

Reading

Answer Questions 1–14 based on the reading passage.

Questions 1–8

The reading passage has eight paragraphs, A–H.
Choose the correct heading for paragraphs A–H from the list of headings below.
Write the correct number i–x next to Questions 1–8.

List of Headings

- i Medicine in the Muslim world
- ii Rising status of medical knowledge
- iii Ending the ageing process
- iv Improving standards of care
- v Early operations
- vi Evidence of early medical practice
- vii Defeating the world's killers
- viii The hope of medical advancement
- ix A set of ideas still relevant today
- x A new approach to medicine

- 1 Paragraph A
- 2 Paragraph B
- 3 Paragraph C
- 4 Paragraph D
- 5 Paragraph E
- 6 Paragraph F
- 7 Paragraph G
- 8 Paragraph H

Questions 9–14

Complete the summary using the list of words, A–L, below. Write the correct letter A–L in the gaps.

There is a long history of the study of medicine. The first 9 were simple, and medical knowledge often depended on key individuals. In fact, many of the 10 used in medicine were first conceived by one man, Hippocrates. It is only in the last 800 years that medical 11 began. But individuals continued to play a key role. Florence Nightingale, in particular, helped to improve the 12 in hospitals. In the 20th century, the medical world was transformed by the development of 13, and some scientists are currently studying how to stop organisms becoming 14

- | | | |
|--------------|-------------|----------------|
| A treatments | E research | I science |
| B operations | F education | J old |
| C rules | G ill | K vaccinations |
| D equipment | H words | L conditions |

A brief history of medicine

- A From eradicating diseases to transferring organs, medicine has come a long way over the centuries. However, many of the basic procedures that people think of as modern are actually thousands of years old. The oldest medical books date back to around 1000BC. Many of these early books introduced the practices of diagnosis, prognosis, physical examination and remedies. These texts contain lists of medical symptoms and often detailed empirical observations. In most cultures at this time, the remedies were quite basic, and the symptoms and diseases of a patient were treated through therapeutic means such as bandages, herbs and creams. However, in many countries, even some basic surgery was being practised at this time.
- B One such form of medicine known for describing a range of these early surgical procedures is Ayurveda. Ayurveda is a medical system developed in India. The word can be translated literally as 'complete knowledge for long life'. Its basic principles are that health and disease are not predetermined and life may be prolonged by human effort. One of the early books in this field is notable for describing rhinoplasty, the repair of torn ear lobes, perineal lithotomy, eye surgery and several other procedures. In total, it describes over 125 surgical instruments and 300 surgical interventions.
- C As each culture developed its own insights, many prominent figures rose up in particular fields. In Europe, one such figure was the physician Hippocrates of Kos (Greece), who is considered the 'father of Western medicine'. He is given credit for the description of many medical conditions from lung cancer to heart disease, categorising them as 'acute', 'chronic', 'endemic' and 'epidemic', and using terms such as *exacerbation*, *relapse*, *resolution*, *crisis*, *paroxysm*, *peak* and *convalescence*. His teachings remain relevant to present-day students of pulmonary medicine and surgery, and even today the 'Hippocratic oath', which states the obligations and proper conduct of doctors, is still used in some medical schools. Unfortunately, after 400AD, much of his work was lost to Europe, as the Roman Empire went into decline. His works were largely kept alive in the Muslim world, and only in the 12th century did translations come back from Muslim and Jewish sources in Spain.
- D Until the 13th century, much medical knowledge had come through talented individuals or groups of scientists working together. There was no opportunity for the formal study of medicine. In 1220, the University of Padua was founded, and it began teaching medicine in 1222. The university played a leading role in the identification and treatment of diseases and ailments. By the 18th century, science was held in high regard, and doctors could improve their social status by proving their knowledge through using scientific practices. Unfortunately, the health field was crowded with self-trained surgeons, nurses and many other frauds. Medical education largely relied on lectures and readings, and students had very little opportunity to practise surgery. But the professionalisation of medicine was by now well under way.
- E Although having a professional status was widely regarded as positive, it did have the downside of pushing women to one side. Most women at the time did not have access to formal education, and so the profession became closed to them or they were pushed to the side in minor roles. However, one nurse active in the 19th century, Florence Nightingale, resolved to professionalise the role. The model she developed was widely copied around the world in countries such as Russia, America and Japan. Not only did she manage to achieve this, but she also pioneered the analysis of large amounts of statistical data, using graphs and tables, to evaluate the performance of hospital services. Her analytical methods also played a huge role in raising people's awareness of the importance of hygiene in hospitals.
- F Medicine was revolutionised in the 19th century and beyond by advances in chemistry and laboratory techniques and equipment. Both bacteriology and virology rose to prominence under the research of Pasteur, Koch and Cohen. To the general public, Louis Pasteur was perhaps most famous for the development of pasteurisation – a process that made milk safe to drink. However, it was his research into the vaccination of animals against different diseases that helped develop the field so much. In fact, it is often said that English surgeon Edward Jenner discovered the concept of vaccination and that Pasteur invented vaccines that could actually be used. This ushered in the era of preventative medicine such as antibiotics – no longer were we limited to treating illnesses, but science was enabling us to prevent them.
- G In 1948, the World Health Organization was founded as a United Nations agency to improve global health. Vaccines have allowed humans to contemplate the elimination of many potentially fatal diseases. The long-known vaccine against smallpox finally eradicated the disease in the 1970s, and Rinderpest was cleared in 2011. To combat infectious diseases, it takes an international effort. Many new vaccines have been developed against infections such as measles, mumps, several strains of influenza and human papilloma virus. It is likely in the near future that polio will also be eradicated. The World Health Organization has also enabled people to develop a response system against epidemics such as SARS in 2003, Influenza A virus subtype H5N1 ('bird flu') in 2004, and Ebola virus in West Africa in 2015.
- H The rise of vaccination and improved hygiene standards around the world have led to an increase in life expectancy, as infectious diseases are now less frequently lethal. However, modern lifestyles have seen an increase in other common causes of death. In the developed world, the most common causes of death today are tumours and heart disease. Can the medical world rise to the challenge of these new threats? Cancer treatment has certainly improved dramatically over the last few decades. In some cases, science fiction may be about to become science fact. A group of scientists in California are studying the Laron Syndrome condition, a rare condition that makes people age more slowly. Perhaps we are even in the early stages of developing drugs that make humans live for ever.

