

# 1. Grammar

Read these grammar rules while your teacher makes conversation.

**Will + infinitive** and **going to + infinitive** are commonly used to talk about the future. Sometimes the difference between them is very small:

- John **will** / John's **going** to meet us in the restaurant at 8 o'clock.
- **Will you** / **Are you going** to come back this evening?

However, **going** to is preferred in spoken English and **will** is preferred in formal written English.

We use **going to** rather than **will** when we **PREDICT** that something will happen in the future because we have some **evidence** for it now. It may be that we predict an event that is just about to happen on the basis of something that we feel, see (etc.) now:

- "What's the matter with her?" "She thinks she's **going** to faint."

or it may be that we can **predict** an event because we have been **told** that it will happen:

- Did you know that Bob and Kath **are going** to get married?

However, if we make a **prediction based on** our **opinion** or our past experience we use **will**:

- Why not come over at the weekend? The children will enjoy seeing you again.
- I imagine the stadium will be full for the match on Saturday.

When we talk about **INTENTIONS** or **DECISIONS** about the future that were made some time before we report them, we prefer **going to** or the **present continuous**:

- 'Who's arranging the party?' 'Jo's **going** to do it.' (this has been planned)
- Toni told me that she's **going** to move back to Spain. (= reporting an intention)

However, notice that in a **formal style**, we use **will** rather than **going to** to talk about future events that have been previously arranged in some detail:

- The meeting **will** begin at 10.00 am. Coffee **will** be available from 9.30 onwards.

When we **state a decision made at the moment of speaking**, we prefer **will**:

- 'Is that the phone?' 'Don't worry. **I'll** get it.'
- It's late. I think **I'll** go to bed now.

We can use **will** or **going to** with little difference in meaning in the main clause of an **if-sentence** when we say that something (often something negative) is conditional on something else - it will happen if something else happens first:

- If we go on like this, we'll / we're **going** to lose all our money.
- You'll / You're **going** to knock that glass over if you're not more careful.

However, we use **will** (or another auxiliary), not **going to**, when we describe a future event that follows another. Often 'if' has a meaning similar to 'when' in this kind of sentence:

- If you look carefully, you'll (or can) find writing scratched on the glass.
- If you move to your left, you'll (or may) be able to see the church.

Complete these exercises while your teacher makes conversation.

Choose **will** ('ll) or **(be) going to**, whichever is correct or more likely, and one of these verbs. Then give a reason for your choice.

**collapse, eat, enter, explode, have, increase, leave, paint, phone, re-open, retire, see, show, be, sick, walk,**

- 1 Get out of the building! It sounds like the generator \_\_\_\_.
- 2 Tim \_\_\_\_ before he reaches 65. He mentioned it at the meeting recently.
- 3 "I think I \_\_\_\_ home across the park." "That's a good idea."
- 4 Next year, no doubt, more people \_\_\_\_ the competition as the prize money increases.
- 5 "Can we meet at 10.00 outside the station?" "Okay. I \_\_\_\_ you there."
- 6 Don't sit on that bench, I \_\_\_\_ it.
- 7 I'm not feeling well. In fact, I think I \_\_\_\_ !
- 8 "Closed over the New Year period. This office \_\_\_\_ on 2nd January." (Sign on an office window)
- 9 I'm sure you \_\_\_\_ a good time staying with Richard.
- 10 We \_\_\_\_ with Tim tonight. He's asked us to be there at 7.00.
- 11 "The 2.35 to Bristol \_\_\_\_ from platform 5." (Announcement at railway station.)
- 12 I wouldn't walk across that old bridge if I were you. It looks like it \_\_\_\_.
- 13 I read in the paper that they \_\_\_\_ the price of gas again.

14 Do you like my new solar watch? Here, I \_\_\_ you how it works.

15 "Dr Jackson isn't in his office at the moment." "In that case, I \_\_\_ him at home."

Complete the sentences with **will ('ll)** or **(be) going to** and an appropriate verb. If both **will** and **going to** are possible, write them both.

1 If you're ready, I \_\_\_ how the equipment operates.

2 I warn you that if I see you here again, I \_\_\_ your parents.

3 If we don't leave now, we \_\_\_ the train.

4 If you decide to contact Jane, I \_\_\_ you her address.

5 If you stand in the rain much longer, you \_\_\_ cold.

6 He's seriously hurt. If we don't get help immediately, he \_\_\_.

7 If you want to leave this afternoon, Joe \_\_\_ you to the station.

8 If you visit Bernard in Vienna, I'm sure you \_\_\_ very welcome.

## 1. Visual Story

Read the story at [www.ckenglish.com/advanced](http://www.ckenglish.com/advanced) of "The 600-person father" then answer these questions.

