

6A Music and emotion

1 READING

a Read the article quickly and answer the questions.

- 1 What danger does the article refer to?
- 2 Who is affected by the problem?

b Read the article again and mark the sentences T (true) or F (false).

- 1 The writer's mother didn't want her to go to the concert. T
- 2 The music at the concert was louder than the sound of a jet plane taking off. —
- 3 After the concert, the writer had no symptoms of hearing damage. —
- 4 The writer had problems with her hearing at work, but not at home. —
- 5 The writer pretended that she could hear what a person at the party was saying. —
- 6 Despite her problems, the writer can still hear sounds at the bottom range of the scale. —
- 7 The doctors told her that her hearing would eventually recover. —
- 8 Now the writer wears a device in one ear to help her hear better. —
- 9 According to the writer, most people don't take the dangers of hearing loss seriously. —

c Look at the highlighted words and phrases in the text and try to work out their meaning. Then match to definitions 1–8.

- 1 obviously _____
- 2 showed annoyance at something that was said _____
- 3 not fashionable _____
- 4 affect your senses in a way that is very unpleasant or uncomfortable _____
- 5 very annoying _____
- 6 in the end we discover _____
- 7 sounds that you can hear, but you are not listening to _____
- 8 become worse _____

The hidden dangers of rock music



Twenty-two years ago as I left the house to go to see Motörhead – known at the time as 'the loudest band in the world' – my mother's words followed me out of the door: 'You'll ruin your hearing one day!' At the time, I rolled my eyes dramatically, and proceeded to assault my ears with 140 decibels of noise, which I now know is ten decibels above the sound of a jet plane taking off. That night, I left the venue with my ears ringing and it took more than a week for the ringing to diminish. But after that, I thought no more of it.

That is, until I was in my mid-20s. I was working in a busy store with background noise from shoppers and music, and I started finding it difficult to hear what customers were saying. At home, my husband began to notice that I was either mishearing or not hearing things at all. On one occasion when we were at a noisy party I had no idea what someone was saying to me, but I was nodding and smiling as if I understood. Afterwards, my husband informed me that the person had been telling me that her dog had just died. Needless to say, I was extremely embarrassed. The result of this episode was that I went to see my GP to have my hearing checked.

The news was not good. I had hearing loss of 50 per cent. It affected the top range of my hearing, which meant that any high-pitched noises, speech, phones, and day-to-day sounds were gone. I also had tinnitus, which was causing an infuriating ringing in my ears. The doctors explained that years of listening to loud music had caused the tiny sensory hair cells in the inner ear to become irreversibly flattened – meaning I would never hear properly again. And unless I protected my ears, my hearing would deteriorate even more.

So it turns out that my mother was right and I have, indeed, ruined my hearing. Today, I wear a pair of hearing aids that are quite discreet but still definitely very uncool. But according to the World Health Organization, I am not alone. They say that around four million Britons risk serious damage to their ears by exposure to loud music. Hours spent listening to music on MP3 players and at concerts are to blame.

There are so many things that can be done to protect our hearing and it is often a case of 'it'll never happen to me' or thinking that 'only old people go deaf'. However, in our modern life, where most people spend half their time plugged into a music device, it is very likely that it may, indeed, happen to you.



2 GRAMMAR gerunds and infinitives

a Circle the correct form.

- We would like *paying* / *(to pay)* / *pay* our bill now as we're leaving early tomorrow.
- My husband doesn't mind *doing* / *to do* / *do* housework.
- I must *listening* / *to listen* / *listen* to some of their songs before I go to the concert.
- Our teacher makes us *checking* / *to check* / *check* our homework.
- Tom's doctor suggested *seeing* / *to see* / *see* a specialist about his back.
- Mark learned *playing* / *to play* / *play* the guitar when he was a teenager.
- My girlfriend's very possessive. She doesn't let me *going out* / *to go out* / *go out* with my friends any more.
- The man denied *stealing* / *to steal* / *steal* the laptop from my bag.
- Kim expects *getting* / *to get* / *get* her exam results on Friday.
- I've given up *buying* / *to buy* / *buy* CDs because it's cheaper to download the tracks I like.
- I can't imagine *having to* / *to have to* / *have to* get up at 6.00 every morning.
- He managed *passing* / *to pass* / *pass* his driving test although he was really nervous.

