Unit 1 Cow Comforts

■ Listening

W: Can you believe that those scientists found that cows like listening to music? That they even had a preference?
M: Actually, farmers had thought that for years. That's why the scientists did the study in the first place. And cows weren't the first animals the farmers played music to.
W: Really? What animals did the farmers start with?
M: Chickens. In New Zealand and Australia, they have developed a method which uses music to help raise chickens.
W: Does the music help them lay more eggs?
M: Well No, I think the music makes the chickens eat better. That way, we get bigger chickens with better meat.
W: Oh! That's great . . . I guess. But don't you think using music just so we can eat fatter chickens is a bit horrible?
M: No way! I love eating chicken. And the best part is, this method is organic. No chemicals or hormones are used.

■ Integrated Practice

B: If I have a lot of work to do in a short time, the first thing I do is make a list of what I need to get done. It is a list that I will strictly follow. Next, I put myself in a quiet room—without music, TV, or even people! I can't concentrate very well when there is noise. Finally, I just do my work until it is done. I mean, I don't eat or leave the room until I am finished. That really motivates me to finish quickly!

G: I work better when I am comfortable. Quite often, I work at home when I have a lot of work to do in a short amount of time. I absolutely have to listen to music; if my room is too quiet, I can't concentrate. Also, I like being free to move around. If I get stuck on something, I can walk around a bit until I have a new idea.

Unit 2 Three Sisters

■ Listening

B: I want to do some research about plants that grow well together. I wonder if there is a special name for that.
G: Yes, it's called "companion planting." My parents bought a book about it when they planted their first garden a couple of years ago.
B: Do you remember anything interesting from the book?
G: Well, there are different kinds of companion planting methods. For example, you can plant things that help each other grow or you can plant things that protect each other.
B: You mean like how squash plants protect beans and corn?
G: It could be like that. Or it could be a plant that some insects don't like. If you plant marigolds in your garden, those flowers will keep away certain kinds of worms, beetles, and aphids.
B: Yuck! I think marigolds smell awful.
G: Mint plants will do the same thing. They'll keep away worms, beetles, and aphids; and in addition, ants and moths.
B: Mint smells better than marigolds. I'd rather plant that.

■ Integrated Practice

M: You've heard about plants that keep some insects out of your garden. But there are other plants that do the opposite. They attract more insects to your garden. Why would you want to put in plants that bring more insects to your garden? Well, there are two reasons. Or, really, there are two kinds of insects that you want to bring to your garden—bees and ladybugs. You want to get bees to visit your garden because they help spread pollen from plant to plant. This will increase the yield of your vegetable plants. By adding some flowers that bees like to your garden, you'll get bees. The bees will visit your vegetable plants along with your flowers. There are also insects like ladybugs that prefer certain kinds of plants. Ladybugs like dill plants and cosmos. If you plant these in your vegetable garden, you'll have more ladybugs around. They are good because they eat aphids, which might damage your plants.

Unit 3 Where Is Rick's Café?

■ Listening

W: What is your favorite movie? What is a good quote or a good line from that movie? Maybe you can think of several good quotes. Do you know any quotes from the movie Casablanca? You probably do because it actually has more famous lines than any other movie! In a survey, some researchers listed the 100 most well-known quotes from movies. Six quotes from Casablanca were in the top 100. That was the most of any movie. So, what kinds of lines from the movie do people know? See if you recognize any of these:
"Here's looking at you, kid."
"Play it, Sam. Play 'As Time Goes By.'"
"I think this is the beginning of a beautiful friendship."
"Round up the usual suspects."
"We'll always have Paris."
And, "Of all the gin joints in all the towns in all the world, she walks into mine."

■ Integrated Practice

M: One of my favorite movies of all time is about dinosaurs. The movie is called Jurassic Park. It takes place on a small island. A rich guy bought the whole island and tried to make it into a park or zoo with real dinosaurs in it. It is an island where nobody else lives. I like Jurassic Park because it has great special effects and the story is exciting and interesting.

