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МИКОЛАЇВСЬКИЙ НАЦІОНАЛЬНИЙ АГРАРНИЙ УНІВЕРСИТЕТ

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методичні рекомендації

та навчальний матеріал для здобувачів другого (магістерського) рівня вищої освіти усіх ОПІ та спеціальностей МНАУ денної форми здобуття вищої освіти

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Зміст

Передмова.....	4
The Kindness of Strangers	6
What Separates Humans from Animals?.....	8
Leave only Footprints.....	9
Environmental Friendliness.....	11
Thinking Outside of the Box.....	14
Work Smarter, not Longer.....	16
The Right Thing to Do.....	18
The Man Who Accidentally Invented Hypnotism.....	20
Motivation is Free.....	23
No Arms, no Legs, no Worries.....	25
Color Boosts Memory and Creativity.....	27
New Year's Resolutions around the World.....	29
Little Girl Forgives Alligator Who Tried to Eat Her.....	31
Princess Spy.....	33
Typos can be Life or Death.....	35
A Man with Love and Music, but Little Else.....	37
The Man Who Lived and Died with Bears.....	39
Can Human Beings Hibernate?.....	41
Dog Saves Man with Broken Neck.....	43
Sloppy Scientist Saves a Hundred Million Lives.....	46
Література.....	48

Передмова

Методичні рекомендації та навчальний матеріал для здобувачів другого (магістерського) рівня вищої освіти усіх ОПП та спеціальностей МНАУ денної форми здобуття вищої освіти забезпечують навчальний матеріал для вивчення модулю «Публічна сфера».

Мета даних методичних рекомендацій – забезпечення розвитку мовних та мовленнєвих навичок здобувачів вищої освіти з тем, передбачених навчальною програмою з іноземних мов рекомендованою Міністерством аграрної політики України та підготовка здобувачів вищої освіти до складання іспиту з англійської мови.

Рекомендації складаються з 20 навчальних текстів та розраховані на 30 год. (1 кр.) самостійної роботи. За кожну тему студент може отримати від 3-5 балів, що передбачено навчальною програмою з іноземних мов.

Методичні рекомендації є збіркою завдань до аудіо матеріалів для отримання додаткової інформації, яка доповнює навчальний посібник «Англійська мова» фактичним матеріалом.

Методичні рекомендації розроблені згідно до вимог типової базової програми. Запропоновані тексти забезпечують швидке й ефективно засвоєння студентами лексичного матеріалу.

Для підготовки методичних рекомендацій використовувались матеріали з новітніх підручників, автентичних джерел та періодичних видань.

Робота з даними методичними рекомендаціями допоможе здобувачам вищої освіти у вдосконаленні та подальшому розвитку знань з іноземної мови, набутих під час навчання в університеті та в

процесі різних видів мовленнєвої діяльності. Дані методичні рекомендації можуть бути використані на курсах з англійської мови для підготовки до міжнародних іспитів, аспірантами та магістрами всіх напрямів підготовки.

The Kindness of Strangers

<https://deepenglish.com/lessons/the-kindness-of-strangers/>

In the summer of 2014, Joe Robinson found something unexpected in a pot he was selling at an arts festival. It was a \$100 bill with the name “Benny” written on it.

Joe was at a loss for words on how the money ended up in one of his handmade pots. It was no accident. A mysterious philanthropist named Benny had put it there.

Benny is a household name in Salem, Oregon. His identity is secret, but everyone has heard of him. For years he has been randomly hiding \$100 bills all over Salem. The brand new \$100 bills are all signed “Benny.”

The man with the big pockets and an even bigger heart has given away an estimated \$50,000.

Benny's bills have been found in sleeping bags, baby carriages, boxes of candy, and packs of diapers. One lady who was down on her luck found one in a box of cereal. She wept tears of joy. The random act of kindness helped her when her family was suffering from health problems.

On another occasion, an eight-year-old and his friend found one in a store's toy bin. They used the money to buy toys. They then donated the toys to a children's group.

Over 50 percent of people who find the bills use them to fund a charity close to their heart, or help a stranger in need. Benny's generosity is contagious and has a domino effect.

It's common knowledge that there are psychological and emotional benefits to helping others. Doing good feels good. But research into altruism has revealed that acts of kindness are also good for our health.

Helping others lowers our blood pressure, reduces social anxiety, and boosts our mood. By lending a helping hand, we are also helping ourselves.

Like Benny, Dina Salivan has also spread kindness in her town. In 2012, the 52-year-old received a terminal cancer diagnosis. It was devastating news. She became determined to do something worthwhile with her remaining few years.

She gave \$80,000 to family and friends and asked them to spend the money on charity or random acts of kindness.

Dina's friends didn't let her down. They used her money to help refugees, and to fund children's charities and other worthwhile causes.

Dina's gesture had a snowball effect. Her example influenced hundreds of people beyond her immediate circle.

According to Dina, she also benefited. She says, "The beauty and kindness of people have always been there. If I hadn't gotten sick, I wouldn't have seen it. It's brought me joy, at a time when I need it most."

I. True or False

1. Dina Sullivan gave \$80,000 to family and friends and asked them to spend the money on charity or random acts of kindness.

2. Helping others increases our blood pressure, grows social anxiety, and lowers our mood.

3. Benny is a household name in Seattle, Washington.

4. The man with the big pockets and an even bigger heart has given away an estimated \$50,000.

5. Dina's gesture didn't have a positive effect.

II. Complete the sentences with the words below.

kindness, Salem, randomly, town, spread, our, they, group, down, one

1. Dina Sullivan has also ... kindness in her

2. ... then donated the toys to a children's

3. But research into altruism has revealed that acts of ... are also good for ... health.

4. One lady who was ... on her luck found ... in a box of cereal.

5. For years he has been ... hiding \$100 bills all over

III. What did you feel after reading this text? Do you agree that we all have to be kind and help each other? After all world would be a better place...

What Separates Humans from Animals?

<https://deepenglish.com/lessons/human-thought-listening-fluency-114/#:~:text=The%20more%20we%20research%20animal,also%20capable%20of%20complex%20communication.>

What's the difference between humans and animals?

Communication was once thought to be the main difference. But we now know that chimpanzees, dolphins, and even prairie dogs can use language.

The use of tools was also once thought to be the main difference. We now know that that too is wrong. Chimps use sticks and rocks to find and eat food. Dolphins trap fish by making rings of mud. Even crows use tools.

In Tokyo, crows drop nuts onto the street so that the passing cars will crack them. They then wait for the traffic lights to turn red and pick up their ready-to-eat food.

As far as we know, only humans can think about the past and the future. This allows us to plan like no other species. Our imagination also knows no bounds. That being said, thought is not something we always enjoy.

In fact, many people find thinking unpleasant. In one study, people were put in an empty room with just a table and chair. They were told to think about anything they wanted for between 6 and 15 minutes. They were then asked how much they enjoyed the experience. Most of them rated it negatively.

The researchers believe that when we are left alone with no cell phones, and not even a window to look out of, we become uncomfortable.

In a second experiment, people were put in the same empty room and again told to think of anything they wanted. This time they were given one possible distraction. They were left with a battery that they could choose to shock themselves with, and many of them did.

Earlier in the experiment, some people said they would pay money to avoid being shocked. Once boredom set in, that idea went out the window.

Surprisingly, two-thirds of the men and a quarter of the women preferred physical pain to being alone with their thoughts. One man strangely shocked himself 190 times over the short time period.

Why anyone would prefer an electric shock to being alone with their own thoughts is a mystery. Perhaps the discomfort of boredom is what truly separates humans from animals.

I. Answer the questions:

1. What tools do chimps use to find and eat food?
2. Which animals do you know that can use language?
3. Why would anyone shock himself with a battery?
4. How do dolphins, which consider intelligent animals trap fish?
5. Is being left alone make you feel uncomfortable?

II. Put the following sentences in the correct order:

1. In a second experiment, people were put in the same empty room and again told to think of anything they wanted.
2. They were told to think about anything they wanted for between 6 and 15 minutes.
3. Communication was once thought to be the main difference.
4. As far as we know, only humans can think about the past and the future.
5. Our imagination also knows no bounds.
6. In Tokyo, crows drop nuts onto the street so that the passing cars will crack them.

