

Unit # 4

First Aid

ابتدائی طبی امداد

Learning Outcomes

After completing this unit students will:

- identify specialized vocabulary used in a particular field
- use the knowledge of prefixes to determine the meaning of unfamiliar words
- illustrate the use of gerunds and infinitives
- write a paragraph on the given topic using clear topic sentence and supporting details
- write an effective personal narrative including significant details of time

Pre-Reading

Read the headings of the lesson and look at the pictures.

- **What is this lesson about?**

Ans. This lesson gives us basic knowledge about 'first aid'

- **What do you understand by "First Aid"?**

Ans. The immediate medical aid given to an injured person is called 'first aid'

- **Have you ever given first aid to anyone?**

Ans. No, I have got chance to do so, till no.

Use Pre-reading activity to help students predict the content of the text from the title, headings, key words and visuals and by using their prior knowledge about the topic.

(1) We all need help at times in our lives. Sometimes we may have accidents and we may get hurt. When we are injured or suddenly become unwell, we need someone to help us - someone who knows what to do. It is the temporary and immediate help. This timely assistance, comprising of simple medical-techniques, is most critical to the victims and is, often, lifesaving. Any lay person can be trained to administer first aid. This First Aid can be carried out using minimal equipment's. First aid knowledge ranges from taking care of cuts to dealing with an unconscious victim

ہمیں اپنی زندگیوں میں بعض اوقات مدد کی ضرورت پڑتی ہے۔ ہو سکتا ہے بعض اوقات ہم حادثات کا شکار ہو جائے اور زخمی ہو جائیں۔ جب ہم زخمی ہو جائیں یا اچانک طبیعت خراب ہو جائے تو ہمیں اپنی مدد کے لیے کسی کی ضرورت ہوتی ہے۔ کوئی ایسا شخص جو جانتا ہوں کیا کیا جانے۔ یہ عارضی اور فوری مدد ہوتی ہے۔ یہ وقتی مدد جو سادہ طبی مہارتوں پر مشتمل متاثرہ افراد کے لیے نہایت اہمیت رکھتی ہے اکثر جان بچا لیتی ہے۔ کسی بھی غیر تربیت یافتہ فرد کو ابتدائی طبی امداد دینے کی تربیت دی جا سکتی ہے۔ یہ فوری طبی امداد کم سے کم سامان استعمال کر کے دی جا سکتی ہے۔ اس ابتدائی طبی امداد میں زخموں کی دیکھ بھال سے لے کر متاثرہ بے ہوش انسان سے پیش آنے تک کا علم شامل ہے۔

What is importance of knowledge of 'First Aid' in crises management?

Ans: First Aid helps to save lives of people so, in this respect it plays a very important role in crisis management

CUTS AND SCRAPES

(2) Handling minor accidents at home or on the road develops a sense of crisis management. This may prepare people to tackle, with unexpected emergencies with great confidence. Minor cuts and scrapes usually do not need to go to the emergency room. Yet, proper care is essential to avoid infection or other complications, following guidelines can help you to handle crisis and take care of all.

زخم اور خراشیں:

عموماً سڑک پر ہونے والے معمولی حادثات میں دیکھ بھال کرنے سے ہنگامی حالات سے نمٹنے کا شعور پیدا ہوتا ہے۔ یہ لوگوں کو نہایت اعتماد کے ساتھ غیر متوقع ہنگامی حالات سے نمٹنے کے لئے تیار کر سکتا ہے۔ معمولی زخموں اور خراشوں کی صورت میں عموماً ایمرجنسی روم جانے کی ضرورت نہیں پڑتی۔ تاہم انفیکشن یا دیگر خرابیوں سے بچنے کے لیے مناسب احتیاط ضروری ہوتی ہے۔ درج ذیل ہدایات ہنگامی حالات سے نمٹنے اور زخموں کی دیکھ بھال کرنے میں آپ کی مدد کر سکتی ہیں۔

Stop the bleeding:

(3) Minor cuts and scrapes usually stop bleeding on their own. If they don't, apply gentle pressure with a clean cloth or bandage. Hold the pressure continuously for 20 to 30 seconds and if possible, elevate the wound. Don't keep

checking to see if the bleeding has stopped because this may damage or dislodge the clot that is forming and cause bleeding to resume. If blood spurts or continues flowing after continuous pressure seek medical assistance.

خون کا بہاؤ روکنا:

معمولی زخموں اور خراشوں کی صورت میں خون اپنے آپ بہنا بند ہو جاتا ہے۔ اگر ان سے خون بہنا بند نہ ہو تو صاف کپڑے یا پٹی سے ہلکا سا دباؤ دیں۔ مسلسل بیس یا تیس سیکنڈ تک دباؤ بحال رکھیں اگر اور اگر ممکن ہو تو زخم کی سطح بلند کر دیں۔ یہ چیک نہ کرتے رہیں کہ خون بہنا رکھا ہے یا نہیں اس سے جو سخت جلد بن رہی ہے اسے نقصان پہنچے گا یا وہ اپنی جگہ سے ہٹ جانے کی اور خون دوبارہ بہنا شروع ہو جائے گا۔ اگر خون تیزی سے بہتا ہے یا مسلسل دباؤ کے بعد بہتا رہتا ہے تو طبی امداد حاصل کریں۔

Clean the wound:

(4) Rinse out the wound with clear water to clean the area around the wound use soap and a washcloth. But soap can irritate the wound, so try to keep it out of the actual wound. If dirt or debris remains in the wound after washing use tweezers cleaned with alcohol to remove the particles. If debris still remains, see your doctor. Thorough cleaning reduces the risk of infection and tetanus.

