

# Mood food

**We live in a stressful world, and daily life can sometimes make us feel tired, stressed, or depressed. Some people go to the doctor's for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.**

Dr Paul Clayton, a food expert from Middlesex University, says 'The brain is affected by what you eat and drink, just like every other part of your body. Certain types of food contain substances which affect how you think and feel.'

For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food which is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy, and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.



Another powerful mood food could become a secret weapon in the fight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incidents.

Why does chocolate make people less aggressive? First, it causes the brain to release feel-good chemicals called endorphins. It also contains a lot of sugar, which gives you energy, and can help stop late-night tiredness turning into aggression. These two things, together with a delicious taste, make chocolate a powerful mood changer.

### **Mood food – what the experts say**

- Blueberries and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (e.g. cabbage and spinach) and oily fish (e.g. salmon) eaten regularly can help to fight depression.

Adapted from a British newspaper

# Younger brother or only child? How was it for you?

## The younger brother Novelist Tim Lott

**Rivalry** between brothers is normal, but there was a special reason for the tension between us. I was very ill when I was born, and spent three months in hospital with my mother. My brother did not see her at all during that time, as he went to stay with an aunt. When our mother returned home, it was with a **sick** newborn baby who took all the attention. **No wonder** he hated me (although if you ask Jeff, he will say that he didn't – we remember things differently).

My brother and I were completely different. We **shared** the same bedroom, but he was tidy, and I was really untidy. He was responsible, I was rebellious. He was sensible, I was emotional. I haven't got any positive memories of our **childhood** together, though there must have been good moments. Jeff says we used to play Cowboys and Indians but I only remember him trying to suffocate me under the bedcovers.

My relationship with Jeff has influenced my attitude towards my own four daughters. If the girls **fight**, I always think that the younger child is innocent. But the good news about brothers and sisters is that when they get older, they **value** each other more. Jeff is now one of my best friends, and I like and admire him greatly. For better or for worse, we share a whole history. It is the longest relationship in my life.



## The only child

### Journalist Sarah Lee



I went to **boarding school** when I was seven, and the hardest thing I found was making friends. Because I was an only child, I just didn't know how to do it. The thing is that when you're an only child you spend a lot of your time with **adults** and you're often the only child in **a gathering** of adults. Your parents go on living more or less the way they have always lived, only now you are there too.

I found being an only child interesting because it gave me a view of the world of adults that children in a big family might not get. And I know it has, at least partly, made me the kind of person I am – I never like being one of a group, for example. If I have to be in a group, I will always try to go off and do something on my own, or be with just one other person – I'm not comfortable with being one of **a gang**.

My parents are divorced now and my mother lives in the US and my father in the UK. I feel very responsible for them – I feel responsible for their happiness. I'm the closest relative in the world to each of them, and I am very **aware of** that.

Adapted from a British newspaper

# The millionaire with a secret

Jeff Pearce was a successful businessman – but he had a secret: he couldn't read or write.

**His name is not really Jeff. His mother changed it because he could never spell his real name, James, and she thought Jeff was easier.**

Pearce was born in Liverpool in the 1950s, in a very poor family. At school, all the teachers thought he was stupid because he couldn't learn to read or write – at that time, not many people knew about dyslexia. But there was something that he was good at: selling things. Pearce's first experience as a **salesman** was when he was a boy, and he and his mother used to go door-to-door asking for old clothes that they could sell in the market. He instinctively knew what people wanted, and it soon seemed that he could **make money** from anything. His mother always believed in him and told him that one day he would be successful and famous.

In 1983, when he already owned a small **boutique**, he decided to invest £750 in leather trousers, and to sell them very cheaply in his shop. 'It was a bit of a **gamble**, to tell you the truth,' he says. But Liverpool loved it, and there were photos of shoppers sleeping in the street outside his boutique on the front page of the local newspaper. The first day the trousers **went on sale**, the shop took £25,000. Jeff became a **millionaire**, but later he lost most of his money in the **recession** of the Nineties. He was almost 40, and he was **broke** again. He even had to go back to selling clothes in the market. But he never gave up, and soon he **set up a new business**, a department store, called Jeff's, which again made him a millionaire.



However, success didn't mean anything to Jeff because he still couldn't read or write. Even his two daughters did not realize that their father couldn't read. When one of them asked him to read her a bedtime story he went downstairs and cried because he felt so ashamed. At work he calculated **figures** in his head, while his wife Gina wrote all the **cheques** and read **contracts**.

In 1992 Pearce was awarded a Businessman of the Year prize for the best clothes store in Liverpool. It was at this moment that he told his friends and colleagues the truth, and decided to write a book about his experience. But first he had to learn to read and write. He went to evening classes, and employed a private teacher, but he found it very difficult because of his dyslexia. Finally, with the help of a ghost-writer\*, his autobiography, *A Pocketful of Holes and Dreams*, was published, and became a best-seller. Recently, he was woken in the middle of the night by someone knocking on his front door. It was his daughter to whom he hadn't been able to read a bedtime story all those years earlier. She had come to tell him that she had just read his book. 'Dad, I'm so proud of you,' she said – and burst into tears in his arms.

\*A **ghost-writer** is somebody who writes a book for another person

Adapted from The Times



# TV presenter's Amazon challenge



## **Helen Skelton hopes to become the first woman to kayak down the Amazon River.**

Helen Skelton is a 26-year-old TV presenter of *Blue Peter*, a BBC programme for young people. She has never been afraid of a challenge. Last year she became the second woman to complete the 78-mile Ultra Marathon in Namibia, running the three consecutive marathons in 23 hours and 50 minutes. But when *Blue Peter* decided to do something to raise money for the charity Sports Relief (which sponsors projects in the UK and abroad) Skelton said that she wanted an even bigger challenge. So they suggested that she kayak 3,200 kilometres down the Amazon from Nauta in Peru to Almeirim in Brazil.

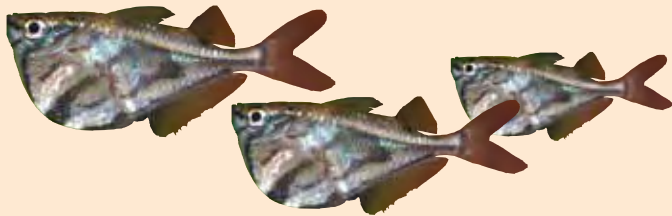
This is a very risky trip. There are no roads, no towns, only rainforest and the river (which is sometimes more than 40 kilometres wide and infested with crocodiles). If she falls ill, it will take around 11 hours to fly her to a hospital.

Helen has only been kayaking once before in her life, so she has been training four hours a day. Last week she arrived at the Amazon in Peru. After two days kayaking she made the first of her phone calls to the BBC.