III. In your opinion what truly separates humans from animals and how has that influenced and helped to develop the human race that we are today?

Leave only Footprints

<https://deepenglish.com/lessons/leave-only-footprints/>

Burn it or bury it. In most places around the world, that's what we do with our garbage. Pretty grim choices. Burning garbage releases dangerous gasses and dust, which contribute to pollution of the air, land, and water, not to mention global warming. While burying it leads to more pollution of the ground and water. And to make matters worse, tons of garbage – most of it plastic – ends up in the ocean.

For one young woman in New York, this giant garbage problem was simply too much to take. So she decided to do something about it. Meet Lauren Singer: a 23-year-old who, for the last two years, has lived a completely zero-waste lifestyle. That's right. No trash, no garbage, no waste. Nada. She saw that the garbage problem was a symptom of our consumerist lifestyles. And she realized that with just a few simple changes in her daily habits, she could reduce her waste output to zero.

How did she do it? Well, it all started two years ago in the college classroom at NYU, where she was an environmental studies major. Every day, she watched one of her classmates come in with a plastic bag containing her lunch, all of which was wrapped in plastic containers. Even her water bottle was plastic. And all of it went right into the trash after she used it – every day. This made Lauren angry. Yet, one evening after class, Lauren opened her own refrigerator and saw nothing but plastic everywhere. She felt like such a hypocrite. It was at that moment that she decided she would cut out all plastic from her life.

She began to start saying no – a lot. No to straws in her cocktails in bars, no to plastic bags, and no to plastic toothbrushes.

She started saying yes to putting a little elbow grease into making her own products. She created her own packaging and made her own personal care products, like toothpaste and deodorant using common, natural ingredients. She also started recycling her packaging and taking it with her to the store.

Once she became completely plastic-free, she decided to take the leap and go 100% waste-free. Lauren says that 80% of her waste reduction came from two simple things: recycling and composting.

The personal benefits for Lauren include saving money, eating better, and being happier. She has even recently started her own company, where she makes and sells the kind of products she has learned to make over the past two years.

The Native American Chief Seattle once said, “Take only memories, leave only footprints.” What do you think? Could you recycle and compost your way to leaving only footprints?

I. Match the correct words into phrases

- | | |
|------------------------|-------------------------|
| 1. take only memories | 1. go 100% waste-free |
| 2. the Native American | 2. ends up in the ocean |
| 3. personal benefits | 3. bury it |

4. she decided to
5. burn it or
6. tons of garbage

4. leave only footprints
5. for Lauren
6. Chief Seattle

II. Choose the right heading for each paragraph.

1. How it all started.
2. Just say "No"
3. Burn it or bury it.
4. Zero-waste lifestyle.
5. Smart quote.
6. Personal benefits.
7. 100% waste-free.
8. Self-made products.

III. Why do you think it is so crucial for every one of us to save and protect our fragile environment?

Environmental Friendliness

<https://deepenglish.com/lessons/environmental-friendliness-listening-fluency-98/>

Saving energy and being environmentally friendly is all the rage right now. It makes sense, too, because we're living in a world with limited resources. And we don't want to use them up too quickly. At home, most of us make a conscious effort to turn off unused lights or to not waste water. But some people take environmental friendliness up a notch. And the projects they create are changing the world as we know it.

One example of this is an apartment building in Hamburg, Germany. Known as the Bio Intelligent Quotient, its power comes from an unlikely source: algae. If you've ever owned an aquarium, then you've had algae in your home before. It's that green stuff that builds up in the tank if you forget to clean the aquarium for a few days.

This apartment building has large panels that store algae inside of them. The algae feed on nutrients and carbon dioxide to encourage growth. The panels also have solar energy collectors, which turn sunlight into energy. The light that is not absorbed by the algae is then converted into heat for the building. As they grow, the algae are gathered from time to time and sold to a nearby power plant for conversion into methane gas to generate electricity. The tenants say they save around 1,000 Euros per year on their electricity bill.

An apartment building like that is beneficial to both the tenants and the owner. A couple from Idaho, though, is developing something green to benefit the general public. Scott and Julie Brusaw are hard at work on their Solar Roadway, a road made out of solar panels. The first full trial is almost finished. It is a 12-by-36 foot parking lot in Northern Idaho. The end goal, though, is to build entire roads out of this technology.

The solar panel road could reduce energy consumption overnight. The road could power the cars that drive over it while they are driving. It would also mean less asphalt production, which requires lots of energy. The small parking lot costs a pretty penny though: \$750,000 to be exact. The couple are confident, however, that their solar roadway will pay for itself over time.

These are just two examples of technologies helping to create a more sustainable environment. How long do you think it will be until you too are living in an apartment powered by algae? Or driving on a solar roadway? We hope it's sooner, rather than later.

I. Choose the right variant

1. One example of this is an apartment building in ...
 - a) Copenhagen, Denmark
 - b) Sydney, Australia
 - c) Paris, France
 - d) New York, USA
 - e) Hamburg, Germany
2. Known as the ..., its power comes from an unlikely source.
 - a) Bio Degradable Element
 - b) Bio Hazardous Waste

- c) Bio Intelligent Quotient
 - d) Biodiversity
 - e) Bio-based products
3. The tenants say they save around ... Euros per year on their electricity bill.
- a) 2000
 - b) 1000
 - c) 4000
 - d) 3000
 - e) 500
4. This apartment building has large panels that store ... inside of them.
- a) seaweed
 - b) fungus
 - c) rockweed
 - d) algae
 - e) kelp
5. These are just two examples of technologies helping to create a more ... environment
- a) sustainable
 - b) defendable
 - c) maintainable
 - d) supportable
 - e) tenable

II. Read the passage and retell it.

An apartment building like that is beneficial to both the tenants and the owner. A couple from Idaho, though, is developing something green to benefit the general public. Scott and Julie Brusaw are hard at work on their Solar Roadway, a road made out of solar panels. The first full trial is almost finished. It is a 12-by-36-foot parking lot in Northern Idaho. The end goal, though, is to build entire roads out of

this technology. The solar panel road could reduce energy consumption overnight. The road could power the cars that drive over it while they are driving. It would also mean less asphalt production, which requires lots of energy. The small parking lot costs a pretty penny though: \$750,000 to be exact. The couple is confident, however, that their solar roadway will pay for itself over time.

III. Do you have any ideas that could contribute to environmentally saving technologies? After all, we are doing this not only for ourselves but for future generations that will be living on this beautiful planet called Earth.

Thinking Outside of the Box

<https://deepenglish.com/lessons/thinking-outside-of-the-box/>

Planet Earth is not in great shape. Our oceans are swamped with plastic. Our rivers run with poison. The air is polluted, and our forests fall to the woodcutter's ax. The climate is in crisis. The world burns.

Big problems call for big solutions. We need trailblazers who think outside the box.

In 2012, 35-year-old engineer Topher White was hiking in an Indonesian forest when he heard a chainsaw's unmistakable buzz.

He rushed towards it and found a poacher felling an ancient tree. The poacher fled the scene of the crime, and the tree was saved. Yet Topher had experienced a Eureka moment.

The loss of rainforests is a huge factor in climate change. Rainforests soak up carbon. They also provide us with oxygen and wildlife with homes. Yet they are being destroyed at an alarming rate. The United Nations says that an average of 100,000 acres are being destroyed daily.

Topher came up with an ingenious idea to stop deforestation in its tracks. Using recycled phones, he created a solar-powered listening device. The device is attached to trees. It identifies and pinpoints the sound of chainsaws from miles around.

Once identified, the device flashes an alert to the phones of Topher and his team. They can then launch a real-time intervention.

Topher helped prevent illegal logging all over the world. People refer to him as the guardian of the forest.

Boyan Slat is another environmental trailblazer. At a young age, he fell in love with the ocean. In 2011, 16-year-old Boyan was diving in Greece when his heart broke. He saw there was more plastic than fish in the ocean.

Plastic pollution had a profound effect on the Dutch youngster. He decided to dedicate his life to turning the tide.

In 2013, Boyan set up Ocean Cleanup. The group has one mission: to cleanse the earth's oceans of plastic.

