



รายการโทรทัศน์เพื่อการศึกษา
ระดับมัธยมศึกษาตอนปลาย

ภาษาอังกฤษ ตอนที่ 16

(Medicine label)

โดย

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Medicine label

Extract 1

COUGH FORMULA

Contains Dextromethorphan, a cough suppressant as effective as codeine, but not narcotic

Dosage:

Adults: Two teaspoons every 8 hours. Not to exceed 6 teaspoons a day.

Children : 6 to 12 years-one teaspoon every 8 hours. Not to exceed 3 teaspoons a day

CAUTION- A persistent cough may be a sign of a serious condition. If symptoms persist for more than 1 week, tend to recur, or are accompanied by a high fever, rash, or persistent headache, consult a physician.

WARNIGN- KEEP OUT OF REACH OF CHILDREN. Do not give this product to children under 6 years of age except under the advice and supervision of a physician. Do not take this product for persistent or chronic cough such as occurs with smoking, asthma, or emphysema, or where cough is accompanied by excessive secretions, except under the advice and supervision of a physician.

Directions: Choose the correct answer according to the medicine label.

- How much of the cough formula should be given each time to an eleven-year-old child?
 - one teaspoonful
 - two teaspoonfuls
 - three teaspoonfuls
 - six teaspoonfuls
- How much of the cough formula would you give to a four-year-old child without first getting advice from a doctor?
 - one teaspoonfuls
 - two teaspoonfuls
 - three teaspoonfuls
 - none
- If an adult took two teaspoonfuls of the cough formula at 11 a.m. when should this person take the next dosage?
 - 5 p.m.
 - 6 p.m.
 - 7 p.m.
 - 8 p.m.
- If the cough formula didn't cure your cough, and you start to have a high fever, what should you do?
 - take 2 tablets of aspirin
 - consult a physician
 - get 8 hours' sleep a night
 - keep taking the tough formula

Extract 2

More than 30 years ago, Nobel Prize-winning chemist Linus Pauling proposed the theory that high doses of Vitamin C could prevent or lessen the severity of colds and other illnesses.

Pauling was a convincing Vitamin C advocate 1. _____ his death in 1994, but today, researchers still don't agree on 2. _____ the vitamin, found in many fruits and vegetables, helps curb colds 3. _____, it is considered an important antioxidant, and the supplement form could help prevent a number of conditions.

Uses: Vitamin C can be used to bolster immunity, particularly 4. _____ people who are deficient in the vitamin (the elderly, smokers, diabetics and women who use oral contraceptives).

Others use it to reduce cold and asthma symptoms, 5. _____ exercise performance and protect against cancer and cataracts.

Dose: Most people get enough from food, 6. _____ those with Vitamin C deficiency usually need 200 milligrams to 500 milligrams a day.

PRECAUTIONS: Doses exceeding 2,000 milligrams a day 7. _____ diarrhea.

Vitamin C supplements 8. _____ by people with iron-overload problems or kidney disorders.

Research: Vitamin C doesn't appear to 9. _____ reduce cold symptoms, except perhaps for people who are deficient in the nutrient. Some studies suggest that the vitamin can help prevent cancer, cataracts and gallbladder disease, but more rigorous studies are needed 10. _____ establish a link.

- | | | |
|----|-------------------|---------------------|
| 1. | 1. by | 2. for |
| | 3. until | 4. since |
| 2. | 1. whether | 2. what |
| | 3. even | 4. though |
| 3. | 1. However | 2. As a result |
| | 3. In other words | 4. For example |
| 4. | 1. against | 2. among |
| | 3. on | 4. over |
| 5. | 1. enhanced | 2. enhancing |
| | 3. enhances | 4. enhance |
| 6. | 1. but | 2. or |
| | 3. so | 4. and |
| 7. | 1. are caused | 2. will have caused |
| | 3. causing | 4. can cause |

- | | | |
|-----|-----------------------|----------------------|
| 8. | 1. should not be used | 2. had not been used |
| | 3. cannot use | 4. are not using |
| 9. | 1. significance | 2. significantly |
| | 3. significant | 4. signifying |
| 10. | 1. for | 2. to |
| | 3. in | 4. by |

Extract 3

Diabetics are twice as likely as non-diabetics to suffer from depressions, say psychiatrists from Washington University and the US Department of Veterans Affairs in St. Louis, who analysed 25 years of research.