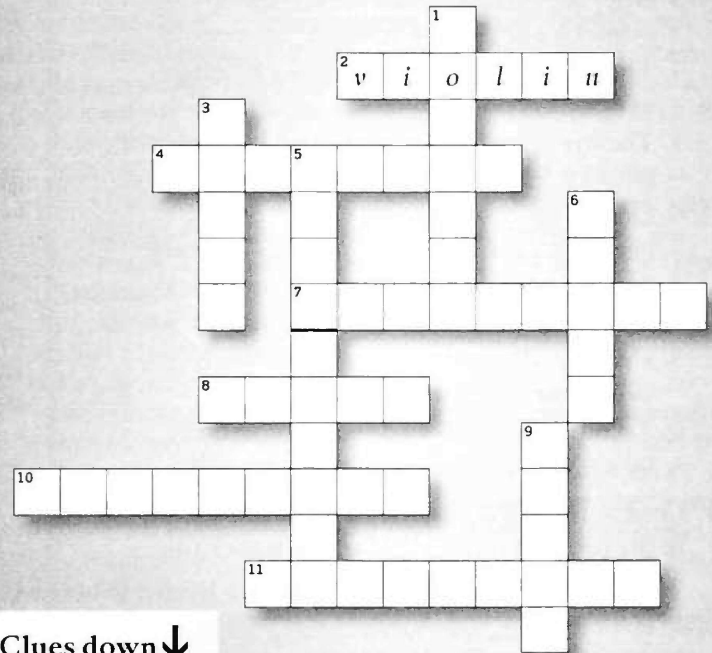
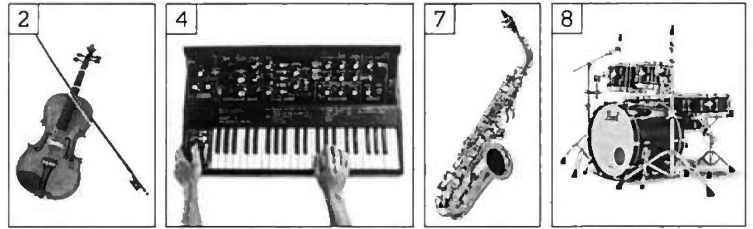
b Complete the sentences with the correct form of a verb from the box.

buy call climb find
iron read send spend

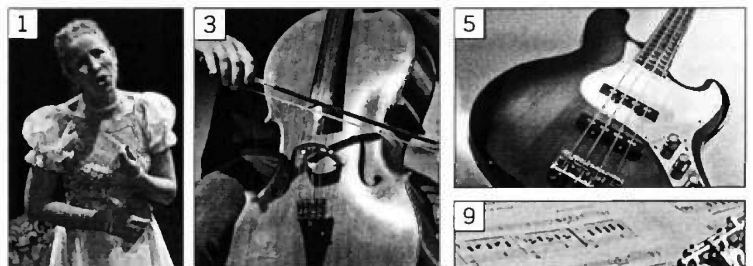
- My sister is trying to find a new job. She doesn't get on with her boss.
- Do you remember _____ the apple tree in our parents' garden when we were children?
- We need _____ a plumber because the shower's broken.
- Laura forgot _____ her mother a birthday card.
- I remembered _____ the milk, but I forgot to buy any bread!
- If you can't sleep at night, try _____ a book in bed. It will help you relax.
- That shirt needs _____ if you want to wear it tonight.
- I'll never forget _____ a romantic weekend in Paris with my first boyfriend.

3 VOCABULARY music

Clues across →







Clues down ↓



4 PRONUNCIATION

words from other languages

a Circle the word with a different sound.

