

Vol 2. Health

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LEAN VOCABULARY
KIEN LUYEN

Lời nói đầu:

Từ vựng là phần chủ yếu cản trở bạn đến với điểm số IELTS mong muốn. Đa phần các cuốn sách về vocabulary hiện tại dành cho IELTS chỉ list ra những từ “học thuật” theo chủ đề, ít ví dụ về cách dùng, ít hoặc không có các từ đồng nghĩa với những từ vựng học thuật đó. Phần thiếu sót có lẽ lớn nhất của các cuốn sách từ vựng hiện tại là “collocations” và topic vocabulary, đây là các cụm từ hay đi cùng nhau và dùng đặc biệt trong cách topic nhất định.

Việc thiếu từ đồng nghĩa sẽ làm bạn đọc hiểu rất khó vì từ vựng dùng trong bài đọc thường được paraphrase ở trong câu hỏi để kiểm tra được độ rộng và mức độ hiểu của người học.

Ngoài ra việc thiếu collocations sẽ làm bạn diễn đạt vô cùng khó khăn và thiếu tự nhiên khi viết hoặc nói. Nhưng từ trình độ <8.0 thì lại khó nhận ra những collocations nào nên học. Do đó cuốn sách này, mình đã trực tiếp highlight tất cả các collocations hay, hay gặp và có giá trị dùng lại rất nhiều trong quá trình nói và viết của các bạn. Sau khi học xong 6 cuốn trong bộ “LEAN VOCABULARY”, chắc chắn bạn sẽ nhận biết được một lượng collocations đủ lớn để có thể nghe hiểu, đọc hiểu tốt và nhất là dùng được tốt khi nói và viết.

Để học tốt cuốn sách:

Bước 1: Chọn 1 bài đọc bất kì, tập trung đọc hiểu và xem phần “synonym – từ đồng nghĩa” của các từ được in đậm, đây là các từ ảnh hưởng trực tiếp đến mức độ hiểu của bạn khi đọc 1 câu văn.

Bước 2: Đọc lại thật kĩ và chú ý các “cụm từ được gạch chân” – đây là các collocations hay dùng.

Bước 3: Chọn 3-5 cụm THẬT SỰ ÁN TƯỢNG và luyện nói hoặc viết bằng cách đặt câu hoàn chỉnh. Các câu đặt cần đảm bảo: Là câu đơn và ít bị thay đổi so với câu gốc nhất, có liên quan đến bản thân nhất. (Nên có bút highlight để lưu lại những cụm đó)

Bước 4: Đọc lại 1 lần vào ngày hôm sau trước khi học bài mới.

(Sách có 210 bài đọc chia thành 6 chủ đề lớn: Technology (30), Health & Sports (30), Environment (45), Education (45), Business & Economy (45), Science (45), nên với các bạn còn thời gian (6 tháng), hãy chọn chủ đề mình yêu từ vựng nhất, hoặc từ cuốn dễ nhất: Education → Business → Health → Environment → Tech → Science - học ít nhất 1 bài 1 ngày và ít nhất 30 bài, học thật sâu và đọc hiểu. Với các bạn còn 3 tháng thì có thể học 1 ngày 3 bài, nhưng nên chia ra 3 lần học, không nên học 1 lúc 2 bài)

Không cần làm đề nhiều. Chỉ cần 1 tháng làm 1 đề để kiểm tra lại khả năng tiếng Anh. Sẽ có những collocations các bạn thấy có highlight nhưng không hiểu, khi đó hãy đánh dấu nháy nháy và cụm đó lên google: “.....” thì sẽ có ví dụ và giải nghĩa của nó.

Lời cảm ơn:

Công sức của các bạn sẽ giúp nhiều, rất nhiều các bạn khác đạt được mục tiêu.



Nguyễn Đình Hạnh – Khóa 9 - UNETI

Hoàn thành highlight từ vựng học thuật, giải thích và synonym cho 45 bài đọc cho Vol.6 - Environment của bộ LEAN VOCABULARY.



Nguyễn Thu Loan: K58 – NEU

Hoàn thành highlight từ vựng học thuật, giải thích và synonym cho 30 bài đọc cho Vol.1 - Education - của bộ LEAN VOCABULARY.



Hoàng Phương Linh: Du học sinh Úc

Hoàn thành highlight từ vựng học thuật, giải thích và synonym cho hơn 45 bài đọc cho Vol.5 - Science - của bộ LEAN VOCABULARY



Vũ Thị Ba: K57 - FTU

Hoàn thành highlight từ vựng học thuật, giải thích và synonym cho 38 bài đọc cho Vol.2 – Sports and Health - của bộ LEAN VOCABULARY



Nguyễn Thu Phương: K60 - NEU

Hoàn thành highlight từ vựng học thuật, giải thích và synonym cho hơn 30 bài đọc cho Vol.3 – Business & Economy của bộ LEAN VOCABULARY

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The Risks of Cigarette Smoke



Discovered in the early 1800s and named nicotianine, the oily **essence** now called **nicotine** is the main **active ingredient** of tobacco. Nicotine, however, is only a small component of cigarette smoke, which contains more than 4,700 chemical compounds, including 43 cancer-causing substances. In recent times, scientific research has been providing evidence that years of cigarette smoking vastly increases the risk of developing fatal medical conditions.

In addition to being responsible for more than 85 per cent of lung cancers, smoking is associated with cancers of, amongst others, the mouth, stomach and kidneys, and is thought to cause about 14 per cent of **leukemia** and **cervical** cancers. In 1990, smoking caused more than 84,000 deaths, mainly resulting from such problems as **pneumonia**, **bronchitis** and **influenza**. Smoking, it is believed, is responsible for 30 per cent of all deaths from cancer and clearly represents the most important preventable cause of cancer in countries like the United States today.

Passive smoking, the breathing in of the **side-stream smoke** from the burning of tobacco

essence /'ɛsnz/: a strong liquid, usually from a plant or flower, that is used to add a flavour or smell to something – tinh chất

nicotine /'nikəti:n/: a poisonous chemical, found in tobacco, that is addictive

active ingredient /'æktiv in'gri:.di.ənt/: the active ingredients in a drug are the chemicals responsible for its effects

fatal /'feɪtl/: a fatal illness, accident, etc. causes death – chết người

leukemia /lju:'ki:mɪə/: a disease in which the body produces too many white blood cells, causing weakness and sometimes death – bệnh bạch cầu

cervical cancer /sə(:)'vaɪkəl/: ung thư cổ tử cung

pneumonia /nju:'məʊniə/: a serious illness in which one or both lungs become red and swollen and filled with liquid – viêm phổi

bronchitis /brɒŋ'kaɪtɪs/: an illness in which the bronchial tubes become infected and swollen, resulting in coughing and difficulty in breathing – viêm phế quản

influenza /,ɪnflu'enzə/: FORMAL FOR flu – bệnh cúm

between **puffs** or of the smoke exhaled by a smoker, also causes a serious health risk. A report published in 1992 by the US Environmental Protection Agency (EPA) emphasized the health dangers, especially from side-stream smoke. This type of smoke contains more, smaller **particles** and is therefore more likely to be deposited deep in the lungs. On the basis of this report, the EPA has classified **environmental tobacco smoke** in the highest risk category for causing cancer.

As an illustration of the health risks, in the case of a married couple where one partner is a smoker and one a non-smoker, the latter is believed to have a 30 per cent higher risk of death from heart disease because of passive smoking. The risk of lung cancer also increases over the years of exposure and the figure jumps to 80 per cent if the spouse has been smoking four packs a day for 20 years. It has been calculated that 17 per cent of cases of lung cancer can be attributed to high levels of exposure to second-hand tobacco smoke during childhood and **adolescence**.

A more recent study by researchers at the University of California at San Francisco (UCSF) has shown that second-hand cigarette smoke does more harm to non-smokers than to smokers. Leaving aside the philosophical question of whether anyone should have to breathe someone else's cigarette smoke, the report suggests that the smoke experienced by many people in their daily lives is enough to produce substantial **adverse effects** on a person's heart and lungs.

The report, published in the Journal of the American Medical Association (AMA), was based on the researchers' own earlier research but also includes a review of studies over the past few years. The American Medical Association represents about half of all US doctors and is a strong opponent of smoking. The study suggests that people who smoke cigarettes are continually damaging their **cardiovascular system**, which adapts in order to compensate for the effects of smoking. It further states that people who do not smoke do not have the benefit of their system adapting to the smoke inhalation. Consequently, the effects of passive smoking are far greater on non-smokers than on smokers.

This report emphasizes that cancer is not caused by a single element in cigarette smoke;

passive smoking : the unwanted breathing in of other people's cigarette smoke, especially by people who do not smoke

side-stream smoke: smoke that passes from a cigarette into the surrounding air, rather than into the smoker's lungs -

puff /pʌf/: an act of breathing in and blowing out smoke

particle /'pɑ:tɪkl/ : an extremely small piece of matter – hạt, hạt cơ bản, hạt vật chất

environmental tobacco smoke:

/ɪnˌvaɪərən'mentl tə'bækəʊ/

= **second-hand tobacco smoke**

= **passive smoke = involuntary smoke**

exposure to tobacco smoke – not from your smoking, but from being exposed to someone else's cigarette

adolescence /ˌædəʊ'lesns/: the period of time in a person's life when they are developing into an adult, corresponds roughly to the period between the ages of 10 and 19 years – tuổi thanh niên, thiếu niên, vị thành niên

synonyms: teenage years, teens, youth, young adulthood, young days, early life

adverse effect: an undesired harmful effect resulting from a medication or other intervention such as surgery – tác dụng phụ

cardiovascular /ˌkɑ:diəʊ'væskjələ/: relating to the heart and blood vessels (= tubes that carry blood around the body) – tim mạch

harmful effects to health are caused by many components. **Carbon monoxide**, for example, competes with oxygen in red blood cells and **interferes with** the blood's ability to deliver life giving oxygen to the heart. Nicotine and other toxins in cigarette smoke activate small blood cells called **platelets**, which increases the likelihood of blood clots, thereby affecting **blood circulation** throughout the body.

The researchers criticize the practice of some scientific consultants who work with the tobacco industry for assuming that cigarette smoke has the same impact on smokers as it does on non-smokers. They argue that those scientists are underestimating the damage done by passive smoking and, in support of their recent findings, cite some previous research which points to passive smoking as the cause for between 30,000 and 60,000 deaths from heart attacks each year in the United States. This means that passive smoking is the third most preventable cause of death after active smoking and alcohol-related diseases.

The study argues that the type of action needed against passive smoking should be similar to that being taken against illegal drugs and AIDS (SIDA). The UCSF researchers maintain that the simplest and most cost-effective action is to establish smoke-free work places, schools and public places.

carbon monoxide /'kɑ:bən mɒ'nɒksaɪd/ CO

interfere with /,ɪntə'fɪə/: to prevent something from working effectively or from developing successfully – cản trở, can thiệp

platelet /'pleɪtlɪt/: a very small cell in the blood that makes it thicker and more solid in order to stop bleeding caused by an injury – tiểu cầu

blood clots /blʌd klɒts/ các cục máu đông

blood circulation /,sɜ:kjʊ'leɪʃən/ tuần hoàn máu

Tackling Obesity in the Western World



A

Obesity is a huge problem in many Western countries and one which now attracts considerable medical interest as researchers take up the challenge to find a 'cure' for the common condition of being seriously overweight. However, rather than take responsibility for their weight, obese people have often sought solace in the excuse that they have a slow metabolism, a genetic hiccup which sensitizes more than half the Australian population (63% of men and 47% of women) to a life of battling with their weight. The argument goes like this: it doesn't matter how little they eat, they gain weight because their bodies break down food and turn it into energy more slowly than those with a so-called normal metabolic rate.

B 'This is nonsense,' says Dr Susan Jebb from the Dunn Nutrition Unit at Cambridge in England. Despite the persistence of this metabolism myth, science has known for several years that the exact opposite is in fact true. Fat people have faster metabolisms than thin people. 'What is very clear,' says Dr Jebb, 'is that overweight people actually burn off more energy. They have more cells, bigger hearts, bigger lungs and they all need more energy just to keep going.'

C It took only one night, spent in a **sealed** room at the Dunn Unit to **disabuse** one of their patients of the beliefs of a lifetime: her metabolism was fast, not slow. By sealing the room and measuring the exact amount of oxygen she used, researchers were able to show her that her metabolism was not the **culprit**. It wasn't the answer she expected and probably not the one

obesity /əʊˈbiː.sə.ti/: the fact of being extremely fat, in a way that is dangerous for health – béo phì

synonyms: fatness, plumpness, flabbiness

considerable /kənˈsɪd.ə.ə.bəl/: notably large in size, amount, or extent

synonyms: sizable, substantial, appreciable, significant

take up the challenge to do sth: nhận / chấp nhận thử thách / thách thức

seek solace in: tìm kiếm sự khuây khỏa/ an ủi

metabolism /məˈtæb.ə.lɪ.zəm/: all the chemical processes in your body, especially those that cause food to be used for energy and growth – sự trao đổi chất

hiccup /ˈhɪk.ʌp/: a small problem or temporary delay – trục trặc

sentence /ˈsen.təns/ FIGURATIVE giam cầm

sentence somebody (to something) |

sentence somebody to do something to say officially in court that somebody is to receive a particular punishment

gain weight: increase in body weight

synonyms: put on weight

sealed /siːld/: closed

disabuse /ˌdɪs.əˈbjuːz/: persuade (someone) that an idea or belief is mistaken

synonyms: set straight on/about, open someone's eyes about, correct on, enlighten on/about

she wanted but she took the news philosophically.

D Although the metabolism myth has been completely disproved, science has far from **discounted** our genes as responsible for making us whatever weight we are, fat or thin. One of the world's leading obesity researchers, geneticist Professor Stephen O'Rahilly, goes so far as to say we are on the threshold of a complete change in the way we view not only morbid obesity, but also everyday overweight. Prof. O'Rahilly's **groundbreaking** work in Cambridge has proven that obesity can be caused by our genes. 'These people are not weak-willed, slothful or lazy,' says Prof. O'Rahilly, 'They have a medical condition due to a genetic **defect** and that causes them to be obese.'

E In Australia, the University of Sydney's Professor Ian Caterson says while major genetic defects may be rare, many people probably have minor genetic variations that combine to dictate weight and are responsible for things such as how much we eat, the amount of exercise we do and the amount of energy we need. When you add up all these little variations, the result is that some people are genetically **predisposed to putting on weight**. He says while the fast/slow metabolism debate may have been settled, that doesn't mean some other subtle change in the metabolism gene won't be found in overweight people. He is confident that science will, eventually, be able to 'cure' some forms of obesity but the only effective way for the vast majority of overweight and obese people to lose weight is a change of diet and an increase in exercise.

F **Despite the \$500 million a year Australians spend trying to lose weight and the \$830 million it costs the community in health care,** obesity is at **epidemic** proportions here, as it is in all Western nations. Until recently, research and treatment for obesity had concentrated on behaviour modification, drugs to decrease appetite and surgery. How the drugs worked was often not understood and many caused severe **side effects** and even death in some patients. Surgery for obesity has also claimed many lives.

G It has long been known that a part of the brain called the hypothalamus is responsible for **regulating hunger**, among other things. But it wasn't until 1994 that Professor Jeffery Friedman from Rockefeller University in the US sent science in a new direction by studying an obese

culprit /'kʌl.prɪt/: a fact or situation that is the reason for something bad happening – thủ phạm, nguyên nhân

philosophically /ˌfɪl.ə'sɒf.ɪ.kəl.i/: in a way that calmly accepts a difficult situation

discount /dɪ'skaʊnt/: to decide that something or someone is not worth considering or giving attention

synonyms: disregard, pay no attention to, take no notice of, take no account of, dismiss, ignore, overlook, disbelieve, reject

on the threshold of /'θreʃ.həʊld/: at the start of a new and important time or development

groundbreaking /'graʊnd.breɪ.kɪŋ/: If something is groundbreaking, it is very new and a big change from other things of its type

synonyms: innovative, fresh, unusual, unprecedented, inventive

slothful /'sləʊθ.fəl/

synonyms: lazy, idle, indolent, work-shy, inactive, inert, sluggish, apathetic, lethargic, listless

defect /'di:fekt/: a fault or problem in something or someone that spoils that thing or person or causes it, him, or her not to work correctly – khiếm khuyết, thiếu sót

synonyms: fault, flaw, imperfection, deficiency, weakness, weak spot, inadequacy, shortcoming, limitation, failing

genetic variation – biến thể di truyền/ gen

be predisposed to sth /ˌprɪdɪ'spəʊz/: be liable or inclined to a specified attitude, action, or condition – thiên về, có xu hướng

synonyms: be susceptible/ liable/ prone/ vulnerable to, at risk of

epidemic /ˌepɪ'dem.ɪk/: happening a lot and affecting many people

modification /ˌmɒdɪfɪ'keɪ.ʃən/: a change to something, usually to improve it

synonyms: alteration, adjustment, change, adaptation, refinement, revision

appetite /'æp.ə.taɪt/: a natural desire to satisfy a bodily need, especially for food – sự thèm ăn

synonyms: hunger, ravenousness, hungriness

mouse. Prof. Friedman found that unlike its thin brothers, the fat mouse did not produce a hitherto unknown hormone called leptin. Manufactured by the fat cells, leptin acts as a messenger, sending signals to the hypothalamus to turn off the appetite. Previously, the fat cells were thought to be responsible simply for storing fat. Prof. Friedman gave the fat mouse leptin and it lost 30% of its body weight in two weeks.

H On the other side of the Atlantic, Prof. O'Rahilly read about this research with great excitement. For many months two blood samples had lain in the bottom of his freezer, taken from two extremely obese young cousins. He hired a doctor to develop a test for leptin in human blood, which eventually resulted in the discovery that neither of the children's blood contained the hormone. When one cousin was given leptin, she lost **a stone** in weight and Prof. O'Rahilly made medical history. Here was the first proof that a genetic defect could cause obesity in humans. But leptin **deficiency** turned out to be an extremely rare condition and there is a lot more research to be done before the 'magic' cure for obesity is ever found.

side effects /'saɪd ɪˌfekt/: an unpleasant effect of a drug that happens in addition to the main effect – tác dụng phụ

regulate /'reg.jə.leɪt/: control or maintain the rate or speed of (a machine or process) so that it operates properly

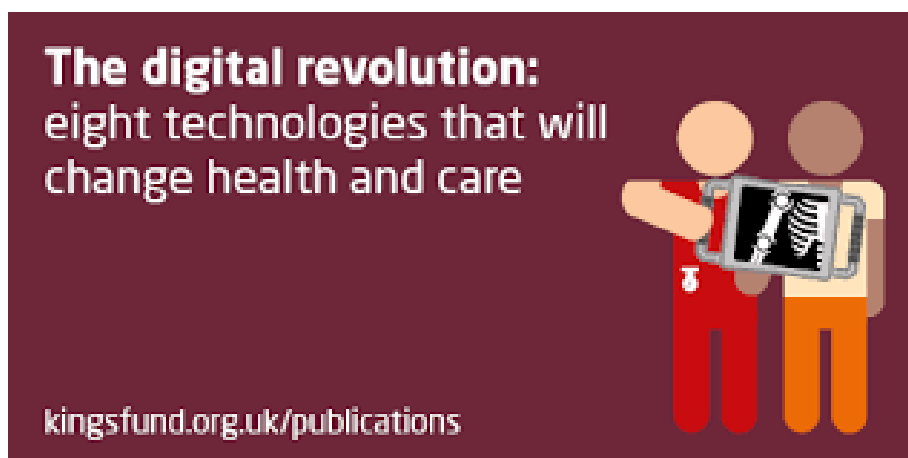
synonyms: **control, adjust, manage**

a stone /stəʊn/: a unit of weight equal to 14 pounds or 6.35 kilograms, used especially when talking about a person's weight

deficiency /dɪ'fɪʃ.ən.si/: a lack or shortage

synonyms: **insufficiency, lack, shortage, want, dearth, inadequacy, deficit, shortfall**

Changing Rules for Health Treatment



People who are **grossly** overweight, who smoke heavily or drink excessively could be denied surgery or drugs. The National Institute for Health and Clinical Excellence (NICE), which **advises on** the **clinical** and cost effectiveness of treatments for the National Health Service (NHS) in the UK, said that in some cases the '**self-inflicted**' nature of an illness should be taken into account.

NICE stressed that people should not be discriminated against by doctors simply because they smoked or were overweight. Its **ruling** should apply only if the treatment was likely to be less effective, or not work because of an unhealthy habit. The agency also insisted that its decision was not an **edict** for the whole NHS but guidance for its own **appraisal committees** when reaching judgements on new drugs or procedures. But the effect is likely to be the same.

NICE is a powerful **body** and the cause of much controversy. It is seen by some as a new way of **rationing** NHS treatment. Across the UK, **primary care trusts** (PCTs) regularly wait for many months for a NICE decision before agreeing to fund a new treatment. One group of primary care trusts is ahead of NICE. Three PCTs in east Suffolk have already decided that obese people would not be entitled to have hip or knee replacements unless they lost weight. The group said the risks of operating on them were greater, the surgery may be less successful and the joints would **wear out** sooner. It was acknowledged that the decision would also save money.

grossly /'grəʊs.li/: **extremely; excessively**

advise on sth: give official information about something

clinical /'klɪn.ɪ.kəl/: used to refer to medical work that relates to the examination and treatment of ill people – khám (chữa bệnh)

self-inflicted /,self.ɪn'flɪk.tɪd/: If an injury or a problem is self-inflicted, you have caused it yourself

discriminate /dɪ'skrɪm.ɪ.neɪt/: to treat a person or particular group of people differently, especially in a worse way from the way in which you treat other people, because of their skin colour, sex, sexuality, etc.

synonyms: be biased against, be prejudiced against; treat differently, treat unfairly, put at a disadvantage, single out

ruling /'ruː.lɪŋ/: an authoritative decision or pronouncement, especially one made by a judge

synonyms: judgment, decision, adjudication, finding, verdict

edict /'iː.dɪkt/: an official order, especially one that is given in a forceful and unfair way – sắc lệnh

appraisal /ə'preɪ.zəl/: the act of examining someone or something in order to judge their qualities, success, or needs

appraisal committee – ủy ban thẩm định

judgement: a decision or opinion about someone or something that you form after thinking carefully

body /'bɒd.i/: a group of people who have joined together for a particular reason

NICE said no priority should be given to patients based on income, social class or social roles at different ages when considering the cost effectiveness of a treatment. Patients should not be discriminated against on the grounds of age either, unless age has a direct relevance to the condition. NICE has already ruled that IVF should be available on the NHS to women aged 23 to 39 as the treatment has less chance of success in older women. It also recommends that flu drugs should be available to over-65s, as older people are more vulnerable.

But NICE also said that if self-inflicted factors meant that drugs or treatment would be less clinically and cost effective, this may need to be considered when producing advice for the NHS. They state that If the self-inflicted cause of the condition will influence the likely outcome of a particular treatment, then it may be appropriate to take this into account in some circumstances. 'They acknowledge that it can be difficult to decide whether an illness such as a heart attack was self-inflicted in a smoker. 'A patient's individual circumstances may only be taken into account when there will be an impact on the clinical and cost effectiveness of the treatment'

Prof Sir Michael Rawlins, the chairman of NICE, said: 'On age we are very clear – our advisory groups should not make recommendations that depend on people's ages when they are considering the use of a particular treatment unless there is clear evidence of a difference in its effectiveness for particular age groups. Even then, age should only be mentioned when it provides the only practical 'marker of risk or benefit NICE values people, equally, at all ages.'

But Steve Webb, the Liberal Democrat health **spokesman**, said there was a danger of primary care trusts following the same course of action. There is no excuse for **cash-strapped** hospitals denying treatment to people whose lifestyle they disapprove of" he said. Treatment decisions involving people's lifestyle should be based on clinical reasons, not grounds of cost. The NHS is there to keep people healthy, not to sit in judgement on individual lifestyles.'

A spokesman for NICE said: 'We want to **reassure** people that in producing our guidance we are not going to take into consideration whether or not a particular

controversy /'kɒn.trə.vɜː.si/: disagreement, typically when prolonged, public, and heated

synonyms: disagreement, dispute, argument, debate, dissension, contention, disputation

ration /'ræʃ.ən/: to limit the amount of a particular thing that someone is allowed to have

synonyms: control, limit, restrict; conserve

primary care trusts: a part of the National Health Service in England from 2001 to 2013

be entitled to /ɪn'taɪ.tlɪd/: be given a legal right or a just claim to receive or do something

wear out /weəʔ/: use or be used until no longer in good condition or working order

relevance /'rel.ə.vəns/: the quality or state of being closely connected or appropriate

vulnerable /'vʌl.nə.r.ə.bəl/: able to be easily physically, emotionally, or mentally hurt, influenced, or attacked

synonyms: helpless, defenseless, powerless, impotent, weak, susceptible

spokesman /'spəʊks.mən/ also **spokesperson**

a person who makes statements on behalf of a group or individual – người phát ngôn, đại diện

synonyms: representative, agent, mouthpiece, voice, official

cash-strapped /'kæʃ.stræpt/: not having enough money

reassure /,ri.ə'ʃʊr/: to comfort someone and stop them from worrying – trấn an, làm yên lòng

synonyms: put/set someone's mind at rest, put someone at ease, encourage, inspirit, hearten, buoy up, cheer up

<p>condition was or is self-inflicted. The only circumstances where that may be <u>taken into account</u> is where that treatment may be less effective because of <u>lifestyle choices</u>.'</p> <p>Jonathan Ellis, the policy manager at Help the Aged, said it was pleased NICE had finally shown an understanding of the importance of tackling age discrimination. 'While this is a major feat, there is still some way to go to banish the evident inherent age discrimination that exists within health care services,' he said. The NHS now has much to learn. It will ensure a fairer deal all round for older people using the NHS.'</p>	<p>tackle /'tæk.əl/: to try to deal with something or someone</p> <p><i>synonyms:</i> try to sort out; deal with, take care of, handle, manage; informal: have a crack at, have a go at</p> <p>feat /fi:t/: an achievement that requires great courage, skill, or strength</p> <p><i>synonyms:</i> achievement, accomplishment, attainment, coup, triumph</p> <p>banish /'bæn.ɪʃ/: to get rid of something completely</p> <p><i>synonyms:</i> forbid, abolish</p> <p>evident /'ev.ɪ.dənt/: easily seen or understood</p> <p><i>synonyms:</i> obvious, apparent, noticeable, conspicuous, perceptible, visible</p> <p>inherent /ɪn'her.ənt/: existing in something as a permanent, essential, or characteristic attribute – vốn có</p> <p><i>synonyms:</i> intrinsic, innate, immanent, built-in, inborn</p>
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Organic food: why?



Today, many governments are promoting organic or natural farming methods that avoid use of pesticides and other artificial products. The aim is to show that they care about the environment and about people's health. But is this the right approach?

A

Europe is now the biggest market for organic food in the world, expanding by 25 percent a year over the past 10 years. So what is the attraction of organic food for some people? The really important thing is that organic sounds more 'natural'. Eating organic is a way of defining oneself as natural, good, caring, different from the junk-food-scoffing masses. As one journalist puts it: It feels closer to the source, the beginning, the start of things.' The real desire is to be somehow close to the soil, to Mother Nature.

B

Unlike conventional farming, the organic approach means farming with natural, rather than man-made, fertilisers and pesticides. Techniques such as crop rotation improve soil quality and help organic farmers compensate for the absence of man-made chemicals. As a method of food production, organic is, however, inefficient in its use of labour and land; there are severe limits to how

pesticide /'pes.ti.said/: a substance used for destroying insects or other organisms harmful to cultivated plants or to animals – thuốc trừ sâu

artificial /ɑ:.'ti.'fiʃ.əl/: made or produced by human beings rather than occurring naturally, typically as a copy of something natural – nhân tạo

junk food /'dʒʌŋk ,fu:d/: food that is unhealthy but is quick and easy to eat

masses /'mæs.ɪz/: the ordinary people who form the largest group in a society

conventional /kən.'ven.ʃn.əl/: based on or in accordance with what is generally done or believed

synonyms: normal, standard, regular, ordinary, usual, traditional, typical, common

fertiliser /'fɜ:.'ti.'laɪ.zə/: a natural or chemical substance that is spread on the land or given to plants, to make plants grow well – phân bón

crop rotation /'kɒp rəʊ.'teɪ.ʃn/ : a method of farming where a number of different plants are grown one after the other on a field so that the soil stays healthy and fertile (= able to produce crops) - luân canh

compensate for /'kɒm.pən.seɪt/: to provide something good or useful in place of something or to make someone feel better about something that has failed or been lost or missed

much food can be produced. Also, the environmental benefits of not using artificial fertiliser are tiny compared with the amount of carbon dioxide emitted by transporting food (a great deal of Britain's organic produce is shipped in from other countries and transported from shop to home by car).

C

Organic farming is often claimed to be safer than conventional farming - for the environment and for consumers. Yet studies into organic farming worldwide continue to reject this claim. An **extensive** review by the UK Food Standards Agency found that there was no **statistically** significant difference between organic and conventional crops. Even where results indicated there was evidence of a difference, the reviewers found no sign that these differences would have any noticeable effect on health.

D

The **simplistic** claim that organic food is more nutritious than conventional food was always likely to be **misleading**. Food is a natural product, and the health value of different foods will vary for a number of reasons, including freshness, the way the food is cooked, the type of soil it is grown in, the amount of sunlight and rain crops have received, and so on. Likewise, the flavour of a carrot has less to do with whether it was fertilised with **manure** or something out of a plastic **sack** than with the variety of carrot and how long ago it was dug up. The differences created by these things are likely to be greater than any differences brought about by using an organic or nonorganic system of production. Indeed, even some 'organic' farms are quite different from one another.

E

The notion that organic food is safer than 'normal' food is also **contradicted** by the fact that many of our most common foods are full of natural toxins. **Parsnips** cause **blisters** on the skin of agricultural workers. **Toasting** bread creates **carcinogens**. As one research expert says: 'People think that the more natural something is, the better it is for them. That is simply **not the case**. In fact, it is the opposite that is true: the closer a plant is to its natural state, the more likely it is that it will poison you. Naturally, many plants do not

extensive /ɪk'sten.sɪv/ : covering or affecting a large area

synonyms: large, large-scale, sizable, substantial, considerable, ample, expansive

statistically /stə'tɪs.tɪ.kəl.i:/: according to or by means of statistics – theo/ bằng thống kê

simplistic /sɪm'plɪs.tɪk/: making something complicated seem simple by ignoring important parts of it

synonyms: facile, superficial, oversimple, oversimplified

misleading /ˌmɪs'liː.dɪŋ/: giving the wrong idea or impression

synonyms: deceptive, confusing, deceiving, equivocal, ambiguous, fallacious, specious, spurious, false

manure /mə'njuə/: animal dung used for fertilizing land – phân bón, phân xanh

sack /sæk/: a large bag made of strong cloth, paper, or plastic, used to store large amounts of something – bao tải

sth be contradicted by sth, contradict each other, contradict something /ˌkɒn.trə'dɪkt/: to be so different from each other that one of them must be wrong

parsnip /'pɑː.snɪp/ - củ cải vàng

blisters /'blɪs.tə/: a painful swelling on the skin that contains liquid, caused usually by continuous rubbing, especially on your foot, or by burning – phỏng, giộp da

toast: to make bread or other food warm, crisp (= hard enough to break), and brown by putting it near a high heat – nướng (bánh mì)

carcinogen /kɑː'sɪn.ə.dʒən/: a substance that causes cancer – chất gây ung thư

want to be eaten, so we have spent 10,000 years developing agriculture and **crops**.'

