

'Testosterone's aggressive impact is a myth. It makes you friendlier'

By Mark Henderson
The Times
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metaphor
metonymy

personification
euphemism

It is popularly known as the selfish hormone, which courses through male veins to promote egotistical and antisocial behaviour. Yet research has suggested that testosterone's bad reputation is largely undeserved.
not true, not present
Far from always increasing aggression and greed, the male hormone can actually encourage decency and fair play, scientists have discovered.

The common belief that it (makes) people quarrelsome, however, can cause it to have that effect. When people think they (have) been given supplements of the hormone they tend to act more (aggressively), even though it does nothing biological to (promote) such behaviour.

The findings, from an Anglo-Swiss team, (suggest) that rather than (encouraging) selfishness and risk-taking as a matter of course, testosterone (has) subtler effects on human behaviour that depend very much on social circumstances.

The research also highlights the importance of social expectations and prejudices on the placebo effect: these can cause testosterone to influence people's actions according to its (reputation), (rather than) its biological effect.

"It appears that it is not testosterone itself that induces (aggressiveness), but (rather) the myth surrounding the hormone," said an author of the study.

"In a society where qualities and manners of behaviour are (increasingly) traced to biological causes and thereby partly legitimated, this should (make) us sit up and take notice."

Identify synonymous and antonymous words in the following sentences.

- (a) The victims showed commendable bravery in coming forward and confiding the abuse during interview.
- (b) This restaurant is a bit pricey for me.
- (c) What time do you suppose he'll be arriving?
- (d) My friend threw the ball back over the fence.
- (e) Look at that mangy old mutt over there!
- (f) Houses are very expensive in this area.
- (g) Whether her action was praiseworthy or blameworthy is a matter of opinion.
- (h) My train leaves in an hour, so I guess I'd better be going now.
- (i) Chuck me the keys.
- (j) Good dog, come here!
- (k) We travelled at night and rested by day.
- (l) Cauliflowers are very cheap at the moment. stylistic s. ideographic s.

synonyms: ^{fml}commendable/praiseworthy, ^{inf}come/arrive, ^{inf}pricey/expensive, ^{inf}suppose/guess, ^{inf}throw/chuck, ^{inf}mutt/dog, ^{slightly fml}now/at the moment, ^{inf}travel/go

antonyms: ^{complementary}forward/back, ^{complementary}this/that, ^{gradable}a bit/very, ^{gradable}pricey/cheap, ^{gradable}expensive/cheap, ^{complementary}come/go, ^{complementary}there/here, ^{gradable}praiseworthy/blameworthy, ^{gradable}commendable/blameworthy, ^{complementary}leave/arrive, ^{complementary}night/day

Sleep **soundly** and **beat** the heat – put your pillow in the fridge

By Emine Saner
The Guardian
July 2013

homonyms
paronyms

homophones

homographs

High temperatures, **well** into the evening, **affect** your body's natural cooling process as you prepare for sleep. "The body normally releases heat **through** hands, face and feet around the time of sleep onset, and usually continues to cool until around 4am," says Dr Chris Idzikowski, director of the Edinburgh Sleep Centre and author of Sound Asleep. "If anything prevents **that** decrease in temperature, **then** sleep quality is impaired and it is difficult to fall asleep." Although he also warns that at the point where your body temperature is at its lowest, you **may** **wake** up if you don't **have** enough bed linen to keep you **warm**.

Choice of bed linen is important (natural fibres are best) and if your mattress is made from foam or other synthetic materials: "Try using a mattress protector made from cotton wadding." Idzikowski also suggests keeping your pillow in the fridge during the day and retrieving it as you go to bed. **Loose**-fitting nightclothes (in cotton or silk) could be more effective than sleeping naked: "Natural fibres wick away moisture from your skin." Spreading out, rather than sleeping curled up, **will** help you keep cool.

Make sure there is good air circulation – either by using a ceiling or portable **fan**, or **just** keeping door and windows open. Others suggest preparing your bedroom, Mediterranean-style, by leaving blinds **down** or curtains closed during the day to keep the sun out, and opening your

windows in the evening once the heat of the day has died down. Idzikowski says the ideal bedroom temperature is around 18C, **though** if you share a bed, your partner may prefer it to be cooler.

If you're in the grip of a sweltering insomnia, "run your wrists and hands under the cold **tap** for a few **minutes**. Dry your hands and go straight back to bed."

