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Making Marriage More Affordable

Do you want to get married in the near future? Or perhaps the question should be: can you afford to get married in the near future?

5 In many countries in the world, weddings are becoming extremely expensive affairs. Even a relatively simple one can cost more than €80,000. The money goes on the bride's wardrobe – her dress, shoes and other clothes –
 10 on her jewellery, on a sum paid by her father (called a dowry); and on a huge reception for all the friends and relatives – perhaps 1,000 guests altogether. Many grooms and their families cannot actually afford this amount, and
 15 they have to go into debt to pay for the wedding. As many as 80 per cent of all personal loans in some countries are used to cover wedding expenses.

20 Young people in these countries know all about the cost of a wedding. 'When my sister got married, it was very grand,' says Huda, who is studying graphic design at college. 'It was a

traditional wedding and lasted three days. It was beautiful and made us very happy, but for me it was a waste of money. Today, when I ask my
 25 sister about it, she says, 'I wish I'd saved the money to spend on my child and my house.'

Nabilah, a media studies student, nods in agreement. 'I have a cousin who got married 11 years ago and he is still paying off the debts!'

30 In some countries, men solve the problem by marrying foreign brides. The dowry is often much lower. But is it really a solution? It may create a bigger problem, particularly in countries with small populations. If men marry out of their religion and culture, there may not be enough nationals
 35 for the local women to marry in the future.

What can a government do about it? Some countries have made marriages between nationals and foreigners illegal. Other countries
 40 offer loans or gifts to nationals if they marry a local girl. These schemes seem to be very successful. In the UAE, for example, a scheme of this sort has helped 44,000 couples to get
 45 married in the last 10 years.

Another possible solution is the mass-wedding – ceremonies with hundreds of brides and grooms at the same time. They can be huge affairs, but
 50 all the couples share the cost. When Ali Salem got married, he was one of 650 grooms. 'If I had got married by myself,' he says, 'I would have needed over €50,000. But with this kind of wedding, I only spent around €16,000.'

Couples can save a lot by hiring their wedding clothes, particularly the bridal dress. In
 55 many countries, this dress has hundreds of beads and can cost thousands of pounds. However, it is only worn once and then put away. It makes sense, therefore, to hire the dress for one or two days at a fraction of the cost.
 60

A wedding can be an expensive business, but with help from the government and economies from the bride and groom, it is possible to make it affordable.

Paying the Price of Asking Too Much

Nisha Sharma is an ordinary young Indian woman. She is a third-year student of software engineering at Indraprastha University in Delhi. In her spare time, she is doing courses on textile design and web design.

However, on May 11th, 2003, this 21-year-old woman did something extraordinary. On that day, Nisha Sharma was getting married to Munish Dalal. Just before the ceremony, Nisha called the police. Her husband-to-be was arrested along with his mother.

The union between Nisha and Munish was an arranged marriage. Arranged marriages are normal in India. Two families get together and they agree that their children will get married at some time in the future. In this case, the two families did not know each other from the local area. They put advertisements in the paper, looking for suitable matches. Nisha Sharma accepted the arrangement and was happy to marry Munish.

Nisha's family were prepared to pay money to Munish's family. This money is called a dowry by some people. Other people call it bride price. The government tried to stop the practice in 1961, when it made dowry or bride price illegal. However, the parents of many grooms still demand it, and the parents of many brides still pay it.

Nisha's father agreed to pay 15,000 rupees to Munish's father. In addition, there were 'gifts' from the Sharmas to the Dalals. They are still stacked in the Sharma's living room: two washing machines, two refrigerators, two home theatre systems, an electric oven and a flat-screen television. There is a brand-new, gold-coloured car for Munish parked outside. However, on the day of the wedding, Munish's

family asked for another 12,000 rupees cash. Nisha decided it was too much and refused to get married.

'Thank God the marriage did not take place,' said Nisha's mother. 'What if they had hurt her or killed her?' Nisha had the same thoughts, especially after the groom's father attacked her own father on the morning of the wedding. The murder of brides is, unfortunately, common in India. Nearly 7,000 women died in this way in 2001.

Nisha's actions made the front page of newspapers across India. They led to congratulations from Indian government ministers.