1  k keys	choir church orchestra psychology
2  ch chess	cappuccino cello concerto macchiato
3  ch shower	chauffeur chef chic chorus
4  k keys	bouquet encore fiancé hypochondriac

b **iChecker** Listen and check. Then listen and repeat the words.

c **iChecker** Listen and complete the sentences.

- 1 A lot of paparazzi took _____ of the film star.
- 2 The _____ is ruined by the _____.
- 3 The _____ brought me my _____.
- 4 The technician gave the _____ a new _____.
- 5 The dancers in that _____ had a natural sense of _____.

d Listen and check. Then listen and repeat the sentences.

5 LISTENING



a **iChecker** Listen to a critic talking about a documentary film. What is the film mainly about?

- A It tells the story of a man who suffers from Alzheimer's disease.
- B It explains the different phases an Alzheimer's patient experiences.
- C It describes a new treatment for Alzheimer's patients.

b Listen again and choose the right answer.

- 1 In his job, Dan Cohen is...
 - a a film maker.
 - b a musician.
 - c a social worker.
- 2 Cohen creates the playlists for Alzheimer's patients to help them...
 - a feel happier.
 - b communicate better with their families.
 - c recover some of their memories.
- 3 The first time Henry listens to his playlist, he...
 - a is transformed.
 - b starts crying.
 - c starts dancing.
- 4 When the patients are wearing their headphones, they...
 - a don't talk to anybody else.
 - b are much more sociable.
 - c don't take any notice of the staff.
- 5 Dan Cohen wants other people to help him by...
 - a creating playlists for old people.
 - b giving money to the city's care homes.
 - c giving the project devices that they no longer use.

c Listen again with the audio script on p.73 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

be moved to tears /bi mu:vd tə tiəz/

cacophony /kə'kɒfəni/

deaf /def/

make a fool of yourself /meɪk ə fu:l ɒv jə:'self/

musical genre /'mju:zɪkl 'ʒɒnrə/

nostalgia /nɒ'stældʒə/

piece of music /pi:s ɒv 'mju:zɪk/

profoundly /prə'faʊndli/

solo artist /'sɒləʊ 'ɑ:tɪst/

weep /wi:p/

6B Sleeping Beauty

1 GRAMMAR

used to, be used to, get used to

a **Circle** the correct answer.

- Before my sister had children she used to **sleep** for eight hours every night.
- When we moved to Britain from Poland we weren't used to *drive / driving* on the left.
- Chris got divorced last year but he soon got used to *live / living* on his own.
- I *used to / use to* know her, but we lost touch years ago.
- My parents are slowly getting used to *be / being* retired.
- My new job is exhausting. I'm not used to *work / working* so hard.
- Did you use to *play / playing* a musical instrument at school?
- When Bill was a student, he *used to / was used to* eat pizza every day.

b Rewrite the sentences using a form of *used to*, *get used to*, or *be used to* and a verb.

- Stephen wasn't so assertive in the past.
Stephen didn't use to be so assertive.
- Has working at night become less of a problem now?
Have you _____ at night?
- I don't normally have breakfast so early.
I'm _____ breakfast so early.
- Chloe wore her sister's clothes when she was a child.
Chloe _____ her sister's clothes when she was a child.
- We have adapted to living in the country very quickly.
We have _____ in the country very quickly.
- She often looks after people so she will make an excellent nurse.
She is _____ people, so she will make an excellent nurse.
- They still don't know how to use the new system – they keep making mistakes.
They haven't _____ the new system yet.
- I couldn't sleep because I don't normally sleep on a sofa.
I couldn't sleep because I _____ on a sofa.

2 READING

- a Read the article quickly. Do the couple feel the same way about Adam's sleep talking?
- b Read the text again and complete it with the missing sentences. There is one extra sentence you do not need to use.
- Ironically, Adam has never eaten them in his life.
 - Karen's blog, Sleep Talkin' Man, has become an internet hit in more than fifty countries.
 - Instead of investing in earplugs, she records her husband's comments.
 - He went there once as a child, but he doesn't remember it.
 - He thinks that his sleep-talking might be some sort of therapeutic process, because he always wakes up fully refreshed and relaxed.
 - Karen says that Adam doesn't talk every night, but when he does, it happens every thirty seconds or few minutes.