Funded by donors from all over the world, Boyan created a unique solution. He designed a 600-meter-long free-floating device to collect rubbish from the ocean.

The device has a plastic barrier that sits on the surface of the sea. Below is a three-meter screen designed to trap pieces of plastic. It is designed not to disturb the marine life below. The device has onboard transmitters to notify vessels when it needs emptying.

After two failed attempts, in 2019, the device collected significant amounts of rubbish from the Great Pacific Garbage Patch. The naysayers were silenced. The plastic was recycled, and Ocean Cleanup continue their work.

Boyan explained, "Our mission to rid the ocean of plastic garbage is within our sights."

And that's a sea of change we can all enjoy.

1. True or false:

1. In 2015, 40-year-old engineer Topher White was biking in an Indian forest when he heard a chainsaw's unmistakable buzz.

2. The World Health Organization says that an average of 200,000 acres is being destroyed yearly.

3. Rainforests also provide us with oxygen and wildlife with homes.

4. Plastic pollution had a profound effect on the Dutch youngster.

5. In 2010, 18-year-old Boyan was driving in Turkey when his heart broke.

6. After two successful attempts, in 2019, the device collected significant amounts of rubbish from the Great Atlantic Garbage Patch.

II. Complete the sentences with the words below.

plastic explained, deforestation, ingenious, outside, we, from, device, 600-meter-long, climate, created, rainforests

1. ... need trailblazers who think ... the box.
2. The loss of ... is a huge factor in ... change.
3. Using recycled phones, he ... a solar-powered listening
4. He designed a ... free-floating device to collect rubbish ... the ocean.
5. Boyan ... , “Our mission to rid the ocean of ... garbage is within our sights.”
6. Topher came up with an ... idea to stop ... in its tracks.

III. Roughly 15 billion trees are cut down each year, and up to 12.7 million tonnes of plastic enter our oceans on an annual basis.

Don't you think it is in our hands to reduce these numbers, and if so, what exactly do we have to do for that?

Work Smarter, not Longer

<https://deepenglish.com/lessons/work-smarter-not-longer/>

“I've done a good day's work,” he said. It was only noon, and the bearded scientist's workday was already over. While it might sound like he was slacking off, the famous scientist did a huge amount of research and wrote 19 books in his career.

Charles Darwin worked hard, but he did not work long. He started each day with breakfast and a walk. At about 8 a.m. he'd work hard for a few hours, with a break in the middle to respond to a few letters. At noon, he'd have a leisurely midday walk, then enjoy a nice lunch and respond to a few more letters before taking a nap. After that, came yet another walk and perhaps another hour of work before sitting down to dinner with his family. All in all, he enjoyed a fairly relaxed schedule.

He's not alone. Ernest Hemingway worked 6 hours a day. Stephen King says anything over four hours is “strenuous.” President Theodore Roosevelt enjoyed

naps and hobbies in equal measure to his work. In fact, a huge number of historical figures enjoyed days, which might be considered as “lazy” in our productivity-obsessed society.

But here's the kicker, these high achievers weren't successful despite all their time off. They were successful because of all their time off. Their shortened workday made them more focused and productive. Research suggests that people who work in creative positions are only able to be fully productive for about 6 hours a day. And people can actually be more productive when they work less.

The first step to doing more in less time is to get your focus dialed in. Try to invest your attention entirely in the task at hand. That means no multitasking.

It's also important to take breaks. Productivity is increased when people take at least a 15-minute break every couple of hours. But the key is to take a break that actually allows the mind to rest. That means no scrolling through social media or reading the news. Instead, be as deliberate with your downtime as you are with your work. For example, Darwin loved taking walks in nature for his breaks. And don't shy away from naps. One experiment showed that perception got progressively worse throughout the day unless the subject took naps.

If Darwin had worked 40, 60, or even 80-hour weeks, we might never have benefited from his most inspired contributions. Maybe it's high time that we all take it easy. We might just do our best work when we do less work.

I. Answer the questions.

1. What did Stephen King say about anything that is over four hours?
2. How many hours did Ernest Hemingway work a day?
3. Can you be more productive by working less?
4. Which scientist did a huge amount of research and wrote 19 books in his career?
5. Is multitasking a way to go while you are trying to get your focus dialed in?
6. What is one of the best ways to increase our productivity?

II. Put the following sentences in the correct order.

1. That means no scrolling through social media or reading the news.

2. Research suggests that people who work in creative positions are only able to be fully productive for about 6 hours a day.

3. President Theodore Roosevelt enjoyed naps and hobbies in equal measure to his work.

4. At noon, he'd have a leisurely midday walk, then enjoy a nice lunch and respond to a few more letters before taking a nap.

5. At about 8 a.m. he'd work hard for a few hours, with a break in the middle to respond to a few letters.

6. It was only noon, and the bearded scientist's workday was already over.

III. What is, in your opinion, the most optimal working schedule time-wise, and what can we do to make it even more productive? Create your own work-week schedule.

The Right Thing to Do

<https://deepenglish.com/lessons/the-right-thing-to-do/>

Chuck Feeney lives a very modest life. He no longer owns a house or even a car. It's a far cry from the days when he was worth \$8 billion.

Chuck was born during the Great Depression, a time of belt-tightening poverty for much of the country. Chuck grew up in a tough Irish-American neighborhood in New Jersey. His mother was a nurse whose life mission was to help others. She was a shining example to Chuck.

As a young man in the 1960s, he co-founded a company called Duty Free Shoppers. It made Chuck his fortune.

Yet the trappings of wealth wasn't Chuck's style. He was a product of an environment where nobody toots their own horn. He always flew economy class and drank cheap wine in cheap restaurants. Chuck believes that there is nothing more rewarding than giving one's wealth to people in need.

On November 23rd, 1984, he flew to the Bahamas in secret and gave all his money and assets away. He placed them into a charitable foundation he had founded. It was called Atlantic Philanthropies. Chuck said giving his money away was life-affirming.

To the world at large and even his business partners, Chuck still appeared to be a billionaire. He continued to make investments and purchase properties. Yet all the money he made was secretly pumped back into Atlantic Philanthropies.

For over three decades, Chuck's money helped transform lives. It revolutionized universities, enriched communities, and improved health care. Chuck carried out his charity work in secrecy.

In 2003, Chuck decided to dissolve Atlantic Philanthropies. He wanted to sell all its assets and spend everything before he died. He called it "Giving while living."

In late 2016, Chuck gave away his last \$7 million. It is but a drop in the ocean compared to the billions of dollars he has given away throughout his life. Yet every penny counts, and Chuck never forgot that.

Today Chuck enjoys a simple life in San Francisco. He lives with his wife, Helga, in a rented apartment. To his neighbors, he is a regular guy. There are no clues to his former billionaire status or his amazing generosity. That's the way Chuck likes it.

When asked why he gave it all away, Chuck's response was simple. "It was the right thing to do," he said.

I. Match the correct words into phrases

- | | |
|---------------------------|----------------------------|
| 1. he was worth | 1. a charitable foundation |
| 2. a tough Irish-American | 2. their own horn |
| 3. giving his | 3. three decades |
| 4. for over | 4. money away |
| 5. he placed them into | 5. \$8 billion |
| 6. nobody toots | 6. neighborhood |

II. Choose the right heading for each paragraph.

1. Chuck's lifestyle and beliefs
2. Modest life of Chuck Feeney
3. Duty Free Shoppers
4. Birth during the Great Depression
5. Right thing to do

6. Simple life in San Francisco
7. Secret giveaway
8. Giving while living
9. Every penny counts
10. Three decades of transformation
11. Charitable foundation

III. As we can see from this incredible story, a poor guy becomes a billionaire, and he never forgets who he is and where he comes from. Are you agree with the fact that we have to help each other? After all, that defines us as Humans and makes our life complete and meaningful.

The Man Who Accidentally Invented Hypnotism

<https://deepenglish.com/lessons/man-who-accidentally-invented-hypnotism/#:~:text=It%20was%20accidentally%20invented%20by,the%20complete%20attention%20of%20someone.>

Hypnosis is a form of direct communication with the unconscious mind. It is a valuable tool for raising self-awareness. It can also help people change negative patterns of behavior.

