

READING

Q1. Read the following passage carefully to answer the questions correctly.

Massage can be a natural tranquillizer. It has been used in virtually every culture throughout history to relieve aches and pains, unknot tense muscles, and help the body—and the mind—to relax. There are several types of massage, but the most popular are Orient massage and Swedish massage. The chief difference between them is that some of the strokes in Swedish massage are designed to stimulate rather than to relax the body.

It is unfortunate that many people who might benefit from massage never try it, dismissing it as a specialized treatment for athletes or disabled people or as an unjustified indulgence. If you think this way, you are missing out on something enjoyable. Any one can learn to give massage. It is a simple extension of warm human care and touch.

Professional masseurs and masseuses offer the benefit of both skill and experience. They should be trained in anatomy and physiology so that they can identify muscles that are in spasm or painful knots that have been built up by misuse of the body. Experienced professionals generally understand the requirements of various body types and are able to choose strokes that are beneficial for the individual. During a typical one-hour session the routine builds subtly in intensity and subsides.

QUESTIONS

1. Name the two most popular types of massage.

2. Why do people associate massage with pleasure?

3. What the chief difference between the two types of massage?

4. Why should professional masseurs and masseuses be trained in anatomy and physiology?

5. Give the correct word for the following:

- a. Antonym of 'fortunate' : _____
- b. a drug used to distress: _____
- c. wear off : _____
- d. high level or degree : _____

Q2. Read the following passage carefully to answer the questions correctly.

“War is near”, Krishna said, “your sons will fight against your cousins. There will be much bloodshed.” Kunti was deeply disturbed. The Pandavas would fight against the Kauravas and Karna was on Duryaodhana’s side! Karna would fight against his brothers, perhaps kill them or be killed himself. He was her precious first born whom she had never acknowledged, never fondled with a mother’s love. Despair came to her eyes. Kunti made up her mind to tell Karna the truth.

That was the only way to persuade him to leave Duryodhana to fight on the side of the Pandavas. With Karna gone, Duryodhana would be weakened in forces and in spirit. The Pandavas would be able to vanquish him with ease. This was the right time for Karna to learn the secret of his birth. Kunti hurried to the banks of the river Ganga, where she knew Karna would be at his morning prayers. Karna was at the river bank, as Kunti had expected. He

was facing East, where the sun had just risen, with his eyes closed. Kunti waited. Karma opened his eyes. He was surprised to see kunti.

QUESTIONS

1. What the reason for Kunti's despair?

2. What did Kunti want to persuade Karna for and why?

3. What was the truth that Kunti had hidden from Karna?

4. Give another word for the following.

a. touch in a loving manner: _____

b. win approval of: _____

c. come out better in a competition: _____