<Workbook 6>

M: **Track 01**

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M: **Track 02**

M: I've been working as a social media specialist at a large university bookstore for a year. I'm the whole department—I don't have any assistants. So it's a lot of responsibility.

A typical day starts around 6 a.m. I don't go to work until 8.30. But when I wake up, I begin monitoring the social media of competitors and other important accounts in the industry. This includes mainly Twitter, Facebook, and Instagram. Sometimes, I reply to their posts or share them. For example, I often re-tweet a famous author, with a comment saying that their books are available at our shop. Of course, I also regularly write original posts. I do this every so often throughout the day, about two posts per hour. I try to use humour so that our posts are unique. Most bookshops' social media is so boring!

When I'm not writing, I'm often checking and responding to comments by consumers. I also check and reply to emails in the morning. After lunch, I usually read the campus news and have a quick meeting with the shop's department managers. I always need to know the latest about our products, our special offers, campus events, etc. All of this gives me potential content for my online posts. I go home around 6, but I'm on call until 9 p.m. Sometimes I have to respond quickly if a negative comment or insult about our store is shared with a lot of people.

M: **Track 03**

M: Speaker A

M: I've been a TV and internet technician for seven years now. That means I go to homes and businesses to install internet and TV, and to repair those systems when they have problems. In my job, I'm always interacting with customers, and they're often angry when things aren't working right. So I need to be friendly, helpful, and patient. The job also requires strong technical skills, so I always have to keep up-to-date with the latest technology. I enjoy both of those parts of the job. I work an eight-hour shift, five days a week, which isn't bad. It also pays pretty well, although there aren't a lot of benefits.

M: Speaker B

W: I'm a lawyer at a big corporate law firm. I just started two months ago. It's challenging work, especially when you're beginning your career. The newest, youngest lawyers work the longest hours and deal with the most boring paperwork. I usually work ten to twelve hours a day. So I'm looking forward to moving up in the firm someday. On the upside, the salary and benefits are great, and we sometimes get bonuses for outstanding performance. My goal is to get a few promotions, make a lot of money, and then enjoy an early retirement.

M: Track 04

W: First of all, what exactly is a paramedic?

M: Well, a paramedic is an emergency medical technician.

W: So you drive in an ambulance and respond to accidents that involve injuries, right?

M: Yes, but not just accidents. We respond to all kinds of medical incidents, which include sudden illnesses, fires, etc.

W: That means you have to have a lot of technical medical skill. But what about danger? Is it dangerous to be a paramedic?

M: It sometimes is. It's very challenging physically. You have to lift and move a lot of gear, which is pretty heavy—and of course, you have to lift patients, too. And driving fast always brings risks, but we're very well-trained for that.

W: Is that the hardest part of your job?

M: Not really. I'd say the most challenging part is emotional. It's the stress that comes from working in high-pressure situations all the time.

W: You must have a lot of long days. What are your usual hours?

M: We usually work four twelve-hour shifts per week. Although we're not always busy every minute of our shifts, we have to be ready to move at any time.

W: And finally, what's your favourite part of your job?

M: The best thing is knowing that you've made a difference to someone who needed help, and possibly saved their life.

M: Track 05

W: I've been looking at the applications you gave me. You've interviewed both these candidates, right?

M: Yes, I have.

W: On Michelle's CV, it says that she's worked in sales for three years, but she hasn't been working for the last four months. Why did she leave her last position?

M: In the interview, she said the job had no opportunities for promotion at her company,

and that was a big factor. She seems very ambitious. Antonio is working in the accounting division of a construction company right now. He doesn't have much sales experience. But he seems really smart and motivated to learn.
W: Hmm, so we need to train him. That's expensive.
M: True, but he's also more flexible on salary than Michelle is. He knows that he's a beginner, and that's a factor in his pay and benefits.
W: Good point. And according to his CV, he's skilled with data and statistics, so that's good. We often need help analysing our sales numbers, and he'd be perfect for that.
M: Yes, we discussed that in his interview.
W: Which one has stronger references?
M: Michelle, I think. She's been working for a few years, whereas Antonio just finished university last spring. But Antonio's references are strong, too.

M: **Track 06**
W: The animated children's film *Up* came out in 2009, and critics praised it highly. It distinguished itself from other animated films because of its unusual hero.

*Up* is an emotional tale about an old man named Carl, whose wife has died. He is lonely and in danger of losing his home. So he decides to attach balloons to his house and make it float away to a warmer, sunnier land. It works! However, Carl doesn't know that a little boy, who is also looking for a friend, is standing by his front door at the time.

I loved everything about this film—the characters, the story, the beautiful visual details. But most of all, I loved the message about what is really meaningful in life. *Up* proved, once again, that animated films can be just as smart and complex as live-action films.

M: **Track 07**
M: Are you familiar with the Mediterranean diet? It's the typical cuisine of people who live by the Mediterranean Sea—in Greece and southern Italy, mainly. This diet doesn't include that much meat, cheese, or butter. It's fruit and vegetables, grains, fish, nuts and healthy fats like olive oil. There are also plenty of spices. By the early twentieth century, researchers had noticed an increase in heart disease. They had also noticed that the people in the Mediterranean region had less heart disease than other places. Scientists came up with a theory that it was because of the Mediterranean diet.