W: If I had to choose one movie as my favorite, I would choose The Sound of Music. It's a musical, and it's a love story. The story is set in Austria around the time that World War II began. It is about a nanny and a single father with a lot of children. Of course, the story of the movie is interesting, but what I really love about the movie is the music. Some of the songs make me laugh and some make me cry. I just love it.

Unit 4 The Knowledge

■ Listening

W: Wow! I didn't realize that London taxi drivers had to know so much. You have to be smart to be a taxi driver.
M: Yup. The Knowledge tests them on over 25,000 streets.
W: How can they remember it all? I don't think I would be able to.
M: I don't know, but scientists have found that studying for the Knowledge actually affects the brain.
W: Really? How does it affect the brain?
M: Well, scientists found that people studying for the Knowledge actually increase the size of their brains. Their brains get bigger.
W: No way! Does all of their brain get bigger or just one part?
M: Just one part, the part associated with memory and finding directions.
W: No wonder the drivers have improved memories! I could be smart like them if I had a bigger brain, too! I wish I had time to study for the Knowledge.

■ Integrated Practice

M: If you are interested in art and history, the best place to start your walking tour is Trafalgar Square. Right beside the square is the National Gallery and the Portrait Gallery. This square is near St. James's Park and is at the intersection of the Strand, Cockspur Street, and Whitehall. After you are finished with these galleries, you can walk straight up the Mall. Not only is this road next to St James's Park, which means it is a nice walk, but as you walk down the road you will see Buckingham Palace. And the best part is that you won't have to take a taxi to see it all! All you need is a good pair of walking shoes.

Unit 5 Cards, Anyone?

■ Listening

M: Forms of playing cards are used all over the world. Indeed, there are almost as many types of playing cards as there are countries that use them. In North America, we card players are familiar with hearts, spades, diamonds, and clovers on our playing cards. However, travelers to Europe can see very different sets of cards. Instead of the hearts, spades, diamonds, and clovers, they will see hearts, leaves, bells, and acorns in Germany. In Switzerland, they will again see a different deck of cards. No hearts or leaves. This time, they will play with shields, roses, bells, and acorns. What about Spain? Again, the symbols are different. This time, they are totally different: coins, cups, swords, and clubs. But no matter the symbols on the cards, where there are cards, there is entertainment!

■ Integrated Practice

B: My favorite game is Uno. To play Uno, you match the color or number of the card played before yours. For example, if there is a green five on the table, you can put down a green card of any number or a five card of any color. But, if you don't have anything to play, you have to pick up cards until you get a card you can play. The first person to get rid of all their cards wins!

G: One card game I like is Hearts. In this game, you want other people to take your cards. Say there is a nine of diamonds on the table, and you want to put down a lower number, like a seven of diamonds. If you don't have any diamonds, you can put down any card. In this case, the person with the highest numbered diamond has to take all the cards. But beware of hearts! Each heart card is worth a point. You want other people to have to take all of your heart cards. This is because the person with the lowest number of points wins.

Unit 6 Not Just Women's Work

■ Listening

M: Did you know that in some traditional jobs for men, women can earn more than men? That's right! A woman can earn more than a man at a man's job. The list of such jobs might surprise you. Here are a few of them: bus drivers and taxi drivers, accountants, jobs repairing electrical equipment, and jobs in certain engineering fields. Why do women in these kinds of jobs make more? One reason is that fewer women try to get those jobs. In some countries, governments want companies to hire equal numbers of men and women. For that reason, when a woman tries to get such a job, the company may offer her more money to get her to work there. If she goes to several companies, they may have to try to top each other's offers. Therefore, a woman's starting salary in some jobs can be much higher than the average man's starting salary.

■ Integrated Practice

W: Not so long ago, researchers did a survey of men and women. They wanted to find out what kinds of jobs most of them had. The results of that survey seem to show that women choose among a smaller number of jobs when they work outside the home. For example, in this survey, the researchers listed 110 different jobs. Over half the men worked in about 20 of these jobs. On the other hand, over half the women worked in only 10 of these jobs! What causes women to limit their choices of jobs? The researchers aren't sure. But there is something else to think about. Maybe the results of this survey turned out this way because of the jobs it listed. The 110 jobs may have focused mostly on typical jobs for men. If the original list of jobs were written in a different way, maybe the results of the survey would be different. I mean, there are more female teachers and librarians than there are female firefighters and pilots.