## Phone call 1

“Everything went wrong. I only managed half a day on Wednesday, the first day, and on Thursday we started late, so I’m already **(1)** \_\_\_\_\_. I’ve been suffering from the heat. It’s absolutely **(2)** \_\_\_\_\_, and the humidity is 100 per cent at lunchtime. I went the wrong way and I had to paddle against the current. I was **(3)** \_\_\_\_\_! They asked me, ‘Do you want to give **(4)** \_\_\_\_\_?’ but I said, ‘No!’ Because I’ve also been having a wonderful time! There are pink dolphins – pink, not grey – that come close to the boat. I think that if I can do 100 kilometres a day, then I can make it.”



## Phone call 2

“I’ve been on the Amazon for a week now, and I’ve been paddling for six out of the seven days. The river is incredibly **(5)** \_\_\_\_\_, and it’s very hard to paddle in a straight line. The water is so brown that I can’t see my paddle once it goes under the surface. It looks like melted **(6)** \_\_\_\_\_. I start at 5.30 in the morning, and I **(7)** \_\_\_\_\_ for at least ten hours, from 5.30 a.m. until dark, with only a short break for lunch. My hands have been giving me problems – I have big blisters. I now have them bandaged in white tape.

I’m usually on the water for at least ten hours; it’s **(8)** \_\_\_\_\_ at times, exciting at others. I listen to music on my iPod. I’ve been listening to Don’t Stop Me Now by Queen to inspire me!”



## Phone call 3

“I haven’t been **(9)** \_\_\_\_\_ very well this week. The problem is heat exhaustion. They say it’s because I haven’t been drinking enough water. I’ve been travelling 100 kilometres a day, which is my target. But yesterday after 84 kilometres I was feeling **(10)** \_\_\_\_\_, and my head was aching and I had to stop and rest.”

Adapted from The Telegraph website

# Top Gear Challenge

## What's the fastest way to get across London?

**On Top Gear, a very popular BBC TV series about cars and driving, they decided to organize a race across London, to find the quickest way to cross a busy city. The idea was to start from Kew Bridge, in the south-west of London, and to finish the race at the check-in desk at London City Airport, in the east, a journey of approximately 15 miles. Four possible forms of transport were chosen, a bike, a car, a motorboat, and public transport. The show's presenter, Jeremy Clarkson, took the boat and his colleague James May went by car (a large Mercedes). Richard Hammond went by bike, and The Stig took public transport. He had an Oyster card. His journey involved getting a bus, then the Tube, and then the Docklands Light Railway, an overground train which connects east and west London.**

**They set off on a Monday morning in the rush hour...**



## Jeremy in the motorboat



His journey was along the River Thames. For the first few miles there was a speed limit of nine miles an hour, because there are so many ducks and other birds in that part of the river. The river was confusing, and at one point he realized that he was going in the wrong direction. But he **turned round** and got back onto the right route. Soon he was going past Fulham football ground. He phoned Richard and asked him where he was – just past Trafalgar Square. This was good news for Jeremy. He **was ahead of** the bike! He **reached** Wandsworth Bridge. The speed limit finished there, and he could now go as fast as he liked. Jeremy felt like the fastest moving man in all of London. He was flying, coming close to 50 miles an hour! How could he lose now? He could see Tower Bridge ahead. His journey was seven miles longer than the others', but he was now going at 70 miles an hour. Not far to the airport now!

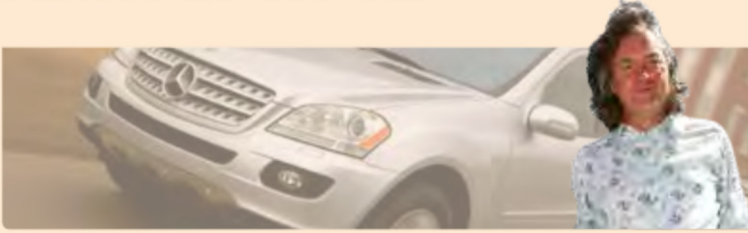
## Richard on the bike



Richard could use bus lanes, which was great, but of course he had to be careful not to **crash into** the buses! He hated buses! Horrible things! When the traffic lights **turned red** he thought of cycling through them, but then he remembered that he was on TV, so he had to stop! When he got to Piccadilly he was delighted to see that there was a terrible traffic jam – he could go through the traffic, but James, in his Mercedes, would **get stuck**. He got to Trafalgar Square, and then went into a cycle lane. From now on it was going to be easier...



## James in the car



He started off OK. He wasn't going fast but at a steady speed – until he was stopped by the police! They only wanted to check the permit for the cameraman in the back of the car, but it meant that he lost three or four valuable minutes! The traffic was **getting worse**. Now he was going really slowly. 25 miles an hour, 23, 20... 18... It was so frustrating!

# Men talk just as much as women – can it really be true?



Research by psychologists at the University of Arizona has shown that the stereotype that women talk more than men may not be true. In the study, hundreds of university students were fitted with recorders and the total number of words they used during the day was then counted.

The results, published in the *New Scientist*, showed that women speak about 16,000 words a day and men speak only **slightly** fewer. **In fact**, the four most talkative people in the study were all men.

Professor Matthias Mehl, who was in charge of the research, said that he and his colleagues had expected to find that women were more talkative.



However, they had **been sceptical of** the common belief that women use three times as many words as men. This idea became popular after the publication of a book called *The Female Brain* (2006) whose author, Louann Brizendine, **claimed** that ‘a woman uses about 20,000 words per day, **whereas** a man uses about 7,000.’

Professor Mehl accepts that many people will find the results difficult to believe. However, he thinks that this research is important because the stereotype, that women talk too much and men keep quiet, is bad not only for women but also for men. ‘It says that to be a good male, it’s better not to talk – that silence is golden.’

Adapted from the *New Scientist*

# A gossip with the girls? Just pick any one of 40 subjects



Women are experts at gossiping – and they often talk about trivial things, or at least that’s what men have always thought. However **according to** research carried out by Professor Petra Boynton, a psychologist at University College London, when women talk to women their conversations are not trivial at all, and cover many more topics (up to 40) than when men talk to other men.

Women’s conversations **range from** health to their houses, from politics to fashion, from films to family, from education to relationship problems. **Almost** everything, in fact, except football. Men **tend to** talk about fewer subjects, the most popular being work, sport, jokes, cars, and women.

Professor Boynton interviewed over 1,000 women for her study. She also found that women move quickly from one subject to another in conversation, whereas men usually stick to one subject for longer periods of time.



Professor Boynton also says that men and women chat for different reasons. In social situations women use conversation to solve problems and **reduce** stress, while men chat with each other to have a laugh or to swap opinions.

