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PREFACE

Dear students,

This book is designed to encourage you to develop your abilities to think, speak and write as freely as possible.

What will you learn from this book?

10 units of *Supplementary Reading* will introduce you to the most important issues of human life: *FAMILY*, *CAREER*, *HEALTH*. Your reading will consist of short selections of most original material we could find. You will have an opportunity to discuss and write about these selections and the ideas in them with clarity and precision. Each unit begins with focus vocabulary, which serves to attract your attention to the language of the text. After each text you will find a series of exercises which will help you to understand the problems raised in the text better and will provide you with intensive skill practice. At the end of each unit you will find writing suggestions and points for discussion you may enjoy.

We also hope that this book will be a good complement to your classes of speech practice.

Unit 1

PROFESSIONAL ACTIVITY AND FAMILY LIFE

Focus vocabulary

Flexibility	To sacrifice
Fast-paced careers	To forsake
Quality home-time	Unpaid leave
Dual-career couples	Parental leave
Child care	Leave taker
To share a single job	To hang on by one's fingernails
Traditional set-up	To make concessions
To go the extra mile	Regular daily schedule
To be well worth the effort	Flexible benefits
The work-at -home privilege	Extra life insurance
High-profile employees	To get the green light
To pull one's leg	

Read the text carefully consulting a dictionary to learn the meaning of unfamiliar words:

WORK AND FAMILY

Flexibility is the name of the game for the growing number of American couples who are trying to juggle a marriage, two jobs and the children. Families have learned that flexibility is the only way to pack fast paced careers and quality home time into tight schedules. Employers have realized that they also have to be flexible, if they want to avoid losing valued workers to burnout and stress. The result is some rather novel approaches to work and play in the 1990s.

Chin and Beth Davis are one of the decade's new breeds of

used it”.

Margie and William Freivogel also avoid using day care, but their arrangement gives them quite a bit more free time. The Freivogels have been sharing a single job for the last eight years. He works Mondays and Tuesdays as the assistant Chief of the Washington bureau of the St. Louis POST DISPATCH. She works Wednesdays and Thursdays in the same position. They split Fridays and the care of their four children, who range in age from 5 to 13. “The paper can have one of us at any time, but never both of us at the same time”, says Margie.

Scores of other couples across the United States have more traditional set-ups, but learned to be flexible nonetheless. John and Sue Jones get up every morning and go off to work at separate jobs, but take turns shuttling their children to day care or doing the grocery shopping. Racine and Philip Hood say they have managed to keep their marriage solid, while raising two kids and getting ahead in their jobs, by setting priorities. “The earth is not going to come to an end because that table is not dusted. And before you know it, 25 years have passed around here, so where in the world has the time gone”, says Philip.

Life is getting a little easier for couples like the Joneses and the Hoods because the employers are starting to see it is worthwhile to do what they can to ease the burden for their workers. In a survey of 4,000 employees, aimed at assessing their social needs, the DuPont Company found that ignoring family issues could lead to the loss of good employees. “The fact that 25 per cent of the men and about 50 of the women have considered seeking another employer who might offer more work or family flexibility, shows how seriously these issues can affect the company” says Mr. Wilkinson, the personnel manager of DuPont. “In our survey, employees told us- loud and clear- that what they needed from DuPont to help them balance their work and family responsibilities, is flexibility in our programs, and importantly, understanding when they have special problems”.

Those employers who go the extra mile often find it is well worth the effort. Mariles Gasto, owner of Gasto Travel, Inc., decided to take a new

Even high-profile employees have found that working at home can be the ideal way to balance career and family life. Deborah Norville decided not to return to her co-anchor job at NBC's "Today" show after her son was born in 1991. But ABC Radio later made her an offer she could not refuse. They asked her to host a nightly radio show from her home. "I thought they were pulling my leg," says Norville. "But the next thing I knew, these men with their wires and headsets and microphones were scurrying through my house putting wires in walls."

A growing number of women are choosing to leave the corporate world altogether to start their own businesses and do things their own way. They can work long hours when they need to, but take days off if necessary. It's the output, not the work schedule that makes priority.

Dana Friedman, co-president of the New York-based Family and Work Institute, says younger workers, especially, care more about quality of life, than getting ahead in their jobs. "This runs counter to the career ethic, which implies that the employees will strive for promotions and perform even when their work is not particularly interesting or satisfying," she says. "Careerists are willing to sacrifice family and personal interests to succeed, but not so those subscribing to the self-development ethic".

A growing number of men also are expressing a desire to put family before career. In a 1989 survey commissioned by the executive recruiting firm Robert Half International, 74 percent of men said they would rather have a "daddy track" job than a "fast-track" job. Nearly half of the men surveyed said they were willing to forsake promotions in order to spend more time with their children. James Levine, director of the New York-based Fatherhood Project says many of the men who put family before careers are most likely baby-boomers who did not get to spend quality time with their own fathers.

The U.S. Congress has passed the Family and Medical Leave Bill, mandating that companies with 50 or more employees must provide up to 12 weeks unpaid leave every year for reasons ranging from physical or mental illness of a family member to spending time with a newly adopted child. The bill's broad language will allow dual career couples greater

businesses, you don't keep adding to their burden", says Harvey Goldstein, a managing partner of a mid-sized Los Angeles accounting firm.

But a study by the Family and Work Institute found that many employers' fears may be unfounded. The study of 4 states that enacted family leave laws before the federal legislation went into effect considered that "it is far less expensive to support a parental leave than to replace the employee permanently". The study also found that 94 per cent of the leave takers return to their jobs after taking time off. "The economic realities are that most employees can't afford to be off without pay." Says research associate L. Kane.

Companies that have been providing unpaid leave of their own accord support that view. Since AT & T began offering up to 12 months of unpaid leave with benefits and a job guarantee, less than 1 % of its 300,000 employees have taken the company up on its offer every year. About 150 use it to take care for a sick family member and 2,500 take time to be with their children.

Companies of all sizes are learning to make concessions to keep their employees happy. Some of them introduce flextime, allowing their workers to arrive as early as 7 a.m. or to leave as late as 6 p.m. as long as they keep a regular daily schedule. New mothers who live nearby are allowed to go home to nurse their infants and employees can use their own sick leave when they have to stay home to look after a sick child.

Barrios, which specializes in engineering and computer-related services, also gives its employees so-called flexible benefits. Parents can get up to \$1,020 annually for child care. Childless employees can choose to apply that money to extra life insurance or a health club instead.

In some cases, employees find that flextime is theirs for the asking. That's how the Freivogels were able to get the green light to share their job at the newspaper. While their bosses were skeptical at first, neither side has regrets. Says POST-DISPATCH managing editor D. Lipman: "The quality of work and the results have been good for the paper, and it has enabled us to keep in the workplace some very talented individuals who might otherwise have had to opt for something else." That's a lesson more

1. Why do American families and American employers have to learn flexibility?
2. What are the options for American dual-career couples to juggle a marriage, two jobs and the children?
3. How seriously can ignoring family issues affect companies and employers?
4. What efforts are some employers starting to make to avoid losing their valued workers?
5. What are the advantages for working women of starting their own business?
6. What categories of people are expressing desire to put family before career?
7. What does the Family and Medical Leave Bill mandate
8. In what exceptional circumstances can top executives be denied family leave?
9. Is it more expensive for employers to support a parental leave or to replace the employee permanently?
10. What are the concessions made by companies to keep their employees happy?

II. Intensive Comprehension

Say if the following statements are true or false

1. Some American working couples think that child care is very expensive.
2. Sharing a single job gives working couples a bit more free time than doing shift work.
3. Setting priorities doesn't help keep one's marriage solid.
4. The employers who go the extra mile to help their employees balance their work and family responsibilities find it isn't worth the effort.
5. Working at home can be the ideal way to balance career and family life even for high-profile employees.

greater flexibility in scheduling around family needs.

10. Very few companies in America introduce flexible benefits to keep their employees happy.

III. Language Focus

1. Find the words and expressions in the text that mean:

1. adaptability, adjustability
2. rapid or speedy career
3. a married couple with both spouses having jobs
4. continuously for many days
5. a traditional arrangement or organization
6. provision of daytime training, supervision and recreation for children of preschool age
7. to fix or establish a rule or a standard
8. to make the strain of problems less troublesome or difficult
9. to make some additional efforts
10. to make playful fun of someone by encouraging them to believe smth. untrue
11. to give up completely the idea of getting promotions
12. without running the risk of being sacked
13. to refuse to give family leave to smb.
14. To have baseless fears (not supported by facts)
15. To accept the offer of the company
16. To make a choice of another course of action

2. Some words in the text belong to the so-called “ international” words. Compare, e.g., the pronunciation of these words with their Russian equivalents.

Decade - декада

3. Pick out from the text all the words which you might call “international’ (there must be about 45 of them).

4. Change the words in capital letters to fit the context of the sentence.

1.It is less expensive to support a leave than to replace the employee. (PARENT)

2.His holiday has had a effect. (BENEFIT)

3.The company pays all your (EXPENSIVE)

4.Lengthy of little children from their mothers can lead to psychological problems. (SEPARATE)

5.The economic crisis has caused a serious trade between the two countries. (BALANCE)

6.She was asked to host a TV show. (NIGHT)

7.There are various open to you. (OPT)

5.Translate the following sentences using the vocabulary of the text.

1.Работающие семейные пары научились быть гибкими в организации своей семейной жизни.

2.Работающие супруги по очереди возят детей в детский сад и покупают продукты.

3.Решив, что для них является главным в жизни, супруги смогли сохранить крепкую семью.

4.Опрос показал, что ценные работники часто увольняются, так как они не могут найти подходящий детский сад для своих детей .

5.Даже служащие, занимающие высокие посты, считают, что работа на дому—это идеальная возможность совмещать семейную жизнь и профессиональную деятельность.

6.На первом месте стоит конечный результат труда, а не количество часов, проведенных на рабочем месте.

their careers and family life.

2. Talk about the importance for employers to understand social needs of their employees.

Unit 2

BUSINESSWOMEN

Focus vocabulary

To run a business	To nurture smb.
To expand a business	To set up a business
Publishing company	To have confrontations
To be involved with a business	To negotiate
To drive smb.	To elbow one's way into
To yearn for smth.	To push smb.'s nose to the grindstone
To provide smb. with smth.	To be a natural
To achieve success	To be short of money
To be blessed with smth.	To have a knack for smth.
To remember slights	To take a dim view of smth.
Chaotic/ messy/ disorganised	To find one's feet

Read the text carefully.

RELATIVE VALUES

Jill Sinclair, the record label owner,
and her father David.
Interviews by Caroline Scott.

Jill Sinclair, is the only woman in Britain to run an independent record label. Her father David, bought a recording studio in 1972 and the business expanded under Jill's directorship. She now owns 11 recording studios and a publishing company. She is married to the producer Trevor

were fairly low on the agenda. I was simply an exceptionally pretty little girl, and that was enough. I was very loved and very spoilt. My father,' 21st birthday present for me was a cottage in the country. My mother's greatest hope for me was to grow up and marry an accountant and live in Hampstead Garden Suburb. She finds this business thing all a bit much, and she still can't understand what drives me.