It was accidentally invented by a man named Franz Anton Mesmer. Mesmer belongs to a small group of people who have a verb named after them. To 'mesmerize' means to capture the complete attention of someone. Mesmer spent a lifetime trying to do exactly that.

Mesmer was born in Germany in 1734. He graduated from the University of Vienna with honors in law and medicine.

Mesmer was a believer in Isaac Newton's idea that the moon's magnetic pull influenced the ocean's tides. Mesmer applied the same logic to the human body. He coined the expression 'animal magnetism.'

Mesmer believed all living things possess a magnetic fluid. This fluid, which he likened to electricity, was key to people's well-being. When the magnetic fluid was in harmony people remained healthy. When it was out of whack or blocked, people became ill.

Mesmer used magnets on his patients. He believed they could remove blockages and allow for the free-flowing of the fluid.

Vienna's elite society hailed the mesmeric treatment a great success. It was the calm before the storm. In 1777, his claim to cure blind piano prodigy, Maria Theresia von Paradis was met with scorn.

Apparently, Paradis could see when Mesmer was in the room. When he left, she became blind again. This and reports of inappropriate touching forced Mesmer to flee to Paris in 1778.

The French welcomed him with open arms. Soon he had over 200 rich and sickly aristocrats queuing for his services every day.

Individual treatment became problematic, so Mesmer devised a simple solution – the baquet. Mesmer claims to have personally magnetized this unusual contraption. It consisted of a large wooden tub filled with iron, glass bottles, and water.

Patients would sit, holding hands in a circle around the baquet. At the same time, Mesmer circled the room, dressed as a wizard. The mainly female patients would erupt in violent fits or hysterical laughter. Mesmer would then remove them to a separate crisis room for further treatment.

This procedure was greeted with raised eyebrows. In 1784, King Louis XVI – whose wife, Marie Antoinette, was one of Mesmer's patients – took action. He ordered a commission to examine the medical man's methods.

The commission said there was no such thing as magnetic fluid. Mesmer left Paris with his tail between his legs. He wandered Europe as an exile for the rest of his life and died in 1815.

Mesmer's theories of magnetic fluid may have been mystical mumbo-jumbo. Yet many patients still said his techniques were a success. By accident or design, Mesmer used suggestive mental states for positive outcomes.

By addressing the unconscious mind, he cured his patients of psychological ailments. It was simply hypnosis by another name.

I. Insert a suitable word or phrase that is missing in the sentence.

Isaac Newton's idea, inappropriate touching, to 'mesmerize', Paris in 1778, Franz Anton Mesmer, he graduated from, accidentally invented, complete

attention, hypnosis, law and medicine, influenced the ocean's tides, unconscious mind

1. It was ... by a man named
2. ... is a form of direct communication with the
3. ... means to capture the ... of someone.
4. Mesmer was a believer in ... that the moon's magnetic pull... .
5. ... the University of Vienna with honors in
6. This and reports of ... forced Mesmer to flee to

II. Read the passage and retell it.

The French welcomed him with open arms. Soon he had over 200 rich and sickly aristocrats queuing for his services every day. Individual treatment became problematic, so Mesmer devised a simple solution – the baquet. Mesmer claims to have personally magnetized this unusual contraption. It consisted of a large wooden tub filled with iron, glass bottles, and water. Patients would sit, holding hands in a circle around the baquet. At the same time, Mesmer circled the room, dressed as a wizard. The mainly female patients would erupt in violent fits or hysterical laughter. Mesmer would then remove them to a separate crisis room for further treatment. This procedure was greeted with raised eyebrows. In 1784, King Louis XVI – whose wife, Marie Antoinette, was one of Mesmer's patients – took action. He ordered a commission to examine the medical man's methods.

III. Have you ever experienced the influence of hypnosis? What did you feel? Do you think it is a great idea to implement hypnosis in the traditional healthcare industry to treat not only psychological disorders but also physical traumas and injuries?

Motivation is Free

<https://deepenglish.com/lessons/motivation-is-free/>

The gods of Greek mythology could be brutal when angered. Of all the punishments given by the gods, the one given to Sisyphus stands out above the rest. Sisyphus was a king and a trickster. He was so clever that he actually cheated death – twice! As punishment for his hubris, he was forced to push an enormous boulder up a mountain for eternity. Again and again, he would struggle under the weight of the rock only to watch it roll back down. The punishment was a recipe for meaningless frustration. According to behavioral economist Dan Ariely's research, the Greek gods must have known something about the human psyche.

Ariely says that money is not as motivating as we might think. He makes the point that people run marathons and climb mountains all the time and they do it all for free. These are grueling experiences. Somehow a series of miserable moments becomes a desirable overall experience.

As Ariely explored this mystery, he found that meaningful work, challenging work and work that is acknowledged motivates us more than money.

In one experiment, Ariely paid people to build very simple toys using legos. The amount they were paid decreased with each toy they built. As you might expect, the participants eventually stopped building them when the money became too small. Next, Ariely started disassembling the toys right in front of the participants while they were building their next toy. He did this to show them that their job had no meaning. After seeing the futility of their work, they were much quicker to quit despite the money they were receiving. This was true even for the participants that enjoyed working with legos. Ariely says this shows that meaningful work is more motivating than money and enjoyment.

Ariely also discovered that challenging work was motivating. In another experiment, participants who were not given instructions on how to complete a task valued their work much more than those that were given instructions.

Acknowledgement in the workplace is important for motivation. In yet another experiment, Ariely gave participants some paperwork. Once they completed the work, they handed it in. It was either ignored and put into a pile, acknowledged with a superficial 'uh-huh' or put directly into a shredder. The results were similar to the toy building experiment, but they found something else interesting: ignoring the person's work was nearly as demotivating as shredding it!

Humans are complicated creatures. What motivates one person may not motivate another. But if Ariely is correct, work that is meaningful and challenging, with even a minor amount of acknowledgement can go a long way toward a more satisfying and productive work life.

I. Choose antonyms for the following words

- | | |
|----------------|------------------|
| 1. meaningful | 1. valley |
| 2. challenging | 2. acknowledging |
| 3. given | 3. worthless |
| 4. mountain | 4. taken |
| 5. mythology | 5. reality |
| 6. ignoring | 6. easy |

II. Choose the right variant

1. According to behavioral economist Dan Ariely's research, the ... gods must have known something about the human psyche.

- a) Roman
- b) Greek
- c) Egyptian
- d) Indian

2. Of all the punishments given by the gods, the one given to ... stands out above the rest.

- a) Zeus
- b) Poseidon
- c) Ares
- d) Sisyphus

3. Ariely says that money is not as motivating as we might

- a) think
- b) read
- c) talk
- d) imagine

4. Again and again, he would struggle under the weight of the ... only to watch it roll back down.

- a) tree
- b) sand
- c) rock
- d) stone

5. Somehow a series of miserable ... becomes a desirable overall experience.

- a) minutes
- b) hours
- c) days
- d) moments

III. How motivated are you in your daily life, and what do you usually do to keep this motivation on a high level?

No Arms, no Legs, no Worries

<https://deepenglish.com/lessons/no-arms-no-legs-no-worries/>

Thirty-six-year-old Nick Vujicic has hit a home run in the game of life. He's happily married with four beautiful children. He's a motivational speaker who travels the world, an international bestselling author, and an award-winning actor. He even finds time to paint, swim, skydive, surf, and play golf. Nick was also born with no arms and no legs.

The son of Serbian immigrants to Australia, Nick was born with a rare disorder that only seven people in the world have. He has two small, deformed feet, one of which he calls his 'chicken drumstick' for the way it looks. The toes on that foot were surgically separated, allowing him to use them as fingers to grab things.

Needless to say, life growing up in Melbourne was no walk in the park for Nick. Not only were the physical challenges enormous, but he also struggled mentally and emotionally. As Nick explains, "When I was eight years old, I sort of summed up my life and thought, I'm never going to get married. I'm not going to

have a job. I'm not going to have a life of purpose.” Bullied at school, he once tried to commit suicide at the age of 10.

But at some point, Nick realized that feeling sorry for himself wasn't the solution. “When you concentrate on the things you wish you had or the things you wish you didn't have, you forget what you do have. When that clicked, it was like a light bulb just flashed in my brain. I was like, hey, now I see life as an opportunity.” Once he realized how grateful he was for what he had, nothing could stop Nick from achieving his dreams.