Would you ever donate sperm (if you were a man)?

Are fertility clinics common in Brazil?

What kinds of things would you look for when choosing sperm?

Do you know anyone who has had a miscarriage?

Do you think it is good to have laws against people donating semen too often?

If you were one of these kids, would you try to reach out to your brothers and sisters?

What would you do if you found out your wife or husband was actually a blood relative?

## 1. Prepositions

First listen to the audio [www.ckenglish.com/advanced](http://www.ckenglish.com/advanced) .

Don't fill in the gaps below. Just listen and tell your teacher what the audio is about.

*What was it about?*

Now try to fill in the gaps WITHOUT listening.

Workplace accidents



A German court has ruled that sustaining an injury while walking \_\_\_ your bedroom to your home office constitutes a workplace accident. The judges decided that walking a few meters \_\_\_ your bed to your desk \_\_\_ another room \_\_\_ your house can be considered a commute to work. As such, any injuries sustained \_\_\_ that short journey can be eligible \_\_\_ compensation payouts. The landmark ruling was made in a case where a man slipped while descending a staircase \_\_\_ his bedroom \_\_\_ his home office and fractured a vertebra. The court decided that the "first morning journey \_\_\_ bed to the home office is an insured work route". This decision could start a rush to get similar cases heard \_\_\_ courts.

The notion \_\_\_ what constitutes a workplace has changed \_\_\_ the beginning \_\_\_ the coronavirus pandemic. Millions of people have switched \_\_\_ working in offices to working \_\_\_ home. This has implications for health and safety issues as well as the legalities \_\_\_ workplace accidents. One big question concerns who is responsible \_\_\_ ensuring a home office satisfies safety requirements, and to what extent an employer is liable \_\_\_ injuries sustained \_\_\_ an employee's home. An expert \_\_\_ German employment law said new legislation would be needed to decide future claims. He told the CNN news agency that: "It seems likely that insurers will...have to revisit this ruling often."

Listen again to check your answers. Remember that sometimes more than one preposition can be used.

## 1. Phrasal Verbs

Read about these phrasal verbs while your teacher makes conversation.

**learn about/of & know about/of**

We use either **about** or **of** with **learn** and **know** when we talk about something that happens to somebody or something, or about a particular event. **Of** is more

formal with these verbs:

- I have just **learnt about/of** the death of Dr Brown. (found out about)
- What little is **known about/of** the plans suggests they will be unpopular.

#### know & know about/of

We use **know + noun** when we talk about personal experience of people and things. Otherwise, we use **know about/of + noun**. Compare:

- My uncle **knew** Churchill
- The whole country **knew about/of** Churchill's love of cigars.

#### learn about & know about

We use **learn about** and **know about** (not 'of') when we talk about a particular subject that we study:

- They began to **learn about** nutrition when they were at primary school.
- Ten years ago we **knew** little **about** black holes.

**ask about & enquire about** We use **ask about** or **enquire about** (or **inquire**) about when we talk about getting information about something or someone:

- He got angry when they started to **ask about / enquire about** his private life.

#### ask after & enquire after

We use **ask after** or **enquire after** (or **inquire after**) to ask for information about a person (but not a thing), particularly concerning their health. **Ask/enquire about** can also be used:

- I'm phoning to ask (or enquire) after/about Mrs Brown. She's in Ward 4.

#### ask for

You use **ask for** (not 'enquire for') to ask someone to give you something or do something:

- He finished the drink quickly and **asked for** another.

#### enquire into

When we **enquire into** (not 'ask into') some organization, event or person we try to find out facts in order to investigate them:

- The body has been set up to **enquire into** near-accidents reported by airline pilots.

#### think of/about

**Think of** is preferred when you talk about something that suddenly enters your mind (it occurs to you) and think

about when you talk about something that you consider over a longer period:

- He suddenly **thought of** Hilary. Perhaps she would help, (rather than ...thought about...)
- We have been **thinking about** Jan and her problems for a while, (rather than ...thinking of...)

#### think about

We use **think about** (rather than 'think of') when we talk about concentrating on a something:

- Your job is to **think about** safety and nothing else.

#### think of

We use **think of** (rather than 'think about') to give opinions and ask about them, to talk about an idea, and to talk about remembering something. We also prefer **of** in the pattern (be) **thinking of + -ing** to talk about intentions: What do you **think of** my car? I've just bought it.