زخم صاف کریں:

صاف پانی سے دھو کر زخم صاف کریں۔ زخم کے ارد گرد کا حصہ صاف کرنے کے لئے صابن اور دھونے کا کپڑا استعمال کریں۔ تاہم صابن زخمی سوزش پیدا کر سکتا ہے، اس لیے اسے اصل زخم سے دور رکھنے کی کوشش کریں۔ اگر دھونے کے بعد زخم میں گردوغبار یا کوئی میل کچھیل رہ جائے تو ذرات نکالنے کے لیے الکل سے صاف کی ہوئی چمٹی استعمال کریں۔ اگر پھر بھی میل کچھیل رہ جائے تو اپنے ڈاکٹر سے ملیں۔ اچھی طرح صفائی کرنے سے انفیکشنز اور تشنج کا خطرہ کم ہو جاتا ہے۔

Apply an antibiotic:

(5) After you clean the wound, apply a thin layer of an antibiotic cream or ointment to help keep the surface moist. The products don't make the wound heal faster, but they can help your body's natural healing process work fast. Certain ingredients in some ointments can cause a mild rash in some people. If a rash appears, stop using the ointment.

جراثیم کش دوا لگائیں:

زخم صاف کرنے کے بعد اس کی سطح کو نم دار رکھنے کے لیے اس پر کوئی اینٹی بائیوٹک (جراثیم کش) کریم یا مرہم لگادیں۔ ایسی اشیاء سے زخم زیادہ تیری سے مندمل نہیں ہوتا، تاہم ان سے اپنے جسم کے شفا یابی کے قدرتی عمل کو

زیادہ تیز کر سکتے ہیں۔ بعض مریضوں کے کچھ ادا کچھ لوگوں میں سوزش پیدا کر سکتے ہیں۔ اگر سوزش ہو جائے تو مریض استعمال کرنا بند کر دیں۔

Cover the wound:

(6) Bandages can help keep the wound clean and keep harmful bacteria out. After the wound has healed enough to make infection unlikely, exposure to the air will speed wound healing.

زخم ڈھک دیں:

پٹیاں زخم صاف رکھنے اور نقصان دہ بیکٹیریا سے بچانے میں مدد دے سکتی ہیں۔ زخم اس قدر درست ہونے پر کی انفیکشن (خرابی) کا امکان نہ رہے، اسے ہوا لگنے کے لیے کھلا چھوڑنے پر زخم زیادہ تیزی سے درست ہونا شروع ہو جائے گا۔

Change the dressing:

(7) Change the dressing at least daily or whenever it becomes wet or dirty. If you are allergic to the adhesive used in most bandages, switch to adhesive-free dressings or sterile gauze held in place with paper tape, gauze roll or a loosely applied elastic bandage. These supplies generally are available at pharmacies.

پٹی تبدیل کریں:

کم از کم اپنی روزانہ یا جب کبھی یہ گیلی یا خراب ہو جانے تو بدل دیں۔ اگر آپ کو اکثر پٹیوں میں استعمال ہونے والے چپکنے والے مواد سے الرجی ہے تو چپکنے والے مواد کے بغیر ملنے والی پٹی استعمال کریں یا اس جگہ پر صاف کاٹن رکھ کر اسے پیپر ٹیپ، روئی کے رومال یا بلکی لچکدار پٹی سے باندھ دیں۔ یہ اشیاء عام طور پر ادویات فروشوں سے مل جاتی ہیں۔

Watch for signs of infection:

(8) See your doctor if the wound is not healing or you notice any redness, increasing pain, drainage, warmth or swelling.

انفیکشن کی علامات کا جائزہ لیں:

اگر زخم درست نہ ہو رہا ہو یا آپ کو کوئی سرخی نظر آئے، درد میں اضافہ ہو رہا ہو، پانی کا رسنا، تپش یا سوجن نظر آئے تو اپنے ڈاکٹر سے ملاقات کریں۔

First Aid Kit

Every office, factory, home and school should have an accessible first-aid box with the following recommended basic contents:

1. First Aid Book

Clearly explains how to handle basic problems.

For the Teacher

More while-reading questions may also be generated for better understanding of first aid process of cuts and scrapes.

Help students to identify the text structure. Remind them to look for the heading and captions to identify the text structure.

2. Band-Aids (Plasters)

Band aids or sticky plasters are good for dressing small wounds. They come in all shapes and sizes for fingers, legs, and anywhere, else you might get little cuts. Make sure the Band aid is big enough to cover the wound, if not you should use a dressing instead.

3. Elastic Bandages

The elastic bandages are good for wrapping sprained joints or making a sling in the case of a broken arm.

4. Gauze and Adhesive Tape

Gauze pads or rolls are cloth pads that are placed directly on a wound to protect and control bleeding (for larger cuts and scrapes). You will need adhesive tape to keep the gauze in place.

In an emergency, a clean cloth, hand towel, clean tee-shirt can be used to cover the wound.