There was a large research project a few years ago. Scientists studied over 7,000 people who had a high risk of heart disease. One group followed the Mediterranean diet for five

years, and the other group didn't. By the end of the study, the Mediterranean diet group had reduced its heart disease risk, as well as its risk of other chronic illnesses. The people in that group had also gained less weight. This is good evidence that the Mediterranean diet is healthier and gives some protection from disease. And here's more good news: People found it easy to adapt to this diet. That's probably because the food is delicious and satisfying.

M: **Track 08**

M: Do you know the Envy Boys, the boy band that's constantly on the radio?

W: Sure. What about them?

M: Well, their lead singer, Darrin, is in trouble! He was caught on camera, shouting mean things at a reporter who was bothering him.

W: Uh-oh! That won't be good for his image. He tries to be a role model for young kids.

M: Yes, the group might have to get rid of him, or they'll lose their contract with the record company.

W: I hope he goes solo. Darrin's by far the most talented one in the group.

M: You think he's talented? Their music is the worst!

W: It used to be pretty bad, but they've gotten better and better. And he has one of the best voices in pop music right now.

M: Okay, I guess he's less terrible than all the other guys.

M: **Track 09**

M: Australia's loveliest beaches, its best-known landmark and finest restaurants are all here in Sydney. The coastal trail from Bondi to Coogee should be on everyone's visitor's itinerary. This walking path takes you through Sydney's most gorgeous beaches, with lots of opportunities to stop and swim along the way. No trip to Sydney is complete without a tour of the famous Opera House. Next, schedule a climb to the top of the nearby Sydney Harbour Bridge. You won't believe the breathtaking 360-degree view of the city from 134 metres up. After all that, you'll be hungry. Our city offers tonnes of excellent restaurants. One of the most famous is Sepia, where you can enjoy a sophisticated evening meal with fine wine. Or if you're in the mood for something more relaxed, stop by Mr Wong, which serves authentic Chinese cuisine.

M: **Track 10**

M: Edinburgh

W: I studied abroad in Edinburgh two years ago. Although it's a small city, it's very sophisticated. And it's less expensive than many other major European cities. I really appreciated that when I was living there as a student. One of the most interesting things about Edinburgh is how old it is. It's divided into an Old Town and a New Town. The Old Town is hundreds of years old, and its most famous landmark is Edinburgh Castle. It was built in the 12th century on a hill above the city, and it used to be a royal palace. Now it's a major tourist attraction, and a lot of people think it's haunted. The New Town was built more recently, and it has the city's shopping and business districts.
M: Glasgow
M: Edinburgh might be more famous and more popular with tourists, but Glasgow is more my taste. It's a more culturally exciting city. I only spent a day there, but it was fantastic. I had never been there before, so I spent the day visiting some of the more famous landmarks. The Kelvingrove Art Gallery and Museum was the first place on my list. It's a huge building with a great collection of visual art. From there, I walked to the University of Glasgow, one of the oldest universities in the English-speaking world. It looks very impressive—like Hogwarts Castle in Harry Potter. Then I toured the Lighthouse, a museum of art, design, and architecture. The best part was the view of Glasgow from the top floor. You can see the entire city—it's breathtaking.

M: **Track 11**
M: A
W: So, what do you do?
M: I'm a construction safety officer.
W: Safety officer? I've never heard that term. What exactly is that?
M: Well, my duties are to monitor construction sites and make sure they're safe. I check the gear and the machines regularly, and I make sure that the safety regulations are always followed.
W: So your job is to prevent injuries? That sounds like a lot of pressure.
M: It is, yes. But I've been doing it for seven years, and fortunately, there hasn't been a serious accident yet.

M: B
W: Look, I made an itinerary for our day of sightseeing. Do you want to add anything?
M: Hmmm. Yeah, I've been looking forward to seeing the Tower of London.
W: I thought about including it, but we're already seeing tonnes of palaces.
M: But this one used to be a prison, too! Plus, I've heard tonnes of interesting tales about its history. People say it's haunted. And it's not far from the Fashion Museum,

where we're going anyway.
W: OK. If we're not too worn out after the Fashion Museum, we'll stop by the Tower.

M: C
W: Are you familiar with Roberto Benigni? [Benigni pronounced *Beh-ni-ni*]
M: Uhh… Isn't he that Italian director?
W: Yeah, and he's an actor. One of his best films is playing at the student union. I'm going to see it in about twenty minutes. Want to join me?
M: I'm not sure. It's in Italian, isn't it? I haven't seen many serious foreign films. My taste is different from yours. I don't want films to have a message. I like comedies and superhero films.
W: I know, but I think you'll enjoy this one. It's funny, but it's meaningful, too. And it's beautiful to look at. The look of the film is really unique.

