



IELTS READING/Writing LESSON 11-21-2018

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.

Evaluation Criteria: Ability to understand definitions of English vocabulary.

Section One Vocabulary

Directive: Match the correct word in column A with the definition in column B, then use in a sample sentence.

Column A	Column B
VOCABULARY	DEFINITION
1. Humor (Noun)	A. A play, movie, etc., of light and humorous character with a happy or cheerful ending; a dramatic work in which the central motif is the triumph over adverse circumstance, resulting in a successful or happy conclusion.
2. Comedy (Noun)	B. To express mirth, pleasure, derision, or nervousness with an audible, vocal expulsion of air from the lungs that can range from a loud burst of sound to a series of quiet chuckles and is usually accompanied by characteristic facial and bodily movements.
3. Laugh (Verb)	C. The treatment of disease or disorders, as by some remedial, rehabilitating, or curative process.
4. Therapy (Noun)	D. To increase; raise.
5. Benefit (Noun)	E. Any poison produced by an organism, characterized by antigenicity in certain animals and high molecular weight, and including the bacterial toxins that are the causative agents of tetanus, diphtheria, etc., and such plant and animal toxins as ricin and snake venom.
6. Boost (Verb)	F. Physical, mental, or emotional strain or tension.
7. Toxin (Noun)	G. Tending to spread from person to person.
8. Stress (Noun)	H. Something that is advantageous or good; an advantage.
9. Contagious (Adjective)	I. A comic, absurd, or incongruous quality causing amusement.

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

Give Your Body a Boost -- With Laughter

[Source](#)

1. Feeling rundown? Try laughing more. Some researchers think laughter just might be the best medicine, helping you feel better and putting that spring back in your step.

"I believe that if people can get more laughter in their lives, they are a lot better off," says Steve Wilson, MA, CSP, a psychologist and laugh therapist. "They might be healthier too."

Yet researchers aren't sure if it's actually the act of laughing that makes people feel better. A good sense of humor, a positive attitude, and the support of friends and family might play a role, too.

"The definitive research into the potential health benefits of laughter just hasn't been done yet," says Robert R. Provine, professor of psychology and neuroscience at the University of Maryland, Baltimore County and author of *Laughter: A Scientific Investigation*. But while we don't know for sure that laughter helps people feel better, it certainly isn't hurting.'





2. Laughter Therapy: What Happens When We Laugh?

We change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and blood pressure go up, and we breathe faster, sending more oxygen to our tissues.

People who believe in the benefits of laughter say it can be like a mild workout -- and may offer some of the same advantages as a workout.

"The effects of laughter and exercise are very similar," says Wilson. "Combining laughter and movement, like waving your arms, is a great way to boost your heart rate."

One pioneer in laughter research, William Fry, claimed it took ten minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter.

3. And laughter appears to burn calories, too. Maciej Buchowski, a researcher from Vanderbilt University, conducted a small study in which he measured the amount of calories expended in laughing. It turned out that 10-15 minutes of laughter burned 50 calories.

While the results are intriguing, don't be too hasty in ditching that treadmill. One piece of chocolate has about 50 calories; at the rate of 50 calories per hour, losing one pound would require about 12 hours of concentrated laughter!

Laughter's Effects on the Body

In the last few decades, researchers have studied laughter's effects on the body and turned up some potentially interesting information on how it affects us:

Blood flow. Researchers at the University of Maryland studied the effects on blood vessels when people were shown either comedies or dramas. After the screening, the blood vessels of the group who watched the comedy behaved normally -- expanding and contracting easily. But the blood vessels in people who watched the drama tended to tense up, restricting blood flow.

Immune response. Increased stress is associated with decreased immune system response, says Provine. Some studies have shown that the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells, as well.

4. Other effects on the body

Blood sugar levels. One study of 19 people with diabetes looked at the effects of laughter on blood sugar levels. After eating, the group attended a tedious lecture. On the next day, the group ate the same meal and then watched a comedy. After the comedy, the group had lower blood sugar levels than they did after the lecture.

Relaxation and sleep. The focus on the benefits of laughter really began with Norman Cousins's memoir, *Anatomy of an Illness*. Cousins, who was diagnosed with ankylosing spondylitis, a painful spine condition, found that a diet of comedies, like Marx Brothers films and episodes of *Candid Camera*, helped him feel better. He said that ten minutes of laughter allowed him two hours of pain-free sleep.

5. The Evidence: Is Laughter the Best Medicine?

But things get murky when researchers try to sort out the full effects of laughter on our minds and bodies. Is laughter really good for you? Can it actually boost your energy? Not everyone is convinced.

"I don't mean to sound like a curmudgeon," says Provine, "but the evidence that laughter has health benefits is iffy at best."

He says that most studies of laughter have been small and not well conducted. He also says too many researchers have an obvious bias: they go into the study wanting to prove that laughter has benefits.

For instance, Provine says studies of laughing have often not looked at the effects of other, similar activities. "It's not really clear that the effects of laughing are distinct from screaming," Provine says.

6. Provine says that the most convincing health benefit he's seen from laughter is its ability to dull pain. Numerous studies of people in pain or discomfort have found that when they laugh they report that their pain doesn't bother them as much.

But Provine believes it's not clear that comedy is necessarily better than another distraction. "It could be that a compelling drama would have the same effect."



One of the biggest problems with laughter research is that it's very difficult to determine cause and effect.

