

TEST 13

I. Choose the right word for each gap.

Stress is like a shadow. It (1) us wherever we go. Stress inducing situations may (2) at work, at home, in a supermarket or on a bus – namely, everywhere. Not all situations appear to be equally stressful however they invariably put some amount of (3) on our nerves. Ignore it for too long and you will end up with much more serious health problems to (4). Regardless of whether the emotions we experience are positive or negative, too much of a good thing can be as destructive as too much of a bad thing. Recurrent ups and (5) as well as volatile emotions require continuous adaptations that (6) a disastrous impact upon our stamina and vital forces. In result, stresses that can not be easily relieved tend to (7) to numerous health (8). This is why people suffer from heart attacks, stomach problems, intestinal afflictions as well as higher blood pressure. Other symptoms of stress-related diseases are no less painful; asthma, hormonal disorders and severe migraines can turn life (9) a real nightmare. Doctors make distinctions between occurrences that (10) our emotional life and segregate them according to the level of stress they produce. Death of a life partner (11) the most, then a divorce, redundancy and a serious disease follow. However, a wedding, removal or a retirement can be equally stress-provoking. Even situations which seemingly do not affect us much may in fact produce hidden stresses that will only (12) later.

It seems there is no escape from stresses in everyday life. But there are always remedies to (13) them. First of all, everyone of us needs to answer a simple question? "Do you want to end up as a (14) of nerves?" If your answer is "no", then make a (15) of reading and sticking to the following pieces of advice. Do not take much at a time. Emotions will not do much (16) if you learn to dose them. Did your child behave badly in a restaurant last night? Do not hit the (17). Count to ten, take a deep breath; children's intentions are sometimes hard to guess. These things simply happen. Unfortunately, human nerve cells do not regenerate. So, an (18) of anger or a deep irritation will not be a good reaction to minor problems your children create. If you learn to distance yourself from stresses, you are half a way to a success. However, if you think you know a better alternative in the form of a cigarette or a glass of whisky, you are sure to get nowhere. Instead, relax more, take your time to talk to your family, read a book or take a nap in the garden. The way we respond to stresses (19) our emotional status and maturity, so rather than escape from stresses let's put a bold (20) on them.

1. a) associates b) accompanies c) attaches d) assembles
2. a) introduce b) accomplish c) initiate d) arise
3. a) strain b) stream c) stretch d) struggle
4. a) eye b) forehead c) face d) mouth
5. a) falls b) drops c) offs d) downs
6. a) exert b) apply c) devise d) influence
7. a) result b) lead c) effect d) follow
8. a) demolitions b) confusions c) disorders d) commotions
9. a) up b) with c) into d) on
10. a) express b) inflict c) prompt d) affect
11. a) scores b) achieves c) establishes d) reaches
12. a) turn up b) come down c) take over d) bring about
13. a) overflow b) override c) overhaul d) overcome
14. a) bunch b) roll c) bundle d) kit
15. a) spot b) point c) move d) stage
16. a) harm b) injury c) wound d) hurt
17. a) ceiling b) wall c) floor d) roof
18. a) outcome b) outburst c) outfit d) outlook
19. a) foresees b) conceives c) reflects d) imagines
20. a) neck b) shoulder c) face d) fist

II. Put the verbs in brackets in the correct form.

It (be) reported that the two mountaineers who
 (miss) since last Saturday (find) alive by a rescue team up in the
 mountains. Alex Hardy and Joel Wharton, who (practise)
 mountaineering for about ten years, (set) out on 13 March. Before
 (lose) their way, they (reach) the peak of
 Matsuma where they (establish) camp three. There they
 (rest) for several hours and finally (decide) to
 make an attempt at (reach) the peak of Huatamatha. A few hours
 later, contact with them (break) and the other members of the
 expedition (not wait) long before (notify) the
 emergency crew. Both of them are said (be) in pretty good
 condition although they (suffer) from bad frostbite.

Recent research (show) that a great percentage of primary school
 students (suffer) from caries and other dental problems. The
 reason for this situation may (be) inadequate concern about

regular teeth cleaning. This is why Dental Care Organizations all over the country (plan) to launch a program that involves (instruct) pupils how (look) after their teeth on a regular basis. Doctor Martha Bowles, who (lead) the *Shiny Teeth* campaign for two years now, says that soon a great number of dentists (offer) free check-ups and treatment for primary school pupils. There are hopes that within a few years' time the now dramatic situation (improve). There is also a need for parents (take) greater care of their offspring's health state and that is why they (advise) to take part in a series of lectures on dental disorders among children under twelve starting next month in a number of schools.

Ever since he (grant) a hunting licence last January, Mr McCarthy (spend) most of his free time in the woods trying (hunt) down a record stag. So far, he says, he (only / manage) (track) one with really amazing antlers but the deer wasn't near enough (shoot) at. But Mr McCarthy (not seem) to be worried about that. He says that the smell of adventure and the excitement of pursuit (surpass) the fun of hunting down a stag. What he also likes about the hunting hobby is the possibility of (share) his experiences with other hunters. The one he likes the most is Harry Duke who is said (shoot) more than fifty record stags in his life. By next September, Harry (be) a hunter for thirty years and that's why he (treat) with immense respect, almost glory by other hunters in the town. His experience (admire) by those who aspire (beat) his record as well as those who (never shoot) a really big deer.