M: **Track 12**
M: Have you seen that new ad for Vince Westfield? It's pretty good.
W: Yes, I have. Are you really thinking about voting for him for mayor? I still can't believe the party chose him as a candidate.
M: Why not? Because he's an actor?
W: Well, yes. And not a very good one! His films are terrible. And he does those stupid adverts promoting exercise equipment.
M: What's wrong with someone promoting a product they like? Anyway, he has most of the characteristics that I look for in a candidate. He's smart, and he's good at public speaking. And he's in favour of increasing funding for schools.
W: Yeah, so he's going to raise taxes if he's elected. He's a millionaire! What does he know about ordinary people's lives?
M: Well, he's rich now, but he grew up in an ordinary family.
W: Yes, but that was a long time ago. He's been a celebrity for a long time. And he's never worked in politics before.
M: I think it's good that he's not a career politician. That means he'd bring a fresh point of view. Plus, he's popular, and there's a lot of enthusiasm for him. If more people pay attention to elections, it's good for our democracy.
W: Maybe. But I still think it's silly to vote for a celebrity. If he wins, I'll be embarrassed to say I'm from this city.

M: Track 13

M: Hmm. Parliament's going to be debating and voting on that new advertising law tomorrow.

W: The one against advertising junk food on TV?

M: Right. What do you think will happen?

W: It's definitely going to pass. The prime minister is in favour of it, and a majority of the public support it.

M: I don't like the idea of banning junk food advertising. What about freedom of speech? If this is really a free and democratic system, the government shouldn't make rules about what people can and can't say.

W: I believe in freedom of speech too, but I don't think this law is a big deal. It will only apply to daytime TV, when a lot of kids are watching. Hopefully, it'll prevent some kids from eating so much junk food.

M: That makes sense. But in practice, I don't think it's going to make a difference. Kids don't eat junk food because of adverts on TV. They eat it because their friends do.

W: Well, if the law isn't effective, and if people don't like it, it'll be changed.

M: Track 14

W: These are the laws I'd like to change. First of all, I think kids ought to spend less time at school. Right now, kids have to go to school for seven hours a day, from Monday to Friday—they also have homework. Children shouldn't spend that much time studying. There's hardly any time left for them to play, to enjoy their hobbies, or to be with their families. We should cut kids time in school to six hours a day, four days a week.

Also, the speed limit on the highway should be much higher. Now it's 100 kilometres per hour. But I think people ought to be able to drive 125 kilometres per hour. Opponents of a higher speed limit say that it's a threat to safety. But in fact, cars are much faster and safer than they used to be. We need to update the law to keep up with these changes.

Finally, I think it should be much easier to immigrate to this country and to emigrate to other countries. This is because I believe that international friendships help make the world a more peaceful place. There are too many rules that slow down the flow of immigrants across borders and keep people apart.

M: **Track 15**

M: ANNOUNCEMENT: Student Government Elections

At the University of Lincoln, we believe in democracy. Therefore, we believe that students have a right to influence important decisions that affect them. So for the first time, we will be holding elections for a student government.

The government will consist of a student president and one representative from each year group. These students will regularly attend meetings with university staff. They will be asked to contribute ideas for improving our school and to organise special events and activities for students. If you wish to be a candidate, you must sign up at the front office. The candidate registration period will be from the 1st of September to the 15th of September.

To avoid confusion, the maximum number of candidates for each position will be four. The election will be held on the 30th of September in the main auditorium. All students can participate, but you must show your student ID. If a candidate wins a majority of the votes, that candidate will be the winner. If no candidate gets a majority of the votes, there will be a second election between the top two candidates. This second vote, if necessary, will take place on the 7th of October.

M: **Track 16**

W: I heard you got married, Tim. Congratulations!

M: Thanks a lot. I have some more big news, too—I'm moving to Canada in July.

W: You're kidding!

M: No, my wife is Canadian, and she wants to be near her family. I'll be looking for a job in Montreal for the next few weeks. It's going to be fun but challenging, I think.

W: Wow. They speak French in Montreal, don't they? Will you have to learn it?

M: A lot of people there speak English, too. But yeah, my wife says I'd better learn French anyway. It'll make things easier for me.

W: Will you become a citizen and stay there permanently?

M: We haven't settled that question yet. First, I'll become a permanent resident with an immigrant visa. If I do want to become a Canadian citizen, I'll have to live there for at least three years first. If we're both happy there after three years, then we'll come to an agreement about that.

W: I see. Is it easy to become a citizen? I mean, are there a lot of requirements?

M: No, it's pretty easy if you speak English or French and you're already a permanent resident. I'll have to pay a fee and take a test, though.

W: So, what does your family think about this decision?
M: They weren't crazy about the idea at first. But I convinced them that we can easily visit each other, so now they've accepted it. They'll be coming for a holiday next year.

M: Track 17
W: Talking to parents of young children, you'll often hear this: Sugar makes kids crazy. A lot of people believe that when little kids eat sugar, they get excited, run around, and behave badly. But when you look at the research, you find that it's actually not true.