F

Yet **educated** Europeans are more scared of eating traces of a few, strictly regulated, man-made chemicals than they are of eating the ones that nature created directly. Surrounded by plentiful food, it's not nature they worry about, but technology. Our obsessions with the ethics and safety of what we eat - concerns about **antibiotics** in animals, **additives** in food, GM crops and so on - are **symptomatic** of a highly technological society that has little faith in its ability to use this technology wisely. In this context, the less something is touched by the human hand, the healthier people assume it must be.

G

Ultimately, the organic farming movement is an expensive luxury for shoppers in well-manicured Europe. For developing parts of the world, it is irrelevant. To European environmentalists, the fact that organic methods require more labour and land than conventional ones to get the same yields is a good thing; to a farmer in rural Africa, it is a disaster. Here, land tends to be so starved and crop yields so low that there simply is not enough organic matter to put back into the soil. Perhaps the focus should be on helping these countries to gain access to the most advanced farming techniques, rather than going back to basics.

(not) the case – (not) true

Crop: (the total amount collected of) a plant such as a grain, fruit, or vegetable grown in large amounts – cây trồng/ lượng hoa màu, vụ mùa

educated /'edʒ.u.keɪ.tɪd/: having learned a lot at school or university and having a good level of knowledge

synonyms: informed, literate, schooled, tutored, well read, learned, knowledgeable, enlightened

plentiful /'plen.tɪ.fəl/: If something is plentiful, there is a lot of it available

obsession /əb'seʃ.ən/: the state of thinking about sth/ sb all the time – sự ám ảnh

ethic /'eθ.ɪk/: a system of accepted beliefs that control behaviour, especially such a system based on morals – đạo đức, sự đúng quy cách

antibiotics /,æn.ti.baɪ'ɒt.ɪk/: a medicine or chemical that can destroy harmful bacteria in the body or limit their growth – thuốc kháng sinh

additive /'æd.ɪ.tɪv/: a substance that is added to food in order to improve its taste or appearance or to keep it fresh and stop it from decaying – chất phụ gia

symptomatic /,sɪmp.tə'mæt.ɪk/: serving as a symptom or sign, especially of something undesirable – là triệu chứng của

synonyms: indicative, characteristic, suggestive, typical, representative, symbolic

assume /ə'sju:m/: suppose to be the case, without proof

synonyms: presume, suppose, take it (as given), take for granted, take as read

manicure /'mæn.ɪ.kjʊə/: a cosmetic treatment of the hands involving cutting, shaping, and often painting of the nails – làm móng

yields /ji:ld/ (usually plural): the full amount of an agricultural or industrial product – sản lượng, hoa lợi

be starved /sta:vɪd/: very hungry

The True Cost of Food



A

For more than forty years the cost of food has been rising. It has now reached a point where a growing number of people believe that it is far too high, and that bringing it down will be one of the great challenges of the twenty first century. That cost, however, is not in immediate cash. In the West at least, most food is now far cheaper to buy in relative terms than it was in 1960.

The cost is in the **collateral** damage of the very methods of food production that have made the food cheaper: in the pollution of water, the enervation of soil, the destruction of wildlife, the harm to animal welfare and the threat to human health caused by modern industrial agriculture.

B

First **mechanisation**, then mass use of chemical fertilisers and pesticides, then monocultures, then **battery rearing of livestock**, and now genetic engineering - the onward march of intensive farming has seemed unstoppable in the last half-century, as the yields of produce have soared. But the damage it has caused has been **colossal**. In Britain, for example, many of our best-loved farmland birds, such as the **skylark**, the grey **partridge**, the **lapwing** and the corn bunting, have **vanished** from huge stretches of countryside, as have even more wild flowers and insects. This is a direct result of the way

collateral /kə'lət.ər.əl/: not directly connected

enervation: a feeling of being drained of energy or vitality; fatigue

synonyms: fatigue, exhaustion, tiredness, weariness

welfare /'wel-feər/: physical and mental health and happiness

synonyms: well-being, health, comfort, security, safety, protection, prosperity, fortune

mechanisation /,mek.ə.naɪ'zeɪ.ʃn/: the process of introducing a machine to do something that used to be done by hand – sự cơ giới hóa

battery rearing/ farming: a production approach towards farm animals in order to maximize production output, while minimizing production costs – chăn nuôi công nghiệp

livestock /'laɪv.stɒk/: animals and birds that are kept on a farm, such as cows, sheep, or chickens – vật nuôi/ gia súc (hệ)

yields /ji:ld/ (usually plural): the full amount of an agricultural or industrial product – sản lượng, hoa lợi

produce /'prɒdʒ.u:s/ : food or any other substance or material that is grown or obtained through farming – nông sản

soar /sɔ:'/: to rise very quickly to a high level

colossal /kə'ləs.əl/: extremely large

we have produced our food in the last four decades. Thousands of miles of hedgerows, thousands of ponds, have disappeared from the landscape. The faecal filth of salmon farming has driven wild salmon from many of the sea lochs and rivers of Scotland. Natural soil fertility is dropping in many areas because of continuous industrial fertiliser and pesticide use, while the growth of algae is increasing in lakes because of the fertiliser run-off.

C

Put it all together and it looks like a battlefield, but consumers rarely make the connection at the dinner table. That is mainly because the costs of all this damage are what economists refer to as externalities: they are outside the main transaction, which is for example producing and selling a field of wheat, and are borne directly by neither producers nor consumers. To many, the costs may not even appear to be financial at all, but merely aesthetic - a terrible shame, but nothing to do with money. And anyway they, as consumers of food, certainly aren't paying for it, are they?

D

But the costs to society can actually be quantified and, when added up, can amount to staggering sums. A remarkable exercise in doing this has been **carried out** by one of the world's leading thinkers on the future of agriculture, Professor Jules Pretty, Director of the Centre for Environment and Society at the University of Essex. Professor Pretty and his colleagues calculated the externalities of British agriculture for one particular year. They added up the costs of repairing the damage it caused, and came up with a total figure of £2,343m. This is equivalent to £208 for every hectare of **arable land** and **permanent pasture**, almost as much again as the total government and EU spend on British farming in that year. And according to Professor Pretty, it was a conservative estimate.

E

The costs included: £120m for removal of pesticides; £16m for removal of nitrates; £55m for removal of phosphates and soil; £23m for the removal of the bug *Cryptosporidium* from drinking water by water companies; £125m for damage to wildlife habitats, hedgerows and dry stone walls; £1,113m from emissions of gases likely to contribute to climate change; £106m from soil erosion and organic carbon

synonyms: huge, massive, enormous, gigantic, giant, mammoth, vast, immense

skylark /'skaɪ.lɑ:k/ - chim sơn ca (chiền chiện)

partridge /'pɑ:.trɪdʒ/ - gà gô

lapwing /'læp.wɪŋ/ - chim te te

vanish /'væn.ɪʃ/: disappear suddenly and completely

run-off: the water or other material that drains freely off the surface of something

synonyms: untamed, undomesticated, feral

staggering /'stæg.ər.ɪŋ/: very shocking and surprising

carry out /'ker.i:/ to do a particular piece of work, research – tiến hành

arable land /'ær.ə.bəl/: land is used for, or is suitable for, growing crops

permanent /'pɜ:.mə.nənt/: lasting or intended to last or remain unchanged indefinitely

synonyms: lasting, enduring, indefinite, continuing, perpetual, everlasting, eternal

pasture /'pɑ:s.tʃər/: grass or similar plants suitable for animals such as cows and sheep to eat, or an area of land covered in this

losses; £169m from food poisoning; and £607m from cattle disease. Professor Pretty draws a simple but memorable conclusion from all this: our food bills are actually **threefold**. We are paying for our supposedly cheaper food in three separate ways: once over the **counter**, secondly through our taxes, which provide the enormous **subsidies propping up modern intensive farming**, and thirdly to clean up the mess that modern farming leaves behind.

F

So can the true cost of food be brought down? Breaking away from industrial agriculture as the solution to hunger may be very hard for some countries, but in Britain, where the immediate need to supply food is less urgent, and the costs and the damage of intensive farming have been clearly seen, it may be more feasible. The government needs to create **sustainable, competitive and diverse farming and food sectors**, which will contribute to a **thriving** and sustainable rural economy, and advance environmental, economic, health, and animal welfare goals.

G

But if industrial agriculture is to be replaced, what is a **viable alternative**? Professor Pretty feels that organic farming would be too big a jump in thinking and in practices for many farmers. Furthermore, the price **premium** would put the produce out of reach of many poorer consumers. He is recommending the immediate introduction of a 'Greener Food Standard', which would push the market towards more sustainable environmental practices than the current norm, while not requiring the full commitment to organic production. Such a standard would comprise agreed practices for different kinds of farming, covering agrochemical use, soil health, land management, water and energy use, food safety and animal health. It could go a long way, he says, to shifting consumers as well as farmers towards a more sustainable system of agriculture.

threefold /'θri:.fəʊld/: three times as big or as much

counter /'kaʊn.təʃ/: a long, flat, narrow surface or table in a shop, bank, restaurant, etc. at which people are served – quầy thu tiền

subsidy /'sʌb.sɪ.di/: a sum of money granted by the government or a public body to assist an industry or business so that the price of a commodity or service may remain low or competitive – tiền trợ cấp (của chính phủ)

prop up /prop/: to give support to something, especially a country or organization, so that it can continue to exist in a difficult situation

sustainable /sə'steɪ.nə.bəl/: causing little or no damage to the environment and therefore able to continue for a long time

thriving /'θraɪ.vɪŋ/: growing, developing, or being successful – thịnh vượng, phát đạt

viable /'vaɪ.ə.bəl/: able to work as intended or able to succeed – có thể thực hiện được

alternative /ɒl'tɜ:.nə.tɪv/: a plan or method is one that you can use if you do not want to use another one

premium 'pri:.mi.əm/: a sum added to an ordinary price or charge

synonyms: surcharge, additional payment, extra amount

Optimism and Health



Mindset is all. How you start the year will set the template for the rest, and two scientifically backed character traits hold the key: optimism and resilience (if the prospect leaves you feeling pessimistically spineless, the good news is that you can significantly boost both of these qualities).

Faced with 12 months of **plummeting** economics and rising human **distress**, **staunchly** maintaining a **rosy** view might seem deludedly Pollyannaish. But here we encounter the optimism **paradox**. As Brice Pitt, an **emeritus** professor of the psychiatry of old age at Imperial College, London, told me: “Optimists are unrealistic. Depressive people see things as they really are, but that is a disadvantage from an evolutionary point of view. Optimism is a piece of evolutionary equipment that carried us through millennia of setbacks.”

Optimists have plenty to be happy about. In other words, if you can convince yourself that things will get better, the odds of it happening will improve - because you keep on playing the game. In this light, optimism “is a habitual way of explaining your **setbacks** to yourself”, reports Martin Seligman, the psychology professor and author of *Learned Optimism*. The research shows that when times get tough, optimists do better than pessimists - they succeed better at work, respond better to stress, suffer fewer depressive episodes, and achieve more personal goals.

mindset /'maɪnd.set/ : a person's way of thinking and their opinions

template /'tem.pleɪt/ – khuôn mẫu

optimism /'ɒp.tɪ.mɪ.zəm/: opefulness and confidence about the future or the successful outcome of something – sự lạc quan

resilience /rɪ'zɪl.jəns/: the ability to be happy, successful, etc. again after something difficult or bad has happened – sự kiên cường

spineless /'spaɪn.ləs/: a spineless person does not have much determination and is not willing to take risks

plummet /'plʌm.ɪt/: to fall very quickly and suddenly

synonyms: plunge, nosedive, dive, drop, fall, descend, hurtle

distress /dɪ'stres/: a feeling of extreme worry, sadness, or pain

staunchly /'stɔːntʃli/: very firmly or strongly

rosy /'rəʊ.zi/: optimistic, bright, happy, likely to be successful – màu hồng (nghĩa bóng)

paradox /'pær.ə.dɒks/: a situation or statement that seems impossible or is difficult to understand because it contains two opposite facts or characteristics – nghịch lý

emeritus /ɪ'mer.ɪ.təs/: no longer having a position, especially in a college or university, but keeping the title of the position – danh dự

Studies also show that belief can help with the financial pinch. Chad Wallens, a social **forecaster** at the Henley Centre who surveyed **middle-class** Britons' beliefs about income, has found that "the people who feel wealthiest, and those who feel poorest, actually have almost the same amount of money **at their disposal**. Their attitudes and behaviour patterns, however, are different from one another."

Optimists have something else to be cheerful about - in general, they are more **robust**. For example, a study of 660 volunteers by the Yale University psychologist Dr. Becca Levy found that thinking positively adds an average of seven years to your life. Other American research claims to have identified a physical mechanism behind this. A Harvard Medical School study of 670 men found that the optimists have significantly better lung **function**. The lead author, Dr. Rosalind Wright, believes that attitude somehow strengthens the immune system. "Preliminary studies on heart patients suggest that, by changing a person's **outlook**, you can improve their **mortality** risk," she says.

Few studies have tried to **ascertain** the proportion of optimists in the world. But a 1995 nationwide survey conducted by the American magazine Adweek found that about half the population counted themselves as optimists, with women slightly more **apt** than men (53 per cent versus 48 per cent) to see the sunny side.

Of course, there is no guarantee that optimism will insulate you from the crunch's worst effects, but the best strategy is still to keep smiling and thank your lucky stars. Because (as every good sports coach knows) adversity is character-forming - so long as you practise the skills of resilience. Research among **tycoons** and business leaders shows that the path to success is often littered with failure: a record of sackings, bankruptcies and blistering castigation. But instead of curling into a foetal ball beneath the coffee table, they **resiliently** pick themselves up, learn from their pratfalls and march boldly towards the next opportunity.

The American Psychological Association defines resilience as the ability to adapt in the face of adversity, trauma or tragedy. A resilient person may go through difficulty and

setbacks /'set,bæk/: something that causes delay or stops progress

depressive /dɪ'pres.ɪv/: suffering from or relating to depression – trầm cảm

forecaster /'fɔrkæstər/: a person or company whose job is to judge what is likely to happen in the future, based on information they have now

middle-class /,mɪd.əl 'klæs/: a social group that consists of ordinary people who usually have good jobs and are neither rich nor very poor

at one's disposal /dɪ'spəʊ.zəl/: available to be used by someone

robust rəʊ'blʌst/: strong and unlikely to break or fail – mạnh khỏe, cường tráng

function /'fʌŋk.ʃən/: the way in which something works or operates

lung function – chức năng phổi

immune system – hệ miễn dịch

outlook /'aʊt.lʊk/: person's point of view or general attitude to life

synonyms: point of view, viewpoint, views, opinion, (way of) thinking, perspective

mortality /mɔ:'tæl.ə.ti/: death, especially on a large scale – sự tử vong

ascertain /,æs.ə'teɪn/: find (something) out for certain; make sure of

synonyms: find out, discover, get to know, work out, make out

apt /æpt/: suitable or right for a particular situation

tycoon /taɪ'ku:n/: a person who has succeeded in business or industry and has become very rich and powerful – ông trùm, vua

boldly /'bəʊld.li/: in a brave and confident way, without showing any fear

uncertainty, but he or she will doggedly bounce back.

Optimism is one of the central traits required in building resilience, say Yale University investigators in the Annual Review of Clinical Psychology. They add that resilient people learn to hold on to their sense of humour and this can help them to keep a flexible attitude when big changes of plan are warranted. The ability to accept your lot with equanimity also plays an important role, the study adds.

One of the best ways to acquire resilience is through experiencing a difficult childhood, the sociologist Steven Stack reports in the Journal of Social Psychology. For example, short men are less likely to **commit suicide** than tall guys, he says, because shorties develop **psychological** defence skills to handle the bullies and mickey-taking that their lack of stature attracts. By contrast, those who enjoyed adversity-free youths can get derailed by setbacks later on because they've never been inoculated against aggro.

If you are handicapped by having had a happy childhood, then practising **proactive** optimism can help you to become more resilient. Studies of resilient people show that they take more risks; 'they court failure and learn not to fear it.

And despite being thick-skinned, resilient types are also more open than average to other people. Bouncing through knock-backs is all part of the process.

It's about optimistic risk-taking - being confident that people will like you. Simply smiling and being warm to people can help. It's an altruistic path to self-interest - and if it achieves nothing else, it will **reinforce** an age-old **adage**: hard times can bring out the best in you.

commit suicide /'su:ɪ.sɑɪd/ - kill yourself – tự tử

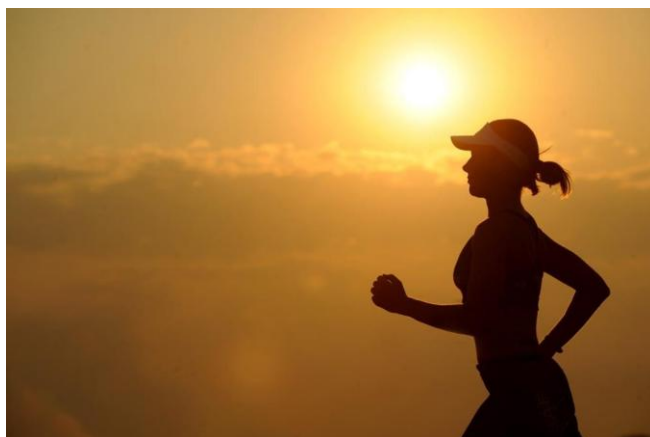
psychological /ˌsaɪ.kəl'ɒdʒ.ɪ.kəl/: relating to the human mind and feelings – (thuộc) tâm lý

proactive /ˌprəʊ'æk.tɪv/: taking action by causing change and not only reacting to change when it happens – chủ động

reinforce /reɪn'fɔ:s/ : If something reinforces an idea or opinion, it provides more proof or support for it and makes it seem true – củng cố, tăng cường

adage /'æd.ɪdʒ/ : a wise saying – châm ngôn

Running on empty



A revolutionary new theory in sports physiology.

A For almost a century, scientists have presumed, not unreasonably, that fatigue - or exhaustion in athletes originates in the muscles. Precise explanations have varied but all have been based on the 'limitations theory'. In other words, muscles tire because they hit a physical limit: they either run out of fuel or oxygen or they drown in toxic **by-products**.

B In the past few years, however, Timothy Noakes and Alan St Clair Gibson from the University of Cape Town, South Africa, have examined this standard theory. The deeper they dig, the more convinced they have become that physical fatigue simply isn't the same as a car running out of petrol. Fatigue, they argue, is caused not by **distress** signals springing from **overtaxed** muscles, but is an emotional response which begins in the brain. The essence of their new theory is that the brain, using a mix of **physiological**, **subconscious** and conscious cues, paces the muscles to keep them well back from the brink of exhaustion. When the brain decides its time to quit, it creates the **distressing** sensations we **interpret** as unbearable muscle fatigue. This 'central governor* theory remains **controversial**, but it does explain many puzzling aspects of athletic performance.

C A recent discovery that Noakes calls the 'lactic acid **paradox** made him start researching this area seriously. Lactic acid is a **by-product** of exercise, and its accumulation is often cited as a cause of fatigue. But when

revolutionary /ˌrev.əˈluːʃən.ər.i/ : completely new and having a great effect

physiology /saɪˈkɒl.ə.dʒi/: the scientific study of the way the human mind works and how it influences behaviour, or the influence of a particular person's character on their behaviour – tâm lý/ tâm lý học

fatigue /fəˈtiːg/ : extreme tiredness – sự mệt mỏi, kiệt sức

synonyms: tiredness, weariness, sleepiness, drowsiness, exhaustion, enervation

tire /taɪə/ = **be tired**

drown in /draʊn/ : to have more of something than you are able to deal with – ngập trong

by-product: something that is produced as a result of making something else, or something unexpected that happens as a result of something – sản phẩm phụ, tác dụng phụ

distress /dɪˈstres/ : a feeling of extreme pain

overtaxed /ˌəʊ.vəˈtæks/ : tired or confused as a result of doing too much or doing something too difficult

essence /ˈes.əns/ : the basic or most important idea or quality of something

subconscious /ˌsʌbˈkɒn.jəs/ : of or concerning the part of the mind of which one is not fully aware but which influences one's actions and feelings – tiềm thức

interpret /ɪnˈtɜːprɪt/ : understand (an action, mood, or way of behaving) as having a particular meaning or significance

<p>research subjects exercise in conditions simulating high altitude, they <u>become fatigued</u> even though lactic acid levels remain low. Nor has the oxygen content of their blood fallen too low for them to keep going. Obviously, Noakes deduced, something else was making them tire before they hit either of these physiological limits.</p> <p>D Probing further, Noakes <u>conducted an experiment</u> with seven cyclists who had sensors taped to their legs to measure the nerve impulses travelling through their muscles. It has long been known that during exercise, the body never uses 100% of the available muscle fibres in a single contraction. The amount used varies, but in endurance tasks such as this cycling test the body calls on about 30%.</p> <p>E Noakes <u>reasoned</u> that if the limitations theory was correct and fatigue was <u>due to</u> muscle fibres hitting some limit, the number of fibres used for each pedal stroke should increase as the fibres tired and the cyclist's body attempted <u>to compensate by</u> recruiting an ever-larger proportion of the total. But his team found exactly the opposite. As fatigue set in, the electrical activity in the cyclists' legs declined - even during sprinting, when they were <u>striving to</u> cycle as fast as they could.</p> <p>F To Noakes, this was strong evidence that the old theory was wrong. 'The cyclists may have felt completely exhausted,' he says, 'but their bodies actually had considerable reserves that they could theoretically tap by using a greater proportion of the resting fibres.' This, he believes, is proof that the brain is <u>regulating the pace of</u> the workout to hold the cyclists well back from <u>the point of catastrophic exhaustion</u>.</p> <p>G More evidence comes from the fact that <u>fatigued muscles</u> don't actually run out of anything critical. Levels of glycogen, which is the muscles' primary fuel, and ATP. The chemical they use for temporary energy storage, decline with exercise but never bottom out. Even at the end of a marathon, ATP levels are 80-90% of the resting norm, and glycogen levels never get to zero.</p> <p>H Further support for the central regulator comes from the fact that top athletes usually manage to go their fastest at the end of a race, even though, theoretically, that's when their muscles should be closest to exhaustion. But</p>	<p><i>synonyms:</i> understand, construe, take (to mean), see, regard</p> <p>controversial /ˌkɒn.trəˈvɜː.ʃəl/ : causing disagreement or discussion – gây tranh cãi</p> <p>paradox /ˈpær.əˈdɒks/ : a situation or statement that seems impossible or is difficult to understand because it contains two opposite facts or characteristics – sự nghịch lý</p> <p>physiological /ˌfɪz.i.əˈlɒdʒ.i.kəl/ : relating to the way in which the bodies of living things work – (thuộc về) sinh lý</p> <p>nerve impulses /ˈɪm.pʌlsɪz/ – xung động thần kinh</p> <p>compensate /ˈkɒm.pən.seɪt/ : to provide something good or useful in place of something or to make someone feel better about something that has failed or been lost or missed</p> <p>fibre /ˈfaɪ.bə/ : one of various thread-like structures in the body, such as those found in muscle – muscle fibres: thớ cơ</p> <p>theoretically /θiəˈret.i.kəl.i/ : in a way that obeys some rules but is not likely – về mặt lý thuyết</p> <p>reserve /rɪˈzɜːv/ : a supply of a commodity not needed for immediate use but available if required – nguồn dự trữ</p> <p>regulate /ˈreg.jə.leɪt/ : to control something, especially by making it work in a particular way</p> <p>catastrophic /ˌkæt.əˈstrɒf.ɪk/ : involving or causing sudden great damage or suffering – thảm họa</p> <p>critical /ˈkrɪtɪkəl/ : extremely important to the progress or success of something – then chốt</p> <p>bottom out /ˈbɒt.əm/ : to reach the lowest point in a changing situation, before any improvement begins</p>
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<p>Noakes believes the end spurt makes no sense if fatigue is caused by muscles poisoning themselves with lactic acid as this would cause racers to slow down rather than enable them to <u>sprint for the finish line</u>. In the new theory, the explanation is obvious. Knowing the end is near, the brain slightly relaxes its vigil, allowing the athlete to tap some of the body's carefully hoarded reserves.</p> <p>I But the central governor theory does not mean that what's happening in the muscles is irrelevant. The governor constantly monitors physiological signals from the muscles, along with other information, to set <u>the level of fatigue</u>. A large number of signals are probably involved but, unlike the limitations theory, the central governor theory suggests that these physiological factors are not the direct determinants of fatigue, but simply information to <u>take into account</u>.</p> <p>J Conscious factors can also intervene. Noakes believes that the central regulator evaluates the planned workout, and sets a pacing strategy accordingly. Experienced runners know that if they set out on a 10-kilometre run. The first kilometre feels easier than the first kilometre of a 5-kilometre run, even though there should be no difference. That, Noakes says, is because the central governor knows you have farther to go in the longer run and has programmed itself to dole out fatigue symptoms accordingly.</p> <p>K St Clair Gibson believes there is a good reason why our bodies are designed to keep something back. That way, there's always something left in the tank for an emergency. In ancient times, and still today, life would be too dangerous if our bodies allowed us to become so tired that we couldn't move quickly when faced with <u>an unexpected need</u>.</p>	<p>spurt /spɜ:t/: a sudden and short period of increased activity, effort, or speed – cú bứt phá, cú vọt</p> <p>make sense: to be clear and easy to understand</p> <p>symptom /'simp.təm/ : any feeling of illness or physical or mental change that is caused by a particular disease – triệu chứng</p>
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It's eco-logical



Planning an eco-friendly holiday can be a minefield for the well-meaning traveller, says Steve Watkins. But help is now at hand.

If there were awards for tourism phrases that have been **hijacked**, **diluted** and misused then '**ecotourism**' would earn top prize. The term first **surfaced** in the early 1980s reflecting a **surge** in environmental awareness and a realisation by tour operators that many travellers wanted to believe their presence abroad would not have a negative impact. It rapidly became the hottest marketing tag a holiday could carry.

These days the ecotourism label is used to cover anything from a two-week tour living with remote Indonesian tribes, to a one-hour motorboat trip through an Australian **gorge**. In fact, any tour that involves cultural interaction, natural beauty spots, wildlife or a dash of soft adventure is likely to be included in the **overflowing** ecotourism folder. There is no doubt the original motives behind the movement were honourable attempts to provide a way for those who cared to make informed choices, but the lack of regulations and a standard industry definition left many travellers lost in an ecotourism jungle.

It is easier to understand why the ecotourism market has become so overcrowded when we look at its wider role in the world economy.

According to World Tourism Organisation figures, ecotourism is worth US\$20 billion a year and makes up one-fifth of all international tourism. Add to this an annual growth rate of around five per cent and the pressure for many operators, both in **developed**

eco-friendly /i:kəʊ'frendli/: designed to have little or no damaging effect on the environment – thân thiện với môi trường

minefield: a situation or subject that is very complicated and full of hidden problems and dangers

well-meaning: wanting to have a good effect, but not always achieving one – có thiện chí

at hand: near in time or position, easily available

hijack /'haɪ.dʒæk/: to take control of or use something that does not belong to you for your own advantage

dilute /daɪ'lu:t/: to make something less strong or less valuable

ecotourism /'i:kəʊ.tʊə.rɪ.zəm/: the business of organizing holidays to places of natural beauty in a way that helps local people and does not damage the environment – du lịch sinh thái

surface /'sɜːfɪs/ : if a feeling or information surfaces, it becomes known – được biết đến

surge /sɜːdʒ/: a sudden and great increase

gorge /ɡɔːdʒ/: a deep, narrow valley with steep sides, usually formed by a river or stream cutting through hard rock – hẻm núi

overflowing: be very full of sth

overcrowded /,əʊ.və'kraʊ.dɪd/: containing too many people or things

and developing countries, to jump on the **accelerating bandwagon** is compelling. Without any **widely recognised accreditation system**, the consumer has been left to investigate the **credentials** of an operator themselves. This is a **time-consuming process** and many travellers usually **take an operator's claims at face value**, only **adding to the proliferation of fake ecotours**.

However, there are several simple questions that will provide qualifying evidence of a company's commitment to minimise its impact on the environment and maximise the benefits to the tourism area's local community. For example, does the company use **recycled or sustainable, locally harvested materials** to build its tourist properties? Do they pay fair wages to all employees? Do they **offer training to employees**? It is common for city **entrepreneurs** to own tour companies in country areas, which can mean the money you pay ends up in the city rather than in the community being visited. By taking a little extra time to investigate **the ecotourism options**, it is not only possible to guide your custom to worthy operators but you will often find that the experience they offer is far more rewarding.

The ecotourism business is still very much in need of a **shake-up** and a standardised approach. There are a few organisations that have **sprung up** in the last ten years or so that **endeavour** to educate travellers and operators about the benefits of responsible ecotourism. Founded in 1990, the Ecotourism Society (TES) is a non-profit organisation of travel industry, conservation and ecological professionals, which aims to **make ecotourism a genuine tool for conservation and sustainable development**. Helping to create **inherent** economic value in wilderness environments and threatened cultures has **undoubtedly** been one of the ecotourism movement's **most notable achievements**. TES organises an annual **initiative** to further aid development of the **ecotourism industry**. This year it is launching 'Your Travel Choice Makes a Difference', an educational aimed at helping consumers campaign understand the potential positive and negative impacts of their **travel decisions**. TES also offers guidance on the choice of ecotour and has established a register of approved ecotourism operators around the world.