To be quite honest, I don't know what drives me. Running a record label is incredibly hard work and it is very stressful. I'm probably still trying to prove to her that I'm as good as my brother. There's no doubt that I have yearned for my mother to say: "Well done, I think you're fantastic". But I have never felt the need to prove anything to my father, because he's so undemanding. He's always given me the feeling that whatever I do is wonderful. He has provided me with complete, almost unquestioning devotion, and I couldn't have achieved what I have without him.

I'm very like my father in personality, and not like my mother. She has tremendous style- and an amazing ability to make you feel like an idiot. As soon as she walks into my house she notices something I haven't done. I'm someone who employs two housekeepers and a nanny, for God's sake, and still my mother makes me feel like a bad housewife. To be fair, it's not all her fault; she's an absolute perfectionist, always immaculate, and I'm messy and disorganised.

My relationship with my father has always been less complex and more forgiving. We're both blessed with bad memories, so we don't remember slights and problems and bad feelings. I learned an enormous amount about business from him by sitting at home and listening to him talking about problems with stock and cash flow.

But when I wanted to go into the family furniture business, the answer was an unequivocal no. In those days he felt that business was no place for a girl. So I accepted it and became a schoolteacher –and not a very happy one, because I was too chaotic and I yearned for a life which was less predictable.

Dad bought the recording studio for my brother. But it quickly became obvious that John was never going to be a businessman. Although

being a 15-year-old girl, so when I put together the various members of All Saints, I knew they 'd be a success. I have 22-year-old A&R boys who go out and dig up all kinds of bands, but the final decision is still down to me.

I've no wish to run the business like a man or to be a man. I don't want to be brutish and bombastic and egotistical. I'm a nurturer – I want to nurture my team to be the best they can be.

I don't think Daddy has learned much about music from me. We've had some big confrontations. On one occasion I suggested my husband was made a shareholder, and Daddy refused. Trevor was the lead singer of the Buggles and he was one of our best clients. Daddy said:" We don't give our best clients shares." He says now that it was a mistake.

There are complicated dynamics going on in every family, and I think in this case it was because he wanted my brother to be involved, rather than Trevor. Trevor is so moody and quiet and still- he was a penniless musician when we met- and my father couldn't get a handle on him at all. He's an artist. We got married on a Monday morning at Watford register office, and my parents weren't invited. My mother had wanted a giant *chuppah* in the synagogue with all the in-laws. Trevor isn't Jewish and he'd have run a mile. When he first came to a Friday-night dinner he said:" My God! If my family argued like this, we wouldn't talk for 20 years!" But for us that's normal. We all get together the following Friday night and argue about something different. It's why I find negotiation quite easy. In our family you have to elbow your way into the conversation, and once there, if you aren't succinct and you don't get your point across quickly, you're shouted down.

Daddy was 42 when I was born, so he was always the oldest father around, and as a child I had terrible nightmares about him dying. Even now, I can't face him not being there. Every day, without fail, I go into his office and I kiss him and say, "I love you," and make sure he's got everything he wants. When I was a child he always made me feel that nothing was going to go wrong, and he still does that. In my bleakest moments in business he has always been there and given me advice that no one else would offer.

David: Jill was a very quiet and shy child; never gave me a moment's bother. She's an extrovert now. Bossy even. Very bossy, actually. But she's been a wonderful daughter. I've had love and respect from her and I couldn't ask for anything more. Anything she wants, she asks me and I sign the cheques.

I do remember finding her quite difficult when she was a teenager. She was having a spot of bother, she wouldn't talk to her mother and she was crying and carrying on. I said "Jill, tell Daddy what's the matter, and I'll put it right..." And she wailed: "Oh, Daddy, you can't help me, nobody can." Then she told me what it was., and I said "Jill, you're quite right I can't help you." It was an emotional thing.

Jill runs the business, but if there are any problems she still comes to me. I bought the business for my son in 1972- didn't know a damn thing about music myself, but put up £40,000. Jill was a maths teacher- very bright girl- but she was earning trifling amount. So I let her into the company in 1977. It turned out she was a natural, so I gave her some shares and made her a director.

She's a hard worker, she has foresight, but most of all, she has an ear for music. And it's Jill, not me, who has turned this company from a minnow into a giant. As well as having a good ear, Jill's a very positive person, a confident person. She knows what she wants and she usually gets it. In a word, she's got balls.

Jill has never felt insecure in her life, because she's been very lucky. She was brought up in Hampstead Garden Suburb, where we lived for 30 years, and she was never short of money, ever. She doesn't work for money itself now, although she enjoys what it brings. What drives her is success. She wants to be number one, and she enjoys the fight. We made an enormous amount of money out of Frankie Goes To Hollywood, our first signing. And she sold Seal to Warner Brothers in a multi-million-dollar deal.

She has a tremendous knack for getting people on her side. When she negotiates with all the top people at Universal and Warner Brothers, she's on their level. I don't think you'd find a member of her own staff who

had the bank manager here, and Jill swivelled round in her chair to breast-feed the baby. He took a very dim view of that.

Every Friday night her mother and I have dinner at her house. She always invites friends and musicians. My wife used to bring a big tub of chicken soup with her: now Jill's housekeeper does it, but of course it's not as good as my wife's. We always start with evening prayers and end with the prayers after the meal. My grandchildren melt my heart. Even the baby, at four, knows all the words. When Trevor first come into the family he couldn't believe the noise, because we all argue like mad. He went away thinking we all wanted to murder each other.

I've always been a leader, and Jill is the same, but we're not in competition with each other. I'm at the office every day, checking things over, signing cheques, that sort of things. Jill says having me here gives her the confidence to do what she does. But she's found her feet now. She doesn't come to me unless there's something very important going on. It's how it should be. In a way, the roles have been reversed. If I want a salary increase, I ask, and there isn't a problem. She says: "What do you want Daddy?" I tell her, and it's done.

I. Comprehension check

Answer the questions:

1. What is Jill's family background?
2. Did Jill's parents dream of a business career for their daughter?
3. Why does Jill say that she couldn't have achieved what she has without her father?
4. Does she take after her mother or after her father in character?
5. What sort of relationship has she had with her father?
6. Has she always had the same sort of relationship with her mother?
7. Why didn't Jill's father want her to go into family business?
8. Was Jill happy as a schoolteacher?
9. What was the company like when Jill joined first?

minnow into a giant”?

15. Why does Jill find negotiation so easy?

16. Why is it so important for Jill to come home at 6 pm every evening?

17. What makes her father feel so happy every Friday night?

II. Language focus

1. Find the words and expression in the text that mean:

1. to increase in size
2. to be closely connected in activities with others
3. to force smb. to do smth.
4. to have a strong, loving, or sad desire
5. complicated, difficult to explain and understand
6. to encourage smb. to develop
7. to talk with another person or group in order to try to come to an agreement or settle an argument
8. to force a way into smth.
9. someone well suited to a job or certain to succeed
10. a special skill or ability, usually a result of practice
11. a person employed to discover and remove causes for trouble in organizations
12. to regard with disapproval

2. Locate the words from the focus vocabulary in the text and translate the sentences with them. Compare your translations.

3. Complete the sentences using the words from the text.

1. Sarm-Sound and Recording Mobile has expanded under Jill's

4. Make up the following vocabulary lists from the text.

- 1.business and personal qualities that help Jill to succeed in her career.
- 2.words dealing with money and business.

5. Translate from Russian into English using the vocabulary of the text.

- 1.В прошлом году компания звукозаписи продала продукции на сумму более 12 млн. фунтов стерлингов.
- 2.В семье Джил очень любили и баловали.
- 3.Быть директором фирменной студии звукозаписи—это невероятно тяжелая и напряженная работа.
- 4.Без полной поддержки и глубокой преданности своего отца, Джил не достигла бы того положения, которое она имеет сейчас.
- 5.И Джил и ее отцу повезло – они не держат зла на людей, не помнят обид.
- 6.Окончательное решение всегда остается за Джил.
- 7.Джил хочет научить свою команду достигать самых лучших результатов.
- 8.Когда оказалось, что Джил- просто находка для бизнеса, отец передал ей акции компании и назначил ее директором.
- 9.Джил обладает удивительной способностью привлекать людей на свою сторону.
- 10.Джил нашла свое призвание в жизни.

III. Follow Up Activities.

Discuss the following questions:

5. Is Jill happy managing to balance both her family life and career?

6. Would you be excited to have this sort of life?

7. Should parents praise and spoil their children telling them that they are the best, the most intelligent, the most beautiful etc. and thus give them confidence or should they give them the notion that they could do better?

8. Share your opinion of the proverb:

“Praise the youth and they will come”

Condemn the youth and they will fall”

9. Share your opinion about stereotyped ideas that women cannot combine happy marriage and successful career.

Unit 3

BUSINESS AND WORK

Focus vocabulary

Expiration	Incredulity
Commence	Wayward
Plying the trade of	Vagabond
Boot-black	Chequered
Fidelity	Vista
Confederate	Unbounded
Consequentially	Wavered
Upstart	To take a fancy to smb
Ejaculated	To withdraw from business
Prowess	Trials and privations
Incontinently	

Read the text carefully consulting a dictionary to learn the meaning of unfamiliar words:

FAME AND FORTUNE

By Horatio Alger

Fame and Fortune, published in 1868, is one of the more than 100 novels Horatio Alger (1832-1899) wrote about what “energy, ambition, and an honest purpose may achieve” even for poor young men and boys

The modern reader may well wonder at Alger’s limited and restricted vision of who can achieve success: women and minority groups do not figure prominently in his novels. It is a reflection of nineteenth-century

have lost my book-keeper."

"Yes, sir," said Dick.

"And I can't say I am sorry. I will do Mr. Gilbert the justice to say that he understood his business; but he was personally disagreeable, and I never liked him. Now I suppose I must look out for a successor."

"Yes, sir, I suppose so."

"I know a very competent book-keeper, who is intending to go into business for himself at the expiration of six months. Until that time I can secure his services. Now, I have a plan in view which I think you will approve. You shall at once commence the study of book-keeping in a commercial school in the evening, and during the day I will direct Mr. Haley to employ you as his assistant. I think in that way you will be able to succeed him at the end of his term."

Dick was completely taken by surprise. The thought that he, so recently plying the trade of a boot-black in the public streets, could rise in six months to the responsible post of a book-keeper in a large wholesale house, seemed almost incredible.

"I should like nothing better," he said, his eyes sparkling with delight, "if you really think I could discharge the duties satisfactorily."

"I think you could. I believe you have the ability, and of your fidelity I feel assured."

"Thank you, sir; you are very kind to me," said Dick, gratefully.

"I have reason to be," said Mr. Rockwell, taking his hand. "Under God it is to your courage that I owe the life of my dear boy. I shall never forget it. One thing more. I intend Michael to undertake most of your present duties, such as going to the post-office, etc. Do you think he will answer?"

"I think so," said Dick. "He has been a rough customer, but then he has never had a chance. I believe in giving everybody a chance."

"So do I," said Mr. Rockwell. "Michael shall have his chance. Let us hope he will improve it."