Unit 7 Get Moving to Music

■ Listening

W: There is one song that appears on more top workout song lists than any other song. It is the song "Gonna Fly Now," which was the theme song from the movie Rocky. However, this song is usually played at only 95 beats per minute. It is a wonder that it is such a great workout song.

Dr. Karageorghis believes that it has to do with the emotions that the song brings out. When anyone hears this song, it makes him or her feel excited and inspired. People want to try harder, go farther, and do more. In fact, there is a high school band in New York that plays this song every year for runners in the New York City Marathon. The band waits every year at Lafayette Avenue for the runners to pass. As the runners go by, the band plays "Gonna Fly Now" to inspire them to push on and finish the race.

■ Integrated Practice

W1: There is something about jazz music that helps me relax. When I put on my favorite jazz album, I can lie down with my eyes closed and just float away on the music. It makes me forget anything that I might be worried about. After half an hour of listening to jazz, I feel refreshed.

M: When I study, I prefer to listen to classical music. I like it for a couple of reasons. First, there aren't any words. I can study without being distracted. Classical music is also good for studying because I believe the complex sounds and rhythms excite my brain and make me think better.

W2: I like to listen to fast music when I exercise. I put all of my favorite songs on my MP3 player so that I can listen to them while I'm jogging. I guess I have about 30 playlists. The songs include everything from classic rock and roll tunes from the Beatles to modern stuff by U2 and Green Day. It's more than enough music to keep me going for an hour of jogging.

Unit 8 Excuse Me!

■ Listening

M: Man, did you hear that guy's belch? How gross!
W: Yeah, it was. But, you know, it's necessary.
M: Come on. He doesn't need to be so disgusting. I hold mine in.
W: Well, burping is good for you. If you hold it in, you could get stomach pains!
M: Really?
W: Yeah. And anyway, maybe he couldn't help it.
M: What do you mean?
W: Well, for example, maybe he drank a lot of cola or another soft drink before.
M: Yeah, that's true. Soft drinks always make me burp.
W: Also, if you eat spicy food or chew gum or even eat too fast, this can cause you to burp more.
M: No way! Are there also foods you can eat that will decrease your burps?
W: Well, it's good to drink things other than soft drinks, like fruit juice or tea or whatever. On the other hand, some vegetables like cabbage or broccoli can cause more gas.
M: So I should avoid vegetables? Great!
W: No, no, just cooking them longer should be good enough.

■ Integrated Practice

M: Some foods produce more gas than others. Beans, broccoli, cabbage, apples, and milk, for instance, are all "gassy" foods. Why is this? These foods contain sugars which our stomachs can't break down. When these sugars get passed on to the intestines, the bacteria there go crazy. They feed on the sugars and quickly produce a lot of gas. Some foods also produce more smell than others. Foods like eggs or meat make for very stinky farts. These foods contain a lot of sulfur, a very smelly chemical. So if one of your friends had an egg sandwich with milk for lunch and an apple as a snack, don't sit too close! You might get an unpleasant surprise.

Unit 9 Beware of the Internet

■ Listening

M: Craigslist was started in 1995 by Craig Newmark. He started it as a hobby when he moved to San Francisco. Since he was a newcomer to the city, he didn't know much about what was going on. He got the idea that other newcomers might feel the same. With this idea, he started the Craigslist website. It was popular almost instantly. And the number of users grew rapidly. Ads were put up about everything. Not only did users put up classified ads about events, but they started to put up classified ads about many other things as well. By the year 2000, Newmark gave up his job and started running Craigslist full-time. Amazingly, Craigslist is non-commercial. No company pays to put up an ad about their products or services. There are no paid ads anywhere on the site.