A leading ecotourism operator in the United Kingdom is Tribes, which won the 1999 Tourism Concern and Independent Traveller's World 'Award for Most Responsible Tour Operator',

developed and developing countries: các nước phát triển (Anh, Mỹ,...) và các nước đang phát triển (Việt Nam, Lào,...)

accelerating /ək'sel.ə.ɪt ɪŋ/: increasing, faster and sooner

bandwagon /'bænd,wæg.ən/: an activity, group, movement, etc. that has become successful or fashionable and so attracts many new people – trào lưu

accreditation /ə,kred-ə'teɪ.ʃən: official approval, esp. in order to maintain satisfactory standards

credential /krɪ'den.ʃəl/: a document or certificate proving a person's identity or qualifications

take at face value : To accept that something or someone is as it seems based only on an initial or outward appearance, without further verifying or investigating

sustainable /sə'steɪ.nə.bəl/: causing little or no damage to the environment and therefore able to continue for a long time

entrepreneurs /,ɒn.trə.prə'nɜ:/: a person who organizes and operates a business or businesses

synonyms: businessman/businesswoman, enterpriser, speculator, tycoon

shake-up: a large change in the way something is organized

synonyms: reorganization, restructuring, reshuffle, change

spring up: to start to exist suddenly

endeavour /en'dev.ə/: to try hard to do something – nỗ lực

synonyms: try, attempt, seek, undertake, aspire

genuine /'dʒen.ju.ɪn/: (of a person, emotion, or action) sincere – chân thật

inherent /ɪn'her.ənt/: existing in something as a permanent, essential, or characteristic attribute – vốn có

synonyms: intrinsic, innate, immanent, built-in, inborn

initiative /ɪ'nɪʃetɪv/: a new plan or action to improve something or solve a problem – sáng kiến

<p>Amanda Marks, owner and director of Tribes, believes that the ecotourism industry still has some way to go to get its house in order. Until now, no ecotourism accreditation scheme has really worked, principally because there has been no <u>systematic way of</u> checking that accredited companies actually comply with the code of practice. Amanda believes that the most <u>promising</u> system is the recently re-launched Green Globe 21 scheme. The Green Globe 21 award is based on the sustainable development standards contained in Agenda 21 from the 1992 Earth Summit and was originally coordinated by the World Travel & Tourism Council (WTTC). The scheme is now an independent concern, though the WTTC still supports it. Until recently, tour companies became affiliates and could use the Green Globe logo merely on payment of an <u>annual fee, hardly a suitable qualifying standard</u>. However, in November 1999 Green Globe 21 introduced an annual, independent check on operators wishing to use the logo.</p> <p>Miriam Cain, from the Green Globe 21 marketing development, explains that current and new affiliates will now have one year to ensure that their operations <u>comply with</u> Agenda 21 standards. If they fail the first inspection, they can only reapply once. The inspection process is not a cheap option, especially for large companies, but the benefits of having Green Globe status and <u>the potential operational cost savings</u> that complying with the standards can bring should be significant. 'We have joint ventures with organisations around the world, including Australia and the Caribbean, that will allow us to effectively check all affiliate operators,' says Miriam. The scheme also allows destination communities to become Green Globe 21 approved.</p> <p>For a relatively new industry it is not surprising that ecotourism <u>has undergone teething pains</u>. However, there are signs that <u>things are changing for the better</u>. With a committed and unified approach by the travel industry, local communities, travellers and environmental experts could make ecotourism a tag to be proud of and trusted.</p>	<p>affiliate /ə'fɪl.i.ət/ : an organization that is connected with or controlled by another, usually larger, organization – chi nhánh, hội viên</p> <p>inspection /ɪn'spek.ʃən/ : the act of looking at something carefully, or an official visit to a building or organization to check that everything is correct and legal – sự thanh tra</p> <p>joint venture: a business or business activity that two or more people or companies work on together – liên doanh</p> <p>relatively /'rel.ə.tɪv.li/: viewed in comparison with something else rather than absolutely – tương đối, khá</p> <p>teething: related to problems at the beginning of a process or activity</p>
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Children with auditory problems



A

Hearing **impairment** or other **auditory function deficit** in young children can have a major impact on their development of speech and communication, resulting in a **detrimental** effect on their ability to learn at school. This is likely to have major consequences for the individual and the population as a whole. The New Zealand Ministry of Health has found from research carried out over two decades that 6-10% of children in that country are affected by hearing loss.

B

A **preliminary** study in New Zealand has shown that classroom noise presents a major concern for teachers and pupils. Modern teaching practices, the organisation of desks in the classroom, poor classroom **acoustics**, and mechanical means of **ventilation** such as air-conditioning units all contribute to the number of children unable to comprehend the teacher's voice. Education researchers Nelson and Soli have also suggested that recent trends in learning often involve collaborative interaction of multiple minds and tools as much as individual possession of information. This all **amounts to** heightened activity and noise levels, which have the potential to be particularly serious for children experiencing auditory function

impairment /ɪmˈpeə.mənt/ : deterioration in the functioning of a body part

auditory /ˈɑː.də.tɔːr.i/ : of or about hearing

function /ˈfʌŋk.ʃən/ : the way in which something works or operates – chức năng

deficit /ˈdef.i.sɪt/ - **deficiency** - sự khiếm khuyết, thiếu hụt

detrimental /ˌdet.ɪˈmen.təl/ : causing harm or damage

synonyms: harmful, damaging, injurious, hurtful, inimical, deleterious, destructive, ruinous

preliminary /prɪˈlɪm.ə.ner.i/ : coming before a more important action or event, esp. introducing or preparing for it – sơ bộ

acoustics /əˈkuː.stɪk/ : the way in which the structure of a building or room affects the qualities of musical or spoken sound

ventilation /ˌven.tɪˈleɪ.ʃən/ : the movement of fresh air around a closed space, or the system that does this – sự thông gió

amount to: to become or add up to a particular amount

deficit. Noise in classrooms can only **exacerbate** their difficulty in comprehending and processing verbal communication with other children and instructions from the teacher.

C

Children with auditory function deficit are **potentially** failing to learn to their maximum potential because of noise levels generated in classrooms. The effects of noise on the ability of children to learn effectively in typical classroom environments are now the subject of increasing concern. The International Institute of Noise Control Engineering (I-INCE), on the advice of the World Health Organization, has established an international working party, which includes New Zealand, to evaluate noise and reverberation control for school rooms.

D

While the detrimental effects of noise in classroom situations are not limited to children experiencing disability, those with a disability that affects their processing of speech and verbal communication could be extremely vulnerable. The auditory function deficits in question include hearing impairment, autistic spectrum disorders (ASD) and attention deficit disorders (ADD/ADHD).

E

Autism is considered a **neurological** and genetic life-long **disorder** that causes discrepancies in the way information is processed. This disorder is **characterised** by **interlinking** problems with social imagination, social communication and social interaction. According to Janzen, this affects the ability to understand and relate in typical ways to people, understand events and objects in the environment, and understand or respond to **sensory stimuli**. Autism does not allow learning or thinking in the same ways as in children who are developing normally. Autistic spectrum disorders often result in major difficulties in comprehending verbal information and speech processing. Those experiencing these disorders often find sounds such as crowd noise and the noise generated by machinery painful and distressing. This is difficult to scientifically **quantify** as such extra-sensory stimuli vary greatly from one autistic individual to another.

exacerbate /ɪgˈzæs.ə.berʔ/: to make something that is already bad even worse

synonyms: aggravate, worsen, inflame, compound

potentially /pouˈten.ʃl.i:/ possibly – có khả năng, có thể sẽ

disability /ˌdɪs.əˈbɪl.ə.ti/ : an illness, injury, or condition that makes it difficult for someone to do the things that other people do – khuyết tật

vulnerable /ˈvʌl.nə.r.ə.bəl/: able to be easily physically, emotionally, or mentally hurt, influenced, or attacked

autism – bệnh tự kỉ

neurological /ˌnjuə.rəˈlɒdʒ.i.kəl/ - relating to nerves

disorder /dɪˈsɔː.dəʔ/ : an illness of the mind or body – sự rối loạn

discrepancy /dɪˈskrep.ən.si/ : a difference between two things that should be the same – sự không thống nhất, trái ngược nhau

characterise /ˈkær.ək.tə.raɪz/: something that characterizes another thing is typical of it

interlinking /ˌɪn.təˈlɪŋ.kɪŋ/: joining or connecting together

sensory /ˈsen.sər.i/ : connected with the physical senses of touch, smell, taste, hearing, and sight – giác quan, cảm giác

stimulus (pl – stimuli) /ˈstɪm.jə.ləs/ - /ˈstɪm.jʊ.laɪ/: something that causes part of the body to react – sự kích thích, tác nhân kích thích

quantify /ˈkwɒn.tɪ.faɪ/: to measure or judge the size or amount of something

<p>But a child who finds any type of noise in their classroom or learning space intrusive is likely to <u>be adversely affected</u> in their ability to <u>process information</u>.</p> <p>F</p> <p>The attention deficit disorders are indicative of neurological and genetic disorders and are characterised by difficulties with sustaining attention, effort and persistence, organisation skills and disinhibition. Children experiencing these disorders find it difficult to <u>screen out</u> unimportant information, and focus on everything in the environment rather than <u>attending to a single activity</u>. <u>Background noise</u> in the classroom <u>becomes a major distraction</u>, which <u>can affect their ability to concentrate</u>.</p> <p>G</p> <p>Children experiencing an auditory function deficit can often find speech and communication very difficult to isolate and process when set against high levels of background noise. These levels come from outside activities that penetrate the classroom structure, from teaching activities, and other noise generated inside, which can be exacerbated by room reverberation. Strategies are needed to obtain the optimum classroom construction and perhaps a change in <u>classroom culture</u> and <u>methods of teaching</u>. In particular, the effects of noisy classrooms and activities on those experiencing disabilities in the form of auditory function deficit need thorough investigation. It is probable that many undiagnosed children exist in the education system with 'invisible' disabilities. Their needs are less likely to be met than those of children with known disabilities.</p> <p>H</p> <p>The New Zealand Government has developed a New Zealand Disability Strategy and has embarked on a wide-ranging consultation process. The strategy recognises that people experiencing disability <u>face significant barriers in achieving a full quality of life in areas such as</u> attitude, education, employment and access to services. Objective 3 of the New Zealand Disability Strategy is to 'Provide the Best Education for Disabled People' by improving education so that all children, <u>youth learners and adult learners</u> will <u>have equal</u></p>	<p>intrusive /ɪnˈtruː.sɪv/: affecting someone in a way that annoys them and makes them feel uncomfortable</p> <p>adversely /ˈædvɜːsli/: in a way that is harmful or likely to cause problems – một cách bất lợi</p> <p>indicative /ɪnˈdɪk.ə.tɪv/: serving as a sign or indication of something</p> <p>screen out = leave out, exclude</p> <p>penetrate /ˈpen.ɪ.treɪt/ : to reach or affect something</p> <p>embark on sth: to start something new or important – bắt tay vào</p>
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opportunities to learn and develop within their already existing local school. For a successful education, the learning environment is vitaly significant, so any effort to improve this is likely to be of great benefit to all children, but especially to those with auditory function disabilities.

I

A number of countries are already in the process of formulating their own standards for the control and reduction of classroom noise. New Zealand will probably follow their example. The literature to date on noise in school rooms appears to focus on the effects on schoolchildren in general, their teachers and the hearing impaired. Only limited attention appears to have been given to those students experiencing the other disabilities involving auditory function deficit. It is imperative that the needs of these children are taken into account in the setting of appropriate international standards to be **promulgated** in future.

imperative /ɪmˈper.ə.tɪv/: extremely important or urgent – cấp bách

synonyms: vitally important, of vital importance, all-important, vital, crucial, critical, essential

promulgated: put (a law or decree) into effect by official proclamation

The Muscles in Our Body



Our human body is made up of many muscles. All these muscles work together to help you move. They form the muscle system. 650 muscles are wrapped around your bones. They basically cover the bones like a blanket. Muscles are fastened to the bones by tough bands. These bands are called **tendons**. You can see your tendons when you **wiggle** your finger. Moving your fingers back and forth makes your tendons move.

These muscles around the bone must be told when to move. They are controlled by your thinking. If you want to walk, talk or smile, you send a message to the brain. Your brain picks up the message. It receives it and processes it. Then it sends out an electrical signal through the nerves. The nerves make connections until the signal reaches the proper muscle. This signal tells a muscle what it has to do. The muscle simply does exactly what the brain tells it to do. When you jump, hundreds of muscles work to help you do that.

Muscles work by **contracting**. They shorten and pull the bone to move the body. They always pull and never push. Muscles work in pairs. One muscle pulls, while the other relaxes. Then they switch around. For instance, when you move your **forearm**, you use one pair of muscles. The muscles on the inside of your arm is the biceps. It contracts to make you bend your arm. The

tendon /'ten.dən/ : a strong piece of tissue in the body connecting a muscle to a bone – dây chằng

wiggle /'wig.əl/ lắc lư, ngo nguậy

contract /kən'trækt/: to make or become shorter or narrower, or smaller – co lại

forearm /'fɔ:.rɑ:m/ - cẳng tay

muscle on the outside is the triceps. It relaxes when you bend your arm. If you want to straighten your arm, the muscles switch roles. The biceps relaxes, whereas the triceps contracts. The biceps and triceps are long and thread-like. The longest muscle, the sartorius, helps you cross your legs. The shortest muscle is in your ear.

However, you cannot control all your muscles. Some muscles work without you thinking about them. This is the case with your heart muscle. Heart muscles are **stripped** and oval in shape. They are extremely powerful and pump your heart. This pumping motion gets the blood moving through your body. As well, the stomach muscle mixes food around in your stomach. Then it pushes the food through your **intestines** and into the blood system. Stomach muscles are short and have pointed ends.

Muscles work all the time. They even work when you are fast asleep. They keep your body firm and strong. Therefore, it is important to be in good shape. You need to stay healthy so that your muscles can remain powerful too. One thing that muscles need is good food. Muscles develop when they have protein. Milk, eggs, red meat, fish and beans are rich in protein. A healthy diet includes these food types. Muscles also need to be exercised to remain firm and toned. Regular exercise makes your muscles bigger, strengthens your heart and lungs and makes you more flexible. Good ways to exercise are walking, swimming, cycling, dancing or playing soccer. These activities improve your stamina. If you have good stamina, you can keep going for a long time without getting tired.

stripped /stript/ - trần trụi, trơ

intestines /ɪn'tes.tənz/(plural): a long tube through which food travels while it is being digested after leaving the stomach – ruột, **small intestine** – ruột non, **large intestine** – ruột già

stamina /'stæm.i.nə/: the physical and/or mental strength to do something that might be difficult and will take a long time – thể lực

The politics of pessimism



Newspaper headlines and TV or radio news bulletins would have us believe **erroneously** that a new age has come upon us, the Age of Cassandra. People are being **assailed** not just with contemporary doom, or past gloom, but with **prophecies** of disasters about to **befall**. The dawn of the new millennium has now passed; the earth is still **intact**, and the fin de siècle Jeremiahs have now gone off to **configure** a new date for the **apocalypse**.

It can, I believe, be said with some certainty that the doom-**mongers** will never run out of business. Human nature has an inclination for pessimism and anxiety, with each age having its **demagogues**, foretelling doom or dragging it in their wake. But what makes the modern age so different is that the catastrophes are more “in your face”, Their **assault** on our senses is **relentless**. Whether it be sub-conscious or not, this is a situation not lost on politicians. They play upon people’s propensity for unease, turning it into a very effective political tool.

DELUding THE GENERAL PUBLIC

All too often, when politicians want to change the status quo, they take advantage of people’s fears of the unknown and their uncertainties about the future. For example, details about a new policy may be leaked to the press. Of course, the worst case scenario is presented in all its depressing detail. When the general public reacts in horror, the government appears to **cave in**. And then accepting some of the suggestions from their critics, ministers water

erroneously /ɪˈrəʊ.ni.əs.li/ : in a wrong or false way

assail /əˈseɪl/: to cause someone to experience a lot of unpleasant things – làm cho lo âu, bồn chồn

prophecy /ˈprɒf.ə.si/: a statement that tells what will happen in the future – lời tiên tri

befall /bɪˈfɔ:l/: if something bad or dangerous befalls you, it happens to you – xảy ra

intact /ɪnˈtækt/: complete and in the original state – nguyên vẹn

configure /kənˈfɪg.ər/: to arrange something

apocalypse /əˈpɒk.ə.lɪps/: a very serious event resulting in great destruction and change – ngày tận thế

-mongers /-mʌŋ.ɡə/: a person who encourages a particular activity, especially one that causes trouble

inclination /ɪn.klɪˈneɪ.ʃn/: a feeling that you want to do a particular thing, or the fact that you prefer or are more likely to do a particular thing

synonyms: tendency, propensity, proclivity, leaning

demagogue US ALSO demagog /ˈdem.ə.gɒɡ/: a person, especially a political leader, who wins support by exciting the emotions of ordinary people rather than by having good or morally right ideas- kẻ mị dân

assault /əˈsɒlt/: a violent attack

down their proposals. This allows the government to get what it wants, while at the same time fooling the public into believing that they have got one over on the government. Or even that they have some say in the making of policy.

There are several principles at play here. And both are rather simple: **unsettle** people and then play on their fears; and second, people must be given an opportunity to make a contribution, however insignificant, in a given situation; otherwise, they become dissatisfied, not fearful or anxious.

A similar **ruse**, at a local level, will further illustrate how easily people's base fears are exploited. A common practice is to give people a number of options, say in a housing development, ranging from no change to radical transformation of an area. The aim is to persuade people to agree significant **modifications**, which may involve disruption to their lives, and possibly extra expenditure. The individuals, fearful of the worst possible outcome, **plump for** the middle course. And this, incidentally, is invariably the option favoured by the authorities. Everything is achieved under the guise of market research, But It is obviously a blatant exercise in the manipulation of people's fears.

FEAR AND SURVIVAL

Fear and anxieties about the future affect us. People are wracked with self-doubt and low self-esteem. In the struggle to exist and advance in life, a seemingly endless string, of obstacles is encountered, so ninny, in fact, that any accomplishment seems surprising. Even when people do succeed they are still nagged by uncertainty.

Not surprisingly, feelings like doubt, fear, anxiety and pessimism are usually associated with failure. Yet, if properly **harnessed**, they are the driving force behind success, the very engines of genius.

If things turn out well for a long time, there is a further anxiety: that of constantly waiting for something to go wrong. People then find themselves **propitiating** the gods: not walking on lines on the pavements, performing rituals before public performances, wearing particular clothes and colours so that they can blame the ritual not themselves when things go wrong,

relentless /rɪˈlent.ləs/: continuing in a severe or extreme way – không ngớt, gay gắt

propensity /prəˈpen.sə.ti/: the fact that someone is likely to behave in a particular way, especially a bad way – thiên hướng, khuynh hướng

delude /dɪˈlu:d/: to make someone believe something that is not true- đánh lừa, mê hoặc, mê dân

the status quo /ˌsteɪ.təs ˈkwəʊ/: the present situation

cave in /keɪv/: collapse

unsettle /ʌnˈset.əl/: cause to feel anxious or uneasy; disturb

ruse /ru:z/: a trick intended to deceive someone – mưu mẹo

modification /ˌmɒd.ɪ.fɪˈkeɪ.ʃn/ a change to something, usually to improve it

synonyms: alteration, adjustment, change, adaptation, refinement, revision

plump for /plʌmp/: to choose something or someone, especially after taking time for careful thought

guise /gaɪz/ : the appearance of someone or something, especially when intended to deceive – lót, vỏ bọc

blatant /ˈbleɪ.tənt/ : very obvious and intentional, when this is a bad thing – trắng trợn

exercise /ˈek.sə.saɪz/: an action or actions intended to improve something or make something happen – hành động, hành vi

manipulation /məˌnɪp.jəˈleɪ.ʃən/ controlling: someone or something to your own advantage, often unfairly or dishonestly – thao túng, điều khiển

self-esteem /ˌself.ɪˈsti:m/: belief and confidence in your own ability and value – tự trọng

harness /ˈhɑː.nəs/: to control something, usually in order to use its power – khai thác

synonyms: control, exploit, utilize, use, employ, make use of, put to use

propitiate /prəˈpɪ.i.ɪt/ : to please and make calm a god or person who is annoyed with you – làm dịu, làm nguôi

<p>But surely the real terror cornea when success continues uninterrupted for such a long period of time that we forget what failure is like!</p> <p>We <u>crave for</u> and <u>are fed a daily diet of anxiety</u>, horror films and disaster movies <u>have an increasing appeal</u>. Nostradamus pops his head up now and again, And other would-be prophets make a brief appearance, <u>predicting the demise of human kind</u>. Perhaps this is all just a vestige of the hardships of early man – our attempt to recreate the struggles of a past age, as life becomes more and more comfortable.</p> <p><u>Mankind cannot live by contentment alone</u>. And so, a world awash with anxieties and pessimism has been created. Being optimistic is a struggle. But survival dictates that mankind remain ever sanguine.</p>	<p>cornea /'kɔːr.ni.ə/: the transparent outer covering of the eye – giác mạc</p> <p>would-be /'wʊd.bi/: wanting or trying to be</p> <p>prophet /'prɒf.ɪt/: a person who is believed to have a special power that allows them to say what a god wishes to tell people, especially about things that will happen in the future – nhà tiên tri</p> <p>demise /di'maɪz/: the end of the operation or existence of something</p> <p>vestige /'ves.tɪdʒ/: a small part or amount of something larger, stronger, or more important that still exists from something that existed in the past – tàn dư, vết tích</p> <p>hardship /'hɑːd.ʃɪp/: difficult or unpleasant conditions of life – sự gian khổ</p> <p>be awash with – tràn ngập</p> <p>dictate /dɪk'teɪt/: to speak something aloud</p> <p>sanguine /'sæŋ.gwɪn/: (of someone or someone's character) positive and hoping for good things – lạc quan</p>
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The Need to Belong



★ not included

No one likes to feel left out, ignored by colleagues at meetings or not be invited to the big party that everyone is talking about. Imagine not being part of a joke, or worse still, if the joke is on you. For most people, living the life of an outsider can have a negative effect on self-esteem and mood. It can even lead to negative behaviour. The pull to belong is extremely strong. Scientists believe that, in part, there is an **evolutionary** explanation for why we have this need to belong.

In the past, people hunted and cooked together in tribes and each member of the group would be **assigned** a role. As each member had a purpose, it meant that in the event of the loss of one person, the group as a whole would suffer. For this reason, they had a vested interest in protecting each other. To our **prehistoric ancestors**, membership of a group meant the difference between **survival** and death. Those who were rejected and excluded from joining a group had to fend for themselves and struggled to stay alive alone in the wild. Apart from protection, being part of a group also ensured that genes could be passed on to future generations. Although it is very different now from the way our **primitive** ancestors lived, our brains have not had time to **evolve** to fit today's lifestyles. In this day and age, it is no longer a matter of survival to be **affiliated** to a **tribe** or group, but the evolutionary **instinct** to find protection still lingers.

This **inherent** feeling of security that comes with being part of a group is powerful enough to make people employ both conscious and

evolutionary / i:və'lu:ʃnəri / : relating to the way in which living things develop over millions of years – liên quan đến sự tiến hóa

assign / ə'saɪnd / : to give a particular job or piece of work to someone

prehistoric / ,pri:'hɪs'tɒrɪk / : describing the period before there were written records – thời tiền sử

ancestor / 'ænsɪstəz / : a person related to you who lived a long time ago – tổ tiên

survival / sə'vaɪvəl / : sự sống sót; **survivor**: người sống sót

reject / rɪ'dʒekt / : to not give someone the love and attention they want and are expecting from you – bị từ chối

fend for / fɛnd fɔ: / : to take care of and provide for yourself without depending on anyone else

primitive / 'prɪmɪtɪv / : relating to human society at a very early stage of development - nguyên thủy

evolve / ɪ'vɒlv / : tiến hóa

affiliate / ə'fɪliɪt / : to become part of or form a close relationship with a group or organization

tribe / traɪb / : bộ lạc

instinct / 'ɪnstɪŋkt / : bản năng

inherent / ɪn'hɪə.rənt / : existing in something as a permanent, essential, or characteristic attribute – cố hữu

<p>unconscious strategies <u>to gain membership</u>. One obvious way people try to be accepted into a group is self-presentation, which is the act of portraying yourself in the best possible light. An individual will attempt to <u>outwardly display the characteristics which are important to the group's advancement</u>. <u>At the same time</u>, they will conceal any parts of their personality that may be seen as undesirable or not useful to a group. An example of self-presentation is the <u>job application process</u>. A candidate <u>applying for</u> a job will promote themselves as motivated, but is likely to hide the fact that they are disorganised. These conscious tactics that people use are not a surprise to anyone, but we also use other strategies unknowingly.</p> <p>Psychologists Jessica Larkin, Tanya Chartrand and Robert Arkin suggested that people often <u>resort to</u> automatic mimicry to gain affiliation into groups, much like our primitive ancestors used to do. Before humans had the ability to speak, physical imitation was a method of begging for a place in the group. Most will be unaware they are doing it Larkin and her co-workers decided to test this hypothesis.</p> <p>They took a group of student volunteers and had them play a game called Cyberball, a ball-tossing arcade game that resembled American football. The volunteers <u>were led to</u> believe they were all playing against each other, but in actual fact they were not. The computer was manipulating the game by passing the ball to some volunteers and excluding others.</p> <p>The 'accepted' and 'rejected' students were then asked if they enjoyed the game and about their opinions of the other players. Participants were then put alone in a room and their natural foot movements were filmed. Then a female entered the room <u>under the pretence of</u> conducting a fake photo task. The female deliberately moved her foot during the task, but not in a way that would <u>be noticeable to</u> the volunteer. It <u>turned out</u> that the rejected students mimicked the female's foot movements the most. This revealed that after exclusion, people will automatically mimic to affiliate with someone new.</p> <p>However, Larkin and her colleagues wanted to go further. They believed that more often than not, in the real world, we actually know the people that reject us. How do we <u>behave towards</u> the group that we know has excluded us? The experiment was repeated with this question in mind. In the second experiment,</p>	<p>portray / ˈpɔːˈtreɪ / : khắc họa, thể hiện</p> <p>conceal / kənˈsiːl / : keep (something) secret; prevent from being known or noticed</p> <p><i>synonyms:</i> hide, cover up, disguise, mask</p> <p>disorganised /dɪˈsɔːɡənaɪzd / : not good at planning or organizing things</p> <p>tactic / ˈtæktɪk / : an action or strategy carefully planned to achieve a specific end – chiến lược</p> <p><i>synonyms:</i> strategy, scheme, stratagem, plan, maneuver</p> <p>unknowingly /ʌnˈnəʊɪŋli / : without intending or realizing something</p> <p>imitation / ˌɪmɪˈteɪʃən / : an occasion when someone or something imitates another person or thing – sự bắt chước, mô phỏng</p> <p>resemble /rɪˈzembəl / : to be similar to someone or something</p> <p><i>synonyms:</i> look like, be similar to, be like, bear a resemblance to, remind one of, take after</p> <p>manipulate /məˈnɪpjuleɪt / : to control something or someone to your advantage, often unfairly or dishonestly – thao túng</p> <p><i>synonyms:</i> control, influence, use/turn to one's advantage, exploit</p> <p>pretence /prɪˈtens / : a way of behaving that is intended to deceive people</p> <p><i>synonyms:</i> make-believe, putting on an act, acting, dissembling</p> <p>deliberately /dɪˈlɪbəɪtli / : thận trọng</p> <p>mimic / ˈmɪmɪk / bắt chước</p>
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<p>only female volunteers played the Cyberball game, during which they experienced rejection by either men or women. Then each volunteer did the fake photo task, but this time with a man and then a woman. The results clearly indicated that the female students that felt rejected would unconsciously make more of an effort to mimic members of their own in-group – that is, other women – rather than men. This deep-wired instinct to mimic was not only directed towards random people, as initially thought, but targeted to specific groups, the particular group that did the rejecting in the first place.</p> <p>To some, it is inconceivable why people will go to great lengths to be accepted into one of life's social groups or clubs, enduring rejection and sometimes humiliation in order to be accepted. You only have to look at college campuses, which are notorious for strict initiations inflicted on candidates desperately seeking membership. But it happens and will continue to happen, because <u>the desire to belong is a very powerful force</u> and <u>a fundamental part of</u> human nature.</p>	<p>deep-wired /di:p-'waɪəd/ ăn sâu</p> <p>inconceivable /,ɪnkən'si:vəbl /</p> <p>go to great lengths : to try very hard to achieve something</p> <p>humiliation /hju(:),mɪlɪ'eɪʃən/ : sự lăng nhục, nhục nhã</p> <p><i>synonyms:</i> embarrassment, mortification, shame, indignity, ignominy, disgrace</p> <p>are notorious for /nəʊ'tɔ:riəs / khét tiếng</p> <p>initiation /ɪ,nɪʃɪ'eɪʃən/ lễ kết nạp</p> <p>inflict on /ɪn'flɪkt / : to force someone to experience something very unpleasant – giáng, bắt phải chịu</p> <p><i>synonyms:</i> administer to, deliver to, deal out to, dispense to</p> <p>fundamental /ˌfʌndə'mentl / : forming the base, from which everything else develops – cơ bản, cốt lõi</p>
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Deadly heatwaves and spread of diseases affect people's health today



Farmers on the outskirts of Guwahati, India. The country lost **the equivalent of** 7% of its total working hours due to extreme heat in 2017. Photograph: EPA

People's health is being damaged today by **climate change** through effects ranging from deadly **heatwaves** in Europe to rising **dengue fever** in the tropics, according to a report.

Billions of hours of farmwork has been lost during high temperatures and **global warming** has damaged the ability to **grow crops**, it said.

The Lancet Countdown on Health and Climate Change was produced by 150 experts from 27 universities and institutions including the World Health Organization and the World Bank.

"The findings are clear and the **stakes could not be higher**," said Tedros Adhanom Ghebreyesus, the WHO **director-general**. "We **cannot delay action on** climate change. We cannot **sleepwalk** through this health emergency any longer."

The report **sets out** the impacts of **global warming** on health in stark terms. "A rapidly changing climate **has dire implications for** every aspect of human life, exposing **vulnerable** populations to **extremes** of weather, **altering** patterns of **infectious disease**, and **compromising** food security, **safe drinking water and clean air**," it said.