- I don't **think** a lot **of** his work. (= it's not very good)
- He **thinks** a lot **of** his sister. (= likes/respects her)
- He's always **thinking of** ways to increase our sales.
- I know it's here somewhere. I just can't **think of** where I've put it.
- I'm **thinking of selling** my motorbike.

Put in the correct or most appropriate preposition.

Sometimes two answers are possible.

- 1 I've been thinking \_\_\_ your proposal, and I've decided I would like to join you after all.
- 2 The more she learnt \_\_\_ the American Civil War, the more fascinated she became.
- 3 I know she thinks a lot \_\_\_ your work, so you'll probably get the job.
- 4 He slept soundly and only learnt \_\_\_ the fire when he went to work the next morning.
- 5 I am writing to enquire \_\_\_ the possibility of hiring a conference room at the hotel on the 2nd of September.
- 6 Karen's leaving and I'm thinking \_\_\_ applying for her job.
- 7 I phoned my solicitor and asked \_\_\_ an appointment to see her.
- 8 There seemed to be no way into the house without his keys. But then he thought \_\_\_ the window at the back he'd left open that morning.
- 9 Only four people in the company knew \_\_\_ the robbery.
- 10 Conversation was rather slow until I asked \_\_\_ their lives before they came to Canada.
- 11 I'm thinking \_\_\_ advertising for someone to take care of the garden.
- 12 Terry phoned and asked me \_\_\_ a lift into the office.
- 13 She knows more \_\_\_ classical music than anyone I've ever met.

14 The government is going to enquire \_\_\_ standards of health in the city.

Complete these sentences with an appropriate verb (**ask, enquire, know, learn, or think**) in a correct form and a preposition (**about, after, into, or of**).

1 A special committee is being set up to \_\_\_ the rioting at the prison.

2 It took a long time, but finally I \_\_\_ a plan.

3 Although it was a history lesson we \_\_\_ a lot \_\_\_ contemporary politics, too.

4 I knew that Jim had been unwell, but when I \_\_\_ him I was shocked to hear that he was in hospital.

5 A: I'm having trouble with the brakes.

B: You should speak to Bob. He \_\_\_ a lot \_\_\_ cars.

6 As I sat waiting outside the office, the more I \_\_\_ the coming interview, the more nervous I got.

7 Lucy's a lot better now, thanks. Nice of you to \_\_\_ her.

Rewrite these sentences using a form of the verb **think** and either **about** or **of**. If both about and of are possible, give them both.

1 If you consider it, we're quite lucky to live where we are.

*If you think about it, we're quite lucky...*

2 I didn't like the film much.

3 They're talking about going to Mexico for their holiday.

4 I'm sure I know what number their house is, but I've forgotten it for the moment.

5 It's my job to come up with suggestions for improvements.

6 How do you like my new guitar?

## 1. Short Conversations

Focus: Identifying sound-alike expressions in answer choices and choosing correct answers.

Directions: Listen to the dialogs on the site

[www.ckenglish.com/advanced](http://www.ckenglish.com/advanced).

Each dialog contains a word or phrase that sounds like a word or phrase in two of the answer choices. Choose the answer that has the same meaning as the spoken sentence.

1. (A) She went to the center with her friend.

(B) She wrote her friend a letter.

(C) She told her friend to call her later.

2. (A) He has an appointment with the president.

(B) He was just appointed vice-president.

(C) He's unhappy because he lost the election.

3. (A) It is a study of the life of plants.

(B) It concerns the breeding of cattle.

(C) It deals with life on Earth.

4. (A) They can't leave until the rain is over.

(B) Their drain has stopped up.

(C) He shouldn't board the train until it completely stops.

5. (A) He offered his help to Darlene.

(B) He made an offer to Darlene's sister.

(C) When Darlene was gone, he missed her.

6 (A) Get a copy made.

(B) Buy some cough drops.

(C) Eat in the coffee shop.

7 (A) He didn't hear what the woman said.

(B) He can lend the man a pen.

(C) He had a pain behind his ear.

8 (A) The food in this town isn't very good.

(B) She needed boots when she left home.

(C) The flooding in her neighborhood was severe.

9 (A) She's been weakened by the sickness.

(B) She was awakened by the coughing.

(C) She missed class because of her cough.

10 (A) Evaluate the texts.

(B) Correct the exams.



(C) Collect the tests.

11 (A) His apartment is more comfortable now.

(B) He recently bought a new van.

(C) He's been feeling fine lately.