5. Antiseptic Wipes (Alcohol Swaps) and Cotton Wool

6. Safety Pins and Tweezers

7. Scissors

A pair of scissors is needed to cut the tape and gauze.

8. Latex Gloves

Latex gloves are always a good idea, especially if you are dealing with body fluids from a stranger.

9. Calamine Lotion

Calamine lotion is used for soothing sunburns and stings.

10. Clinical Thermometer**11. Analgesic Tablets**

Such as aspirin or paracetamol

Theme

First Aid means responding to an emergency situation. Accidents happen, always unexpectedly. But a life can be saved by having a basic knowledge of what to do in emergency and knowing proper first aid procedures. Basic training in first aid skills should be taught in schools, in work places and, in general, be learnt by all, as it is mandatory to our modern and stressful life.

For the Teacher

Help students make a first aid kit of their own.

Glossary:

Accessible قابل رسائی easy for anyone to obtain and use

Adhesive چمکنے والا sticky, gluey

Antibiotic جراثیم کش A substance which is capable of destroying or inhibiting the growth of bacteria or other micro-organisms

Infection انفیکشن the agency by which disease is caused or transmitted.

Ingredients اجزاء the substances that are combined to make something.

Minor چھوٹا small in size

Ointment مرہم a medicinal preparation in the form- of a soft smooth paste

Rinse جلدی جلدی دھونا wash something quickly

Tweezers چمچی A small pair of pincers for taking up small objects, plucking out hairs, etc. Also, pair of tweezers

Vocabulary

A. Many fields have specialized vocabulary. Identify specialized vocabulary related to medical field in text.

Specialized Word	What I think It means	What it does mean
Scrapes	Damage	Light cuts
Infections	Disease	The agency by which disease is caused or transmitted.
Ointment	Grease	A soft smooth medicinal paste applied to the wound or sore skin.
Bandage	Strip	Strip of fabric of typing around a wound or injury.
Dressings	Bandages	Pieces of soft material for placing on the wound.
Stitches	Movement of needle to sew cloth	Short pieces of thread that doctor use to sew needle to sew the edges of a wound.

B. Complete the missing letters in the words below to match the meaning given on the right. All these words have prefix dis-. The prefix dis-has the meaning of 'devoid'.

Word	Meaning
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___Ocate	To put out of place
___Tisfied	To be unhappy
___Ract	To divert
___Ualify	To exclude
___Elieve	To doubt
___Prove	To reject

Ans.

Word	Meaning
Dislocate	جوڑا الگ کر دینا
dissatisfied	ناخوش، غیر مطمئن
Distract	توجہ ہٹانا
Disqualify	نااہل قرار دینا
Disbelieve	یقین نہ کرنا

Disapprove	نامنظور کرنا
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C. Now use the above words in sentences.

Word	Sentences
Dislocate	His leg was dislocated in an accident.
Dissatisfied	Mohsin has dissatisfied from his new job.
Distract	High volume distracted me from my work.
Disqualify	Our team was disqualified from the finals.
Disbelieve	I think he disbelieved my story.
Disapprove	He disapproved my ideas.

D. Further reading activity

Go through the list of idioms in a grammar book and find five idioms which start with 'to-infinitive'. Write Urdu equivalents of these idioms also.

Example: To owe is woe. - قرض بری بلا ہے۔

Answer:

1	To err is human.	انسان خطا کا پتلا ہے۔
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2	To cast pearl before swine	بھینس کے آگے بین بجانا۔
3	To carry coals to Newcastle	اٹے پانس بریلی کو۔
4	To kill two birds with one stone	ایک پتھر دو کاج۔
5	To throw dust in to one's eyes	آنکھوں میں دھول جھونکنا۔

Reading Comprehensions

A. Choose the correct answer.

1. If blood spurts or continues flowing after continuous pressure, _____
 - a. do first aid
 - b. apply gentle pressure with a clean cloth
 - c. seek medical assistance

2. Thorough cleaning reduces the risk of _____
 - a. infection and tetanus
 - b. allergy
 - c. rash

3. If a _____ appears, stop using the ointment.
 - a. infection
 - b. rash
 - c. allergy

4. Change the dressing at least _____

- a. weekly b. twice a day c. daily

5. Band aids or sticky plasters are good for dressing small _____

- a. wounds b. burns c. fractures

Answers:

1. c	2. a	3. b	4. c	5. a
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For the Teacher

Explain to students that prefixes help us understand/guess the meaning of unfamiliar words.

Reading comprehension A: Ask students to read the text silently and scan the required information

B. Answer the following questions.

1. You should not keep checking if the bleeding has stopped? Why?

Ans. We should not keep checking the wound if the bleeding has stopped because this may damage or dislodge the clot that is forming and cause bleeding to resume.

2. Why is it necessary to keep away soap from the wound?

Ans. The soap can irritate the wound, so it should be kept away from the actual wound.

3. How is an antibiotic cream or ointment good in healing the wound?

Ans. An antibiotic cream or ointment is good in healing the wound because its helps keep the surface moist and helps body's natural healing process work fast.

4. What should you do if you are allergic to adhesive material used in most bandages?

Ans. I should use adhesive free dressings or sterile gauze held in place with paper tape, gauze roll or a loosely applied elastic bandage.