A nap in the day will help counteract the **effects** of lost sleep. "Any amount of sleep will be helpful," says Idzikowski. "You don't have to **match** what you've lost." For adults, he says, sleep is roughly composed of cycles **lasting** around an hour and a half: "So if you **can** get one and a half hours catch-up nap, that's fantastic because the odds are you'll have had a whole cycle. But even if you reduce it to 30 minutes, the chances are the deep sleep will have happened and you get a **lot** of recovery from that." Remember, he says: "One of the things that prevents somebody going to sleep is worrying about not sleeping. So try not to panic about it."

homonyms: sound, beat, well, may, wake, will, fan, just, down, tap, match, last, can, lot

homophones: and (an), high (hi), beat (beet), your (you're), you (U, ewe, yew), for (four, fore), through (threw), feet (feat), to (two, too), warn (worn), made (maid), sure (shore), there (their, they're), air (heir), style (stile), by (buy, bye), sun (son), straight (strait), hour (our), so (sow, sew), one (won), are (R), whole (hole), but (butt)

homographs: that /ðæt/ – /ðət/, have /hæv/ – /(h)əv/, minute /'mɪnɪt/ – /maɪ'nju:t/

paronyms: affect (effect), through (thorough, though, thought), then (than), warm (worm), loose (lose)

synonyms: to sleep/go to bed, sleep/nap, beat/prevent, heat/high temperatures, cooling/decrease in temperature, normally/usually, to release heat/to cool, may/can, retrieve/get, odds/chances, die down/reduce

antonyms: closed/open, day/night

Read these sentences. Find formal words and distinguish between *technical terms*, *learned words*, and *literary words*. Consult the Longman Dictionary of Contemporary English.

- (a) I saw him from afar. LIT.
- (b) This problem is outside the domain of medical science. LEARNED
- (c) She could not bear to see him so miserable and cast down. LIT.
- (d) We observe a large number of these white dwarf stars. TECH.
- (f) I abhor discrimination of any kind. LEARNED
- (g) 'Shut' is a synonym of 'closed'. TECH.
- (h) See you anon. LIT.
- (i) Feigning a headache, I went upstairs to my room. LEARNED
- (j) I was entranced by her sheer beauty. LIT.
- (k) The temporal responsiveness of insect olfactory organs is truly remarkable. LEARNED, TECH.
- (l) As people become more affluent, so their standard and style of living improves. LEARNED
- (m) Nothing could assuage his guilt. LIT.
- (n) This is most serious during the discussion of locution and illocution. TECH., TECH.
- (o) That last kiss had been a mistake, an aberration. LEARNED
- (p) If it lives long enough, its tusks will eventually reach its cranium and grow into it. TECH.
- (q) His evil and bestial nature stands directly opposed to our civilised culture. /'bestiəl/ LIT.
- (r) This arboreal lizard is a formidable predator. TECH.
- (s) The house comprises two bedrooms, a kitchen, and a living room. LEARNED
- (t) There is a brooding oppressiveness here that induces a feeling of unease. LIT., LEARNED, LEARNED
- (u) What purpose is served by such senseless and heinous acts? LEARNED (AmE = very bad *inf.*)

Determine the stylistic value of these words:

perish, sustenance, go to meet one's maker, grub, unintelligent, flatfoot, tenderfoot, croak, empty-headed, law-enforcement officer, malnourished, neophyte, foodstuffs, police officer, rattlebrained, skinny, rookie, bobby, skin and bone, obtuse, novice, underweight, eats, decease

very informal	informal	neutral	formal	very formal
<i>flatfoot</i>	<i>bobby</i>	<i>policeman</i>	<i>police officer</i>	<i>law-enforcement officer</i>
<i>grub</i>	<i>eats</i>	<i>food</i>	<i>foodstuffs</i>	<i>sustenance</i>
<i>rattlebrained</i>	<i>empty-headed</i>	<i>stupid</i>	<i>unintelligent</i>	<i>obtuse</i>
<i>skin and bone</i>	<i>skinny</i>	<i>lean</i>	<i>underweight</i>	<i>malnourished</i>
<i>croak</i>	<i>go to meet one's maker</i>	<i>die</i>	<i>perish</i>	<i>decease</i>
<i>tenderfoot</i>	<i>rookie</i>	<i>beginner</i>	<i>novice</i>	<i>neophyte</i>

Why men do ^{inf - coll} make passes at women with beer glasses

By Sarah O'Grady
The Daily Express
January 2010

Many men would much rather see women ^{inf - coll} sinking a pint of beer than ^{slightly inf - coll} sipping a cocktail, it seems. On a first date especially they would be impressed by a woman who ^{slightly fml - lnd} opted for a beer or lager instead of a glass of wine or other more ^{inf - coll} "girlie" drinks. It makes the women appear more ^{inf - coll} sexy, confident, fun and independent, according to the men ^{slightly fml - lnd} questioned for a survey. A quarter of those quizzed admitted they would even find it a ^{inf - coll} "turn-on" if a girl ^{fml - lnd} requested a beer on a first date.

But they are likely to be disappointed. The researchers ^{fml - lnd} commissioned by beer company – BitterSweet Partnership found that only one in 10 women would order a lager or beer when out on a date. Most of them would ^{inf - coll} go for other options because they think drinking beer makes them appear ^{fml - tech} masculine and unattractive. Just six per cent of women would pick a beer as their drink of choice on a first date, the survey discovered.

The researchers quizzed 2,000 men from across the UK about their thoughts and opinions on women's drinking habits. BitterSweet Partnership, a Staffordshire-based drinks company, is developing beers that appeal to women. Managing director Kirsty Derry said: "We're looking forward to the day when beer becomes an ^{fml - lnd} aspirational choice for women. The industry has for too long ignored women – our job is to ^{fml - lnd} redress this balance.