12. (A) Her name is not on the list.

(B) The lease is difficult to read.

(C) The lawyer told her to call the police.

## 1. Expressions

Time is Money

We spend money. We spend time doing something. We even spend a lot of time spending money! The idea that time is money is very common. These are some verbs we use when we talk about time and money.

Create sentences using the words.

afford, waste, plenty, make, save, ran out of, spare, value, short of, precious, spend

Fill in one of the following words in each space to complete the idioms. Some can be used more than once.

afford, waste, plenty, make, save, ran out of, spare, value, short of, precious, spend

1. I've had to go to the doctor about my eyes. I \_\_\_ at least 6 hours a day in front of my computer.
2. If you want to get to college quicker, \_\_\_ time: don't drive, buy a bike!
3. I don't get home until 10 o'clock every night, so I \_\_\_ the free time I have on weekends.
4. If you're thinking of going to see the new Bond movie, don't bother. It's a \_\_\_ of time.
5. Sorry I wasn't able to finish the marketing budget for you. I just \_\_\_ time.
6. I'm sorry I can't \_\_\_ the time right now. I've got a plane to catch.
7. I work long hours so the time I spend with my family is very \_\_\_ to me.
8. I hate airports. You \_\_\_ so much time just queuing!
9. I think we should hurry up. We're \_\_\_ time.
10. There's \_\_\_ of time. Don't worry! The train doesn't leave for an hour.
11. There's no way I can \_\_\_ the time to see you before the end of the week.

Complete these common expressions:

afford, waste, plenty, make, save, ran out of, spare, value, short of, precious, spend

1. I seem to \_\_\_ all my time dealing with other people's mistakes.
2. Could you \_\_\_ me a minute or two?
3. I'm sorry I just can't \_\_\_ the time at the moment.
4. Stop \_\_\_ your time! Get on with your work.
5. Why not call the helpline? It'll \_\_\_ you hours rather than trying to solve the problem on your own.
6. We'd better get a taxi to the station. We're \_\_\_ of time.

*Are you well-organized or do you waste a lot of time?*

Advanced TEDtalks

## 1. Necessities



Tiny house, California, USA

### BACKGROUND

**1** You are going to watch a TED Talk by Graham Hill called Less stuff, more happiness. Read the text about the speaker and the talk, then answer the questions.

1. Hill's website promotes a lifestyle that doesn't harm the planet. What sorts of actions or choices do you think he recommends/discourages?
2. Hill believes that we can be happier if we have fewer possessions. Do you think he's right?
3. How easy do you find it to get rid of stuff?

### TEDTALKS

GRAHAM HILL is a North American journalist who studied architecture and design. He founded TreeHugger.com, a website dedicated to promoting a lifestyle that doesn't harm the planet and to making complex environmental issues easier to understand. He's currently the CEO of

LifeEdited, a project devoted to living well with less. Graham Hill's idea worth spreading is that we can actually be happier with fewer things, so long as we are able to edit our lives in smart, practical ways.



### KEY WORDS

**2** Read the sentences (1-6). The words in **red** are used in the TED Talk. First guess the meaning of the words. Then match the words with their definitions (a-f).

1. Even though I had everything money could buy, my happiness **flat-lined**.
2. I crowdsourced advice on the best green holiday options.
3. Deleting my old photographs **cleared the arteries of** my computer.
4. The simple design avoided **extraneous** elements that would detract from the clean look.
5. The recycling campaign has helped to **stem the inflow** of waste into our local landfill site.
6. The bowls are three different sizes, so they **nest**, making them easy to store.

- a. **reduce the inward movement**
- b. **via the Internet, asked a lot of people for**
- c. **not relevant or related stopped increasing, but didn't decrease**
- d. **removed unnecessary stuff from the inner workings of**
- e. **fit one inside the other**

## 1.1 Less stuff, more happiness

### TEDTALKS

**1 Watch.** Visit [www.ckenglish.com/advanced](http://www.ckenglish.com/advanced) to watch. Watch the TED Talk. Number the five topics (a-e) in the order Graham Hill discusses them.

- a. examples of situations where we live comfortably with less
- b. three ways to 'live little'
- c. the personal storage industry

- d. the contents of the box discussed
- e. Hill's 420 square foot (39 m<sup>2</sup>) apartment and how he got it

**3 Watch.** How much of the talk can you remember?

Answer the questions. Then watch the first part (0:00-2:55) of the talk again and check your answers.