5. When do you need to see a doctor?

Ans. We need to see a doctor if the wound is not, healing or we notice any redness, increasing pain, drainage, warmth or swelling.

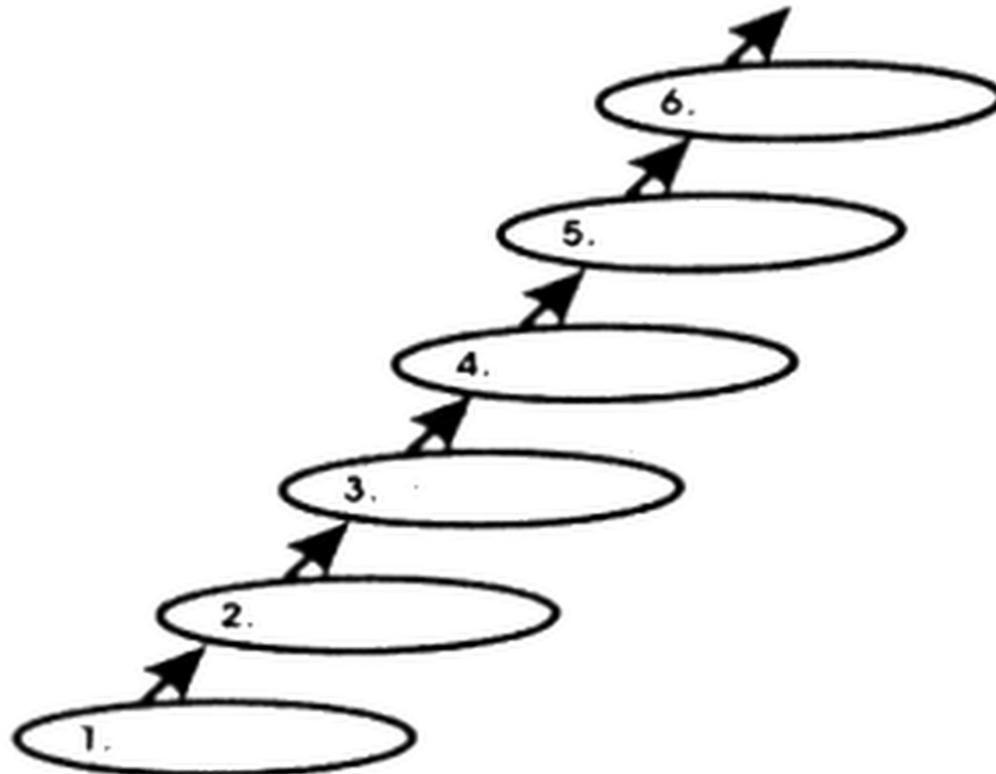
6. What should your first aid kit consist of?

Ans. First Aid kit should consist of first Aid Book, band-aids (sticky plasters) and elastic bandages, gauze and adhesive tape, antiseptic wipes cotton wool, safety pins and tweezers, scissors and latex gloves, calamine lotion and analgesic tablets and clinical thermometer.

Patterns of Text Organizations

Text structure	Signal words	Signals to reader
Sequence/procedure	first, after, next, then, third, finally etc.	A sequence of steps or events in a process is being described.

C.
First Aid
cuts
scrapes.
relevant
in the
showing



Read the
Process of
and
Put the
information
graphic
organizer
sequence.

For the Teacher

Help students analyze the paragraphs to identify words, phrases or sentences that support the main idea through process / procedure and complete the activity C.

Help them organize information using organizational pattern of sequence.

Grammar

Position of Adverbs

A. Place adverbs at appropriate places.

1. I am always happy when it is my birthday.
2. My brother often gets up at six O'clock from Monday to Friday as he goes jogging.
3. He went to the market last night.
4. Have you ever been to Hunza Valley?
5. The birds were chirping beautifully.

6. I'm **still** waiting for Khalid to arrive. I have been waiting for over twenty minutes.
7. He saw a blind beggar **in the market**.

Adverb phrase

An Adverb Phrase is a group of words that functions like an Adverb.

Examples:

(a) He works, carefully.

(b) They rested at sunset.

In example (a), **carefully**, is an adverb. In example (b), **at sunset**, is an adverb phrase which does the work of an adverb.

B. Find a suitable adverb to replace each adverb, phrase in the following sentences.

1. Our teacher wanted that work to be done without delay.

Ans. Our teacher wanted that work to be done immediately.

2. She is without doubt the most caring person I have met.

Ans. She is undoubtedly the most caring person I have met.

3. This plant flowers once every year.

Ans. This plant flowers yearly.

4. You should complete the work in a while.

Ans. You should complete the work shortly.

5. The two old friends met each other by accident.

Ans. The two old friends met each other accidentally.

For the Teacher

Grammar A: Recall students' knowledge of position of adverbs in a sentence. Adverbs of manner may come before verb or at the end of a sentence. Adverbs of place may come in the beginning or at the end of a sentence. In case of having more than one adverb, MPT (manner, place, time) sequence is followed in a sentence e.g. She worked hurriedly at home yesterday: An adverb of frequency usually comes before the verb in a sentence.

Help them recognize varying positions of adverbs in sentences according to their kinds and importance.

