

Mind and Body ^{UNIT} 3



What Do You Think?

Answer the questions with your best guess. Circle **Yes** or **No**.

Do you think...

- | | | |
|---|-----|----|
| 1. a person's features, such as the shape of the head, can tell about his or her character? | Yes | No |
| 2. a theory called phrenology identifies lines on the head that tell character? | Yes | No |
| 3. elderly people who have pets live longer? | Yes | No |
| 4. dogs can smell cancer in humans? | Yes | No |
| 5. pet owners visit the doctor more often? | Yes | No |

Personality Revealed

Pre-Reading

Discuss the answers to these questions with your classmates.

1. Do people have different shaped heads? What does a person's head shape tell you about the person?
2. What can you tell about the man in the picture by looking at his head and the bumps on his head?
3. How does the shape of a person's face tell you about the person?



Predicting

Which parts of the head and face do you associate with each of the following characteristics? Compare your ideas with those in the reading.

- | | |
|------------------------|--------------------|
| 1. _____ nose | a. curiosity |
| 2. _____ lips | b. self-confidence |
| 3. _____ eyes | c. decisiveness |
| 4. _____ shape of face | d. creativity |
| 5. _____ eyebrows | e. pride |



Track 5

Personality Revealed

1 **H**ave you ever been afraid of or attracted to someone just because of the
way the person looks? When you first meet someone, it is not unusual to react
to his or her appearance. But these are first impressions, and most people
assume that it takes time to find out what someone is really like. It is possible,
5 however, that a person's appearance **reveals** more than we realize. According
to some experts, a person's face, head, and body can reveal a great deal about
personality.

Since ancient times, people have practiced the art of physiognomy, or
reading character from physical features. The ancient Greeks compared the
10 human face to the faces of various animals and birds, such as the eagle and the
horse. They believed people shared certain character **traits** with the animals
they resembled. A person with an equine, or horse-like, face was thought to
be loyal, brave, and **stern**. A person with an aquiline, or eagle-like, nose was
believed to be bold and courageous, as well as **arrogant** and self-centered.

15 Physiognomists study such features as the shape of the head, the length
and thickness of the neck, the color and thickness of the hair, and the shape
of the nose, mouth, eyes, and chin. They believe that round-faced people
are self-confident. **Prominent** cheekbones show strength of character,
while a pointed nose reveals curiosity. Heavy, arched eyebrows belong to a
20 decisive individual, while thin, arched eyebrows signal a restless and active
personality. Almond-shaped eyes reveal an artistic nature. Round, soft eyes
belong to dreamers. Down-turned lips reveal a proud character, while a long,
pointed chin **indicates** someone who likes to give orders.

A related—though not as ancient—art is phrenology, the study of the
25 bumps on the head. Phrenologists have identified 40 bumps of various shapes
and sizes on the human head. They “read” these bumps to identify a person's
talents and character. For example, a bump between the nose and forehead
is said to be present in people who have natural elegance and a love of
beauty. A bump behind the curve of the ear is the sign of a courageous and
30 adventurous person.

Phrenologists are not so much interested in health as they are in character and personality. They believe, for example, that a **bulge** in the center of the forehead is typical of people who have a good memory and a desire for knowledge. A small bump at the top of the head indicates a person who has strong moral character, while a bump just below this one is a sign of generosity and a kind, good nature. Phrenologists say a bump just above the tip of the eyebrow is found in people who love order and discipline, and a rise at the very back of the head is evident in people who are very attached to their families.

Phrenology was developed in the early eighteenth century by Franz Joseph Gall, a doctor in Vienna. His interest began at school when he noticed that boys with prominent eyes seemed to have the best memories. This led him to believe that a connection existed between appearance and ability. Dr. Gall's research interested many people, but he was **ridiculed** by other doctors. When he died in 1828, he was a poor and **bitter** man. It was only many years later that Dr. Gall's theories found support among some doctors and scientists, and today the art of phrenology has become more accepted.

Vocabulary

A. Vocabulary in Context

What are the meanings of the **bold** words? Circle the letter of the best answer.

