

Textaufgabe I

DON'T JUST SIT THERE: WALK, JOG, RUN

- 1 Consider the human machine in middle age: atrociously maintained, rusty from disuse. None of its parts - the bellows, the tubes, the pump - function as efficiently as they once did. The muscles have degenerated into blanchmange. If, in an emergency, the demand for air rises abruptly
- 5 from the idling requirement of six to eight quarts a minute to 100 quarts or more, the heart throbs about two to three times its customary rate, pumping blood through pipes thickened by sedimentary deposits and grown inelastic with age.
- This gruesome image has been framed in the consciousness of a great many
- 10 flabby, middle-aged Americans. And how have they reacted? They are skipping rope in a gym class, jogging around the reservoir, pedaling a wheel-less bicycle, doing push-ups on the office floor - in a tenth-hour campaign to redeem years of reprehensible physical neglect.
- From yesterday's fad, the cult of physical fitness has developed into
- 15 a national middle-aged obsession. Its manifestations are everywhere. Through numberless public parks, in every sort of weather, straggle the beflanneled registrants of Run for Your Life programs, jogging up to five miles a day. In thousands of gyms, yoga and dance studios an unprecedented tonnage of soft and mature flesh jiggles, bends, hops, kicks,
- 20 creaks and groans.
- Dwight Eisenhower's 1955 heart attack, the most highly publicized coronary occlusion¹⁾ in history, is usually cited as the trigger of this national impulse to perspire for the sake of health. Eisenhower's heart specialist, Paul Dudley White, seized his moment of national prominence
- 25 to lecture the public repeatedly on its deplorable shape, suggesting that the tone of the body has much to do with the pace of the mind. "The better the legs," said White, still bicycling today at 81, "the clearer the brain."
- There is little doubt that some triggering was necessary. For the first
- 30 time in history, a society found itself so advanced materially that human beings no longer got enough exercise in the search for sustenance. Estimates suggest that 40 million Americans have a temperamental indis-

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Hinweis zu den

TEXTAUFGABEN in den Fächern Englisch und Französisch

Aus technischen Gründen sind die Arbeitsblätter nicht in die jeweilige Textvorlage eingelegt, sondern in gleicher Anzahl und Nummernfolge beigelegt. Es wird daher gebeten, bei der Ausgabe der Textvorlagen und zugehörigen Arbeitsblätter an die Prüflinge - auch im Hinblick auf die Auswahlmöglichkeit zwischen Textaufgabe I und Textaufgabe II - besondere Sorgfalt walten zu lassen.

position to any kind of hard physical work. Research by the University of California's Dr. Hardin Jones indicates that, if the circulatory system is any clue, the average U.S. male becomes middle-aged at 25.

The question that troubles the lazy, the suspicious, the cynical and even the practical is whether all this exercise really does any good. Some claims appear extravagant. Former Detroit Lions Back²⁾ Dick Woit, who conducts a spartan exercise course for men, insists that his workouts relieve hangovers, nervous stomachs, bad tempers, potbellies, headaches and marital strife.

Whatever form exercise takes, authorities agree that there are psychological as well as physiological benefits, giving the exerciser a gratifying sense of doing something virtuous, sensible and good about his condition. What all of the experts are wholeheartedly against is nonexercise. This leaves little comfort for the many who hold that the only good exercise is lifting a glass at the end of a tense day. For them, a word must be said about the tendency to overdo: after the last glass of Pommard³⁾ with blue cheese, it is not wise to rise too rapidly from the chair. That might be too strenuous.

From: *Time*, February 23, 1968

- 1) *coronary occlusion*: sort of heart attack
 2) *Detroit Lions Back*: Dick Woit was the full-back of the 'Detroit Lions' football team
 3) *Pommard*: a red Burgundy wine

WORKSHEET: Don't Just Sit There: Walk, Jog, Run

maximum number of points attainable

I. Questions on the text

Read all the questions first, then answer them in the given order. Use your own words as far as is appropriate.

1. What image of their physical condition has alarmed a lot of middle-aged Americans? 10
2. Explain the meaning of the following expression taken from the text. Do not use the underlined words:
 "... in a tenth-hour campaign to redeem years of reprehensible physical neglect." (lines 12 to 13) 10
3. What was Paul Dudley White's intention when he lectured the public in 1955? 10
4. What are the causes for the bad physical condition of the middle-aged American? 10
5. Analyse the different attitudes towards exercise mentioned in the text. (Write about 80 words.) 20
6. How does the journalist convey his personal attitude towards the problem? Give evidence from the text with regard to arguments and tone. (Write about 80 words.) 20

II. Composition

Choose one of the following topics. Write about 120 to 150 words. 40

1. Do you think the role physical education plays in German schools is adequate? Discuss.
2. What characteristics must a person have whom young people today regard as their idol? Discuss.

III. Translation

Translate the following text into German:

40
 160

PLEASE TURN OVER

Over the centuries and across the variety of human life-styles the place of exercise and its importance for survival and well-being have varied enormously.

Athletes and Spartans have always advocated, even revered, exercise. Many more people have discovered that regular exertion can be pleasant and bring with it a sense of well-being. They want to share their discovery but coax in vain. They cannot convert those for whom physical activity is coloured by painful memories of breathlessness, aching legs, and stiffness.