1. How much has the typical living space in the USA increased in the past 50 years?
2. In addition to having more space, what other two things have increased for the average North American?
3. What, significantly, hasn't increased for North Americans in the past 50 years?
4. What three benefits of having less stuff and living in a smaller space does Graham Hill name?
5. Hill talks about having an 'edited' set of possessions. What does he mean by that?

**4 Watch.** Watch the second part (2:56-4:42) of the talk again. What examples does Hill give for his three main approaches (1-3) to life editing?

1. Edit your possessions - cut the extraneous and learn to stem the inflow.
2. Repeat the mantra: small is sexy.
3. Use multifunctional spaces and housewares.

**5 Watch.** Watch the third part (4:43 to the end) of the talk again. Answer the questions.

1. How much does Graham Hill suggest we could reduce our living space by?
2. What does he point out about the people who are attending the TED Talk?
3. What does he say 'life editing' will give us more of?
4. What does the symbol < = > mean?

**6** Hill uses a lot of examples from the USA in his TED Talk. How do you think issues of living space / amount of material possessions compare in your own country?

### CRITICAL THINKING Identifying aims

**9** Look at this list of reasons for giving a talk. Which most accurately describes the main aim of Graham Hill's TED talk?

1. to entertain by telling an interesting and sometimes funny personal story
2. to give the listener new information
3. to persuade using objective facts
4. to inform and ask the listener to make a specific decision or choice

5. to persuade by making an emotional appeal

**10** Read the comments about the TED Talk. Which one mentions details that show what Hill's main aim was?

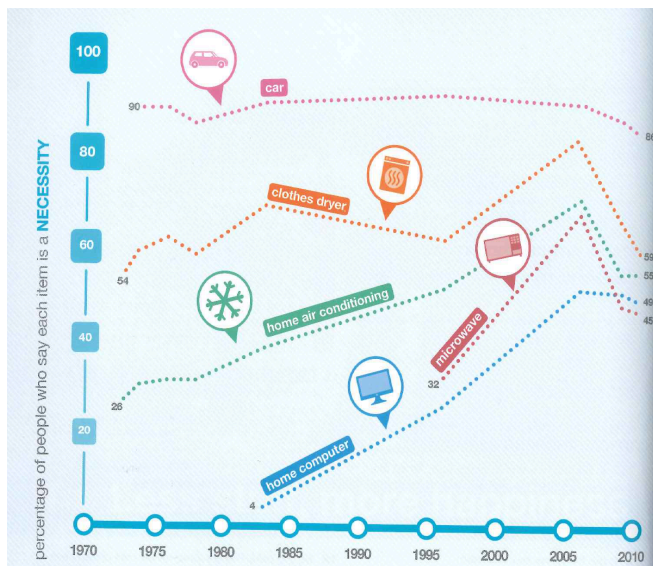
**Paolo** - The box is so familiar. Everyone has one, right? Bringing it on stage and talking about it really made the point.

**KMJ** - It's hard to argue with smaller utility bills, more money and a smaller environmental footprint. I think  $< = >$  (less equals more) is a really useful equation.

**Erica** - Great talk, and completely true. And I love his apartment. I want one!

## 1.2 Luxury or necessity?

### DO YOU REALLY NEED IT?



### GRAMMAR The perfect aspect

**1** What's a luxury? What's a necessity? Think of two or three examples of each in your own life.

**2** Write N (necessity) or L (luxury) for each of the following. Explain why.

- 1 car
- 2 clothes dryer
- 3 home air conditioning
- 4 microwave oven
- 5 home computer
- 6 Internet access

**3** Look at the graph showing changing ideas about necessities and luxuries in the USA. Then answer the questions.

- 1** When the lines on the graph go up from left to right, does it show that more people considered the item a necessity or more people considered it a luxury?
- 2** Do the lines between 1980 and 2005 show a general healthy economy or a weak economy?
- 3** Sometime after 2005, people suddenly changed their minds about what is a luxury and what is a necessity. Why do you think this happened?

**4** Read the text in the Grammar box. Match the verbs in bold to the letters (a-e) on the timeline.

### THE PERFECT ASPECT

What we consider to be a luxury **has changed** in sometimes unexpected ways over the years. Up until 2005, people's expectations of home comforts such as microwaves and clothes dryers **had been increasing** steadily. However, some time after 2005, the trend reversed and by 2010 the percentage of people considering these items a necessity **had fallen** to levels not previously seen since the 1970s. This downwards trend **has been continuing** and shows no sign of bottoming out. Though numbers of cars and computers don't fall as sharply in the data compared to air conditioning and clothes dryers, our attitude to these **will probably have changed** again in the next ten years.