■ Integrated Practice

W: I don't believe anything on the Internet anymore! Last month, I had a big paper to write for my history class. I needed to do a lot of research, so I used the Internet. I took a lot of my information from one website and used it in my paper. But when I got my grade, I was shocked! I only got 60%! My teacher said that most of my facts were wrong. That website was totally wrong. Next time, I'm going to check my facts in the library, too.

M: I think that you can believe what you read on the Internet. You just have to be careful about what websites you read. As long as you read websites that are professional, you should be safe. You know, use newspaper or magazine websites, not just someone's personal web page. I think this is also true for buying things. Only buy from the websites of companies you trust. I would never buy anything from a classified ad on the Internet.

Unit 10 A Natural Design

■ Listening

W: I know something else that was developed from an object in nature.
M: What?
W: Velcro.
M: What kind of animal is like Velcro?
W: The idea didn't come from an animal. It came from a plant; actually, not a plant but the seeds of a plant.
M: Hmm . . . I still can't think of any seeds that look like Velcro.
W: Have you ever walked through tall grass and found little round ball things stuck to your socks?
M: Oh, yeah. Burrs. Those things are so annoying. They don't come off when you wash your socks, so you have to pull them off by hand. I hate burrs.
W: Right. See, they stick really well. That's where the guy who invented Velcro came up with the idea. He designed one side of Velcro to be like a burr and the other side to be like a sock. Now we use Velcro to make all kinds of things stick together.
M: That was a great idea. Even the shoes I'm wearing right now have Velcro on them.

■ Integrated Practice

M: For the past ten years, researchers at two universities in the US have been working on a special robot. It is a tiny robot, the size of a fly. In fact, the robot looks like a fly! They called it a micromechanical flying insect, or MFI for short. The project is taking a long time because this robot is very small. The researchers have to make all the parts of the robot tiny and very light. Another problem is that the robot can't fly like larger objects or animals such as planes or birds. Small insects like flies have to move their wings differently in order to travel through the air like they do. The MFI has to move its wings just like a real fly. When the MFI is finished, the researchers hope that these kinds of robots can be used in places where other robots can't go. They would like MFIs to be used to find and help rescue people.

Unit 11 Smells Good!

■ Listening

W: The dodder plant is scary. Imagine! It can actually smell its prey in the air, and then move toward it to feed!
M: It sounds like something out of a horror movie, doesn't it? But, you know, it isn't the only plant like that.
W: Really? What other plants are like this?
M: The witchweed plant, for one. And if anything, it's even scarier than the dodder plant.
W: No way!
M: Yes, the witchweed plant can also sense its prey and grow toward it, but the dodder plant at least attaches openly above ground.
W: The witchweed plant is different?
M: Instead of smelling its prey's chemicals in the air, it tastes them in the ground below. After it tastes them, it grows its roots toward the prey's roots. It completely steals its prey's water and food, all below the ground!
W: Wow!
M: I feel sorry for farmers because the witchweed plant loves corn plants. It sucks these plants dry secretly, and then, instead of corn, the poor farmers find purple flowers!

■ Integrated Practice

G: I think the Venus flytrap is interesting. It's a meat-eater that gets its nutrition from eating insects. Another thing that I like about the Venus flytrap is how it looks. It has these strange spiky things that look like teeth. The one bad thing is that it dies easily. Venus flytraps are hard plants
to take care of.

M: I like the night-blooming cereus. It is a cactus that grows in the desert. During the day, it looks brown and dead, but at night it comes alive. At night, it has huge, beautiful white flowers and the flowers have a wonderful perfume. For these reasons, the night-blooming cereus is also called the queen of the night.

B: I like grass. Not only is it nice to walk on, but a lot of sports are played on it: soccer, football, field hockey, and tennis, to name a few. And it grows almost anywhere! It's a very hardy plant. Even after a long winter, it will usually come back to life if you water it.