There was some interesting research on this subject recently. A group of kids were given drinks with no sugar—the drinks were sweet, but they had artificial sweeteners in them, not sugar. Now, half the parents of the kids were told that the drinks contained sugar. The other half of parents were told the truth. In the study, the parents who thought their kids had been given sugar reported more bad behaviour by their kids than the other parents did. And in fact, all the kids were behaving fine. This showed that the parents' beliefs about sugar influenced their opinion of their kids' behaviour.

So, what's the origin of this myth? Researchers think it's because kids often have sweet desserts on special occasions, like birthday parties and holidays. And kids are extra excited at these times. So, many parents think there's a connection between sugar and excitement. However, this belief is inaccurate.

M: Track 18
M: Ocean Tourism
You've probably heard of space tourism as something to look forward to in the future. Well, entrepreneurs are working on deep-sea tourism, too. A company called OceanGate, Inc., has been giving underwater tours for years. It's one of many companies that provide tours in submarines. But most of these companies can only take customers about 6,500 feet below the surface of the ocean. OceanGate is much more ambitious. It plans to take tourists 13,000 feet below the surface of the Atlantic in its submarine Cyclops 2 to view the Titanic. Tickets for this tour will cost more than £100,000.

The company's goal is to begin a new trend of human ocean exploration. OceanGate is already using its other submarines to explore the Atlantic and Pacific. For example, it is gathering data on the Andrea Doria, a passenger ship that sank off the northeastern United States in 1956. This sunken ship is especially hard for scuba divers to reach.
The company is also aware that its submarines are exploring ecologically important

areas of the ocean. For that reason, it is cooperating closely with the government to make sure that it is not harming underwater habitats.

M: Track 19
W: One day, to everyone's amazement, large spaceships appear in the sky over all the world's major cities. The ships are kept in the air by a mysterious force. Realising that aliens are in the ships, people wish to communicate with them. However, all attempts to speak with the aliens are unsuccessful. In fact, strangely, the aliens never leave their ships or show themselves to the residents of Earth.

Months go by, and life on Earth goes on normally, but everyone's curiosity increases. People wonder more and more what the aliens are doing here, what they look like, and what they want. So one day, a man named Louis decides to find answers to these questions. He stands beneath one of the ships and holds up a sign saying, "Let me in." Slowly, a door in the bottom of the ship opens and a ray of light shines from it onto Louis's face. A force pulls him toward the ship...

M: Track 20
M: Today's review is about a book called *Farmer in the Sky* by the science fiction writer Robert Heinlein. Heinlein is one of my favourite novelists. He was an American writer who has had a huge influence on science fiction, both while he was alive and also since his death in 1988. In a lot of his books, he wrote about the connections between scientific advances and social issues. You may have heard of some of his other books—*Stranger in a Strange Land* and *Starship Troopers*, both of which were made into films.

Anyway, *Farmer in the Sky* was written in 1950, and it's about a future when Earth has become too crowded. In this novel, there isn't enough food on Earth to feed everyone, so people have started to move to other parts of the solar system. The hero of the book is a teenage boy who takes a voyage with his family to Ganymede, a moon of the planet Jupiter. They move there to farm. But when they get there, the land isn't ready for farming. The soil has to be prepared, and it takes a lot of work. Also, the atmosphere on the surface of Ganymede is different from Earth's, and it's hard for the boy's sister to adapt to it.

I don't want to tell you the entire plot because you should read the book for yourself. But a lot of exciting things happen—including the discovery of alien life. I really enjoyed this novel. It's an incredibly detailed and creative story about life on a different world—

and it could actually happen!

M: **Track 21**
M: A
M: Oh, no. This article says the government is planning to close down the nuclear power station.
W: Really? I guess that's good news, since nuclear energy is so dangerous.
M: I don't know—there's a lot of disagreement about that. Nowadays, there are strict safety requirements. And if we don't use nuclear power, we'll have to use more fossil fuels. They're even worse for public health.
W: I didn't think of that. If you feel strongly about it, you should write a letter to the editor.
M: Maybe I'll do that.

M: B
M: Have you ever heard of H. G. Wells?
W: Of course, since I love science fiction. He's the guy who wrote *The Invisible Man* and *The Time Machine.*
M: Oh, I've seen those films.
W: You ought to read the books, too. They're great, and some of the science in them was incredibly accurate. He expected people to go to the moon, and we did. And he also predicted mobile phones that people wear on their wrists. Now we have those.
M: That's cool. Maybe a time machine will be invented someday, too.

M: C
M: So, which party are you going to vote for next week?
W: Oh, I probably won't vote.
M: What? You have to!
W: Why? I don't understand your enthusiasm about politics.
M: It's important. The person who wins will be our representative in parliament. They'll be deciding what laws are passed. We might even have a new prime minister when it's over.
W: But if I vote, it's not going to make a difference anyway.
M: You can't be so sure of that. All three candidates are equally popular. It could be very close.