1. A person's face **reveals** a great deal about personality.
 - a. shows
 - b. covers up
 - c. holds
 - d. identifies
2. The ancient Greeks believed that people shared certain character **traits** with animals.
 - a. features
 - b. movements
 - c. habits
 - d. connections
3. A person with a horse-like face might be proud and **stern**.
 - a. noble
 - b. serious
 - c. quiet
 - d. confident

4. A person with an eagle-like nose was believed to be **arrogant** and self-centered.
- a. honest
 - b. proud
 - c. lonely
 - d. brave
5. **Prominent** cheekbones show strength of character.
- a. healthy
 - b. hollow
 - c. noticeable
 - d. flat
6. A long, pointed chin **indicates** someone who likes to give orders.
- a. covers up
 - b. points out
 - c. encourages
 - d. describes
7. A **bulge** in the center of the forehead is typical of people with a good memory.
- a. lump
 - b. hole
 - c. point
 - d. mark
8. Dr. Gall was **ridiculed** by other doctors.
- a. praised
 - b. questioned
 - c. ignored
 - d. laughed at
9. He died a poor and **bitter** man.
- a. hopeful
 - b. unhappy
 - c. faithful
 - d. popular

B. Vocabulary Building

Complete the sentences with the correct form of the **bold** words. You may use your dictionary.

1. **decide**

- a. A person who can choose quickly and doesn't change his or her mind is _____.
- b. Arched eyebrows are said to indicate someone who can make _____.

2. **courage**

- a. A person who is brave is also _____.
- b. A bump behind your ear is said to be a sign of _____.

3. science

- a. Many thought Dr. Gall's research was not real _____.
- b. It was difficult to find _____ proof for Dr. Gall's theories.

C. Vocabulary in New Context

Write your own sentences using the **bold** words from Part A and Part B.

Reading Comprehension

A. Looking for the Main Ideas

Circle the letter of the best answer.

1. Physiognomists believe that _____.
 - a. you can improve your personality by studying your face
 - b. the head is the most important part of the body
 - c. physical features reveal personality
 - d. people are like animals in many ways
2. Phrenologists _____.
 - a. "read" the bumps on people's heads to treat their health problems
 - b. compare bumps on heads to see who is more attractive
 - c. believe the eyes are the "mirror of the soul"
 - d. study bumps on the head to determine character traits
3. Dr. Gall's ideas _____.
 - a. were at first not accepted by other doctors
 - b. were immediately considered the work of a genius
 - c. are no longer discussed
 - d. made him admired in his lifetime

B. Looking for Details

Circle **T** if the sentence is true. Circle **F** if the sentence is false. Correct the false sentences.

1. Physiognomy is a modern practice. T F
2. The ancient Greeks compared the human face to those of animals. T F
3. Phrenologists have identified 25 bumps on the head. T F

- | | | |
|---|---|---|
| 4. A bump on the forehead is a sign of courage. | T | F |
| 5. Physiognomists study the shape of the head, face, and body. | T | F |
| 6. Physiognomists believe that round-faced people are self-confident. | T | F |
| 7. Phrenology is a much more ancient art than physiognomy. | T | F |
| 8. Dr. Gall's research did not interest many people. | T | F |
| 9. Dr. Gall was rewarded for his research later in life. | T | F |

C. Making Inferences and Drawing Conclusions

The answers to these questions are not directly stated in the reading. Write complete sentences.

1. Why did the Greeks compare humans to animals?

2. Why did Dr. Gall want to study phrenology?

3. Why did other doctors ridicule Dr. Gall's research?

4. Why did Dr. Gall die a poor and bitter man?

5. What might a physiognomist say about someone with a long nose, thin eyebrows, and almond-shaped eyes?

Discussion Questions

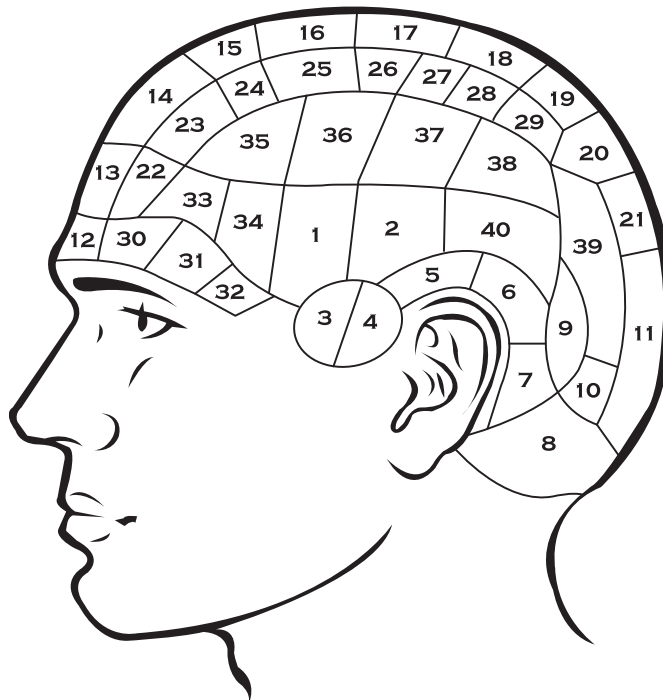
Discuss the answers to these questions with your classmates.