Listening

Section 1 2.7

Questions 1–5

Complete the notes.

Write **NO MORE THAN TWO WORDS AND/OR A NUMBER** for each answer.

Jungle Jim - tree-top adventure course!

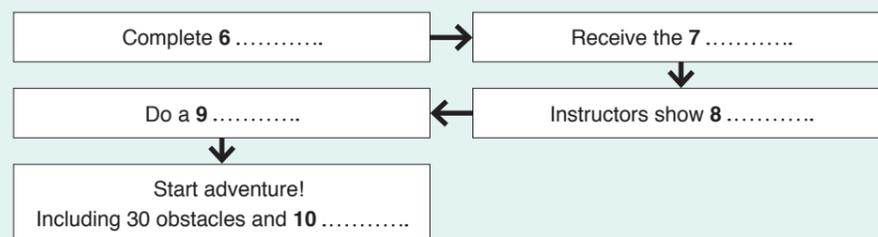
Available days: 1 morning
 Time needed to complete the tree-top adventure: 2
 Difficulty: Three levels of difficulty; the 3 is the easiest!
 Preparation: Bring 4 with you and coats in case it rains.
 Wear 5

Questions 6–10

Complete the flowchart.

Write **NO MORE THAN TWO WORDS OR A NUMBER** for each answer.

Course introduction process



Section 2 2.8

Questions 11–13

Choose the correct letter, **A**, **B** or **C**.

- 11 Which people are most at risk from water?
A Walkers
B Runners and cyclists
C Young people
- 12 What problem with picnics is discussed?
A Lack of water
B Leaving bottles
C Carrying too much
- 13 What advice is given about walking through fields with animals?
A Walk quickly through a field.
B Keep dogs close to you.
C Keep to the edge of the field.

Questions 14 and 15

Choose **TWO** letters, **A–F**.

Which **TWO** items does the speaker suggest taking on longer walks?

- A** A medical kit
B A warm hat
C Money for shops
D Snacks
E A blanket
F A working mobile

Questions 16–20

Complete the summary. Write **NO MORE THAN TWO WORDS** for each answer.

Two keen walkers had come to Grimswick on their 16 Despite being well-prepared with boots and 17 for walking, one of them hurt her 18 This slowed them down and before long, they found themselves stuck in the mountains because they didn't have a 19 that worked. They had to spend a night out in the cold, and one of them began to suffer from hypothermia. Luckily, the 20 called the emergency services, who took them to hospital.

Speaking

Part 1 EITHER

- a  2.9 Listen and answer eight questions on two topics. After each question, you will have 15 seconds to respond.

OR

- b Turn to audio transcript 2.9 on page 110. Ask and answer the questions with a partner.

Part 2 Prepare to speak about the topic on the card below. Think or make notes for one minute. Speak for between one and two minutes about the topic on the card. Record yourself or ask a partner to listen to you.

Describe a sporting event that made you feel disappointed.

You should say:

- what the event was
- who was participating in the event
- what happened during the event
- and explain why you felt disappointed.

Part 3 EITHER

- a  2.10 Listen and answer nine questions on three topics. After each question, you will have 25 seconds to respond.

OR

- b Turn to audio transcript 2.10 on page 110. Ask and answer the questions with a partner

Writing

Task 1

You should spend about 20 minutes on this task. Turn to Task 6 on page 92.

Task 2

You should spend about 40 minutes on this task.

Write about the following topic:

In modern life, there is an increasing range of health risks, from poor air quality to traffic accidents and fatty foods. Which risks are the most difficult to protect people against, and what steps can individuals take to protect themselves?

Give reasons for your answer and include any relevant examples from your knowledge or experience.

Write at least 250 words.