**5** Work in pairs. Explain the difference between the pairs of sentences.

- 1** a When my car broke down, I **had decided** to sell it.  
b When my car broke down, I **decided** to sell it.
- 2** a By this time next year, I **will have moved** to a smaller flat.  
b This time next year, I **will move** to a smaller flat.
- 3** a I've **been thinking** about getting rid of my TV.  
b I'd **been thinking** about getting rid of my TV.
- 4** a I've **used** my travel hairdryer a lot.  
b I **used** my travel hairdryer a lot.
- 5** a Had you **been trying** to think of ways to save money?  
b Have you **been trying** to think of ways to save money?

**6** Match the two parts of the sentences.

- 1** I've **been spending** a lot of time
- 2** I'd **been thinking** for years about trying to simplify
- 3** I **will have spent** thousands of dollars making improvements to my home



- 4 I've been working full time for ten years,  
5 I hadn't used a computer for several years  
6 I will have owned three cars in my life

- a and now I want to work less and have fewer luxuries.  
b after I get the new one next week.  
c reading about how to live more simply.  
d when I was given one to use for work.  
e by the time I sell it next year.  
f when I finally decided to do something about it.

7 Choose the best options to complete each sentence.

- 1 My phone has become a necessity. I don't think I'll ever **be able** / **have been able** to get by without it.  
2 Before last year, I **hadn't played** / **didn't play** the guitar since I was a teenager. Now I play every week, but I do think of it as a bit of a luxury.  
3 Running has become a necessity for me. I **ran** / **I've run** in eight marathons so far. I'd go crazy without it.  
4 My luxury has always been reading. I **spend** / **I've been spending** three hours a day reading.  
5 Until recently, I **hadn't ever used** / **wasn't ever using** an alarm clock, because my dad always woke me up. But since I started university, an alarm clock has been an absolute necessity for me.

8 Complete the sentences. Use the correct (simple or continuous) present perfect, past perfect or future perfect form of the verbs.

- 1 He        (never own) a clothes dryer because he doesn't mind hanging out the washing.  
2 I        (drive) to work for years before, I finally decided last year to start walking.  
3 For the past year, you        (try) to convince me to buy a new laptop, but I don't want one!  
4 By the time we retire, we        (save) thousands of pounds by living in a smaller flat.  
5 If they        (not install) air conditioning, they could have saved a lot of money.  
6 I        (live) in a computer-free house for ten years next January, and I don't plan on changing that!  
7 She        (use) her bike as her main form of transport for the past fifteen years.  
8 I        (work) all day to try and finish this report, but I wish I'd done it sooner!

**SPEAKING** **Luxury and necessity**

- 9 Work in groups. Think of one luxury in your life - something you could do without, but would miss - and one necessity. Tell the group.

- 10 Take turns asking and answering questions. Explain how each came into your life, and the role they play in your life now. Use perfect constructions.

## 1.3 I'm wide awake

**READING** **Why do we sleep?**

1 Work in pairs. Discuss the questions.

- 1 About how many hours do you sleep per night?  
2 Would you prefer to sleep more or less, or do you sleep the right amount?  
3 Do you tend to wake up early and feel alert in the morning, or do you feel alert at night and stay up late?

2 Read the article. Which of the following are included?

- 1 An explanation of what happens when a person is deprived of sleep  
2 Some reasons why people have difficulty sleeping  
3 A list of physical and emotional problems caused by working at night  
4 Descriptions of how to fight sleep and how to encourage it  
5 An explanation of some of the dangers of exhaustion  
6 Some famous people's bad experiences with being unable to sleep

## Why do we sleep?



**HE NEEDED TO SLEEP ON IT**

Albert Einstein, probably one of the greatest minds of all times, is said to have required ten hours' sleep each night. The reason is likely to be that he did a lot of problem-solving while sleeping. Research has found that as we sleep, our minds are able to continue working, and as a result, it's possible to fall asleep with a problem and wake up with a solution.

**SHE DRIFTED OFF TO SLEEP**

In 2005, Ellen MacArthur broke the world record for the fastest solo round-the-world sailing boat voyage. As part of her training, a sleep expert trained MacArthur to take ten half-hour naps each day, resulting in a total of five hours sleep in every twenty-four. Judging by her successes, this approach appears to have worked well for MacArthur.