1. What characteristics of the face and body show good health? What characteristics show bad health?
2. Do you think that astrology is more precise than physiognomy or phrenology?
3. Look at the diagram below of the 40 possible bumps on the head and examine your own bumps. How well do your bumps correspond with your personality?

Critical Thinking Questions

Discuss the answers to these questions with your classmates.

1. In what ways do people judge others because of their physical appearance? Is this natural? Is it right or wrong? What do you think is the best way to learn about a person's character and personality?
2. In what ways does today's society emphasize physical appearance? Do you think there is too much emphasis on physical appearance today? Why or why not?
3. What does it mean to have "inner beauty"? Can you tell if a person has inner beauty from their outward appearance? How do you know if a person has inner beauty?



- 1. *The music bump***
This bump is a sign of a natural talent for music and artistic creativity.
- 2. *The money bump***
This bump shows the need to earn and save money.
- 3. *The mathematics bump***
This bump, which is in the center of the temple, is a sign of a scientific and logical mind.
- 4. *The greed bump***
This bump is found in people who are greedy about food and cannot control their appetites.
- 5. *The business bump***
This bump is a sign of a practical person with a good sense of business. People with a bump here find it hard to relax.
- 6. *The courage bump***
This bump is a sign of courage and adventure.
- 7. *The strength bump***
This bump appears in a person who has physical or mental energy.
- 8. *The love bump***
This bump appears in people who are passionate, jealous, or sensual.
- 9. *The fighting bump***
This bump reveals a competitive character in a person. This person is usually very determined to achieve something.
- 10. *The affection bump***
A bump here shows a person with an affectionate character who can love and show tenderness.
- 11. *The parental bump***
A protrusion in this area reveals that a person has a strong motherly or fatherly instinct.
- 12. *The aesthetic bump***
A bump here shows that a person has a strong love of beauty and elegance.
- 13. *The studying bump***
This bump is found in people who love knowledge and have a good memory.
- 14. *The meditative bump***
This bump appears in people who like to meditate and analyze.
- 15. *The justice bump***
This bump reveals a person who has a strong sense of what is right and what is wrong.
- 16. *The kindness bump***
A bump in this area is a sign of a person who is kind and generous.
- 17. *The bump of spirituality***
This bump on the top of the head shows that the person has a strong spiritual mind.
- 18. *The bump of willpower***
This bump shows willpower, determination, and reliability in a person.
- 19. *The bump of authority***
This bump is a sign of a person who likes to make decisions and control other people.
- 20. *The bump of concentration***
This bump belongs to a person with a strong ability to concentrate, particularly on intellectual matters.

21. *The family bump*

This bump appears in people who are attached to their families.

22. *The travel bump*

A bump in this area reveals someone who loves to travel and move from one place to another. This person will feel comfortable wherever he or she is.

23. *The logic bump*

This bump shows a logical person who has a strong sense of reasoning.

24. *The flexible mind bump*

A bump here shows that a person has an open and flexible mind.

25. *The bump of conformity*

This is the bump of someone who likes to conform to what is expected and obeys conventions, such as following the latest fashion.

26. *The bump of idealism*

This bump reveals a person who has strong ideals.

27. *The bump of optimism*

This bump shows that a person is optimistic about life and believes in other people.

28. *The bump of success*

A bump in this area indicates that a person puts all his or her efforts and energy into succeeding in life.

29. *The critical bump*

This bump shows that a person can look objectively at things and criticize himself or herself as well as others.

30. *The objectivity bump*

This bump is developed in people who can put themselves in someone else's place and understand the other person's situation.

31. *The color bump*

This bump shows that a person has a strong sense of color, as shown in either clothes or surroundings.

32. *The bump of meticulousness*

This bump indicates a meticulous, orderly, neat, and precise person.

33. *The organization bump*

This bump is found in people who organize their time very efficiently so that not a moment is lost.

34. *The rhythm bump*

This bump is developed in musicians and singers who have a strong sense of rhythm.

35. *The bump of gregariousness*

This bump is seen in people who like to be with others and are very outgoing, communicative, warm, and happy.