Nick Watt, the **executive director** of the Lancet Countdown, said: "These are not things happening in 2050 but are things we are already seeing today. We think of these as the **canary in, ironically, the coalmine**."

the equivalent of / ɪˈkwɪvələnt/: một lượng tương đương với

climate change – biến đổi khí hậu

heatwave / ˈhiːtweɪv/ **sóng nhiệt**

dengue fever / ˈdɛŋgi ˈfiːvə/: tropical disease caused by the dengue virus, transmitted by mosquito – sốt xuất huyết dengue

grow crops / grəʊ krops / - trồng trọt

stakes / steɪks/ : risk – nguy cơ

director-general – tổng giám đốc

sleepwalk / ˈsliːp.wɔːk / thờ ơ, nhờn nhợ

set out – chỉ ra

global warming / ˈgləʊbəl ˈwɔːmɪŋ/ a gradual increase in world temperatures caused by gases such as carbon dioxide that are collecting in the air around the earth and stopping heat escaping into space – sự nóng lên toàn cầu

dire / ˈdaɪə/: very serious or extreme – thảm khốc, kinh khủng

implication / ˌɪmplɪˈkeɪʃən/ (of sth for sth)

the effect that an action or decision will have on something else in the future – tác động

vulnerable / ˈvʌlnərəbl/ able to be easily physically, emotionally, or mentally hurt, influenced, or attacked – dễ bị tổn thương, yếu đuối

extreme / ɪksˈtriːm/: the highest degree of something – cực đoan

<p>On Tuesday the UN said action to cut carbon emissions must be tripled to avoid catastrophic warming. International climate change negotiations were due to resume on Monday in Poland.</p> <p>The Lancet report said the lack of progress “threatens both human lives and the viability of the national health systems they depend on, with the potential to overwhelm health services”.</p> <p>A survey in the report of leaders of almost 500 global cities found half expected their public health infrastructure to be seriously compromised by climate change, meaning systemic failures such as the shutdown of hospitals.</p> <p><u>A heatwave in Europe this summer was linked to hundreds of premature deaths in the UK alone.</u> MPs said in July that the UK was “woefully unprepared” for heatwaves.</p> <p>The Lancet report says populations in Europe and the eastern Mediterranean are at higher risk than those in Africa and south-east Asia because of the high proportion of vulnerable and elderly people living in cities.</p> <p>As temperatures rise across the world, the report says 157 million more vulnerable people were subjected to a heatwave in 2017 than in 2000. Hot conditions directly damage health via heatstroke, but dehydration and exacerbation of conditions such as heart disease are also very dangerous. Heat also worsens air pollution and mental health problems.</p> <p>Prof Kristie Ebi, of the University of Washington, said: “Increased mortality in extreme heatwaves is happening now [but] there is abundant evidence that communities are not prepared for the ongoing increases in the frequency, intensity and duration of heatwaves.”</p> <p>The Lancet report said 153bn hours of work were lost in 2017 due to extreme heat, 80% of it in agriculture. Almost half the losses were in India, equivalent to 7% of its total working population, while China lost the equivalent of 1.4% of its workers. “This has led to vast losses for national economies and household budgets,” said Prof Joacim Rocklöv of Umeå University in Sweden.</p> <p>Relatively small changes in temperatures and rainfall could cause large changes in the</p>	<p>alter / 'ɒl.tə/: To change the form or structure of</p> <p>infectious disease / ɪn'fekʃəs dɪ'zi:z / : bệnh truyền nhiễm</p> <p>compromise / 'kɒmprəmaɪz / : cause to become vulnerable or function less effectively – làm hại, làm tổn thương</p> <p>executive director / ɪg'zek.jə.tɪv/ : giám đốc điều hành</p> <p>a canary in the coalmine / kə'neəri / (nghĩa bóng) an early indicator of potential danger or failure - cảnh báo nguy hiểm</p> <p>ironically / aɪ'ronɪkəli / mỉa mai, trớ trêu</p> <p>be tripled = three times as much as: gấp 3</p> <p>catastrophic / ,kætə'strɒfɪk / : a sudden event that causes very great trouble or destruction – thảm họa</p> <p>be due to / du:/: expected to happen, arrive, etc. at a particular time</p> <p>resume / rɪ'zju:m / : If an activity resumes, or if you resume it, it starts again after a pause – tiếp tục lại</p> <p>viability / ,vaɪə'bɪlɪti / : the ability to live or to succeed -</p> <p>potential / pəʊ'tenʃəl / : someone's or something's ability to develop, achieve, or succeed – tiềm năng</p> <p>overwhelm / ,əʊvə'wɛlm / : to defeat someone or something by using a lot of force – áp đảo</p> <p>infrastructure / 'ɪnfə'strʌktʃə / cơ sở hạ tầng</p> <p>shutdown / 'ʃʌtdaʊn / : stop operating, usually for a temporary period</p> <p>premature / ,prɛmə'tʃʊə / : happening or done too soon, especially before the natural or suitable time</p> <p>woefully / 'wəʊfʊli / : (of a bad situation) extremely; very</p> <p>be subjected to / bi: səb'dʒektɪd tu: / : be made to experience an unpleasant or worrying thing – phải chịu</p> <p>heatstroke / 'hi:tstreɪk / say nắng</p> <p>dehydration / ,di:hai'dreɪʃən / sự mất nước</p> <p>exacerbation / ɛks.æse(:)'beɪʃən / : an increase in the severity of sth that already bad – sự trầm trọng</p> <p>mortality / mɔ:'tælɪti / : the number of deaths within a particular society and within a particular period of time - số lượng tử vong</p> <p>ongoing / 'ɒn.gəʊɪŋ / : continuing to exist or develop, or happening at the present moment</p>
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transmission of infectious diseases spread via water and **mosquitoes**. The ability of the dengue fever virus to be transmitted – its “**vectorial capacity**” – reached a record high in 2016, according to the report, 10% above a 1950s baseline. The danger from **cholera** risk was also rising in regions such as the Baltic states where the sea has been warming rapidly.

Doctors not involved in the report said it presented **convincing** evidence. “It is clear that climate change is directly impacting our health,” said Howard Frumkin, head of the Wellcome Trust’s Our Planet, Our Health programme. “All sectors must **prioritise** action on climate change if we are to significantly reduce the potentially **devastating** impact on our planet and our health, affecting generations to come.”

Prof Paul Ekins, of University College London, said the health benefits of **tackling** climate change had long been undervalued, with just 5% of funding for adaptation to global warming being spent on health.

“These benefits are enormous, near-term and affect our health immediately,” Ekins said. “If you **factor in** these benefits, cutting emissions to keep the temperature rise below 1.5C is going to be a net benefit to humanity in monetary terms.”

The Lancet report noted some promising trends, such as the **phase-out** of coal and the growth of electric cars.

Prof Hilary Graham, of the University of York and part of the Lancet Countdown team, said linking health and climate change could help spur further action. “Health is what people feel. It makes a direct connection with their lives and the lives of people they care about like their children and grandchildren.”

transmission / trænʒ'mɪʃən /: the process of passing something from one person or place to another – sự lan truyền

mosquitoes / məs'ki:təʊz / muỗi

vectorial capacity : khả năng truyền bệnh; **vector** – vật trung gian truyền bệnh (flies, mosquitoes, etc.)

cholera / 'kɒləərə / bệnh cholera

convincing / kən'vɪnsɪŋ /: able to make you believe that something is true or right – thuyết phục

synonyms: cogent, persuasive, plausible, powerful, potent, strong, forceful, compelling, irresistible

prioritise / praɪ'ɒrɪtaɪz /: to decide which of a group of things are the most important so that you can deal with them first

devastating / 'devəsteɪtɪŋ /: causing a lot of damage or destruction – tàn khốc

tackle / 'tæk.əl /: to try to deal with something or someone

factor in: to include something when you are doing a calculation, or when you are trying to understand something – tính đến

monetary / 'mʌnɪtəri / tiền tệ

phase-out / feɪz-aʊt / sự giảm thiểu

Unexpected Benefits to Human Brain



James Paul Gee, professor of education at the University of Wisconsin-Madison, played his first video game years ago when his six-year-old son Sam was playing Pajama Sam: No Need to Hide When It's Dark Outside. He wanted to play the game so he could support Sam's problem solving. Though Pajama Sam is not an "educational game", it is **replete with** the types of problems psychologists study when they study thinking and learning. When he saw how well the game held Sam's attention, he wondered what sort of beast a more mature video game might be.

Video and computer games, like many other popular, entertaining and addicting kid's activities, **are looked down upon** by many parents as time-wasters, and worse, parents think that these games **rot the brain**. Violent video games are readily blamed by the media and some experts as the reason why some youth become violent or commit extreme anti-social behavior. Recent content analyses of video games show that as many as 89% of games contain some violent content, but there is no form of **aggressive** content for 70% of popular games. Many scientists and psychologists, like James Paul Gee, find that video games actually have many benefits – the main one being making kids smart. Video games may actually teach kids high-level thinking skills that they will need in the future.

"Video games change your brain," according to University of Wisconsin psychologist Shawn Green. Video games change the brain's physical structure the same way as do learning to read, playing the piano, or **navigating** using a map.

be replete with /rɪˈpli:t wið / : be full of – chứa đầy, đầy rẫy

be looked down upon/ on : bị coi thường

rot /rɒt/: to (cause something to) decay – làm mục nát

anti-social behavior – hành vi chống đối xã hội

analyses /əˈnæl.ə.sɪz/– plural of **analysis** /əˈnæl.ə.sɪs/– phân tích

aggressive /əˈɡresɪv/: behaving in an angry and **violent** way towards another person

navigating /ˈnævɪɡeɪtɪŋ/: plan and direct the route or course of a ship, aircraft, or other form of transportation, especially by using instruments or maps – định vị, điều hướng, dẫn đường

<p>Much like exercise can build muscle, the powerful combination of concentration and rewarding surges of neurotransmitters like dopamine, which strengthens neural circuits, can build the player's brain.</p> <p><u>Video games give your child's brain a real workout.</u> In many video games, the skills required to win involve abstract and high level thinking. These skills are not even taught at school. <u>Some of the mental skills trained by video games include: following instructions, problem solving, logic, hand-eye coordination, fine motor and spatial skills.</u> Research also suggests that people can learn iconic, spatial, and visual attention skills from video games. There have been even studies with adults showing that experience with video games is related to better surgical skills. Jacob Benjamin, doctor from Beth Israel Medical Center NY, found a direct link between skill at video gaming and skill at keyhole or laparoscopic surgery. Also, a reason given by experts as to why <u>fighter pilots of today are more skillful</u> is that this <u>generation's pilots are being weaned on video games.</u></p> <p><i>The players learn to manage resources that are limited, and decide the best use of resources, the same way as in real life. In strategy games, for instance, while developing a city, an unexpected surprise like an enemy might emerge. This forces the player to be flexible and quickly change tactics. Sometimes the player does this almost every second of the game giving the brain a real workout.</i> According to researchers at the University of Rochester, led by Daphne Bavelier, a cognitive scientist, games simulating stressful events such as those found in battle or action games could be <u>a training tool for real-world situations</u>. The study suggests that playing <u>action video games primes the brain to make quick decisions</u>. Video games can be used to train soldiers and surgeons, according to the study. Steven Johnson, author of Everything Bad is Good For You: How Today's Popular Culture, says gamers must deal with immediate problems while keeping their long-term goals on their horizon. Young gamers force themselves to read to get instructions, follow storylines of games, and get information from the game texts.</p> <p>James Paul Gee, professor of education at the University of Wisconsin-Madison, says that playing a video game is similar to working</p>	<p>rewarding /rɪ'wɔːr.dɪŋ/: satisfying or beneficial</p> <p>surge /'sɜː.dʒ/: a sudden and great increase</p> <p><i>synonyms:</i> increase, rise, growth, upswing, upsurge, groundswell, escalation, leap</p> <p>neurotransmitter /ˌnjuːrə.θɜː.trænz'mɪt.ə/: a chemical that carries messages between neurons or between neurons and muscles – chất dẫn truyền thần kinh</p> <p>neural circuit /'njuːrəl 'sɜː.kɪts /mạng nơ-ron</p> <p>workout /'wɜː.kɑʊt/: a session of vigorous physical exercise or training</p> <p>abstract /'æbstrækt / trừu tượng</p> <p><i>synonyms:</i> theoretical, conceptual, notional, intellectual, metaphysical</p> <p>hand-eye coordination, fine motor and spatial skills: kĩ năng phối hợp tay, mắt, kĩ năng vận động tinh vi và kĩ năng không gian</p> <p>surgical /'sɜː.dʒɪkəl/ : involved in performing medical operations – mổ</p> <p>keyhole/ laparoscopic surgery /'kiː.həʊl /ˌlæp.ə.rə'skɒp.ɪk 'sɜː.dʒər.i/: a medical operation in which a very small hole is made in a person's body to reach the organ or tissue inside – mổ nội soi</p> <p>be weaned on /wiːnd/: If someone is weaned on something, they have learned about and been influenced by it when young – lớn lên cùng với (games)</p> <p>tactics /'tæk.tɪk/ : [usually plural] a planned way of doing something – chiến thuật</p> <p><i>synonyms:</i> strategy, scheme, stratagem, plan, maneuver</p> <p>cognitive /'kɒɡnɪtɪv/ : connected with thinking or conscious mental processes - nhận thức</p> <p>simulate /'sɪmjuleɪt/: to do or make something that looks real but is not real – mô phỏng, bắt chước</p> <p>soldier /'səʊldʒə/ - lính</p> <p>surgeon /'sɜː.dʒən/: a doctor who is specially trained to perform medical operations – bác sĩ phẫu thuật</p> <p>storylines /'stoːrɪlaɪnz/: the plot of a novel, play, movie, or other narrative form</p>
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through a science problem Like students in a laboratory, gamers must **come up with** a **hypothesis**. For example, players in some games constantly try out combinations of weapons and powers to use to **defeat an enemy**. If one does not work, they change hypothesis and try the next one. Video games are goal-driven experiences, says Gee, which are fundamental to learning. Also, using math skills is important to win in many games that involve **quantitative analysis** like managing resources. In higher levels of a game, players usually fail the first time around, but they **keep on** trying until they succeed and move on to the next level.

Many games are played online and involve cooperation with other online players in order to win. Video and computer games also help children gain self-confidence and many games are based on history, city building, and governance and so on. Such games indirectly teach children about aspects of life on earth.

In an **upcoming** study in the journal Current Biology, authors Daphne Bavelier, Alexandre Pouget, and C. Shawn Green report that video games could provide a **potent** training **regimen** for speeding up reactions in many types of real-life situations. The researchers tested dozens of 18- to 25-year-olds who were not **ordinarily** video game players. They **split** the subjects **into** two groups. One group played 50 hours of the **fast-paced** action video games “Call of Duty 2” and “Unreal Tournament,” and the other group played 50 hours of the slow-moving strategy game “The Sims 2.” After this training period, all of the subjects were asked to **make quick decisions** in several tasks designed by the researchers. The action game players were up to 25 percent faster at coming to a conclusion and answered just as many questions correctly as their strategy game playing peers.

come up with: to suggest or think of an idea or plan – nghĩ ra, đưa ra

hypothesis /haɪ'pəθɪsɪs/ - giả thuyết

defeat /dɪ'fi:t/: to win against someone in a fight, war, or competition – đánh bại

fundamental /ˌfʌndə'mentl/: more important than anything else

quantitative analysis /'kwɒntɪtətɪv ə'næləsɪs /
phân tích định lượng

governance /'gʌvənəns/: the way that organizations or countries are managed at the highest level, and the systems for doing this – cai trị

upcoming /'ʌp,kʌm.ɪŋ/ : happening soon – sắp tới

potent /'pəʊtənt/: very powerful, forceful, or effective

regimen /'redʒɪmən/ : any set of rules about food and exercise that someone follows, especially in order to improve their health - chế độ

ordinarily /'ɔ:dnrɪli/ : usually, commonly, normally – thông thường

split into /splɪt 'ɪntu/ : chia ra

fast-paced /fɑ:st-peɪst / : happening very quickly

The happiest country in the world



Children growing up in Costa Rica are surrounded by some of the most beautiful and **diverse landscapes** in the world. Preserving **tropical rainforests** isn't Costa Rica's only success, because the government also makes sure everyone has access to health-care and education. So when the New Economics Foundation released its second Happy Planet Index, Costa Rica **came out** number one. The index is a ranking of countries based on their impact on the environment and the health and happiness of their citizens.

According to Mariano Rojas, a Costa Rican economics professor, Costa Rica is a mid-income country where citizens have plenty of time for themselves and for their relationships with others. 'A mid-income level allows most citizens to satisfy their basic needs. The government makes sure that all Costa Ricans have access to education, health and nutrition services.' Costa Ricans, he believes, are not interested in status or spending money to show how successful they are.

Created in 2008, the Happy Planet Index examines happiness on a national level and ranks 143 countries according to three measurements: their citizens' happiness, how long they live (which **reflects** their health), and how much of the planet's resources each country consumes. According to researcher Saamah Abdallah, the Index also measures the outcomes that are most important, and those are happy, healthy lives for everyone.

diverse /daɪˈvɜːs/: including many different types of people or things – đa dạng

landscapes /ˈlænd.skeɪp/: a large area of countryside, especially in relation to its appearance – cảnh quan, cảnh sắc

tropical rainforests /ˈtrɒpɪkəl ˈreɪn.fɒrɪsts /
– rừng mưa nhiệt đới

have access to - được tiếp cận với, được sử dụng

come out : If information, results, etc. come out, they are given to people

reflect /rɪˈflekt/: to show, express, or be a sign of something

Traffic Jams – No End in Sight



A.

There are no easy answers to the problems of **traffic congestion**. Traffic congestion affects people throughout the world. **Traffic jams** cause smog in dozens of cities across both the **developed and developing world**.

In the U.S., **commuters** spend an average of a full work week each year sitting in traffic, according to the TexaTransportation Institute. While **alternative** ways of getting around are available, most people still choose their cars because they are looking for convenience, comfort and privacy.

B.

The most promising technique for reducing city traffic is called congestion pricing, whereby cities charge a toll to enter certain parts of town at certain times of day. In theory, if the toll is high enough, some drivers will cancel their trips or go by bus or train. And in practice it seems to work: Singapore, London and Stockholm have reduced traffic and pollution in city centers thanks to congestion pricing.

C.

Another way to reduce rush hour traffic is for employers to implement flexitime, which lets employees travel to and from work at off-peak traffic times to avoid the rush hour. Those who have to travel during busy times can do their part by sharing cars. Employers can also allow more staff to telecommute

traffic congestion /kənˈdʒɛstʃən/ sự tắc nghẽn giao thông

traffic jam: a large number of vehicles close together and unable to move or moving very slowly – (vụ) tắc đường/ kẹt xe

developed and developing world – các nước phát triển và đang phát triển

commuters /kəˈmju:tə/ : someone who regularly travels between work and home

synonyms: daily traveler, traveler, passenger

alternative /əlˈtɜː.nə.tɪv/ : An alternative plan or method is one that you can use if you do not want to use another one – thay thế

promising : showing signs of future success

synonyms: good, encouraging, favorable, hopeful, full of promise

toll /təʊl/ : a charge payable for permission to use a particular bridge or road – thuế cầu đường

synonyms: charge, fee, payment, levy, tariff, tax

rush hour – giờ cao điểm

implement /ˈɪm.plɪ.ment/ : to start using a plan or system

flexitime /ˈflek.si.taɪm/ : a system of working in which people work a set number of hours within a fixed period of time, but can change the time they start or finish work

<p><u>(work from home)</u> so as to keep more cars off the road altogether.</p> <p>D.</p> <p>Some urban planners still believe that the best way to <u>ease</u> traffic congestion is to <u>build more roads</u>, especially roads that can take drivers around or over crowded city streets. But such techniques do not <u>really keep cars off the road</u>; they only <u>accommodate</u> more of them.</p> <p>E.</p> <p>Other, more forward-thinking, planners know that more and more drivers and cars are taking to the roads every day, and they are unwilling to encourage more <u>private automobiles</u> when <u>public transport</u> is so much better both for people and the environment.</p> <p>For this reason, the American government has decided to spend some \$7 billion on helping to <u>increase capacity on public transport systems and upgrade them with more efficient technologies</u>. But environmentalists complain that such funding <u>is tiny compared with</u> the \$50 billion being spent on <u>roads and bridges</u>.</p>	<p>off - peak : ngoài giờ cao điểm</p> <p>telecommute làm việc từ xa, làm việc tại nhà</p> <p>ease / i:z / : make (something unpleasant, painful, or intense) less serious or severe</p> <p>synonyms: relieve, alleviate, mitigate, soothe, palliate, moderate</p> <p>accommodate /ə'kɒmədeɪt/: (of physical space, especially a building) provide lodging or sufficient space for</p> <p>automobile /'ɔ:..tə.mə.bi:l/ : a car, an auto</p> <p>capacity /kə'pæs.ə.ti/ sức chứa, trọng tải</p>
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Keep taking the tablets



The history of aspirin is a product of a rollercoaster ride through time, of accidental discoveries, intuitive reasoning and intense corporate rivalry.

In the opening pages of *Aspirin: The Remarkable Story of a Wonder Drug*, Diarmuid Jeffreys describes this little white pill as ‘one of the most amazing creations in medical history, a drug so astonishingly **versatile** that it can relieve headache, ease your aching limbs, lower your temperature and treat some of the **deadliest** human diseases’.

Its properties have been known for thousands of years. Ancient Egyptian physicians used extracts from the **willow** tree as an **analgesic**, or pain killer. Centuries later the Greek physician Hippocrates recommended the **bark** of the willow tree as a remedy for the pains of childbirth and as a fever reducer. But it wasn't until the eighteenth and nineteenth centuries that salicylates the chemical found in the willow tree became the subject of serious scientific investigation. The race was on to identify the active ingredient and to **replicate** it **synthetically**. At the end of the nineteenth century a German company, Friedrich Bayer & Co. succeeded in creating a relatively safe and very effective chemical compound, acetylsalicylic acid, which was renamed aspirin.

The late nineteenth century was a fertile period for experimentation, partly because of the hunger among scientists to answer some of the great scientific questions, but also because those questions were within their means to answer. One scientist in a laboratory with some chemicals and a test tube could make significant breakthroughs whereas today, in order to map the human genome for instance, one needs ‘an

rollercoaster /'rəʊlə,kəʊstə /: a feeling, situation, or experience that changes very quickly
intuitive /ɪn'tju(:)ɪtɪv /: based on feelings rather than facts or proof - trực giác

reasoning /'ri:znɪŋ /: the process of thinking about something in order to make a decision – lập luận

corporate /'kɔ:pəɪt /: relating to a large company

versatile /'vɜ:sətaɪl /: able to change easily from one activity to another or able to be used for many different purposes – đa năng

deadly /'dædli/: likely to cause death – gây chết người

synonyms: fatal, lethal, mortal, death-dealing, life-threatening

willow tree /'wɪləʊ / cây dương liễu

analgesic /,ænæl'dʒesɪk /: a type of drug that stops you from feeling pain - thuốc giảm đau

bark /bɑ:k/: the hard outer covering of a tree - vỏ cây

replicate /'rɛplɪkeɪt/: make an exact copy of; reproduce – nhân bản

synonyms: copy, reproduce, duplicate, make a copy of

synthetically /sɪn'tetɪ.kəli / nhân tạo, tổng hợp

compound /'kɒmpaʊnd / hợp chất

a fertile period for /ə 'fɜ:taɪl/: một thời kỳ màu mỡ cho

means /mi:nz / capability

army of researchers, a bank of computers and millions and millions of dollars'.

But an understanding of the nature of science and scientific inquiry is not enough on its own to explain how society innovates. In the nineteenth century, scientific advance was closely linked to the industrial revolution. This was a period when people frequently had the means, motive and determination to take an idea and turn it into reality. In the case of aspirin that happened **piecemeal** - a series of minor, often unrelated advances, fertilised by the century's broader economic, medical and scientific developments, that led to one big final breakthrough.

The link between big money and **pharmaceutical innovation** is also a significant one. Aspirin's continued shelf life was ensured because for the first 70 years of its life, huge amounts of money were put into promoting it as an ordinary everyday analgesic. In the 1970s other analgesics, such as ibuprofen and paracetamol, were entering the market, and the pharmaceutical companies then focused on publicising these new drugs. But just at the same time, discoveries were made regarding the beneficial role of aspirin in preventing heart attacks, strokes and other **afflictions**. Had it not been for these findings, this pharmaceutical **marvel** may well have disappeared.

So the relationship between big money and drugs is an odd one. **Commercial markets** are necessary for developing new products and ensuring that they remain around long enough for scientists to carry out research on them. But the commercial markets are just as likely to kill off certain products when something more attractive comes along. In the case of aspirin, a potential 'wonder drug' was around for over 70 years without anybody investigating the way in which it achieved its effects, because they were making more than enough money out of it as it was. If **ibuprofen** or paracetamol had entered the market just a decade earlier, aspirin might then not be here today. It would be just another forgotten drug that people hadn't bothered to explore.

None of the recent discoveries of aspirin's benefits were made by the big pharmaceutical companies; they were made by scientists working in the public sector. 'The reason for that is very simple and straightforward,' Jeffreys says in his book. 'Drug companies will only pursue research that is going to deliver financial benefits. There's no profit in aspirin any more. It

breakthrough /'breɪk θruː /: a sudden, dramatic, and important discovery or development – bước đột phá

map the human genome /'dʒiːnəʊm /: lập bản đồ / định vị hệ gen của loài người

the industrial revolution

/ɪnˈdʌstriəl ˌrevəˈluːʃən /: cuộc cách mạng công nghiệp (from the 18th to 19th centuries, began in Britain)

turn it into reality / ri(:)'æliʔi /: biến thành sự thật

piecemeal /'piːsmiːl /: not done according to a plan but done at different times in different ways – nhỏ lẻ

pharmaceutical /fɑːməˈsjuːtɪkəl /: relating to medicinal drugs, or their preparation, use, or sale – dược phẩm

innovation /ˌɪnəʊˈveɪʃən /: (the use of) a new idea or method – sự đổi mới, sự sáng tạo, sáng kiến

affliction /əˈflɪkʃ(ə)n /: pain or suffering

marvel /'mɑːvəl /: a wonderful or astonishing person or thing – điều kì diệu

commercial markets /kəˈmɜːʃəl 'mɑːkɪts /: The sale of products and services to end users and public and private companies, but not to governmental agencies

ibuprofen /aɪ.bjuːˈprəʊ.fen/: a drug used to reduce pain and swelling

deliver /dɪˈlɪvər/ mang lại

synonyms: provide, supply, furnish

<p>is incredibly inexpensive with tiny profit margins and it has no patent any more, so anyone can produce it.' In fact, there's almost a disincentive for drug companies to further boost the drug, he argues, as it could possibly put them out of business by stopping them from selling their more expensive brands.</p> <p>So what is the solution to a lack of commercial interest in further exploring the therapeutic benefits of aspirin? More public money going into clinical trials, says Jeffreys. 'If I were the Department of Health. I would say "this is a very inexpensive drug. There may be a lot of other things we could do with it." We should put a lot more money into trying to find out.'</p> <p>Jeffreys' book which not only tells the tale of a 'wonder drug' but also explores the nature of innovation and the role of big business, public money and regulation reminds us why such research is so important.</p>	<p>profit margins /'mɒ:dʒɪnz / lợi nhuận</p> <p>patent /'peɪ.tənt/ bằng sáng chế</p> <p>disincentive /ˌdɪsɪn'sentɪv /: something that makes a person or organization less willing to do something</p> <p>boost /buːst/ : help or encourage (something) to increase or improve</p> <p><i>synonyms:</i> promote, stimulate, foster, enhance</p> <p>therapeutic /ˌθerə'piu:tɪk /: relating to the healing of disease – trị liệu</p> <p><i>synonyms:</i> healing, curative, curing, remedial, medicinal, restorative, health-giving, tonic</p> <p>clinical trials/'klɪnɪkəl 'traɪəlz /: research investigations in which people volunteer to test new treatments, interventions or tests as a means to prevent, detect, treat or manage various diseases or medical conditions - thử nghiệm lâm sàng</p>
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Doctoring sales



Pharmaceuticals is one of the most profitable industries in North America. But do the drugs industry's sales and marketing strategies go too far?

A

A few months ago Kim Schaefer, sales **representative** of a major global pharmaceutical company, walked into a medical center in New York to bring information and free samples of her company's latest products. That day she was lucky - a doctor was available to see her. 'The last rep offered me a trip to Florida. What do you have?' the physician asked. He was only **half joking**.

B

What was on offer that day was a pair of tickets for a New York musical. But on any given day, what Schaefer can offer is typical for today's drugs rep - a car trunk full of promotional gifts and gadgets, a budget that could buy lunches and dinners for a small country, hundreds of free drug samples and the freedom to give a **physician** \$200 to prescribe her new product to the next six patients who fit the drug's **profile**. And she also has a few \$ 1,000 **honoraria** to offer in exchange for doctors' attendance at her company's next educational lecture.

C

sales and marketing strategies: chiến lược bán hàng và tiếp thị

sales representative / ,reɪprɪˈzɛntətɪv /: someone whose job is to sell a company's products, often by traveling to different places – đại diện bán hàng, nhân viên kinh doanh

pharmaceutical company / ˌfɑːməˈsjuːtɪkəl /: công ty dược phẩm

half joke: said, done, or acting in a seemingly jokey manner, but with some serious intent – nửa đùa nửa thật

physician / ˈfɪːzɪən /: a medical doctor, especially one who has general skill and is not a surgeon – bác sĩ

profile / ˈprəʊfaɪl /: a short description of someone or something that gives important and useful details about them

honoraria / ˌɒnəˈreəriə /: a fee that someone receives for doing something which is not a normal part of their job, for example giving a talk – tiền thù lao

Selling pharmaceuticals is a daily exercise in **ethical judgement**. Salespeople like Schaefer walk the line between the common practice of buying a prospect's time with a free meal, and bribing doctors to prescribe their drugs. They work in an industry highly criticized for its sales and marketing practices, but find themselves in the middle of the age-old chicken-or-egg question - businesses won't use strategies that don't work, so are doctors to blame for the escalating extravagance of pharmaceutical marketing? Or is it the industry's responsibility to decide the boundaries?

D

The explosion in the sheer number of salespeople in the field - and the amount of funding used to promote their causes - forces close examination of the pressures, influences and relationships between drug reps and doctors. Salespeople provide much-needed information and education to physicians. In many cases the **glossy** brochures, article reprints and prescriptions they deliver are primary sources of drug education for healthcare givers. With the huge investment the industry has placed in face-to-face selling, salespeople have essentially become specialists in one drug or group of drugs - a tremendous advantage in getting the attention of busy doctors in need of quick information.

E

But the sales push rarely stops in the office. The flashy brochures and **pamphlets** left by the sales reps are often followed up with meals at expensive restaurants, meetings in warm and sunny places, and an inundation of promotional gadgets. Rarely do patients watch a doctor write with a pen that isn't **emblazoned** with a drug's name, or see a nurse use a tablet not bearing a pharmaceutical company's logo. Millions of dollars are spent by pharmaceutical companies on promotional products like coffee mugs, shirts, umbrellas, and golf balls. Money well spent? It's hard to tell. 'I've been the **recipient** of golf balls from one company and I use them, but it doesn't make me prescribe their medicine,' says one doctor. 'I tend to think I'm not influenced by what they give me.'