Adapted from the Daily Mail website



# Commando dad

**For six years Neil Sinclair served as a commando with the British army. He had been in lots of dangerous situations, but nothing prepared him for the day when he brought his first baby home from hospital. ‘I put the car seat containing my two-day-old son Samuel down on the floor and said to my wife, ‘What do we do now?’**



When he left the army, Sinclair and his wife agreed that he would stay at home and look after the baby, while his wife went back to work.

‘I have done a lot of crazy things, but when I put that baby down I thought: I have a tiny baby and he is crying. What does he want? What does he need? I did not know. It was one of the most difficult days of my life.’



It was at that moment that Sinclair had an idea.  
'I found myself thinking how much easier life would be if I had a basic training manual for my baby, like the manual you get when you join the army. I realized that somebody needed to write such a manual, and who better to write it than me? I had been a commando, but I was now a stay-at-home dad. I was the man for the job.'

His book, **Commando Dad: Basic Training**, is a set of instructions that explains with military precision and diagrams how new fathers should approach the first three years of their child's life to become a 'first-rate father'.

### **Glossary**

**commando** noun

one of a group of soldiers who are trained to make quick attacks in enemy areas

**stay-at-home dad** noun

a man who stays at home and looks after the children while his wife goes out to work

Adapted from The Times

# He's English, but he can speak 11 languages

**Alex Rawlings has been named the UK's most multilingual student, in a competition run by a dictionary publisher.**

- 1 Hallo
- 2 Guten Tag
- 3 Bonjour
- 4 Shalom (שלום)
- 5 Privet (привет)
- 6 Hello
- 7 Geía sou (γειά σου)
- 8 Bon dia
- 9 Hola
- 10 Goedendag
- 11 Cíao



The German and Russian student from London, who is only 20 years old, can speak 11 languages **fluently**. In a video for the BBC News website he demonstrated his **skills** by speaking in all of them, changing quickly from one to another.

Rawlings said that winning the competition was 'a bit of a shock'. He explained, 'I saw the competition advertised and I heard something about a free iPad. I never imagined that it would generate this amount of media attention.'

As a child, Rawlings' mother, who is half Greek, used to speak to him in English, Greek, and French, and he often visited his family in Greece.



He said that he has always been interested in languages. 'My dad worked in Japan for four years and I was always frustrated that I couldn't speak to the kids because of the **language barrier**.' After visiting Holland at the age of 14 he decided to learn Dutch with CDs and books. 'When I went back I could talk to people. It was great.'

He taught himself many of the languages with 'teach yourself' books, but also by watching films, listening to music, and travelling to the countries themselves.

Of all the languages he speaks, Rawlings says that Russian, which he has been learning for a year and a half, is the hardest. He said, 'There seem to be **more exceptions than rules!**' He added, 'I especially like Greek because I think it's beautiful and, because of my mother, I have a strong personal **link** to the country and to the language.'

'Everyone should learn languages, especially if they travel abroad. If you make the effort to learn even the most **basic phrases** wherever you go, it instantly shows the person you're speaking to that you respect their culture. Going around speaking English loudly and getting frustrated at people is tactless and rude.'

The next language Rawlings hopes to learn is Arabic, but 'only once I've finished my degree and got some more time on my hands. For now I need to concentrate on my German and Russian, so I can prepare for my finals.'

### **Glossary**

**finals** the last exams that students take at university

Adapted from a news website

# Mother-in-law from hell... or daughter-in-law from hell?

**By News Online reporter**

Everyone knows it can be difficult to get on with your in-laws, but for 29-year-old **Heidi Withers**, it may now be impossible. Heidi was invited to spend the weekend with her fiancé Freddie's family at their house in Devon, in south-west England. But soon after they returned to London, Heidi received a very nasty email from Carolyn Bourne, Freddie's stepmother, criticizing her manners.



Here are a few examples of your lack of manners:

- When you are a guest in another's house, you should not declare what you will and will not eat – unless you are allergic to something.
- You should not say that you do not have enough food.
- You should not start before everyone else.
- You should not take additional helpings without being invited to by your host.
- You should not lie in bed until late morning.
- You should have sent a handwritten card after the visit. You have never written to thank me when you have stayed.

Heidi was shocked, and immediately sent the email on to some of her close friends. Surprised and amused, the friends forwarded it to other people, and soon the email had been posted on several websites, with thousands of people writing comments about 'the mother-in-law from hell'.

Adapted from a news website

# If I bounce the ball five times...

**Matthew Syed writes about sporting superstitions**



- 1 Tennis players are strange people.** Have you noticed how they always ask for three balls instead of two; how they bounce the ball the same number of times before serving, as if any change from their routine might result in disaster?
- 2** [REDACTED], the ex-world number 1 female tennis player. When she was once asked why she had played so badly at the French Open she answered, 'I didn't tie my shoe laces right and I didn't bounce the ball five times and I didn't bring my shower sandals to the court with me. I didn't have my extra dress. I just knew it was fate; it wasn't going to happen.'
- 3** [REDACTED]. Goran Ivanišević, Wimbledon champion in 2001, was convinced that if he won a match he had to repeat everything he did the previous day, such as eating the same food at the same restaurant, talking to the same people and watching the same TV programmes. One year this meant that he had to watch Teletubbies every morning during his Wimbledon campaign. 'Sometimes it got very boring,' he said.

- 4 [REDACTED]. As we were watching British tennis player Andy Murray play the fourth set at Wimbledon, my wife suddenly got up and went to the kitchen. 'He keeps losing games when I'm in the room,' she said. 'If I go out now, he'll win.'
- 5 [REDACTED]. Last year, a survey of British football supporters found that 21 per cent had a lucky charm (anything from a scarf to a lucky coin), while another questionnaire revealed that 70 per cent of Spanish football fans performed pre-match rituals (like wearing 'lucky' clothes, eating the same food or drink, or watching matches with the same people).
- 6 [REDACTED]. She returned, and he won the fifth. I laughed at her, and then remembered my football team, Spurs, who were losing 1–0 in the Carling Cup. 'If I leave the room now, Spurs will score,' I told my kids, after 27 minutes of extra time. I left the room and they scored. Twice.

### **Glossary**

**Teletubbies** a British television series for very young children

**Spurs** Tottenham Hotspur, a London football team

Adapted from The Times



# Love at Exit 19

**He was a tollbooth operator, she was a soprano who sang in Carnegie Hall. Their eyes met at Exit 19 of the New York State Thruway, when he charged her 37¢. The romance that followed was even less likely than the plot of an opera!**



Sonya Baker was a frequent **commuter** from her home in the suburbs to New York City. One day, when she was driving to an audition, she came off the Thruway and stopped at the tollbooth where Michael Fazio was working. She chatted to him as she paid to go through, and thought he was cute. For the next three months, they used to **exchange a few words** as she handed him the money, and he raised the barrier to let her pass. ‘It was mostly “What are you doing today? Where are you going?”’ she said. They learned more about each other, for example that Sonya loved Puccini and Verdi, while Michael’s love was the New York Yankees. But their conversations suddenly came to an end when Michael changed his working hours. ‘He used to work during the day,’ said Sonya, ‘but he changed to night **shifts**.’ Although Michael still looked out for Sonya’s white Toyota Corolla, he did not see her again for six months.