For instance, a study might show that people who laugh more are less likely to be sick. But that might be because people who are healthy have more to laugh about. Or researchers might find that, among a group of people with the same disease, people who laugh more have more energy. But that could be because the people who laugh more have a personality that allows them to cope better. So it becomes very hard to say if laughter is actually an agent of change, or just a sign of a person's underlying condition.

7. Laughing It Up for Quality of Life

Laughter, Provine believes, is part of a larger picture. "Laughter is social, so any health benefits might really come from being close with friends and family, and not the laughter itself."

In his own research, Provine has found that we're thirty times more likely to laugh when we're with other people than when we're alone. People who laugh a lot may just have a strong connection to the people around them. That in itself might have health benefits. Wilson agrees there are limits to what we know about laughter's benefits.

"Laughing more could make you healthier, but we don't know," he tells WebMD. "I certainly wouldn't want people to start laughing more just to avoid dying -- because sooner or later, they'll be disappointed." But we all know that laughing, being with friends and family, and being happy can make us feel better and give us a boost -- even though studies may not show why.

So Wilson and Provine agree that regardless of whether laughter actually improves your health or boosts your energy, it undeniably improves your quality of life. "Obviously, I'm not antilaughter," says Provine. "I'm just saying that if we enjoy laughing, isn't that reason enough to laugh? Do you really need a prescription?"

ARTICLE B

10 Surprising Benefits of Laughter You Need to Know

[Source](#)

1. What are benefits of laughter? Laughter is a part of human behavior regulated by brain. Helping humans clarify their intentions in social interaction and providing an emotional context to conversations. Laughter is used as a signal for being part of a group — it signals acceptance and positive interactions with others.

Laughing is a celebration of the good, and it's also how we deal with the bad. Laughing, like crying, is a good way of eliminating toxins from the body. Since the mind and body are connected, you use an amazing amount of muscles when you laugh. Laughter is the best medicine. We're always being told that. But, there's actually more to a good giggle than just raising our spirits for a couple of minutes.

In fact, laughter is a big deal. And has been shown to have many beneficial effects on human body in different ways. Just check out these 10 health benefits of laughter.



2. Live longer

According to some recent research published in the Archives of General Psychiatry. Elderly optimistic people, those who expected good things to happen (rather than bad things), were less likely to die than pessimists. In fact, among the 65-85 year-old study participants, those who were most optimistic were 55 percent less likely to die from all causes than the most pessimistic people.

3. Boosts Your Immune System

Researchers have found that laughter actually boosts the immune system, increasing the number of antibody-producing T cells. This then makes us less likely to get coughs and colds. It also lowers the levels of at least four hormones that are associated with stress. So, after a good giggle you should be far less tense and anxious.





4. Relieves Pain

A good chortle has been found to reduce pain. Not only does it distract you from aches, but it releases feelgood endorphin into your system that are more powerful than the same amount of morphine.

A British study shows how just 15 minutes of laughter can increase pain tolerance by around 10 percent as a result of endorphins being released in the brain. These endorphins cause something akin to a natural "high", leading to pleasant feelings of calm, as well as temporary pain-relief.



5. Reduces Depression

Laughter has long been known to help people who are suffering from the either SAD or full-blown depression. Laughing reduces tension and stress, and lowers anxiety and irritation, which are all major factors that contribute to the blues. In a study published in Geriatrics and Gerontology International, it was found that laughter therapy reduced depression in elderly patients by inducing an feeling of well-being and improving their social interactions.



6. Boosts Your Relationship

If you're looking to find a new partner, then laughter will help you find a new mate. Men love women who laugh in their presence and women actually laugh 125% more than men.

And if you're already with someone, then a shared sense of humor is an important factor in keeping your relationship running smoothly.



7. Social Benefits of laughter

Laughter is contagious. So, if you bring more laughter into your life, you can most likely help others around you laugh more. By elevating the mood of those around you, you can diminish their stress levels, and possibly improve the quality of social interaction you experience with them. In addition, reducing your stress level even more!

The more you laugh with others, the more likely you are to be remembered for the positive energy and feelings you bring. Even intimate relationships improve with laughter, leading to more happiness and joyful relations.



8. Internal Workout

Have you had a good belly laugh lately? A good belly laugh exercises the diaphragm, contracts the abs and even works out the shoulders, leaving muscles more relaxed afterward. It even provides a good workout for the heart. Laughing 100 times is the equivalent to 10 minutes on the rowing machine or 15 minutes on an exercise bike.



9. Improves Your Breathing

Laugh more and more, because laughter empties your lungs of more air than it takes in resulting in a cleansing effect – similar to deep breathing. This is especially helpful for people who are suffering from respiratory ailments, such as asthma.



10. Helps You Lose Weight

Laughter is a very good physical exercise too. Burning off calories by laughing might not sound as if it has much use, but a hearty chuckle raises the heart rate and speeds up the metabolism. If you're dieting, think about adding laughter to your exercise regime. A good sitcom might easily keep you laughing for 20 minutes or more.



**11. Protects the Heart**

People who laugh a lot on a regular basis have lower blood pressure than the average person. When people have a good laugh, the blood pressure increases at first, but then it decreases to levels below normal.

Your heart is a muscle and, like any muscle in your body, it gets stronger and functions better when exercised. Regular laughter is like getting a gym membership for your heart. Laughter has been found to benefit the way blood flows around the body, reducing the likelihood of heart disease. The research said that 15 minutes of laughter a day is as important for your heart as 30 minutes of exercise 3 times a week.

**Section Three** Listening Comprehension

Evaluation Criteria: Ability to effectively understand and summarize oral English.

Click to open