Nick no longer sees himself as a disabled person. Disability is something stopping you from being able to do something. And in Nick's life, it seems that there is hardly anything he hasn't been able to do. One of his greatest achievements is the non-profit organization he founded, called Life Without Limbs. Through it, he campaigns against bullying by giving motivational talks on stage. Over the years, he's inspired millions of people in over 57 countries to find happiness by realizing how fortunate they are.

It's been a rocky road, but Nick now lives a life more joyful and more fulfilling than most non-disabled people. As Nick says, “No arms, no legs, no worries, mate!”

I. Answer the questions

1. Who is Nick Vujicic?
2. Besides his busy schedule, what does he find time for?
3. How did bullying at school influence Nick?
4. Which challenges did Nick have to go through?
5. What is Vujicic's greatest achievement?
6. Can Nick's life be an example to follow?

II. True or false

1. The son of Croatian immigrants to Canada, Nick was born with a rare disorder that only eight people in the world have.
2. But at some point, Nick realized that feeling sorry for himself wasn't the solution.

3. He's happily divorced with six beautiful children.
4. Once he realized how grateful he was for what he had, nothing could stop Nick from achieving his dreams.
5. Nick still sees himself as a disabled person.
6. Over the months, he's inspired thousands of people in over 64 countries to find laziness by realizing how fortunate they are.

III. Have you ever met a person with such a disorder? Did you realize how fortunate we are for what we already have?

Please, write your thoughts about it.

Color Boosts Memory and Creativity

<https://deepenglish.com/lessons/simple-color-secrets/>

Colors have the power to change our mood and our energy. Some people also believe that colors can make us remember words more easily and be more creative.

Scientists at the University of British Columbia say that the color red makes people remember words better, and the color blue makes people more creative. They tested 600 people showing them words and objects on a computer with blue backgrounds, red backgrounds and white backgrounds.

In some tests the people had to remember words or look for mistakes in spelling and grammar. In these tests, people looking at red backgrounds did much better.

In other tests, people looked at shapes on the computer and had to think of creative ways to use those shapes. In these tests, people looking at blue backgrounds did better.

According to this color research, when we need to focus our attention, we'll do better in a red room, but for activities where we need to think more freely and creatively, a blue room is better.

Color doesn't just affect learning. It also can affect our love life. Researchers at the University of Rochester did a study on the effect of color on men's perception of women. Men were shown pictures of women and rated their looks. Women shown wearing red or with red backgrounds were considered better looking.

Before you decide to paint your walls, it's important to remember that these research studies were done in North America. At the University of British Columbia the people were asked how they felt about the colors red and blue. Most of them said that red represented danger and mistakes, and blue represented peace and openness.

Depending on what country you come from, you might have a completely different feeling about these colors. According to this chart from the website Information is Beautiful, there are many different meanings for the colors blue and red. In Africa, blue can represent love. In China, red can represent fertility. This chart is separated into 10 different cultures.

I. Complete the sentences with the words and phrases below.

men's perception, considered, wearing, red and blue, University of British Columbia, more easily, some, change, completely, you come from

1. At the ... the people were asked how they felt about the colors
2. Depending on what country ... , you might have a ... different feeling about these colors.
3. Researchers at the University of Rochester did a study on the effect of color on ... of women.
4. Colors have the power to ... our mood and our energy.
5. ... people also believe that colors can make us remember words ... and be more creative.
6. Women shown ... red or with red backgrounds were ... better looking.

II. Put the following sentences in the correct order.

1. Most of them said that red represented danger and mistakes, and blue represented peace and openness.
2. According to this chart from the website Information is Beautiful, there are many different meanings for the colors blue and red.
3. According to this color research, when we need to focus our attention, we'll do better in a red room, but for activities where

we need to think more freely and creatively, a blue room is better.

4. They tested 600 people showing them words and objects on a computer with blue backgrounds, red backgrounds and white backgrounds.

5. Before you decide to paint your walls, it's important to remember that these research studies were done in North America.

III. Are you agree with the fact that colors can affect our mood, productivity, and emotions? What is your favorite color, and how do you associate yourself with it? Please, describe.

New Year's Resolutions around the World

<https://deepenglish.com/lessons/new-years-resolutions/>

As the year winds down, people around the world resolve to make changes in their lives. This New Year's resolution tradition is more than 4,000 years old and dates back to the Babylonians, who resolved to pay old debts and return borrowed things at the end of the year.

Today, people all over the world still make New Year's resolutions. A few years back, Google created a website recording peoples' New Year's resolutions from different countries. Google sorted these goals according to the most common topics: health, love, career, finance, and education.

Interestingly, health was the most popular goal for people in the US and Egypt, while romance was on the minds of those in Australia and Japan. Russians focused on educational goals, and in India, work-related goals were the most popular.

It's hard to say if these goals really say anything about the culture of people in these countries. One of the reasons is that within each culture, there are different subcultures.

For example, in 1977, researchers collected the New Year's resolutions of quote-unquote “average” children in the US and compared them with those of a separate group of Amish children in the US. The Amish are a religious group, originally from 17th century Switzerland, but are now living mostly in the US and Canada. They're famous for wearing very simple clothes and for not using modern technology such as cars, telephones, and electricity.

The researchers found that the average children had goals that focused on the results, while the Amish children focused on the process. One example of an

average kid's goal was getting an A in their class. Interestingly, the Amish children also had a similar goal of doing well in school but described it in a way that focused on the process. For example, the goal was not to get an A but was instead to spend more time doing homework.

It's unclear if the process-oriented Amish children were more successful than the results-focused average US children, but with the New Year around the corner, it's interesting food for thought. Studies have shown that less than 25% of people stick with their resolutions after 30 days, and only 8% actually accomplish them. With such high rates of failure, perhaps setting measurable goals would be more effective than simply making results-oriented ones. And maybe we all should consider adding a process-oriented element to our resolutions in order to balance our approach. Perhaps that is the key to success.

I. Match the correct words and phrases.

- | | |
|------------------------|------------------------------------|
| 1. Google created | 1. wearing very simple clothes |
| 2. New Year's | 2. there are different subcultures |
| 3. anything about | 3. the most popular goal |
| 4. within each culture | 4. resolutions |
| 5. they're famous for | 5. a website |
| 6. health was | 6. the culture of people |

II. Choose the right heading for each paragraph.

1. New Year's resolution tradition
2. The Amish group
3. Google's creation
4. Different approach of the Amish children
5. Statistics around the world
6. The key to success
7. Subcultures

III. What do you think of the idea of setting yearly goals? Do they have to be result or process-oriented? Do you ever set any goals and if so, are they long, medium, or short-term? Give an example of a medium-term process-oriented goal.

Little Girl Forgives Alligator Who Tried to Eat Her

<https://deepenglish.com/lessons/little-girl-forgives-alligator-tried-eat/>

A ten-year-old girl who fought off a bloodthirsty alligator with her bare hands claims they're 'misunderstood creatures.'

The Florida sun was fierce and high when ten-year-old Juliana Ossa went in Orlando's Mary Jane Lake. Her attempts to cool off came to a sudden end when an alligator attempted to kill and eat her.

Wading in a foot of water, the terrified youngster was grabbed around the leg by a nine-foot alligator. Many people would have been paralyzed by fear. Not Juliana. Her survival instinct kicked in. She began to scream and hit the creature. Unfortunately, it had little effect. The reptile still had her leg in its mouth.

The quick-thinking youngster recalled a survival tip she had learned in Gatorland theme park. Without a second to lose, Juliana shoved two fingers up the predator's nostrils. The trick saved her life. The reptile couldn't breathe unless it opened its mouth. When it did, the little girl was able to free her leg and prevent further injury.

A nearby adult grabbed Juliana and took her to the safety of the shore. She was shaken but had survived an attack by one of nature's deadliest creatures.

In the wake of the ordeal, Juliana said, "If you want to save your life you have to stay calm." She then added, "I think the alligator thought I was like this enormous piece of chicken."

Juliana had been bitten at least seven times. There were several puncture wounds to the back of her knee and she needed 14 stitches.