Gerunds and Infinitives

These verbs can take GERUNDS after them:	These verbs can take INFINITIVES after them:
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Enjoy	Salman <u>enjoys</u> <u>playing tennis</u>	Hope	I <u>hope to learn</u> gerunds.
Finish	Maryam <u>finished</u> <u>doing her</u> homework	Expect	I <u>expect to</u> <u>improve my</u> English.
Quit	Jamil <u>has quit</u> <u>smoking.</u>	Plan	Sara <u>plans to</u> <u>attend college.</u>
Put off	Pasha always <u>puts off cleaning</u> his room.	Intend	Mehak is <u>intending to go.</u>
Postpone	We <u>postponed</u> <u>having the</u> picnic.	Mean	He <u>meant to say</u> "dear" not "deer".

After some verbs (begin, start, continue, like, love, hate, intend and prefer) you can usually use either a gerund or an infinitive. There is practically no difference in meaning.

Exception: After would/should + like/love, only the infinitive can be used.

C. Complete the following sentences with infinitive or gerund whichever is appropriate.

1. We felt the plane shaking in the storm.
2. I've always disliked smoking.
3. Where did you learn speak French?
4. Is the exhibition worth visiting?

5. I don't mind getting up early.
6. We'd love come with you.
7. She seems know this place.

For the Teacher

Grammar C: Revise and illustrate use of gerunds and infinitives. Encourage students to find more examples of gerunds and -infinitives from immediate surroundings.

D. Identify gerund and infinitive in the following sentences.

1. Minor cuts and scrapes usually stop bleeding on their own.
2. To clean the area around the wound, use soap and a washcloth.
3. Don't keep checking to see if the bleeding has stopped.
4. So, try to keep it out of the actual wound.
5. If a rash appears, stop using the ointment.
6. If dirt or debris remains in the wound after washing, use tweezers cleaned with alcohol to remove the particles.

Answers:

1.	Bleeding (gerund)	2.	To clean (infinitives)
3.	Checking (gerund), bleeding (gerund), to see (infinitives)	4.	To keep (infinitives)

5.	Using (gerund)	6.	Washing (gerund), to remove (infinitives)
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E. Change the following sentences into the passive voice.

Subject in the passive sentences may be skipped.

1. You must put out all smoking materials.
2. You must fasten the seat belt.
3. They will demonstrate safety precautions.
4. You should read the safety instructions.
5. You can store small packages in the overhead compartment.

ANSWERS

1. All smoking materials must be put out.
2. Seat belt must be fastened.
3. Safety precautions will be demonstrated.
4. Safety instructions should be read.
5. Small packages can be stored in the overhead compartment.

Oral communication skills:

Useful expressions to make an apology

- I'm so sorry
- I hope you aren't too upset (offended) about

- I must (have to) apologize.
- I feel so mean (about)...

For the Teacher

Grammar E: Tell students sometimes subject in the passive sentence may be skipped if it is not important or unknown.

Situation: You realize that you were wrong in arguing with your friend. Now you want to patch up. How would you apologize?

Writing Skills:

A. Write a paragraph on "How to take care of cuts and scrapes".

Use transitional devices e.g. first, next, then, after that, in the end etc. to join sentences within the paragraph.

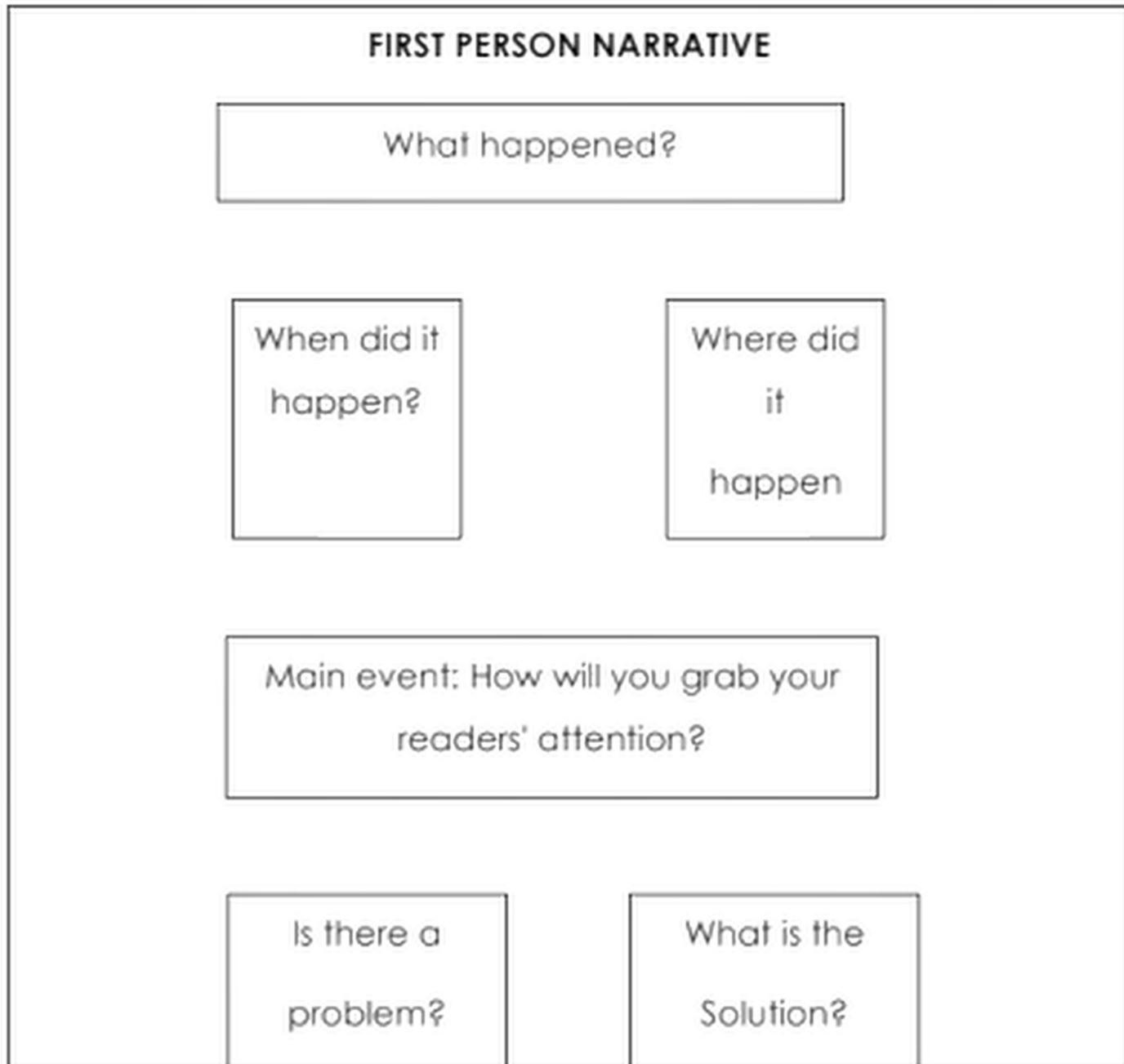
Ans. How to take care of cuts and scraps