The reports in the papers probably caused several other similar events. Anupama Singh walked out on her groom moments after the marriage, when he asked for more money. Farzana Zaki refused to be married the day before her wedding, when the groom demanded more money and a house. Nisha's fame has also led to many offers of marriage. However, she is not considering any of them. 'I just want to concentrate on my studies for the moment,' she says.



Bride price is a big problem in India. However, the actions of one brave woman may make a small difference. They may make it a little more difficult for greedy families to demand too much.

One Per Cent Inspiration

THOMAS ALVA EDISON was born in Ohio, USA, on February 11, 1847. He moved with his family to Michigan when he was seven. Even then, there was an indication of his future life. 'He spent most of his time in the cellar,' his father told reporters later. 'He had a laboratory down there.'

Around 1855, Edison went to school for a short time. His teachers thought that he was not very clever. He stopped going, and his mother spent some time teaching him at home. Once he could read, however, he did most of the teaching himself. Edison felt strongly about education. Most schools at that time, he believed, taught children to memorize facts. It was better, he thought, for children to observe nature and to make things with their hands. 'The present system,' he said, 'does not encourage original thought or reasoning.'

At about the age of 12, Edison became almost completely deaf. He thought it was from an accident, but it was probably an hereditary disease. His father, and later his son, had the same hearing loss. He did not let his disability get in the way of his life, however. Indeed, he once told a group of deaf people: 'I prefer the quiet of deafness to the noise of conversation.'

In 1862, the teenage Edison saved a little boy from being hit by a train. The boy's father, a stationmaster, thanked him by teaching him how to use the telegraph. Edison learnt well and got a job as a telegraph operator. He travelled thousands of miles, doing the job in railway stations all over America. In 1867, Edison moved to Massachusetts to work as a telegrapher. But his first love was inventing things. He registered his first patent the following year. It was for an electrical vote recorder. However, nobody wanted to buy it. Edison said later: 'I learnt a good lesson then. Only invent things that people want to buy.'

He followed his own advice. He made a device for the New York Stock Exchange and

sold it to them in 1870. He wanted \$4,000 for the device. Finally, the manager of the exchange asked him, 'How much do you want?' Edison said, 'Pay me what it's worth.' The manager paid him \$40,000. Edison was now able to work full time as an inventor. He was well-known for working very long hours and making constant improvements to his inventions. He once said, 'Most people miss opportunity because it wears overalls and looks like work.'

Edison's favourite invention appeared in 1877. He wrapped a piece of tin foil around a cylinder. He connected a microphone and a speaker to the cylinder. He said, 'Mary had a little lamb' into the receiver. The speaker played his words back. He called the device a phonograph. The name comes from two Greek words and literally means 'sound writing'. Today we call it a tape recorder. It is the basis of the whole recorded music industry.

Edison went on to work on many more inventions. Perhaps his most famous is the electric light system. He didn't actually invent the light bulb, but in 1879 he discovered the best material to make it from. He experimented with hundreds of materials before he found the one that really worked. He once said, 'I haven't failed. I have just discovered 10,000 ways that don't work.' In 1888, Edison told reporters, 'I am experimenting with a device which does for the eye what the phonograph does for the ear, which is the recording and reproduction of things in motion.' Edison's kinetograph, or 'movement writing', appeared in 1891. It was the start of the motion picture industry, or the movies.

On December 9, 1914, fire destroyed Edison's laboratories. However, he said, 'I am 67, but I'm not too old to make a fresh start.' Edison rebuilt the laboratories and went back to work.

Edison died on October 18, 1931. *Time* magazine called him a genius, but during his lifetime he said, 'Genius is one per cent inspiration and ninety-nine per cent perspiration.'

The Actress, the Torpedo and the Bar-code Scanner



HEDWIG KIESLER was born in Austria in November 1913. One year later, the First World War started. Perhaps her experience of growing up during a war had a strong influence on her later life.

In 1930, Hedwig became an actress. She made her first full-length movie in 1931. It was called *Storm in a Glass*. Over the next few years, she made several more movies. It seems that they did not require much acting. She just had to look beautiful. She said later: 'Any girl can be beautiful. All she has to do is stand still and look stupid.'