Unit 12 The Blood Moon

■ Listening

M: Did you see the moon last night? It looked huge!
W: No, but I've seen that illusion before.
M: Illusion?!
W: It was the real moon, but it was an illusion that it looked so big.
M: How can that be?
W: Nobody knows. I've heard that it has something to do with our brain "fixing" the image of the moon that we see.
M: That's strange. I normally see the moon fine. Why would my brain need to fix what it saw last night?
W: When you saw the moon, it was near the horizon, wasn't it?
M: Yes.
W: That seems to have something to do with the moon illusion. When it's near the horizon, the brain seems to adjust the size of the image we see. It's hard to explain.
M: I've heard the atmosphere affects the color of the moon. Can the atmosphere make it look bigger, too?
W: No, the illusion isn't caused by the atmosphere. It's a trick of the brain caused by seeing the moon near the horizon.

■ Integrated Practice

W: Calling the second full moon in a month a blue moon started in the 1950s. A magazine and a radio show suggested that idea based on wrong information from research into blue moons. The older way to think about blue moons is related to seasons, not months. In most seasons, there are three full moons. Sometimes a season has four full moons. In that case, the third full moon is the blue moon. Why is the third full moon blue and not the fourth? That is because the last full moon of the season should always keep its traditional name. Therefore, the third full moon gets the name of the extra moon, the blue moon.

Unit 13 After All These Years

■ Listening

M: Would you rather visit Damascus or Jericho?
W: Damascus sounds like a more interesting place to me. It's a lot bigger than Jericho, so I'm sure it has more interesting things to see and do.
M: Do you mean it has more interesting historical sites?
W: No, not historical sites. I'm not that interested in history. I think Damascus must have more restaurants, parks, and shopping areas. With millions of people living there, it must be like a big modern city in other parts of the world.
M: Maybe you're right about that, but I think I'd still rather go to Jericho.
W: Why? What is there to see in Jericho?
M: I heard that they have a big casino just outside of the city. It's a casino just for tourists! Plus, there's a resort nearby with a gigantic swimming pool. Now, that sounds like fun to me.
W: You've got to be kidding.

■ Integrated Practice

W: I went camping near a small lake in the woods with two of my friends. Someone told me that the area was once inhabited by a tribe of primitive people. The tribe painted on some rocks near the lake. One reason we went there was to look for other clues of these people, like pieces of old pots or something like that. We never found anything, but we enjoyed a quiet weekend in the woods. And we got to see a fox and two deer.

M: I went to Mexico City last summer. It is a huge city inhabited by more than 19 million people!
There are modern parts to the city, but also some ancient parts as well. I saw one place in the city where archaeologists found a giant carving. It was amazing. I also saw an old wall that was built centuries ago. Not far from that place is a great market where I bought some really nice Mexican pottery!

Unit 14 What Everywhere?

■ Listening

W: Wow, it would be really cool to be involved in an Improv Everywhere prank!
M: Yeah, they have done some funny ones. Like one time, they had everyone just freeze in Grand Central Station. You know, that's the big train station there in New York. Anyway, one minute, they were busy walking around doing things. The next they all just stopped moving and froze in whatever pose they had been in when the clock struck 2:30.
W: That must have been funny.
M: Yeah, the other people there didn't know what was happening. They stared at them and a few even tried to push them.
W: How long did they stay still?
M: Only five minutes. But that was long enough. Hey, if you're really interested in taking part in a prank, you should check out their website. I heard that they also have international groups. Maybe they have something here, too.
W: Really? I'm going to check that out right now! Thanks!

■ Integrated Practice

W: Although most people think Improv Everywhere's pranks are funny or at least harmless, occasionally their pranks get the police involved. One of their most famous pranks is the annual "No Pants" prank. In this yearly event, the people in this prank remove their pants and ride the subway across New York City and back. While the actors are showing a lot of leg, they are not completely naked on their lower half. That would not be funny! Everyone wears underwear. Some people wear very bright, funny underwear. This prank has been going on since the year 2002, and in 2006 it came to the attention of the police. This time, the police arrested some of the pranksters for disturbing the peace. Later, however, the pranksters were released with just a warning. And, despite this, the prank continues. Recently over 900 people participated in the "No Pants" prank. That's a lot of naked legs! Luckily, the police seem not to care anymore.