M: **Track 22**

W: Some say that the film industry is mostly a waste of time these days. Others are conscious of the films that contribute toward more positive outcomes. My guest, James Allen, believes the 2004 documentary *Super Size Me* is one of those films. Welcome to the show, James.
M: Thanks for having me.
W: You told me earlier that your brother, Eric, was diagnosed with type 2 diabetes in 2004 and that he lost his job because of the illness. Can you tell us more about that?
M: Eric was always a heavier kid, but by adulthood he had become obese. After university, he already had a lot of health issues, but the diabetes was the last straw. Eric couldn't manage his illness well enough to do his job. He couldn't get through a day without becoming too tired to work or passing out at his desk.
W: How did your family respond to the problem?
M: We knew it was bad, but we were uncertain how bad it was. My mother's initial response was fear; she thought he would die. Eventually, we realised we had to get over our fears and help Eric tackle the disease. Because his treatment required major lifestyle changes, it had to be a family effort. We couldn't ignore the link between his weight and his bad health any longer.
W: Where does *Super Size Me* come in?
M: The film came out shortly after Eric learned that he had diabetes. As you know, the public started seeing fast food as a symbol of the obesity epidemic. As a result, there was a sudden difference in how our country treated obesity. Before, people typically had seen obesity as a character flaw. Once everyone realised it was a societal issue, there were two big changes: more understanding and more options for treatment.
W: So, once the conversation around obesity changed, you seized the opportunity to help Eric get better.
M: Exactly. I'm happy to say that Eric was able to change his diet, lose the weight, and get his diabetes under control.

M: **Track 23**
M: Have you seen the adverts for the new iPhone?
W: Yeah, there's been a great deal of publicity for it. The new one looks like an updated version of the last one.
M: I'm super excited about the improved storage capacity.
W: I hear that the screen adjusts to the light in the room you are in.
M: I thought I was addicted before, but I'll never be able to put this new one down. It's even more interactive than the previous version. Are you getting one?
W: I want to wait until I qualify for an upgrade on my contract.

M: Oh, man. You have to time it so that your upgrade happens at the same time as a new device comes out!

M: **Track 24**
W: *The Mousetrap*, by the British author Agatha Christie, is one of the most popular plays of all time. It's been performed continuously since 1952. *The Mousetrap* has a great surprise ending, and the author didn't want to spoil it for future audiences. Therefore, she made a special rule. At the end of each performance, an announcement has to be made in the theatre: Viewers *cannot* tell anyone how the play ends.

I won't spoil the ending for you, either, but here's a short summary of the plot. It's winter, and a young couple, Mr and Mrs Ralston, have just opened a small hotel in the British countryside. Their first five guests arrive. The main topic of conversation is a murder that recently happened nearby. The murderer has not been caught yet, so everyone is a little nervous. But the Ralstons are determined to make their hotel a success.

That night, there's a huge snowstorm. Also, the police call, saying that an officer will be sent to the hotel. The police think that the killer might be heading there. The next morning, because of all the snow, no one can leave. However, a policeman is able to come to the hotel on skis. Later that day, one of the guests is found dead. She's been murdered. The murderer must have been allowed in the hotel already! Concerned for their own survival, everyone is afraid of everyone else. They have to figure out who the killer is and avoid any more tragedy.

I can't tell you any more without giving away the ending. But I highly recommend that you see *The Mousetrap* so you can find out the solution to the mystery.

M: **Track 25**
M: I had been looking forward to the talk all week. My favourite professor was giving a lecture on a brand-new rocket experiment at NASA. He has a reputation for being an excellent speaker. But ten minutes into the talk, a man's phone rang. Not only did he not have the politeness to put his phone on silent mode, but he took the call and started talking in the lecture hall! I was shocked at the lack of politeness. It's as if he wasn't even aware that he was in a public place. I can understand being eager to take an important call, but he could have waited until he was out in the hall before answering.

After the interruption, it took the professor a few minutes to get everyone's attention again. It didn't ruin my enjoyment of the lecture, but I was astonished that the man could have such bad manners!

M: **Track 26**
M: 1.
W: I went to see the new *Wonder Woman* film yesterday. It was amazing!
M: You got tickets?! Everyone wanted to see that film yesterday.
W: My friend and I stood in line for three hours. I was a bit uncertain if we'd get tickets or not. Luckily, we did.
M: It would have been a tragedy if you hadn't.
W: Yes, luckily, we got the last two seats in the cinema.

M: 2.
M: I'm astonished that Chelsea won that match.
W: I'm not convinced by Gonzales, their goalkeeper. He's not very capable.
M: That's true. But Chelsea do have a reputation for coming back when they're losing. And to overcome a three-goal disadvantage in the last ten minutes? Incredible!
W: They were determined to win this match. A loss now would have meant they couldn't win the league.
M: Yeah. That would have been a disaster.
W: Why?
M: I'm moving abroad soon. I want to see them lift the trophy this May!

M: 3.
M: I can't believe how your nephew was acting. Doesn't he have any manners at all?
W: I guess not. I'm so embarrassed for my sister. She was having a tough time trying to keep him in line.
M: All through dinner, it was one interruption after another. It really ruined everyone's meal.
W: I know you were getting very frustrated. Thank you for not saying anything.
M: Of course, I wasn't going to say anything. That wouldn't have been appropriate.