When Michael's working hours changed back to the day shift, he decided to put a traffic cone in front of his lane. He thought, 'It will be like putting **a candle** in a window.' Sonya saw it, and their romance started up again. 'I almost crashed my car on various occasions,' she said, 'trying to cross several lanes to get to his exit.' Finally, she **found the courage** to give Michael a piece of paper with her phone number as she passed through the toll. Michael called her and for their first date they went to see the film *Cool Runnings*, and then later they went to an opera, *La Bohème*, and to a Yankees game.

They are now married and living in Kentucky, where Sonya is a voice and music professor at Murray State College and Michael **runs** an activity centre at a nursing home. **It turned out that** she had given him her number just in time. A short while later she moved to New Jersey and stopped using the New York State Thruway. 'I might never have seen him again,' she said.

### **Glossary**

**a tollbooth** a small building by the side of a road where you pay money to use the road

**Carnegie Hall** a famous concert hall in New York City

**New York State Thruway** a motorway

**New York Yankees** a baseball team based in the Bronx in New York

**a traffic cone** a plastic object, often red and white, used to show where vehicles can or can't go

Adapted from *The Times*

# You are standing in the place where...

## A Highclere Castle near Newbury in Berkshire, UK



The castle has been **(1) owned** by the Carnarvon family since 1679, and the Earl and Countess Carnarvon currently live there. In 2010, film director Julian Fellowes, a close friend of the family, was planning a new TV series about an aristocratic family and their servants during the early 20th century. While he was staying at Highclere Castle, he realized that it would be the perfect place to set his historical drama, and the castle was **(2) \_\_\_\_\_** into Downton Abbey, the home of the fictional Crawley family. The series was a huge success and it has been sold all over the world. Both the interior and exterior scenes were shot in and around the castle itself.



In the second TV series the castle is used as a hospital during the First World War. These scenes are **(3)** \_\_\_\_\_ on a real-life event. In 1914, Lady Almina Carnarvon allowed soldiers who had been wounded to be looked after in the castle.

## Go there

Highclere Castle and gardens are open to the public during the Easter and summer holidays, and on many Sundays and public holidays from 10.30 a.m. to 6.00 p.m. Visit the Egyptian Gallery which contains many objects brought back from his travels by Lady Almina's husband, the fifth Earl of Carnarvon, who famously discovered the tomb of the young Pharaoh Tutankhamun. [www.highclerecastle.co.uk](http://www.highclerecastle.co.uk)

## B Cortlandt Alley New York, USA

In Hollywood's version of New York City, the giant metropolis is full of secret alleys where crimes take place, and criminals are chased by the police. In fact there are hardly any alleys in New York today at all. One of the few remaining ones, Cortlandt Alley, has been **(4)** \_\_\_\_\_ for almost all the alley scenes in films and TV series that are set in New York. Films with scenes that were shot there include Crocodile Dundee and Men in Black 3, and TV series like Blue Bloods, Boardwalk Empire, NYPD Blue, and Law & Order.

## Go there

Thousands of tourists want to be **(5)** \_\_\_\_\_ in Cortlandt Alley. It is on the edge of Chinatown, in Manhattan, between Franklin Street and Canal Street. In fact it is a perfectly safe place to visit. In real life, it is not **(6)** \_\_\_\_\_ by gangsters, but is the home for perfectly respectable businesses such as the New York Table Tennis Federation Training Center.

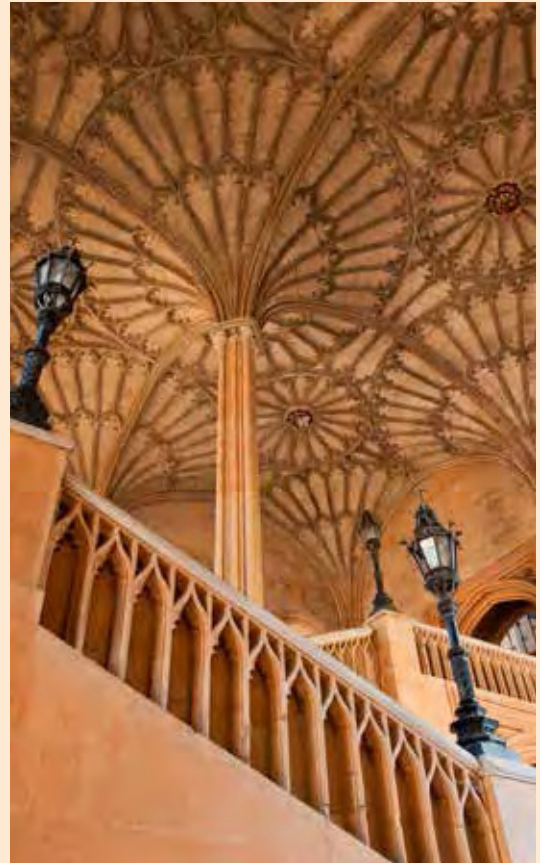


## C Christ Church College Oxford, UK

This wonderful 16th century college, with a spectacular tower, which was **(7)** \_\_\_\_\_ by the famous architect Sir Christopher Wren, has an important connection with children's literature. It was at Christ Church that Charles Dodgson, professor of mathematics, first met the children of the Dean (the head of the College). He used to tell them stories, and was **(8)** \_\_\_\_\_ by one of the girls, Alice, to write *Alice in Wonderland*, in 1865, under the pen-name of Lewis Carroll. Many years later, Christ Church was used as the setting for several film adaptations of some other famous children's books, the *Harry Potter* novels. The first time Harry and his friends enter Hogwarts, they walk up the Christ Church staircase where Professor McGonagall is waiting for them at the top. The dining room in Hogwarts is the Christ Church Dining Hall. It could not be used for filming, because it was being used by students at the time, so it was recreated in a studio.

### Go there

Visitors are **(9)** \_\_\_\_\_ throughout the year. However, as the college is a working academic institution, some areas may occasionally be closed to the public. Opening times: Monday to Saturday: 9 a.m.–5 p.m., Sunday: 2 p.m.–5 p.m.  
[www.chch.ox.ac.uk](http://www.chch.ox.ac.uk)



## **Glossary**

**Earl and Countess** titles given to British aristocrats  
(people of a high social position)

**Hogwarts** the fictional boarding school where Harry  
Potter goes

Adapted from a travel website

# What does your profile picture say about you?

**Whether it's a photo of you on a night out or of you with your newborn baby, the image you choose to represent you on social networking sites says a lot about you.**



Profile pictures on Facebook and similar sites are the visual projection to friends and family of who you are and what you are like. On Twitter, where people follow both friends and strangers, profile pictures are smaller and perhaps more significant. They are often the first and only visual introduction people have to each other. So what does your profile photo say about you?