Unit 15 EQ

■ Listening

W: Will you take an EQ test? I found one in this magazine.
M: Sure.
W: OK, first question. A friend does something that makes you angry. What do you do? A. Think about it but don't say anything. B. Forget about it. Everyone makes mistakes. C. Tell your friend you are angry and why.
M: Um, I would do A.
W: OK, next question. You are walking down the street when you trip and almost fall. What do you do? A. Get mad. B. Turn red and walk quickly away. C. Laugh and continue walking.
M: Definitely A!
W: OK, last question. Your best friend just ended his relationship with his girlfriend. What do you do? A. Tell him that you never liked her anyway.
B. Introduce him to a new girl. C. Take him out to help him forget.
M: I pick A again. So, what are the results of my quiz?
W: Well, according to this, you have below average EQ. You need to work on your social skills.
M: No way! Let me see that.

■ Integrated Practice

G: The most successful person that I know is my dad. When he was young, his family was really poor. He had to work while he was in school to help support them. But after work every night, he stayed up late studying hard for school the next day. He must have been so tired every day. Anyway, he was able to get a scholarship to a university, and this made it possible for him to become a doctor!

B: I don't think success is about money or a job. So, I think that the most successful person I know of is Mother Teresa. She was a nun who lived in India. Because of her, people became much more aware of the problems of poor people. She started the work by herself and had to beg for supplies. But so many people became interested in being like her that she was able to open hospitals to help people all over the world. This is why I think she was such a successful person—she helped so many people.

Unit 16 Becoming Beautiful

■ Listening

W: Young women in fattening rooms are not supposed to exercise. However, there is one exception to this rule. One of the lessons that is important for young Efik women to learn is a special dance. The dance is called ekombi. The woman will need to perform this dance on the day that she comes out of the fattening room. She will wear an elaborate costume. And her hair will be done in a special way. This dance is also the dance that a woman does at her wedding. It used to be that the day a woman came out of the fattening room was also her wedding day, but these days this is not always so. When watching a woman do ekombi, you might think her motions look like waves or someone floating in water. That is exactly right! The motions of this dance are supposed to look like waves and sea creatures. Ekombi is actually a dance to honor the great water spirit in Efik tradition.

■ Integrated Practice

M: It's hard to imagine how large a person might be when we talk about things like BMI. So let me try and put some of these numbers in perspective. Let's imagine that a man is 175 cm tall and weighs 70 kg. That's fairly average, right? Such a man's BMI would come out to be twenty-three. Now let's imagine a woman who is 160 cm and weighs 60 kg. Her BMI would come out to be twenty-three as well. What about a woman 160 cm tall who spent some time in a fattening room? If she came out of the fattening room at 90 kg, her BMI would be thirty-five. That's not just overweight. That's obese!

Unit 17 How Tall Are You?

■ Listening

W: Both Fogel and Barker link aspects of our bodies and health with things we can't control. But not everyone agrees with their findings. Lawrence Appel of Johns Hopkins University is one of these people. He thinks the effect of lifestyle on health is also important. He found that tribes living in primitive conditions do not suffer as much from heart disease as American people. Yet these same tribes do not have access to much medical care. And, most likely, their babies get less nutrition than what an average American baby gets. Appel says that the main factor in this case is diet. The tribes eat food that they grow or kill. They don't go to supermarkets. They don't eat pizza or potato chips. These tribes simply don't eat the amount of salt and fat that the average American does.

■ Integrated Practice

M: I think Appel is right. I don't completely agree with Fogel and Barker as well. Of course, the nutrition we get from our mothers before we're born and the original healthiness of our organs is important. But there's no way that it is the only thing which makes us healthy or unhealthy later in life. What about people who work with toxic chemicals? Some of these chemicals can cause cancer in even the healthiest organs. Even though people may have been born with very healthy organs, they still need to take care of themselves.

W: I totally agree with Fogel and Barker. I can see similar data in my own family. My great grandfather and my aunt are perfect examples. My great-grandfather smoked 30 cigarettes a day, loved drinking, and worked in a mine. Yet, he was perfectly healthy most of his life. He died when he was 95! On the other hand, my aunt who takes very good care of herself and only eats healthy things was not so lucky. She got liver cancer when she was 30. She was also very short!

