spans of up to 40 percent longer than those on normal diets and show fewer signs of ageing.
Some think that scientific research into ageing is a waste of time. According to the American "Immortalist" movement, death is not inevitable. They believe that by taking control of your body your cells will not make you age. They argue that we are influenced by an unconscious death urge which ultimately takes all our energy.
As far as science is concerned, the facts of biology and evolution mean that no organism can ever be immortal. However, there could be a certain amount of truth in the Immortalists' theory - positive thinking does seem to boost the immune system, which is a powerful aid against ageing.

PART 2

You are going to read an article about a man who is always late. For questions 7-13, choose the answer (A, B, C or D) which you think fits best according to the text.

Time Waits for no Man

I knew I was going to be late but there was no way of warning her. By the time I arrived, it was around ten past eight. It had been raining for the last five minutes.
Sheila was still there, outside a bookshop in Charing Cross Road. She could have waited inside, but as the arrangement was outside, she had loyally waited there for 25 minutes. I wore my biggest smile as I ran through all the old excuses: the Northern line ... you wouldn't believe it ... fourteen minutes at Camden for a train. I felt secure. It wasn't the first time, but the mention of the Northern line made such excuses seem more authentic.
She looked at me then with a completely new look, not sweet or loyal at all. She just said, "Well, no one could ever accuse you of having good manners," looked straight at me once more and walked away.
I can't quite say why, but for a while that phrase seemed to reveal all the lies I had ever told. In particular, the lies that covered up my habitual lateness. I am not talking about being fashionably late, a habit which can indicate anything from a degree of politeness to a feeling of coldness towards the host. Fashionable lateness is more about timing than about actually being late.
What I'm talking about is not timing, but something bigger. When I said I was going to be late, I meant it. I planned to be late. To go from my apartment to Charing Cross Road takes 45 minutes. To get there by 7.45 I had to leave at 7 pm. But, washed, shaved and dressed, I knew at 6.30, as I always did, that I was going to be late.
In fact, for years I have been late for every occasion: for drinks, for meetings, for dates, for lunch and dinner, for interviews, weddings, birthdays and funerals. In the end, I finally decided to see an analyst about my habitual lateness. He asked about my feelings when people were later than I. This rarely happened, I said, but when it did, it produced feelings of unhappiness and neglect. Apparently I showed all the classic symptoms of tardomania. Tardomanics, he explained, are pathologically late people who are so absorbed in themselves that the world and people around them become little more than objects whose only function is to increase their self-image.
Although there are no cures for tardomania, there are remedies. Giving some thought to how you feel when other people keep you waiting is one. Remembering it's an inexpensive compliment to be there on time is another. My own preference is for a new convention, which is both to show consideration for others and yet, at the same time, to satisfy my own need for self-love: my recommendation is to be fashionably punctual at all times.
Then, if anyone should make fun of your loyalty and timeliness, you can quote Samuel Beckett and say: "We are not saints but we have kept our appointments. How many people can boast as much?"

- 7 Sheila was waiting outside the bookshop in the rain because
A the bookshop was closed so she couldn't wait inside.
B that was where they had agreed to meet.
C she wanted to be able to see the writer approaching.
D she had only just arrived.
8 Why did the writer feel "secure" that she would believe his excuses?
A He made excuses that were quite believable.
B It was the first time he had been late.
C He had never used those excuses before.
D He knew she would be understanding.
9 Contrary to the writer's expectations (lines 8 - 10) Sheila was
A calm and pleasant.
B well-mannered.
C cold and wet.
D sharp and sarcastic.
10 What time had the writer arranged to meet his friend?
A At seven o'clock.
B Some time after eight.
C At quarter to eight.
D At ten past eight.
11 The writer finally decided to see an analyst because
A he wanted to find out about habitual lateness.
B he was always too punctual.
C he was running out of excuses for his problem.
D he had missed a very important interview.
12 The term "tardomanics" (line 24) refers to
A people who try not to be late because they don't like being kept waiting themselves.
B people who only miss important appointments.
C people who are deliberately late.
D people who are only seldom late.
13 One way of trying to overcome tardomania is to
A consider how you feel when you have to wait for someone.
B always try to arrive ten minutes early for an appointment.
C think up more convincing excuses.
D ask the other person to be even later than you are.