36. *The originality bump*

A bump in this area shows that a person has an original character and likes to be different and creative.

37. *The inventive bump*

This bump is a sign of a person who can create new things and be inventive.

38. *The bump of fame*

This bump shows that a person wants to be known and recognized by others. Many famous people have this bump.

39. *The bump of caution*

This bump belongs to a person who is very careful about everything.

40. *The bump of tactfulness*

This bump shows that a person is tactful, polite, and diplomatic with others.

Writing Skill

A. Organizing: *The Example Essay*

In an *example* essay, each paragraph gives an example to support the thesis statement. To give examples, the following transitions can be used at the beginning of your paragraphs.

Body Paragraph	Transitions
1	<p>One example of [noun phrase] is . . .</p> <p>Take, for example, . . .</p> <p>An example of [noun phrase] is . . .</p>
2	<p>Another example of [noun phrase] is . . .</p> <p>An additional example is . . .</p> <p>A second example of [noun phrase] is . . .</p>
3	<p>A final example of [noun phrase] is . . .</p> <p>Finally, . . .</p>

If your last example is the most important, the following transitions can be used:

The **most important example** of [noun phrase] is . . .

The **most significant/interesting example** of [noun phrase] is . . .

In your body paragraphs, you may use other specific examples to support your topic sentence. The following phrases introduce examples:

For example, . . .

or

For instance, . . .

For example and **for instance** have the same meaning. When your sentence begins with **for example** or **for instance**, put a comma after these words. Remember that when **for example** or **for instance** comes at the beginning of a sentence, it must be followed by a complete sentence.

Examples:

For example, it helps me to study when the lesson is difficult.

For instance, I like everything to be neat and tidy.

Sometimes **e.g.** is used to show examples; it is an abbreviation of the Latin *exempli gratia*. **For example** and **e.g.** have the same meaning. Note the punctuation with **e.g.**

Examples:

I am very patient with people, too, e.g., children and senior citizens.

or

I am very patient with people, too, for example, children and senior citizens.

When **for example**, **for instance**, or **e.g.** is used in the middle of a sentence, use commas before and after these words.

For further examples, you may use **also** or **another**.

B. Exercise

Complete the following sentences by adding the correct transitions. There may be more than one correct answer.

The left and right sides of the face are quite different. Each side shows different aspects of our personality. The left side of the face reveals the instinctive and hereditary aspects of our personality. When we are under stress, **1.** _____, with feelings like fear, anger, or even intense happiness, force is put on the muscles of the left side of the face. When we examine the left side of the face, our well-being and troubles show up more.

2. _____, wrinkles on this side show the strong emotions we have experienced in our lives. The right side of the face reflects our intelligence and self-control. This side of the face is usually more relaxed and smoother. That is why, **3.** _____, movie stars prefer to have this side of their face photographed.

Writing Model: The Example Essay

Read the following example essay written by a student. Circle the thesis statement and underline the topic sentence in each of the body paragraphs. Underline the transitions used to introduce examples in the body paragraphs of the student essay.

A Virgo

1 Every person has both good and bad character traits. Most people do not like
to be criticized by others. It is good to be honest with yourself. We must admit
that we all have both good and bad traits, and we must like ourselves as we are.
If people do not love even a part of themselves, then they are practically dead.
5 Since I am going to write about myself, I will write about the good and bad traits
of my character. I was born under the sign Virgo, and I believe I have some of the
characteristics of people born under this sign.

One example of a good trait of a Virgo that I have is patience. Sometimes I think
I am almost too patient, but I have also found that patience helps me in a lot of
10 things. For example, it helps me to study when the lesson is difficult or boring. Also, if
I don't succeed in something, I am willing to try several more times. My patience also
helps me to relax and stay calm. I am very patient with people, too, e.g., children,
senior citizens, and even people who are sick and need a lot of help. I can deal with
people who are nervous, angry, and upset, and help them to calm down. Sometimes
15 people take advantage of my patience, however, and I don't like that at all.

Another example of a typical Virgo trait that I have is ambition. I am very
ambitious and can't sit in one place for more than 10 minutes. If I make up my
mind to do something, then I will do anything to meet my goal. It doesn't matter
how long it takes and how much energy and time will be needed to accomplish
20 it. This is what helped me to graduate from high school in 3 years. I like to do
housework, cook, and take care of babies. I also like to work outside my home. I
like to be busy all day and have lots of things to do. This makes me happy and
satisfied. I hate sitting at home all day doing nothing.

