DREAMS 'N MOTION
6841 Bristol Rd.
VENTURA CA 93003

From: Rick
To: IELTS Prep Group
*Subj: IELTS **Reading** lesson 10-18-2017*

Lesson Objective
The student shall be able to use "power words" as part of their oral vocabulary, read and comprehend both social and business language and demonstrate effective oral communication skills

Section One

Vocabulary
Match the correct word in column A with the definition in column B, then use in a sample sentence
Evaluation Criteria: Ability to understand definitions of English vocabulary

Column A	Column B
VOCABULARY	**DEFINITION**
1. SANITATION (noun)	**A.** A condition or practice conducive to the preservation of health, as cleanliness.
2. HYGIENE (noun)	**B.** Continuing a long time or recurring frequently.
3. INTERVENTION (noun)	**C.** Pertaining to or serving for respiration.
4. CHRONIC (adjective)	**D.** The relative frequency of deaths in a specific population; death rate.
5. RESPIRATORY (adjective)	**E.** To make easier to endure; lessen; mitigate.
6. MORTALITY (noun)	**F.** Something that is emitted; discharge; emanation.
7. ALLEVIATE (verb)	**G.** the development and application of sanitary measures for the sake of cleanliness, protecting health, etc.
8. EMISSION (noun)	**H.** Interposition or interference of one state in the affairs of another.

Section Two

Reading Comprehension and Pronunciation skills.

Evaluation Criteria: Ability to effectively read and comprehend written English in a social or business environment.

ARTICLE A

Polluted Environments Kill 1.7 Million Children Each Year, WHO Says

Source

(CNN)Each year, environmental pollutants cost an estimated 1.7 million lives among children under 5, according to World Health Organization reports released Monday.

The causes include unsafe water, lack of sanitation, poor hygiene practices and indoor and outdoor pollution, as well as injuries.
The new numbers equate to these pollutants being the cause of one in four deaths of children 1 month to 5 years old.

One new report highlights that the most common causes of child death are preventable through interventions already available to the communities most affected. These causes are diarrhea, malaria and pneumonia, which can be prevented using insecticide-treated bed nets, clean cooking fuels and improved access to clean water.

1. "A polluted environment is a deadly one -- particularly for young children," Dr. Margaret Chan, the WHO director-general, said in a statement. "Their developing organs and immune systems, and smaller bodies and airways, make them especially vulnerable to dirty air and water."

Infants exposed to indoor or outdoor air pollution, including secondhand smoke, have an increased risk of pneumonia during childhood as well as an increased risk of chronic respiratory diseases -- such as asthma -- for the rest of their lives, one report states.

The global body also highlighted the increased risk of heart disease, stroke and cancer from exposure to air pollution.

More than 90% of the world's population is thought to breathe air that violates quality guidelines set by the WHO.
The reports further list ways in which these risk factors can be removed to prevent disease and death.

"Investing in the removal of environmental risks to health, such as improving water quality or using cleaner fuels, will result in massive health benefits," said Dr. Maria Neira, director of the WHO's Department of Public Health, Environmental and Social Determinants of Health. "A polluted environment results in a heavy toll on the health of our children."

2. The growth of electronic and electrical waste is also a concern, according to the report. If not disposed of correctly, waste can expose children to toxins that can harm intelligence and cause attention deficits, lung damage and cancer.
Also among the fears: an increasing risk of climate change, due to rising temperatures and carbon dioxide levels, boosting pollen growth and possibly asthma. An estimated 44% of asthma cases among children worldwide are thought to be related to environmental exposures, the reports say.

In addition to highlighting the burden borne by young children, the new reports suggest ways in which risk factors -- and therefore death rates -- can be reduced.

These include reducing air pollution, improving access to clean water and sanitation, protecting pregnant women from secondhand smoke and building safer environments in order to reduce accidents and injuries.

3. "Both indoor and outdoor air pollution have an important effect on the health and development of children, and not just in the stereotypical 'polluted cities' context but also for very poor rural families who cook indoors," said Joy Lawn, professor of maternal reproductive and child health epidemiology at the London School of Hygiene and Tropical Medicine.

"Clean water is taken for granted by families in high-income countries, and yet those children in the hottest climates, facing the greatest risks of infectious diseases, are the very ones with least access to clean water."

But Lawn added that pollution is not the only risk factor when it comes to child mortality.

"We also need to be careful in attributing these deaths just to dirty water or pollution," she said. "To prevent deaths from pneumonia, we also need vaccines and antibiotics; from malaria, we also need bed nets and anti-malarials. It Is not just about pollution."