There are many boys, and men too, who, like Micky Maguire, have never had a fair chance in life. Let us remember that, when we judge them,

comrade's neat appearance. "When did you come back from *the Island*?"

"Shut up about the Island, Jim," said Micky. "Do I look as if I had been there?"

"You look nobby," said Jim. "Where's your brush?"

"I've give up the blackin' business," said Mickey.

"You have? What are you going to do? Sell papers?"

"No," said Micky, consequentially. "I'm in business on Pearl Street."

"Why," said Limpy Jim, surprised, "that's where that upstart Ragged Dick works."

"He aint an upstart, an' he aint ragged," said Micky. "He's a friend of mine, an' if you insult him, I'll lam' ye."

"O my eyes!" ejaculated Jim, opening the organs of vision to a very wide extent; "that's the biggest joke I ever heerd of."

"You'll hear of a bigger one pretty quick," said Micky, rolling up his sleeves, and squaring off scientifically.

Limpy Jim, who had a respect for Micky's prowess, incontinently fled, surveying Micky from a safe distance, with a look in which surprise seemed to mingle with incredulity.

It may seem strange, but, from that time forth, Dick had no firmer friend than Micky Maguire, who, I am glad to say, though occasionally wayward, improved vastly, and became a useful employee of the establishment which he had entered. Of course both in ability and education, though in the last he gained considerably, he was quite inferior to Dick; but he was advanced as he grew older to the position of porter, where his strength stood him in good stead. His pay increased also, and through Dick's influence he was saved from vicious habits, and converted from a vagabond to a useful member of society.

And now, almost with regret, I find myself closing up the record of Dick's chequered career. The past with its trials is over; the future expands before him, a bright vista of merited success. But it remains for me to justify the title of my story, and show how Dick acquired "Fame and Fortune." I can only hint briefly at the steps that led to them.

In six months, at the age of seventeen, Dick succeeded to Mr.

obliged to withdraw from business, and Richard, to his unbounded astonishment and gratification, was admitted to the post of junior partner, embarking the capital he had already accumulated, and receiving a corresponding share of the profits. These were so large that Richard was able to increase his interest yearly by investing his additional savings, and three years later he felt justified in offering his hand to Ida Greyson, whose partiality to Dick had never wavered. He was no longer Ragged Dick now, but Mr. Richard Hunter, junior partner in the large firm of Rockwell & Hunter. Mr. Greyson felt that even in a worldly way Dick was a good match for his daughter; but he knew and valued still more his good heart and conscientious fidelity to duty, and excellent principles, and cheerfully gave his consent. Last week I read Dick's marriage in the papers, and rejoiced in his new hopes of happiness.

So Dick has achieved FAME and FORTUNE, - the fame of an honorable and enterprising man of business, and a fortune which promises to be very large. But I am glad to say that Dick has not been spoiled by prosperity. He never forgets his humble beginnings, and tries to show his sense of God's goodness by extending a helping hand to the poor and needy boys, whose trials and privations he understands well from his own past experience.

Language note: *Island*- site of reformatory (Blackwell's Island in New York City).

I.Comprehension Check

Give extensive answers to the following questions:

- 1.What is Mr.Rockwell's plan for Richard?
- 2.What is Richard's reaction to Mr. Rockwell's offer?
- 3.What is one of the reasons for Mr.Rockwell to be so kind to Dick?
- 4.Who will take over Richard's duties?

II. Language Focus. Vocabulary Development.

1.While reading this story for the first time, *star* all the words dealing with money and business career.

2.While rereading, find the places in the story where the opinions of the author Horatio Alger are stated directly.

3.Pick out from the text :

- a) phrasal verbs, e.g. look out for
- b) compound words, e.g. book-keeper

4.Find in the text:

- a) the corresponding nouns for the following verbs: justify, succeed smb., appear, respect, strengthen, influence, astonish, gratify, consent, prosper.
- b) The corresponding verbs for the following nouns: supposition, security, undertaker, judgement, condemnation, redemption, improvement, increase, conversion, amount, obligation, value, experience.

5.Find in the text word combinations and expressions matching the following definitions:

- 1.to treat in a fair or proper way
- 2.a person who takes an office or position formerly held by someone else
- 3.at the end of a fixed or limited period of time
- 4.to perform duties properly
- 5.to feel assured of one's loyalty
- 6.to be satisfied with something

Inconsistent	Incredulity
Future, prospect	Unbounded
Unlimited	Wavered
Troubles, deprivations	Trials and privations
End, conclusion	Expiration
Begin	Commence
Partner in crime	Confederate
Changed, shifted	Prowess
Snob	Chequered
Skill	Consequentially
Disbelief	Vista
Seriously	Upstart

7.Translate the following sentences using the vocabulary of the text.

- 1.Мистер Гилберт знал свое дело, надо отдать ему должное.
- 2.В течение 6 месяцев я могу полностью рассчитывать на услуги этого работника.
- 3.Я думаю, что каждому человеку надо давать в жизни шанс.
- 4.Мики был очень горд тем, что ему выдали новую одежду.
- 5.Мики перестал зарабатывать на жизнь, работая чистильщиком обуви на улице.
- 6.По способностям и образованности Мики далеко отставал от Дика.
- 7.Под влиянием Дика Мики из бродяжки превратился в полезного члена общества.
- 8.Мистер Купер почувствовал, что ему пора удалиться от дел из-за плохого здоровья.
- 9.Мистер Грейсон понимал, что брак с Диком – это хорошая партия для его дочери.
- 10.Отец с радостью дал свое согласие на брак дочери

5. Why does the story have a happy ending?

9. Writing Suggestions:

1. The successful Richard Hunter “never forgets his humble beginnings.” Describe the ways those who have achieved financial success can contribute to the well-being of their original communities.

2. Mr. Rockwell takes the responsibility for the welfare of Richard and Micky. Discuss whether government or private agencies should aid today's underprivileged youngsters.

Unit 4

JOBS AND CAREERS

Focus vocabulary

The daily running	Be in awe of smb.
Train	Alter
Chef	Recipe
Come across	Make one's mark on
Demanding job	Source dishes
Be attracted to smb.	Starter/ main course/ dessert
The power to do smth.	Earn smb.'s respect
Catering	Seek advice from
Apprentice	Hand on heart
Take on the role	A drop in standards

Read the text carefully.

RELATIVE VALUES

Albert Roux and his son,
Michel Jr, both master chefs.
Interviews: Caroline Scott

Albert Roux, 65, opened the Le Gavroche restaurant in London's Mayfair in 1967 with his brother, Michel. It was the first UK restaurant to be awarded three Michelin stars. In 1994 Albert handed the daily running of Le Gavroche to his son, Michel Jr, in order to concentrate on other business interests, including a series of Albert Roux Cafes. He and his wife, Monique, live in West Sussex. They also have a daughter, Danielle.

need are in a kitchen: pans to bash, mixtures to beat.

When I was about six, my Uncle Michel came to work with my father. He spent all day practising making roses and swans for sugar-work competitions. One of my strongest memories is of the sweet, musky smell of my father's kitchen. It is the smell of the happiest years of my childhood. I don't think I've ever come across it again.

I have wonderful memories of family life before Le Gavroche. We lived in a little pink house in a tiny village called Shipbourne in Kent. My father's job wasn't demanding unless the Cazalets had guests or the Queen Mother was coming for lunch. He'd be digging up the garden for a vegetable patch, and I'd help him plant potatoes. We kept pigeons and rabbits - we ate them, of course - and I remember holding and feeding a pet lamb; we probably ate that too. I went to a little country school, and in the afternoon we'd sometimes fish together.

But my father wanted his own restaurant, and I felt I hardly saw him again. I looked upon Le Gavroche with fear. It was a grown-up world where I had no place. There was a totally different smell in this kitchen and, as far as I was concerned, a totally different father. He worked from Monday to Saturday, came home late, got up after I'd gone to school, and on Sundays he stayed in bed until lunchtime. I was quite afraid of him, but I was hugely attracted to what he did. The power he had seemed extraordinary. It isn't just the power to give orders, it's the power to feed people well, to give pleasure.

I was 16 when I decided to study catering. My father sent me to Paris to be a pastry apprentice. I never planned to work for him. It began when I stood in for the pastry chef, who was on holiday. Then the head chef left, and I took on his role. I'd make something, and my father would wave his hands and send me back to do it again. The pressure was awesome. He loses his rag. He looks nasty and he shouts and curses and frightens everybody, and then it's over. At the end of the service, he'd pat me on the back and say: "I hope you'll get it right next time."

I was so in awe of him, it took me 10 years to make my mark on Le Gavroche. To begin with, I'd ask if I could alter something, and he'd say:

Gavroche both for business and pleasure. His favourite dishes are roast Pyrenean lamb on the bone and braised ox heart with carrots. And we're all big fans of puddings.

My father has toured France, sourcing local dishes. And yet he loves everything British, to the point that he insists he is only French by passport. But he looks Gallic, particularly when he has a cigarette sticking out of the side of his mouth. And he eats like a Frenchman: the table is set properly, he doesn't eat alone, and even if it's just a quick lunch, there'll be a starter, main course and dessert. I've seen him really not well, when most people lose their appetite. He'll say: "I'm not feeling good, I'll just have a little roquefort salad or a little tripe sausage."

He has mellowed. I suppose he is a cuddly father figure. But I'm not cuddly. I don't talk to him about my problems. I wonder whether his disappearance from my life when I was seven had something to do with that. But we're probably closer than we were 10 years ago, because I've earned his respect.

I seek advice from him, and now occasionally he seeks advice from me. He'll ask about a new pastry, or my iced soufflé, which he particularly likes. But more often he'll have a meal like he did the other day and he'll say: "Michel, the lamb was lovely, but ah, those turnips weren't cooked enough!"

ALBERT: Michel was a great little kid. We'd shove him under the table in the kitchen with a bit of pastry and jam and flour, and he was as happy as pie. Then he would give me his little roll to put into the oven to cook.

He was a bit perturbed when we decided to go to London. He became so unhappy. But I had my dream and I wasn't going to be moved. I'm a little mad, you know, and I think that what my brother and I achieved had a little touch of genius. Michel was very young, and my daughter had just been born. Looking back, I know I missed something very important, but, hand on heart, I do not have regrets. It was the price I had to pay.

I had to work 17 hours a day. Things were not that rosy. For a start, you couldn't get the food. If you wanted olive oil in the early 1960s, you

Michel never asked for anything. To make money, he'd do the washing-up at Le Poulbot in the City. He was quiet and very dignified, never drawing attention to the fact he was the boss's son. When he was 15 we were fishing on holiday in Ireland, and I said: "Well, Michel, it's time to decide what you're going to do." He said: "I'm going to surprise you. I want to do your job." I was hoping, but I had no idea. I sent him to France on a pastry apprenticeship. He had a crummy room and earned nothing, but every time I offered him money he said: "No, Dad." We had to force him to accept a little car.

He was adamant he didn't want to do his national service, on the grounds that *he* was British, not French. So Brit was he that his bedspread was a Union Jack. As a compromise, I arranged for him to do his national service cooking at the Elysee Palace for Giscard d'Estaing and then Francois Mitterrand. After that, he went a bit wild — longhair, trousers up here, strange colours. He was moody. You'd try to tell him something, and he'd argue your socks off.