According to communications consultant Terry Prone, there are 12 categories that cover most types of profile pictures.

## **1 The professionally taken photo**

You use social media **mainly for business or career purposes.**



2

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You want to show **what you have achieved** in your family life, and are generally more interested in a response from women than from men.

3

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You see **your other half** as the most important thing in your life, and you see yourself as one half of a couple.

4 **Having fun with friends**

Generally **young and carefree**, you want to project an image of being fun and popular.

5

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You are a bit of an escapist and keen to show **a different side of yourself** from what you do on a day-to-day basis.

6

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This kind of image says that you don't really want to **grow up** and face the future. You are nostalgic for your childhood.

7 **Caricature**

Using a caricature is a way of saying that your image isn't rigid and that you don't **take yourself too seriously**.

8 **Photo related to your name, but not actually you (a shop sign, or product label for example)**

You want to be identifiable, but you feel your name is more important than what you look like.

9 **Photo related to your political beliefs or a team that you support**

You think that your beliefs and interests are more important than your personality.





10 \_\_\_\_\_

You think that showing yourself with **a well-known person** will make you seem more important.

11 **Self-portrait taken with webcam or camera phone**

Functional. It says, 'Look, I don't **dress up**; take me as I am.'

12 \_\_\_\_\_

You only use social media in a professional capacity, and you identify more with your work role than with your private life.

Adapted from The Irish Times

# Yes, appearance matters.



When Susan Boyle first walked onto the stage of the Britain's Got Talent TV show people immediately thought that she looked like a 47-year-old single woman, who lived alone with her cat (which in fact she was). Nobody thought for a minute that she had a chance of doing well on the show, or could ever become a star. But when she opened her mouth and started singing *I Dreamed a Dream*, from the musical *Les Misérables*, everybody was amazed. After the video of her performance went viral, journalists started talking about how wrong it is to stereotype people into categories, and how we should learn, once and for all, 'not to judge a book by its cover'.



But social scientists say that there are reasons why we judge people based on how they look. On a very basic level, judging people by their appearance means putting them quickly into categories. In the past, being able to do this was vitally important, and humans developed the ability to judge other people in seconds. Susan Fiske, a professor of psychology and neuroscience at Princeton University, said that traditionally, most stereotypes are linked to judging whether a person looks dangerous or not. 'In prehistoric times, it was important to stay away from people who looked aggressive and dominant,' she said.

One reason why our brains persist in using stereotypes, experts say, is that often they give us generally accurate information, even if all the details aren't right. Ms Boyle's appearance, for example, accurately told us a lot about her, including her socio-economic level and lack of worldly experience.

People's enthusiasm for Susan Boyle, and for other underdogs who end up winning, is unlikely to stop us from stereotyping people. This maybe one of the reasons why, although Ms Boyle expressed the hope that 'maybe this could teach them a lesson, or set an example,' she did begin to change her appearance, wearing make-up, dying her grey hair, and appearing in more stylish clothing.

Adapted from The New York Times

# Do you want to practise for five hours or six?

**Amy Chua brought up her daughters the Chinese way...**



Your 12-year-old daughter is delighted. She got an A-minus in maths, second prize in a history competition, and top marks in her piano exam. Do you a) say Well done!, give her a hug, and tell her she doesn't need to practise the piano today, and can go to a friend's house, or b) **(1) ask why she didn't get an A in maths**, why she didn't get first prize in the history exam, and tell her she'll be punished if she doesn't do her piano practice?  
If you chose a), you are definitely not Amy Chua.



A lot of people wonder why so many Chinese children are maths geniuses and musical prodigies. Amy Chua explains why in her book *Battle Hymn of the Tiger Mother*. It is a book which caused great controversy among parents when it was first published. **(2)** \_\_\_\_\_, Chua married a man who she met at Harvard University, and when their two daughters were born she was determined that they would be as successful as she was.

Her system had strict rules. Her two daughters were expected to be number one in every subject (except gym and drama) and **(3)** \_\_\_\_\_. Playing with friends and TV was forbidden. Music was compulsory.

The system seemed at first to be working. From a very early age her daughters Sophia and Lulu were outstanding pupils and musical prodigies. At 13 Sophia played a piano solo at the Carnegie Hall in New York, and at 12, Lulu a violinist, was the leader of a prestigious orchestra for young people. Chua chose maths and music for her daughters, but it seems that they could have excelled in anything.

**(4)** \_\_\_\_\_.

Eventually Chua realized that she was pushing her daughters too hard. Lulu had always rebelled the most, and when she was 13 she refused to co-operate at all. After a series of violent arguments, Chua decided to give her daughters a little more freedom, and Lulu immediately gave up violin lessons and took up tennis. **(5)** \_\_\_\_\_.

Many people have been shocked by the book.

**(6)** \_\_\_\_\_. She once sent her daughter Lulu, aged three, into the garden without her coat when it was -6° because she had behaved badly at her first piano lesson.



However, the girls do not seem to resent their mother. Sophia said that she herself chose to accept the system, and after the book was published she wrote an article defending her mother. Lulu says that although she no longer wants to be a violinist, she still loves playing the violin.

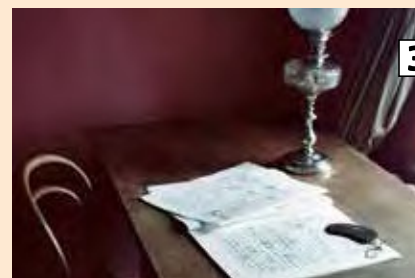
**(7)** \_\_\_\_\_. Sophia is now studying law at Harvard, and Lulu is doing well at high school and winning tennis trophies.

Interestingly Chua, who was brought up in a family of four girls, has no idea whether she could apply her Chinese parenting system to boys. **(8)** \_\_\_\_\_.

Adapted from The Times

# Tchaikovsky's house

**In 1885 Tchaikovsky wrote to a friend, 'These days I dream of settling in a village not far from Moscow where I can feel at home.'**



First he rented a small house in the village of Maidanovo. But Maidanovo was too full of tourists in the summer, and Tchaikovsky had too many visitors, when what he wanted was peace and quiet. Eventually he found the perfect house, in the small town of Klin. It was 85 kilometres northwest of Moscow and he lived there until his death on 6 November 1893. It is the place where he wrote his last major work, his 6th Symphony, or the *Pathétique* as it is sometimes called.