4. Other potential solutions mentioned in the reports are removing mold and pests from housing, removing lead paint, ensuring sanitation and good nutrition at schools and using better urban planning to create more green spaces in cities. Safe management of industrial waste by industries is also highlighted, along with stopping the use of hazardous pesticides and child labor in agriculture.

The report "highlights the scale of the problem of how environmental pollution affects the health of children across the globe," said John Holloway, professor of allergy and respiratory genetics at the University of Southampton. Holloway recently authored a report on the lifelong impact of air pollution.

"We must also remember that it is not just the acute effects of pollution on children's health mentioned in the report that we need to be concerned about, it is also the potential long-term effects of exposure to pollutants in early life that can have lifelong effects on health and well-being," he said.

5. Holloway also stressed that this is not a concern solely for developing countries. "Exposures such as air pollution and secondhand tobacco smoke affects the health of children in developed countries such as the UK as well," he said.

But, like the WHO, he also stressed that things can be done to help solve the problem and said authorities and individuals should act now -- as well as think long-term -- to protect the health of future generations.

"We all have a responsibility for reducing environmental pollution," he said. "This is going to require changes in society such as better monitoring of pollution and taking into account the true long-term economic cost of pollution when assessing the cost of measures to reduce environmental pollution."

ARTICLE B

How to Manage the (Polluted) Air You Breathe

Source

(CNN) More than 90% of the world's population breathes in air that violates air quality guidelines set by the World Health Organization, increasing their risk of lung cancer and respiratory infections, but also conditions including stroke, cardiovascular disease and chronic obstructive pulmonary disease.

The situation has reached a tipping point, despite efforts to curb the issue. "People have tried," said Sumita Khatri, co-director of the Asthma Center at the Cleveland Clinic. "But it's continuing to be an ongoing problem."

This week, air pollution alerts were issued in Sydney, Australia, due to an excess of ozone gas within the city. Annual air pollution limits have already been breached in London for 2017. Pollution levels became dangerously high in Paris at the end of 2016 and countries such as China continue to face ongoing concern over smog, which, at its peak, led to the shutdown of schools and factories.

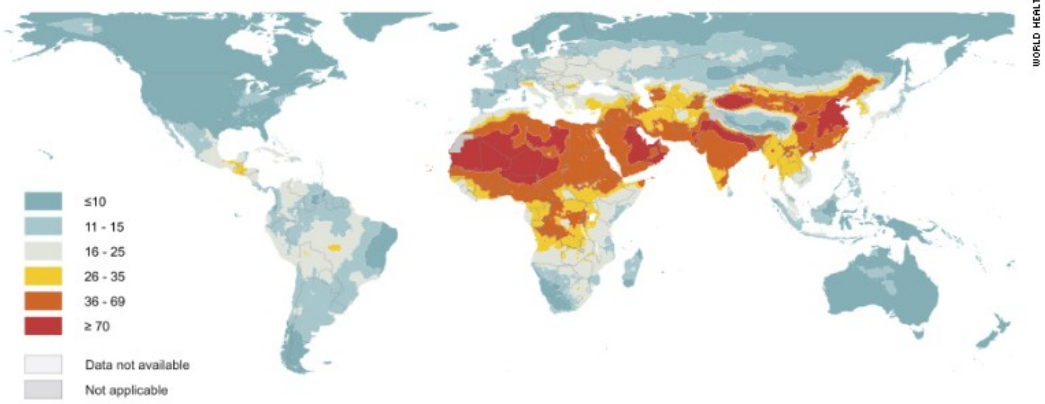
1. Air pollution causes one in nine deaths worldwide, according to the BreatheLife campaign led by WHO and the Climate and Clean Air Coalition. The campaign provides information on how air pollution impacts health and death rates in most cities and countries worldwide. Death rates in individual countries vary dramatically, with more than 1 million deaths from diseases related to air pollution in China each year, and about 38,000 in the United States.

While heads of state and government officials set policies to address the problem on a national and global level, the US Environmental Protection Agency has a range of tips for individuals to make the air in their immediate environment more breathable, stating that "everyone needs to take steps to protect themselves when pollution levels are hazardous and above."

The air quality index is calculated using levels of five pollutants: ground-level ozone, particle pollution (also known as particulate matter), carbon monoxide, sulfur dioxide and nitrogen dioxide. The scale ranges from one to 500, with scores above 150 considered unhealthy to everyone and scores above 300 classed as hazardous, with entire populations likely to be affected.

"Lots of apps will tell you the pollution level in your city today," said John Holloway, professor of allergy and respiratory genetics at the University of Southampton, adding that information on air quality levels is "very accessible now." Holloway recently authored a report on the lifelong impact of air pollution. By monitoring your air quality, you can alter your movements, and behaviors, accordingly.
So, when the air quality is low -- or the index score is high -- here's what you can do.