Paramedic Kevin Brito said, "She was a tough little girl. She said that if something is going to attack her, she has to attack back."

Much to the dismay of Juliana, the alligator has since been captured and killed. The brave little girl has no hatred towards the predator who attacked her. Instead, she described it as a 'misunderstood creature.'

Juliana said, “I still feel they have a cute inside because they're misunderstood animals. It is now in heaven and it's an alligator angel.”

For a ten-year-old girl to fight off an alligator is rare enough. Her refusal to give in to blind fear and bitter hatred is rarer still. Rather than condemn the alligator as a mindless monster, Juliana chose compassion for a wild creature governed solely by its instinct.

I. Insert a suitable phrase that is missing in the sentence.

mindless monster, enormous piece of chicken, several puncture wounds, safety of the shore, ten-year-old, Kevin Brito

1. There were ... to the back of her knee and she needed 14 stitches.
2. A ... girl who fought off a bloodthirsty alligator with her bare hands claims they're 'misunderstood creatures.'
3. Paramedic ... said, “She was a tough little girl.
4. Rather than condemn the alligator as a ... , Juliana chose compassion for a wild creature governed solely by its instinct.
5. She then added, “I think the alligator thought I was like this”
6. A nearby adult grabbed Juliana and took her to the

II. Read the passage and retell it.

The Florida sun was fierce and high when ten-year-old Juliana Ossa went in Orlando's Mary Jane Lake. Her attempts to cool off came to a sudden end when an alligator attempted to kill and eat her. Wading in a foot of water, the terrified youngster was grabbed around the leg by a nine-foot alligator. Many people would have been paralyzed by fear. Not Juliana. Her survival instinct kicked in. She began to scream and hit the creature. Unfortunately, it had little effect. The reptile still had her leg in its mouth. The quick-thinking youngster recalled a survival tip she had learned in Gatorland theme park. Without a second to lose, Juliana shoved two fingers up the predator's nostrils. The trick saved her life. The reptile couldn't breathe unless it opened its mouth. When it did, the little girl was able to free her leg and prevent further injury.

III. Have you ever been bitten by an animal? We have to be very careful with animals especially wild ones, after all, they are driven by instincts. What can we learn from Juliana?

Princess Spy

<https://deepenglish.com/lessons/princess-spy/>

Noor Inayat Khan was born a princess but died living the life of a spy while fighting the Nazis.

She was born in Moscow in 1914 to an American mother and an aristocratic Indian father, which made her a princess. Khan and her family soon moved to London and then Paris, where she went to school. After completing her education, she began writing children's stories and may have gone on to lead the quiet life of a writer, but this was not her path.

When World War II broke out in Europe, Khan's life took an unexpected turn. France fell to German forces in 1940. Khan fled to London with her family. Her life was forever changed. She was a gentle woman. She was raised as a pacifist by her father, a famous Sufi teacher. She did not believe in war but decided that she had to take a stand against the Nazis. She joined the Women's Auxiliary Air Force later that year. And in 1942, she was recruited to become a spy and radio operator.

Though some of her spy trainers were unsure whether Khan was up to the job, she was given a dangerous mission. She flew and parachuted into France to join the resistance network in Paris. Her code name was "Madeleine." Her mission was so dangerous that her spy trainers didn't expect her to live more than six weeks. One by one, the other spies on her team were captured. Her bosses told her to return to England, but Khan refused. She continued her mission of sending messages to London while doing her best to avoid the German secret police.

Khan was eventually betrayed by a French fellow spy and arrested. Even worse, the secret police found copies of her secret radio signals and were able to trick Allied forces into sending new spies into their hands.

Khan didn't sit back and wait for the war to end. She escaped prison but was caught. She was punished with solitary confinement and tortured for ten months. To her credit, she did not reveal any information to her captors the entire time she was there.

Eventually, Khan and three other agents were sent to Dachau concentration camp. She was killed there on September 13, 1944, less than a year before the end of the war. Her last word before being shot was 'liberty.'

I. Choose the right variant.

1. After completing her education, she began writing children's stories and may have gone on to lead the quiet life of a ..., but this was not her path.

- a) reporter
- b) writer
- c) journalist
- d) transcriber

2. She was born in ... in 1914 to an American mother and an aristocratic Indian father, which made her a princess.

- a) Brussels
- b) Berlin
- c) Rome
- d) Moscow

3. France fell to German forces in

- a) 1941
- b) 1942
- c) 1940
- d) 1943

4. Her code name was "...".

- a) Madeleine
- b) Maryam
- c) Matilda
- d) Maria

5. She continued her mission of ... to London while doing her best to avoid the German secret police.

- a) writing letters
- b) sending messages
- c) sending postcards
- d) drawing pictures

II. Choose synonyms for the following words:

- | | |
|-----------------------|-----------------|
| 1. join | 1. get away |
| 2. concentration camp | 2. secret agent |
| 3. escape | 3. unite |
| 4. resistance | 4. opposition |
| 5. unexpected | 5. sudden |
| 6. spy | 6. gulag |

III. What conclusions have you made for yourself from this inspiring story? Have you ever met any people with such heroic character, people who can sacrifice their lives for freedom and life?

Typos can be Life or Death

<https://deepenglish.com/lessons/typos-can-life-death/>

Typos are careless spelling or punctuation mistakes. They are usually minor, but not always. Sometimes these small mistakes can cost millions of dollars.

NASA, the US space agency, made a little mistake in 1962 that had a big impact. Their spacecraft, called “Mariner 1”, was launched in 1962 with the goal of flying by the planet Venus. The spacecraft was robotic, so there were no people onboard. Because of this, its navigation was controlled by software. Unfortunately, the person in charge of writing the software forgot one character – a hyphen. This missing hyphen caused the software to malfunction. The spacecraft exploded after takeoff, costing NASA \$80 million!

NASA's \$80 million down the drain was actually small change compared to Mizuho's losses. Nick-named the “fat finger” trade, a Japanese company called

Mizuho Securities lost hundreds of millions of dollars because of a tiny typo. On the day of the fat-fingered typo, the price of J-Com stocks was selling for 610,000 yen (approximately \$6,000) a share. A Mizuho employee attempted to sell 1 share for 610,000 yen, but because of a careless typo he sold 610,000 shares for 1 yen each!

This cost Mizuho Securities about \$340 million in one day. The error also caused Japan's market to become unstable. While we all make typos from time to time, most of them are quickly forgotten. In the case of the Mizuho employee, he will probably never live it down.

Both the NASA and Mizuho mistakes were classic typos. They were careless mistakes that were unintentional. There are also cases in history where people have intentionally used a typo to change the message's meaning.

Empress Maria Feodorovna, wife of Tsar Alexander III, once cleverly used punctuation to save a man from exile. Her husband had written an order that harshly sent a man into exile in Siberia.

It said, “Pardon impossible, to be sent to Siberia.”

In the original order, the Tsar was saying that canceling the punishment was impossible. After Feodorovna moved the comma, the meaning completely changed.

It now said, “Pardon, impossible to be sent to Siberia.”

With one deft stroke of the pen, the man was free. This intelligent edit was all that was needed to change the meaning from exile to mercy.

I. True or False.

1. Their spacecraft, called “Apollo 1”, was launched in 1962 with the goal of flying by the planet Jupiter.

2. Unfortunately, the person in charge of writing the hardware forgot one character – a dash.

3. A Mizuho employee attempted to sell 1 share for 610,000 yen, but because of a careless typo he sold 610,000 shares for 1 yen each!

4. Sometimes these small mistakes can cost millions of dollars.

5. Nick-named the “skinny thumb” trade, a Chinese company called Mizuho Securities lost hundreds of thousands of dollars because of a tiny typo.

II. Answer the questions.

1. What did empress Maria Feodorovna once do to save a man from exile?
2. Which agency made a little mistake in 1962 that had a big impact?
3. How much did Mizuho Securities lose in one day?
4. Was the "Mariner1" spacecraft robotic or with astronauts onboard?
5. Are the typos careless mistakes that were always unintentional?

III. We all make mistakes from time to time. The most important thing is to learn from them and never repeat them because, as we can see from this story, sometimes simple typos can be devastating. Have you ever made any mistake or typo that put you in deep trouble?