F

Free samples of new and expensive drugs might be the single most effective way of getting doctors and patients to become loyal to a product. Salespeople **hand out** hundreds of

ethical judgement / 'eθɪkəl 'dʒʌdʒmənt/: phán xét đạo đức

bribe / 'braɪb /: persuade (someone) to act in one's favor, typically illegally or dishonestly, by a gift of money or other inducement – hối lộ

synonyms: buy off, pay off, suborn, give an inducement to, corrupt

escalating / 'eskəleɪtɪŋ /: increasing rapidly – leo thang, tăng chóng mặt

synonyms: increase rapidly, soar, rocket, shoot up, mount, surge, spiral

extravagance / ɪks'trævɪɡəns /: the practice of spending more money than is necessary or reasonable, or something that is expensive and not necessary – hoang phí

the sheer number of / ʃiə /: chỉ riêng số lượng những ...

glossy / 'ɡləsi /: superficially attractive and stylish, and suggesting wealth or expense – hào nhoáng

synonyms: expensive, high-quality, well produced

pamphlet / 'pæmfli:t /: a small booklet or leaflet containing information or arguments about a single subject

inundation / ɪnʌn'deɪʃən /: an overwhelming abundance of people or things

emblazone / ɪm'bleɪzənd/: marked or shown in order to be very noticeable – được khắc, vẽ

recipient / rɪ'sɪpiənt/: a person or thing that receives or is awarded something – người nhận

hand out : to give something to each person on a group or place – phát ra

<p>dollars' worth of samples each week - \$7.2 billion worth of them In one year. Though <u>few comprehensive studies have been conducted</u>, one by the University of Washington Investigated how drug sample availability affected what physicians prescribe. A total of 131 doctors self-reported their prescribing patterns - the conclusion was that the availability of samples led them to dispense and prescribe drugs that <u>differed from</u> their <u>preferred drug choice</u>.</p> <p>G</p> <p><u>The bottom line is that</u> pharmaceutical companies as a whole invest more in marketing than they do in research and development. And <u>patients are the ones who pay</u> - in the form of <u>sky-rocketing</u> prescription <u>prices</u> - for every pen that's handed out, every free theatre ticket, and every steak dinner eaten. In the end the fact remains that <u>pharmaceutical companies</u> have every right to make a profit and will continue to find new ways to <u>increase sales</u>. But as the medical world continues to <u>grapple with</u> what's acceptable and what's not, it is clear that companies must continue to <u>be heavily scrutinized</u> for their sales and marketing strategies.</p>	<p>The bottom line is that: vấn đề chính, điểm mấu chốt là</p> <p>sky-rocketing / 'skaɪˌrɒkɪtɪŋ/ tăng vọt</p> <p>scrutinized / 'skruːtɪnaɪzd/: to examine something very carefully in order to discover information</p> <p><i>synonyms:</i> examine carefully, inspect, survey, scan, study</p>
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The Intersection of Health Sciences and Geography



A While many diseases that affect humans have been **eradicated** due to improvements in vaccinations and the availability of healthcare, there are still areas around the world where certain health issues are more **prevalent**. In a world that is far more globalised than ever before, people come into contact with one another through travel and living closer and closer to each other. As a result, super-viruses and other infections **resistant to antibiotics** are becoming more and more common.

B Geography can often play a very large role in the health concerns of certain populations. For instance, depending on where you live, you will not have the same health concerns as someone who lives in a different **geographical region**. Perhaps one of the most obvious examples of this idea is malaria-prone areas, which are usually tropical regions that **foster** a warm and damp environment in which the mosquitos that can give people this disease can grow. Malaria is much less of a problem in high-**altitude** deserts, for instance.

C In some countries, geographical factors influence the health and well-being of the population in very obvious ways. In many large cities, the wind is not strong enough to clear the air of the massive amounts of smog and pollution that cause **asthma**, lung problems, **eyesight issues** and more in the people who live there. Part of the problem is, of course, the massive number of cars being driven, in addition to factories that run on coal power. The rapid industrialisation of some countries in recent years has also led to the cutting down of forests to allow for the expansion of big cities, which

eradicate /ɪˈrædɪkeɪt/: destroy completely; put an end to

synonyms: get rid of, eliminate, do away with, remove, suppress

prevalent /ˈprɛvələnt/: widespread in a particular area or at a particular time

synonyms: widespread, prevailing, frequent, usual, common, general, universal, pervasive, extensive

resistant to /rɪˈzɪstənt/: not harmed or affected by something – kháng cự, đề kháng, chống lại

synonyms: impervious to, proof against, unaffected by, repellent of

antibiotics /ˌæntɪbaɪˈɒtɪks/: a medicine or chemical that can destroy harmful bacteria in the body or limit their growth – kháng sinh

geographical region /dʒɪəˈgræfɪkəl ˈriːdʒən / khu vực địa lý

prone /prəʊn/: likely to or liable to suffer from

foster /ˈfɒstə/: encourage or promote the development of something – nuôi dưỡng, thúc đẩy

mosquitos /məˈkiːtəʊz/ - muỗi

altitude /ˈæltɪtjuːd/: the height of an object or point in relation to sea level or ground level – độ cao

well-being : the state of being comfortable, healthy, or happy – an lạc, hạnh phúc, phúc lợi

asthma /ˈæsmə/ bệnh hen suyễn

eyesight issues /ˈaɪsaɪt ˈɪʃuːz/ vấn đề thị lực

makes it even harder to fight the pollution with the fresh air that is produced by plants.

D It is in situations like these that the field of health geography **comes into its own**. It is an increasingly important area of study in a world where diseases like **polio** are re-emerging, **respiratory diseases** continue to spread, and malaria-prone areas are still fighting to find a better cure. Health geography is the combination of, on the one hand, knowledge regarding geography and methods used to analyse and **interpret** geographical information, and on the other, the study of health, diseases and healthcare practices around the world. The aim of this **hybrid** science is to create solutions for common geography-based health problems. While people will always be prone to illness, the study of how geography affects our health could lead to the eradication of certain illnesses, and the prevention of others in the future. By understanding why and how we get sick, we can change the way we treat illness and disease specific to certain geographical locations.

E The geography of disease and ill health analyses the frequency with which certain diseases appear in different parts of the world, and **overlays** the data **with** the geography of the region, to see if there could be a **correlation** between the two. Health geographers also study factors that could make certain individuals or a population more likely to be taken ill with a specific health concern or disease, as compared with the population of another area. Health geographers in this field are usually trained as healthcare workers, and have an understanding of basic **epidemiology** as it relates to the spread of diseases among the population.

F Researchers study the interactions between humans and their environment that could lead to illness (such as asthma in places with high levels of pollution) and work to create a clear way of categorising illnesses, diseases and **epidemics** into local and global scales. Health geographers can map the spread of illnesses and attempt to identify the reasons behind an increase or decrease in illnesses, as they work to find a way to halt the further spread or re-emergence of diseases in **vulnerable populations**.

G The second **subcategory** of health geography is the geography of healthcare **provision**. This group studies the availability (or lack **thereof**) of healthcare resources to individuals and populations around the world. In

come into one's own: to be very useful or successful in a particular situation

polio /'pəʊliəʊ/ bại liệt

respiratory diseases /rɪ'spɪrət(ə)ri/: bệnh về đường hô hấp

interpret /ɪn'tɜːprɪt/: explain the meaning of (information, words, or actions – giải nghĩa

hybrid /'haɪbrɪd/: of mixed character; composed of mixed parts

overlay sth1 with sth2 /əʊvəleɪ/: to add sth2 (information) to sth1

correlation /ˌkɒrɪ'leɪʃən/: a mutual relationship or connection between two or more things

synonyms: connection, association, link, tie-in, tie-up, relation, relationship

epidemiology /ˌepɪˌdiːmi'ɒlədʒi/: the branch of medicine which deals with the incidence, distribution, and possible control of diseases and other factors relating to health - dịch tễ học

epidemic /ˌepɪ'demɪk/ - bệnh dịch

vulnerable /'vʌlnərəbl/: able to be easily physically, emotionally, or mentally hurt, influenced, or attacked – dễ bị tổn thương, yếu đuối

subcategory : With respect to a given category, a more narrow category

provision /prə'vɪʒən/: the act of providing something

thereof /ðeər'vʌ/: of or about the thing just mentioned - của nó, của việc ấy

both developed and developing nations there is often a very large **discrepancy** between the options available to people in different social classes, income brackets, and levels of education. Individuals working in the area of the geography of healthcare provision attempt to assess the levels of healthcare in the area (for instance, it may be very difficult for people to get medical attention because there is a mountain between their village and the nearest hospital). These researchers are **on the frontline of** making recommendations regarding policy to international organisations, local government bodies and others.

H The field of health geography is often overlooked, but it constitutes a huge area of need in the fields of geography and healthcare. If we can understand how geography affects our health no matter where in the world we are located, we can better treat disease, prevent illness, and keep people safe and well.

discrepancy /dɪsˈkrɛpənsi/: a difference between two things that should be the same – sự khác biệt, trái ngược, không nhất quán

on the frontline of /ˈfrʌntlʌɪn/: to be in an important position where you have influence, but where you are likely to be criticized or attacked

overlook /ˌəʊvəˈlʊk/: to fail to notice or consider something or someone

synonyms: miss, fail to notice, fail to observe, fail to spot, fail to see, leave

Changing our understanding of health



A

The **concept** of health **holds different meanings for** different people and groups. These meanings of health have also changed overtime. This change is no more **evident** than in Western society today, when **notions of** health and health promotion are being challenged and expanded in new ways.

B

For much of recent Western history, health has been viewed in the physical sense only. That is, good health has been connected to the smooth **mechanical** operation of the body, while ill health has been attributed to a breakdown in this machine. Health in this sense has been defined as the absence of disease or illness and is seen in medical terms. According to this view, creating health for people means providing medical care to treat or prevent disease and illness. During this period, there was an emphasis on providing clean water, improved sanitation and housing.

C

In the late 1940s the World Health Organisation challenged this physically and medically oriented view of health. They stated that **'health is a complete state of physical, mental and social well-being and is not merely the absence of disease'** (WHO, 1946). Health and the person were seen more

concept /'kɒnsɛpt /: an abstract idea; a general notion

synonyms: idea, notion, conception, abstraction

hold ... meanings for sb : có ý nghĩa gì đối với ai

evident /'eɪdɪənt /: plain or obvious; clearly seen or understood

notion /'nəʊʃən /: a conception of or belief about something

synonyms: idea, belief, concept, conception, conviction, opinion, view, thought

mechanical /mɪ'kænikəl/: relating to movement – cơ học

breakdown /'breɪk,daʊn /: a failure to work correctly or to be successful – sự suy nhược, hỏng máy, tan vỡ

sanitation /,sæni'teɪʃən /: the systems for taking dirty water and other waste products away from buildings in order to protect people's health – vệ sinh môi trường, hệ thống vệ sinh

well-being /wɛl-'bi:ɪŋ /: the state of being comfortable, healthy, or happy – an lạc, hạnh phúc, phúc lợi

holistically (mind/body/spirit) and not just in physical terms.

D

The 1970s was a time of focusing on the prevention of disease and illness by emphasising the importance of the lifestyle and behaviour of the individual. Specific behaviours which were seen to increase risk of disease, such as smoking, lack of fitness and unhealthy eating habits, were targeted. Creating health meant providing not only medical health care, but health promotion programs and policies which would help people maintain healthy behaviours and lifestyles. While this individualistic healthy lifestyles approach to health worked for some (the **wealthy** members of society), people experiencing poverty, unemployment, underemployment or little control over the conditions of their daily lives benefited little from this approach. This was largely because both the healthy lifestyles approach and the medical approach to health largely ignored the social and environmental conditions affecting the health of people.

E

During 1980s and 1990s there has been a growing swing away from seeing lifestyle risks as the root cause of poor health. While lifestyle factors still remain important, health is being viewed also in terms of the social, economic and environmental contexts in which people live. This broad approach to health is called the socio-ecological view of health. The broad socio-ecological view of health was endorsed at the first International Conference of Health Promotion held in 1986, Ottawa, Canada, where people from 38 countries agreed and **declared** that:

The fundamental conditions and resources for health are peace, **shelter**, education, food, a **viable** income, a stable **eco-system**, **sustainable** resources, social **justice** and **equity**. Improvement in health requires a secure foundation in these basic requirements. (WHO, 1986)

It is clear from this statement that the creation of health is about much more than encouraging healthy individual behaviours and lifestyles and providing appropriate medical care. Therefore, the creation of health must include addressing issues such as poverty, pollution, **urbanisation**, natural resource

wealthy /'welθi /: having a great deal of money, resources, or assets

synonyms: **rich, affluent, well off**

underemployment /,ʌndə'ɪm'plɔɪmənt / : the fact of not having enough work to do, only working part time, or of having a job that does not use all your skills

declare /dɪ'kleə / : to announce something clearly, firmly, publicly, or officially – tuyên bố, công bố

shelter /'ʃel.tə/ - chỗ ở

viable /'vaɪəbl /: able to exist, perform as intended, or succeed

viable income – mức lương đủ sống, tối thiểu

eco-system /'i:kəʊ.sɪstəm/ (or ecosystem)

all the living things in an area and the way they affect each other and the environment – hệ sinh thái

sustainable /səs'teɪnəbl /: able to continue over a period of time

justice /'dʒʌstɪs /: the quality of being fair and reasonable – công bằng, công lý

synonyms: **validity, justification, soundness, legitimacy**

equity /'ɛkwɪti / : the quality of being fair and impartial - công bằng, bình đẳng

address /ə'dresɪŋ /: think about and begin to deal with (an issue or problem) – giải quyết (vấn đề)

urbanisation /,ɜ:b(ə)nəɪ'zeɪʃ(ə)n /: the process of making an area more urban – đô thị hóa

depletion, social **alienation** and poor working conditions. The social, economic and environmental contexts which contribute to the creation of health do not operate separately or independently of each other. **Rather**, they are interacting and interdependent, and it is the complex **interrelationships** between them which determine the conditions that promote health. A broad socio-ecological view of health suggests that the promotion of health must include a strong social, economic and environmental focus.

F

At the Ottawa Conference in 1986, a **charter** was developed which **outlined** new directions for health promotion based on the socio-ecological view of health. This charter, known as the Ottawa Charter for Health Promotion, remains as **the backbone of** health action today. In exploring the scope of health promotion it states that:

Good health is a major resource for social, economic and personal development and an important dimension of quality of life. Political, economic, social, cultural, environmental, behavioural and biological factors can all favour health or be harmful to it. (WHO, 1986)

The Ottawa Charter brings practical meaning and action to this broad notion of health promotion. It presents **fundamental** strategies and approaches in achieving health for all. The overall **philosophy** of health promotion which guides these fundamental strategies and approaches is one of 'enabling people to increase control over and to improve their health' (WHO, 1986).

alienation /ˌeɪliəˈneɪʃ(ə)n/: the feeling that you have no connection with the people around you – sự tách biệt, xa lánh

rather /ˈræð.ə/: thay vào đó, thay vì thế

interrelationships /ˌɪntə(:)rɪˈleɪʃənʃɪps/: the way in which two or more things or people are connected and affect one another - mối tương quan giữa

charter /ˈtʃɑːtə/ - hiến chương

outline /ˈaʊtlaɪn/: give a summary of (something)

backbone /ˈbækbəʊn/: the line of bones down the centre of the back that provides support for the body – xương sống, **the backbone of**: là xương sống, trụ cột, nòng cốt của

fundamental /ˌfʌndəˈmentl/: forming a necessary base or core; of central importance

synonyms: basic, foundational, rudimentary, elemental, elementary

philosophy /fɪˈlɒsəfi/: a theory or attitude held by a person or organization that acts as a guiding principle for behavior – triết lý

AUSTON Health Centre



PATIENT INFORMATION LEAFLET

A APPOINTMENTS

Please telephone 826969 (8.30am - 5.00pm: Mon - Fri). We suggest that you try to see the same doctor whenever possible because it is helpful for both you and your doctor to know each other well. We try hard to keep our appointments running to time, and ask you to **be punctual** to help us achieve this; if you cannot **keep an appointment**, please **phone in** and let us know as soon as possible so that it can be used for someone else. Please try to **avoid evening appointments** if possible. Each appointment is for one person only. Please ask for a longer appointment if you need more time.

B WEEKENDS AND NIGHTS

Please telephone 823307 and a **recorded message** will give you the number of the doctor from the Centre **on duty**. Please remember this is in addition to our normal working day. **Urgent calls only** please. A Saturday morning **emergency surgery** is available between 9.30am and 10.00am. Please telephone for home visits before 10.00am at weekends.

C CENTRE NURSES

Liz Stuart, Martina Scott and Helen Stranger are available daily by appointment to help you with **dressings**, **ear syringing**, **children's immunisations**, **removal of stitches** and blood tests. They will also advise on foreign travel, and can **administer** various **injections** and blood pressure checks. For any over 75s

punctual /'pʌŋk.tʃu.əl / : happening or doing something at the agreed or proper time; **on time** – đúng giờ

recorded message – tin nhắn được ghi sẵn
be on duty – trực

dressings: a piece of material placed on a wound to protect it - băng

ear syringing / ɪə 'sɪrɪŋdʒɪŋ / – thụt rửa tai

immunisation / ɪˌmju(:)naɪ'zeɪʃən / : the process of protecting a person or animal from an infectious disease by putting a substance into the body that makes it produce antibodies (= proteins in the blood that fight disease) - tiêm chủng, gây miễn dịch

removal of stitches – tháo chỉ, gỡ chỉ

administer / əd'mɪnɪstə / : to give something to someone

injection / ɪn'dʒɛkʃən / : the act of putting a liquid, especially a drug, into a person's body using a needle and a syringe (= small tube) – tiêm thuốc

unable to attend the clinic, Helen Stranger will make a home visit. All three Centre Nurses are available during normal working hours to carry out health checks on patients who have been on doctors' lists for 3 years.

D NEW PATIENTS

Within 3 months of registering with the Centre, new patients on regular medication are invited to attend a health check with their doctor. Other patients can arrange to be seen by one of the Centre Nurses.

E SERVICES NOT COVERED

Some services are not covered by the Centre e.g. private certificates, insurance, driving and sports medicals, passport **signatures**, school **medicals** and **prescriptions** for foreign travel. There are recommended fees for these set by the National Medical Association. Please ask at reception.

F RECEPTIONISTS

Our receptionists provide your primary point of contact-they are all very experienced and have a lot of basic information at their fingertips. They will be able to answer many of your initial **queries** and also act as a link with the rest of the team. They may request brief details of your symptoms or illness - this enables the doctors to assess the degree of urgency.

G CHANGE OF ADDRESS

Please remember to let us know if you decide to relocate. It is also useful for us to have a record of your telephone number.

signature / 'sɪɡnɪʃə /: chữ kí

medicals / 'mɛdɪkəlz /: an examination of a person's body by a doctor in order to discover if that person is healthy, sometimes done before a person can be accepted for a particular job – khám tổng quát

synonym: check – up (UK)

prescriptions / prɪs'krɪpʃənz /: a doctor's written direction for the medicine that someone needs and how it is to be used, or the medicine itself – đơn/toa/phương thuốc

at reception / ɪ'sɛpʃən /: ở quầy lễ tân/tiếp tân

fingertip / 'fɪŋɡətɪp /: the end of a finger – đầu ngón tay

at their fingertips: If you have information at your fingertips, you can get it and use it very easily

initial / ɪ'nɪʃəl /

query / 'kwɪəri /: a question, often expressing doubt about something or looking for an answer from an authority – thắc mắc, câu hỏi

Seven ways to stay healthy during party season



December can be a **frantic** month of **socialising**. From strategic power naps to healthy snacks, here's how to get out the other side **unscathed**

STAY HEALTHY TO STAY PARTYING.

Have a **filling** breakfast

Nutritionist Kerry Torrens **advocates** a filling and sugar - stabilising breakfast, such as **porridge**, if you are heading out in the evening. Starting the day with a generous breakfast can help control your appetite later in the day. She recommends adding a dollop of probiotic yoghurt to help boost immunity.

PRACTICE DRINKING MINDFULLY

Generally aiming to “drink less” is too broad, says Rosamund Dean, journalist and author of **Mindful** Drinking: How Cutting Down Can Change Your Life; she recommends being more specific. For her, that means restricting alcohol to three days each week as well as limiting the number of drinks she consumes. Planning what you're going to drink in advance, finding a signature soft drink and fully **savouring** the **tipples** in your hand are among her top tips.

POWER NAP

Not everyone can **squeeze in** some **shuteye** before a big night out, but if you can, power naps have a lot going for them. Just 30 minutes can make a difference, writes Nick Littlehales, author of Sleep: The Myth of 8 Hours. If that is impossible, he says you can

frantic /'fræntɪk /: done or arranged in a hurry and a state of excitement or confusion – điên cuồng, hối hả

unscathed /ʌn'skeɪd /: without suffering any injury, damage, or harm – vô sự, không bị tổn hại

synonyms: unharmed, unhurt, uninjured, undamaged, in one piece, intact, safe, safe and sound

filling /'fɪlɪŋ /: (of food) making your stomach feel full

synonyms: substantial, hearty, ample, abundant, solid, nutritious, nourishing, satisfying

advocate /'æd.və.keɪt /: publicly recommend or support

stabilising /'steɪbalaɪzɪŋ /: fixed and stop changing - ổn định

porridge /'pɒrɪdʒ /: a thick, soft food made from oats (= a type of grain) boiled in water or milk; oatmeal – cháo yến mạch

appetite /'æpɪtaɪt / a natural desire to satisfy a bodily need, especially for food – sự thèm ăn, khẩu vị

dollop /'dɒləp / a small amount of something soft, especially food – một chút

probiotic /,prəʊ.baɪ'ɒt.ɪk/: a food or pill that contains good bacteria that may keep you healthy

yoghurt /'jɒʊ.gət / (also yogurt / yoghourt) sữa chua

immunity /ɪ'mju:nɪti / sự miễn dịch

<p>still get some benefits by <u>finding a quiet corner</u>, closing your eyes and disconnecting for a moment.</p> <p>ADAPT YOUR EXERCISE ROUTINE</p> <p>Personal trainer Holly Davidson says it is important not to give up exercise until the new year. “Come January, you’re going to be really wishing you hadn’t done that.” She suggests continuing to schedule workouts, but break them into shorter blocks.</p> <p>KEEP HEALTHY SNACKS NEARBY</p> <p>The <u>festive season</u> brings an influx of sugary temptations that <u>are hard to resist</u>. Keep a selection of healthier snacks, such as fruit or nuts, in your drawer or bag. “Never go to a party really hungry,” says Davidson. “Have a snack before you go.”</p> <p>STAY HYDRATED</p> <p>Jennifer Lawrence had H2O tattooed (incorrectly) on her hand to remind herself to <u>stay hydrated</u>. You don’t need to go to those lengths, but water is crucial if you want to <u>avoid a hangover</u>. Take regular sips throughout the day and try alternating alcoholic drinks with a glass of water when you are at an event.</p> <p>WEAR A SCARF OVER YOUR NOSE</p> <p>Rhinovirus, the predominant cause of the common cold, can <u>end your festive cheer</u>. A study published in the Proceedings of the National Academy of Sciences found that the virus replicates better in lower temperatures, so <u>keeping your nose warm with a scarf could help prevent a cold</u>. The NHS also recommends washing your hands and being careful about touching your eyes and mouth to help stop you catching colds.</p>	<p>mindful /ˈmaɪndfʊl/ conscious or aware of something</p> <p>savour /ˈseɪ.vəʳ/: to enjoy food or an experience slowly, in order to enjoy it as much as possible – thưởng thức, nhâm nhi</p> <p>tipple /ˈtɪpəl/ an alcoholic drink</p> <p>squeeze in /skwiːz/: to manage to do something in a short period of time or when you are very busy</p> <p>shuteye /ˈʃʌtaɪ/ = sleep</p> <p>personal trainer – huấn luyện viên cá nhân</p> <p>influx /ˈɪnflʌks/: the fact of a large number of people or things arriving at the same time – sự ồ ạt</p> <p>temptation /tɛmpˈteɪʃən/ the desire to do something, especially something wrong or unwise – sự thèm khát</p> <p>resist /rɪˈzɪst/ cưỡng lại</p> <p>hydrated /ˈhaɪdreɪtɪd/: having absorbed enough water</p> <p>hangover /ˈhæŋ.əʊvə/ say rượu</p> <p>predominant /prɪˈdɒmɪnənt/: present as the strongest or main element</p> <p>synonyms: main, chief, principal, most important, of greatest importance, primary, prime</p> <p>replicate /ˈreplɪkeɪts/ - nhân bản, nhân lên</p>
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My boss is incredibly moody. What can I do?



It might be worth giving your boss the opportunity to **shed light on** the reason for the mood swings, says Sharmadean Reid

My boss is incredibly moody. I'm never sure which boss I'll find each day – a kind, fun, upbeat one or a sour, grumpy, rude one. I hate that my working day is tied to her ups and downs. Other than that I like my job. Help!

When I was managing WAH Nails, I had no idea that my mood could put everyone on edge or, conversely, galvanise a fun, energetic vibe. In a public salon, this became critical to the culture of the business – I didn't want a customer walking in and feeling negative energy. I felt a lot of pressure always to be happy.

Stoicism has really helped me. First, I accepted that, as a boss, it's my responsibility to maintain stability in the organisation. But also for my own **wellbeing**, a steady day with regular emotional range made me happier, as well as having a ripple effect on the team. I no longer shout at the computer screen to an annoying email, or swear crazily in the office, because it puts everyone on edge, even when it's nothing to do with them. But I needed feedback to get to this point; I needed my employees to make it clear how they felt.

Have you ever approached your boss and told her how her actions impact on your performance? It might be worth giving her the opportunity to shed light on the reason for the mood swings.

She can't make a change if she doesn't have the right information. You also need to take a philosophical view that, unless you're directly the cause of the bad mood (which I doubt), this

shed light on sth / ʃɛd/: to help to explain a situation – làm sáng tỏ

upbeat / ʌp'bi:t /: full of hope, happiness, and good feelings

grumpy / 'grʌmpi /: easily annoyed and complaining – cáu bẳn, gắt gỏng, cục cằn

on edge /edʒ/: anxious and tense

galvanise / 'gælvənaɪz /: to cause a person or group to suddenly take action, esp. by shocking or exciting them in some way – kích động, gây phần khích

synonyms: jolt, shock, startle, impel, stir, spur, prod, urge, motivate, stimulate, electrify, excite, rouse, arouse, awaken, invigorate, fire, fuel

stoicism / 'stəʊɪsɪzəm /: the endurance of pain or hardship without the display of feelings and without complaint

wellbeing: the state of being comfortable, healthy, or happy – an lạc, hạnh phúc, phúc lợi

ripple effect / 'rɪpl /: a situation in which one event produces effects which spread and produce further effects – hiệu ứng/ ảnh hưởng dây chuyền

is nothing to do with you. I take that attitude in daily life when it comes to road rage, rude cashiers and general aggression in public: whatever the reason for the behaviour, when someone is off with me, it has absolutely nothing to do with me.

And then, just like that, it doesn't matter. I don't respond and I don't let it affect me.

Bill Bailey: ‘As a parent, I’m constantly suggesting some physical activity’

The actor and comedian on **birdwatching**, taking naps and gaming with his son



Bill Bailey: ‘I love to watch birds and wildlife.’ Photograph: Andy Hollingworth

Sleep

I try to go to bed around midnight because I like to get up early, at 7am. It’s difficult to wind down when you come off stage because of the **adrenaline**. It keeps me awake longer than I would like. During **school term-time**, when I’m performing in the evening, I’ll do the **school run** with my son Dax, 14, and have a catch-up nap later in the morning.

Eat

I’m an **omnivore**, although I am trying to eat less meat. I went vegetarian for about two years, then I suddenly got a craving one morning and that was it. When I’m going to be on stage that evening, I have to eat at around four or five o’clock. If you eat too late and get indigestion, or eat too early and are hungry when you perform, it’s not good. The two worst enemies of comedy are lack of sleep and not having had a **decent** meal.

Work

I have a lot of projects on, but I feel just about in control of my work life. I find that I am quite productive when I’m writing, but I always stop for lunch. I also try to do something physical in the afternoon, like a bike ride for half an hour or a visit to the gym. For me, a creative process has to include physical activity. You start thinking on another level – a basic one, rather than a **cerebral** one.

birdwatching : the hobby of studying wild birds in their natural environment – ngắm/quan sát/ chim

wind down / waɪnd /: to gradually relax after doing something that has made you tired or worried – thư giãn

adrenaline / əˈdrenəlɪn /: a hormone (= chemical substance) produced by the body when a person is frightened, angry, or excited, which makes the heart beat faster and prepares the body to react to danger

term-time: the period during which a school, college, etc, is in session

school run: the time when parents drive their children to or from school

catch-up: used to describe something that helps you reach the same standard or stage as others

omnivore / ˈɒmnɪvɔː /: an animal that is naturally able to eat both plants and meat – động vật ăn tạp

vegetarian / ˌvedʒ.ɪˈteəri.ən /: not eating or including meat

craving / ˈkreɪvɪŋ /: a strong feeling of wanting something

synonyms: longing, yearning, hankering, hunger, hungering, thirst, pining, desire, want, wish, fancy, urge

indigestion / ˌɪndɪˈdʒɛstʃən /: an uncomfortable condition caused when your body cannot digest food after you have eaten it – chứng khó tiêu / đầy bụng

Family

When I'm away, we're in regular contact via Skype or FaceTime. During my recent tour in Australia and New Zealand, the family **came out** during **half-term**. I am pretty **laid-back** as a parent, but I do like a lot of activity. So I am constantly suggesting things to do that involve some physical activity: cycling, mountain biking and paddleboarding.

Fun

I love to watch birds and wildlife. Me and my mates have a book on walks around London, so I take the **binoculars** and maybe see a few birds along the way. When Dax was a bit younger, he **was very into console games** and I **got into** them, too. Now a lot of them are online multiplayer games, which are extraordinary. He **chats away to** his mates all round the world while they **tear up** some **post-apocalyptic landscape**.

Noel Edmonds' exercise secret: do it in the dark

synonyms: dyspepsia, hyperacidity, acidity, heartburn, (a) stomach ache, (an) upset stomach, (a) stomach upset, a gastric upset

decent : acceptable, satisfactory, or reasonable – ngon, tươm tất

cerebral /'sɛrɪbrəl /: demanding or involving careful thinking and mental effort rather than feelings (hại não :v)

come out: to go somewhere with someone for a social event

half-term: in the UK, a short holiday in the middle of each of the three periods into which the school year is divided

laid-back /leɪd-bæk /: relaxed in manner and character; not usually worried about other people's behaviour or things that need to be done – thoải mái

paddleboarding : a sport in which you travel across water or ride on waves using a board, which you can sit or stand on, and sometimes a paddle

binoculars /bɪ'nɒkjʊləz /: a pair of tubes with glass lenses at either end that you look through to see things far away more clearly

be into, get into sth – thích:

I'm keen on/ fond of; it appeals to me, it's to my liking (very formal way); I'm partial to sth; I'm crazy/mad/passionate about; I'm attached/ addicted to; I'm a big fan of; I'm enthusiastic about

console games /kən'səʊl /- video games

chats away to sb: talk in a free and friendly manner

tear up sth/ tear sth up /tɪər/ : To violently rip or pull someone or something into pieces

apocalyptic / ə'pɒkəliptɪk / tận thế

My IVF life: I'm pregnant, and I feel like hell



*In vitro fertilisation (IVF) is a process of **fertilisation** where an egg is combined with **sperm** outside the body.*

Is it particular to IVF, or are the early weeks of every pregnancy as **anxiety-ridden** as this? Perhaps. I feel like you would have to be very relaxed not to fear that every **twinge** or **flicker** of something is a **harbinger** of **miscarriage**. The odds that the PGS-tested **embryo** that **implanted** in my **uterus** will result in a live birth are about two out of three – much better than the odds we faced earlier in the IVF process. But they're still far from perfect. I Google "chances of miscarriage" and the number of weeks pregnant I am on a fairly regular basis.