In primitive times the powerful drives of hunger or fear of physical attack put a premium on physical fitness, but in the welfare state, relieved of these pressures, man appears as a naturally lazy creature. Adults have little motivation to take exercise for its own sake and the deterioration which occurs through lack of it is so slow that it passes unnoticed. Exercise influences capacity for exercise. Do nothing and soon you will be able to do nothing else.

From: E.J.Bassey/P.H.Fentem, *Exercise - The Facts*,
1981

Textaufgabe II

ALL WORK AND NO PLAY

- 1 The cries of working children can be heard the world over. The Inter-
national Labor Organization estimates that 75 million children between
8 and 15 work in the labor forces of the developing world; the United
Nations suggests that almost twice that number work worldwide. Children
5 today often labor under extremely hazardous conditions, handling
poisonous chemicals, inhaling noxious fumes, hauling excessive weights.
They are usually overworked, underfed and underpaid - if they are paid
at all. Many risk both their physical and mental well-being and surrender
their childhood so that they, and their families, can survive. Though
10 many countries have laws that forbid the use - and abuse - of children
in the work force, the ILO¹⁾ states that "there are no grounds for
optimism" that the plight of working children will improve anytime in
the near future. That our conclusion stems from one inescapable fact:
the families of most working children depend on their labors in order
15 to stay alive.
In agrarian societies, children are expected to take a place beside their
parents in the fields from the time they can walk. In industrializing
societies, the circumstances are often equally grim. "Since the step up
of industrialization, we have witnessed a huge migration from rural
20 regions," says Luiz Paschoal Marra of Brazil's Federal Welfare Insti-
tution for Minors. "But cities still lack the infrastructure to absorb
that migration. The result is poverty, and families have to count on the
efforts of all members to survive."
Only the most affluent societies regard child labor as a social problem
25 - but even there the protracted economic recession has caused some of
the moral strictures against child labor to be ignored. "I know of
many families where unemployment is present for the first time, and the
only person working is a son or a daughter," says a former British welfare
official. "Under these circumstances, it is only too easy for parents
30 to turn a blind eye to their child's illegal employment."
Because child labor means cheap labor, the young - even the very young -

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WORKSHEET: All Work and No Play

maximum number of
points attainable

are often the most employable in developing and recession-plagued economies. The director of a medium-size textile enterprise in Istanbul admits without hesitation or regret that 70 per cent of his employees
35 are between 15 and 17. "They provide the same productivity as adults," he says, "but for a fraction of the cost." A Thai factory owner finds youthful employees attractive for other reasons as well. "They are more manageable and more adept at certain kinds of jobs," he says. "Also, they don't go out and get drunk." Their legal daily minimum
40 wage is \$ 2 - but he rarely pays them that much. Children, of course, are unlikely to organize or to complain to authorities when they are overworked and underpaid. Few of these children know of their legal rights, and even fewer question their meager earnings and often dire work conditions. Instead, most are
45 grateful to be working. "There are always strings of kids waiting to take your job," says one Italian youth who works in an automotive ²⁾ spare-parts shop. "You may earn a pittance, but you put up with it." Often, however, children put up with far worse.

From: *World and Press* No. 802, 2 June 1983

- 1) *ILO*: International Labor Organization
- 2) *automotive*: concerned with motor vehicles

I. Questions on the text

Read all the questions first, then answer them in the given order. Use your own words as far as is appropriate.

1. Sum up the negative aspects of the situation children are in in many parts of the world. (Write about 90 words.) 20
2. What does the author of the text want to express in the following statements? Do not use the underlined words.
 - a) "... the ... recession has caused some of the moral strictures against child labor to be ignored." (lines 25 to 26)
 - b) "...the young ... are often the most employable in ... recession-plagued economies." (lines 31 to 33) 10
3. What connection is there - according to the text - between the different forms of human society and child labour? 20
4. What makes child labour attractive to employers? 20
5. Why does the author use so many quotations in the text? 10

II. Composition

Choose one of the following topics. Write about 120 to 150 words. 40

1. A lot of secondary school boys and girls take on jobs after lessons and during holidays. Find arguments for and against this and give your personal opinion on the subject.
2. Sport is "All Work and No Play" to very young athletes who try to achieve top results. Discuss.

III. Translation

Translate the following text into German:

40
160

PLEASE TURN OVER

Western Europe is suffering its worst plague of unemployment since the Great Depression. The gathering crisis has already become one of the Continent's most pressing political issues - and promises to remain so for years.

Enforced idleness on such a scale is unprecedented in postwar Europe and its cost cannot be counted in social welfare payments alone. Prolonged, widespread unemployment has a corrosive effect at all levels of society, destroying individual self-esteem, heightening class tensions, ultimately eroding the work ethic and social values that keep a modern economy ticking.

Half the new additions to the Continent's jobless rolls are under 25, most of them products of the '60s baby boom, who are looking for their first jobs. Surrounded by affluence all their lives, they now find the door to the good life slammed shut. The result is an alarming rise in alcoholism, crime, extremist politics - and, increasingly, the sort of violence that swept Britain last summer.¹⁾

From: *Time*, October 12, 1981

1) The text refers to the riots in Brixton and other places in Britain in 1981.