M: **Track 27**
M: It has been about 130 years since the famous series of killings in London by a man known only as Jack the Ripper. He is thought to have committed at least five murders in a particularly poor part of the city's East End. There were no witnesses as no one who

has seen his face has lived to tell the tale. Thus, Jack's true identity has never been revealed.

The name "Jack the Ripper" seems to have been invented by newspaper reporters, who covered the story in detail. A large team of police investigated the crimes, interviewing more than two thousand people. However, they never came close to finding out who the killer was. The crimes brought attention to poor and dangerous living conditions in the East End. Whether Jack the Ripper escaped capture by being especially intelligent, or whether the police did not do their job properly, remains another mystery. Today, people are still fascinated by the case which has inspired many non-fiction books, novels, and films.

M: Track 28
W: My term paper is going to be on the topic of diplomatic immunity. There are concerns that this institution is sometimes used to protect people who commit terrible crimes. I'm going to demonstrate that diplomatic immunity is necessary for countries to better communicate with each other even if there are sometimes problems with how crimes are prosecuted.

Diplomatic immunity is an agreement between nations that certain visitors from a different country cannot be prosecuted under that country's laws. This protects diplomats from being subject to unfair punishment just because two countries don't agree. Usually, when there is a criminal issue with a diplomat, the diplomat's home country can decide whether or not to release the diplomat to the justice of the country the diplomat is in. An exception might occur if the diplomat has committed a terrible crime. In such cases, the diplomat's home country may allow him or her to be tried in the courts of the country he or she committed the crime in. This can have a positive impact on the relations of the two countries.

M: Track 29
M: Did you read the biographical article on Douglas Thompson MP?
W: I did! What a fascinating man. I didn't know he passed over two dozen laws in his decade as Home Secretary.
M: He was a very good speaker and had a big influence on his colleagues. And he was an independent thinker. I like how he wasn't afraid to declare his own views on the issues, no matter where the party stood.

W: That was one of the things the article praised him for the most. I wish he had been an MP for longer.
M: I know what you mean. It seemed like he got increasingly passionate the longer he was in parliament.
W: And he was loved by both parties! I can't remember the last time a decent policy got cross-party support! If only he were still alive today.
M: Hopefully, we can look forward to more men and women like him changing things for the better.

M: **Track 30**
M: 1.
M: During the war, a lot of valuable art went missing.
W: But that was decades ago. Surely all that art has been found.
M: No, not at all. There are still hundreds of paintings and statues missing. It's like they've vanished forever.
W: But what could have happened to them?
M: Criminals may have hidden them during the war. Then they might have been killed. No one knows where they hid the art.
W: If they're still out there, let's try to find some!

M: 2.
M: Why did you decide to release this new technology today?
W: We wanted to release this product earlier, but we needed to be sure that it was fully ready for production. Now it is, and we feel the public will respond well.
M: How did your investors feel about the delays in releasing this product?
W: They were very nervous, of course. Even though we worked hard to assure them that everything was going well, we knew they wouldn't be happy until the product was released.
M: Could you tell us more about the product?
W: Yes, absolutely. Let me demonstrate how it works.

M: 3.
M: I can't believe that our senator is involved in this scandal. It's criminal. How could he do such a thing?
W: I read that he was heavily in debt, and he needed money to finance his new business.
M: So, he committed fraud? I wonder if he'll go to prison.

W: He'll only go to jail if the police catch him. He's run away, and his wife won't reveal his location.

M: Track 31
M: A.
W: I want to see this new film. It's called *Guardians of the Crystal Chamber*.
M: You do? I guess you haven't read the reviews, have you? It's had big losses at the box office.
W: Box office sales don't influence my enjoyment of a film.
M: Okay. We can see that film if you'd like. I just wanted you to be aware of the poor reviews.
W: We'll have a good time. I'll buy the tickets while you get us some popcorn.

M: B.
W: Now, it's very important that you watch your manners at my grandmother's house.
M: Don't worry about me. When have I ever been impolite?
W: Yeah, you're right. But she's very picky about manners.
M: Well, what do you mean?
W: Don't be too eager to eat at dinner. No one can eat until the host begins.
M: Alright. I can do that.
W: And you know which fork is your salad fork and which is your dinner fork, right?
M: Um… I'm beginning to worry about this visit.

M: C.
M: Did you hear that Jimmy the Roach was captured by police?
W: Finally. There was a reward for his capture. Did anyone collect it?
M: The reward didn't make a difference. He was captured for speeding.
W: Really? He committed some seriously dreadful crimes. I'm surprised he was caught for something so minor.
M: It's good that he'll be imprisoned now. I think they're going to give him the maximum punishment they can get.

M: Track 32
M: I have an eating problem. It's difficult to admit, especially to myself, but it's true. I've been overweight my whole life, almost entirely because of the amount of food I eat. I just eat bread, cheese, potatoes, and other heavy foods. Now it's at the point where I am almost always in emotional pain. Then, because of how sad I am, all my brain wants

to do is eat. The temptation is so strong that even if I resist for a while, I eventually get hungry and cave in. And then, of course, I feel an extreme amount of guilt for not being able to stop myself. The whole thing is just a vicious cycle. I want to start on the path to recovery, but I don't even know where to begin. I really don't want to be overweight, but it seems like this is how it's going to be for the rest of my life.