I wanted to retire at 55, on October 8, my birthday. Michel was off his wild period and he said: "Dad, I'm ready to come." He worked with me for nine months, and then, the night before my birthday, I said:

"Michel, I won't be here tomorrow." He was in shock. From that day, he was on his own. I felt his cooking was evolving, yet somehow suppressed by the big man standing over him. The pressure was immense — my wife was very worried. And there was a drop in standards, no question. He tried to cook my menu, and it didn't work — if an artist copies the Mona Lisa, it's not an achievement.

In the second year he said: "I'm ready to put my own dishes on the menu, but I want to keep a signature menu and call it Homage to My Father." He is a very thoughtful man. Of course, Homage to His Father has now gone out of the window, which is great—it means he's flying his own colours. He buys well and he cooks beautifully.

Some things we disagree on. I don't like a carrot or a french bean to crackle. If you give me a warm carrot, let it be cooked. Yesterday I had *poulet aux morilles*, which was fantastic. Free range chicken with pasta

very volatile, but he is calm, level-headed and kind. He's never caused me a moment's anxiety, only joy. He is the most precious thing in my life

I. Comprehension Check.

Answer the following questions.

1. Who was Albert Roux's first partner in the Le Gavroche restaurant?
2. How long did it take Albert to hand the daily running of the restaurant to his son?
3. Where was Michel Jr. trained as chef?
4. How did Albert Roux start his career in England?
5. What are the strongest and sweetest memories of Michel's childhood?
6. Why does Michel say that his father's job at the Cazalets' was not demanding?
7. What makes Michel think that after the Le Gavroche had been opened his father became a totally different person?
8. Michel was afraid of his father, but there was something that attracted him in Albert. What was it?
9. When did Michel start to plan to work for his father?
10. Was it difficult for Michel to make his mark on the Le Gavroche?
11. How does Michel describe his father's French eating habits?
12. Are Michel and his father closer now when Michel has earned his father's respect?
13. Does Albert have any regrets in his life?
14. Why does Albert say that there was a drop in standards at the Le Gavroche when he retired at 55?
15. Why is Michel Jr. the most precious thing in Albert Roux's life?

3. Find the words and expressions in the text that mean:

1. needing a lot of attention and effort
2. to provide and serve food and drinks for payment
3. a person who is under an agreement to work for a person who is skilled in a trade in order to learn that person's skill.
4. To experience a feeling of respect mixed with fear and wonder
5. To become successful and influential in a place or activity

4. Translate the following sentences using the vocabulary of the text.

1. Отец Майкла обладает удивительным даром руководить людьми.
2. Люди— это единственные животные, обладающие даром речи.
3. Она училась пению под руководством знаменитого профессора музыки.
4. Отец отправил Майкла в Париж, чтобы научиться мастерству кондитера.
5. Майклу потребовалось 10 лет, чтобы добиться успеха и влияния в управлении рестораном.
6. Он всегда испытывал благоговейный трепет перед своим отцом.
7. Альберт путешествовал по Франции в поисках интересных рецептов национальной кухни.
8. Уровень обслуживания в ресторане снизился после того, как Альберт ушел на пенсию.
9. Альберт с братом хотели открыть сеть кафе в Лондоне.
10. Альберт счастлив тем, что Господь Бог одарил его таким сыном, как Майкл.

Unit 5

THE IMPORTANCE OF EDUCATION

Focus vocabulary

Trim landscape	Delicate
Fees	Crease
Playing-fields	Wretch
Do smb. up	Assess
Au pair	Let smb. in for smth.
Dressy	Indulgent
A cut above	Inaccessible
transparent	Mute

Read the text carefully.

NEXT TERM, WE'LL MASH YOU (by P.Lively)

Inside the car it was quiet the noise of the engine even and subdued the air just the right temperature, the windows tight-fitting. The boy sat on the back seat, a box of chocolates, unopened, beside him, and a comic, folded. The trim Sussex landscape flowed past the windows: cows, white-fenced fields, highly- priced period houses. The sunlight was glassy, remote as a coloured photograph. The backs of the two heads in front of him swayed with the motion of the car.

His mother half-turned to speak to him. 'Nearly there now, darling.'

The father glanced downwards at his wife's wrist. 'Are we all right for time?'

'Just right. Nearly twelve.'

'I could do with a drink. Hope they lay something on.'

The car turned right, between white gates and high, dark, tight-clipped hedges. The whisper of the road under the tyres changed to the chunk of gravel. The child, staring sideways, read black lettering on a white board: 'St. Edward's Preparatory School. Please Drive Slowly.' He shifted on the seat and the leather sucked at the bare skin under his knees, stinging'

The mother said, 'It's a lovely place. Those must be the playing-fields. Look, darling, there are some of the boys.' She clicked open her handbag, and the sun caught her mirror and flashed in the child's eyes; The comb went through her hair and he saw the grooves it left, neat as distant ploughing.

'Come on, then, Charles, out you get.'

The building was red brick, early nineteenth century, spreading out long arms in which windows glittered blackly. Flowers, trapped in neat beds, were alternate red and white. They went up the steps, the man, the woman, and the child two paces behind.

The woman, the mother, smoothing down a skirt that would be ridged from sitting, thought: I like the way they've got the maid all done up properly. The little white apron and all that. She's foreign, I suppose. Au pair. Very nice. If he comes here there'll be Speech Days and that kind of thing. Sally Wilcox says it's quite dressy- she got that cream linen coat for coming down here. You can see why it costs a bomb. Great big grounds and only an hour and a half from London.

They went into a room looking out onto a terrace. Beyond, dappled lawns, gently shifting trees, black and white cows grazing behind the iron railings. Books, leather chairs, a table with magazines County Life, The Field, The Economist. 'Please, if you would wait here. The Headmaster won't be long.'

Alone, they sat, inspected.' I like the atmosphere don't you, John?'

'Very pleasant, yes' Four hundred a term, near enough. You can tell it's a cut above the Seaford place, though, or the one at St. Albans. Bob Wilcox says quite a few City people send their boys here. One or two of the merchant bankers, those kind of people. It's the sort of contact that would

‘Come here, let me tidy your hair.’

The door opened. The child hesitated, stood up, sat, then rose again with his father.

‘Mr and Mrs Manders? How very nice to meet you- I’m Margaret Spokes’ and will you’ please forgive my husband who is tied up with some wretch who broke the cricket pavilion window and will be just a few more minutes. We try to be organized but a schoolmaster’s day is always just that bit unpredictable. Do please sit down and what will you have to revive you after that beastly drive? You live in Finchley, is that right?’

‘Hampstead really’, said the mother. ‘Sherry would be lovely.’ She walked over the headmaster’s wife from shoes to hairstyle’ pricing and assessing. Shoes old, but expensive- Russell and Bromley. Good skirt. Blouse could be Marks and Sparks- not sure. Real pearls. Super Victorian ring. She’s not gone to any particular trouble-that’s just what she’d wear anyway. You can be confident, with a voice like that, of course. Sally Wilcox says she knows all sorts of people.

The headmasters wife said,’ I don’t know how much you know about us. Prospectuses don’t tell you a thing, do they? We’ll look round everything in a minute, when you’ve had a chat with my husband. I gather you’re friends of the Wilcoxes, by the way. I’m awfully fond of Simon-he’s down for Winchester, of course, but I expect you know that.’

The mother smiled over her sherry. Oh, I know that all right. Sally Wilcox doesn’t let you forget that.

‘And this is Charles? My dear, we’ve been forgetting all about you! In a minute I’m going to borrow Charles and take him off to meet some of the boys, because after all you’re choosing a school for him, aren’t you, and not for you, so he ought to know what he might be letting himself in for and it shows we’ve got nothing to hide.’

The parents laughed The father, sherry warming his guts, thought that this was an amusing woman. Not attractive, of course, a bit homespun, but impressive all the same. Partly the voice, of course: it takes a bloody expensive education to produce a voice like that. And other things, of course. Background and all that stuff.

some colour into them. Ah, here's James. James — Mr and Mrs Manders. You remember, Bob Wilcox was mentioning at Sports Day...'

The headmaster reflected his wife's style, like paired cards in Happy Families. His clothes were mature rather than old, his skin well-scrubbed, his shoes clean, his geniality untainted by the least condescension. He was genuinely sorry to have kept them waiting, but in this business one lurches from one minor crisis to the next...And this is Charles? Hello, there, Charles. His large hand rested for a moment on the child's head, quite extinguishing the thin, dark hair. It was as though he had but to clench his fingers to crush the skull. But he took his hand away and moved the parents to the window, to observe the mutilated cricket pavilion, with indulgent laughter.

And the child is borne away by the headmaster's wife. She never touches him, or tells him to come, but simply bears him away like some relentless tide, down corridors and through swinging glass doors, towing him like a frail craft, not bothering to look back to see if he is following, confident in the strength of magnetism, or obedience.

And delivers him to a room where boys are scattered among inky tables and rungless chairs and sprawled on a mangy carpet. There is a scampering, and a rising, and a silence falling, as she opens the door.

'Now this is the Lower Third, Charles, who you'd be with if you come to us in September. Boys, this is Charles Manders, and I want you to tell him all about things and answer any questions he wants to ask. You can believe about half of what they say, Charles, and they will tell you the most fearful lies about the food, which is excellent.'

The boys laugh and groan: amiable, exaggerated groans. They must like the headmaster's wife: there is silenced repartee. They look at her with bright eyes in open, eager faces. Someone leaps to hold the door for her, and close it behind her. She is gone.

The child stands in the centre of the room, and it draws in around him. The circle of children contracts, faces are only a yard or so from him; strange faces, looking, assessing.

Asking questions. They help themselves to his name, his age, his

They say, and Have you? And What's your? And the faces, if he looks up, swing into one another in kaleidoscopic patterns and the floor under his feet is unsteady, lifting and falling.

And out of the noises comes one voice that is complete, that he can hear. 'Next term we'll mash you,' it says. 'We always mash new boys.'

And a bell goes, somewhere beyond doors and down corridors, and suddenly the children are all gone, clattering away and leaving him there with the heaving floor and the walls that shift and swing, and the headmaster's wife comes back and tows him away, and he is with his parents again, and they are getting into the car, and the high hedges skim past the car windows once more, in the other direction, and the gravel under the tyres changes to black tarmac.

'Well?'

'I liked it, didn't you?' The mother adjusted the car around her, closing windows, shrugging into her seat.

'Very pleasant, really. Nice chap.'

'I liked him. Not quite so sure about her.'

'It's pricey, of course.'

'All the same...'

'Money well spent, though. One way and another'.

'Shall we settle it, then?'

'I think so. I'll drop him a line.'

The mother pitched her voice a notch higher to speak to the child in the back of the car. 'Would you like to go there, Charles? Like Simon Wilcox. Did you see that lovely gym, and the swimming pool? And did the other boys tell you all about it?'

The child doesn't answer. He looks straight ahead of him, at the road coiling beneath the bonnet of the car. His face is haggard with anticipation.

I. Comprehension check

1. Answer the questions:

6.Does the description of the Headmaster and his wife persuade the reader that the school is well-run and the pupils are under a reliable supervision? (Support your answer with the facts from the text)

7.Does their appearance produce a favourable impression on the Manders?