A Man with Love and Music, but Little Else

<https://deepenglish.com/lessons/man-love-music-little-else/>

When musician Clive Wearing was struck down by a brain infection in 1985, it stole his memories. It also prevented him from making new ones.

Fresh events and experiences are lost in the blink of an eye. Herpes encephalitis had infected his brain and destroyed his memory. He sees and hears everything in a crystal clear fashion. Yet holding onto the precious moments is like catching smoke in a bottle – impossible.

It is the most devastating case of amnesia ever recorded.

His memories last for a mere 7 to 30 seconds before disappearing. He perpetually feels as though he is awakening from a coma and asks over and over why he hasn't seen a doctor yet.

An example from his diary looks like this:

8:31 AM: Now I am really, completely awake.

9:06 AM: Now I am perfectly, overwhelmingly awake.

9:34 AM: Now I am superlatively, actually awake.

He repeatedly crosses out previous entries because he has no memory of writing them.

His wife, Deborah, describes his condition as a “never-ending agony.”

“It was as if every waking moment was the first. Clive was under the constant impression that he had just emerged from unconsciousness. He had no evidence in his own mind of ever being awake before.”

In 1993, Clive was moved to a small country house for the brain-injured. Over the next 15 years, his memory would remain broken, but he became more sociable and communicative.

Clive remains a stranger to himself, but he is able to find comfort in two anchors, his wife, and his music. On some fundamental level, he continues to recognize Deborah. His love for her has survived the illness.

Deborah explained, “Clive was terrified all the time. But I was his life, I was his lifeline. Every time he saw me, he would run to me, fall on me, sobbing, clinging.”

The amnesia could not snuff out his emotional memory or his love for music.

Clive can still play complex musical pieces on the piano, sing and conduct a choir. Like driving a car, playing music uses a type of memory called procedural memory that was not affected by his amnesia. Clive needs no conscious knowledge of what comes next or what has gone before to play music.

The momentum of the music allows Clive to follow the melody instinctively without conscious thought. And through the momentum of the melody, his present moment is filled with joy. By losing himself in the music and through the eternal love for his wife, Clive becomes whole again.

I. Complete the sentences with the words below.

eternal, catching, hears, blink, 1985, experiences, instinctively, momentum

1. Fresh events and ... are lost in the ... of an eye.
2. Yet holding onto the precious moments is like ... smoke in a bottle – impossible.
3. When musician Clive Wearing was struck down by a brain infection in ..., it stole his memories.
4. By losing himself in the music and through the ... love for his wife, Clive becomes whole again.

5. The ... of the music allows Clive to follow the melody ... without conscious thought.

6. He sees and ... everything in a crystal clear fashion.

II. Match the correct phrases.

- | | |
|-------------------------------|---------------------------|
| 1. prevented him from | 1. awake before |
| 2. the most devastating | 2. making new ones |
| 3. Herpes encephalitis | 3. a “never-ending agony” |
| 4. awakening from | 4. had infected his brain |
| 5. describes his condition as | 5. case of amnesia |
| 6. ever being | 6. a coma |

III. Can you imagine yourself having such a memory loss and living 'blank' every single minute of your life? How do you think you would behave? What would you do? Please describe.

The Man Who Lived and Died with Bears

<https://deepenglish.com/lessons/man-lived-died-bears/>

Timothy Treadwell spent 13 summers living with grizzly bears in remote Alaska. He loved them and gave them cute pet names like Mr. Chocolate. These wild animals were anything but cute. Weighing up to 1,700 pounds and standing up to 7 feet tall, these animals were dangerous. Treadwell wasn't afraid, though. He claimed he was an “accepted wild animal and brother to these bears.” The grizzlies begged to differ. They tolerated his presence but ultimately killed him.

Ironically, Treadwell believed the bears saved him from an early death. As a young man, he jumped feet first into a party lifestyle. He became an alcoholic and a drug addict. It was a near-fatal drug overdose which changed his fate. The brush with death saved him from an early grave.

Treadwell decided he needed to get away from people. The remote and wild parts of Alaska were just what he needed. In 1989, he came face to face with a grizzly for the first time.

Treadwell wrote, “The encounter was like looking in a mirror. I gazed into the face of a kindred soul.”

The grizzly ran away, but the seeds were sown. Treadwell called it a revelation. He never touched drugs again. He had found a new addiction – bears!

For the next 13 years, Treadwell spent each summer filming himself getting closer to the bears. He believed he shared a unique bond with them and was there to protect them.

Bear experts criticized Treadwell for sentimentalizing the wild animals. He refused to carry safety precautions like pepper spray. He believed he was somehow helping the bears, but experts believed he was causing them stress. They claimed he got too close and harassed them by singing songs and even touching them.

Native American Sven Haakanson said, “Treadwell tried to be a bear. You don't invade their territory. It's disrespecting the bear.”

Treadwell believed the bears were misunderstood, creatures. He felt bears and humans could live side by side in harmony. This mistake cost him his life.

After 13 years of living amongst the bears, Treadwell, and his girlfriend, Amie Huguenard, were killed and eaten by one of the bears.

Treadwell said he was “an accepted wild animal.” While grizzly bears seldom attack humans, they do attack and eat other bears. In his final moments, perhaps the bear saw him as a rival bear. If so, Treadwell was tragically getting the acceptance he wanted.

German director Werner Herzog made a documentary on Treadwell called *Grizzly Man*. He explained, “that in all the faces of all the bears that Treadwell ever filmed, I discover no kinship, no understanding, no mercy. I see only the overwhelming indifference of nature.”

I. Put the following sentences in the correct order.

1. For the next 13 years, Treadwell spent each summer filming himself getting closer to the bears.
2. He refused to carry safety precautions like pepper spray.
3. The remote and wild parts of Alaska were just what he needed.
4. Weighing up to 1,700 pounds and standing up to 7 feet tall, these animals were dangerous.

5. While grizzly bears seldom attack humans, they do attack and eat other bears.

6. It was a near-fatal drug overdose which changed his fate.

II. Choose the right heading for each paragraph.

1. Bear Experts' critique
2. Documentary
3. Costly mistake
4. Get away
5. New addiction
6. Unique bond
7. Cute names for wild animals
8. "Treadwell tried to be a bear"
9. Encounter
10. Final acceptance
11. Killed by the bear
12. The brush with death

III. Have you ever encountered animals in the wild? How did you behave? After this true story we can all agree that we should be very careful with wild animals and never neglect basic safety rules. Whether cute or not they are dangerous and we should always remember that.

Can Human Beings Hibernate?

<https://deepenglish.com/lessons/can-human-beings-hibernate/>

When Mitsutaka Uchikoshi got lost on a Japanese mountain, his chances of survival were slim. He had no food, water, or protection against the environment.

Mitsutaka became separated from his climbing party on Mount Rokko. The last thing he remembers is lying down in a grassy area. He felt exhausted, but relaxed in the sunshine. He fell asleep, and his metabolism slowed to a standstill.

When he was found 24 days later, his pulse was barely detectable. His organs had almost shut down, and his body temperature had dropped to 22 degree Celcius. Yet he was alive. Mitsutaka survived for almost four weeks without food, water, or shelter. How?

Dr. Shinichi Sato believes Mitsutaka's body went into a state similar to hibernation to survive.

The doctor explained that his body temperature dropped quickly. "Therefore, his brain functions were protected without being damaged and have now recovered."

Hibernation expert Hirohito Shiomi said that if Mitsutaka did survive for so long with such a low temperature, it was revolutionary. Dr. Frankie Phillips from the British Dietetic Association remains skeptical. The doctor explained that the body could survive that long without food, but not without water.

Animals hibernate to conserve energy when food is scarce, and conditions are extreme. Their heart beats slow, their core temperature drops and energy is conserved. No one is sure if humans can hibernate, but there are reports of humans falling into hibernation-like states.

In 1900, a British medical journal reported that some Russian peasants from the northeastern Pskov region had a unique method of dealing with harsh winters and scarce food. When the snow came they would go inside, light the stove and fall into a deep sleep. They called this state "lotska." They would wake briefly just once a day to eat some hard bread and drink some water before returning to sleep. Six months later, when spring arrived, they would resume their normal lives.