It's a grey wooden house with a green roof. Tchaikovsky's servant Alexei lived on the ground floor, and the kitchen and dining room were on the first floor. Tchaikovsky himself lived on the second floor. The sitting room and study, where his piano is located, is the largest room in the house and there is a fireplace and a **bookcase** with his music books. His writing desk, where he wrote letters every morning after breakfast, is at the end of the room. But the place where he composed music was in his bedroom, on a **plain**, unpainted table **overlooking** the garden.

In his final years, Tchaikovsky's great love was his garden. It was not a **tidy** English-style garden, but more like a forest. He adored flowers, particularly lilies of the valley, and after his death, his brother Modest, who had decided to **turn the house into** a museum, planted thousands of lilies of the valley around the garden.



In 1917, after the Bolshevik revolution, an anarchist named Doroshenko lived there with his family. People say that he fired shots at the portrait of Pope Innocent **hanging** in one of the bedrooms. He was finally arrested in April, and the house became the **property** of the state.

Since 1958, the winners of the annual International Tchaikovsky Competition have all been invited to come to Klin to play his piano, and there is a tradition that each musician plants a tree in his garden in the hope that, like his music, it will **remain** beautiful forever.



# The King of Complainers

**Clive Zietman loves complaining – but not shouting in hotel lobbies, or angrily telling a shop assistant to call the manager, or making a waitress cry. He loves complaining properly and in writing. Over the last 20 years he has written over 5,000 letters of complaint. His successes include refunded holidays, countless free meals, and complimentary theatre tickets.**



So how has he achieved this? ‘Screaming and shouting is a complete waste of time and is usually directed at a person who is not in a position to do anything,’ he says. ‘I like to write a polite letter to the company. People won’t want to help you if you are aggressive, they respond much better to good manners.’

It all started many years ago, on a boring train journey home to West London. The train passed by the McVitie’s biscuit factory, and the smell of the biscuits made Clive feel hungry. He wrote a letter to the managing director to complain, in a humorous way, about the fumes coming through the carriage window. The result? Some free packets of biscuits. But since then there have been more serious victories as well. On one occasion he managed to get a Volkswagen Golf GTI within 24 hours for a friend who had been complaining for almost a year (without any success) about his faulty vehicle. On another occasion he got a travel agent to refund the cost of a holiday worth £2,000, after Clive’s wife Bettina broke her leg when she slipped in a puddle of water in their holiday apartment in Spain.



These days, there is almost nothing he won't complain about. After Clive was served mouldy strawberries on a British Airways flight, he used a courier service to send the fruit to the airline's chief executive. To compensate, BA invited his daughters, Nina and Zoë, to Heathrow to personally inspect the airline's catering facilities. 'I just can't bear bad service,' says Clive. 'We have a right to good service, and should expect it and demand it. In fact, what irritates me more than anything is that, unlike Americans, we British are hopeless at complaining.'

So how do Bettina, his wife, and daughters Nina, 22, Zoë, 18, and 12-year-old son Joe cope with living with Britain's biggest complainer? Surely he must be a nightmare to live with? Has he ever asked Bettina to explain why a meal she made is badly cooked? 'Oh no, of course not,' says Clive. It seems there are some things even he knows you should never complain about!

Adapted from the Daily Mail website

## How to complain successfully: Clive's top tips

1

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Never shout and **swear** – it achieves nothing. Don't **spoil** your meal or your holiday by getting into an argument with a waiter or customer services call centre operator. Make a mental note of the circumstances and write a letter later.

2

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Don't send emails, or standard, printed-out complaints forms. Companies may not read these but they probably will read a letter. And unless you are particularly fond of Vivaldi, don't **waste your time** ringing a customer complaints line! Your letter should be short and to the point and should fit on one side of A4 paper. And type it. Reading other people's handwriting is hard work.



3

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Write to the company's marketing director or finance director, as they're probably the least busy. Find their name on the internet, or by phoning. Writing *Dear Sir / Madam* is lazy. Taking the time to find a person's name and title shows initiative.

4

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If your complaint is serious enough, **make it clear** you will not **hesitate** to change to another bank / mobile phone company. Smart companies know that changing an angry customer into a satisfied one will make the customer more loyal.

5

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Don't say exactly what you expect to receive as compensation. Leave it to the company.

6

---

Use phrases like 'I can only imagine this is an unusual departure from your usual high standards,' and 'I would love to shop with you again if you can demonstrate to me that you are still as good as I know you used to be'.

### **Glossary**

#### **lose your temper**

become angry

#### **threaten** verb

warn that you may punish sb if they do not do what you want

#### **flattery** noun

saying good things about sb that you may not mean

# In the Dragons' den

**Peter Jones and Duncan Bannatyne have been Dragons on the show since it started. Deborah Meaden joined in 2006.**



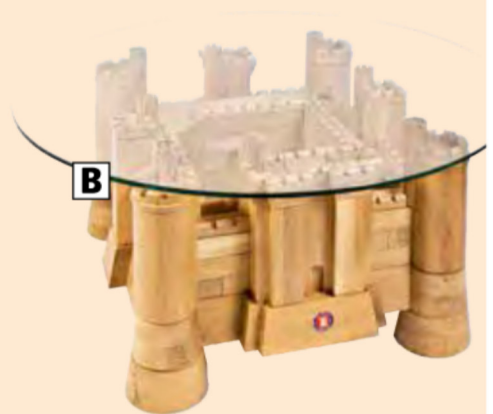
Dragons' Den is a UK TV series, with similar versions in many different countries. In the UK programme, contestants have three minutes to present their business ideas to five very successful business people. These people are nicknamed the 'Dragons', and the intimidating room where they meet the contestants is the 'Den' (the dragons' home). The Dragons, who are often multi-millionaires, are prepared to invest money in any business that they believe might be a success. In return, they take **a share in the profits**. The contestants are usually young **entrepreneurs**, product designers, or people with a new idea for a service. After the contestants have made their presentations, the Dragons ask them questions about the **product** and its possible **market**, and then say if they are prepared to invest or not. If they are not convinced by the presentation, they say the dreaded words 'I'm out'.



So far, the Dragons have agreed to invest in 110 businesses. They were very pleased with their investment in Levi Roots, the Rastafarian singer who had the idea for Reggae Reggae Sauce. He came into the Den with a guitar, a couple of bottles of sauce he had made in his kitchen – and nothing else. But the Dragons sensed an opportunity in the charismatic Levi, and two of them agreed to invest in his product. Two months later the sauce was on the shelves of one of Britain’s biggest supermarket chains, and Levi is now running an impressive and profitable company.



Paul Simpson wanted the Dragons to invest in his handmade coffee tables. They have a wooden base, which look like 14th century castles, and a glass top. Nobody was enthusiastic, and the Dragons **rejected his idea**. But Paul hasn’t given up. Now he is making a new table, this time a replica of Windsor Castle, which he thinks might be popular with tourists. And that is what makes a real entrepreneur – they never give up. If the Dragons invest in them, there is a good chance they will **be successful**. But if they leave the Den empty-handed, the determination **to make it** on their own is as great as ever.