8.Is the atmosphere in the classroom in the Third Lower friendly and natural or tense and full of pretence?

9.Does Charles feel comfortable when the headmaster's wife leaves him with the boys?

10.Do you think Charles will tell his parents about his true feelings?

11.Are the Manders concerned with what their child feels or are they not?

12.Is Charles likely to adjust to his new school? Is he likely to stand up for himself?

3.Check your understanding of the detail by answering the questions that follow:

1.“He's an Oxford chap. “Whose words are these? Who do they refer to?

2.Comment on Mrs. Manders words:” They are awfully nice people. Not really the schoolmaster-type at all.”

3.“Four hundred a term. You can tell it's a cut above the Seaford place, though, or one at St. Albnans”. Whose opinion is this?

4.“She knows all sorts of people.” Who do these words refer to and what is meant by ‘all sorts of people’ here?

5.“... indulgent laughter”. Explain the meaning of the phrase in the text.

6.Explain the implication of the title of the story “ Next Term We'll Mash You”.

III. Language Focus.

2.Go through the words below and find their derivatives in the text. Comment on word-building in each case.

Fold(v), sting(v), proper(adj.), predict(v), revival(n), confidence(n), impress(v), comparison(n), maturity(n), mutilate(v), indulge(v), obedient(adj.), fearless(adj.), assessment(n), settlement(n), anticipate(v).

3.Pick out from the text :

- a) words and expressions which are used to describe Charles's emotional state:
- b) words and expressions describing the boys at St. Edward's.

4.The word in capital letters at the end of each of the following sentences can be used to form a word that fits suitably in the blank space. Supply the correct form of the word:

- 1.She's having her hair _____ tomorrow. (TRIM)
- 2.Be careful with those wine glasses- they are very _____.
(INDELICATE)
- 3.What's your _____ of her chances of winning? (ASSESS)
- 4.The island is absolutely _____ in stormy weather. (ACCESS)
- 5.They may spoil their grandchildren by _____ them too much.
(INDULGENT)

5.Translate the following sentences using the vocabulary of the text.

- 1.Мне не мешало бы хорошенько отдохнуть перед поездкой.
- 2.Оплата за учебу в этой подготовительной школе очень высокая.
- 3.Матери Чарльза очень понравилось, что прислуга у директора школы была одета красиво, но скромно.

7. У вашего друга довольно снисходительные родители, не правда ли?

6. Follow Up Activities.
Discuss the following

1. Why do parents worry about their children's education?
2. What does a good education guarantee in life?
3. Does a good education provide people with only professional knowledge or is there more to it?
4. Is it natural for loving and caring parents to think hard before choosing a school for their child? Should they consider their child's interests and inclinations then?
5. Are the child's feelings about his prospective school important and does his opinion matter?

7. Writing Suggestions:

1. Some parents think that they know what is best for their children. They forget about their children's emotional world and don't bother to ask them what they feel. Discuss whether ignoring children's feelings might lead to doing unintentional harm to their souls.
2. A prestigious and expensive education doesn't always guarantee the child's emotional comfort.

Unit 6

CAREER AND PRIVATE LIFE

Focus vocabulary:

Fertility

To renounce motherhood

Childless

Childbearing

Infertility

Obsession (with smth.)

To be on the quest for smth. (smb.)

To combine career with motherhood

In vitro fertilization

To change diapers

Read the text carefully consulting a dictionary to learn the meaning of unfamiliar words:

LOVE, WORK, KIDS: WHICH COMES FIRST?

USA Today, April 18, 2002

I had dinner with a colleague the other day and apologized for being late. I couldn't find my boot, I explained. I searched everywhere for it, but it did not occur to me to look in the toilet, which was where my toddler son had - as it turned out - experimentally placed mommy's footwear.

My colleague smiled appreciatively, but then smoothly steered the conversation in another direction. She does not have

we all stumbled through our 20s are now further away from me, walking down a different road.

Fertility or lack thereof, has become one of the last taboo subjects of conversation between women. We easily discuss our mental health - who's on Paxil? - and our sex lives, our marriages and our vices. We used to talk comfortably about pregnancy scares and abortions. But we are extremely reticent when it comes to the "why" of absent children.

Is it infertility? Personal choice? Or did the "right time" to have a child finally arrive, only to come too late?

There's a sense of shame and defensiveness creeping into this conversation, of the sort that was once reserved for unwed pregnancy.

This is painfully evident in the instant, hit-a-nerve publicity garnered by a new book by Sylvia Ann Hewlett, called *Creating a Life: Professional Women and the Quest for Children*. Hewlett, who is founder of the National Parenting Association, surveyed more than 1,000 professional women, and discovered that 42% of women in corporate America are childless.

By age 40, a third of "high-achieving" women - defined as those earning \$55,000 a year - are still childless, but only 14% of those without children ever explicitly renounced motherhood as a goal. For the rest ... well ... it just worked out that way; it became what Hewlett characterizes as "a creeping non-choice." They were busy with their work, or they couldn't find the right man, or they did love someone perfect but he broke it off - just when they were ready to be mothers.

I have seen all of these scenarios unfold. I know women who never wanted children, who are happy with their mates and their gardens and their hobbies. I know women who always wanted children, but had disastrous taste in men. I know women who just figured they'd have children sooner or later, and then ran headlong into the wall of their own

The debate is wrongly framed. There are other culprits in the phenomenon of women getting stranded in childlessness. One of them is the West's obsession with romantic love. A lot of women put off childbearing for the simple reason that they haven't found their perfect guy - the one who closely resembles Tom Cruise, who is as funny as Dave Barry, who makes money like a banker, yet is sensitive and wants to change diapers.

Men put off marriage for the same reason. They are on an endless quest for the perfect woman, for their damsel in distress, their Snow White, their Julia Roberts, their fantasy wife. Our culture encourages us to stay on this quest, and facilitates our ability to run away from perfectly good relationships.

The result is a disaster. Women may very well be able to combine careers with motherhood, but they cannot combine a chronic dating crisis with a demanding career and still reach their third and least forgiving deadline, which is biological motherhood.

A lot of women in my generation didn't have children in their 20s because it just wasn't done. Nobody we knew was doing it. It wasn't thought through. We kept believing there would be some magical "right time" to have kids that would somehow chime like a clock.

Of course that doesn't happen. You can be 25 or 32, at the start of your career or at its peak, with Mr. Right or just a really nice guy - it doesn't matter. You still fall down a well into domesticity, and climb back out of it a few years later when your children stop putting your boots in the toilet and go to first grade.

So, quite frankly, you might as well fall down that well when you're fertile and not when you need in vitro fertilization.

I increasingly believe, very strongly, that the best model of motherhood I've observed is an acquaintance who became a mother in her mid-20s with the man she was in love with - perfect or not - at the time. She had her children when she was most fecund and energetic; she didn't have to stave off conception with

wrong.

Shh.

I.Comprehension check

Answer the questions:

- 1.What is one of the last taboo subjects of conversation between women?
- 2.Is absence of children always a question of infertility or are there other factors involved?
- 3.What did Sylvia Hewlett discover in her survey of more than 1000 professional women?
- 4.How are "high-achieving" women defined? Is it really an achievement of one's life to earn 55 thousand dollars a year but to have no children?
- 5.How many childless women, according to Hewlett, explicitly renounced motherhood? What were the scenarios for the rest?
- 6.How is the debate about childlessness framed? What do conservatives and feminists say?
- 7.What are the other culprits in the phenomenon of childlessness?
- 8.Why do men put off marriage?
- 9.Why didn't a lot of women in the author's generation have children?
- 10.Do you believe in the magical "right time" to have kids that would somehow chime like a clock?
- 11.What is the best model of motherhood the author has observed?
- 12.Why is there shame and defensiveness around the subject of childlessness? Is it always easy to set the sequence of our priorities right? What should come first: love, work or kids?

II.Intensive comprehension:

3. Childlessness is always a matter of personal choice.
4. The majority of professional women in corporate America have no children.
5. Not all of the professional women without children have explicitly renounced motherhood as a goal.
6. It is wrong to frame the debate about women's careers and childbearing as a battle between conservatives and feminists.
7. Men put off marriage for different reasons than women.
8. It is inevitable for any married woman to fall down a well into domesticity.
9. There can be no model of motherhood that would be equally suitable for any woman.
10. High-achieving women may take a defensive position because they are ashamed of the fact they have got the sequence of their priorities wrong.
11. American culture encourages men to stay on their quest for the perfect woman.

III. Language Focus

1. Find the words and expressions in the text that mean:

1. To change the subject of a conversation
2. Separated from other persons or things, alone
3. Feeling or showing understanding and enjoyment
4. To live one's life unsteadily, making blunders
5. A child who has only recently learned to walk
6. Disposed to be silent, reserved
7. To choose a different life
8. To feel free to talk about something
9. American women working in a private company setting
10. A feeling of fear, anxiety or alarm about something
11. To be on a quest for something

- 19.To be left in a difficult position
- 20.To consider a problem or a possible course of action fully
- 21.A point in time by which smth. must be done
- 22.To delay having children
- 23.Prolific, fertile
- 24.A job which needs much patience, skill, effort
- 25.A long search for smth.
- 26.A successful career
- 27.Frightening people by spreading alarming news
- 28.To become preoccupied with household chores
- 29.To fail to determine which should come first
- 30.To delay smth., especially temporarily

2. Choose the proper word:

disaster – calamity – misfortune – catastrophe – cataclysm

1. He had the ... to lose his job. 2. Tornadoes in Central America are really a 3. There is no worse ... than the ... of war. 4. If I forget to telephone you it will be a 5. He bore his ... stoically. 6. They were companions in 7. The play's first night was a 8. I am afraid more ... are to come. 9. She couldn't survive the ... of losing her only child. 10. The outbreak of the war was a ... that turned his life in a new direction. 11. They could never put up with the ... of defeat. 12. As a teacher, she is a 13. The Chernobyl ... severely affected the economy of Belarus. 14. Events like revolution are regarded as ... of history. 15. Few people can treat triumph and ... equally.

search – seek – quest

1. The whole day they've been ... the missing boy. 2. The security guards are ... each passenger. 3. Are you ... a quarrel? 4. I will ... my

1. The small boy was looking at the cakes with ... eye. 2. He has a ... appetite for wealth. 3. Quite a few people are ... for power. 4. It was his ... ambition that made him restless. 5. Most women consider it impossible to be ... for a career and have children.

worry – bother - annoy

1. You can't be ... with all that nonsense. 2. I was very much ... at missing the train. 3. You have no cause to 4. I hate people ... me in public. 5. She was ... with questions concerning her past. 6. The noise of the traffic ... me. 7. The man is always ... me to lend him money. 8. Don't ... trying to find it. 9. He was ... to learn that the train would be delayed. 10. All that ... you is eating, sleeping and having a good time.