1. First of all, apply gentle pressure to the wound with a clean cloth.
2. After that rinse out the wound with a clean water and remove dirt particles with tweezers cleaned with alcohol.
3. Then apply an antibiotic cream or ointment to the wound.
4. Next, cover the wound with a bandage.
5. Change the dressing daily. If you are allergic to adhesive bandage, use adhesive-free bandage.
6. If the wound is not healing, see your doctor.

B. Did you ever get cuts and scrapes? How did you give yourself first aid?

Write a paragraph in past tense.

First make an outline with the help of mind map given below.



For the Teacher

Writing B: Help students write an effective personal narrative by including choice of time period, clear statement of personality traits at that time and significant details of the incident.

Review 1

A. Choose the correct option.

1. 'He advised the most equitable plan for the setting of the Black Stone.' The underlined word means:

- a. privileged b. reasonable c. favourite

2. 'He decided every case brought to him, by friend or foe with justice, without fear of favour.' The underlined word means:

- a. partner b. companion c. enemy

3. Their ancestors killed a member of our family. The underlined word means:

- a. relatives b. forefathers c. successors

4. 'Prior to the first day of the New Year it is customary for families to thoroughly clean their houses.' The underlined word means:

- a. preceding b. following c. subsequent

12. 'Our job is to keep the audience happy.' The underlined word is a/ an _____ noun.
- a. collective b. concrete c. abstract
13. We have to take the bus _____ tomorrow morning.
- a. early b. earlier c. earliest
14. We _____ our bottle, so we could use it again.
- a. cleaning b. clean c. cleaned
15. Ali was impressed _____ Sarmad's grades.
- a. with b. by c. from
16. Last summer, we _____ many places.
- a. visited b. had visited c. have visited
17. All students _____ for prizes.
- a. competes b. compete c. competing
18. Didn't you see the sign? You _____ drive at more than 30 miles an hour.
- a. must not b. should not c. may not
19. You _____ find Lubna in the garden, but I doubt it.

a. can

b. must

c. might

20. Choose the correct spelling.

a. intercede

b. intercede

c. entercede

Answers:

1	b	2	c	3	b	4	a	5	b
6	c	7	a	8	b	9	a	10	b
11	c	12	a	13	a	14	c	15	b
16	a	17	b	18	b	19	c	20	b

B. Answer the following questions.**1. Hazrat Muhammad is a perfect model and example for all mankind.****Explain.**

Ans. Hazrat Muhammad's life is a perfect model and example for the people who want to attain goodness, piety and success in their individual as well as social life. People can seek light from the message and guidance from his life to achieve perfection in the moral, spiritual and social areas of life. He has set very high and noble ideals through his practical example for all mankind to follow in every field of life.

2. Write a note on Chinese. New Year celebrations.

Ans. Chinese New Year is a holiday that celebrates the beginning of a new year according to the Chinese lunar calendar. It is considered to be one of the most important holidays for Chinese families. The holiday is

celebrated with big family gatherings, gift giving, the eating of symbolic foods and display of festive decorations all focused on bringing good luck for the new year and celebrating the coming of Spring.

3. Why is trying again important in life?

Ans. when the word says, "Give up," Hope whispers, "Try it one more time." The road to success is dotted with many tempting parking places. Therefore, you should keep up trying repeatedly to cross this road.

4. Write the First Aid Process of Cuts and Scrapes.

Ans. First of all, wash the wound with anti-germ liquid, then apply anti biotic cream or ointment and then cover the wound with bandage.

