

- | مجاز است. | استفاده از: |
|--|---|
| 25. 'What you got there?' he asked in a slow southern | a. squeeze b. jolt c. glint d. drawl |
| 26. The goats at each other with their horns. | a. lunged b. passed on c. stayed up d. looked for |
| 27. She has refused to the possibility of singing again. | a. doze off b. buzz with c. ruled out d. stag up |
| 28. She seemed kind of tired, but she when Helen came over. | a. mustered b. curled up c. perked up d. slouched |
| 29. I wondered where the pictures would..... after the auction. | a. catch up b. end up c. care for d. cut off |
| 30. We want to the myth that you cannot eat well in Britain. | a. compel b. dispel c. aim d. bulge |
| 31. Bill <u>Jammed</u> the brake all the way down. | a. hold b. touch c. find d. press |
| 32. <u>Hoisting</u> his left leg up and into the well where the pedals were he kicked the driver's out of the way. | a. push b. lift c. drop d. touch |
| 33. I saw a big piece of metal <u>whizzing</u> through the air. | a. shining b. changing colors
c. moving very quickly d. turning around |
| 34. I was not too alarmed, but was completely doubled up with stomach <u>cramps</u> . | a. hunger b. trouble c. pain d. emptiness |
| 35. 'Go on' he whispered, giving me a in the back. | a. trance b. hook c. point d. prod |
| 36. He <u>let up</u> on the brake. | a. put less pressure b. hold it firmly
c. left a place d. pressed firmly |

مجاز است.

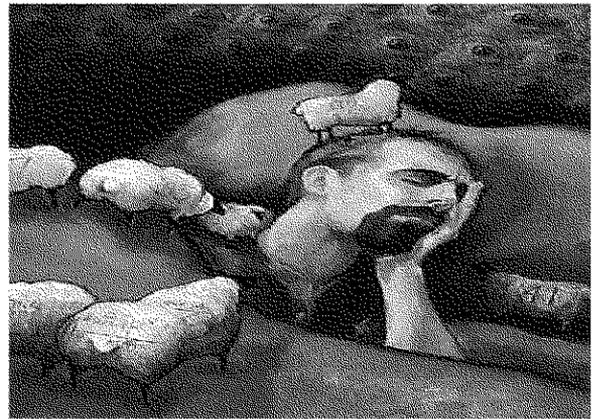
استفاده از:

- 37 He began dragging himself along the fence, resolved that he would walk.
 a. surprised b. expected c. disappointed d. determined
38. For the remainder of his days he ate every meal with the family.
 a. best b. rest c. most d. few
39. At least she had the gumption to phone me.
 a. power b. support c. feeling d. courage
40. Linda's enthusiasm began to ebb away.
 a. decrease b. increase c. rise d. flow

PART TWO: READ THE FOLLOWING PASSAGES AND ANSWER THE QUESTIONS BY CHOOSING THE BEST CHOICE.

As anyone who has suffered through a few sleepless nights might know, losing sleep can slow reflexes and fog the mind. Study volunteers deprived of just a couple of hours for a few nights in a row experienced slowed reaction times and poor concentration. The consequences can be deadly. Experts warn that lack of sleep causes hundreds of thousands of road accidents all over the world each year.

New findings have found some other good reasons to get plenty of shut-eye. For instance, a sound sleep seems to be key to a healthy heart. As soon as people drift off, levels of hormones that stimulate the nervous system during the waking hours, called catecholamines, begin to ebb. The result: Blood pressure falls. Heart rate slows. Blood vessels relax, making it easier for blood to flow. Our hearts, in other words, get a much deserved rest.



Not so when study subjects are deprived of sleep. Catecholamine levels can actually climb, raising blood pressure and making the heart work harder than normal. That added burden, over time, could spell trouble.

Sleeplessness can knock the stuffing out of the body's immune system as well. Immune cells may be responsible for commanding sleep, in fact. And when we don't obey their orders, germ-fighting cells called natural killers begin to weaken.

One or two nights of bad sleep probably don't pose much danger. "However, chronic sleep deprivation might," says a neuroscientist named Carol Everson. In a recent study, she found that when rats are sleep-deprived over a three-week period, bacteria that normally reside in the gut

زمان آزمون (دقیقه): تستی: ۸۰ تشریحی: --

تعداد سوالات: تستی: ۵۰ تشریحی: --

نام درس: خواندن و درک مفاهیم (۳)

رشته تحصیلی / کد درس: مترجمی زبان انگلیسی (۱۲۱۲۰۵۱) زبان و ادبیات انگلیسی (۱۲۱۲۱۰۸)

مجاز است.

استفاده از:

begin to spread to organs and the bloodstream, making the animals ill, and in some cases, death can result. "That's worrying because their basic biological needs are a lot like ours," says Everson.

How much shuteye do you need to steer clear of trouble? The experts' advice is to aim for seven to nine hours a night. If you find yourself tossing and turning, ease off the coffee, tea or cola. Back off on stressful thoughts too – another sleep thief. If you still have trouble sleeping, talk to your doctor.

41. What does 'knock the stuffing out' mean?

- a. reduce the amount of
b. Clear something
c. start to sleep
d. make something weaker

42. According to the passage, which of the following ideas is FALSE?

- a. lack of sleep makes people confused and slower in reactions.
b. when we sleep, our heart gets the rest that it needs.
c. If you can't sleep at night, don't ease off the coffee.
d. when we sleep, levels of hormones called catecholamine decrease.

43. Which of the following ideas is stated explicitly in the passage?

- a. drivers who have had sleep deprivation may not react quickly to avoid dangers on the roads.
b. people may lose their lives if they do not get enough sleep.
c. we have lower levels of stimulating hormones in our blood while we are sleeping.
d. our hearts rest by having a lower rate.

44. What happened to the rats that were deprived of sleeping for three weeks?

- a. they all died
b. they became ill
c. they had bacteria
d. they had gut problems

45. Which of the following is not mentioned as a technique to sleep better?

- a. Drinking less coffee
b. Avoiding stressful thoughts
c. Not drinking much tea or cola
d. Tossing and turning in your bed

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house-building business to live a more leisurely life with his wife and enjoy his extended family. He would miss the paycheck each week, but he wanted to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but over time it was easy to see that his heart was not in his work. He **resorted** to shoddy workmanship and used inferior materials. It was an unfortunate way to end a dedicated career.

