

The general attitude of the people of our country towards the senior citizens is that they do not have the concept of respecting, caring and helping them. The old-age homes in our country are not only insufficient in number but are poorly equipped to cater to old people. Society, too, has an important role to play to improve the condition of senior citizens by respecting them and giving them due care.

smantling
athetic

PASSAGE 2

(12 Marks)

Read the following passage carefully:

When one flies into Japan, the first thing they notice is that it's different. In Japan, things are different from day to day. Firstly, the language is radically different, apart from the fact that the Japanese people use not one, not two, but three different alphabets. There are many different levels of Japanese language, ranging from street language, through casual forms, to polite forms, and 'super-polite' forms, all saying the same thing in a very different way depending on where you are and with whom you're speaking. Japanese people use chopsticks instead of knives and forks, and the food in Japan is very different to that found in Australia, England or America.

After immigration and customs at the airport, one has to catch a train, bus or a taxi to their initial destination, such as a hotel. A lot of taxi drivers cannot understand English, and so there may be some communication problems if you cannot speak Japanese language at a conversational level.

Another factor that the landlord or real estate company has of not being able to communicate effectively with the tenants is the language barrier. Another contributing factor. Many Japanese people worry that the foreign tenant might not understand the local customs and policies of garbage disposal. Then there is the general fear that 'foreigners like to have wild parties' that last late into the night. Japanese people usually don't have 'loud parties' at home. Once you are set up in your own apartment, then there is a whole new set of challenges, the biggest of which is understanding your local garbage disposal program; then there is reading one's bills, setting up a phone and internet service, and finding a nearby

Japanese people get around on a bicycle, especially in the cities where the majority of people live in apartment blocks and do not have a garage or sufficient car parking spaces. Public car parks in Japan are also very expensive. A bicycle is a cheap and convenient mode of transport. There is a challenge of buying a car, insuring it and learning the system of compulsory car insurance in Japan. Fortunately, most Japanese cars are cheaper here than they are overseas, and most car dealerships and finance centres are honest and reliable.

Another thing that is compulsory by law, when living in Japan, is National Health Insurance. Residents with a working job must enroll, and this can be done at the city office, or preferably, your employer, who is required to pay half the cost, will do it for you.

The Japanese hospital system here can be a little scary for a westerner who may be used to 24-hour medical clinics and hospitals that never close their doors. An ambulance seems the local choice in an emergency, but the hospital will take the patient depending on availability of doctors, beds, or various other reasons. Hence, it's not unusual for an ambulance to visit many hospitals before being accepted, and sadly many people each year die while in transit.

6. Japan is famous for its traditional festivals, and this is another time that communities come together and participate in what is generally a fun and enjoyable event. These happen on a more regular basis throughout the year, and there are many different types of festivals. Official participants will wear a community 'happi' (a traditional, short, colorful jacket, made from cotton, and tied at the waist), and the place in which the event occurs will have plenty of food and drink stalls, souvenir stands, singing and dancing.

A. On the basis of your understanding of the above passage answer each of the questions given below with the help of options that follow: (1 × 6 = 6 Marks)

1. People at different places in Japan speak
 - (a) the same language.
 - (b) different languages.
 - (c) the same language but different ways.
 - (d) the same language and in the same way.
2. In Japan, many patients die because
 - (a) they cannot afford the cost of a hospital
 - (b) they lack transport to reach a hospital
 - (c) they don't get immediate admission in a hospital
 - (d) there is no hospital in Japan
3. The Japanese generally avoids at home.
 - (a) night party
 - (b) loud party
 - (c) hilarious party
 - (d) short party
4. What kind of festivals are popular in Japan?
 - (a) Seasonal
 - (b) Educational
 - (c) Harvest
 - (d) Traditional
5. Public car parks in Japan
 - (a) cheap
 - (b) attractive
 - (c) costly
 - (d) short
6. Who wear a community 'happi' on special occasion?
 - (a) Students
 - (b) Foreigners
 - (c) Workers
 - (d) Official Participants

B. Answer the following questions briefly: (1 × 4 = 4 Marks)

1. If you don't know how to speak Japanese language, what problems may you have to face?
2. What nuisances can a foreigner tenant create for a Japanese landlord?
3. Why do Japanese people live in apartments prefer to ride bicycles?
4. How do Japanese people celebrate their traditional festivals?