3. Change the words in capital letters to fit the context of the sentence:

1.... among high-achieving women is one of the questions they avoid discussing. (CHILD)

2.He was ... aware of his lack of experience. (PAIN)

3.I am afraid this can have ... consequences for the company. (DISASTER)

4.The day of driving along dusty roads in an old bus was really ... (EXHAUST)

5.The decision to accept the invitation for the party was a ... error. (CALAMITY)

6.The audience laughed at the clown's jokes and tricks ... (APPRECIATE)

7.Their wedding took place amid a blaze of ... (PUBLIC)

8.Torture is totally ... in civilized society. (ACCEPT)

9.There should be no ... in arguing for a just cause. (DEFENCE)

10. ... is especially surprising in domestic animals who seem to be

IV. Translate into English:

1. Тема бесплодия стала одной из последних запретных тем в беседах женщин.
2. Вопрос фертильности занимает важное место в статистике здравоохранения.
3. Деторождение является правом каждой женщины.
4. Бездетные семьи нередко усыновляют детей.
5. Многие мужчины и женщины в Америке одержимы поиском идеальной любви.
6. Приобретая новое гражданство, вам придется отказаться от старого.
7. Вряд ли разумно добровольно отказываться от материнства ради карьеры.
8. Да, конечно, сочетать материнство и карьеру очень непросто, но не придется ли вам потом горько сожалеть о своем выборе?
9. Искусственное оплодотворение успешно проводится во многих клиниках, специализирующихся на планировании семьи.
10. Вы хотите, чтобы он и зарабатывал, как банкир, и целый день менял пеленки?
11. Когда она была на вершине своей карьеры, она встретила своего единственного.

V. Follow-up Activities

1. Give arguments for or against the statement that women making 55 thousand dollars a month in the USA are "high-achieving" women. What other criteria would you propose to describe a high-achieving woman?
2. Discuss the sequence of priorities women in corporate America set for themselves.
3. Discuss with your partner how the quest for a perfect man/woman facilitates one's ability to run away from perfectly good relationships.
4. Describe a typical sequence of priorities young women set for

Unit 7

HERBAL MEDICINE

Focus vocabulary

Plant remedies	To restore the body to health
Chemical constituents	Affinity for certain organs
Healing powers	To fight off disease
'alternative discipline'	Pharmaceutical drugs
'complementary discipline'	Plant constituents
Orthodox doctors	Therapeutic value
Holistic approach to illness	Herbal drugs
To restore the balance of the body	herbalist

Read the text carefully consulting a dictionary to learn the meaning of unfamiliar words:

A CARING PROFESSION

The National Institute of medical Herbalists was established in 1864 and is the oldest body of practising medical herbalists in the world. All members have undergone a rigorous four-year training and adhere to a strict professional code of ethics. They have the letter MNIMH, or FNIMH after their names.

What is Herbal Medicine?

Herbal Medicine is the use of plant remedies in the treatment of disease. It is the oldest form of medicine known. Our ancestors, by trial and error, found the most effective local plants to heal their illnesses. Now,

The Herbalist's Approach.

Medical Herbalists are trained in the same diagnostic skills as orthodox doctors but take a more holistic approach to illness. The underlying cause of the problem is sought and, once identified, it is **this** which is treated, rather than the symptoms alone. The reason for this is that treatment or suppression of symptoms will not rid the body of the disease itself. Herbalists use their remedies to restore the balance of the body thus enabling it to mobilise its own healing powers.

The first consultation will generally take at least an hour. The Herbalist will take notes on the patient's medical history and begin to build a picture of the person as a whole being. Healing is a matter of teamwork with patient, practitioner and the prescribed treatment all working together to restore the body to health.

Treatment may include advice about diet and lifestyle as well as the herbal medicine.

The second appointment may follow in two weeks, subsequent ones occurring monthly - this will depend on the individual herbalist, the patient and the illness concerned.

How do herbs work?

People have always relied on plants for food to nourish and sustain the body. Herbal medicine can be seen in the same way. Plants with a particular affinity for certain organs or systems of the body are used to 'feed' and restore to health those parts which have become weakened. As the body is strengthened so is its power and ability to fight off disease and when balance and harmony are restored, health will be regained.

What are the Differences between Pharmaceutical and Herbal drugs?

Many of the pharmaceutical drugs used today are based on plant constituents and, even now, when scientists are seeking new 'cures' for disease it is to the plant world that they turn. They find, extract and then synthesize in the laboratory a single active constituent from the plant (the active constituent is the part of the plant that has a therapeutic value), this can then be manufactured on a large scale.

and nasal congestion but it has the side effect of raising blood pressure. Within the whole plant are six other alkaloids one of which prevents a rise in blood pressure.

What can Herbal Medicine Treat?

Herbal medicine can treat almost any condition that patients might take to their doctor. Common complaints seen by herbalists include skin problems, digestive disorders. Problems involving the heart and circulation like angina, high blood pressure, varicose veins etc. can also be treated successfully as can gynaecological disorders, also conditions such as arthritis, insomnia, stress, migraine and headaches, tonsillitis, influenza and allergic responses like hay fever and asthma. Qualified herbalists know when a condition is best seen by a doctor or another therapist.

I. Comprehension Check

Answer the questions.

1. What is herbal medicine?
2. What is meant by Holistic approach to illness?
3. How long does a visit to the Herbalist usually last?
4. What else apart from herbal medicine may treatment include?
5. How do herbs work?
6. What are the differences between pharmaceutical and herbal drugs?
7. What can herbal medicine treat?

II. Intensive comprehension

Say if the following statements are true or false. Give extensive answers:

1. Medicinal herbs do not contain any biologically active compounds.

III. Language Focus

1. Find the words and expressions in the text that mean:

- 1.components, elements
- 2.generally or officially accepted
- 3.cure, treatment, medicine
- 4.bring back, return
- 5.keep away by violent action

2.Change the words in capital letters to fit the content of the sentence:

- 1.A ... reaction occurs if you put zinc into sulphuric acid. (CHEMISTRY)
- 2.The ... made up my prescription immediately. (CHEMISTRY)
- 3.Our local bus and rail services ... each other very well. (COMPLEMENTARY)
- 4.She treated him with ... affection and contempt. (ALTERNATIVE)
- 5.The only to being taken prisoner was to die fighting. (ALTERNATIVE)
- 6..... you could go later with Mary. (ALTERNATIVE)
- 7.The ... of a prehistoric village shows what it must have looked like. (RESTORE)
- 8.He is a picture (RESTORE)
- 9.People whose hair is falling out are recommended hair. (RESTORE)
- 10.The treatment of illness of the mind or body without drugs or operations is called..... (THERAPEUTIC)
- 11.I would question the of his research methods. (ORTHODOX)
- 12.He is very build. (POWER)

Unit 8

PROBLEMS OF HEALTH

Focus vocabulary:

Ward, to staff wards, maternity ward	Malpractice
Medical mistake	To opt to do smth.
To mistake smth./smb. for	Cardiovascular (specialist)
Terminally ill	Intern
Advocacy, advocate	Heart patient
To make smb. a pariah	Professional negligence, criminal negligence, to expose negligence
Ailing state, ailment	Health, public health, health
To release data on	statistics, health care
To sue smb. for smth., to bring (file, institute) a lawsuit	Cancerous cells
against smb., to win (lose) a lawsuit	To be immune from
Brain tumour	To fob off

Read the text carefully consulting a dictionary to learn the meaning of unfamiliar words:

HEALING MEDICINE

Newsweek, November 18, 2002

Japan's hospitals need a cure to regain the public's trust.

Eichi Kawafuchi always wanted to be a doctor. That is, until he became one. In his recent best-selling memoir "Don't Call Me Sensei," Kawafuchi writes about young doctors so green they still didn't know how

intern. But being Japanese, they didn't ask questions."

The Japanese public, however, is no longer quietly taking their medicine. Kawafuchi's is but one voice in a growing chorus of outrage at Japan's insular medical system. Assertive patient-advocacy groups, a wave of malpractice suits and even some damning government studies are exposing professional negligence at some of Japan's most respected hospitals. And these revelations are being met by a surprising ally: doctors. Physicians, especially the younger set, are demanding an overhaul of how medicine is practiced. Until recently, Japanese doctors abided by a strict code of silence. But doctors know best what an ailing state Japanese medicine is in. "Even Japanese doctors don't want to be treated in Japan," says Gen Nomura, spokesman for a Tokyo-based health-care consultancy. "They don't trust their own system."

Japan's socialized health-care system resembles a well-heeled guild. Hospitals keep problems internal. Peer review boards don't exist. Most of the high-school graduates who fill the coveted slots in medical school are physicians' sons and daughters; their place is secured by pedigree, not performance. Inside hospitals, status is conferred by age, not achievement. And Japan's all-powerful medical lobby, the Japan Medical Association, staunchly defends the system. In essence, many Japanese doctors believe they are beyond reproach. While they have the necessary basic skills, many are never trained in newer treatments and lack the medical ethics considered commonplace elsewhere. "Patients are essentially walking into an examination blind," says Yuko Noma, an analyst with U.S. health-care consultancy Best Doctors Inc. "And doctors expect them to stay quiet and obey orders."

It's difficult to even assess Japan's medical woes because the government doesn't require hospitals to release data on success rates. But Toshihiko Hasegawa, a director at the National Institute of Health Services Management, announced at a medical conference last March that his research indicates that medical mistakes result in 26,000 deaths in Japan each year. Hasegawa defends the figure even though he's been censured by his employer for doing so. The government, which, incredibly, has never

daughter to cancer 10 years ago, has sued two surgeons for allegedly performing an unnecessarily invasive procedure. She claims that they mistook a small cluster of cancerous cells for a massive brain tumor. (All doctors and hospitals named in her lawsuit declined NEWSWEEK's request to be interviewed). But Kunou opted to sue only two of the three doctors, leaving the chief neurosurgeon out of the claim. "I was too afraid to challenge him because of his status and power," she said. "We would have lost the case from the beginning."

The lawsuit has made Kunou a pariah in the community where she runs her clinic. "I committed the ultimate Japanese sin by accusing a doctor of malpractice," she says. Now she receives threatening letters in the mail. One reads: "You will be powerless against the doctors you are trying to ruin. Watch and see if patients keep coming to your hospital."

Some physicians are banding together to advocate for patients' rights. Medio, a Tokyo-based health-care watchdog, recently published a patient's manual entitled "111 Rules for a Safe Doctor's Visit." It advises people get a second opinion and suggests videotaping all medical procedures. And the powerful JMA is under siege from its youngest members. "It won't do for us to wait with our mouths shut knowing that people's lives are in danger," says Kazuhiko Kabe, an outspoken young doctor. "If the JMA doesn't start taking us seriously, it will crumble." (JMA officials declined to be interviewed by NEWSWEEK.)

Authorities now appear to have a more attentive bedside manner. They've just ordered a review of Japan's 600 biggest hospitals. But they have a long way to go. "The fact is that we're just now researching how to collect information on hospital and doctor performance," says Atsushi Miyamoto, a Health Ministry official. They better act fast if Japan is to save a health-care system already in critical condition.

I. Comprehension check

Japan? Why should it be surprising?

4. In what sense does Japan's health care system resemble a well-heeled guild?

5. Why is it difficult even to assess Japan's medical woes?

6. What kind of behaviour do doctors in Japan expect from their patients? What do doctors think of themselves?

7. Why is it bad for the medical profession that one's place in it is secured by pedigree, not performance?

8. How is status conferred inside Japanese hospitals?

9. What is the role of the Japan Medical Association in the critical condition in which Japan's health care system is today?