III. Translate the following sentences into English.

1. *Pomimo tego, że nagrał już tak wiele piosenek, nigdy jeszcze nie poproszono go o autograf.*
Despite , he
..... an autograph yet.
2. *Powiedziano nam wczoraj, że termin egzaminu nie został jeszcze ustalony.*
We yesterday that
..... yet.
3. *Czy nie wiesz przypadkiem ile wypracowań mamy napisać?*
..... happen
supposed ?

4. *Mieliście podjąć decyzję do czwartku. Jednakże, nikt z was nie poinformował nas jeszcze o waszych zamiarach.*
 You were by Thursday.
 However, as yet.
5. *Gdyby nie szybka reakcja twojego taty, mogłeś zostać uderzony przez spadające kawałki skał.*
 But immediate reaction,
 you rock.
6. *Nalegamy, abyście przestali podsłuchiwać nasze prywatne rozmowy telefoniczne.*
 We insist
 phone calls.
7. *Wydawało się, że Mark jest utalentowanym chłopcem. Szkoda, że zrezygnował z kariery śpiewaka operowego.*
 Mark It is
 an opera singer.
8. *Bez względu na to, jak ciężkie było jego własne życie, nigdy nie odmawiał pomocy innym ludziom.*
 However
 he other people.
9. *Ostrzeżono nas, abyśmy nie siadali na ziemi z obawy przed atakiem groźnych owadów.*
 We the ground for
 dangerous insects.
10. *Gdybyś poczuła się gorzej, radzę abyś wezwała lekarza.*
 Should
 a doctor.

IV. Fill each gap with one word.

1. There's not much us to do today. We may just well finish the job tomorrow.
2. By the he winced and frowned all the time, one could come the conclusion that the speech wasn't Mr Hick's liking.
3. No how difficult tasks her boss would entrust her , she would always them out with incredible perfection.
4. Not she provided a foolproof alibi, the court believe her innocence.
5. There are numerous factors that have to be taken into deep before going into co-operation. First of , future partners should decide possible profits will be divided.
6. He says that scorching heat doesn't him at all. He accustomed it during his expedition across the Sahara desert.

7. spotted the place the gang were hiding, the police up a trap to catch them all.
8. In exchange the hosts' hospitality, the foreign guests paid them extra, had never happen before.
9. of a sudden, our beloved daughter made up her to leave her family home. She said she wanted to an independent life.
10. as the fishermen were casting their nets, they heard a series of thumps under their boat. They got scared when it turned that it was a whale swimming below and hitting its tail the bottom of the boat.
11. The whole commotion resulted misinformation that been spread the enemy propaganda.
12. You were to be found yesterday. We had a problem discuss but you were in your office nor your house.
13. Watch out snakes. They are quite in the area, so you are likely to across some.
14. 'When is Barbara's baby ?' 'Her doctors say she is birth next month.'
15. is not difficult to devise a plan action. The worst thing is put it practice effectively.

V. Choose the correct answer.

1. Because they couldn't to wait any more, the protesters undertook more radical steps.
a) hold b) bear c) suit d) run
2. The new technologies are said to be more environment-friendly than the ones that most plants in the country employ.
a) far b) wide c) deep d) long
3. Mandy has with children. That's why she makes a perfect baby-sitter.
a) a method b) an approach c) a manner d) a way
4. I've heard this name several times. It's quite to me.
a) familiar b) accustomed c) knowledgeable d) famous
5. Let's send an order. We're running of our medicines supplies.
a) small b) tiny c) short d) low
6. If his condition gets worse, our dog will have to be in a vet surgery.
a) cured b) healed c) restored d) treated
7. Some students say that professor Norton is a monster. But as a matter of he is just very demanding.
a) truth b) fact c) reality d) honesty

8. We'd rather Michael stayed in our department. He's great use to us.
 a) to b) of c) with d) at
9. The new play by Oliver Woods is going to be by the National Theatre.
 a) fulfilled b) displayed c) exhibited d) staged
10. By staying in the area without inoculation you the risk of contracting an infectious disease like malaria.
 a) go b) walk c) run d) stand

VI. Put the phrasal verbs in the correct form in the gaps.

catch up with come up with cut down on do away with go down with
make up for put in for run up against stand up to walk out on

1. I'm thinking of the job of a copywriter advertised in today's newspaper.
2. Doctors advise their smoking patients to the number of cigarettes they smoke daily if they hope to live longer.
3. Suddenly, it became cold and our little son the flu.
4. My suitcases have got lost and the airport administration don't know how to explain it. Somehow they will have to my losses.
5. Everyone liked the idea that Jenny It was brilliant, indeed.
6. Unfaithful husbands are said to their wives more often than women do.
7. After such a long break from school, Mike will find it hard to the other pupils. It's probable that he won't get a promotion.
8. Right at the beginning, the detective hard-to-solve mysteries. The rest of the investigation wasn't easy, either.
9. They will criticize you because they consider you to be their strongest competitor. You should always unjust criticism.
10. Let's this method of production . It's totally inefficient.