Finally, like anyone, Virgos have some bad traits, too. This ambition can
25 sometimes make them take on more work than they can handle, leading them
to strain themselves to a breaking point. Sometimes I take on too much work
and then reach a point at which I can do no more. Then I have to rest for a while
and regain my strength. Virgos can also be fussy and irritable. I suppose I can
be that way, too, sometimes. For instance, I like everything to be neat and tidy. If
30 someone comes along and messes things up, I will scold them.

In conclusion, I am very happy that I am a Virgo. My patience and ambition
gave me the confidence I needed to choose to be a psychologist. Because I work
hard and can deal with people who have problems, I think I will someday be
very successful in this profession. Some people envy me for the traits I have, and
35 that gives me an idea that I am not so bad after all.

Writing Practice

A. Write an Example Essay

Write an example essay on one of the following topics. In your essay, try to include **3** or more vocabulary words from the reading in this chapter.

1. Describe some of your good and/or bad traits. Give specific examples of these traits.
2. Describe yourself according to the characteristics of your astrological sign.
3. Describe a person you know or would like to know, using examples of two or three character traits.
4. Describe the character of a famous person, using examples of his or her dominant character traits.

B. Pre-Write

Work with a partner, a group, or alone.

1. Brainstorm the topic. Choose a pre-writing brainstorming technique you prefer. (See page 227.)
2. Brainstorm for ideas about strong character traits.
3. Work on a thesis statement.

C. Outline

1. Organize your ideas.

Step 1: Write your thesis statement.

Step 2: Pick the two best examples of strong character traits from your brainstorming activity.

Step 3: Remember to begin your paragraphs with a transition showing example.

2. Make a more detailed outline. The essay outline on pages 26 and 27 will help you.

D. Write a Rough Draft

Using the outline you made, write a rough draft of your essay.

E. Revise Your Rough Draft

Using the checklist below, check your rough draft or let your partner check it.

Essay Checklist

Essay Format

- Is the title in the middle of the page?
- Did you indent the first line of each paragraph?
- Did you write on every other line?

Essay Organization

I. Introduction

- Does it include general statements?
- Is there a thesis statement?

II. Body

- Are there two or three paragraphs, each about a character trait?
- Does each paragraph begin with a transition showing example?

III. Conclusion

- Does it summarize the main points or state your thesis again in other words?
- Is there a final comment on the topic?

Paragraph Organization

IV. Topic Sentences

- Does each body paragraph have a topic sentence with a controlling idea?

V. Supporting Sentences

- Is each paragraph about one main idea?
- Do your sentences support your topic sentence?
- Do you have specific factual details and examples to support what you stated?

F. Edit Your Essay

Work with a partner or a teacher to edit your essay. Correct spelling, punctuation, vocabulary, and grammar. Use the following checklist.

Editing Checklist

- Subject and verb in every sentence?
- Correct tense?
- Words in correct order?
- Correct pronoun reference?
- Subject and verb agreement?
- Commas in correct place?
- Wrong words?
- Missing words?
- Spelling?

Look at page 226 for symbols to use when editing.

Example:

Error: A person's apearance reveals more than we realize.

Correct: A person's appearance reveals more than we realize.

When you find a mistake of this type, you can mark it with the symbol "sp" (spelling).

sp

G. Write Your Final Copy

When your rough draft has been edited, you can write the final copy of your essay.

Chapter

6

Pets to the Rescue



Pre-Reading

Discuss the answers to these questions with your classmates.

1. Do you have a pet?
2. Do you think pets are good for people? Why or why not?
3. Does your pet make you feel better? How and why?

Predicting

Answer the questions. Then compare your ideas with those in the reading.

Imagine you are an elderly person living alone. Which of the following would you choose to make you happy? Check two. Then say why.

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> have a computer | <input type="checkbox"/> have a pet |
| <input type="checkbox"/> have visitors | <input type="checkbox"/> watch TV |



Track 6

Pets to the Rescue

1 **W**hen you walk into a hospital room, you expect to see a nurse or a
doctor. But in some hospitals you might also see a dog or a cat, or even a
rabbit or a turtle. These pets aren't there to be treated, however. They're part
of the medical team! The animals don't have medical degrees, of course.
5 They help patients get better simply by being there.