Translate these collocations into English.

- | | |
|--|---|
| (a) hrobové ticho – dead/absolute/deafening silence | (k) nákladný vlak – freight/goods train |
| (b) lovci lebiek – headhunters | (l) hlboký tanier – soup plate |
| (c) štipka soli – a pinch of salt | (m) zemiaková kaša – mashed potatoes |
| (d) daňové priznanie – tax return | (n) svorka psov – a pack of dogs |
| (e) trestná lavica – penalty box | (o) odvzdušniť radiátor – to bleed the radiator |
| (f) vyvesiť prádlo – hang/peg out the wash | (p) nočný stolík – night stand, bedside table |
| (g) kockový cukor – lump sugar | (q) napustiť vaňu – to run/fill a bath |
| (h) kryštálový cukor – granulated s. | (r) stravec hrozna – a bunch of grapes |
| (i) práškový cukor – caster/castor/icing/confectioner's s. | (s) prekonať očakávania – to exceed/surpass e. |
| (j) prestrieť stôl – to lay/set the table | (t) bod mrazu – a freezing point |

Nice Work

David Lodge
1988

fully transparent

quasi-transparent

idiom

'You're dead right,' he replied, without returning the smile. 'Cheers.' He took a long swallow of his pint. 'Sometimes when I'm lying awake in the small hours, instead of counting sheep, I count the things I've never done.'

'Like what?'

'I've never skied, I've never surfed. I've never learned to play a musical instrument, or speak a foreign language, or sail a boat, or ride a horse. I've never climbed a mountain or pitched a tent or caught a fish. I've never seen Niagara Falls or been up the Eiffel Tower or visited the Pyramids. I've never . . . I could go on and on.' He had been about to say, I've never slept with a woman other than my wife, but thought better of it.

'There's still time.'

'No, it's too late. All I'm fit for is work. It's the only thing I'm any good at.'

'Well, that's something. To have a job you like and be good at it.'

'Yes, it's something,' he agreed, thinking that in the small hours it didn't seem enough; but he didn't say that aloud either.

A silence fell. Robyn seemed to feel the need to break it.

(Lodge, 1988, p. 255)

Read these texts. Determine the various types of idioms.

“ . . . Well, okay, your brothers are big shots. But they'd make you eat your heart out. Here nobody'll ask any questions.”

“With us you can just let (yourself) go,” said Beatrice.

“Well, I don't understand this thing at all,” said Moses. “Mady and I had our ups and downs from the start. But things were improving. Last spring we discussed the marriage and whether we were getting along well enough to continue – a practical question came up: whether I should tie (myself) up with a lease. She said that as soon as she finished her thesis we'd have a second child.”

“I'll tell you,” said Sandor. It's your own frigging fault, too, if you want my opinion.”

(Bellow, 1964, p. 103)

Write down all idioms you found and translate them

1. a big shot – veľké zviera
2. eat your heart out – zožívať sa (od závidi)
3. ask questions – vyzvedať sa, kritizovať, pochybovať
4. let oneself go – uvoľniť sa; spustiť sa (nestarať sa o seba)
5. at all – vôbec
6. the ups and downs – vrtochy osudu, vzostupy a pády
7. to get along – (dobré) vychádzať (s niekým)
8. to come up (with) – objaviť sa; navrhnúť niečo, prísť s niečím
9. tie up – uviazať, zavesiť si na krk; zviazať (povrazom)
10. as soon as – len čo, hneď, ako
11. I'll tell you – to ti poviem
12. If you want my opinion – ak chceš vedieť
13. a rolling stone – prelietavý vták, vetroplach
14. where the hell – kde do čerta/pekla/paroma
15. do okay – dariť sa (dobré)
16. of course – pravda, pravdaže, samozrejme ...
17. settle down – usadiť sa
18. look up – nájsť, vyhľadať
19. (out) in the sticks – v zapadákovke, na konci sveta, Tam, kde sa muchy obracajú.
20. Are you kidding? – Žartuješ! To nemyslíš vážne!
21. slow down – spomaliť, ubrať
22. knock yourself out – zdierať sa, otročiť
23. to run into sb – naraziť/nad'abiť na niekoho
24. talk one's ears off – píliť niekomu uši
25. God, yes! – A ešte ako! Strašne!
26. and all – a tak; tiež
27. (as) hard as nails – tvrdý (nemilosrdný) ako kameň
28. or something – alebo tak, alebo také niečo; alebo tam niekde ...
29. to wind up /,waɪnd 'ʌp/ – skončiť (ako); dostať sa do
30. to go there – urobiť to, povedať to
31. roll with the punches – prežiť niečo, vytrvať, nevzdať sa
32. keep your chin up – nevešaj hlavu, drž sa
33. Don't take any wooden nickels – Nenechaj sa obabrať
34. to pull for – držať palce niekomu, fandiť
35. to stick up for – obhajovať, obraňovať
36. on the rocks – s ľadom
37. keep your eyes open – maj oči na stopkách
38. stay away (from) – vyhýbať sa, držať sa od
39. sleep the sleep of the just – spať spánkom spravodlivých