

**READING COMPREHENSION**

**Task 1: Read the text carefully and complete the task on the next page.**

**WHY THE HEADACHE?**

Dr Peter Goadsby, a neurologist and one of the world's leading experts on the treatment of headaches, answers our questions.

*What's behind most one-off headaches?*

These used to be called tension headaches, because it was thought that they were caused by muscle tension in the neck and shoulders. However, this is now known not to be true. The most common cause is stress. They typically last between one and six hours, but won't cause any other symptoms. Warning: if a headache becomes anything more than occasional, go to the doctor. Most people will have a headache at some point, but very few suffer them regularly. Around 92 per cent of people who go to their GPs (general practitioners) about regular, troublesome headaches are found to be suffering from migraines.

*Can food or drink trigger headaches – and what are the main culprits?*

The connection is not as big as people think. Alcohol is probably the most common culprit, and some people are very sensitive to even small amounts. Foods that are most likely to trigger headaches or migraines are those that contain nitrate, such as hot dogs, ham or salami. Some say chocolate and cheese bring on migraines, but not all migraine sufferers will be sensitive to them.

*Why are headaches more common in hot weather?*

This is because you become dehydrated, although it's not understood why this brings on a headache. Typically, the head will hurt at the top and sides and may feel worse if you move your head from side to side. Normally, the headache will subside within an hour of drinking some fluid. To avoid a dehydration headache, keep sipping water throughout the day to keep your hydration levels up.

*Why are some people more prone to headaches – is it lifestyle or genes?*

There is a biological predisposition to have both headaches and migraines. Research suggests that having low levels of the so-called 'feel good' chemical serotonin may trigger headaches. As levels drop, it triggers pain messages in the brain and, as serotonin levels naturally increase, the headache subsides. Lifestyle factors can also aggravate the situation – especially for migraine sufferers. Going without food for a long period is a common trigger, so frequent, regular mealtimes are important.

*What is a cluster headache?*

This is a sudden, intense headache. The pain can be excruciating, as if someone is putting an ice pick through your head. The pain centres around just one side of the head, and sometimes the eye on the affected side may become watery and inflamed. Each headache is normally short-lived, usually lasting less than an hour, but some people do develop them every day. Imaging has found that the cause is deep in the brain, although it is not fully understood. Over-the-counter painkillers rarely help with the intense pain but treatment with pure oxygen, which is available on prescription and ready for use at home, can be helpful when an attack strikes.

*Headaches and migraines – what's the difference?*

A headache is a pain in the head that has no other symptoms. They normally happen now and again and can be treated with over-the-counter painkillers. A migraine is what is termed a featureful headache, as they can include nausea, or being sensitive to light, noise or smells. Some people get warning signs and suffer visual disturbances or see auras. Around 18 per cent of women and 8 per cent of men suffer from migraines.

**READING COMPREHENSION**  
**(continuation)**

*Task: Based on what you have read in the article, decide whether the statements below are true (T) or false (F). Circle one of the two letters. Be careful, sentences do not follow in the same order as the information in the article.*

1. Headaches, as opposed to migraines, have severe side effects. **T / F**
2. A cluster headache may bring on an inflammation of the eye. **T / F**
3. Chocolate and cheese can be triggers of headaches or migraines only for some patients. **T / F**
4. It is still believed that muscle tension is the most frequent cause of one-off headaches. **T / F**
5. Oxygen treatment may be beneficial for patients suffering from a cluster headache. **T / F**
6. Insufficiency of serotonin in the human body may be a cause of headaches. **T / F**
7. Doctors mostly agree that patients whose headaches occur repeatedly and  
painfully are in fact suffering from migraines. **T / F**
8. It is clearly understood by experts why dehydration causes headaches. **T / F**
9. The proportion of males and females prone to migraines is balanced. **T / F**
10. Irregular meal consumption may also contribute to headaches. **T / F**

..... / 10 pts

**V O C A B U L A R Y**

*Task 1: Match the definitions with one of the words from the box (there are four extra words in the box). Then put the correct expressions in the spaces provided.*

spy	sovereign	conformist	radical	traitor	eavesdropper	patriot	hypocrite
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1. A person who believes in complete political change. \_\_\_\_\_
2. A person who accepts conventional behaviour and established practices. \_\_\_\_\_
3. A person who betrays someone or something. \_\_\_\_\_
4. A person who pretends to have values or beliefs that he/she doesn't possess. \_\_\_\_\_

*Task 2: Fill each blank space in the article below with the correct form of the word in capital letters.*

**GEORGE BRINTON McCLELLAN**

George Brinton McClellan (1826 – 1885) was a major general during the American Civil War and the Democratic presidential (5) ..... **NOMINATE** in 1864, who later served as Governor of New Jersey. Early in the war, McClellan played an important role in raising a well-trained army for the Union. Although McClellan was (6) ..... in his planning and **CONSCIENCE** preparations, these characteristics may have hampered his ability to challenge aggressive (7) ..... in a fast-moving **OPPOSE** (8) ..... environment. He chronically overestimated **BATTLE** the strength of enemy units and was (9) ..... **INCLINATION** to apply principles of mass, frequently leaving large portions of his army unengaged at (10) ..... points. **DECISION**

..... / 10 pts

**GRAMMAR**

**Task 1: Fill each of the numbered blanks in the passage with one suitable word.**

**THE STREET LIFE CLUB**

EXAMPLE: (0) away

The Street Life Club was tucked (0) ..... down a dingy alley (1) ..... the back of a row of shops. As I picked my way round the piles of rubbish waiting for collection, I couldn't help wondering if I (2) ..... been in my right mind when I accepted the invitation. After (3) ..... , people got knifed in alleys just like these every night, (4) ..... they?

Eventually, however, the entrance to the club loomed (5) ..... in front of me. I rang the bell and the door was opened instantly by a rather belligerent-looking man in full evening dress. He was one of (6) ..... 'body-builder' types – the sort (7) ..... seem about to burst through their jackets at any moment, 'Incredible Hulk' style. This (8) ..... was obviously a bouncer as well as a doorman and I reflected that nobody (9) ..... their right mind (10) ..... give him any trouble.

Admittance (11) ..... been granted, I stepped in from the shadows and was instantly dazzled by a blaze of lights! Multi-coloured, they flickered (12) ..... the dance floor so that the dancers appeared to be moving in slow motion, arrested at regular intervals by a passing beam.

..... / 12 pts

**Task 2: Complete each sentence in such a way that it means exactly the same as the sentence above it. Use the word given and do not change it.**

13. You ran the risk of being burgled when you left the door unlocked. **BROKEN**  
Your house could ..... when you left the door unlocked.
14. Who disagrees with our intention to go on strike? **FAVOUR**  
Is there anyone ..... our going on strike?
15. I regret agreeing to do the extra work. **ON**  
If only ..... the extra work.

..... / 3 pts

## LISTENING

*You will hear a radio programme in which successful Olympic cyclist Victoria Pendleton shares five hard-won life lessons. Below you can read seven statements, of which five are related to her life lessons. In the gaps provided, write the number 1 – 5 next to the statement which refers to a particular piece of advice. There are two extra statements – write X in those gaps. You will hear the programme twice.*

### **VICTORIA PENDLETON AND HER HARD-WON LIFE LESSONS**

1. On being confident and aiming high .....
2. On trusting your partner's advice .....
3. On turning failure into success .....
4. On the power of personal coaching .....
5. On having a break and appreciating your achievements .....
6. On striking a work/life balance .....
7. On battling sexism .....

..... /5 pts