

EPIISODE 102

LEVEL B2

READING COMPREHENSION



RAISING A SMILE

Historically, humour has often been seen in a very negative way. For example, about two and a half thousand years ago, Plato, the Greek philosopher, wrote about the **malevolent** nature of humour. It meant trying to give yourself a sense of **superiority** by making fun of other people. Modern psychology, however, regards humour with more respect. Freud saw laughter as a means of safely **discharging** nervous energy. It provides relief and **self-gratification** and makes potentially damaging conflicts harmless. Generally speaking, humorous people are perceived as being more likeable, and this in turn enables them to have greater influence. Humour may also be a **displacement** of aggression. For all of us, humour is not only an **invaluable** social tool. It also provides a useful way of coping with personal frustrations and emotional difficulties. Making a joke about the problem helps us to communicate the nature of our true feelings to others. By laughing about them, we achieve a more relaxed mood in which we are better able to understand and resolve conflicts.

EXERCISE 1

Match the sentences with their definitions:

More words describing people's sense of humour:

1. She's got a very dry sense of humour.
2. She doesn't laugh – she cackles!
3. She's got a very irreverent sense of humour.

4. She's got quite a self-depreciating sense of humour.
- She takes the mickey out of herself all the time
 - She's quite sarcastic.
 - She is not afraid to take the mickey out of the boss.
 - She sounds like a witch.



ENGLISH IN USE



MAKE & DO

What do bees do? Fly.
What do bees make? Honey.

MAKE	DO
Used to talk about: <input type="checkbox"/> building <input type="checkbox"/> constructing <input type="checkbox"/> producing <input type="checkbox"/> creating things.	<input type="checkbox"/> Describes an action without saying what exactly it is: We did some things. <input type="checkbox"/> to talk about work /jobs: to do some work to do the homework <input type="checkbox"/> to do the ...+ing: to do the cleaning

MAKE	DO
create/ produce/construct	perform task/activities/actions
a cake a bed a plan a journey a will	a thing something/nothing/anything/everything/what work; homework the shopping/the washing up/the cleaning ...ing (some reading/a lot of swimming)

<p>a fuss a mess a profit a fortune a mistake a noise an impression a bargain a suggestion a decision a choice a speech an attempt an effort an excuse an exception a phone call an offer a nuisance / fool of oneself a complaint an arrangement an appointment up one's mind a decision fun of sure that friends trouble money love peace war fire progress</p>	<p>good harm smn a good turn business a favour a test research a trip a degree a course survey on well (in an exam) sport yoga / karate exercise one's hair /nails one's best one's job one's duty 50 mph</p>
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EXERCISE 2

1. How can you be _____ fun of him all the time? That's cruel!
2. I'll be ready in 5 minutes – let me just _____ my nails!

3. I need to _____ a phone call, so please be quiet.
4. One of our customers has just _____ a complaint about the steak.
5. Normally I would say no – but I think I can _____ an exception for you, just this time, OK?
6. Well, I still haven't got a clue what to do. I just can't _____ up my mind! I'll never know which of them I should marry!
7. John, have you _____ your homework yet?
8. The professor is _____ some research concerning the new medicine.
9. Why are you _____ all this fuss?!? Because I took your car without asking you?
10. Don't be afraid of him – he'll _____ you no harm.
11. The company's been _____ big profits recently.
12. What the hell are you _____ here?
13. I'm sorry I must go but I've got some writing to _____.
14. I don't like him – he's always _____ trouble.
15. Little wonder he's embarrassed – he _____ a real fool of himself at the party!

IDIOM CLOSE-UP



LAUGH YOUR HEAD OFF = laugh loudly and for a long time

FALL FLAT = if a joke falls flat, none laughs at it

PULL SB'S LEG = to tell sb which is not true

PHRASAL VERBS CLOSE-UP



BRIGHTEN UP = suddenly look or feel happier

GET CARRIED AWAY = become so excited about sth that you do not control what you say or do and you forget about everything else



EXERCISE 3

Complete each gap with one word.

1. A letter will make your heart beat faster, but don'tproceed carefully.
2. Tomorrow it will be a lively day, so and relax.
3. Is it easy to recognize when somebody is.....?
4. Children are normally so open and honest, that theyall day long.
5. Bob is so bad at telling jokes that each time he does it, they

NEWS



Laughter is strong medicine for mind and body

“Humor is **infectious**. The sound of **roaring laughter** is far more **contagious** than any cough, snuffle, or sneeze. When laughter is shared, it **binds** people together and increases happiness and intimacy. Laughter also **triggers** healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, **diminish** pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. “Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.” Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and **alert**. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for **surmounting** problems, **enhancing** your relationships, and supporting both physical and emotional health.”

GLOSSARY:

-**infectious** = **contagious** = something that has an effect on everyone who is present and makes them want to join in:

-**roaring laughter** = loud and powerful

- **to bind** = to connect

- **to trigger** = to cause sth to start

-**to diminish** = to reduce

- **alert** = quick to see, understand, and act in a particular situation

- **surmounting** = piling up

- **to enhance** = to improve

KEY TO EXERCISES

Ex.1

5. She's got a very dry sense of humour.- b
6. She doesn't laugh – she cackles! - d
7. She's got a very irreverent sense of humour.- c

8. She's got quite a self-deprecating sense of humour.- a

Ex.2

1. How can you be _____making_____ fun of him all the time? That's cruel!
2. I'll be ready in 5 minutes – let me just _____do_____ my nails!
3. I need to _____make_____ a phone call, so please be quiet.
4. One of our customers has just _____made_____ a complaint about the steak.
5. Normally I would say no – but I think I can _____make_____ an exception for you, just this time, OK?
6. Well, I still haven't got a clue what to do. I just can't _____make_____ up my mind! I'll never know which of them I should marry!
7. John, have you _____done_____ your homework yet?
8. The professor is _____some research_____ concerning the new medicine.
9. Why are you _____doing_____ all this fuss?!? Because I took your car without asking you?
10. Don't be afraid of him – he'll _____do_____ you no harm.
11. The company's been _____making_____ big profits recently.
12. What the hell are you _____doing_____ here?
13. I'm sorry I must go but I've got some writing to _____do_____.
14. I don't like him – he's always _____making_____ trouble.
15. Little wonder he's embarrassed – he _____made_____ a real fool of himself at the party!

Ex.3

1. A letter will make your heart beat faster, but don'tget carried away.....proceed carefully.
2. Tomorrow it will be a lively day, sobrighten up..... and relax.
3. Is it easy to recognize when somebody is.....pulling your leg....?
4. Children are normally so open and honest, that theylaugh their heads off.....all day long.
5. Bob is so bad at telling jokes that each time he does it, theyfall flat.....