Meanwhile, the world was heading towards the Second World War. In 1933, Hitler came to power in Germany. In the same year, Hedwig married Fritz Mandl. He was an industrialist. He made guns for Hitler. She went to all his business meetings and learnt a lot about weapons. In 1937, she divorced Mandl and escaped from Austria to London. One year later, Hitler took over Austria.

In London, Hedwig met a big Hollywood producer. His name was Louis B. Meyer. He offered her a movie contract in Hollywood. He also gave her a new name, Hedy Lamarr. In America, she continued her movie career. She made her first movie for Meyer in 1938. It was called *Algiers*. The world moved closer to war, and Hedy Lamarr still knew a lot about weapons, especially the weapons on submarines.

Submarines have special weapons called torpedoes. After firing a torpedo, the sailors control it with radio signals. However, enemy sailors can also send radio signals and stop the

correct messages getting through. In 1941, in the middle of the Second World War, Hedy Lamarr had an idea. 'Is it possible,' she thought, 'to change the control signal constantly, so that the enemy cannot interfere with the signal?' She worked with an American composer, George Antheil, on the idea, and invented a device that they called a Secret Communication System. They patented it in 1942.

The US Navy never used the invention. The problem was it was years ahead of its time. Only now has the invention become important. It is the basis of all wireless communication

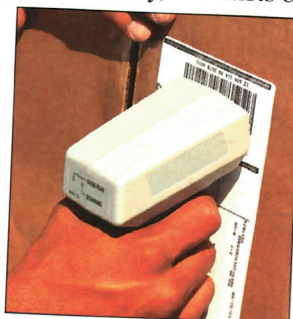
because it keeps the communication secret. It is used in mobile phones, in wireless Internet systems, even in your local supermarket in the bar-code scanner and reader.

Hedy Lamarr went on to make many more films. Her last starring role was in 1957. In her later life, she also wrote songs and, in 1966, she published her autobiography, *My Life as a Woman*. Neither she nor George Antheil ever got any money for their invention. The patent finished before any commercial use was found for the device.

Finally, scientists began to recognise Hedy

Lamarr's role in radio technology. She won an Electronic Frontier Foundation award in 1997. Some people called it the Oscar of inventing.

Hedwig Kiesler died in Florida on 18th January, 2000.



The Noblest Roman of Them All

Origins of the story

William Shakespeare probably wrote *Julius Caesar* in 1599. It was the first of his Roman history plays, but it is always included in his Tragedies rather than his Histories. Shakespeare's main source was the Roman historian, Plutarch. His book, entitled *Lives of Caesar, Brutus and Mark Antony*, contains the main plot of the Shakespeare play.

The real Caesar

Gaius Julius Caesar was born in Rome around 100 BCE. He was a very successful military leader. He won battles in northwest Europe, and even crossed the English Channel twice to fight in Britain. He wanted political power as well as military success, and returned to Rome. He became the most powerful man in the country – too powerful for some people. They assassinated him on the 15th March, 44 BCE.

The play

The events in Shakespeare's play follow the historical facts very closely. Julius Caesar, the general, returns to Rome in triumph, but important people in the capital envy him. A man called Cassius persuades Brutus, a friend of Caesar's, to join a conspiracy to kill Caesar. 'It is for the good of Rome,' he says. The conspirators decide not to kill Mark Antony, another important Roman. This decision turns out to be a fatal mistake. Brutus, Cassius and the others plan to kill Caesar on the 15th March. The night before,

Caesar's wife, Calpurnia, has a dream about Caesar dying at the Senate. She tries to stop Caesar going to the government building. Her attempt fails, he goes, and the conspirators kill him. Brutus strikes the last blow to kill Caesar. Mark Antony cleverly persuades the conspirators to let him speak at Caesar's funeral. In his speech, he reminds the crowd of all Caesar's good qualities and actions. Cassius and Brutus have to leave the city as the citizens become angry with them. A civil war starts between the people who are backing Brutus and Cassius and the supporters of Mark Antony.

At first, Brutus and Cassius appear to be winning. However, Mark Antony finally wins, and Cassius and Brutus commit suicide. When Mark Antony sees the body of Brutus, he is very sad. 'He was the noblest Roman of them all,' he says. 'The other conspirators killed Caesar because they envied him. Brutus killed him for the good of Rome.'