C. Find words from the passage which mean the same as the following: (1 × 2 = 2 Marks)

1. thoroughly (para 1)
2. well-reasoned (para 5)

ANSWERS

- A.
1. (c) the same language but different ways.
 2. (c) they don't get immediate admission in a hospital
 3. (b) loud party
 4. (d) Traditional
 5. (c) costly
 6. (d) Official Participants
- B.
1. If we don't know how to speak Japanese language, we may face some communication problems.
 2. The foreigner tenants like to have wild parties that last well into the night. The Japanese people usually have quiet and orderly parties at home.
 3. Because cars are very expensive in Japan. They don't have sufficient car parking spaces.
 4. The traditional festivals are fun and enjoyable events. The communities come together and participate in them.
- C.
1. radically
 2. emergency

TYPE IV: NOTE-MAKING & SUMMARISING

(Carrying 8 Marks)

SOLVED EXAMPLES

PASSAGE 1

(8 Marks)

Read the following passage carefully:

It's headache having a headache. Almost all of us have suffered from a headache at some time or the other. For some a headache is a constant companion and life can be a painful hell of wasted time.

The most important step to cope with headache is to identify the type of headache one is suffering from. In tension headache (two hand headache), a feeling of a tight band around the head exists along with pain in the neck and shoulders. It usually follows activities such as long stretches of driving, typing or sitting on the desk. They are usually short-timed, but can last for days or weeks.

A headache is usually caused due to spinal misalignment of the head, due to poor posture. Sleeping on the stomach with the head turned to one side and bending over positions for a long time make it worse.

In migraine headache (one handed headache), the pain is usually on one side of the head and may be accompanied by nausea, vomiting, irritability and bright spots or flashes of light. This headache is made worse by activity, especially bending. The throbbing pain in the head gets worse by noise and light. Certain triggers for migraines may be chocolate, caffeine, smoking or MSU in certain food items. The pain may last from 8 to 24 hours and there may be a hangover for two-three days.

Migraines are often preceded by an aura—changes in sight and sensation. There is usually a family history of migraine.

In a headache the pain originates not from the brain but from irritated nerves of muscles, blood vessels and bones. These send pain signals to the brain which then judges the degree of distress and relays it at appropriate sites. The pain may sometimes be referred to sites other than the problem areas. This is known as referred pain and occurs due to sensation overload. Thus, though most headaches start at the base of the skull, the referred pain is felt typically behind the eyes.

Factors causing headache are not fully understood but it is known that a shift in the level of body hormones and chemicals, certain food and drinks and environmental stress can trigger them.

If headache trouble you often, visit the doctor, who will take a full health history relating to diet, lifestyle stresses, the type of headache, triggering factors and relief measures. You may be asked to keep a "headache diary" which tells you to list the time the headache started, when it ended, emotional, environmental and food and drink factors which may have contributed to it. The type and severity of pain and the medications used which provided most relief, are also to be listed.

This helps the doctor in determining the exact cause and type of headache and the type of drugs to use. Apart from this a physical examination is done to rule out any serious underlying cause. The blood pressure is recorded, vision tested and muscle coordination of the eyes is checked to rule out these as causes. Blood tests may be done to rule out anaemia, diabetes and thyroid disease. If any of the above is abnormal or otherwise a CT Scan or MRI may be done to see tissues and structures around the brain. These will rule out causes such as tumours, haemorrhage and infection of the brain, this examination gives a clear picture of the problem to the doctor.

Immediate relief can be obtained by certain medications and a few simple self-care techniques. Using ice against the pain site, covering eyes with dark glasses, drinking plenty of fluids and lying down in a dark and quiet room, provide relief in a migraine attack. Painkillers like Aspirin, Ibuprofen (Brufen) and Crocin can be taken and provide relief in different proportions. These should be used with caution and under medical supervision, if used for long periods and large quantities as all of them can cause many side effects. An antiemetic like perinorm can help the nausea associated with a migraine.

A. On the basis of your understanding of the above passage make notes on it, using headings and subheadings. Use recognisable abbreviations (wherever necessary - minimum four) and a format you consider suitable. Also supply an appropriate title to it.

(5 Marks)

B. Write a summary of the passage in about 80 words.

(3 Marks)