How to deal with a sleep-talking husband

Most women would find it infuriating to be woken up night after night by their husband talking in his sleep. But one woman in the UK has found an interesting way of dealing with the problem. ¹ ____ And then she posts them on the internet.

36-year-old Karen Slavick Lennard is a web-products manager, and she's married to Adam, an advertising account director, also 36. They live together in Richmond, in south-west London. Karen first entered Adam's lines onto her laptop by hand, but now she uses a voice-activated recorder. 'I find every single thing Adam says hilarious,' she says, 'I cannot believe what he comes out with, and neither can he. We laugh like crazy every morning.' ² ____ Then he suddenly stops.

Adam talks about everything and anything in his sleep; from vampire penguins to zombie guinea pigs. Examples of the things he has said in a typical week include, from Tuesday night: 'Pork chops are the most satisfying. Mmmmmmm. Dangle them from the ceiling.'

³ ____ And then on Sunday at 5 a.m., he mumbled:

c Look at the highlighted words and phrases in the text and try to work out their meaning. Then match them to definitions 1–10.

- 1 sudden expressions of strong feeling _____
- 2 made upset _____
- 3 said quietly without opening the mouth properly _____
- 4 put a dead body in the ground _____
- 5 says something unexpectedly _____
- 6 hang freely _____
- 7 taking action to solve _____
- 8 behaving in a wild way, without any control _____
- 9 the ability to remember _____
- 10 completely ridiculous _____

3 VOCABULARY sleep



a Complete the sentences with a word connected to sleep.

- 1 We were cold in bed, so we opened the wardrobe to look for a blanket.
- 2 I never ov _____, because I always set my alarm clock before I go to bed.
- 3 She has to wear earplugs at night because her husband sn _____.
- 4 I was feeling sl _____ so I went to bed.
- 5 My grandmother takes sl _____ p _____ to help her to sleep.
- 6 It's impossible to wake Matt up. He sleeps like a l _____.
- 7 Alex never drinks coffee after dinner, because it k _____ him a _____.
- 8 I was so tired that I fell asleep as soon as my head hit the p _____.

b Match the words in the box to the definitions.

duvet fast asleep insomnia jet-lagged
nap nightmare set yawn

- 1 a thick cover filled with feathers that you sleep under duvet
- 2 a short sleep during the day _____
- 3 the condition of being unable to sleep _____
- 4 you do this to an alarm _____ (it)
- 5 a very bad dream _____
- 6 you feel like this when you fly, for example, from London to New York _____
- 7 you sometimes do this when you're tired or bored _____
- 8 you're in this state when you're unlikely to wake up soon _____

Pork chops are the most satisfying.
Mmmmmmm. Dangle them from the ceiling.

Shhhhhh.
Shhhhhh.
I'm telling you:
your voice, my ears.
A bad combination.

Don't leave the duck there.
It's totally irresponsible.

Your mum's
at the door.
Bury me deep.
Bury me deep.

'Your mum's at the door. Bury me deep. Bury me deep.' Another of his most memorable comments is: 'Shhhhhh. Shhhhhh. I'm telling you: your voice, my ears. A bad combination.'

Adam was gobsmacked when he first heard the strange statements recorded by his wife. 'I have no recollection of the absurd things I say,' he explains. 'They are not things that I would ever say or that any normal person would ever say.' At first, Adam was put out by the recordings and he refused to listen to them, but later he realized that they were quite fun. 'It was just my subconscious fully uninhibited and running riot,' he says. ⁴ ____ And both he and his wife look forward to listening to the tapes in the morning.






In fact, Karen and Adam are not the only ones who find Adam's outbursts entertaining. ⁵ ____ The couple have now started selling T-shirts and bags printed with Adam's comments on the site. The most popular among them are products featuring this one: 'Don't leave the duck there. It's totally irresponsible.'