The themes

Firstly, *Julius Caesar* is a play about persuasion. People persuade other people to do things which they do not want to do. Cassius persuades Brutus to kill Caesar. People persuade Caesar to go to the Senate. Brutus persuades the other conspirators not to kill Mark Antony, then they persuade him to allow Mark Antony to speak at Caesar's funeral. Mark Antony in turn persuades the mob that the death of Caesar was a crime.

Secondly, *Julius Caesar* is also a play about power, or, more accurately, it is about the abuse of power. The play shows that leaders must always be careful about using power. It shows that there will always be someone who wants to take power away, through conspiracy and even murder. Critics say this timeless theme makes *Julius Caesar* a very important play.

Finally, Shakespeare leaves us with a strange thought. Brutus, says Mark Antony, was 'the noblest Roman of them all.' Not Caesar, the great soldier and politician, but Brutus, a conspirator and a murderer.

The Greatest Play of All?

Origins of the story

William Shakespeare wrote *The Tragedy of King Lear*, his 25th play, between 1605 and 1608. Some people say it is his greatest play. He used several sources for the basic story, including a book called *The History of Britain* by Geoffrey of Monmouth (1135) and *The Second Book of the Historie of England* by Holinshed (1577). However, the most important basis was probably *The True Chronicle History of King Leir and His Three Daughters*. The author is anonymous, but the play appeared in London theatres in 1594. It is even possible that Shakespeare acted in it.

The real Lear

There was a real person called Lear, or rather Leir or Lyr. He was king of Britain around 870 BCE, and his name lives on in the beginning of the town name Leicester (literally Leir's camp) in central England. The real King Leir had three daughters, called Gonorill, Ragan and Cordella. One of them, Cordella, became ruler of Britain after her father's death.

The play

Shakespeare changes the names slightly. Leir becomes Lear, Gonorill is now Goneril and Ragan changes to Regan, while Cordella becomes Cordelia. Some writers say this is because the name Delia meant ideal in Shakespeare's time. He does not alter the basic plot. Lear wants to divide his kingdom between his three daughters. He asks each of them: 'How much do you love me?' He is happy with the answers from Goneril and Regan because they flatter him – they tell him things he wants to hear.

However, he is not satisfied with Cordelia's reply. She says: 'I love you as a daughter loves a father.' This should be enough, but he wants more. He rejects his truthful daughter, Cordelia, and splits his lands between the other two, untruthful, daughters. He makes a tragic mistake.

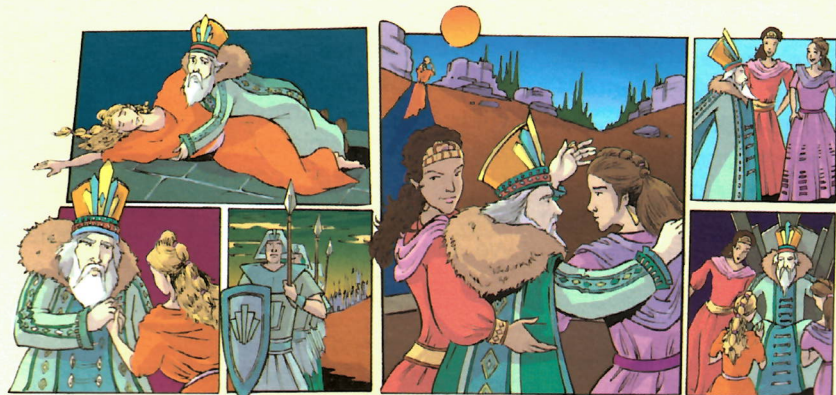
Now they have the kingdom, Goneril and Regan do not have to be kind to their father. They reject him. Their rejection makes him mad with sadness. Regan marries a French prince. When he becomes king of France, he invades Britain. During the invasion, Cordelia is killed and Lear dies of a broken heart. Regan and Goneril also perish.

The themes

Firstly, Shakespeare's *King Lear* is about respect. Children must respect their parents and look after them in their old age. Parents must respect their children or, at least, the children who are true and faithful.

Secondly, there is also a clear lesson about human relationships. Don't believe everything you are told. Many characters in the play, especially Lear himself, are persuaded to believe lies. They suffer terribly for this mistake.