M: **Track 33**
W: Hi, Brian. Did you hear what happened yesterday?
M: Hi, Patricia. No, I didn't. What's up?
W: It happened overnight. Kevin was diagnosed with compulsive exercise disorder. He passed out while running on the treadmill.
M: That sounds bad. Don't you think if he were so sick, he would be in treatment already?
W: Apparently, Kevin's been struggling with it for years. But he's always refused any kind of therapy.
M: That's absurd! If I had known, I would have done something about it by now.
W: Even if I'd been aware, I still wouldn't know how to help. After all, working out is healthy, and plenty of athletes exercise several hours a day. How much exercise is too much exercise?
M: At any rate, I'm glad he went to the hospital. If he had waited any longer, he probably would have died.
W: Well, when I spoke to Kevin, he wasn't feeling very optimistic. He's struggled for so long that now I think he might feel embarrassed that he didn't ask for help sooner.
M: Let's go check in with Kevin and see how he's coping.
W: Great idea, Brian. Let's go. We need to be careful not to blame him for this. This kind of thing can happen to anyone.

M: **Track 34**
M: Three Tips for Dealing with Stress
Stress is something we all have to cope with sometimes. Whether you're a student, parent, or worker, you've had one of those days when the troubles won't stop piling up. Stress can cause your mind to spin and also leads to body aches. Over the years, I have tried lots of different strategies to deal with stressful days at work. Some are more helpful than others. The ones that work best for me are as follows:

#1 Take deep breaths. Although many people feel hyper-focused during periods of stress, that's actually when most on-the-job mistakes occur. Being panicked is not the

same as having energy. Before you move from one task to another, take a moment to close your eyes and breathe deeply. This is a great, quick technique to help you calm down when things get hectic.

#2 Make a to-do list. If you're feeling overwhelmed and desperate, you should make an honest assessment of what you need to get done. Write down the top three things that you absolutely must do. A short list is easier to accomplish, and that feeling of success will carry you through the rest of the day.

#3 Drink water. Have you ever stared at the computer for so long that you began to feel a dizzy sensation? You were dehydrated! A tall glass of water can help with low energy, nausea, headaches, and stiffness. It really is a miracle cure, and your body will thank you for it.

M: Track 35
W: Being a new parent is very stressful! All you want to do is make the best decision for your child. That's why, when I heard that vaccines could actually harm your child instead of preventing disease, I was shocked! I decided to go online and educate myself on what the real danger could be. After reading different articles and examining the evidence, I was shocked again! There was a lot of misleading information which implied vaccines were as bad as cancer, but when I found some more reliable sources, I found out vaccines were absolutely necessary in order to prevent illness. It's a good thing I have a background in research, or I may have just innocently believed one of those misleading articles. The real danger is that some of the diseases prevented by vaccines can't be cured, so vaccines are as important as ever! Good thing I did my research.

M: Track 36
M: Today, I'm glad to welcome Dr Janine Humphries, who is here to answer our questions about the common cold. Thanks for being on the show, doctor.
W: Happy to be here.
M: One question that many people ask is, why do some people get colds more often than other people do?
W: Well, one reason is that each person's immune system is a little different. We believe that our genes have an influence on that, but we don't yet understand exactly how. A lot of scientists are researching that question.
M: Many people think vitamin C prevents colds. Is this true?
W: No, unfortunately, those people are misinformed. Studies have found no strong

evidence that vitamin C keeps you from getting sick. Some research has shown that it might help you recover faster, though.
M: How about stress? Does it make you more likely to catch a cold?
W: Actually, yes. Stress makes your immune system weaker, so it's harder for your body to resist the cold virus. Smoking has the same effect.
M: We've been able to cure so many diseases. Why can't we cure colds?
W: Well, we don't know how to cure *any* viruses yet. But researchers are working on it. If there were only one cold virus, that would be a much easier task. But in fact, there are about 200 of them, so it's complicated. I believe we'll find an answer someday, though.
M: Until there's a cure, what can we do to avoid getting colds?
W: The same things you do for good health in general—eat well, exercise, and get enough sleep. I also suggest everyone remember to wash their hands frequently.
M: Thanks, Dr Humphries.

M: **Track 37**
M: Hey, Kim! I just read an interesting newspaper article. There's been a breakthrough in the field of kinesiology.
W: Kinny-what? Your vocabulary always puts such a strain on my mind.
M: Kinesiology. It's the study of how the human body moves. You might remember the publicity a few years ago, when a runner with two artificial legs became an Olympic athlete.
W: I remember. So what was the article about?
M: Pretend to kick something. Your leg just moved because your brain sent an electric signal to your muscles. Now imagine one of your legs was cut off at the knee. You could get an artificial leg, but your brain wouldn't be able to send signals to it. You could control one leg but not the other. That contrast would probably be very frustrating.
W: Let me guess. Someone invented an artificial limb that can receive brain signals?
M: Right! A researcher and his partner built an artificial limb that works using electric signals. The brain can talk to it just like it talks to all the other body parts. Isn't that incredible?
W: Yes! It will be a tremendous help to many people. I'd love to read that article, too.