And of course the Dragons don’t always get it right. Inventor Rob Law’s product, a suitcase for children which they can also ride on, was rejected as **‘worthless’**. One Dragon thought it was not strong enough, and another Dragon, who runs a holiday company, said she didn’t think there was a market for the product. A third Dragon simply said ‘I meet people like you all the time. You think you have something, but you don’t’. However, today Trunki cases are best-sellers, and are sold in 22 different countries.



# The ticket inspector

**After this story was on the BBC, several people wrote in with their stories about being helped by strangers.**



I was living in a student flat in North London, when the police knocked on my door one night. I thought it was because I hadn't paid the rent for a few months, so I didn't open the door. But then I wondered if it was something to do with my mother, who I knew wasn't very well. There was no phone in the flat and this was before the days of mobile phones, so I ran down to the nearest phone box and phoned my dad in Leeds, in the north of England. He told me that my mum was very ill in hospital and that I should go home as soon as I could.

When I got to the station I found that I'd missed the last train to Leeds. There was a train to Peterborough, from where some local trains went to Leeds, but I would miss the connection by about 20 minutes. I decided to get the Peterborough train – I was so desperate to get home that I thought maybe I could hitchhike from Peterborough.

'Tickets, please.' I looked up and saw the ticket inspector. He could see from my eyes that I'd been crying. 'Are you OK?' he asked. 'Of course I'm OK,' I said. 'You look awful,' he continued. 'Is there anything I can do?' 'You could go away,' I said rudely.

But he didn't. He sat down and said 'If there's a problem, I'm here to help'. The only thing I could think of was to tell him my story. When I finished I said, 'So now you know. I'm a bit upset and I don't feel like talking any more, OK?' 'OK,' he said, finally getting up. 'I'm sorry to hear that, son. I hope you make it home.'



I continued to look out of the window at the dark countryside. Ten minutes later, the ticket inspector came back.

## The students



I was living in South Korea at the time, teaching English. I had to leave the country and return again because of problems with my visa, so I booked a ferry to Fukuoka in Japan. I intended to change some Korean money into Japanese yen when I got there, but when I arrived I discovered it was a holiday in Japan and all the banks were closed. I didn't have a credit card, so I walked from the ferry terminal towards the town wondering what I was going to do without any Japanese money. I was feeling lonely and depressed when suddenly I heard a young couple speaking French. I asked them if they spoke any English, and they told me (in good English) that they were Belgian students. When I explained my problem, they immediately offered to take me around the city and look for somewhere where I could change money. They paid for my bus ticket, and they took me to several places and in the end we found a hotel where I was able to change my cash. They then invited me to join them and their friends for the evening. I had a fantastic night and have never forgotten how they changed all their plans just to help a stranger.

– Karina



## The angel



It was a cold Sunday evening in Manchester. I was a university student, and my girlfriend and I had been invited to dinner with our tutor at his house 30 km away. We decided to go on my motorbike, but we hadn't realized how cold it was, so we hadn't dressed properly, and after ten minutes on the bike we were absolutely freezing. When we were about half way there, the bike started to make a funny noise and then stopped. We had run out of petrol. We stood at the side of the road, shivering with cold, and not sure what to do.

Suddenly a passing car stopped. The driver got out, opened the boot of his car, and took out a can of petrol. He walked up to my bike, opened the petrol tank, and poured the petrol in. He then closed the tank and got back into his car, without saying a single word, and drove away. We couldn't believe our luck. We sometimes wonder if the man who rescued us was an angel...

– Andy



# A question of luck?



What is the question we always ask about successful people? We want to know what they're like – what kind of personalities they have, or how intelligent they are, or what kind of lifestyles they have, or what special talents they might have been born with. And we assume that it is those personal qualities that explain how that individual gets to the top of his or her profession.

But according to Malcolm Gladwell, in his book *Outliers*, we are asking the wrong questions. He thinks that while talent is obviously a factor, there are two other more important ones that make a person successful. The first of these factors is luck.



He begins with the example of sports players. In recent research done on various groups of elite ice hockey players from Canada and the Czech Republic, one fascinating fact came to light. In both countries, it was discovered that 40 per cent of the players in the top teams were born between January and March, 30 per cent between April and June, 20 per cent between July and September, and only 10 per cent between October and December. The explanation was simple. The school year in these countries runs from January to December. A boy who is ten on January 2nd will be in the same class as one whose 10th birthday is on December 30th. The chances are the first boy will be bigger, stronger, and more coordinated. He is much more likely than the other boy to be chosen to play in junior teams. He will then get better coaching than the others, and will play many more games, so will also get more practice. In the beginning his advantage isn't so much that he is more talented, simply that he is older. He was lucky enough to be born in the first months of the year. But by the age of 13 or 14, with the extra coaching and practice, he really will be better than the others, and far more likely to be successful.

The extra practice is vital, because the second factor that Gladwell believes is of great importance in determining whether somebody is going to be successful or not is what he calls the '10,000 hours theory'. This theory, based on studies in many different fields, says that in order to get to the very top you need to put in 10,000 hours of practice, whether it is playing an instrument or a sport, or programming a computer.

Adapted from a British newspaper

# Information overload



If you type the words 'information overload' into Google, you will immediately get an information overload – more than 7 million **hits** in 0.05 seconds. Some of this information is interesting – for example, you learn that the phrase 'information overload' was first used in 1970, actually before the internet was invented. But much of the information is not relevant or useful: obscure companies and even more obscure **bloggers**.

Information overload is one of the biggest irritations in modern life. There are news and sports websites to watch, emails that need to be answered, people who want to chat to you online, and back in the real world, friends, family, and colleagues who also have things to tell you. At work, information overload is also causing problems. A recent **survey** has shown that many company managers believe that it has made their jobs less satisfying, and has even affected their personal relationships outside work. Some of them also think that it is bad for their health.

Clearly there is a problem. It is not only the increase in the quantity of information, it is also the fact that it is everywhere, not just in the home and in the workplace. Many people today do not go anywhere without their smartphones. There is no escape from the internet.



Scientists have highlighted three big worries. Firstly, information overload can make people feel anxious: there is too much to do and not enough time to do it. People end up **multitasking**, which can make them even more stressed. Secondly, information overload can make people less creative. Research shows that people are more likely to be creative if they are allowed to focus on one thing for some time, without interruptions. Thirdly, information overload can make people less productive. People who multitask take much longer and make many more mistakes than people who do the same tasks one after another.

What can be done about information overload? One solution is technological: there is now a computer program or app you can install called 'Freedom', which disconnects you from the web at preset times. The second solution involves willpower. **Switch off** your mobile phone and the internet from time to time. The manager of an IT company puts 'thinking time' into his schedule, when all his **electronic devices** are switched off so that he isn't disturbed. This might sound like common sense. But nowadays, although we have more information than ever before, we do not always have enough common sense.