Finally, there is another important moral: forgive everything. Lear rejects Cordelia completely. She is very hurt by his behaviour, but she forgives him.



THE MOST POPULAR GAME IN THE WORLD is football. Over 250 million people play it and many, many more watch it at football grounds and on television. But where and when did people first play the game? There are many possible locations and many possible dates. One problem for historians is to decide the answer to a simple question: when is a ball game played with the feet actually a forerunner of football?

10 Some historians believe that there were ancient ball games in Egypt in about 1800 BCE. They were part of religious ceremonies. However, there is no clear evidence that anyone actually kicked the ball.

15 In the South Pacific at about the same time, there were many ball games. In some games they kicked coconuts or oranges, while in other games they used their hands to pass the ball from one player to another. We do not know when any of these games originated.

25 In China, historians found documents dating from about 225 BCE. The papers describe a game called *tsu chu*, which people played on the Emperor's birthday. It involved a ball made of animal skins and two goalposts with a net between them. The objective of the game was to kick the ball through a gap in the net. Chinese soldiers played *tsu chu* as part of their training.

40 Meanwhile, in Canada, the Inuit tribes played a game called *aqsaqtuk*. Like the Chinese, they used animal skins to make the balls. They filled them with grass or with the hair of animals. They played the game on ice on huge playing fields. One story says two villages played against each other with goals 15 kilometres apart. We do not know when this game originated.

In about 600 AD, the Indians of Mexico and Central America started to play a game with a rubber ball.

The playing field looked like the capital letter L in English. It was 60 to 70 metres long, with walls all around. The players moved the ball with their hands and their feet. There was a wooden ring in the middle of each wall. The aim of the game was to get the rubber ball through the ring.

English people often think that they invented the game of football. There are certainly stories of the game in Britain in ancient times. For example, one story tells of a team of Ancient Britons playing against some Roman soldiers in 217 AD. There is another story that the natives played a kind of football with the skull of an enemy soldier as the

ball. These stories may not be true. But by the 12th century, the game of football was already very popular. At least, a game with a ball that people kicked was very popular, but it is hard to call it football. At times, the ball was of little interest to the players from neighbouring villages as they wrestled and fought each other along the road. Many people participated in the games, with tens or even hundreds of people on each side. There were very few rules, if any. The matches were so violent that several kings of England banned the game, but this did not stop people playing.

Many people think that the USA has only just discovered

football, or soccer, as they call it, to distinguish it from American football. In fact, by the time of the arrival of the first white people on the American continent in the 15th century, the native Americans were playing a game called *pasuckuakohowog*, meaning "they gather to play ball with the foot." They played the game on long, wide beaches, the playing fields being nearly a kilometre wide and two kilometres long, with goals at either end. Up to 1,000 people played in each game. One game often took two days. Like the early football games in England, there were no regulations and there was a lot of bloodshed.

Tsu Chu, Aqsaqtuk and Pasuckuakohowog



*Are they the forerunners
of the world's favourite sport?*

From Food to Farming, from Fighting to Flat Racing

The long, slow road to a short, fast race

ONE OF THE MOST popular sports in the world is horse racing. Horses race each other naturally in the wild, but men and horses lived side by side for thousands of years before anyone managed to get up on the back of a horse and ride it. Where and when did horse racing actually begin?

Before you can ride a horse, you have to catch it and tame it. Nobody knows exactly when people started to tame wild horses. It probably happened some time around 3700 BCE. At first, the tribesmen probably just kept the tamed (or domesticated) horses and used them as food. At some point, however, the tribesmen settled down in one place and began to farm the land. They attached ploughs to the domesticated animals and used them to help with farming.

So men lived with horses for many years before someone had a good idea. Someone got onto the back of his horse and tried to ride it. We don't know where that happened, but the first record of horse riding comes from Persia in around

3000 BCE. By 1580 BCE, people in Egypt were riding horses and, 200 years later, the Greeks were riding too. The first book about training horses is dated to 1360 BCE. Once people knew how to ride horses, they started to ride them into battle.

At the 23rd Olympic Games of ancient times, a new competition appeared. For the first time at these games, there was a race between horses with riders. The Greeks taught the Romans horse racing, and this new sport became popular in Ancient Rome, but most people still preferred chariot racing.