 After 30 years of study, researchers are convinced that animals provide
many health benefits. These range from lowering blood pressure to faster
healing after surgery. One study shows that even 10 minutes with an animal
can **significantly** lower blood pressure. There are many examples of how
10 pets improve people's health. For instance, studies show that pet owners have
lower cholesterol¹ levels than non-owners do. Pet owners are also in better
physical health **overall** and have fewer doctor visits. Also, people who have
suffered **heart attacks** live longer if they have a pet. And pet owners have
better mental health because pets make them happier, more relaxed, and less
15 stressed.

 Did you have a pet as a child? Do your grandparents own a pet? The
health benefits of pets are quite strong for both children and the elderly.
For example, a pet can help children **cope with** family problems, such as
illness or the death of a relative. Studies also show that children who own
20 pets are more likely to be involved in sports and hobbies. **Emotionally**
disturbed and mentally ill children are also helped greatly by pets.
Animals calm children and improve their behavior and even their mental
abilities. Animals **do wonders** for the elderly too, such as helping them
live longer, healthier lives. How do they do this? For one thing, pets make
25 older people feel less lonely and depressed. And some pets, such as dogs,
encourage elders to exercise by getting out for walks. Some aid groups take
pets into **nursing homes** to cheer up the residents. Pets bring out smiles of
happiness from elders and help improve their quality of life.

¹ **cholesterol:** a substance that helps to carry fats and is found in all cells of the body

30 Some groups also bring pets into hospitals. Most often, the animals are
dogs, but they can also be cats, rabbits, birds, and others. They are called
therapy animals. These animals are trained to give comfort and affection to
patients. Good therapy animals are friendly, gentle, and patient. They allow
people **to pet** and talk to them. They bring laughter and enjoyment to sick
people and help them feel better.

35 There are quite a few animal healing programs today. One interesting
example is the Dolphin Program. Researchers at universities and dolphin
centers worldwide study the healing effects of swimming with dolphins.
Some researchers believe that the sounds dolphins make underwater can
heal people. Others say dolphins heal because they make people feel
40 peaceful and happy. Dolphin programs for **children with special needs**
have been very successful. Even patients with serious illnesses improve by
swimming with dolphins.

Another interesting example of animals helping sick people is a program
that uses dogs to **detect** cancer. Researchers have found that dogs can
45 smell cancer in patients' breath because it contains certain chemicals. A
dog's sense of smell is 10,000 to 100,000 times better than that of humans.
In studies, trained dogs have identified cancer in early stages between 88
and 97 percent of the time. Since detecting cancer early is important to a
patient's survival, these trained dogs could save many lives.

50 Researchers know that animals make people feel better and extend
their lives. But they can't fully explain why. They suspect it's because
people can count on pets to be there, always loving and never judging.
This gives people a good feeling and relaxes them. Patients feel calm and
happy around pets. This mental and emotional state helps them feel better
55 physically. Whatever the reasons, there is no doubt that animals are good
medicine for people of all ages. Pets have a valuable place in homes,
hospitals, and all places of care.

Vocabulary

A. Vocabulary in Context

What are the meanings of the **bold** words? Circle the letter of the best answer.

- Even 10 minutes with an animal can **significantly** lower blood pressure.
 - in an unexpected way
 - to an important degree
 - of lesser importance
 - not in a noticeable way
- They are also in better physical health **overall**.
 - in a small manner
 - in only one way
 - above all others
 - in general
- People who have suffered **heart attacks** live longer if they have a pet.
 - periods of suffering from a long illness
 - physical blows to the chest
 - episodes when the heart stops working
 - times of extreme fright
- A pet can help children **cope with** family problems.
 - forget
 - manage
 - get upset about
 - ignore
- Emotionally disturbed** children are also helped greatly by pets.
 - having an illness of the mind or feelings
 - having unique mental powers
 - having an inability to communicate
 - having a serious physical illness
- Animals **do wonders** for the elderly too.
 - bring unexpectedly good results
 - make unusual changes in
 - pass on a certain behavior to
 - cause something that is not surprising

Word Partnership	Use cope with:
n. ability to	cope, cope with loss
adv. how to	cope
v. learn to	cope, manage to cope
adj. unable to	cope

7. Some aid groups take pets into **nursing homes** to cheer up the residents.
- a. places where people learn about medicine
 - b. places where the sick and elderly receive care
 - c. special facilities for medical emergencies
 - d. private homes for sick animals
8. They allow people **to pet** and talk to the animals.
- a. give food to
 - b. treat for an illness
 - c. touch in a loving way
 - d. train to do something
9. There are programs for **children with special needs**.
- a. children who are unusually independent
 - b. children who are gifted in some way
 - c. children who require extra help or attention
 - d. children who come from poor families
10. There is a program that uses dogs to **detect** cancer.
- a. find
 - b. cover up
 - c. investigate
 - d. catch

B. Vocabulary Building

Complete the sentences with the correct form of the **bold** words. You may use your dictionary.