Adapted from a news website

# Modern icons



1



2



3



4



5

**1 The Macintosh Classic** was the personal computer which was made by Apple in 1990. It had a 23 cm monochrome screen and a 4 megabyte (MB) memory. It was cheaper than earlier Apple computers and very easy to use. It was their first commercially successful computer.

**2 Stephen Wozniak** is the American computer engineer and programmer whose computer designs became the original Apple I and Apple II computers. He and Steve Jobs became friends when they were both working at Hewlett Packard. They started making computers in Jobs's parents' garage and together they founded Apple Computers (now Apple Inc.) in 1976.

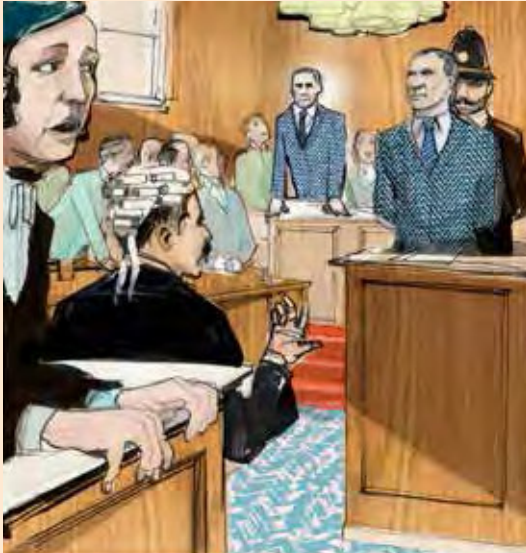


**3 Mona Simpson** is Steve Jobs's sister. Jobs was adopted when he was born, but in the 1980s he found his biological mother, who told him that he had a sister. Mona and Steve met for the first time in 1985 (when she was 25 and he was 30) and they became very close. They kept their relationship secret for a year until Mona introduced Steve as her brother at the party which she gave to celebrate the publication of her first novel, *Anywhere But Here*.

**4 Mountain View** is the area in California where Steve Jobs grew up. He was born in San Francisco and was adopted by Paul and Clara Jobs. When he was six years old the family moved to Mountain View, which was becoming a centre for electronics. People began to call the area 'Silicon Valley' because silicon is used to manufacture electronic parts.

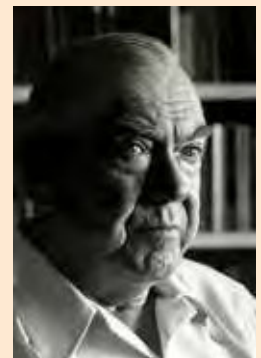
**5 This is the logo** which was designed by Jonathan Mak, a Chinese design student from Hong Kong, as a tribute to Steve Jobs when he died. The design, which used Jobs's silhouette incorporated into the 'bite' of a white Apple logo, became a worldwide internet sensation. The teenager said that Jobs had inspired him to become a designer.

# The Case for the Defence



by **Graham Greene**

**The Case for the Defence is a short story written by novelist Graham Greene. The story takes place in England around the time it was written, in the late 1930s, when the death penalty for murder still existed. It was abolished in 1965.**



## Part 1

It was the strangest murder trial I have ever attended. They named it the Peckham murder in the headlines, although Northwood Street, where Mrs Parker was found murdered, was not actually in Peckham.

The prisoner was a well-built man with bloodshot eyes. An ugly man, one you wouldn't forget in a hurry – and that was an important point. The prosecution intended to call four witnesses who hadn't forgotten him and who had seen him hurrying away from the little red house in Northwood Street.



At two o'clock in the morning Mrs Salmon, who lived at 15 Northwood Street, had been unable to sleep. She heard a door shut and so she went to the window and saw Adams (the accused) on the steps of the victim's house. He had just come out and he was wearing gloves. Before he moved away, he had looked up – at her window.

Henry MacDougall, who had been driving home late, nearly ran over Adams at the corner of Northwood Street because he was walking in the middle of the road, looking dazed. And old Mr Wheeler, who lived next door to Mrs Parker, at number 12, and was woken up by a noise and got up and looked out of the window, just as Mrs Salmon had done, saw Adams's back and, as he turned, those bloodshot eyes. In Laurel Avenue he had been seen by yet another witness.

### **Glossary**

#### **trial**

/ˈtraɪəl/

the process where a judge listens to evidence and decides if sb is guilty or innocent

#### **Peckham**

/ˈpekəm/

an area in South London

#### **the prosecution**

/prɒsɪˈkjuːʃn/

the lawyer(s) who try to show that sb is guilty of a crime

## **Part 2**

‘I understand,’ the lawyer for the prosecution said, ‘that the defence intends to plead “mistaken identity”. Adams’s wife will tell you that he was with her at two in the morning on February 14. However, after you have heard the witnesses for the prosecution and examined carefully the features of the prisoner, I don’t think you will be prepared to admit the possibility of a mistake.’





Mrs Salmon was called again. She was the ideal witness, with her slight Scottish accent and her expression of honesty and kindness. There was no malice in her, and no sense of importance. She told them what she had seen and how she had rung the police station.

‘And do you see the man here in court?’

She looked straight at the big man in the dock, who stared hard at her with his bloodshot eyes, without emotion.

‘Yes,’ she said, ‘there he is.’

‘You are quite certain?’

She said simply, ‘I couldn’t be mistaken, sir.’

‘Thank you, Mrs Salmon.’

The lawyer for the defence began to cross-examine Mrs Salmon.

‘Now, Mrs Salmon, you must remember that a man’s life may depend on your evidence.’

‘I do remember it, sir.’

‘Is your eyesight good?’

‘I have never had to wear spectacles, sir.’

‘You’re 55 years old, aren’t you?’

‘56, sir.’

‘And the man you saw was on the other side of the road, is that right?’

‘Yes, sir, he was.’

‘And it was two o’clock in the morning. You must have remarkable eyes, Mrs Salmon?’

‘No, sir. There was moonlight, and when the man looked up, he had the lamplight on his face.’



‘And you have no doubt whatever that the man you saw is the prisoner?’

‘None whatever, sir. It isn’t a face you can easily forget.’

### **Glossary**

#### **the defence**

/dr'fens/

the lawyer(s) who try to show that sb is not guilty of a crime

#### **plead (guilty)**

/pli:d/

to say in court that you are guilty (or not guilty) of a crime

#### **court**

/kɔ:t/

the place where crimes are judged

#### **dock**

/dɒk/

the place in a court where a person who is accused sits or stands

#### **cross-examine**

/krɒs ɪg'zæmɪn/

to question a witness carefully about answers they have already given