Doctors have long assumed that diabetes-which strikes tens of millions of people-can bring on depression because of the difficulties it causes in the lives of sufferers, says the study's senior author, Patrick Lustman of Washington University. But now, the idea that **the reverse** could be true-that is, depression may lead to diabetes--is being seriously considered, says Lustman. One clue may lie in the inactivity and overeating that accompany depression. Each contributes to diabetes.

Diabetics who are depressed should seek treatment for both maladies, the researcher says.

Questions 1-2

1. According to the passage, what does **'the reverse'** refer to?"

1. Depression causes diabetes.	2. Overeating leads to diabetes.
3. Diabetes results from inactivity.	4. Non-diabetics results in depression.
2. Which of the following style does the writer use?

1. Descriptive	2. Narrative
3. Informative	4. Argumentative

Extract 4

Genetics play a big role in the way our skin develops, determining its color, pore concentration, thickness, even the number of veins and nerves situated in its deepest layer. Yet your skin's well-being not only depends on a really efficient, scientific skincare routine, but on a healthy lifestyle too.

Getting enough sleep is important, for example because this is the time when skin works especially hard at repairing itself. Lack of it leaves skin looking dull. If you're suffering from insomnia, the chances are that stress is a significant factor. Whereas happiness makes skin glow, stress makes skin show the worst side of **its nature**. Spots, pimples, eczema, blotchiness and flakiness : these are just some of the stress symptoms you may see in your skin.

Luckily, one of the best ways of reducing stress is also very beneficial to skin : getting more exercise. Both aerobic exercise such as tennis, dancing , and jogging , and anaerobic exercise like stretching and yoga, are highly beneficial, because they improve circulation . And it is blood that brings the vitamins and nutrients necessary for cell metabolism to the skin.

For your general well - being, it is always best to mix the **two types of exercise**. If you are not eating healthily, it certainly becomes evident swiftly in your skin, which loses its glow and shine. The problem can be as simple as a lack of vitamin C, which plays a vital role in collagen formation and cell repair. Although vitamin C is found in fresh fruit like melon, oranges, and even in tomatoes. the body cannot store it. Therefore, **it** needs regular supplies. Other important vitamins are the B group, especially B2 and B12 and vitamin E, along with zinc. But vitamin and mineral supplements are not the complete answer. The best way to obtain a balanced mix of vitamins and minerals is to eat the freshest, most natural foods. A diet rich in unsaturated fats such as olive oil rather than butter, unprocessed fiber, raw fruit and vegetables and low - fat protein such as fish and chicken will provide everything your skin needs. If you can cut out caffeine. smoking and alcohol, so much the better. Do not forget to drink as much water as you can each day : six glasses at least. It helps every organ in your body function better, aiding digestion, circulation and even excretion of toxins through the skin's pores.

Question 1-10

1. The best title for this extract is _____.
 1. Keeping Skin Shiny
 2. Good Skin from Within
 3. How Your Skin Works
 4. Healthy Food, Healthy Look
2. The main idea of the extract is _____.
 1. genetics is necessary for our skin's well - being
 2. genetics plays a big role in the way our skin develops
 3. a healthy lifestyle is really important to our skin's well - being
 4. our skin's well - being depends on a really efficient scientific skincare routine
3. _____ is not good for the skin.
 1. Collagen
 2. Vitamin C
 3. Insomnia
 4. Exercise
4. According to the extract, it is TRUE that _____.
 1. skin works hard at night to repair itself
 2. oversleeping may have bad effects on skin
 3. the most important vitamins for skin are the B group
 4. aerobic exercise is the best way to improve the skin

5. Your skin loses its glow and shine swiftly if you _____.
1. exercise regularly
 2. reduce your stress level
 3. consume alcohol and caffeine
 4. have a healthy, balanced diet
6. The phrase **“its nature”** (line 8) refers to the nature of _____.
1. skin
 2. stress
 3. sleep
 4. lifestyle
7. The phrase **“ two types of exercise”** (line 14) refers to _____.
1. stretching and yoga
 2. aerobic exercise and dancing
 3. jogging and anaerobic exercise
 4. aerobic and anaerobic exercise
8. The word **“it”** (line 18) refers to _____.
1. the body
 2. fresh fruit
 3. vitamin C
 4. cell repair
9. According to the last paragraph, water helps the body to do all of the following EXCEPT _____.
1. digest food
 2. circulate blood
 3. eliminate toxins
 4. overcome insomnia
10. The extract is primarily intended for _____.
1. people trying to live longer
 2. women desiring to lose weight
 3. people wanting to have youthful skin
 4. women preparing to enter a beauty contest

Grammar Review

Sentence Completion

Directions: Select the best choice that best completes the sentence.