Pregnancy makes me anxious, and does not agree with me physically, either. After the positive test I feel normal for a week and then the nausea begins: every morning I awake feeling like I am trapped on the **choppiest** of seas, or suffering from the worst hangover of my life. The usual **remedies** do not **abate** it for long – yes, I try **crackers, ginger candy, peppermint**, vitamin B6 and Unisom taken in combination. At best I get an hour of semi-relief before **relapsing**. But because I am only **nauseous** and not **vomiting**, my doctor offers me no further remedy, just a cheerful **reassurance** than it's likely to pass by the time I reach 15 weeks. If I reach 15 weeks.

I am fortunate that my employer has a flexible policy when it comes to working from home. I struggle into the office two or three days a week and spend evenings and weekends on the sofa or in bed. I don't go out except to work and doctor's appointments. I cancel all plans. E invites our nextdoor neighbours round for dinner (E,

IVF – thụ tinh nhân tạo

fertilisation /ˈfɜːtɪləɪˈzeɪʃən/: the process of joining male and female sexual cells to produce young – sự thụ thai

sperm /spɜːm/: a sex cell produced by a man or male animal a sex cell produced by a man or male animal – tinh trùng

anxiety-ridden /æŋˈzaɪəti-ˈrɪdn/: bị nỗi lo chi phối (ride - to try to control someone and force them to work)

twinge /twɪndʒ/: a sudden short feeling of physical or mental pain – cơn nhói

flicker /ˈflɪkə/: a feeling or expression of an emotion or quality that does not last very long – cảm giác thoáng qua

harbinger /ˈhɑːbɪndʒə/: a person or thing that shows that something is going to happen soon, especially something bad – báo hiệu, điềm báo

miscarriage /mɪsˈkæərɪdʒ/: an early, unintentional end to a pregnancy – sảy thai

embryo /ˈembriəʊ/: a human being or animal in an early stage of development, either in its mother's uterus or in an egg, or a plant that is developing in a seed – phôi thai

implant /ɪmˈplɑːnt/: to put an organ, group of cells, or device into the body in a medical operation – cấy

uterus /ˈjuːtərəs/: the organ in the body of a woman or other female mammal in which a baby develops before birth – tử cung

nausea /ˈnɔːziə/: sự buồn nôn

understandably, is getting bored and lonely) and they sit on the floor and eat off plates on their **laps** while I continue to lie on the sofa. “It’s a floornic,” they say. I appreciate that they’re making the best of it.

It is hard for me to do the same. I start feeling quite depressed. I have never felt so horrible, and I feel so horrible because of something that I have **inflicted upon myself**. Something that I have wanted very much, and something that I am so lucky to have achieved. I feel like hell and yet I have something that so many women long for – and that many who go through IVF never attain.

Only 26% of IVF cycles in the US result in live births, with worse results for women over 40. Some women have success with multiple cycles, persevering over multiple years. Others keep trying but never succeed. Like so many other **facets** of women’s lives, there is plenty of advice about how to overcome infertility, from experimental medical procedures to diets, exercises and crystals. There are plenty of people who will take the money of the desperate and grieving with promises that theirs will be the technique that works. By the time I am pregnant I have been working on getting pregnant for nearly nine months, a whole pregnancy-worth of time: it feels like forever but compared to so many people, it’s also not very long at all.

Following instruction, I continue to wear estrogen patches and take progesterone **injections**, but I start arguing with E while he gets the **syringe** ready, **tapping** the bubbles out of the oil. He’s practically a nurse now.

“I don’t want to,” I say, like a **petulant** child – not like someone who is on her way to becoming a mother.

At eight weeks we return to the doctor for an **ultrasound**. If successful, this is the last visit we’ll have: after this, I will “graduate” to a regular **obstetrician** for the rest of the pregnancy and **delivery**. An IVF pregnancy brings with it some slightly increased risks but in general is treated the same as a pregnancy that is naturally conceived.

“How are you?” the doctor asks, and I say, “Terrible” and E says, “I guess morning sickness was named by a man who only

choppy / ˈtʃɒpi / : (of sea, lakes, or rivers) with a lot of small, rough waves caused by the wind - bập bênh

hangover / ˈhæŋ,əʊvə / : a feeling of illness after drinking too much alcohol – say rượu

remedy / ˈremɪdi / cách điều trị, phương thuốc

abate / əˈbeɪt / : cause to become smaller or less intense

synonyms: decrease, lessen, diminish, reduce, lower, moderate, ease, soothe, relieve

crackers / ˈkrækəz / bánh quy

peppermint / ˈpɛpəmɪnt / bạc hà

relapse / rɪˈlæps / : to become ill or start behaving badly again, after making an improvement – tái phát

nauseous / ˈnoʊziəs / - buồn nôn

vomit / ˈvɒmɪt / - nôn

reassurance / ˌriːəˈʃʊərəns / : the action of removing someone's doubts or fears - sự trấn an

understandably / ˌʌndəˈstændəbli / : In an understandable manner – rõ ràng, dĩ nhiên

lap / læp / : the top surface of the upper part of the legs of a person who is sitting down – lòng, đùi

inflicte upon / ɪnˈflɪkt əˈpɒn / : to force someone to experience something very unpleasant

synonyms: administer to, deal out to, mete out to, serve out to, deliver to, apply to

facet / ˈfæsi / : one of the parts or features of something – khía cạnh

infertility / ˌɪnfɜːˈtɪlɪti / sự vô sinh

crystal / ˈkrɪstl / (some crystals are said to boost fertility)

grieving / ˈɡriːvɪŋ / : sorrowful through loss or deprivation – đau sầu

injection / ɪnˈdʒɛkʃən / tiêm thuốc

syringe / ˈsɪrɪndʒ / ống tiêm

tap / tæp / gõ nhẹ

petulant / ˈpetʃələnt /

easily annoyed and complaining in a rude way like a child

ultrasound / ˌʌltrəˈsaʊnd / siêu âm

obstetrician / ˌɒbstɪˈtriʃən / : a doctor with special training in how to care for pregnant women and help in the birth of babies – bác sĩ khoa sản

saw his wife in the morning because actually it lasts all day!" We laugh, and then the doctor does the ultrasound: the **whoosh** of the beat of a tiny heart. A white **blob** on a black background that looks a little bit human, or maybe like a fish. It's how it's supposed to look, the doctor explains. She presses a button and prints the picture.

We're ready to know what it is, I tell the doctor: a spontaneous decision, but E **nods in agreement**. It seems right that she should be the one to let us know, before we move on to another doctor, since this doctor is responsible. We are ready to feel a little more attached.

The doctor looks it up in the computer. It's a boy.

Our ultrasounds continue to be normal. The nausea subsides around 19 weeks. I start to show, and start to wear maternity clothes. I don't feel safe, not quite, but certainly safer.

Out walking our dog in our neighborhood with E one day, people smile at my bump.

"People must see us and think that we had sex to get me pregnant," I say.

"Little do they know I was not even in the room when it happened," he replies.

All being well, our son will arrive in December.

delivery / dɪˈlɪvəri / : the time when a baby or young animal comes out of its mother's body – sự sinh đẻ, vượt cạn, lâm bồn :v

whoosh / wʊʃ / : a soft sound made by something moving fast through the air or like that made when air is pushed out of something

blob / blɒb / : a fat, round drop, usually of something sticky or thick – đốm

spontaneous / spɒnˈteɪniəs / : happening or done in a natural, often sudden way, without any planning or without being forced - tự phát, tự nhiên, tự ý

nod in agreement – gật đầu đồng ý

feel attached / əˈtætʃt / : feeling close to emotionally, or loving – cảm thấy gần gũi

subside / səbˈsaɪd / : become less intense, violent, or severe

synonyms: abate, let up, moderate, quieten down, calm, lull, slacken (off), ease (up), relent, die down, die out, peter out, taper off, recede, lessen, soften, alleviate

maternity clothes / məˈtɜːnə.ti/ quần áo bầu

Who can afford to get pregnant? IVF 'baby scholarships' raise a class issue



Private foundations are now helping couples and individuals seeking fertility treatments in a country where **IVF** costs more than anywhere else on earth

Rodneyse Bichotte, who **represents** New York's 42nd **assembly** district in Albany, is working to make fertility treatments more **accessible** to all women.

In 2016, after seven years trying to **conceive**, New York state assembly member Rodneyse Bichotte was pregnant with twins. At 13 weeks, she lost one in a miscarriage. At five months, she went into **preterm labor**, and rushed to a New York hospital.

Doctors **turned her away**, saying they couldn't give her a bed because of insurance issues and because it was against "hospital policy" to admit pregnant women before 23 weeks. She was driven to another hospital, where her baby, Jonah Bichotte Cowan, died shortly after birth.

Now 45, with nine in vitro fertilization cycles behind her, and close to \$200,000 spent on procedures and **medications**, Bichotte is determined to be pregnant again.

In many ways, she is a typical patient of in vitro fertilization, or IVF. She is highly educated, with an MBA and a master's degree in electrical engineering; her salary of around \$80,000 is 30% above the national median. Bichotte is also one of the lucky few whose insurance covered multiple rounds of fertility treatments.

fertility / fə(:)'tɪlɪti /: (of animals and plants) the quality of being able to produce young or fruit – khả năng sinh sản, sự màu mỡ (đất), sự tốt (cây)

synonyms: fecundity, fruitfulness, productiveness, prolificacy, generativeness

IVF: In Vitro Fertilisation: thụ tinh nhân tạo

represent / ,rep.rɪ'zent/: to speak, act, or be present officially for another person or people

assembly / ə'sembli / hội đồng

synonyms: gathering, meeting, congregation, convention, rally, convocation, congress, council

accessible / ək'sesəbl /: possible to approach, enter, or use – dễ tiếp cận

synonyms: reachable, attainable, approachable, within reach, available, on hand, obtainable;

conceive / kən'si:v /: to become pregnant

twin / twɪn /: either of two children born to the same mother on the same occasion

miscarriage / mɪs'kæɪɪdʒ /: an early, unintentional end to a pregnancy – sảy thai

preterm / ,pri:'tɜ:m / (adj/adv) born or occurring after a pregnancy significantly shorter than normal, especially after no more than 37 weeks of pregnancy – sinh non

turned away: if you turn someone away, you do not allow them to enter your country, home, or other place

<p>After she reached her insurance policy's limit, Bichotte spent \$30,000 of her savings for one <u>last cycle</u>. When that failed, her doctor recommended trying <u>donor eggs</u>, a procedure that typically starts at \$25,000.</p> <p>“Even with the insurance coverage, there were a lot of other fees that I had to pay out of pocket,” Bichotte told me. “I just was drained.”</p> <p>Her <u>savings account</u> emptied, and she <u>turned to</u> charity. In May of this year, she was awarded a \$15,000 grant from Baby Quest, one of several dozen not-for-profit organizations that <u>offer financial assistance to</u> couples and individuals seeking fertility treatment in a country where it costs more than anywhere else on earth.</p>	<p>labor: the process of childbirth, especially the period from the start of uterine contractions to delivery – đẻ, đau đẻ</p> <p><i>synonyms:</i> childbirth, birth, birthing, delivery, nativity</p> <p>medications / ˌmɛdɪˈkeɪʃənz /: any substance used to treat an illness or disease, esp. a drug</p> <p>median / ˈmiːdiən /: the value that is the middle one in a set of values arranged in order of size</p> <p>coverage / ˈkʌvərɪdʒ /: financial protection so that you get money if something bad happens</p> <p>drained / dreɪnd /: worn out; exhausted – kiệt quệ</p>
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Americans are having trouble making babies



In 2017, the birth rate hit a record low, while the gap between how many children women say they want to have (2.7) and how many they are likely to have (1.8) widened to a 40-year high. In a recent survey, Americans said economic factors – the cost of childcare, the lack of paid leave, and general financial insecurity – influenced the decision to have fewer children, a **phenomenon** some scholars have **labeled** “**structural infertility**”.

As in European countries, Americans, especially women, are pursuing more education, marrying later, and bearing children later. In 2017, birth rates fell for teenagers and women in their 20s and 30s, but rose for women in their 40s, a period when their fertility is on the wane.

Medical infertility, defined as an inability to achieve pregnancy after one year of trying, affected an estimated 48.5 million couples globally in 2010, rich and poor **alike**, according to a 2012 study from the World Health Organization. In her new **memoir** *Becoming*, Michelle Obama describes being “**inordinately** lucky” that her **health insurance** at the University of Chicago covered most of the cost of the IVF she and Barack needed to **conceive** their two daughters. “It felt like having a high-stakes **lottery** ticket, only with science involved,” she wrote.

All of these **patterns** suggest demand for IVF, egg-freezing, and other assisted **reproductive** technologies, or ARTs, will continue to grow, a trend that has **lured** a

phenomenon /fəˈnɒm.i.nən/ : hiện tượng

label /ˈleɪbl/ : coi là, gán cho là

synonyms: categorize, classify, class, characterize, describe, designate, identify

structural /ˈstrʌktʃərəl/ : kết cấu, cấu trúc

infertility /ˌɪnfəˈtɪlɪti/ : vô sinh

on the wane /weɪn/ : to become weaker in strength or influence

alike : similar to each other

memoir /ˈmemwɑː/ : a book or other piece of writing based on the writer's personal knowledge of famous people, places, or events – hồi ký

inordinately /ɪˈnɔːdɪnɪtli/ : in a way that is much more than usual or expected – quá đỗi

health insurance /ɪnˈʃʊr.əns/ - bảo hiểm y tế

conceive /kənˈsiːv/ : to become pregnant

lottery /ˈlɒtəri/ - xổ số

pattern /ˈpætən/ - example

reproductive /ˌriːprəˈdʌktɪv/ - sinh sản

synonyms: generative, procreative, propagative

lure /ljʊə/ - nhử, thu hút, hấp dẫn

synonyms: tempt, entice, attract, induce, coax, persuade, inveigle, allure, seduce

wave of private equity money into the sector. But as the need grows, so have costs.

According to patient-provided data aggregator FertilityIQ, the cost of a single round of IVF, including **medications** and genetic screening, has risen to around \$20,700 in the US – nearly 34% of the median household income, although prices can be lower in some parts of the country and at a handful of clinics that offer a high-volume, lower-cost model. **In Europe, the average price of an IVF cycle is \$4,550 to \$5,700**, and most European countries fully fund or generously subsidize the procedure.

Explanations vary as to why fertility treatment has become so expensive in the US, apart from the overall high cost of healthcare. Dr James Grifo, the director of NYU's Langone fertility center, said fertility drugs have become the biggest cost **barrier**, but also noted that many of the basic ingredients of an IVF procedure have become more costly. "Our **reagents**, our culture medias, our laboratory equipment, those things have all gone up significantly," he said.

Still, for many, the instinct to reproduce **lurks** deep in our genetic material. When resources or insurance coverage **permit**, couples and individuals **go to great lengths to** conceive – pursuing multiple rounds of IVF, **procuring** eggs from donors, or hiring **gestational surrogates** to carry a pregnancy on their behalf. (Including legal and other fees, surrogacy can cost well over \$100,000 if done domestically.)

According to the Centers for Disease Control and Prevention, nearly 264,000 ART cycles were performed in 2016, an increase of 73% from just five years prior. Despite advances in technologies such as egg-freezing, however, IVF cycles are still more likely to fail than not; just 25% of cycles in 2016 resulted in a live birth (although another 25% of cycles performed were intended for freezing or "banking", and were not expected to result in a birth).

"People **scrimp and save**, sometimes they take second **mortgages** out, go into [their] IRAs, all sorts of things like that," said Dr Jonathan Van Blerkom, a professor of **molecular and cellular** at the University of Colorado, the lab director at a Denver IVF program, and the inventor of a simplified IVF

aggregator /'æg.ɹɪ.geɪ.tər/: a person or organization that collects information from the internet pages of other businesses and puts it on a single website

medications /,mɛdɪ'keɪʃənz/: esp. a drug

subsidize /'sʌbsɪdaɪz/: to pay part of the cost of something – phụ cấp

barrier /'bæriə / rào cản

reagent /ri(:)'eɪdʒənt/: a substance that acts on another in a chemical reaction – thuốc thử

lurk /lɜ:k/: (of an unpleasant feeling or quality) to exist although it is not always noticeable - ẩn náu

permit /pə'rɪt/: to allow something, or make something possible – cho phép

go to great lengths to : to try very hard to achieve something - nỗ lực

procure /prə'kjʊər/: obtain (something), especially with care or effort

synonyms: obtain, acquire, get, find, come by, secure, pick up, get possession of

gestational /dʒes'teɪʃən(ə)l/: relating to the development of a child or young animal while it is still inside its mother's body

surrogate /'sʌrəɡɪt/: something that replaces or is used instead of something else

on one's behalf /bɪ'ho:f / thay (mặt) cho

scrimp and save /skrɪmp/: manage to live on very little money in order to pay for something – sống tằn tiện, thắt bóp tiết kiệm

mortgage /'mɔ:ɡɪdʒ/: an agreement that allows you to borrow money from a bank or similar organization, especially in order to buy a house, or the amount of money itself – vay thế chấp

molecular and cellular /məʊ'lekjʊlə // 'seljʊlə / phân tử và tế bào

device intended to lower the cost of the procedure.	
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“And if they don’t get pregnant, which many don’t even in the best programs, they don’t have the baby – but they still have the debt.”

He Jiankui defends 'world's first gene-edited babies'



A Chinese scientist who claims to have created the world's first genetically edited babies has **defended** his work.

Speaking at a **genome summit** in Hong Kong, He Jiankui said he was "proud" of altering the genes of twin girls so they could not **contract** HIV.

His work, which he announced earlier this week, has not been verified.

Many scientists have **condemned** his announcement. Such gene-editing work is banned in most countries, including China.

Professor He's university - the Southern University of Science and Technology in Shenzhen - said it was unaware of the research project and would launch an investigation. It said Mr He had been on unpaid leave since February.

Prof He confirmed the university was not aware, adding he had funded the experiment by himself.

On Wednesday, he spoke at the Human Genome Editing Summit at the University of Hong Kong for the first time about his work since the **uproar**.

He revealed that the twin girls - known as "Lulu" and "Nana" - were "born normal and healthy", adding that there were plans to monitor the twins over the next 18 years.

He explained that eight couples - comprised of HIV-positive fathers and HIV-negative

defend /dɪˈfend/: speak or write in favor of (an action or person); attempt to justify – bảo vệ

synonyms: justify, vindicate, argue/speak for, speak on behalf of, support

genome /ˈdʒiːnəm/: the complete set of genetic material of a human, animal, plant, or other living thing – bộ gen

summit /ˈsʌmɪt/: a meeting of government leaders from several countries - hội nghị thượng đỉnh

contract /ˈkɒn.trækt/: FORMAL catch or develop (a disease or infectious agent)

condemn /kənˈdɛm/: express complete disapproval of, typically in public; censure – lên án, chỉ trích

synonyms: censure, criticize, castigate, attack, denounce

uproar /ˈʌp.rɔːr/: a situation in which a lot of people complain about something angrily or make a lot of noise – cuộc ồn ào, náo loạn

mothers - had signed up voluntarily for the experiment; one couple later dropped out.

Prof He also said that the study had been submitted to a scientific journal for review, though he did not name the journal.

He also said that "another potential pregnancy" of a gene-edited **embryo** was in its early stages.

But he apologised that his research "was leaked unexpectedly", and added: "The **clinical trial** was paused due to the current situation."

WHAT DO EXPERTS MAKE OF THE CLAIM?

No-one really knew if he was going to show. The **auditorium** was packed by the time He Jiankui walked on stage. This is the man who says he has given China a world first.

The handful of experts I spoke to, after they'd sat and listened to him, said they believed him. They believe this happened. But the big, big problem was that his speech and answers afterwards were scant on detail.

At times he was **evasive**, failing to give anything like the detail about his work - what he did, how he did it, who knew - that is required of any scientific project wishing to be regarded as credible.

He talked about the **stigma** attached to HIV/Aids in China and how important the family is to society, but he didn't give the names of "some experts" he claimed had reviewed his work and offered feedback.

WHY IS IT THIS CONTROVERSIAL?

The Crispr gene editing tool he claims to have used is not new to the scientific world, and was first discovered in 2012.

It works by using "molecular scissors" to alter a very specific strand of DNA - either cutting it out, replacing it or **tweaking** it.

Gene editing could potentially help avoid heritable diseases by deleting or changing troublesome **coding** in embryos.

But experts worry meddling with the genome of an embryo could cause harm not only to the individual but also future generations that inherit these same changes.

Prof He's recent claims were widely criticised by other scientists.

submit / səb' mɪt/: to give or offer something for a decision to be made by others – trình lên, nộp

embryo / 'ɛmbriəʊ/ - phôi

clinical trial / 'klɪnɪkəl 'traɪəl/ thử nghiệm lâm sàng

auditorium / ɔ:di'tɔ:riəm/ : the part of a theatre, or similar building, where the people who are watching and listening sit – thính phòng, khán phòng, hội trường

packed /pækt/ chật ních

scant /skænt/ : very little or not much

at times

synonyms: sometimes, occasionally, from time to time, (every) now and then/again, every so often, (every) once in a while

evasive /ɪ'veɪsɪv/ : answering questions in a way that is not direct or clear, especially because you do not want to give an honest answer

synonyms: prevaricating, elusive, ambiguous, equivocal, equivocating, indefinite, noncommittal, vague, indeterminate, imprecise, inexact, indistinct, inexplicit

stigma / 'stɪgmə/ : a strong feeling of disapproval that most people in a society have about something, especially when this is unfair – sự kỳ thị

tweak / 'twi:k/ : to change something slightly, especially in order to make it more correct, effective, or suitable – chỉnh sửa, tinh chỉnh

heritable / 'hɛrɪtəbl/ : a heritable disease or characteristic can be passed from a parent or grandparent to a child through the genes – di truyền được

coding: an arrangement of genetic material in DNA – sự mã hóa

meddle with / 'mɛdl/ : to try to change or have an influence on things that are not your responsibility, especially by criticizing in a damaging or annoying way – can thiệp vào, xen vào

<p>Hundreds of Chinese scientists also signed a letter on social media condemning the research, saying they were "resolutely" opposed to it.</p> <p>"If true, this experiment is monstrous. Gene editing itself is experimental and is still associated with off-target mutations, capable of causing genetic problems early and later in life, including the development of cancer," Prof Julian Savulescu, an ethics expert at the University of Oxford, told the BBC.</p> <p>"This experiment exposes healthy normal children to risks of gene editing for no real necessary benefit."</p> <p>Many countries, including the UK, have laws that prevent the use of genome editing in embryos for assisted reproduction in humans.</p> <p>Scientists can do gene editing research on discarded IVF embryos, as long as they are destroyed immediately afterwards and not used to make a baby.</p> <p>Prof He's experiment is prohibited under Chinese laws, Deputy Minister of Science and Technology Xu Nanping told state media.</p> <p>China allows in-vitro human embryonic stem cell research for a maximum period of 14 days, Mr Xu clarified.</p>	<p>resolutely /'rezəlu:tli/ : in a determined way – kiên quyết</p> <p>monstrous /'mɒnstərəs/ : very cruel</p> <p>off-target trượt mục tiêu</p> <p>mutation /mju(:)'teɪʃən/: the way in which genes change and produce permanent differences – sự đột biến</p>
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How do we incentivise people to be healthier?



The **obesity** challenge to the NHS **looms large**. The costs of treating related health conditions, such as type 2 diabetes, are **rising relentlessly**. **Policymakers** are anxious to find answers. Prevention is the goal, but what sort of **nudge** is most effective to get people to look after themselves better?

A new study suggests that the fear of losing something is a better **incentive** than the prospect of gaining a benefit.

Health and Social Care Secretary Matt Hancock is speaking on Wednesday at a conference **convened** by the global **insurer** Vitality which will unveil new research on incentives to get healthier.

The work has not been formally **peer-reviewed** but the intention is to do so in preparation for publication in a medical journal. At this stage it does make interesting reading.

STICK AND CARROT

More than 400,000 people in the UK, USA and South Africa on rewards schemes run by the company were tracked over two years. Typically treats such as cinema tickets or coffee shop vouchers are offered to insurance customers who make regular trips to the gym verified by **swiping** membership cards.

This study attempted to measure what happened when, on top of those incentives, customers were given an Apple watch to wear with its **built-in** exercise monitoring capability. About 100,000 of them took the watch offer. Customers paid a minimal

obesity /əʊˈbiːsɪti/ : extremely fat in a way that is dangerous for health – béo phì

loom large /luːm/: If something looms large, it becomes very important and often causes worry

relentlessly /rɪˈlentlɪsli/: in an extreme way that continues without stopping – không ngừng

policymaker /ˈpɒl-ə-siˌmeɪ-kər/: nhà hoạch định chính sách

nudge /nʌdʒ/: encouragement – sự thúc đẩy

incentive /ɪnˈsɛntɪv/: something that encourages a person to do something

synonyms: inducement, motivation, motive, reason, stimulus, stimulant, spur, impetus, encouragement, impulse, nudge

convene /kənˈviːn/: to bring together a group of people for a meeting, or to meet for a meeting – triệu tập

synonyms: summon, call, call together

insurer /ɪnˈʃʊərə/ công ty bảo hiểm

peer-reviewed: to read, check, and give your opinion about something that has been written by another scientist or expert working in the same subject area as you – đánh giá đồng cấp

swipe /ˈswaɪp/: to move a card containing information stored on a magnetic strip through a device that reads this information

built-in : If a place or piece of equipment has built-in objects, they are permanently connected and cannot be easily removed – tích hợp bên trong, có sẵn

amount for the watch and no more after that, so long as they took regular exercise.

Researchers from the organisation RAND Europe compared the Apple watch data - which records actual physical activity - with the gym swipe data - which only tells you if someone has visited the gym, not what exercises they have done in it.

Based on an assumption that gym-goers did do some vigorous exercise during their visits, the data appeared to show a notable increase in activity levels among the smartwatch users.

It would appear, according to the researchers, that the fear of having to pay more for the watch was a good incentive to boost activity and was more effective than the traditional rewards system incentivising gains.

Of course there are **caveats**. The data was from those who had individual or corporate insurance policies and so with a bias to middle-income groups. They may have had a greater inclination to take exercise than those without insurance policies. But the report's authors argue that the customer base included a wide range of ages and body mass index readings.

NUDGE THEORY

It's not a **watertight** piece of scientific research, but the scale of the group covered, at more than 400,000, is such that policymakers will take a close interest. The economist Richard Thaler will be at the conference. He first coined the expression "nudge theory" which means helping people make decisions in their best interest. The preliminary conclusions of those involved in the study is that behavioural programmes and incentives make a difference.

So what does this mean for the NHS? It's hardly **credible** to think that smartwatches will be **handed out** at GP surgeries. But there are incentive schemes in the NHS, including offers of shopping vouchers by Greater Manchester Health and Social Care to pregnant women who give up smoking.

The idea that people are incentivised by being given something for free as long as they keep up an exercise programme, and which they will have to pay for if they fall short, will not go unnoticed as talk of the obesity crisis continues.

vigorous /'vɪɡərəs/: very forceful or energetic

caveat /'keɪvɪæt/: a warning to consider something before taking any more action, or a statement that limits a more general statement – điểm cần lưu ý

synonyms: warning, caution, admonition, monition, red flag, alarm bells

watertight /'wɔ:tətɔ:t/: (of a theory, plan, or agreement) formed very carefully in every detail so that nothing is uncertain or in doubt – vững chắc

coin /kɔɪn/: to invent a new word or expression, or to use one in a particular way for the first time – đặt ra

preliminary /prɪ'limɪnəri/: coming before a more important action or event, especially introducing or preparing for it – sơ bộ

credible /'kred.ə.bəl/: able to be believed or trusted – đáng tin

synonyms: acceptable, trustworthy, reliable, dependable

hand out : to give something to each person in a group or place - phát

go unnoticed: không gây chú ý

Safety concerns raised over breast implants



An investigation has raised safety concerns about the most commonly used type of silicone breast **implant** in the UK.

Women in France are now being advised not to use "**textured**" silicone implants while **authorities** investigate links with a rare form of cancer.

British women are still having the implants put in and there has been no warning from the UK regulator to stop.

It says it will take action when it sees there is a problem.

A Medicines and Healthcare products Regulatory Authority (MHRA) spokesman said: "We know that there are ongoing concerns about the safety of silicone breast implants - we're keeping a very close eye on that."

Manufacturers say the safety of the implants is supported by **extensive** testing and studies, as well as more than a decade of use in America and Europe.

'MORTIFIED'

Janet Trelawny had breast cancer over 20 years ago. Her breasts were removed and replaced with textured implants.

Now, she has been diagnosed with breast implant associated lymphoma (BIA-ALCL).

It is not breast cancer but a type of cancer of the immune system.

In most cases, it is found in the scar tissue and **fluid** near the implant. But in some, it can spread throughout the body.