10. Why did Dr. Kunou bring a lawsuit against two surgeons? Why did she become a pariah in her community after that?

11. What advice is contained in the "111 Rules for a Safe Doctor's Visit"?

II. Intensive comprehension

Say if the following statements are true or false and justify your judgement:

1. The Japanese would rather prefer to be treated in their own country.

2. Sometimes Japanese doctors prescribe medicines they are not quite familiar with.

3. Japan's most respected hospitals never allow any professional negligence.

4. Japan's hospitals never let the cat out of the bag and abide by a code of silence.

5. A doctor's performance and achievement are number one requirement for getting a post at a hospital.

6. Japanese patients completely rely on their doctors and avoid asking questions.

7. Most doctors are committed to the medical profession and are of

concern is to get more patients in their hospitals.

III. Language Focus

1. Find the words and expressions in the text that mean:

- 1.free, secure
- 2.inexperienced
- 3.a young doctor who is completing his training by acting as an assistant doctor in a hospital
- 4.a person suffering from a heart disease
- 5.be faithful to some rules
- 6.rich people
- 7.to suppose wrongly that smth./smb. is smth./smb. else
- 8.a mistake resulting in a patient's maltreatment and often leading to death
- 9.careless, illegal or unacceptable behaviour by smb. in a professional position
- 10.to have no idea about the upcoming examination
- 11.to pass one's responsibility for the care of a patient on to smb. else
- 12.to support or speak in favour of patient's rights
- 13.to make smb. unacceptable to society
- 14.to make a legal claim against
- 15.thorough examination
- 16.to break into small pieces
- 17.data
- 18.last or final
- 19.to estimate
- 20.firm or loyal in opinion or attitude

2. Choose the proper word:

ignore – neglect – overlook

1. Heavy drinking is one reason why some people ... themselves. 2. I won't accept any responsibility if you ... my advice. 3. While caring for the children mothers shouldn't ... their health. 4. Nobody likes to be 5. Don't ... writing regularly. 6. Why do you ... the facts that chances are against us? 6. He was in a hurry and ... a paragraph that later turned out to be of some importance. 7. She is so much absorbed in her work that she has even ... her appearance. 8. The question was so rude that we just ... it. 9. He openly ... his social inferiors. 10. He was discharged for ... his duties. 11. I've been through your list carefully, and I hope I haven't ... anything.

accept – receive – admit

1. I won't ... favours from a total stranger. 2. We ... a warm welcome from our hosts. 3. We ... nothing but insults. 4. He asked her to marry him, and she ... his proposal. 5. They won't ... anyone to the theatre after the performance has started. 6. It is an ... fact. 7. The windows are small and do not ... enough light and air. 8. He ... piles of letters from people he hardly knew. 9. The elder boy was ... to the biology department and was given a scholarship. 10. He is unlikely to be ... to such an exclusive club.

3. Change the words in capital letters to fit the content of the sentence:

1. The ... ointments mother used on my wound put me right quickly.
(HEAL)

2. The ... of malpractice at hospitals is the major step to the ... of the problem. (EXPOSE, SOLVE)

3. Professional ... at some respected hospitals in the capital city is striking. (NEGLECT)

4. All we want in this unpleasant situation is ... from prosecution.

4. Translate into English:

1. В нашей больнице имеется 4 специализированных отделения: кардиологическое, хирургическое, онкологическое и терапевтическое.
2. Родильное отделение полностью укомплектовано врачами.
3. Случаи неправильного лечения не всегда получают широкую огласку.
4. Никто из врачей не застрахован от врачебных ошибок.
5. В Японии нечасто возбуждаются судебные дела о неправильном лечении, приведшем к преждевременной смерти.
6. Совершенствование системы здравоохранения должно быть первоочередной задачей государства.
7. Доктор Н. был привлечен к суду за преступную халатность при лечении кардиологического больного.
8. Сердечно-сосудистые заболевания широко распространены во всем мире.
9. При лечении опухолей мозга применяются как инвазивные, так и неинвазивные методы.
10. Организации, отстаивающие права больных, не имеют свободного права входить на территорию больниц.
11. Статистика здравоохранения должна быть доступной для тех, кто защищает интересы детей и женщин.
12. При проверке больницы были вскрыты случаи профессиональной небрежности.
13. По недосмотру лабораторного персонала раковые клетки не были обнаружены своевременно.

IV. Follow-up Activities

1. Talk about the problems of the health-care system in Japan.
2. Describe your own experience in hospital.
3. Comment on the Japanese tradition of not asking questions in hospital.
4. Discuss the situation in the health-care system in your country.

Unit 9

FITNESS AND HEALTH

Focus vocabulary:

Obesity

Overweight

BMI (body mass index) = weight in kg/height in m²

[A state of obesity is generally defined as a body mass index greater than 30. A normal range of BMI is considered to be 20-25, and the 25-30 region is regarded as "overweight"].

Early death

Risk factors

Blood sugar level

Blood pressure

Cholesterol level

Confound (confounding factors, data is confounded by)

Epidemic

To develop resistance to..., to develop a disease

To afflict, to be afflicted

Metabolism (to disturb, derange m., disturbances in m.)

Diabetes, stroke, heart attack

Disease, disorder, condition (digestive, heart, kidney disease), illness, sickness

Read the text carefully consulting a dictionary to learn the meaning of unfamiliar words:

**THE FATTENING OF AMERICA: IS IT A DISEASE OR
JUST A SYMPTOM?**

The New York Times, April 18, 2002.

soft drinks. Across the country, there are demands that schools banish soda and candy vending machines from within their walls. In Pennsylvania, one school district sent letters to parents telling them their children were too fat.

But underlying the cries of alarm are some assumptions about obesity and health that, some leading researchers say, have yet to be supported by facts. No one is claiming that it is good to be obese or that fatness does not matter to health. The problem, they say, is that when it comes to obesity, nothing is as straightforward as it might appear.

The obesity researchers say they are not trying to be contrarians. They simply are asking a fundamental question that has gotten lost in the growing cries of alarm over the fattening of America. Is obesity, they ask, a symptom or a disease?

Some strongly suspect it is a symptom. And losing weight, they say, may be suppressing the symptom but doing little or nothing for the underlying illness, just as taking aspirin for a fever may do nothing for the sickness that had fever as a symptom. Moreover, obesity experts add, not every person with the symptom of obesity necessarily has a disease that can increase their chances of an early death.

"People should be very, very careful in thinking about obesity and health," said Rudolph Leibel, head of the division of molecular genetics at Columbia University's College of Physicians and Surgeons. Leibel said his own years of experience studying fat people have convinced him that many have none of the common risk factors that go along with the condition - high blood sugar levels, high blood pressure and high cholesterol levels.

In his studies, Leibel said, he purposely recruits people who are obese but have no other health problems. That way, he explained, when he studies the effects of weight loss he reduces the likelihood that his data will be confounded by other disorders. "You can find people like that - they're out there," Leibel said. "People would say, they must be dyslipidemic, they must be diabetic," he said, referring to abnormal blood lipid and blood sugar levels that are supposed to be endemic in the obese. But, he said

Both strains of mice develop insulin resistance, the so-called pre-diabetes state that often afflicts fat people, Leibel said. But the c57 black 6j mice compensate - their pancreases produce more insulin. The kayliss mice try, but fail, to make enough insulin to protect themselves.

Many obese people do not even have insulin resistance, said Ethan Sims, an obesity expert who is an emeritus professor at the University of Vermont. In a paper in the journal *Metabolism*, he described a study at the University of Vermont's medical school of 43 sedentary postmenopausal, obese women. They had participated in obesity research at the university and were not recruited because of their insulin sensitivity or resistance. But, he said, 17 of them turned out to have normal insulin responses.

Reubin Andres, the chief of the metabolism section of the intramural section at the National Institute on Aging, said there was a crucial question about such people that he now wants to address: What happens to them over a long period of time? Do they eventually develop diseases, like diabetes or heart disease, that are more common among the obese? What is their mortality rate?

The National Institute on Aging is analyzing its data to get some answers, he said. Since 1958, it has been following thousands of people, gathering data on their health, including body weights and blood sugar levels. "It is important to know what this population is like and what happens to them," Andres said.

At the National Institute of Diabetes and Digestive and Kidney Diseases, a different question is being asked: Do fat people who already have diabetes and who lose weight become healthier? In particular, do they have a lower risk of heart attacks and strokes, does their diabetes improve and do they live longer?

Although there is a widespread belief that weight loss will improve health, a number of large studies that looked at the health of the formerly fat have raised questions about whether that is true.

Andres explains that weight loss can improve blood sugar levels, blood pressure and cholesterol levels.

"On a population basis, you can expect all of those bad things to

it off had more diabetes and more heart disease and a higher death rate than people whose weight never changed.

"It all does tend to indicate that weight loss is not associated with lower mortality but is actually associated with higher mortality," said Katherine Flegel, an epidemiologist at the National Center for Health Statistics. But, she and others noted, the limitation of the studies is that they cannot distinguish between people who lost weight because they went on diets and those who lost weight because they became ill.

That, said investigators at the National Institute of Diabetes and Digestive and Kidney Diseases, is why the institute is recruiting 5,000 obese people with diabetes for its study and asking how weight loss will affect their health. "Many studies have demonstrated that short-term weight loss has beneficial effects on risk factors such as high blood pressure and cholesterol," it writes in its description of the study. "However, observational studies have raised concerns about negative effects of weight loss and weight cycling. Some of these studies suggest increased, not decreased, mortality; however, most cannot distinguish voluntary from involuntary weight loss."

I. Comprehension check

Answer the questions:

1. What data does the Centers for Disease Control and Prevention provide to prove that obesity in the US "has risen at an epidemic rate during the past 20 years"?

2. What is the leading cause of preventable deaths in America now? And what do you know about the situation all over the world?

3. Why is nothing as straightforward as it might appear when it comes to obesity?

4. What is the relation between the symptom and the disease? What

9. What did researchers repeatedly report about fat people who lost weight and kept it off?
10. What is the limitation of many studies of the effects of weight loss?

II. Intensive comprehension

Say if the following statements are true or false. Justify your judgement:

1. The prevalence of obesity has been rising in America over the past 20 years, but at a very slow rate.
2. Everything is very clear about obesity, researchers have no problem understanding its effects.
3. Every person who is obese or overweight has a disease that will result in his/her early death.
4. There is a correlation between overweight and high blood pressure, high blood sugar and cholesterol levels.
5. Weight loss will always improve health.
6. Fat people who lose weight and keep it off have more diabetes and heart disease and a higher mortality rate.
7. Schools in the USA banish soda and candy vending machines from within their walls because these products cause dental caries.
8. One can't cure an illness by eliminating the symptoms.
9. Data obtained in a study of a certain disease are often confounded by the fact that the subjects may be afflicted by other disorders.
10. Obesity is the leading cause of preventable deaths in America.