C. Read the passage and answer the questions given below.

Since the advent of the Internet, there have been profound changes in the way we live, work or play. Firstly, the Internet has brought e-mail to the masses, which made it possible to send messages, digital photos, music, and videos to anywhere in the world instantly. Gone are the days when it took about fifteen days for a letter from Lahore to reach San Francisco.

Besides e-mail, further innovations like instant messaging has also become the norm. With a web camera, users can actually see each other on the computer monitor and speak to each other through a microphone at no extra cost. In the past, this convenience was only available to companies that could afford highly expensive video conferencing equipment at exorbitant charges. The effect of this technological development is that people are able to stay in

close touch with each other even though they are thousands of kilometers apart.

Not long ago, this was only possible in science fiction movies and our fantasies. Internet has also changed the way we access information-. In the past, one had to search books, magazines and libraries if he needed to know something.

Now, search engines e.g. Google and Yahoo give us a list of websites that provide the information that we need. There are even free online dictionaries, encyclopedias and-maps. As technology advances, the impact of the Internet will be even more profound in the future. Now it is up to us to use its power to serve mankind in a positive way.

Questions

1. What is the first change that internet has brought in our lives?

Ans. The first change that Internet has brought in our lives is e-mail to masses, which has made it possible to send messages, digital photos, music and videos to anywhere in the world instantly.

2. How have search engines revolutionized access to information?

Ans. Search engines e.g., Google and Yahoo have revolutionized access to information that we need, by giving a list of websites.

3. Internet has brought people closer. How?

Ans. Through Internet people are able to stay in close touch with each other even people closer to each other.

4. Find words from the passage that mean the same as phrases given below.

a. far greater or higher than is reasonable.

Ans. Exorbitant charges mean the same as far greater or higher than is reasonable. Higher than is "as far greater" "exorbitant charges" "reasonable".

b. the quality of being or making things easy

Ans. Convenience.

5. Write a précis of the given passage and suggest a suitable title for it.

Ans. Title:

Access to Information through Internet.

Précis:

The Internet has made possible instant access to information to the masses. Through internet they can send messages anywhere in the world instantly and are able to stay in close touch with each other. This has made the world a global village. We can have any sort of information on the net through websites.

a. Write a paragraph on any ONE of the following topics.

1. Land Pollution

Ans. The land pollution is caused by solid wastes, and chemicals. One of the major pollution problems of large cities is disposal of solid waste material including farm and animal manure, crop residues (agricultural wastes), industrial

wastes such as chemicals, fly ash and cinders which are residues of 'combustion of solid fuels, garbage', paper, cardboard, plastics, rubber, cloth, leather, construction rubbish, brick, sand, metal and glass resulting from demolition of buildings, dead animals like cattles, dogs, cats, birds, containers, discarded manufactured products such as old refrigerators, washing machines and autos.

Huge quantities of unwanted material cause serious disposal problems. The simplest method is crud tipping or open dumping, a common method used in most Indian cities. More satisfactory is controlled tipping or the sanitary landfill, which is recently adopted in Delhi for solid waste 'disposal. In sanitary land fill, a layer of about 2 meters of refuse is covered by at least 23 cm of earth, ash or other inert material, up to the level of the hole chosen.

The surface can then be used for housing or sports fields. Before such filling, the wastes can be pulverized by machines to a uniform particle size: by this means the volume is reduced and thus the life of the tip is extended, and some of the refuse is more 'quickly biodegraded.

Further, many of the chemicals emitted into the air such as radioactive minerals, sulphur, and lead, eventually come to earth to pollute the soil. Many pesticides and herbicides are applied by aerosol spray and find their way into the soil. These chemicals may have significant effects on plants and animals, causing a disruption in species composition of communities.

In forest ecosystems, these -chemical pollutants may inhibit processes of soil formation, and reduce the capacity of the forest to maintain fertility of the soil.

2. The subject I like the most in school

Ans. Science is a subject that is constantly growing. I am the kind of person who is curious. My brain is always growing with knowledge. Since, I was young I have

always had an interest in the animals I saw in the woods, or the fish I saw in the lake. I wanted to watch them live and see what they do. Biology is a science that is the study of life. Life itself is an ever-changing thing. New things can be learned every day. New species can form any second. In my brain, new things can be learned and new ideas can be formed. Science has always been an interest to me because of the never-ending knowledge.

By being interested in biology as a young girl I have gained more knowledge than a person who just began learning. As a kid, I used to ask my parents to buy all of the science books at book fairs they would have at school. I would want the mini labs that they would demonstrate like digging for dinosaur bones in sand. I looked forward to learning more.

Throughout middle school, I longed to get into high school so I could learn more. The science classes in middle school were too simple for me. They were very slow moving and I just wanted to learn as much as I could. When high school started, I got into the biology course as a freshman even though it was a sophomore level class. I waited for that class to come every day because I knew that biology was the branch of science that I enjoyed the most. While other kids were grossed out by the dissections of the squid or the frog, I was pre-occupied with all of the new things to learn! For example, I was so excited to learn that the squid has a plastic-like spine. I wasn't the girl who was afraid of touching a dead frog. I didn't care. All I wanted to do was learn.