Figure 9: Global map of modelled annual median concentration of $PM_{2.5}$, in µg/m³



$PM_{2.5}$: Fine particulate matter of 2.5 microns or less.

2. Surround yourself with clean air
According to the EPA, staying indoors, in a building with filtered air, is one of the best ways to reduce the levels of pollutants entering your lungs.

"We suggest people stay indoors, close windows and use air conditioners," said Khatri, who offers advice to allergy sufferers on a regular basis. For people without air conditioning, air purifiers are another option.

Last week, Chinese state media reported that education authorities in Beijing will include air purification systems as a standard feature in new schools in order to alleviate exposure to toxic gases and harmful particles.

These technologies can be used to filter both outdoor and indoor pollutants, such as exhaust emission particles as well as pollen, mold, spores and other allergens and infectious agents. They are not considered to be 100% effective, according to Khatri, but any reduction may prove beneficial. "Some studies show a 50% reduction," said Khatri.

Other studies looking at systems that used a combination of filters have shown as much as a 70% reduction of particles as small as 0.3 microns -- which is just a tiny fraction of the width of a human hair.

3. Pollutants such as fine particulate matter are less than 2.5 microns in size, known as PM 2.5., and are known to be harmful to human health. These are particles that reduce visibility in the air when their levels are high.
Types and designs of air cleaning devices vary greatly, from traditional high-efficiency particulate arrestance (HEPA) filters placed in a range of devices, to more complex systems installed into the duct work or air conditioning systems in a building, as well as portable air cleaners and the use of UV light to destroy pollutant particles.

While studies have found cleaners to be effective -- to a certain extent -- in removing particles, evidence of them reducing adverse health effects is weak, according to one EPA report, partly because particle pollution from outside air can easily get inside. But during high periods of exposure -- such as when AQI levels are hazardous -- the agency still advises their use.

"Anything you can do to reduce exposure can help," said Holloway, adding that "people spend most of their time indoors."

4. Choose effective face protection
Personal protective equipment, including face masks, may seem an extreme measure, but when out on the road where exposure is at its highest, they may prove beneficial.

In general, experts advise people to avoid going outside unless they have to when air quality is low. So, you can feel guilt-free about not exercising in the park, though things like commuting to work are unavoidable. "Think about what you're doing on days when levels are high," said Holloway.

But if there is no choice but to venture out, "some personal protective measures can help, particularly for people who are at risk," he said. "But the routes you walk outside will affect your pollution." Side roads and walking through parks, instead of main roads, for example, can help reduce exposure.

5. The EPA advises people not seek protection only with dust masks, such as paper masks designed to trap large particles, or scarves or bandanas. Small, harmful particles can still slip through.

"The masks designed for industrial use are the most effective," said Khatri, who believes that covering up your nose and mouth when outside is beneficial, despite any debate. Masks can include disposable respirators, known as N-95 or P-100 masks, often used by doctors and researchers to avoid contamination from contagious bacteria.
But Khatri noted there is no quick fix. Instead, it's "good to have a combination" of measures in place. she said.

6. Clean your home -- properly
It's about "protecting what you're exposed to," said Khatri, who offers advice to allergy sufferers on the best ways to clean their homes, which will remove more potential pollutants.

Carpeting should be avoided where possible and a "moist wipe down" is advised instead of sweeping. "It's so you're not recirculating what you're trying to remove," she said.

The EPA also advises wet mopping of floors to reduce dust and to avoid vacuum cleaners that do not have a HEPA filter. It's also advised that people sleep in a clean room, with as few windows and doors as possible to further reduce exposure as you sleep.

7. Strip soon after hitting your doorstep

In addition to cleaning your home, Khatri has one additional piece of advice: clean yourself.

"When you return home, change and shower to reduce ongoing exposure," she said. That may seem obvious, but not something everyone does as soon as they get home.

It's about "protecting (against) what you're exposed to," she said, as all pollutants -- from lead and carbon monoxide to ozone and particulate matter -- have an innately inflammatory effect on the body, she said, which are what in turn cause long-term health effects.

But while these measures can help to some extent, Holloway and Khatri ultimately believe these are temporary steps, or stop-gaps, to mitigate the effects of pollution exposure while larger policies are set in place to solve the root of the problem.

"People shouldn't have to protect themselves," said Holloway. "Where the change needs to come from is in the form of policies."

Countries need to adhere to guidelines they signed on to, he said, and should further promote the use of electric and hybrid cars and reducing -- or banning -- the use of diesel fuel.

"These things have long-term consequences," said Holloway. "Reducing pollution benefits us all."