M: **Track 38**
W: I'm here with a young entrepreneur, Jon of The Wild Donut, to discuss how his shop went from a small operation in the city centre to having ten locations across the country in just five years!
Tell us what sorts of obstacles you faced starting a business in this economy. You must

have taken a great financial risk?
M: Absolutely. I took out several bank loans to finance this shop, and thankfully, it paid off. You wouldn't think so, but you have to be competitive to succeed in the world of donuts! Tony's Donuts down the street has been in business for twenty years, and the owners are much more experienced than I am. Plus, there's Dunkin' Donuts—a major corporation that's on every street corner. It discouraged me quite a bit at first.
W: How did you overcome these obstacles?
M: I worked very hard. Rarely did I arrive at the shop later than 4 a.m. The key to my success is that I offered customers a different kind of experience than my competitors. In a sense, I reinvented the donut by making non-traditional flavours, such as sweet potato, and adding fun designs. My fun creations are popular with people who want more than the quick snack my competitors provide. My donuts are aimed at people who want high-quality, delicious, and interesting food!

M: Track 39
W: Memo: All Employees
While we recognise the enthusiastic response from employees, we're afraid we have to reject the proposal for a four-hour workday. We've taken into account our financial needs, and the budget falls short. It's taken a long time for us to make this decision. We know the short-term effects of this decision might lead to some tension in the workplace. To account for this, we are offering employees the chance to take a break next week. Just let your manager know, and you can take one or two days off, any day of your choosing. We want you all to understand that adequate thought and care is put into your well-being as employees here. We really appreciated how much our employees care about Invested Income, Inc.

M: Track 40
M: You have to try this new work routine of mine!
W: Oh, really? What is it
M: It's called on-off. You work for forty-five minutes, then take a fifteen-minute break.
W: That's it? And it makes you more productive?
M: It does! For some reason, I'm very motivated during those forty-five minutes.
W: Maybe I should try that out. I've been having difficulty focusing on my work lately.
M: I understand. Before I started working on-off, I missed three deadlines in a row. Now I feel completely on top of my work.
W: I did need to ask for an extension last week. Do you have any other tips for better working habits?

M: Well, I try to drink a lot of water during the day to stay hydrated and awake. And I usually turn my mobile phone off once I get to the office.
W: I do both of those things already, but thanks! I think I'll give your new strategy a shot.

M: Track 41
M: You asked me to drop by, Suzanne?
W: Yes, Greg, please have a seat. I wanted to ask you something. Have you taken a look at the ad for a new department head at our Toronto office?
M: Yes, I have, but I haven't applied for the job.
W: Can I ask why? I thought you'd be perfect for it, and it's a tremendous opportunity.
M: Well, I appreciate you saying that. But there are good reasons. To begin with, I'd have to move my family to a new city.
W: Oh, that's right. Your son is just about to start school, isn't he?
M: Yes, and the baby is only six months old, so I have to take that into account.
W: If you don't mind my asking, did you talk about it with your wife?
M: Yes, I have. And actually, she did say I should apply, and that we could adjust to the move. But I still think it would be too hard for them.
W: I see. Of course, that's only a short-term problem, though. Were there any other reasons?
M: Yeah. To be honest, I don't know if I can handle the job. I've never had that much responsibility before. I'd be in charge of a whole department--it would mean longer hours and more stress. I think the job would be draining.
W: You enjoy challenges, though, don't you?
M: Well, yes, but…
W: Very rarely do I say this to a valuable employee, but I think you should leave here and move on to something better. The deadline for applications is next Monday. I hope you'll think about it some more before then.
M: OK, I will. Thank you.

M: Track 42
W: Hey, Harper, what have you been up to? You never seem to come out anymore.
M: Oh, I've been so busy. I'm in the process of starting a new coffee shop with my girlfriend.
W: Great! I remember you always said you wanted to be an entrepreneur. I thought it would be something technology-related, though, since you're so into computers.
M: Yeah, I did plan on founding a tech company. But we figured that in this economy,

we should start small and work from there. People always need good coffee and sandwiches.

W: True. Wow, your parents must be excited for you.

M: Well, they are now. At first, they discouraged us from doing this because they wanted us to get steady jobs. But I eventually convinced them that we're motivated to make it work. Now, they're full of encouragement. They even lent us a substantial amount of money!

W: That's nice of them.

M: Yeah, if they hadn't helped out, we would never have been able to do it.

W: Well, when's the grand opening? I insist that you invite me.

M: Of course! We *aim* to open in about two months, but there's so much to do and so many deadlines to meet before then. Which reminds me—isn't your sister a graphic designer?

W: Yeah, she is.

M: We're struggling to make a decision on our logo and on the design of the flyers and the website. If she has time, maybe…

W: I'm sure she'd be glad to work on it. Why don't you give her a call?

M: Excellent. I'll do that right now.