

AS QUESTÕES DE 31 A 40 REFEREM-SE A LÍNGUA ESTRANGEIRA

VOCÊ DEVERÁ OPTAR POR UM DOS IDIOMAS
(INGLÊS – PÁG. 16 OU FRANCÊS – PÁG. 21)

LÍNGUA INGLESA – QUESTÕES DE 31 A 40**Laughter: it's good medicine**

1 *If your doctor ever tells you to lighten up, don't be offended. Such a*
2 *prescription may sound ridiculous, but research shows that laughter and a*
3 *positive attitude can be healing. They not only help strengthen your*
4 *immune system, but they also lead patients to take better care of*
5 *themselves.*

6 *Anger and stress, in contrast, can do the reverse. Anger evokes the*
7 *fight-or-flight response, which leads to the squeezing of blood vessels*
8 *and heart disease. A recent Duke University study found that hostile*
9 *people – those who bang on elevator buttons and yell at cars that cut in*
10 *front of them – are four to seven times more likely to be dead by age 50*
11 *than those who aren't hostile. Laughter does pump the heart – and the*
12 *muscles of the abdomen, chest, shoulders, and neck, says William F. Fry,*
13 *M.D., a professor of psychiatry at Stanford University Medical School.*
14 *Laughter also stimulates the brain, ventilates lungs, and raises heart rate,*
15 *blood pressure, respiration, and circulation. That's why 100 laughs a day*
16 *– the average for adults – is equivalent to the physical benefits you get*
17 *from riding a stationary bike for 15 minutes or spending 10 minutes on the*
18 *rowing machine. "It's a total body experience," says Dr. Fry. According to*
19 *him, there are three ingredients that can make you feel better.*

20 *The first ingredient is humor. Doctors advise us to share humor with*
21 *others. In 1992, researchers at Duke University found a 50-percent five-*
22 *year mortality rate among unmarried heart patients without a close friend*
23 *or confidant, compared with only a 17 percent mortality rate for heart*
24 *patients with a spouse, confidant, or both. Dr. Fry says that we need to*
25 *joke with our family, coworkers, and friends verbally, by e-mail, or by fax.*
26 *"Humor is contagious, laughter is infectious, and both are good for your*
27 *health," he says. Even if it is not a true laugh, your body doesn't know the*
28 *difference between the physical reaction of a sincere or a fake laugh.*
29 *"When you take a deep breath in to laugh, you expand your lungs,*
30 *increasing your circulation," he says.*

31 *The second ingredient is optimism. Doctors advise us to think*
32 *positively. Looking at the bright side not only eases nervousness but*

33 *enriches your health. Men and women experiencing depression, despair,*
34 *and low self-esteem had a 70 percent greater risk of heart attack and a*
35 *60 percent higher risk of dying, according to a Duke study reported last*
36 *year in Circulation, a medical journal. One explanation may be that bad*
37 *feelings lead to bad habits. Another may be that negative emotions speed*
38 *heart rate or constrict blood vessels, either of which can contribute to a*
39 *heart attack. Part of thinking positively has to do with controlling our*
40 *anger. Researchers advise us to skirt anger to live longer. Your risk of*
41 *having a heart attack is 2.3 times greater if you've been angry two hours*
42 *earlier, according to a recent study of 1,623 men and women by*
43 *Deaconess Hospital.*

44 *The last ingredient is relaxation. Doctors tell that it is important to*
45 *explore your feelings. Sometimes, talking isn't enough to lessen the pain.*
46 *Studies show that if you write your thoughts down, you not only feel*
47 *better, but also improve your body's immunity. James W. Pennebaker, a*
48 *professor of psychology, recently found that minor ailments, such as a*
49 *cold, were less common among students who wrote about their emotions*
50 *for 20 minutes each day for four consecutive days than with those who*
51 *didn't. In a Stanford University study of women with breast cancer, those*
52 *who took part in a stress reduction and emotional support program lived*
53 *about 18 months longer than those who didn't take the course. "If you're*
54 *very afraid of what your body is doing, the resulting depression, anger,*
55 *and tension may lower its ability to fight what's going on," says Alice*
56 *Domar, assistant professor of medicine at Harvard.*

57 *Try lightening up your life. Even as he lay dying, playwright Oscar*
58 *Wilde was able to find some humor. He reportedly said: "My wallpaper*
59 *and I are fighting a duel to the death. One or the other of us has to go."*

(Texto adaptado. Disponível em:

http://www.findarticles.com/p/articles/mi_m1041/is_n4_v75/ai_19216914/pg_2.