She said: "It's frightening to think that something that I'd done because I've had a

implant /ɪmˈplænt/: to put an organ, group of cells, or device into the body in a medical operation – cấy ghép

textured /ˈtɛkstʃəd/ : having a surface that is not smooth but with a raised pattern – ráp, sần



authority /ɔːˈθɒrɪti/: the group of people with official legal power to make decisions or make people obey the laws in a particular area, such as the police or a local government department – nhà cầm quyền, nhà chức trách

ongoing: continuing to exist or develop, or happening at the present moment – liên tục

extensive /ɪksˈtɛnsɪv/: covering a large area; having a great range

fluid /ˈflu(:)ɪd/ : a substance that flows and is not solid – dịch

<p>cancer previously has then caused me to get cancer again.</p> <p>"I was absolutely mortified. I'm frightened that this can happen and I had no idea."</p> <p>Janet is waiting for further biopsy results and has been told she will need to have chemotherapy to treat her cancer.</p> <p>UNDER INVESTIGATION</p> <p>The French have been investigating breast implants since 2011, when they started receiving reports of BIA-ALCL.</p> <p>The risks of developing it after an implant vary around the world but are thought to be very small.</p> <p>As of September 2018, the MHRA has received 57 reports of ALCL in patients with breast implants, 45 of which <u>meet</u> specific diagnostic criteria.</p> <p>That puts the estimated risk of BIA-ALCL at about one per 24,000 implants.</p> <p>BIA-ALCL appears to have occurred with textured implants made by every manufacturer, according to the British Association of Plastic and Reconstructive Aesthetic Surgeons (BAAPS).</p> <p>Breast implants come with different fillings and different surfaces - smooth and textured.</p> <p>In the UK, 99% of breast implants used are textured, according to BAAPS.</p> <p>MORE CHECKS</p> <p>Dr Suzanne Turner, an expert in breast implant associated lymphoma at Cambridge University, said: "It is a concern, absolutely, particularly now that we're seeing breast implant associated lymphoma developing in these ladies.</p> <p>"So, the risk is small but it's a risk that we should know about and be informed of."</p> <p>The investigation discovered that some manufacturers did not <u>carry out adequate tests</u> before selling textured implants to the public.</p> <p>These tests are called biocompatibility tests and they assess how the body responds to a product.</p> <p>The manufacturers argued the tests were unnecessary but the French regulator said: "Almost all of the arguments put forward by the manufacturers were considered to be</p>	<p>mortified: very embarrassed</p> <p>biopsy /'baɪɒpsi/: the process of removing and examining a small amount of tissue from a sick person, in order to discover more about their illness – sinh thiết</p> <p>chemotherapy /ˌkɛməʊ'θerəpi/: the treatment of diseases using chemicals – hóa trị</p> <p>diagnostic /ˌdaɪ.əg'nɒs.tɪk/: identifying a particular illness using a combination of signs and symptoms – chẩn đoán</p> <p>criterion (pl criteria) /kraɪ'tɪə.ri.ən/: a standard by which you judge, decide about, or deal with something – tiêu chuẩn, tiêu chí</p> <p>biocompatibility : the state of not have a harmful effect on the human body - tương thích sinh học</p> <p>regulator /'rɛɡjuleɪtə/: a person or organization whose job is to control an activity or process and make certain that it operates as it should</p>
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<p>unacceptable for justifying the lack of biocompatibility tests."</p> <p>Some manufacturers now say that they have completed the necessary biocompatibility tests.</p> <p>But the secrecy around the regulatory system does not allow us to see what was done.</p> <p>The investigation has also found out that manufacturers in Europe and America have under-reported problems with breast implants.</p> <p>Some haven't told regulators when the implants rupture, because they say it's a routine event.</p> <p>Nobody knows <u>the scale of the risks</u>, because the implants haven't been adequately tracked when they've been put into people and problems <u>may take years to</u> develop.</p> <p>A register for breast implants was set up in 2016 but at the moment it's still voluntary.</p> <p>Carl Heneghan, professor of evidence based medicine at Oxford University, says campaigners have been asking for a register for 25 years.</p> <p>"Every implant should be in a register because that's what defines patient safety. In the absence of that, we're in the dark."</p>	<p>secrecy /'si:kɹɪsi/ sự bí mật</p> <p>under-reported: không được khai báo/ báo cáo</p> <p>rupture /'rʌp.tʃər/: to (cause something to) explode, break, or tear – nổ, vỡ, rách</p>
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How much higher? How much faster?



— Limits to human sporting performance are not yet **in sight** —

Since the early years of the twentieth century, when the International Athletic Federation began **keeping records**, there has been a steady improvement in how fast athletes run, how high they jump and how far they are able to **hurl** massive objects, themselves included, through space. For the so-called power events –that require a relatively brief, explosive release of energy, like the 100-metre **sprint** and the long jump–times and distances have improved ten to twenty percent. In the endurance events the results have been more **dramatic**. At the 1908 Olympics, John Hayes of the U.S. team ran to marathon in a time of 2:55:18. In 1999, Morocco's Khalid Khannouchi set a new world record of 2:05:42, almost thirty percent faster.

No one theory can explain improvements in performance, but the most important factor has been genetics. 'The athlete must choose his parents carefully,' says Jesus Dapena, a sports scientist at Indiana University, **invoking** an **oftcited adage**. Over the past century, the composition of the human **gene pool** has not changed **appreciably**, but with increasing global participation in athletics-and greater rewards to tempt athletes-it is more likely that individuals possessing the unique complement of genes for athletic performance can be identified early. 'Was there someone like [sprinter] Michael Johnson in the 1920s?' Dapena asks. 'I'm sure there was, but his talent was probably never realized.'

in sight : near at hand; close to being achieved or realized

keep a record: to make a regular record of events or other information so that you can refer to it later
– ghi chép, lưu hồ sơ

hurl /hɜ:l/: to throw something forcefully

sprint: chạy nước rút

dramatic /drə'mæt.ɪk/: gây ấn tượng sâu sắc

invoke /ɪn'veʊk/: to mention something in order to explain something or to support your opinion or action - viện dẫn

oftcited / 'ɒf.t saɪt/ often cited (oft is a shorter way of saying "often")

adage / 'ædɪdʒ/ a wise saying: châm ngôn

gene pool / pu:l/: all the genes of a particular group of people or animals – nguồn gen

appreciably / ə'pri:ʃəbli/ đáng kể

synonyms: considerably, substantially, significantly, markedly

Identifying genetically talented individuals is only the first step. Michael Yessis, an **emeritus** professor of Sports Science at California State University at Fullerton, maintains that 'genetics only determines about one third of what an athlete can do. But with the right training we can go much further with that one third than we've been going.' Yesis believes that U.S. runners, despite their impressive achievements, are 'running on their genetics'. By applying more scientific methods, 'they're going to go much faster'. These methods include strength training that **duplicates** what they are doing in their running events as well as plyometrics, a technique **pioneered** in the former Soviet Union.

Whereas most exercises are designed to build up strength or endurance, plyometrics focuses on increasing power-the rate at which an athlete can expend energy. When a **sprinter** runs, Yesis explains, her foot stays in contact with the ground for just under a tenth of a second, half of which is devoted to landing and the other half to pushing off. Plyometric exercises help athletes make the best use of this brief interval.

Nutrition is another area that sports trainers have failed to **address** adequately. 'Many athletes are not getting the best nutrition, even through supplements,' Yesis insists. Each activity has its own nutritional needs. Few coaches, for instance, understand how **deficiencies** in **trace minerals** can lead to injuries.

Focused training will also play a role in enabling records to be broken. 'If we applied the Russian training model to some of the outstanding runners we have in this country,' Yesis **asserts**, 'they would be breaking records **left and right**.' He will not predict by how much, however: 'Exactly what the limits are it's hard to say, but there will be increases even if only by hundredths of a second, as long as our training continues to improve.'

One of the most important new **methodologies** is **biomechanics**, the study of the body in motion. A biomechanic films an athlete in action and then **digitizes** her performance, recording the motion of every **joint** and **limb** in three dimensions. By applying Newton's law to these motions, 'we can say that this athlete's run is not fast enough; that this one is not using his arms

emeritus / i(:)'mɛrɪtəs/: no longer having a position, especially in a college or university, but keeping the title of the position – danh dự

duplicate / 'du:.plə.kert/: to make an exact copy of something – sao chép, bắt chước

pioneer / ,paɪə'niə/: to be the first person or organization to start work in a new area, introduce a new idea, etc.

sprinter / 'sprintə/: người chạy nước rút

address / ə'dres/: deal with a matter or problem – giải quyết

deficiency / dɪ'fɪjənsi/: a state of not having, or not having enough, of something that is needed – sự thiếu hụt

synonyms: insufficiency, lack, shortage, want, dearth, inadequacy, deficit, shortfall

trace minerals: khoáng chất vi lượng (eg: iron, zinc, fluoride, iodine, copper, selenium, molybdenum, chromium, and manganese)

assert / ə'sɜ:t/: to state an opinion or claim a right forcefully – khẳng định, quả quyết

left and right : all the time or everywhere

methodology / ,mɛθə'dɒlədʒi/: a system of ways of doing, teaching, or studying something – phương pháp (luận)

biomechanics cơ sinh học

digitize / 'dɪdʒɪtaɪz/ số hóa

joint / dʒɔɪnt/: a place in your body where two bones are connected – khớp

limb / lɪm/: an arm or leg of a person or animal

strongly enough during take-off,' says Dapena, who uses these methods to help high jumpers. To date, however, biomechanics has made only a small difference to athletic performance.

Revolutionary ideas still come from the athletes themselves. For example, during the 1968 Olympics in Mexico City, a relatively unknown high jumper named Dick Fosbury won the gold by going over the bar backwards, in complete **contradiction** of all the received high-jumping wisdom, a move instantly **dubbed** the **Fosbury Flop**. Fosbury himself did not know what he was doing. That **understanding** took the later analysis of biomechanics specialists, who put their minds to comprehending something that was too complex and **unorthodox** ever to have been invented through their own mathematical simulations. Fosbury also required another element that lies behind many improvements in athletic performance: an innovation in athletic equipment. In Fosbury's case, it was the cushions that jumpers land on. Traditionally, high jumpers would land in **pits** filled with **sawdust**. But by Fosbury's time, sawdust pits had been replaced by soft foam cushions, ideal for flopping.

In the end, most people who examine human performance **are humbled** by the resourcefulness of athletes and the powers of the human body. 'Once you study athletics, you learn that it's a vexingly complex issue,' says John S. Raglin, a sports psychologist at Indiana University. 'Core performance is not a simple or **mundane** thing of higher, faster, longer. So many variables enter into the equation, and our understanding in many cases is fundamental. We've got a long way to go.' For the foreseeable future, records will be made to be broken.

contradiction / ,kɒntrə'dɪkʃən/ : a combination of statements, ideas, or features of a situation that are opposed to one another – sự mâu thuẫn, trái ngược

dub / dʌb/: to give something or someone a particular name

flop / flɒp/: an occasion when someone or something falls or drops heavily

Fosbury Flop – kiểu nhảy Fosbury

understanding - knowledge

unorthodox / ,ʌn'ɔ:θədɒks/ : different from what is usual or expected in behaviour, ideas, methods, etc. – không chính thống

synonyms: unconventional, unusual, uncommon, unwonted, out of the ordinary, radical, revolutionary, nonconformist, irregular, offbeat

pit: a large hole in the ground, or a slightly low area in any surface – cái hố

sawdust / 'sɔ:dʌst/: the dust and small pieces of wood that are produced when you cut wood with a saw – mùn cưa

be humbled: phải cúi mình (trầm trở, thán phục)

mundane / 'mʌndeɪn/: ordinary and not interesting in any way – tầm thường, nhàm nhạt

EFFORT AND SCIENCE TO WIN



Winning nowadays is not only a question of disciplined training: The **triumph** of victory today involves the collaboration of several medical specialists who combine their particular knowledge in an effort to help each athlete to reach their potential.

A. In Mexico, the Medicine Direction and .Applied Sciences of the National Commission of Deporte analyses all aspects of sports science from the role of the auditory system in sporting achievement to the power of the mind and its role in the ability to win. Everything, it seems, is open to scrutiny. Recently, the focus has been evaluating the **visual acuity** of cyclists and long distance runners but they also focus on the more traditional areas of sports research, among them psychology, nutrition, **anthropology(1)**, biochemistry and **odontology**. From **budding** child athletes as young as 9 to the more mature-aged sportsperson, the facility at Deporte has attracted some of Mexico's most famous sporting and Olympic hopefuls.

B. "The study of elite athletes is now more scientific than ever" says doctor Francisco Javier Squares, "after each competition, athletes are exposed to vigorous medical examinations and **follow-up** training in order to help US arrive at a program that is **tailor-made**. "The modern athlete has become big business, no longer is there a one-size-fits-all approach. For example, in the past two people

triumph /'traɪəmf/ : a very great success, achievement, or victory

reach one's potential /pəʊ'tenʃəl/: phát huy tiềm năng tối đa

scrutiny /'skru:tɪni/: the careful and detailed examination of something in order to get information about it – sự giám sát

visual acuity /ə'kju(:)ɪti/: the ability to see accurately and clearly – (độ nhạy) thị giác

anthropology /,ænθrə'pɒlədʒi/: the study of the human race, its culture and society, and its physical development – nhân chủng học

odontology /,ɒdɒn'tɒlədʒi/: the scientific study of the structure and diseases of teeth, especially in order to identify people and help solve crimes – răng học :v

budding: beginning to develop or show signs of future success in a particular area – bắt đầu nảy nở (tài năng)

elite /eɪ'li:t/: the richest, most powerful, best-educated, or best-trained group in a society – ưu tú

follow-up : coming or done after a related event or action – tiếp theo, theo sau

tailor-made /'teɪləmeɪd/: specially made for a particular person, organization, or purpose

both 1.70 meters tall and weighing 70 kilograms would have been given the same program of athletic conditioning – now this idea is **obsolete**. It may be that the first individual has 35 kgs of muscle and 15 kgs of fat and the other person, although the same height and weight may have 30 kgs of muscle and 20 kgs of fat. Through detailed scientific evaluation here at our facility in Deporte,” says Squares, “... we are able to construct a very specific training programme for each individual.”

C. Whereas many countries in the world focus on the **elevation** of the glorious champion, the Mexican Olympic team takes a slightly different approach. Psychologically speaking an athlete must bring to his **endeavour** a healthy dose of **humility**. As Squares said, “When an athlete wins for Mexico, it is always as a result of a combined team effort with many people operating behind the scenes to **realise** the sporting achievement. When an athlete stands on the dais, it is because of great effort on the part of many.”

D. As is often the case in some poorer countries, sportsmen and women are stifled in their development due to budgetary constraints. However this has not been a factor for consideration with the team in Mexico. The Mexican government has allocated a substantial sum of money for the provision of the latest equipment and laboratories for sports research. In fact, the quality of Mexico’s facilities puts them on a par with countries like Italy and Germany in terms of access to resources. One example of **sophisticated** equipment used at the Mexican facility is the **hyperbaric chamber**. This **apparatus** is used to enhance oxygen recovery after a vigorous physical workout. Says Squares, “When you breathe the air while inside a hyperbaric chamber the natural state of the oxygen does not change. Green plants produced the oxygen; modern technology just increases the air pressure. This does not change the molecular composition of oxygen. Increased pressure just allows oxygen to get into tissues better. Due to our purchase of the hyperbaric chamber, athletes are able to recover from an intense workout in a much shorter space of time. We typically use the chamber for sessions of 45 to 60 minutes **daffy** or three times per week.”

obsolete /'ɒbsəli:t/: not in use any more, having been replaced by something newer and better or more fashionable – lỗi thời

elevation /ˌɛlɪ'veɪʃən/: the fact of being given a more important position

endeavour /ɪn'devə/: an attempt to do something
synonyms: attempt, try, bid, effort, trial, venture

humility /hju(:)'mɪlɪti/: the feeling or attitude that you have no special importance that makes you better than others; lack of pride – sự khiêm nhường

realise : to achieve something you were hoping for – thực hiện, đạt được

dais /'deɪs/ bục, đài

stifle /'staɪfl/: to prevent something from happening, being expressed, or continuing – kìm hãm

budgetary constraint /'bʌdʒɪtəri kən'streɪnts / hạn chế ngân sách

on a par (with sb/sth) : the same as or equal to someone or something

sophisticated /sə'fɪstɪkeɪtɪd/: tinh vi, phức tạp

hyperbaric chamber /'tʃeɪmbə/: buồng áp

apparatus /ˌæpə'reɪtəs/: a set of equipment or tools or a machine that is used for a particular purpose

synonyms: equipment, gear, rig, tackle, gadgetry, paraphernalia

daffy /'dɑ:fi/: strange or unusual, sometimes in a humorous way

<p>E. When pushed to the limit, the true indicator of fitness is not how hard the heart operates, but how quickly it can recover after an <u>extreme workout</u>. Therefore, another focus area of study for the team in Mexico has been the endurance of the heart. To measure this recovery rate, an electroencephalograph (EEG) is used. The EEG enables doctors to monitor the brainwave activity from sensors placed on the scalp. Athletes exert intense effort for a sustained period after which they <u>are given time to rest and recover</u>. During these periods between intense physical exertion and recovery, doctors are able to monitor any weaknesses in the way the heart responds. The CCG has had a big impact upon our ability to measure the muscular endurance of the heart.</p> <p>F. In 1796, the life expectancy of a human being was between 25 and 36 years, in 1886 that number basically doubled to between 45 and 50. In 1996, the life expectancy of an average Mexican stood at around 75 years. People are living longer and this is due in large part to the advances of modern science. It is not all sophisticated medical equipment that is playing a part; although lesser in impact, basic advances in engineering are also greatly assisting. <u>Take, for example</u>, a professional tennis player. In the past, most tennis players' shoes were constructed with fabric and a solid rubber sole. These shoes were <u>of poor construction</u> and resulted in hip and foot injuries. Today the technology of shoe construction has <u>radically changed</u>. Now some shoes are injected with silicone and made of more comfortable, ergonomic construction. This has helped not only the <u>elite</u> but also the recreational sportsperson and thus, helps in the preservation of the human body.</p> <p><i>(1) objects designed to be better adapted to the shape of the human body</i></p>	<p>scalp /skælp/: the skin on the top of a person's head where hair usually grows – da đầu</p> <p>exert intense effort /ɪg'zɜ:t/ nỗ lực</p> <p>sustained /səs'teɪnd/: continuing for a long time</p> <p>life expectancy /laɪf ɪks'pektənsi/ : tuổi thọ</p> <p>due to = because of</p> <p>in large part = to an important degree</p> <p>sole /səʊl/ : đế giày</p> <p>recreational /ˌrɛkrɪ'eɪʃənəl/ tiêu khiển, giải trí</p>
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Sport Science in Australia



The professional career paths available to graduates from courses relating to human movement and sport science are as diverse as the graduate's imagination. However, undergraduate courses with this type of content, in Australia as well as in most other Western countries, were originally designed as preparation programmes for Physical Education (PE) teachers.

The initial programmes **commenced** soon after the conclusion of World War II in the mid-1940s. One of the primary motives for these **initiatives** was the fact that, during the war effort, so many of the men who were assessed for military duty had been declared unfit. The government saw the solution in the providing of Physical Education programmes in schools, **delivered** by better prepared and specifically educated PE teachers.

Later, in the 1970s and early 1980s, the **surplus** of Australians graduating with a PE degree obliged institutions delivering this qualification to identify new employment opportunities for their graduates, resulting in the first appearance of degrees catering for recreation professionals. In many instances, this diversity of programme delivery **merely** led to degrees, delivered by physical educators, as a side-line activity to the production of PE teachers.

Whilst the need to produce Physical Education teachers remains a significant social need, and most developed societies demand the availability of quality leisure

Physical Education Giáo dục thể chất

commence /kəˈmɛns/

synonyms: begin, start, start off;

motive /ˈməʊtɪv/: a reason for doing something, especially one that is hidden or not obvious

synonyms: reason, motivation, motivating force, rationale, grounds, cause, basis

initiative /ɪˈnɪʃɪətɪv/: a new plan or process to achieve something or solve a problem – sáng kiến

military duty nghĩa vụ quân sự

deliver: to achieve, provide, or produce something

surplus /ˈsɜːpləs/: (an amount that is) more than is needed – dư thừa, thặng dư

oblige sb to do sth /əˈblaɪdʒ/: force someone to do something – bắt buộc

cater for /ˈkeɪtə/: to provide what someone or something wants or needs - phục vụ cho, dành riêng cho

side – line: an activity that you do as well as your main job; nghề phụ, nghề tay trái

merely /ˈmiəli/ *synonyms:* only, purely, solely, simply, entirely, just

whilst /waɪlst/ [FORMAL]= while

programmes for their citizens, the career options of graduates within this **domain** are still developing. The two most evident growth domains are in the area of the professional delivery of sport, and the role of a physical lifestyle for community health.

The sports industry is developing at an **unprecedented** rate of growth. From a **business perspective**, sport is now seen as an area with the potential for high returns. It is quite significant that the businessman Rupert Murdoch broadened his business base from media to sport, having purchased an American baseball team and an Australian Rugby League competition, as well as seeking opportunities to invest in an English football club. No business person of such international **stature** would see fit to invest in sport unless he was satisfied that this was a **sound business venture** with ideal **revenue-generating opportunities**.

These developments have confirmed sport as a business with professional management structures, marketing processes, and development strategies in place. They have indicated new and developing career paths for graduates of human movement science, sport science, exercise science and related degrees. Graduates can now **visualise career paths** extending into such diverse domains as sport management, sport marketing, event and facility management, government policy development **pertaining to** sport, sport journalism, sport psychology, and sport or athletic coaching.

Business leaders will only continue their enthusiasm for sport if they receive returns for their money. Such returns will only be **forthcoming** if **astute**, enthusiastic and properly educated professionals are delivering the programs that earn appropriate financial returns. The successful universities of the 21st century will be those that have responded to this challenge by delivering such degrees.

A second professional growth area for this group of graduates is associated with **community health**. The increasing demand for government expenditure within health budgets is reaching the stage where most governments are simply unable to function in a **manner** that is satisfying their **constituents**. One of the primary reasons for this problem is the unhelpful emphasis on treatment in

domain /dəʊˈmeɪn/: an area of interest or an area over which a person has control – lĩnh vực

synonyms: field, area, arena, sphere, discipline, sector, section, region, province, world

unprecedented /ʌnˈprɛsɪdəntɪd/: never done or known before – chưa từng có

synonyms: unparalleled, unequalled, unmatched, unrivaled, without parallel, without equal

stature /ˈstætʃə/: the good reputation a person or organization has, based on their behaviour and ability – địa vị, danh tiếng, tầm ảnh hưởng

synonyms: reputation, repute, standing, status, position, prestige, distinction, illustriousness, eminence, preeminence, prominence, importance, import, influence

venture /ˈventʃə/: a business enterprise involving considerable risk – đầu tư mạo hiểm

revenue /ˈrevɪnju:/ : money that a company receives, especially from selling goods or services – doanh thu

visualise /ˈvɪzjʊəlaɪz/: form a mental image of; imagine – nhìn thấy được, tưởng tượng

pertain to sth /pɜːˈteɪn/: to relate to or have a connection with something – gắn liền với, liên quan đến

forthcoming /fɔːθˈkʌmɪŋ/: happening soon

synonyms: available, made available, ready, at hand, accessible, obtainable, at someone's disposal, on offer

astute /əˈstjuːt/: able to understand a situation quickly and see how to take advantage of it – nhanh nhạy, tinh khôn

manner /ˈmænə/: a way in which a thing is done or happens - cách

constituent /kənˈstɪtjʊənt/: a voter (= person who can vote) in a particular area of the country – người dân, cử tri

medical care programmes. Governments have traditionally given their senior health official the title of 'Minister for Health', when in fact this officer has functioned as 'Minister for Sickness and the Construction of Hospitals'. Government focus simply has to change. If the change is not **brought about** for philosophical reasons, it will occur naturally, because insufficient funding will be available to address the ever-increasing costs of medical support.

Graduates of human movement, exercise science and sport science have the potential to become major players in this shift in policy focus. It is these graduates who already have the skills, knowledge and understanding to initiate community health education programmes to reduce **cardio-vascular** disease, to reduce medical dependency upon diabetes, to improve workplace health leading to increased productivity, to initiate and promote programmes of activity for the elderly that reduce medical dependency, and to maintain an active lifestyle for the unemployed and disadvantaged groups in society. This is the graduate that governments will be calling upon to shift the community focus from medical dependency to healthy lifestyles in the decades ahead.

The career paths of these graduates are developing at a pace that is not evident in other professions. The contribution that these graduates can make to society, and the recognition of this contribution is at an unprecedented high, and all indications are that it will continue to grow.

bring about: to make something happen
ever-increasing càng ngày càng gia tăng

cardiovascular /'kɑːdiəʊ'væskjələ/: relating to the heart and blood vessels (= tubes that carry blood around the body)

tim mạch

dependency /dɪ'pendənsi/ sự phụ thuộc

diabetes /ˌdaɪə'biːtiːz/ béo phì

Australia's sporting success



A

They play hard, they play often, and they play to win. Australian sports teams win more than their fair share of titles, demolishing rivals with seeming ease. How do they do it? A big part of the secret is an extensive and expensive network of sporting academies underpinned by science and medicine. At the Australian Institute of Sport (AIS), hundreds of youngsters and pros live and train under the eyes of coaches. Another body, the Australian Sports Commission (ASC), finances programmes of excellence in a total of 96 sports for thousands of sportsmen and women. Both provide intensive coaching, training facilities and nutritional advice.

B

Inside the academies, science takes centre stage. The AIS employs more than 100 sports scientists and doctors, and collaborates with scores of others in universities and research centres. AIS scientists work across a number of sports, applying skills learned in one - such as building muscle strength in golfers - to others, such as swimming and squash. They are backed up by technicians who design instruments to collect data from athletes. They all focus on one aim: winning. 'We can't waste our time looking at ethereal scientific questions that don't help the coach work with an athlete and improve performance,' says Peter Pricker chief of science at AIS.

C

more than one's fair share of sth: used for emphasizing that an amount is very large

title: the position you get by beating all other competitors in a sports competition – chức vô địch

demolish /di'mɒlɪʃ/: to easily defeat someone

seeming : appearing to be real or true, but not necessarily being so – có vẻ

underpin /ˌʌndə'pɪn/: to give support to something or provide the starting point from which something can develop – làm nền tảng

pro /prəʊ/: [INFORMAL] a person who plays a sport as a job rather than as a hobby

collaborate with /kə'læb.ə.reɪt/: to work with someone else for a special purpose

scores: a lot of things or people

squash /skwɒʃ/: a game played between two or four people on a special closed playing area that involves hitting a small rubber ball against a wall – bóng quần

back up : to support or help someone

ethereal /i(:)'θɪəriəl/ : light and delicate, especially in an unnatural way

A lot of their work **comes down to** measurement - everything from the exact angle of a swimmer's dive to the **second-by-second** power output of a **cyclist**. This data is used to **wring** improvements out of athletes. The focus is on individuals, **tweaking** performances to **squeeze** an extra **hundredth of** a second here, an extra millimetre there. No gain is too slight to bother with. It's the tiny, gradual improvements that add up to world-beating results. To demonstrate how the system works, Bruce Mason at AIS shows off the **prototype** of a 3D **analysis tool** for studying swimmers. A wire-frame model of a champion swimmer **slices** through the water, her arms moving in slow motion. Looking **side-on**, Mason measures the distance between **strokes**. From above, he analyses how her **spine swivels**. When **fully developed**, this system will enable him to build a biomechanical profile for coaches to use to help budding swimmers. Mason's contribution to sport also includes the development of the SWAN (SWimming ANalysis) system now used in Australian national competitions. It collects images from digital cameras running at 50 frames a second and breaks down each part of a swimmer's performance into factors that can be analysed individually - stroke length, stroke frequency, average duration of each stroke, velocity, start, lap and finish times, and so on. At the end of each race, SWAN spits out data on each swimmer.

D

Take a look,' says Mason, pulling out a sheet of data. He points out the data on the swimmers in second and third place, which shows that the one who finished third actually swam faster. So why did he finish 35 hundredths of a second down? 'His turn times were 44 hundredths of a second behind the other guy,' says Mason. 'If he can improve on his turns, he can do much better.' This is the kind of accuracy that AIS scientists' research is bringing to a range of sports. With the Cooperative Research Centre for Micro Technology in Melbourne, they are developing **unobtrusive** sensors that will be **embedded** in an athlete's clothes or running shoes to monitor heart rate, sweating, heat production or any other factor that might have an impact on an athlete's ability to run. There's more to it than simply measuring performance. Pricker gives the example of athletes who may be down with coughs and colds 11 or 12 times a year. After years of experimentation, AIS and

come down to : If a situation or decision comes down to something, that is the thing that influences it most

second-by-second: as each second passes

wring /rɪŋ/ = **squeeze**: vặn, vắt

tweak /'twi:k/: to change slightly, esp. in order to make something more effective or correct

squeeze /skwi:z/: **hundredth of** = 1/100

prototype /'prəʊtəʊtaɪp/: the original model of something from which later forms are developed – nguyên mẫu

slice : [FIGURATIVE] to easily cut through something – lao vút

side-on: from or on the side

stroke: a method of swimming – kiểu bơi

spine /spain/: the line of bones down the centre of the back that provides support for the body and protects the spinal cord – xương sống

swivel /'swɪvl/: turn around a central point in order to face in another direction – xoay, quay

unobtrusive /ˌʌnəb'truːsɪv/: not noticeable; seeming to fit in well with the things around - ẩn, kín đáo

synonyms: **self-effacing, retiring, unassuming, modest, demure, quiet, meek, humble**

be embedded in /ɪm'bedɪd/: existing or firmly attached within something or under a surface – được gắn/đặt trong

<p>the University of Newcastle in New South Wales developed a test that measures how much of the immune-system protein immunoglobulin A is present in athletes' saliva. If IgA levels suddenly fall below a certain level, training is eased or dropped altogether. Soon, IgA levels start rising again, and the danger passes. Since the tests were introduced, AIS athletes in all sports have been <u>remarkably successful at staying healthy</u>.</p>	<p>immune-system /ɪˈmjuːn-ˈsɪstɪm/: hệ thống miễn dịch</p> <p>immunoglobulin : Globulin miễn dịch</p> <p>saliva /səˈlaɪvə/: the liquid produced in your mouth to keep the mouth wet and to help to prepare food to be digested – nước bọt</p>
<p>E</p> <p>Using data is a complex business. Well before a championship, sports scientists and coaches start to prepare the athlete by developing a 'competition model', based on what they expect will be the winning times. 'You design the model to make that time,' says Mason. 'A start of this much, each free-swimming period has to be this fast, with a certain stroke frequency and stroke length, with turns done in these times. 'All the training is then geared towards making the athlete hit those targets, both overall and for each segment of the race. Techniques like these have transformed Australia into arguably <u>the world's most successful sporting nation</u>.</p>	<p>championship: a high-level competition to decide who is the best, especially in a sport - giải vô địch</p>
<p>F</p> <p>Of course, there's nothing to stop other countries copying - and many have tried. Some years ago, the AIS unveiled coolant-lined jackets for endurance athletes. At the Atlanta Olympic Games in 1996, these sliced as much as two per cent off cyclists' and rowers' times. Now everyone uses them. The same has happened to the 'altitude tent', developed by AIS to replicate the effect of altitude training at sea level. But Australia's success story is about more than easily copied technological fixes, and up to now no nation has replicated its all-encompassing system</p>	<p>unveil /ʌnˈveɪl/: to show or introduce something new or make it known publicly for the first time</p> <p>coolant-lined jacket: áo khoác có lớp lót làm mát</p> <p>rower /ˈrəʊə/: someone who rows a boat, especially as a sport</p> <p>altitude /ˈæltɪtjuːd/ cao độ</p> <p>replicate: sao chép, tái tạo /ˈrepləˌkeɪt/</p> <p>fix /fɪks/: a solution to a problem</p> <p>encompassing /ɪnˈkʌmpəsɪŋ/: including different types of thing - toàn diện</p>

Anesthesiology



Since the beginning of time, man has sought natural remedies for pain. Between 40 and 60 A.D., Greet **physician** Dioscorides traveled with the Roman armies, studying the medicinal properties of plants and minerals. His book, De materia medica, written in five volumes and translated into at least seven languages, was the primary reference source for physicians for over sixteen centuries. The field of **anesthesiology**, which was once nothing more than a list of medicinal plants and **makeshift** remedies, has grown into one of the most important fields in medicine.