1. _____, Caroline Hazard was elected as the fifth president of Wellesley College, despite her lack of a college education and administrative experience.
- a. Forty-three years
 - b. She was forty-three
 - c. Was forty-three
 - d. At forty-three
2. A radome, a giant inflated dome, _____ instruments that transmit messages by way of orbiting satellites.
- a. and contains
 - b. contains
 - c. for containing
 - d. containing

3. The gymnosperms were _____ of water for reproductive purposes.
- a. independent to be the first plants b. the first independent plants to be
c. the first plants to be independent d. to be the first independent plants
4. Not even _____ of reaching a third of humanity, as can the comic strip.
- a. where films or television can boast b. as films or television boast
c. films or television boasting d. films or television can boast
5. Storks have no vocal cords, but _____ by clacking their bills.
- a. that communicating b. communicating
c. their communicating d. communicate
6. Simple pressure gauges such as liquid-level manometers are _____ insensitive for use in vacuum work.
- a. too b. so
c. than d. enough
7. A watercolor painter works with a soft hair brush _____ a large amount of paint.
- a. can hold b. that can hold
c. that can hold it d. that it can hold
8. The growth of colleges and universities in the United States.
- a. of the country has paralleled the growth b. has the growth paralleled of the country
c. has paralleled the growth of the country d. of the country the growth has paralleled
9. Sam Rayburn _____ longer as speaker of the United States House of Representatives than any other member of congress.
- a. serving b. served as
c. served d. who served
10. Graying hair, weight gain, and _____ from physical exertion may be physiological indices of a person's advancing age.
- a. to recuperate is more difficult b. it is more difficult to recuperate
c. there is great difficulty recuperating d. greater difficulty in recuperating
11. An average honeybee colony _____ about 30,000 bees.
- a. its b. with
c. has d. of
12. The sundial _____ the oldest scientific instrument that is still in use.
- a. is to be said b. is said to be
c. said is to be d. to be is said

22. Like most neoclassic poets, _____ in heroic couplets.
- a. the poems Phillips Wheatley composed b. Phillips Wheatley composed her poems
 c. composing her poems was Phillips Wheatley d. did Phillips Wheatley who composed her poems
23. _____ cubic mile of seawater contains about 12 billion pounds of dissolved magnesium.
- a. Whole b. Each
 c. In a d. For the
24. The Shakers, a religious sect that flourished in early nineteenth-century North America are noted for their peaceful villages, fine furniture, and _____.
- a. to sing and dance distinctively b. distinctive songs and dances
 c. the songs and dances are distinctive d. distinctively singing and dancing
25. _____ increasingly being performed on calculators.
- a. Algebraic and arithmetic operations
 b. Arithmetic operations and also algebraic
 c. Now that algebraic and arithmetic operations are
 d. Arithmetic and algebraic operations are
26. Animals get energy from carbohydrates and fats, _____.
- a. oxidized in the body by them b. the body oxidizes them
 c. which they are oxidized in the body d. which are oxidized in the body
27. The Surrealist art movement resembled Dadaist _____ to conventional artistic norms.
- a. its opposition b. its opposition that
 c. how opposition d. in its opposition
28. The edelweiss is considered a rare plant because it grows wild in high regions _____ is difficult to find.
- a. this b. and
 c. what d. there
29. In this solar system, only the Earth satisfies the complex conditions _____ physical life as we know it.
- a. necessary for b. that is necessary
 c. are necessary to have d. is it necessary for
30. _____, the tough outer layer of the eyeball.
- a. Tears continually bathe the cornea b. The cornea is continually by tears bathed
 c. Tears that continually bathe the cornea d. The cornea's continual bathing