Acesso em: 12 de abril 2005.)

31. According to the text, the sentence, "*They [laughter and a positive attitude] not only help strengthen your immune system but they also lead patients to take better care of themselves*" (lines 3-5), is closest in meaning to:
- a) Laughter and a positive attitude do not help patients strengthen their immune system nor help them to take better care of themselves.
 - b) Laughter and a positive attitude disturb patients' immune system, but help them to take care of themselves.
 - c) Laughter and a positive attitude do not help strengthen the patients' immune system, but help them to take better care of themselves.
 - d) Laughter and a positive attitude not only disturb the immune system, but also weakens patients' need to take better care of themselves.
 - e) Laughter and a positive attitude help patients to take better care of themselves, in addition to strengthening their immune system.
32. According to the text, it is INCORRECT to say that laughter is considered good medicine because it:
- a) makes patients' immune system stronger.
 - b) is more efficient than exercising on a bike for 15 minutes.
 - c) helps patients to take care of themselves.
 - d) stimulates several organs of the body such as the brain.
 - e) stimulates articulation and respiration.

33. Match the numbers in the first column to their correspondents in the second column:

- | | |
|--------------------|---|
| I. 17 (line 23) | () rate of risk of heart attack among depressive men and women. |
| II. 70 (line 34) | () rate of death of unmarried patients with no company. |
| III. 2.3 (line 41) | () number of months women, who had emotional support, lived longer. |
| IV. 18 (line 52) | () number of risk of heart attack if you were annoyed two hours earlier. |
| V. 50 (line 21) | () rate of death of married patients. |

The CORRECT order is:

- a) V, II, III, I, IV.
- b) II, V, IV, I, III.
- c) II, V, IV, III, I.
- d) V, II, IV, III, I.
- e) V, IV, II, III, I.

34. According to the text, it is CORRECT to say that:

- a) people who are married have less chance of getting heart attacks.
- b) the benefits of laughter do not apply to an insincere laugh.
- c) people experiencing depression have lower risk of heart attack and of dying.
- d) students who wrote about their emotions were more likely to get a cold.
- e) people who are usually angry for little things live longer.

35. In the sentence, "[...] recently found that minor ailments, such as cold [...]."

(lines 48-49), the underlined word means:

- a) stresses.
- b) pains.
- c) coughs.
- d) diseases.
- e) attacks.

36. The expression "*to lighten up*" (line 1) is closest in meaning to:
- a) to take things more seriously.
 - b) to go on a diet and lose weight.
 - c) to better focus on your problems.
 - d) to speak up your anger.
 - e) to take things less seriously.
37. All of the following words function as comparative forms in the text, EXCEPT:
- a) "*greater*" (line 34).
 - b) "*longer*" (line 40).
 - c) "*lower*" (line 55).
 - d) "*earlier*" (line 42).
 - e) "*better*" (line 4).
38. The following words are examples of a plural form, EXCEPT:
- a) "*habits*" (line 37).
 - b) "*times*" (line 41).
 - c) "*men*" (line 33).
 - d) "*ventilates*" (line 14).
 - e) "*women*" (line 33).
39. The following words function as verbs in the text, EXCEPT:
- a) "*sound*" (line 2).
 - b) "*squeezing*" (line 7).
 - c) "*skirt*" (line 40).
 - d) "*spending*" (line 17).
 - e) "*bang*" (line 9).
40. The words "*their*" (line 49) and "*its*" (line 55) refer, respectively, to:
- a) "*students*" / "*body*".
 - b) "*body*" / "*students*".
 - c) "*emotions*" / "*body*".
 - d) "*body*" / "*emotions*".
 - e) "*students*" / "*emotions*".

Cursos que Indicamos

Conheça os cursos e dê o próximo passo na sua preparação.

Clique na imagem ou no botão para acessar.



Código Matemática 2.0

Conhecer o curso



Curso Preparatório ENEM

Conhecer o curso



Curso Preparatório Redação ENEM

Conhecer o curso