Unit 18 Barefoot Parks

■ Listening

W: Would you like to visit a barefoot park?
M: No, I don't think so.
W: Why not? Do you have sensitive feet?
M: No . . .
W: Well, it sounds like fun to me.
M: Can't people get foot diseases in a place like that?
W: I doubt it. I think it's more likely that you'd get a foot disease from wearing your shoes all the time.
M: Why would my shoes give me a foot disease? I wash my feet every day, and my shoes are clean.
W: That may be true, but your feet also sweat in your shoes every day. When your feet sweat, they become wet. If you keep your wet feet in warm, dark places like your shoes all day, then they might grow fungus. That's what causes foot disease.
M: Yuck! Maybe giving my feet some air at a barefoot park isn't such a bad idea.

■ Integrated Practice

W: There seem to be a number of benefits to having children go barefoot. For one thing, research suggests that going barefoot can solve some problems. An example is the problem of children developing "flat feet." Children with flat feet are only found in cultures that wear shoes. In cultures where children grow up without shoes, there are no cases of children with flat feet! Another example comes from running. Shoes may have actually changed the way we run. When barefoot, the balls of our feet touch the ground first. But sometimes when running with shoes, our heels touch the ground first. Going barefoot also helps develop muscles in the feet, legs, and hips. As children walk or play barefoot, their feet sense the ground. This sends important information to the brain that allows the body to change the way it moves or stands. Over time, this helps the body develop stronger muscles to hold the body in the right position while moving or standing.

Unit 19 Reading and Writing Online

■ Listening

M: When TVs were first produced, there were a lot of complaints from book-lovers. They said, "Television is going to stop people from reading books!" Then computers and the Internet came along. Again, book-lovers complained. Now they say, "Surfing the Net and poor reading habits developed online are going to make kids hate books!" Some studies seem to support this complaint. Comparing two surveys, one from the 1980s and one from the early part of this century, reading books for fun among teens is down. In the early 1980s, about half of teens said they read for fun. These days, only about one-third of them say they do. But maybe those teens aren't counting what they do online. Internet use is way up among teens. Maybe if they counted the hours that they're online reading for fun, the survey results would look different.

■ Integrated Practice

W: I love surfing the Internet in my free time. There is so much interesting information online! I could spend hours surfing if my parents let me. There is one website that I really like. It's a website with articles about the lives of famous people. Of course, there is information there about celebrities, but there are also lots of articles about famous people in history. Some of those articles are really interesting.

M: I'm one of those guys who don't like to write letters or talk on the phone much. I guess that's why I'm really into blogs. I have a blog of my own that I update a couple of times each week. But I don't just like to write my own blog. Some of my friends have blogs, and I like to read those when I have time. By reading their blogs, I can keep up with what my friends are doing, especially the friends whom I don't get to see very often.

Unit 20 A New Horizon

■ Listening

M: Tired of planet Earth? Looking for a new experience? Take a look at what Space Adventures has to offer you! For the true explorer, we have our lunar mission package. You can organize your own trip to the moon! For 100 million dollars, we will train and outfit you for the event of a lifetime. That's right, real astronaut training and space travel! Don't have time to commit to six months of astronaut training? In that case, think about one of our other short-term packages. Spend a weekend in Moscow. During the day, learn how to spacewalk or use our astronaut training center. At night, relax in a five-star hotel. All for only $10,000 per person! Whatever package you choose, we guarantee you an experience possible nowhere else on Earth or beyond. Ten, nine, eight, seven, six, five, four, three, two, one . . . lift off!

■ Integrated Practice

W: Dennis Tito is now famous for being the first space tourist. But he almost didn't make the trip. It was difficult to line up. First, when he was arranging the trip with the Russians, Tito faced a lot of criticism from officials at NASA. They considered him "un-American." He was going to use a Russian rocket to get into space. But it was his only option. Then, a few months later, when Tito and two Russian astronauts arrived at NASA for final training, officials at NASA refused to allow Tito to train. They said that they were worried about his safety. After a month of talks, NASA finally agreed, and the rest is history.