III. Language Focus

- 1. Find the words and expressions in the text that mean:**

1. very fat

- 8.having good effect, helpful
- 9.easy to understand or do
- 10.death that can be avoided
- 11.to find new people to join a company or organization
- 12.to avoid putting on weight
- 13.to accompany
- 14.to follow the course or development of

2. Give Russian equivalents and use these words in sentences of your own:

1. a beneficial effect (association). 2. a crucial test (question, moment). 3. a straightforward person (answer, language, explanation). 4. a mortal disease (wound, agony, enemy, fear). 5. an eventual result (success, choice, disaster).

3. Choose the proper word:

deadly – mortal – fatal

1. You can't buy ... poisons at the chemist's. 2. We often forget that we are 3. His injuries were He died before reaching hospital. 4. Gluttony is one of the ... sins. 5. He made a ... mistake. 6. Weapons of mass destruction are 7. Here lie the ... remains of George Chapman. 8. It is the ... earthquake I have ever heard about. 9. I can't stand the ... monotony of my life any longer. 10. Africans believe that elephants have a ... fear of mice. 11. Scores of people were missing after ... tornadoes destroyed small towns.

advantageous – profitable – beneficial

1. Fresh air is .. to everyone's health. 2. We are for strengthening mutually ... relations between our countries. 3. The production of luxury

you want to. 3. She could hardly ... her eyes from a terrible spectacle. 4. He couldn't ... giving his opinion. 5. People should do everything to ... the world war. 6. She tried her best to ... suspicion from her husband. 7. Nothing shall ... me from doing my duty. 8. I tried to ... my thoughts from the subject. 9. My sense of delicacy ... me from speaking my mind. 10. I am afraid he's just .. me. 11. Nobody can ... us getting married.

4. Change the words in capital letters to fit the context of the sentence:

- 1.... is better than cure. (PREVENT)
- 2.... measures should be taken against certain drug-resistant diseases. (PREVENT)
- 3.Due to new treatments the number of ... deaths is reducing. (PREVENT)
- 4.A ... of poor rulers brought the country to collapse. (SUCCEED)
- 5.The ... researchers say the problem is not as straightforward as it seems. (OBESE)
- 6.There is a widespread ... that weight loss is ... (BELIEVE, BENEFIT)
- 7.What leads you to make that ...? (ASSUME)
- 8.He arguments lack ... (CONVINCE)
- 9.He is quite ... for his age but he has the ... of a girl. (SENSE)
- 10.Journalists are trained to be ... (OBSERVE)
- 11.Strict ... of basic human rights will make the world a happier place to live in. (OBSERVE)
12. We should aim for a ... of fat in our diet. (REDUCE)

5. Translate into English:

1.Около 30 процентов обследованных детей имеют избыточную массу тела.

2.Ожирение ведет к таким болезням, как сахарный диабет и

6.Болезнями почек бывают поражены люди во всех возрастных группах.

7.У этого вируса выработалось устойчивое к старым лекарственным препаратам.

8.В возрасте 48 лет у гр-на Б. развилась болезнь сердца, которая через 3 года привела к сердечному приступу.

9.Курение – один из главных факторов риска сердечно-сосудистых заболеваний и рака легких.

10.В странах с высоким уровнем жизни населения распространенность избыточной массы тела приобретает характер эпидемии.

11. Индекс массы тела 23 считается нормальным.

12. Вы лечите симптомы, а нужно лечить болезнь.

III. Follow-up Activities

1.Talk about the threats of getting fat.

2.Discuss the statement "Obesity is an inevitable problem of affluent society". Is it inevitable? Is it only a problem in affluent society? Why?

3.Talk about the causes of overweight and obesity. Would you be surprised if you were told that there are more obese people among the low-income categories?

4.Imagine that you are a doctor. Give advice to your patient on how to avoid getting overweight.

Unit 10

MALADIES OF THE 21ST CENTURY

Focus vocabulary:

Nuclear proliferation	Proliferation of a disease
Well-being (economic, physical)	Environmental damage
Environmental pollution	Environmental protection
Environmental standards	Emission standards
Drug-resistant tuberculosis	To eradicate a disease
Germ	Virus
To institute a prevention campaign	Greenhouse gases
Overpopulation	Deforestation
Strain (of sickness, of bacteria)	HIV infection
Infectious disease	Non-communicable disease
Communicable disease	

Read the text carefully consulting a dictionary to learn the meaning of unfamiliar words:

WORLDWIDE THREATS

The New York Times, 2002

Ready or not, the Bush administration is going to find itself dealing with challenges to American safety and well-being that were not considered serious security threats during the last Republican administration eight years ago. Familiar issues like terrorism and nuclear proliferation now must share the foreign policy agenda with threats that carry no weapons. Environmental damage, water shortages, mass

under control, such as malaria. Germs and viruses easily emigrate by plane. In the early 1990s it cost a billion dollars to eradicate a thousand cases of resistant tuberculosis in New York City.

Over the next 10 years, AIDS is likely to cripple the economies of many nations in sub-Saharan Africa. Millions of orphans are growing up on the streets. Entire countries may come to the brink of collapse as they lose their most economically active people. Waves of refugees could destabilize neighboring nations.

Overpopulation and environmental devastation have already contributed to similar situations on a smaller scale. The Clinton administration intervened in Haiti largely to prevent a flood of new refugees in Florida. Haiti's criminal leadership was the immediate cause of the problem, but the country's rapid rates of population growth and deforestation contributed to its misery and the desire of Haitians to flee. Similar problems fueled conflict in Somalia, Rwanda and other countries. Since it is difficult to arouse sufficient interest in these problems before they become catastrophes, Washington has normally waited until a crisis developed before it acted. George W. Bush would be well served to invest in alleviating problems before they require large infusions of money or even the introduction of American military forces.

Washington, for example, should help rebuild the health system in Russia, which now has one of the world's fastest-growing rates of HIV infection and an epidemic of drug-resistant tuberculosis.

Mr. Bush should also treat AIDS in Africa as a security threat. The United Nations estimates that it would take \$1.5 billion to institute effective prevention campaigns all over Africa, and the same amount to care for AIDS patients and their orphans. Health officials believe that AIDS can be treated in Africa with the same medicines that Americans get if the West helps pay. Working with European nations on these problems now could save millions of lives and billions of dollars later.

The Bush administration could also help prevent future problems by endorsing the 1997 Kyoto accord on greenhouse gases. An authoritative report has concluded that man-made gases contributed substantially to the

will require foresight, creativity and a willingness to take political risks. They are often called "soft" security threats, but today they can pose a greater worldwide danger than anything that comes from the barrel of a gun.

I. Comprehension check

Answer the questions:

1. What challenges to American safety and well-being will the Bush administration have to deal with? Will it be true to say that they also affect the security of other countries?
2. What are the new diseases that the world's poorest people are suffering from?
3. What did it cost to eradicate
4. What are the likely effects of AIDS over the next 10 years in Africa?
5. Why did the Clinton administration intervene in Haiti?
6. What are the current problems of the health system in Russia?
7. What would it take to institute effective AIDS prevention campaigns in Africa?
8. What is the 1997 Kyoto protocol about?
9. What are the effects of global warming that can be seen today?
10. Why hasn't the US ratified the Kyoto protocol?
11. What are the "soft" security threats, and why can they pose a greater worldwide danger than even weapons of mass destruction?

II. Intensive comprehension

Say if the following statements are true or false. Justify your judgement:

1. Terrorism and nuclear proliferation should continue to dominate the

5.It is better to wait until a crisis develops before any action can be taken by the government in the fields of public health or environmental protection.

6.AIDS in Africa should be treated as a security threat to Europe and the US.

7.America's failure to ratify the 1997 Kyoto Protocol is the result of the US Administration's desire to protect the profits of American businesses.

8.The production of greenhouse gases should be strictly controlled using emission standards.

III. Language Focus

1. Find the words and expressions in the text that mean:

- 1.a rapid growth or increase in numbers
- 2.a lack of something needed
- 3.harm caused to smth. making it less attractive, useful or valuable
- 4.factors that reduce safety
- 5.to have an influence or impression on
- 6.extremely harmful
- 7.to put an end to a dangerous disease
- 8.a disease on which drugs have no or little effect
- 9.to damage or weaken economy seriously
- 10.poverty
- 11.to make unsteady or easy to collapse
- 12.to come very close to ruin
- 13.to destroy smth. completely, to make unfit to live in
- 14.situated or living next to
- 15.to make a conflict more violent
- 16.to run or hurry away, esp. from danger
- 17.to make easier to endure
- 18.to make it difficult to do smth.

2. Compare the pronunciation of the so-called "international" words with their Russian equivalents:

malaria, virus, tuberculosis, catastrophe, epidemic, campaign, European, hurricane.

3. Choose the proper word:

economic – economical – cheap

1. A camping holiday is relatively ... 2. Our use of central heating is fairly ... 3. Are electric cars ... to run? 4. Europe is more than an ... community. 5. She was ... in her movements. 6. The US tries to impose ... sanctions on many countries. 7. Three dollars is very ... for a hard-cover book.

Flee - escape – desert – leave

1. They ... the town because of the plague. 2. Three war prisoners ... last night. 3. His friends advised him to .. the country. 4. The village has been hurriedly ... because bandits are in the district. 5. He ... medicine for the law. 6. You can't ... the fact that you are overweight. 7. Then his courage ... him. 8. Very often economic crises make people ... 9. It was difficult for him to ... his native town. 10. The bird has ... from its cage.

affect – influence – afflict

1. The climate has ... his health. 2. I intended to ... his decision. 3. Old people are often ... with rheumatism. 4. His love of music has ... his further career. 5. She was ... with shyness. 6. Can the planets ... human character, as astrologers claim? 7. Their opinion will not ... my decision. 8. We are deeply ... by the news of her death. 9. He was much ... by

3. Political ... is one of the reasons of people's ... (STABLE, REST)
4. His ... manner always annoys me. (AUTHORITY)
5. I can't understand her stubborn ... to accept the truth. (WILLING)
6. The ... of smoke and ... gases should be controlled. (EMIT, POISON)
7. ... upon privacy is ... (INTRUDE, PARDON)
8. ... is a very important skill. (CREATE)
9. Frequent ... floods and hurricanes have made the country poor. (DEVASTATE)
10. ... is one of the worldwide threats to environmental ... (FOREST, SAFE)

5. Translate into English:

1. Цель исследования – наблюдение за распространением раковых клеток в организме лабораторных животных.
2. Быстрое распространение ВИЧ-инфекции в африканских странах является не только проблемой здравоохранения, но и проблемой безопасности.
3. Правильное питание – важнейшее условие благополучия ребенка.
4. Массовые перемещения беженцев могут вызвать ухудшение экономического благополучия местного населения.
5. Уничтожение лесов на Гаити стало одной из причин ухудшения состояния окружающей среды в стране.
6. Многие страны Карибского бассейна страдают от перенаселенности.
7. Государство обязано устанавливать нормы по охране окружающей среды и, в частности, нормативы выбросов парниковых газов.
8. Исследователи выделили новый штамм патогенных микроорганизмов.
9. Искоренение формы туберкулеза устойчивой к действию

2. Discuss the manifestations of global warming and climate change in recent years in Belarus and elsewhere.