



**Benha University  
Faculty of Agriculture  
Make Up English Language Exam  
First Term 2013/2014  
2<sup>nd</sup> Grade**

**Reading Comprehension**

**Read the following passage carefully and then answer the questions below:**

It is commonly believed that only rich middle-aged businessmen suffer from stress. In fact, anyone may become ill as a result of stress if they experience a lot of worry over a long period and their health is not especially good. Stress can be a friend or an enemy; it can warn you that you are under too much pressure and should change your way of life. It can kill you if you don't notice the warning signals. Doctor agrees that it is probably the biggest single cause of illness in the Western world.

When we are very frightened and worried our bodies produce certain chemicals to help us fight what is troubling us. Unfortunately, these chemicals produce the energy needed to run away fast from an object of fear, and in modern life that's often impossible. If we don't use up these chemicals, or if we produce too many of them, they may actually harm us. The parts of the body that are most affected by stress are the stomach, heart, skin, head and back. Stress can cause car accidents heart attacks, and may even drive people to suicide.

Our living and working conditions may put us under stress. Overcrowding in large cities, traffic jams, competition for jobs, worry about the future, any big change in our lives, may cause stress. Some British doctors influenza happened soon after the new coins came into use. Also if you have changed jobs or moved house in recent months

**you are more likely to fall ill than if you haven't. And more people omit suicide in times of inflation.**

**As with all illnesses, prevention is better than cure. A very common danger signal is the inability to relax. 'When you're taking work home, when you can't enjoy an evening with friends, when you haven't time for outdoor exercise—that is the time to stop and ask yourself whether your present life really suits you,' says one family doctor. 'Then it's time to join a relaxation class, or take up dancing, painting or gardening.'**

**Questions:**

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- 1. Who, according to the writer, suffer from stress most/**
- 2. In what way can stress be 'a friend or an enemy'?**
- 3. What does stress do to our bodies?**
- 4. What causes stress in the first place?**
- 5. What can we do about stress?**

**Answer:**

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- 1. According to the writer, anyone may become ill as a result of stress if they experience a lot of worry over a long period and their health is not especially good.**
- 2. Stress can be a friend or an enemy; it can warn you that you are under too much pressure and should change your way of life. It can kill you if you don't notice the warning signals. Doctor agrees that it is probably the biggest single cause of illness in the Western world.**
- 3. When we are very frightened and worried our bodies produce certain chemicals to help us fight what it troubling us. Unfortunately, these chemicals produce the energy needed to run away fast from an object of fear, and in modern life that's**

- often impossible. If we don't use up these chemicals, or if we produce too many of them, they may actually harm us.
4. The parts of the body that are most affected by stress are the stomach, heart, skin, head and back. Stress can cause car accidents heart attacks, and may even drive people to suicide.
  5. As with all illnesses, prevention is better than cure. A very common danger signal is the inability to relax. 'When you're taking work home, when you can't enjoy an evening with friends, when you haven't time for outdoor exercise—that is the time to stop and ask yourself whether your present life really suits you,' says one family doctor. 'Then it's time to join a relaxation class, or take up dancing, painting or gardening.'

## **Translation**

### **Translate the following text into Arabic:**

Animal research is necessary to maintain our society's well being. Many people think it is morally wrong but when the advantages are considered with the disadvantages, the good outweighs the bad. Animal Research is necessary to continued progress in human health. If other methods were available they would be given a fair chance but for now only animal experimentation works best. If all of the advances in human health were taken away our society would still be in a primitive age. Animal research has taken us out of that age.

الترجمة الي العربية:

يعد اجراء البحوث علي حيوانات التجارب من المتطلبات الرئيسة للحفاظ علي سلامة مجتمعنا. ومع كون الكثير من الناس يعتقدون أنه من اجراء تلك البحوث يعد جرما أخلاقيا الا اننا اذا ما قارنا ما يعود علي البشرية من نفع بذلك الاعتقاد لرجحت الكفة الاولى. فاجراء البحوث علي الحيوانات بات امرا ضروريا لمواصلة التقدم في مجال صحة الإنسان. إذا كانت الأساليب الأخرى المتاحة أنها ستمنح فرصة عادلة لكنه الآن التجارب على الحيوانات فقط يعمل بشكل أفضل. إذا اتخذت كل من التقدم في صحة الإنسان بعيدا مجتمعنا سيظل في العصر البدائي. وقد انقذتنا تلك البحوث من هذه العصور.