1. **significant**

- a. His disability had little _____ on his performance on the test.
- b. After playing with her dog, there was a _____ drop in her blood pressure.

2. **detect**

- a. The police dog _____ the direction in which the prisoner escaped.
- b. The _____ of cancer at an early stage is really important.

3. **treat**

- a. I received excellent _____ at the hospital.
- b. The hotel staff _____ us so well.

C. Vocabulary in New Context

Write your own sentences using the **bold** words from Part A and Part B.

Reading Comprehension

A. Looking for the Main Ideas

Circle the letter of the best answer.

1. The main idea of the passage is that _____.
 - a. people who own pets live longer lives
 - b. pets help both children and the elderly
 - c. animals improve people's health in many ways
 - d. there are many interesting examples of animal healing programs

2. The second paragraph is mostly about how _____.
 - a. pets help to lower people's blood pressure
 - b. pet owners see doctors less often than non-owners
 - c. pets help people to be happier and more relaxed
 - d. owning pets has several healthful benefits

3. The main topic of the fifth paragraph is _____.
 - a. many animal healing programs are being used today
 - b. the Dolphin Program studies how swimming with dolphins heals people
 - c. researchers believe that people are healed by the sounds the dolphins make
 - d. the Dolphin Program has proven to be helpful to children with special needs

B. Looking for Details

Scan the reading quickly to find the answers to these questions. Write complete sentences.

1. According to the passage, why do pet owners have better mental health?

2. What are pet-owning children more likely to be involved in?

3. How do dogs help elders exercise more?

4. What are therapy animals trained to do?

5. What qualities do good therapy animals have?

6. According to researchers, how do dolphins help to heal people?

7. Why can dogs smell cancer in patients' breath?

8. How much better is a dog's sense of smell than a human's?

C. Making Inferences and Drawing Conclusions

The answers to these questions are not directly stated in the reading. Write complete sentences.

1. What does the passage imply about people with high blood pressure?

2. From the passage, what can we conclude is the main reason that therapy animals are good for sick people?

3. From the sixth paragraph, what can we conclude about the use of dogs in cancer programs in the future?

4. From the passage, what can we infer about the importance of animals in our lives?

Discussion Questions

Discuss the answers to these questions with your classmates.

1. If you could have any animal as a pet, what would it be? Why?
2. What is an interesting or remarkable story that you have read, heard, or experienced about how an animal helped a human?
3. Dolphins are one of the most researched animals on Earth. Why do you think dolphins attract so much attention? How have they been used other than in healing programs?

Critical Thinking Questions

Discuss the answers to these questions with your classmates.

1. What are the advantages and disadvantages of owning a pet?
2. Do you think that pets can actually heal people? Why or why not?
3. Do you agree or disagree with the statement that “a dog is man’s best friend?” Why?

Writing Skills

A. Organizing: *Using such as*

One way to introduce an example is by the use of **such as**. We use **such as** + example when we want to be brief.

Examples:

- Owning a pet can help children cope with family problems, **such as** illness or the death of a relative.
- Some pets, **such as** dogs, encourage elders to exercise by getting out for walks.
- Studies **such as** these make us appreciate pets.

Note: No commas are needed when the **such as** phrase gives essential information. Use commas when the **such as** phrase can be taken out without changing the meaning of the sentence.

B. Exercises

1. Combine the two sentences into one using *such as*. Use correct punctuation. The first one is done for you.
 1. Studies show that pets provide a range of health benefits. For instance, pets help in lowering blood pressure and faster healing after surgery.

*Studies show that pets provide a range of health
benefits, such as lowering blood pressure and faster
healing after surgery.*

2. Children get many benefits from pet ownership. For example, owning a pet helps them cope with family illness and death.

3. Owning pets improves people's health in several ways. For instance, pet owners have lower cholesterol levels and lower blood pressure, which can help extend their lives.

4. Studies show that pets do wonders for the elderly. For example, pets help the elderly feel less lonely and encourage them to exercise.

5. Healing programs use many different animals. For instance, these programs use dogs, cats, rabbits, and birds to help the sick feel better.