#### HE HADN'T SLEPT A WINK

The 2001 TV game show *Touch the Truck* featured twenty contestants competing to win a brand new pick-up truck. The set-up was simple. Each person put one hand on the truck. They weren't allowed to lean on it or to sit down at all, but were allowed a ten-minute break every two hours and a fifteen-minute break every six hours. The winner was the person who could keep a hand on the truck for the longest period of time. That was Jerry Middleton, who stayed awake for 81 hours, 43 minutes and 31 seconds without letting go of the truck.

Adults spend, on average, a third of their lives asleep. But ask the question above (Why do we sleep?), and you'll find that there isn't a clear or simple answer. But there are plenty of other interesting questions and answers.

**How long can a human go without sleeping?** In 1965, seventeen-year-old Randy Gardner of San Diego, California stayed awake for 264 hours and 24 minutes - just over eleven days - breaking the then world record of 260 hours. Gardner's record has been broken several times since, though not by much, and it remains the best-documented sleep-deprivation experiment ever conducted.

**What happens when you stay awake for eleven days?** On the first day of the experiment, Gardner was wide awake and ready to go at six in the morning. By day two, however, his thinking showed signs of becoming less clear. When asked to identify simple objects by feeling them with his hands, he found it difficult. By day three, he had become unusually moody. On day four, he began to hallucinate, imagining that he was a famous American football player. Nights were difficult, as Gardner began to nod off uncontrollably. His friends kept him awake by driving him around in the car and playing pinball and basketball with him. As the days passed, Gardner's speech became less clear, he felt dizzy, his vision was blurred and his memory began to fail. He also continued to hallucinate.

Amazingly, after Gardner finally fell asleep he slept for only fourteen hours and forty minutes and awoke refreshed and alert and he didn't oversleep in the mornings that followed.

**How much sleep do we need?** Sleep is undervalued in the modern world as a means of staying healthy, happy and productive. But there's no 'magic number' of hours you need to sleep each night. According to the Sleep Foundation, people who are eighteen and older usually need between seven and nine hours per night, and eleven-to-seventeen-year-olds are probably under-sleeping if they don't get an average of 8.5 to 9.5 hours. Younger kids need more sleep, and infants the most - fourteen to fifteen hours daily - to stay healthy.

**What tricks do people use to try to stay awake?** One of the most common tricks for staying awake is drinking coffee, tea or soft drinks that contain caffeine, a naturally-occurring chemical found in the leaves, seeds, nuts and/or berries of various plants. It stimulates the brain, makes us feel more alert and even helps us think more quickly. Other techniques include getting up and moving around regularly, listening to lively music, splashing cold water on your face, and pulling on the bottom part of your ears. Soldiers have been kept awake - and focused - by wearing special goggles that shine a light the color of sunrise into their eyes, keeping their brains in 'wake-up' mode. But don't overdo it! Eventually, the mind and body need a rest.

**Can sleep deprivation cause any problems?** The dangers of being too tired are often underestimated. Tiredness has been a factor in big disasters, such as the Chernobyl nuclear accident in 1986, and in countless road accidents all over the world every day. Being overworked and exhausted slows brain function, negatively affects judgment, contributes to depression and makes you forgetful. And there are physical problems, too. Chronic sleep deprivation can increase the risk of heart disease and other serious health problems.

**Why do we sleep?** The best answer may be 'Because we're tired'.

**3** Find a sentence in the article that either supports or contradicts each of these statements.

1 Randy Gardner is the world-record holder for staying awake.

2 Sleep deprivation causes people to lose touch with reality.

3 The brain basically shuts off when we fall asleep.

4 Experts say that a healthy adult should have a minimum of eight hours' sleep each night.

5 Light can have a strong effect on the natural sleep cycle.



- 6 Not getting enough sleep could shorten your life.  
 7 It's impossible for anyone to function for more than a few days without getting a solid night's sleep.  
 8 The only documented instances of sleep deprivation lasting more than two or three days are experiments carried out by scientists.

4 Work in pairs. Match the expressions from the article with the definitions (a-f).

- 1 Gardner was **wide awake**.  
 2 Gardner began to **nod off** uncontrollably.  
 3 He needed to **sleep on** it.  
 4 She **drifted off to sleep**.  
 5 He **hadn't slept a wink**.  
 6 He didn't **oversleep** in the mornings that followed.

- a wait until the next day to make a decision  
 b gradually fall asleep  
 c had no sleep  
 d fall asleep when you don't mean to  
 e wake up later than you mean to  
 f completely alert

VOCABULARY The prefixes **over-** and **under**

5 When attached to a verb or adjective, the prefix **over-** can be used to mean **more than necessary** and **under-** can mean **less than is necessary** or **not enough**. What's the meaning of these words from the article?