While there is no proof that this Russian story is true, for years many scientists have argued that humans can hibernate.

NASA is working on a project called Spaceworks Enterprises. It plans to put humans into hibernation during long spaceflights using body and brain-cooling techniques. This would conserve space and resources for trips to other planets.

Astronauts in hibernation would be in a state of timeless limbo. Their reduced metabolism would dramatically reduce the aging process. Meanwhile, their loved ones back on Earth would grow old. For now, it remains to be seen whether hibernation will be the key for humanity to discovering brave new worlds. Only time will tell.

1. Insert a suitable word or phrase that is missing in the sentence.

shelter, without water, climbing party, almost four weeks, Pskov region, survive for so long, explained, lying down, scarce food

1. Mitsutaka became separated from his ... on Mount Rokko.
2. The doctor ... that the body could survive that long without food, but not ...
3. In 1900, a British medical journal reported that some Russian peasants from the northeastern ... had a unique method of dealing with harsh winters and
4. Hibernation expert Hirohito Shiomi said that if Mitsutaka did ... with such a low temperature, it was revolutionary.
5. The last thing he remembers is ... in a grassy area.
6. Mitsutaka survived for ... without food, water, or

II. Read the passage and retell it.

NASA is working on a project called Spaceworks Enterprises. It plans to put humans into hibernation during long spaceflights using body and brain-cooling techniques. This would conserve space and resources for trips to other planets. Astronauts in hibernation would be in a state of timeless limbo. Their reduced metabolism would dramatically reduce the aging process. Meanwhile, their loved ones back on Earth would grow old. For now, it remains to be seen whether hibernation will be the key for humanity to discovering brave new worlds. Only time will tell.

III. Do you believe in a human's hibernation theory? What do you think of an idea to fall asleep and wake up in the next 100 years? Please, describe

Dog Saves Man with Broken Neck

<https://deepenglish.com/lessons/dog-saves-man-broken-neck/>

This past New Year's Eve, a 64-year-old Michigan man took a fall that almost cost him his life. At 10:30 pm, Bob took a break from watching football on TV and stepped outside. He was going to get wood for the fire when he slipped on some icy steps. As he lay in the snow, without a jacket, he knew that he was in serious trouble. He had broken his neck and couldn't move. Bob's wife was visiting her

parents, and he was all alone. He screamed for help, but his nearest neighbor was far away. No one heard him except for his loyal dog Kelsey.

Bob continued to scream for help until he eventually lost his voice, but Kelsey continued barking all night. He was only wearing long underwear, a shirt, and slippers as he lay in the snow. In those temperatures, falling asleep could have been fatal for Bob. Throughout the night, the 70-pound dog kept him warm by lying on top of him and kept him awake by licking his face and pawing at his arms.

Twenty hours later, at 6:30 pm on New Year's Day, Kelsey's barking finally paid off when a neighbor found them. Bob was rushed to the hospital and had an emergency operation on his spine. The operation was a success. The very next day, Bob began to move his arms and legs again. His doctor attributes his remarkable recovery to Kelsey keeping him warm after his fall and Bob's own mental strength. Dr. Colen said, "He has a strong and a very positive personality, and that's what I like. A lot of people quickly end up in despair, and that's very tragic. Maintaining that positivity is very important."

Bob has begun to walk again, and Kelsey is staying by his side every step of the way. Bob has chosen to not reveal his last name to protect his family's privacy, but his dog Kelsey's heroism will not soon be forgotten.

"I'm so thankful for my two heroes," Bob said. "Kelsey kept me warm, alert, and never stopped barking for help. Dr. Colen saved my life and ability to move. They are truly heroes and I will be eternally grateful."

I. Choose the right variant.

1. No one heard him except for his loyal dog
 - a) Kelly
 - b) Kelsey
 - c) Kimberly
 - d) Kenzie
2. "He has a strong and a very positive ... , and that's what I like.
 - a) personality
 - b) mentality
 - c) attitude
 - d) character

3. ... that positivity is very important.”

- a) conserving
- b) implementing
- c) maintaining
- d) sustaining

4. Bob has chosen to not reveal his last name to ... his family's privacy, but his dog Kelsey's heroism will not soon be forgotten.

- a) defend
- b) insulate
- c) care for
- d) protect

5. Bob was ... to the hospital and had an emergency operation on his spine.

- a) speeded
- b) sprinted
- c) rushed
- d) raced

6. Twenty hours later, at 6:30 pm on ... Day, Kelsey's barking finally paid off when a neighbor found them.

- a) Christmas
- b) Thanksgiving
- c) Easter
- d) New Year

II. Make sentences of your own using the correct variant from Exercise I.

III. What an amazing story indeed! Throughout the history of mankind, we may see a lot of cases when dog saves human life. That is why we call them our little brothers. Do you have a dog? What is so special about him?

Sloppy Scientist Saves a Hundred Million Lives

<https://deepenglish.com/lessons/sloppy-scientist-saves-hundred-million-lives/>

Mold is all around us. In the air and on our food, it can make us sick and gross us out, but not all molds are bad. Some can make delicious food, and others can save lives. One famous mold, discovered by accident by a sloppy scientist, became the first antibiotic medicine: penicillin.

The story of penicillin begins with Alexander Fleming, a young man working a boring job in the shipping industry. One day, his uncle died and left him some money. It was enough to quit his job and enter medical school in London. At medical school, Fleming joined a shooting club and was a talented shot. When he graduated, the captain of the team didn't want to lose him, so he found him a job as a bacteriologist. It was this chain of events that led Fleming to his greatest discovery.

Fleming studied a particular kind of bacteria that was harmful to humans. One day, before taking a vacation, he carelessly forgot to clean up his Petri dishes full of bacteria. When he returned, they were covered in mold. No surprise there, but what was surprising was the mold had killed the harmful bacteria.

Fleming knew he was on to something, but he wasn't a chemist and didn't have the skills to produce enough mold for further research. He eventually published his research, which was then discovered by the chemist Howard Florey. Florey and his employee, Ernst Chain, did have the skills to produce hundreds of liters of this mold. They first tested the penicillin on 50 mice, which they infected with deadly bacteria. Half of the mice were given penicillin, and half were left to die. Twenty-four of the twenty-five mice given penicillin survived. They knew they had struck gold. Interestingly they narrowly avoided going down a dead end. If Florey and Chain had chosen guinea pigs instead of mice, they would have seen no result. While penicillin is a miracle cure for mice, humans, and many other animals, it has no effect on guinea pigs.

In 1945, Fleming, Florey, and Chain won the Nobel Prize for penicillin. It was a turning point in human history. Doctors now had a way to cure infectious diseases, and the discovery of many other life saving antibiotics would follow. It is estimated that penicillin has saved a hundred million lives over the years. But if it weren't for a generous uncle, a talent for shooting, a sloppy day at the office, and the random choice of mice over guinea pigs, it never would have happened.

I. Match the words with their definitions.

1. penicillin

1. a tailless South American rodent of

	the cavy family. Now typically kept as a pet or for laboratory research
2. sloppy	2. highly pleasant to the taste
3. bacteriologist	3. prepare and issue (a book, journal, piece of music, etc.) for public sale, distribution, or readership
4. delicious	4. careless and unsystematic
5. publish	5. a scientist who studies bacteria, especially those that cause disease
6. guinea pigs	6. an antibiotic or group of antibiotics produced naturally by certain blue molds, and now usually prepared synthetically

II. Complete the sentences with words from Exercise I.

1. While penicillin is a miracle cure for mice, humans, and many other animals, it has no effect on
2. Some can make ... food, and others can save lives.
3. One famous mold, discovered by accident by a ... scientist, became the first antibiotic medicine: penicillin.
4. He eventually ... his research, which was then discovered by the chemist Howard Florey.
5. In 1945, Fleming, Florey, and Chain won the Nobel Prize for
6. When he graduated, the captain of the team didn't want to lose him, so he found him a job as a

III. As we can see from the above story, penicillin is one of the most important medical discoveries of all time, and it has led to the creation of other medicines, which have saved millions of lives worldwide. What is, in your opinion, the next discovery humanity has to work on? Your thoughts on that?

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