Many of the early pain relievers were based on myth and did little to relieve the suffering of an ill or injured person. The mandragora (now known as the mandrake plant) was one of the first plants to be used as an anesthetic. Due to the **apparent** screaming that the plant made as it was pulled from the ground, people in the Middle Ages believed that the person who removed the mandrake from the earth would either die or go insane. This **superstition** may have resulted because the split root of the mandrake resembled the human form. In order to pull the root from the ground, the plant collector would loosen it and tie the stem to an animal. It was believed that the safest time to uproot a mandrake was in the moonlight, and the best animal to use was a black dog. In his **manual**, Dioscorides suggested boiling the root with wine and having a man drink the **potion** to remove **sensation** before cutting his flesh or burning his skin. Opium and Indian hemp were later used to **induce sleep** before a painful procedure or to relieve the pain of an illness.

since the beginning of time: từ lúc khởi thủy, từ thuở ban sơ

physician /fɪˈzɪʃən/: a medical doctor, especially one who has general skill and is not a surgeon – thầy thuốc, bác sĩ

anesthesiology /æn.əs.θiː.ziˈɒl.ə.dʒi/: the science and practice of giving anaesthetics (= substances to stop patients feeling pain, for example during operations) – gây mê

makeshift /ˈmeɪkʃɪft/: temporary and of low quality, but used because of a sudden need – tạm thời, tạm bợ

apparent /əˈpærənt/: seeming to exist or be true – dường như, có vẻ

superstition /ˌsjuːpəˈstɪʃən/: belief that is not based on human reason or scientific knowledge, but is connected with old ideas about magic, etc. – sự mê tín

manual /ˈmæn.ju.əl/: a book that gives you practical instructions on how to do something or how to use something

potion: a liquid that is believed to have a magical effect on someone who drinks it – thần dược

sensation /sɛnˈseɪʃən/: the ability to feel something physically, especially by touching

induce sleep /ɪnˈdjuːs/: dẫn/ru ngủ, gây buồn ngủ

Other remedies such as cocaine did more harm to the patient than good as people died from their addictions. President Ulysses S. Grant became addicted to cocaine before he died of throat cancer in 1885.

The modern field of anesthetics dates to the incident when nitrous oxide (more commonly known as laughing gas) was accidentally discovered. Humphrey Davy, the inventor of the miner's lamp, discovered that inhaling the toxic compound caused a strange euphoria, followed by fits of laughter, tears, and sometimes unconsciousness. U.S. dentist, Horace Wells, was the first on record to experiment with laughing gas, which he used in 1844 to relieve pain during a tooth extraction. Two years later, Dr. William Morton created the first anesthetic machine. This **apparatus** was a simple glass globe containing an ether-soaked **sponge**. Morton considered ether a good alternative to nitrous oxide because the numbing effect lasted considerably longer. His apparatus allowed the patient to inhale vapors whenever the pain became unbearable. In 1846, during a trial experiment in Boston, a **tumor** was successfully removed from a man's jaw area while he was anesthetized with Morton's machine.

The first use of anesthesia in the **obstetric** field occurred in Scotland by Dr. James Simpson. Instead of ether, which he considered **irritating** to the eyes, Simpson administered chloroform to reduce the pain of childbirth. Simpson **sprinkled** chloroform on a handkerchief and allowed laboring women to inhale the fumes at their own discretion. In 1853, Queen Victoria agreed to use chloroform during the birth of her eighth child. Soon the use of chloroform during childbirth was both acceptable and fashionable. However, as chloroform became a more popular anesthetic, knowledge of its toxicity surfaced, and it was soon **obsolete**.

After World War II, numerous developments were made in the field of anesthetics. Surgical procedures that had been unthinkable were being performed with little or no pain felt by the patient. Rather than physicians or nurses who administered pain relief as part of their profession, anesthesiologists became specialists in **suppressing** consciousness and alleviating pain. Anesthesiologists today are classified as **perioperative** physicians, meaning they take care of a patient before, during, and after surgical procedures. It takes

euphoria /ju(:)'fɔ:riə/: a feeling of extreme happiness or confidence – hưng phần, phởn, phê :v

extraction /'ɪks'trækʃən/: the process of removing something, especially by force

apparatus /'æpə'reitəs/: the technical equipment or machinery needed for a particular activity or purpose

synonyms: equipment, gear, rig, tackle, gadgetry, paraphernalia

sponge /spʌndʒ/ miếng bọt biển, miếng xốp

numbing effect /'nʌmɪŋ/ tác dụng/ảnh hưởng gây mê, gây tê

tumor /'tju:mə/: a mass of cells in the body that grow faster than usual and can cause illness – cái bướu

obstetric /'ɒb'stetrɪk/ sản khoa

irritating /'ɪrɪteɪɪŋ/: making you feel annoyed - kích ứng

sprinkle /'sprɪŋkl/: to drop a few pieces or drops of something over a surface – rắc, rải, vảy

discretion /dɪs'krɛʃən/: the right to choose something, or to choose to do something

obsolete /'ɒbsəli:t/: not in use any more, having been replaced by something newer and better or more fashionable – lỗi thời

suppress /sə'pres/: to end something by force

perioperative /,per.i'ɒp.ər.ə.tɪv/: relating to the time before, during, and after a surgical operation

Why is football the most popular sport in the world?



Why is football popular? What makes so many of us forget our surroundings and immerse ourselves in this sport – be it watching or playing it or both? After all, it is just a case of twenty players trying to find a way to get the ball into the opposition net and two others trying to stop a goal (*oversimplification at its best, it is not?*).

There are a host of reasons to explain the popularity of the game, not least of it being the reach afforded to it thanks to international broadcasts and the advent of online streaming.

SIMPLICITY

Football is a fairly simple game to comprehend when you start watching. Two teams on the pitch, 11 men/women on each team; the sole objective is to score one more goal than the opponent.

Sure, there are the **off-sides**, **corners**, rules for yellow/red cards and other technical aspects but all these can be understood and learnt in time. At the outset, all you need to know is the goal-scoring aspect and this is not difficult for a **newbie** to catch on to.

immerse ourselves in /ɪˈmɜːs/ đắm chìm vào

advent /ˈædvənt/: the arrival of a notable person, thing, or event. – sự ra đời

synonyms: arrival, appearance, emergence, materialization, surfacing, occurrence, dawn, origin, birth, rise, development

pitch /pɪtʃ/: an area painted with lines for playing particular sports, especially football

off-side: the fact of occupying an unlawful position on the field – lỗi việt vị

corners – phạt góc

in time: in the course of time; eventually

the outset: the beginning

newbie /ˈnjuː.bi/ : someone who has just started doing an activity, a job, etc

catch on to sth: understand sth

DURATION

A game lasts 90 minutes – less than the average running time of a movie and offers a visual treat like no other. In an age of instant gratification and decreasing attention span, the limited time offers a refreshing change.

Also, no commercial interruptions every five minutes trying to **showcase** the latest razor/beer/whatever else there is to sell – surely a bonus?

ACCESSIBILITY

The game enjoys wide television coverage, with the World Cup broadcast in over 200 countries and the final watched by over a billion people!

The English Premier League is the most widely covered and the TV rights offered to the clubs are worth multi-million pounds; La Liga, Bundesliga and Serie A have their own sets of star attractions, competitiveness and Champions League titles and are trying their best to seduce the modern football fan with their recent successes.

AVAILABILITY

Football is played all year round – either at association level (club football) or at international level. There are local as well as European **leagues** and **championships** to watch, player sales to **keep tabs on** during the **transfer windows**, pre-season games where the best in the world could come play in your city and then of course, the mother of it all – the World Cup every four years.

In addition to this the Euros, Copa America are all prestigious competitions in their **respective demographics** and cause **frenzy** among the international audience tuning in.

COLONIAL IMPERIALISM AND LOCAL LEAGUES

There is an undeniable influence of the colonial culture in establishing a deep-seated affection for the sport in the 19th century, as European rule extended beyond the continent's borders.

In nations where there was no dominant local sport, there was an **untapped** opportunity to set up the base for football.

Today, over 50 countries worldwide have their own local leagues which are popular nationally and often multi-**tiered**. The nature of said system inspires a fierce sense of loyalty owing to regional belonging, love for a player etc.

gratification /ˌgrætɪfɪˈkeɪʃən/: pleasure or satisfaction, or something which provides this – sự thỏa mãn

instant gratification – sự thỏa mãn tức thời

showcase /ˈʃəʊkeɪs/: to show the best qualities or parts of something – giới thiệu, quảng cáo

coverage /ˈkʌvərɪdʒ/: the reporting of a particular important event or subject – tin tức, đưa tin

league /liːg/: a group of teams or players in a sport who take part in competitions against each other – liên đoàn

championship /ˈtʃæmpɪənʃɪp/ giải vô địch

keep tabs on sth/sb /tæb/: to watch something or someone carefully – dõi theo

transfer window: a short period within the football season during which clubs can buy and sell players – kỳ

respective /rɪsˈpektɪv/: relating or belonging to each of the separate people or things you have just mentioned – tương ứng

demography /diːˈmɒɡrəfi/: the number and characteristics of people in a particular area, for example, their ages, sex, and whether or not they are married

frenzy /ˈfrenzi/: uncontrolled and excited behaviour or emotion that is sometimes violent

tune in /tjuːn/: to watch or listen to a particular television or radio programme or station

colonial /kəˈləʊ.ni.əl/ (adj): thực dân, thuộc địa

imperialism /ɪmˈpiəriəlɪzəm/: a system in which a country rules other countries, sometimes having used force to get power over them – chủ nghĩa đế quốc

untapped /ˌʌnˈtæpt/: not yet used or taken advantage of

tiered /tɪəd/: having a particular number of tiers (= layers or levels)

COST-EFFECTIVE AND INCLUSIVE

Kicking a ball around comes at almost zero cost when you start playing. Unlike other sports, it does not require expensive gadgets and accessories – unless you decide to go pro, of course, at which point the club will foot all expenses.

The game does not discriminate on the basis of gender, with the women's game also an **enticing avenue** of talented players. Size, height, nationality, race are all immaterial as long as the individual possesses skills and passion to play, combined with pace (optional, again), agility and awareness of surroundings.

THE BEAUTY OF THE GAME

It would be an **understatement** to say that sporting legends and iconic figures have featured for the game, whether on the pitch or as part of the coaching staff or both. Be it the Dutch 'total football' or the 'pass and move' of the Spaniards, the English fight-to-the-finish or the Italian keep-them-at-bay-at-all-costs, there are fans who enjoy each of these variants across the world.

'HANDED DOWN'

While some of us started out afresh, there are many whose parents/uncles/aunts/cousins have been fans of the game for generations.

Loyalties are passed down like a treasured family heirloom and if you dare to choose a different/opposing team, you are likely **disowned** at least for the duration of the game (and during the course of any arguments/debates related to it thereafter).

SPORTING ICONS

For generations, we have been **enamoured** watching the likes of Alfredo Di Stefano, Diego Maradona, Johann Cruyff, Zinedine Zidane, Ronaldo, Ronaldinho Gaucho, Thierry Henry, Andrea Pirlo, Leo Messi, Cristiano Ronaldo, Kun Aguero and other tearing the defence apart before going through on goal.

There is an equally long and worthy list of world-class defenders and goalkeepers who gave these attackers nightmares. It is virtually impossible to make a list of players who have influenced our lives in ways small or big, which eventually makes us want to watch them over and over again.

90 MINUTES OF ALTERNATE REALITY

gadget /'gædʒɪt/ machine

pro /gəʊ prəʊ/ : [INFORMAL] a person who plays a sport as a job rather than as a hobby

enticing /ɪn'taɪsɪŋ/: attractive or tempting; alluring

avenue /'æv.ə.nju/ đại lộ, con đường, cách thức

understatement /ˌʌndə'steɪtmənt/: a statement that describes something in a way that makes it seem less important, serious, bad, etc. than it really is, or the act of making such statements – nói nhẹ, nói giảm nói tránh

hand down lưu truyền

afresh /ə'frɛʃ/: again, esp. from a new beginning

heirloom /'eəlu:m/: a valuable object that has been given by older members of a family to younger members of the same family over many years – gia truyền, gia bảo

disowned /dɪs'əʊnd/: no longer having any connection with someone that you were closely connected with – bị chối bỏ, xa lánh, thành người xa lạ

enamoured /ɪ'næməd/: liking something a lot

defender /dɪ'fendə/ hậu vệ

alternate /ɔ:l'tɜ:nɪt/: with first one thing, then another thing, and then the first thing again – luân phiên

During his first interview after being appointed as Liverpool's coach in October 2015, Jurgen Klopp said:

Football is not important – we don't save lives, we are not doctors – the fans can forget their problems for 90 minutes. The fans can talk about the game for days, and that is why I try to be as close as possible to the fans, it's why I love this job so much.

It may seem simplistic and somewhat naive but there is a lot of truth to this statement. Football is a wonderful, **engaging** distraction – a welcome relief from **the rigours of** everyday routines, chores and stress (*it is admittedly stressful if your team loses or is in trouble but that is a different discussion*). In **rooting for** your team, it offers a chance to be associated with the best from across the world. Not too bad, eh?

The most popular sport in the world is fast, **dynamic**, adaptive, inclusive and **thrilling**, taking us on a journey of ups and downs over the course of an hour-and-half. It is this diversity and nature of the game that makes it so appealing to the inhabitants over the expanse of our planet.

engaging /ɪnˈɡeɪdʒɪŋ/: pleasant, attractive, and charming – hấp dẫn, lôi kéo

the rigours of /ˈrɪɡə/: the unpleasant or severe conditions of something

root for /ru:t/ = support: cổ vũ cho

If you root for/ support a sports team or a sports player, you want them to win, and might show it by going to watch them play

dynamic /daɪˈnæmɪk/: continuously changing or developing – năng động, sôi nổi, không ngừng phát triển

thrilling /ˈθrɪlɪŋ/ : extremely exciting

8 Reasons Why the Rich Play Golf



1. YOUR BEST DAYS ARE STILL AHEAD:

Few rich people are in their physical prime. Fortunately for them, golf is a test of feel and skill more than physical fitness, so one can still achieve a personal best in their 50s and 60s.

2. THE BARRIER TO ENTRY IS HIGH: In golf, your competitive advantages are technique and experience — things that rich people can get. If you've paid for lessons, equipment, and many rounds on the course, a young athletic challenger with less experience is unlikely to be better than you.

3. IT'S SAFE: Unlike biking and skiing (other sports that rich people are into), the probability of getting injured while playing golf is extremely low.

4. YOU COMPETE AGAINST YOURSELF: Rich people tend to be super competitive, and they hate losing. In golf, no one is directly trying to prevent you from doing what you want to do.

5. OCCASIONAL GREAT SHOTS: A normal person will never throw a 100 mph **fastball** or **dunk** a basketball, but a **barely-athletic** 60-year-old can make a **hole-in-one** that he can tell all his rich friends about.

6. LEGITIMACY: Rich people care about doing things that are high-quality and **legitimate** - they don't care about excelling in something that doesn't matter. A sport that's covered on ESPN's front page, sponsored by Rolex, features multi-million dollar athletes, and involves major athletic brands (Nike, Adidas) is legitimate sport. There aren't many

prime /praɪm/: the period in your life or your job when you are most active or successful

barrier to entry – rào cản gia nhập

fastball : a type of very fast throw in baseball

dunk /dʌŋk/ ALSO slam dunk: to jump up and force a basketball down through the net in order to score

barely: by the smallest amount; only just

athletic: strong, healthy, and good at sports
thể thao, khỏe mạnh, lực lưỡng, đồ

a hole-in-one: in golf, an occasion when someone's ball goes into the hole the first time they hit it

<p>other sporting options available to rich people that are legitimate sports, while offering safety, bragging rights, and a chance to excel.</p> <p>7. IT'S CHALLENGING: Many rich people became rich because they accomplished the impossible for their entire careers. With golf, the set of considerations (risk/reward, swing mechanics, personal tendencies) makes it challenging strategically, physically, and emotionally.</p> <p>8. <u>IT'S CONVENIENT TO PRACTICE</u>: Rich people <u>have busy schedules</u>, but with golf, you don't need to coordinate with a friend, you don't need to drive far, and you can practice pretty much anytime your local driving range is open - even if it's dark</p>	<p>legitimate /lɪˈdʒɪtɪmət/ : reasonable and acceptable – chính thống</p> <p>excel in: to be extremely good at something</p> <p>bragging rights: the opportunity to speak proudly because you have done something impressive</p> <p>coordinate with sb/sth //kəʊˈɔː.dɪ.neɪt/ to work together with another person or organization in order to achieve something- hợp tác</p>
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Listening

Free activities in the Burnham area



MARTIN:

Good morning. This is Burnham tourist office, Martin speaking.

SUE:

Oh, hello. I saw a poster about, and it said people should phone you for information. I'm coming to Burnham with my husband and two children for a few days on June the 27th, or possibly the 28th,

MARTIN:

Yes, of course. OK. Then let's start with a couple of The art gallery is holding an event called 'Family Welcome' that day, when there are activities and trails to use throughout the gallery.

SUE:

That sounds interesting.?

MARTIN:

The gallery opens at 10, and the 'Family Welcome' event The gallery stays open until 5. And several times during the day, they're going to show a short film that the gallery has produced. It, and there'll be equipment and materials for children to have a go themselves. Last time they ran the event, there was a film about painting, which, and they're now working on one about sculpture

SUE:

I like the sound of that. And what other events happen in Burnham?

MARTIN:

Well, do you all?

SUE:

Oh, yes.

MARTIN:

Well there are several free concerts taking place at different times - one or two in the morning,, and a couple in the evening. And they range from pop music to Latin American.

SUE:

MARTIN:

The Latin American could be fun. What time is that?

It's being repeated several times, in different places. They're performing in the central library at 1 o'clock, , and in the evening at 7.30 there's a longer concert, in the theatre.

SUE:

Right. I'll suggest that to

MARTIN:

Something else you might be interested in is the

SUE:

Oh, yes, do tell me about that.

MARTIN:

The race starts at Òfford Marina , to the north of Burnham, and goes as far as

Summer Pool. The best place to watch it from is Charlesworth Bridge, though that does get rather crowded.

SUE:

And who's taking part?

MARTIN:

Well local boat clubs, but the standard is very high.....

- it was the first time a team from Burnham has won. It means that next year they'll be representing the region in the national championship.

SUE:

Now I've heard something about Paxton Nature Reserve. It's a good place for

?

MARTIN:

That's right - throughout the year. There is a lake there, as well as a river, and they provide a very attractive habitat. So it's a good idea to bring binoculars if you have them. And just at the moment you can see - the soil at Paxton isn't very common. They're looking good right now.

SUE:

Right. My husband will be particularly interested in that.

MARTIN:

And there's going to be a talk and - and you'll be able to go out. and pick some afterwards and study the different varieties.

SUE:

Uhuh. And is it possible for?

MARTIN:

Yes.
 It's very shallow, and there's a lifeguard on duty whenever it's open. The lake is too deep,

SUE:

OK, we must remember to bring their swimming things, in case we go to Paxton. How long does it take to get there by car from Burnham?

MARTIN:

About 20 minutes,, so it's usually much easier to go by bus - and it takes about the same time.

SUE:

Right. Well, I'll discuss with the rest of the family. Thanks very much for all your help.

MARTIN:

You're welcome.

SUE:

Goodbye.

MARTIN:

Bye.

Questions 1-6

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

Free activities in the Burnham area

Example

The caller wants to find out about events on

A 27 June.

B 28 June.

C 29 June.

1 The 'Family Welcome' event in the art gallery begins at

A ☐ 10 am.

B ☐ 10.30 am.

C ☐ 2 pm.

2 The film that is now shown in the 'Family Welcome' event is about

A ☐ sculpture.

B ☐ painting.

C ☐ ceramics.

3 When do most of the free concerts take place?

A ☐ in the morning

B ☐ at lunchtime

C ☐ in the evening

4 Where will the 4 pm concert of Latin American music take place?

A ☐ in a museum

B ☐ in a theatre

C ☐ in a library

5 The boat race begins at

- A ☐ Summer Pool.
- B ☐ Charlesworth Bridge.
- C ☐ Offord Marina.
- 6 One of the boat race teams
- A ☐ won a regional competition earlier this year.
- B ☐ has represented the region in a national competition.
- C ☐ has won several regional competitions.

Questions 7-10

Complete the sentences below.

Write **ONE WORD ONLY** for each answer.

Paxton Nature Reserve

- 7 Paxton is a good place for seeing rare all year round.
- 8 This is a particularly good time for seeing certain unusual .
- 9 Visitors will be able to learn about and then collect some.
- 10 Part of the has been made suitable for swimming.

Health club customer research



Oh, excuse me, I wonder if you'd have the time to take part in some market research?

Umm ... What's it about?

About It'll take less than five minutes.

Oh ... OK then ... as long as it's quick.

Can I start by taking your name?

It's

Yes.

Great, thanks ... And what do you do for a living?

Well,at the moment.

I understand, but that's the job I'll put down on the form. And would you mind my asking? Below thirty, thirty-one to fifty and above.

.....

Great, thanks. And which type of membership do you have?

Sorry, I'm not sure what you mean? Do you mean how long ... ?

No, is it ?

Oh right ... no, it's

Thanks and how long have you been a member?

Oh ... let me see ... I was certainly here five years ago ... and it was probably two to three years more than that ...

Shall I put down eight?

I remember now

No problem ... I've got that. And the last question in this first part is,?

Sorry ... ?

How did you find out about the club? Did you see any ads?

Woman: Well, I did actually but I have to say I wasn't really
It was through word of mouth.

Man: So you were recommended by a friend?

Woman:and he said
the club was very supportive of people with that condition, so I signed up.

Man: Great ... thanks.

Now for the second part of the form I want to ask a bit more about
.....

Sure.

How often would you say you use the club ... ?

It varies how busy I am.

Of course ... but on average ... per month?

I'd say it averages out at twice a week.

OK, so eight on average.

Yeah. And four of those are aqua-aerobics classes.

That leads me to the next question ... would you say
.....?

Fair to say that ... yeah.

Right, thanks ... And are there any facilities you don't use?

One area I realise I've never used is the tennis courts ... and there's one simple reason for that ...

You don't play tennis?

Actually, I'm not bad at it ... it's that for that **privilege**.

I've made a note of that ... thanks. Now in the last section are there
anyyou have for **improvements** to the club?

Only about health and fitness?

Anything at all ...

Well, it isn't just a question of getting together for games or
classes but other things, you know.

Yes, sure.

And another thing that I was thinking when I had myin the gym
last night - we were all sweltering in the heat - was that I think

That's exactly what I mean. The rooms are reallybut they do
need proper installations.

Sure ... well I've

Good.

... so is there anything else you'd like to suggest ... about quality of service, for example?

Oh, everyone's very nice here ... they couldn't be more friendly and helpful ... oh but I tell you what ...
.....in the evening on
Saturday ... and Sunday as well for that matter.

So ... the club should ...

... open it later on those days.

OK . well thank you very much, that's all the questions.

Questions 1-10

Complete the form below.

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

Health club customer research

Example	Answer
Name:	Selina Thompson
Occupation:	1 <input type="text"/>
Age group:	2 <input type="text"/>
Type of membership:	3 <input type="text"/>
Length of membership:	4 <input type="text"/> years
Why joined:	Recommended by a 5 <input type="text"/>
Visits to club per month:	Eight (on an average)
Facility used most:	6 <input type="text"/>
Facility not used (If any):	Tennis courts (because reluctant to 7 <input type="text"/>)
Suggestions for improvements:	Have more 8 <input type="text"/>
	Install 9 <input type="text"/> in the gym.
	Open 10 <input type="text"/> later at weekends.

Adbourne Film Festival



Today we're pleased to have on the show Fatima Johnson who is the organiser of the Adbourne Film Festival. Welcome, Fatima.

Hello.

Can you tell us a bit aboutto the festival and what it brings to the town? Well the festival was started in nineteen ninety six by the then Mayor of Adbourne, Joanne Smith. She wasn't aherself - she'd actually been a very energetic tourism development officer for many years - but Adbourne had runwhich had been becoming less and less popular in recent years ... Joanne was looking around for something to replace it and to

Great. So tell us about the festival nowadays ...

Well, it's held in the last two weeks of August every years from all over the world are shown in three places - in the theatre and our two cinemas. Several films are shown inand the whole thing lasts about ninety minutes.

Performances are advertised all round town and also on our websitewww.adbournefest.com. If you're interested in attending any performances

....., which is right next to the main shopping area - I'm afraid this year, tickets are no longer available from either of the two cinemas because of

I understand you also run a film competition?

Yes, for under eighteens. We have a every year. Last year for example, the theme was 'Future Planet' and the winner was a ten minute documentary encouraging youngsters to be more aware of environmental issues,

..... This year the theme is 'Sporting Nation' - so there'll also be lots of ideas to choose from. Now we're always on the look-out forso if you live in the Adbourne area and are under eighteen, you should have a go. We have an excellent prize every

year, - shops, hotels etc. This year you can win
..... worth over eight hundred
pounds. Application forms are on the website and the deadline for sending in your film to
..... It's May now so you'll
have the whole of June to be working on it!

And what are the judges looking for?

Well, although we choose very topical issues like the environment, we're not looking for **propaganda** -
you know, trying to get people to do
something.

.... And of course, because it's a short-film festival, it's not really about a fully worked story with well-
rounded characters, it's more about conveying things visually.

And who judges the films?

A panel of three people who know a lot about film. We've used the same judges for many years and
we're very happy with their expertise. One thing we probably will change next year though
is

..... We'll keep it at a maximum of ten minutes
though ... the length works well for our festival. We also want to
use

..... It might make performances more accessible to a wider audience. We did explore
the possibility of having late-night showings but that's unlikely to happen in the coming year.

So, as I say, if anyone's interested in submitting a film for our competition, go onto our website and
you'll be able ...

Questions 1-6

You will hear a talk on local radio about a 'short film' festival in the town of Adbourne.

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

Adbourne Film Festival

1 Why was the Film Festival started?

- A ☐ To encourage local people to make films.
- B ☐ To bring more tourists to the town.
- C ☐ To use money released from another project.

2 What is the price range for tickets?

- A ☐ £1.00-£2.50
- B ☐ 50p - £2.00
- C ☐ £1.50-£2.5

3 As well as online, tickets for the films can be obtained

- A ☐ from the local library.
- B ☐ from several different shops.
- C ☐ from the two festival cinemas.

4 Last year's winning film was about

- A ☐ farms of the future.
- B ☐ schools and the environment.
- C ☐ green transport options.

5 This year the competition prize is

- A ☐ a stay in a hotel.
- B ☐ film-making equipment.
- C ☐ a sum of money.

6 The deadline for entering a film in the competition is the end of

- A ☐ May.
- B ☐ June.
- C ☐ July.

Questions 7-8 Listen from here

Choose **TWO** letters, **A-E**.

What **TWO** main criteria are used to judge the film competition?

- A ☐ Ability to persuade.
- B ☐ Quality of the story.
- C ☐ Memorable characters.
- D ☐ Quality of photography.
- E ☐ Originality.

Questions 9-10 Listen from here

Choose **TWO** letters, **A-E**.

What **TWO** changes will be made to the competition next year?

- A ☐ A new way of judging.
- B ☐ A different length of film.
- C ☐ An additional age category.
- D ☐ Different performance times.
- E ☐ New locations for performances.

Theatre Studies Course



Hi, Rob. How's the course going?

Oh, hi, Mia. Yeah, great. I can't believe the first term's nearly over.

I saw your group's

.....

Really? Yeah ... but now we have to write a report on the whole thing, an in-depth analysis. I don't know where to start. Like, I have to write, how I developed the character.

Well, what was your starting point?

Er... my grandfather was, and I just based it on him.

OK, but how? Did you talk to him about it?

He must have all sorts of stories, but he never says, even now. He has a sort of authority though.

So how did you manage to capture that?

I'd
.....
.....

OK, so that's what you explain in your report.

Right.

Then there's the issue of atmosphere - so in the first scene we needed to know how boring life was in the doctor's village in the 1950s, so when the curtain went up on the first scene in the waiting room, there was that long silence before anyone spoke.
.....

Yes, and everyone wore grey and brown, and just sat in a row.

Yes, all those details of the production.

And I have to analyse how I functioned in the group - what I found out about myself. I know I was so frustrated at times, when we couldn't agree.

Yes. So did one person emerge as the leader?

Sophia did. That was OK

-
.....

When you understood what needed doing?

Yes. And Sophia did some research, too. That was useful in developing our approach.

Like what?

Well,
.....
.....

Interesting. And did you have any practical problems to overcome?

Well, in the final rehearsal everything was going fine until the last scene - that's where the doctor's first patient appears on stage on his own.

The one in the wheelchair?

Yes, and he had this really long speech, with the stage all dark except for one spotlight

-
..... but anyway we got that fixed, thank goodness.

Yes, it was fine on the night.

But while you're here, Mia, I wanted to ask you about the year abroad option. Would you recommend doing that?

Yes, definitely: It's a fantastic chance to study in another country for a year.

I think I'd like to do it, but it looks very competitive - there's only a limited number of places.

Yes,
.....
.....

Right. So how did you choose where to go?

.....
.....
.....

Then about six months before you go, you have to email the scheme coordinator with your top three choices.

You'll find that certain places are very popular with everyone.

And don't you have to write a personal statement at that stage?

Yes.

Right.....

maybe see if I can read what they wrote.

I think that's a very good idea. I don't mind showing you what I did.

.....
.....
.....
.....

You don't want to miss out doing your preferred specialisms.

Right.

Questions 1-5

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

Theatre Studies Course

1. What helped Rob to prepare to play the character of a doctor?
A ☐ the stories his grandfather told him
B ☐ the times when he watched his grandfather working
C ☐ the way he imagined his grandfather at work

2. In the play's first scene, the boredom of village life was suggested by
A ☐ repetition of words and phrases.
B ☐ scenery painted in dull colours.
C ☐ long pauses within conversations.

3. What has Rob learned about himself through working in a group?
A ☐ He likes to have clear guidelines.
B ☐ He copes well with stress.
C ☐ He thinks he is a good leader.

4. To support the production, research material was used which described
A ☐ political developments.
B ☐ changing social attitudes.
C ☐ economic transformations.

5. What problem did the students overcome in the final rehearsal?
A ☐ one person forgetting their words
B ☐ an equipment failure
C ☐ the injury of one character

Questions 6-10

Choose FIVE answers from the box and write the correct letter, **A-G**, next to questions **6-10**.

Action

A be on time

B get a letter of recommendation

C plan for the final year

D make sure the institution's focus is relevant

E show ability in Theatre Studies

F make travel arrangements and bookings

G ask for help

Stages in doing the 'year abroad' option

6 in the second year of the course

7 when first choosing where to go

8 when sending in your choices

9 when writing your personal statement

10 when doing the year abroad