- 1 Sleep is **undervalued** in the modern world as a means of staying healthy, happy and productive.  
 2 The dangers of being too tired are often **underestimated**  
 3 Being **overworked** and exhausted slows brain function  
 4 But don't **overdo** it!  
 5 Eleven-to seventeen-year-olds are probably **undersleeping** if they don't get an average of 8.5 hours a night.

6 Complete the sentences. Use words with **over-** and **under-**.

- 1 We needed more staff in the office. The office was \_\_\_\_\_.  
 2 People use the word awesome far more than is necessary. Awesome is \_\_\_\_\_.  
 3 It's easy to spend too much money on luxuries. It's easy to \_\_\_\_\_ on luxuries.  
 4 My idea isn't developed enough. My idea's \_\_\_\_\_.  
 5 The bus was so crowded that it was unsafe. The bus was \_\_\_\_\_.  
 6 We estimated that 500 people would visit, but only 300 came. We \_\_\_\_\_ the number of visitors.

- 7 I'm surprised this restaurant isn't more highly rated. This restaurant is \_\_\_\_\_.  
 8 The price of the movie was too high. The movie was \_\_\_\_\_.

7 Work in pairs. Discuss the questions.

- 1 What places in your area are frequently overcrowded?  
 2 Can you think of a product or resource that is underused?  
 3 What products or services do you think are overpriced?  
 4 Can you think of a book, film, restaurant, or something else that you feel is underrated?  
 5 Can you think of a book, film, restaurant, or something else that you feel is overrated?

## 1.4 Keep it to the bare minimum

LISTENING **Planning a trip**

1 If you were planning a canoe and camping trip of several nights, what four or five necessities from home would you bring with you?

2 Visit [www.ckenglish.com/advanced](http://www.ckenglish.com/advanced) to listen. Listen to four friends planning a canoeing trip. What do they decide to bring? What do they decide not to bring?

3 Listen to the statements from the conversation. Write P for the more polite ones and D for the more direct ones.

- 1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_  
 4 \_\_\_\_\_  
 5 \_\_\_\_\_  
 6 \_\_\_\_\_  
 7 \_\_\_\_\_  
 8 \_\_\_\_\_  
 9 \_\_\_\_\_  
 10 \_\_\_\_\_

4 What makes the more polite expressions sound more polite?

5 Complete the sentences with these words and phrases. Then listen and check your answers.

- |              |                     |            |
|--------------|---------------------|------------|
| don't know   | might not be        | personally |
| just suggest | might possibly want | wonder     |
| know         | no expert           |            |

1 I'm \_\_\_\_\_, but I don't think that we can expect to have a phone signal.

2 \_\_, I feel that we don't want to be weighed down with too much stuff.

3 I \_\_ about you, but I don't think we'll want a lot of devices on this trip.

4 Can I \_\_ we leave our other electronics at home?

5 All I \_\_ is that I'm going to want at least three pairs of socks.

6 I \_\_ if we should consider leaving the camping stove behind?

7 We \_\_ it if we have rainy weather.

8 It \_\_ a bad idea for all of us to look at it together.



### Writing skill **Hedging expressions**

**9a** In the first text, find:

1 two adverbs that mean maybe or possibly.

2 an adverb modified by another adverb, meaning very likely.

3 two phrases that mean probably.

4 An expression that says one thing probably makes another thing true.

**9b** What six hedging expressions are used in the second text?

10 Who would you take on a one-year desert island adventure? A farmer or a fisherman? Discuss

### WRITING **A statement of opinion**

**8** Read the two short statements of opinion. Do you agree or disagree with either of them?

*1. Arguably the most useful professional on a desert island would be a doctor. In all likelihood, life in the tropics would be hard and dangerous. The biggest problem would almost certainly be remaining healthy with very little food to eat, or access to clean water as well as potentially facing dangerous fish, insects and animals. It's not unreasonable to imagine that the presence of a doctor could mean the difference between life and death. If you stay healthy, you can survive. This suggests that there is no profession more useful than a doctor on a desert island.*

*2. While a doctor may seem the obvious choice, it's worth considering the benefits of having an engineer on a desert island. It's widely accepted that in a survival situation, the most important needs to address are food, water and shelter. It could be said that if you take care of these, health will follow. An engineer would be very likely to be able to design and build somewhere to sleep, create tools for getting food and water, and develop ways to trap and kill animals for food. We can probably conclude that an engineer is the most useful professional to have with you on a desert island adventure.*