Some Romans grew to love the new sport. The Roman Emperor Severus was one. He arrived in Britain in 208 AD at the head of an army. When the Romans left Britain they left something behind – a love of horse racing. The sport remains popular in the country to this day.

What about the Arab World? We have seen that people were riding horses in Egypt by 1580 BCE. The popularity of horse riding continued. The second Caliph, who ruled

from 634 AD to 644 AD, is quoted as saying: 'Teach your sons the arts of swimming, shooting and horseback riding.' When the Arabs conquered Spain, they rode their fast horses. People in Western Europe started talking about the Arabian horses.

We know that by 1600 AD, people were bringing Arabian horses to England to improve the native English horses. The cross between the light Arabian horses and the strong English horses produced a world-beating racehorse. It was called the thoroughbred. The horse breeders used the same methods that the Prophet Mohammed (PBUH) recommended 1,000 years before. In fact, legend says that all Arabian horses, and therefore all thoroughbreds, come originally from one of five female horses belonging to the Prophet.

Nowadays, millions of people watch horse racing every day, at the track or on television. There is flat racing, jump racing and, in the UAE and other countries, endurance racing, where the horses run for up to 200 kilometres. ■

Is Your Body Energy in Balance?

If it is, your weight will not change. If your body energy is not in balance, your weight will rise or go down. But what is body energy? How can we make it balance? And what will happen if it isn't balanced?

- 5 Let's look first at body energy. Every day your body gets energy from food, and every day it uses energy to breathe, move or do work of any kind. We measure the energy from food in kcals, and we measure the energy that we use in the same way.
- 10 Most of the time, we want body energy to be in balance. If the daily energy *in* is the same as the energy *out*, your body energy will balance. In other words, the amount and type of food we eat must be right for the amount and type of activity
- 15 we do. It is easy to check the amount of food – just don't eat too much. It is quite easy nowadays to check the type of food, too. Look at the nutrition information on the side of most food packages. In the same way, it is easy to check the
- 20 amount of exercise you do, but some types of exercise use more calories than others. Look up the information on the Internet.

In some situations, body energy is not in balance. If body energy is not in balance, your weight will

25 change. If the energy *in* is greater than the energy *out*, you will have a positive energy balance. In this case, you will put on weight because your body stores the extra energy as fat. If the energy *out* is greater than the energy *in*, you will have a negative

30 energy balance. In this case, you will lose weight because your body uses the stored energy.

Most people are happy with balanced energy, but some people want to have a negative balance. This is because they want to lose weight. You can

35 achieve a negative balance in a bad way or in a good way.

The bad way is to go on a diet. You may be surprised that this is a bad way to lose a few kilos,

but diets by themselves don't work, for a simple reason. Diets *do* put your body into a negative energy balance. The average man needs about 2,700 kcal per day (average woman = 2,500), so if he eats food with the value of 2,500 kcal, he will be in negative balance. (There is no single figure for the daily energy requirement of every person. It depends on many factors. You must calculate your own requirement.) If you go on a diet, at first you will lose weight quite quickly, because your body will use up the extra water. Then it will use the extra energy stored in muscle. This is not a good thing in itself, and it doesn't help you lose the stored fat. Finally, your body will start to use the energy stored in body fat.

At this point, your body will go into starvation mode. This is a natural response because, for thousands of years, most people lived close to starvation and the human body developed a system for dealing with it. In other words, your body engine slows down. This means that you need fewer calories to do the same amount of work.

This is not a big problem while you are dieting, but you cannot diet for ever. Most diets are not a balanced way to eat. Some tell you to eat very little carbohydrate, others say that you should eat a lot and not eat any protein. Some say all fats are bad and others say only unsaturated fats are bad. At the end of the diet, you must go back to normal eating, but now your body will need fewer calories to function, so you will put on more weight for the same amount of food.

What about the good way? This involves increasing the amount of energy that your body needs. You can do that by taking exercise. If you increase your physical activity, you will use more calories. If you use enough extra calories and don't increase the amount of food you eat, you will put yourself into a negative energy balance and lose weight.

This is a good way, but it is not the best way to lose weight. The very best way is to reduce your food intake *and* increase your exercise level. Don't go mad. Just a small reduction in one and a small increase in the other will produce a negative balance.