6. Today there are quite a few animal healing programs. For example, there is the Dolphin Program and a program that uses dogs to detect cancer.

2. Punctuate these sentences containing examples, where necessary.

1. Pet-owning children for instance tend to be calmer.
2. Birds for example are easy for elders to love and care for.
3. Not all animal healing programs use dogs for example the Dolphin Program.
4. Some pets are brought into medical facilities such as nursing homes.
5. For instance some nursing homes let their residents have cats.
6. A remedy such as pet ownership is very easy to like.

Writing Practice

A. Write an Example Essay

Write an example essay on one of the following topics. You must have paragraphs that start with example transitions, such as “One example of . . .,” and “Another example of . . .” In your essay, try to include **3** or more vocabulary words from the reading in this chapter.

1. Animals help people in many different ways.
2. Practicing yoga is good for you in different ways.
3. Exercise is good for the body and mind in different ways.
4. A healthy diet and exercise are good for the body.

B. Pre-Write

Work with a partner, a group, or alone.

1. Brainstorm the topic. List the positive ways in which it helps.
2. Brainstorm for ideas for each one. Choose a pre-writing brainstorming technique that you prefer. (See page 227.)
3. Work on a thesis statement.

C. Outline

1. Organize your ideas.

Step 1: Write your thesis statement.

Step 2: Pick the two best examples from your brainstorming activity.

Step 3: Remember to begin each paragraph with a transition showing example.

2. Make a more detailed outline. The essay outline below will help you.

Example Essay Outline

I. Introduction

Thesis: Animals/exercise/healthy diet and two ways it helps

II. Body

Topic sentence: One way it helps . . .

Supporting sentences

Topic sentence: Another way it helps . . .

Supporting sentences

III. Conclusion

Restatement of thesis

Final comment

D. Write a Rough Draft

Using the outline you made, write a rough draft of your essay.

E. Revise Your Rough Draft

Using the checklist below, check your rough draft or let your partner check it.

Essay Checklist

Essay Format

- Is the title in the middle of page?
- Did you indent the first line of each paragraph?
- Did you write on every other line?

Essay Organization

Introduction

- Does it include general statements?
- Is there a thesis statement?

Body

- Does each body paragraph give a clear example of a way it helps?
- Are transitions used to show examples?

Conclusion

- Does it summarize the main points or state your thesis again in other words?
- Is there a final comment on the topic?

Paragraph Organization

Topic Sentences

- Does each body paragraph have a topic sentence with a controlling idea?

Supporting Sentences

- Is each paragraph about one main idea? Do your sentences support your topic sentence?
- Do you have specific details or examples to support what you have stated?

F. Edit Your Essay

Work with a partner or a teacher to edit your essay. Correct spelling, punctuation, vocabulary, and grammar. Use the checklist below.

Editing Checklist

- Subject and verb in every sentence?
- Correct tense?
- Words in correct order?
- Correct pronoun reference?
- Subject and verb agreement?
- Commas in correct place?
- Wrong words?
- Missing words?
- Spelling?

Look at page 226 for symbols to use when editing.

Example:

Error: The number of famous people who are left-handed
are amazing.

Correct: The number of famous people who are left-handed
is amazing.

SV

When you find a mistake of this type, you can mark it with the symbol “sv” (subject/verb).

G. Write Your Final Copy

When your rough draft has been edited, you can write the final copy of your essay.

Weaving It Together

Timed Writing

Choose one of the following topics that you have not already written about in “Writing Practice.” You have 50 minutes to write an example essay.

1. Describe some of your good and/or bad traits. Give specific examples of these traits.
2. Describe a person you know or would like to know, using examples of two or three character traits.
3. Animals help people in many different ways.
4. A healthy diet and exercise are good for the body.

Connecting to the Internet

- A. Look up “phrenology” on the Internet. Find out more about the history of phrenology. What other scientists are interested in phrenology? In which countries did it become popular?
- B. Look up “pet therapy” on the Internet. Find three examples of programs that use pets as therapy to help people. Which program sounds the most beneficial or most interesting to you?

What Do You Think Now?

Refer to page 53 at the beginning of this unit. Do you know the answers now? Complete the sentence or circle the best answer.

1. A person’s features, such as the shape of the head, can/can’t tell about his or her character.
2. A theory called phrenology identifies _____ on the head that tell character.
3. Elderly people who have pets live/don’t live longer.
4. Dogs can/can’t smell cancer in humans.
5. Pet owners visit the doctor more/less often.