To me, science is the most important subject. It is always expanding. In science, new things are discovered every day. I am the kind of person who wants to know all of the new things. I am interested in science because it is by far the most exciting thing to learn about.

b. Write a general essay on any ONE of the following topics.

1. Traffic Problems of a Big City

Ans. Traffic congestion in many cities around the world is severe. One possible solution to this problem is to impose heavy taxes on car drivers and use this money to make public transport better. This essay will discuss the benefits and drawbacks of such a measure.

One of the first benefits of such a measure is that the heavy taxes would discourage car owners from using their cars because it would become very expensive to drive. This would mean that they would begin to make use of public transport instead, thus reducing traffic problems and pollution as well. Another benefit would be that much more use would be made of public transport if it was improved. It is often the case that public transport in cities is very poor. For example, we often see old buses and trains that people would rather not use. High taxes would generate enough money to make the necessary changes.

Nevertheless, there are drawbacks to such a solution. First and foremost, this would be a heavy burden on the car drivers. At present, taxes are already high for a lot of people, and so further taxes would only mean less money at the end of the month for most people who may have no choice but to drive every day. In addition, this type of tax would likely be set at a fixed amount. This would mean that it would hit those with less money harder, whilst the rich could likely afford it. It is therefore not a fair tax.

To conclude, this solution is worth considering to improve the current situation, but there are advantages and disadvantages of introducing such a policy.

2. School Discipline

Ans. The word 'discipline' means a training that produces obedience or self-controlled behavior to the orders of a proper authority. In every walk of life, discipline is of supreme importance. When a number of people are engaged to perform some colossal work, they must observe certain rules and obey the persons placed over them. That is called 'discipline'. If they do not obey the rules or their superiors, the work is likely to suffer.

In a battle-field, every soldier must obey the command of his higher officers. If not, the army, lacking discipline, is likely to lose the battle. It is only that a disciplined army is found to march forward and win the war. There are thousands of such examples in the pages of history.

Discipline is the backbone of character. Without discipline, nothing great can be achieved in life. A person is normally found to be disciplined from his childhood. It is a habit that one acquires from his environments, or by way of training. A child must be trained to observe discipline from his early years. His habits, manners, movements, speeches- everything should be guided by the term of discipline so that a good personality can be acquired in his later life that helps one in one's uplift meant.

A person must show his sense of discipline to his family, and then to his country. It is very important to enforce discipline also into the family life. Then, one is able to appreciate and accept the blessings of discipline in public life, too. Discipline is an essential habit that everyone should possess as a civilized citizen.

F. Write a narrative essay on any ONE of the following topics.

1. On a Rainy Day

Ans. This year the summer season was unduly long and extremely hot. It was July and the schools had reopened the scorching sun and the extreme heat

made life miserable. Going to the school, studying in the class or playing on the grounds all seemed to be a punishment

One morning, clouds gathered in the sky. Thunder rolled. Suddenly it started raining_ There was a downpour for a short while but soon it turned into a steady rain. It was time for school. So, we took our umbrellas and set off.

It was refreshing to go out in the cool air. Everyone and -everything looked fresh. The trees were a vivid green. The sound of falling rain was pleasing to- the ears. No one minded the inconvenience of wet umbrellas, soaking shoes and wet clothes.

The plight of bus travelers was of course pitiable. Buses were late and overcrowded. It may be quite pleasant to take a brisk walk in the rain, but nobody likes standing. In the queue in wet clothes, with the cold drops from other persons' umbrellas dripping down one's back.

The street urchins were having a great time playing. In the streets, floating boats on the sides of the roads where water was flowing fast. I wished I could join them

In the class, very few students were attentive. Almost everybody was looking at the rain every now and then. Primary class children were playing-with boats in the centre court, where water had gathered making it look like a pool

Ankle-deep water had collected near our school gate and on the main road. The municipality had been caught napping. The drainage system was choked. All low-lying areas had knee-deep water. Even cars and buses were stranded at many places.

It is exhilarating to watch pouring rain and to run about in it. But soon I was happy to return home and change into dry clothes.

2. Most Memorable Trip

Ans. I took a fantastic trip with my family when I was in ten class. I remember it well. My uncle was living on a little farm in the country outside Lahore and they invited us to visit them. These cousins, Aslam and Maryam, are the same cousins who live in Islamabad now. Our trip to visit them a long time ago was very different from our recent trip to Islamabad.

It was a Saturday morning when we left home. We got up early that morning before the sun rose. We were sleepy, but we were excited and ate breakfast quickly. We left home at 5:30 in order to get an early start. It took us three hours to get there in my father's old car. When we arrived at the house, my father honked the horn to announce our arrival. Everyone ran out to greet us. We all hugged each other.

We stayed for two days and had a marvelous time. We played outside all day and helped Uncle to feed the chickens. He taught us how to make Lassi. He also showed us how to fishing.

When it was time to leave, we were very sad. They begged us to stay longer, but we had to leave. My father had to go to work the next day. As I look back, that trip was a long time ago.

G. Paraphrase the following stanza.

If you find your task is hard.

Try again;

Time will bring you your reward,

Try again;

All that other folk can do,

Why with patience should not you?

Only keep this rule in view,

Try again.

Ans. If goal is difficult and hard to achieve, no need of give up, just be patient, put more efforts and keep on trying. Time will give its reward one day you should never forget the golden rule of trying again.

