

DAY 156 Positive thinking helps us live longer



Positive thinkers are more likely to live longer than negative thinkers. This is according to a combination of studies conducted by the Boston University School of Medicine into the health of people in the USA. Researchers looked at data on the health of 70,000 female nurses and 1,500 male military veterans. They discovered that people who were optimists (people who thought positively) were more likely to live to the age of 85. They said people who were more pessimistic (those who thought negatively) were 11-15 per cent less likely to live to that age. The researchers believe that optimists (positive thinkers) found it easier to manage stress than pessimists (negative thinkers).

Participants in the two studies answered questions in a survey. The questions assessed their levels of optimism. The surveys matched these levels with the participants' overall level of health. They were also asked about their levels of exercise, their diets, as well as how much they smoked and drank. Professor Lewina Lee said: "Our findings speak to the possibility that raising levels of optimism may promote longevity and healthy ageing." She had some advice for pessimists who might want to live longer. The

advice was to, "imagine a future in which everything has turned out well". She urged people to increase levels of optimism. She said it was healthier for people to look on the bright side of life.

TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says pessimists are less likely to live longer than optimists. T / F
2. Researchers looked at data on 71,500 men and women. T / F
3. The research says all optimists live to be the age of 85. T / F
4. Positive thinkers are up to 15% more likely to live to be 85. T / F
5. People answered questions about exercise, optimism and drinking. T / F
6. Researchers say optimism can reduce longevity. T / F
7. A researcher said imagining a dark future helps people feel optimistic. T / F
8. A researcher said bright people should look on the healthy side of life. T / F

DAY 157

It's my treat !!!

Stanley	You look tired. Would you like to have a cup of coffee with me ? It's my treat.
Nancy	OK. Caffeine is exactly what I need right now.
Stanley	How is every thing going ?
Nancy	As usual, I keep visiting clients, working on proposals and making phone calls.
Stanley	Yes. I am glad to see that you hold on to these routines. Most the people think that the work can be tiresome and they started to lose interest.
Nancy	I agree. Sometimes the clients' refusals cause me great distress and I found it difficult to deal with it.
Stanley	I can totally understand. Still, I hope you can keep up the good work. Where there's a will, there's a way.

Explanation :

Treat - Pay for something for another person

Example : No, you paid for dinner last time - **this is my treat.**

Correct English

Learn common confused expressions in English.

1. He takes **trouble** (or, pains) over his work. (**Not**, takes **troubles** to do his work)
2. Our house is built of **stone**. (**Not**, **stones**)
3. She gave me some **advice**. (**Not**, **advices**)
4. Have you received any **information** ? (**Not**, **informations**)
5. I do not like **this poetry** (or, these poems). (**Not**, **these poetries**)

DAY 158 Beekeeper says bears prefer premium honey



A beekeeper in Turkey has come across a discovery thanks to a group of honey-stealing bears. The hobbyist beekeeper is Mr Ibrahim Sedef, who lives in the Black Sea coastal town of Trabzon, northeast of the capital Ankara. For many years, he has gone to great lengths to prevent bears from stealing the honey his bees make. In so doing, he has discovered that the bears have a

particular penchant for the best quality, most expensive honey. Mr Sedef had struggled to keep the intruders and their sweet teeth away from his beehives. However, the bears evaded his metal cages and protective storage houses, and did not fall for Mr Sedef's attempts to use apples and other fruit as a decoy.

Mr Sedef told reporters that the bears have cost him over \$10,000 in the past three years. During this time, he set up cameras to find out more about their tastes. He enticed the bears with four different bowls of goodies. Three bowls contained various types and quality of honey and one had cherry jam. Time after time, the bears made a beeline for the most expensive honey. They continually opted for the premium Anzer honey, which is believed to be the most expensive in the world. It is produced from the nectar of 90

flowers that only grow in the mountains of the Anzer plateau. It is said to have a whole host of medicinal and curative powers. Despite his financial losses, Sedef said he has grown to love the bears.

TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

1. The beekeeper lives in the Turkish capital of Ankara. T / F
2. The beekeeper has great lengths of beehives. T / F
3. The beekeeper made a pendant for the best quality honey. T / F
4. The beekeeper used apples to keep the bears away from his honey. T / F
5. The beekeeper gets \$10,000 a year from his honey. T / F
6. The beekeeper tested to see if the bears liked cherry jam. T / F
7. The expensive honey is made from the nectar of 90 mountain flowers. T / F
8. The beekeeper loves the bears that are stealing his honey. T / F

Day 159

It's no bother at all !!!

Kathy	I'm calling to inform you that I'm resigning at the end of this month.
Rachel	Really ? What a surprise.
Kathy	I know. As a matter of fact, I'm getting married next month. My husband made a new investment in Shanghai which turns out to be a remarkable success. So we decided to relocate to Shanghai.
Rachel	Congratulations ! I am happy for you. I would like to send you a floral basket. Should I send it to your office ?
Kathy	No, its OK. Don't bother.
Rachel	It's no bother at all. I insist on sending my regards to you. It's nice working with you.

Explanation :

Bother - trouble or difficulty

Example : It will be an awful lot of **bother** going by bus.

Correct English

Learn common confused expressions in English.

6. Have you learnt the new **poem** ? (**Not**, the new **poetry**)
7. I like the mountain **scenery**. (**Not**, **sceneries**)
8. **This news is** good. (**Not**, **These news are** good)
9. **Those cattle are** ours. (**Not**, **that cattle is** ours)
10. I know **those** people. (**Not**, **that** people)

DAY 160 Endangered sharks and rays get more protection



There is international agreement on the protection of 18 threatened species of sharks and rays. The Convention on International Trade in Endangered Species (CITES) agreed on Sunday to give greater protection for the

marine creatures from actions such as commercial fishing and hunting. Many of the threatened species are hunted for their meat and fins. Some of the species being protected are the world's fastest shark (the mako shark), wedgefishes and guitarfishes. Luke Warwick of the Wildlife Conservation Society said: "Sharks are vulnerable wildlife....Momentum is clearly building to ensure that these species, which have been around for 400 million years, continue to be around for future generations."

CITES is an international treaty established in 1973 to protect endangered animals and plants. It has been signed by 182 different states, plus the European Union. There was not widespread agreement at the weekend's meeting. The focus of the meeting was on protecting sharks. The number of sharks killed each year by commercial fishing is estimated at 100 million. One conservation group said this figure could be as high as 273 million.

Forty countries disagreed that the mako shark was in danger. They argued that there was not enough evidence to show that the mako was disappearing as a result of fishing. The global shark fin market is estimated to be over \$1.2 billion.

TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

1. Over 20 different species will now be protected. T / F
2. Many sharks die because people want to eat their fins. T / F
3. Wedgefish and guitarfish are also on the protected species list. T / F
4. Sharks have been on Earth for about 400,000,000 years. T / F
5. The animal protection treaty in the article first started in 1953. T / F
6. The treaty has been signed by 182 states. T / F
7. Over 275 million sharks are killed every year. T / F
8. The global shark fin soup market is worth over \$2 billion a year. T / F