4 PRONUNCIATION

sentence stress and linking

- a **iChecker** Listen and repeat the sentences.
 Try to link the words and copy the rhythm.
- We used to use blankets, but now we have a duvet.
 - I'm not used to having a nap after lunch.
 - We soon got used to living in our new house.
 - I never used to have problems sleeping.
 - Terry is used to working at night.
 - She couldn't get used to living on her own.
- b Write the words in the correct column.

alarm asleep fall fast insomnia
 jet-lagged nap nightmare siesta yawn

1  horse	2  car	3  cat
_____	alarm	_____
_____	_____	_____
_____	_____	_____
4  computer	5  chair	
_____	_____	
_____	_____	
_____	_____	

- c **iChecker** Listen and check. Then listen and repeat the words.

USEFUL WORDS AND PHRASES

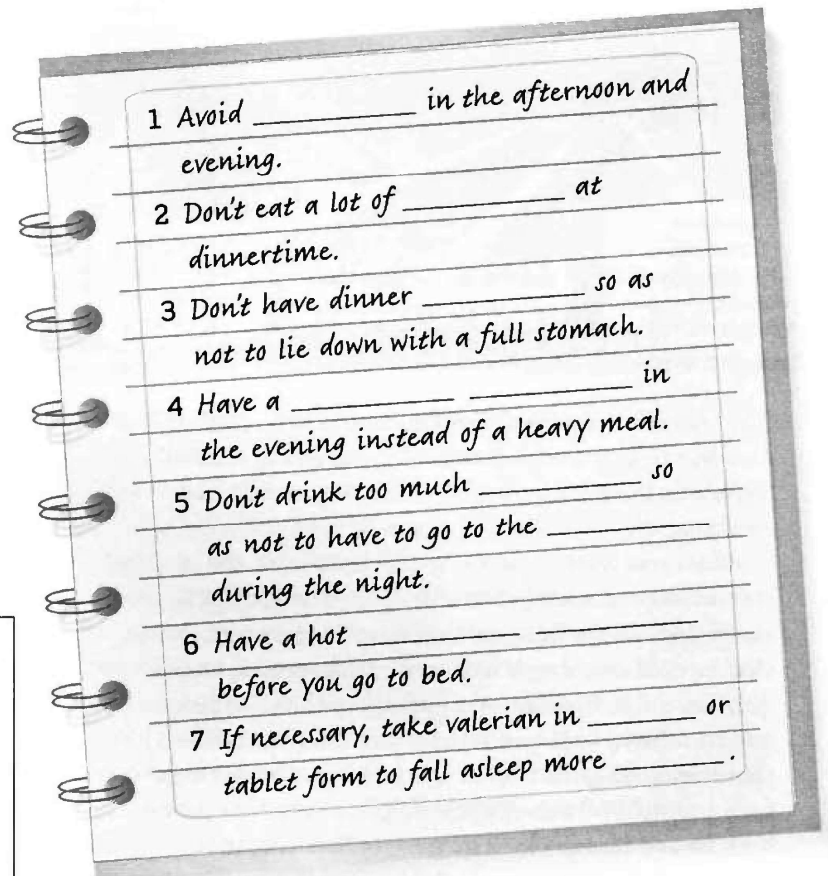
Learn these words and phrases.

century /'sentʃəri/
 deep sleep /di:p sli:p/
 nightfall /'naɪt fɔ:l/
 loyal /'lɔ:əl/
 pray /preɪ/
 sleepwalk /'sli:p wɔ:k/
 syndrome /'sɪndrəʊm/
 video gamer /'vɪdiəʊ 'geɪmə/
 virtual reality /vɜ:tʃʊəl ri:'æləti/

5 LISTENING



- a **iChecker** Listen to a radio programme about how diet affects sleep and choose the best answer.
- The dietician gives advice about... in order to sleep well.
- what we should eat and drink
 - what we shouldn't eat and drink
 - what we should and shouldn't eat and drink
- b Listen again and complete the notes.



- c Listen again with the audio script on p.73 and try to guess the meaning of any words that you don't know. Then check in your dictionary.