We all know that the normal human daily cycle of activity is of some 7-8 hours’ sleep alternating with some 16-17 hours’ wakefulness and that, broadly speaking, the sleep normally coincides with the hours of darkness. Our present concern is with how easily and to what extent this cycle can be modified.

The question is no merely academic one. The ease, for example, with which people can change from working in the day to working at night is a question of growing importance in industry where automation calls insistently for round-the-clock working of machines. It normally takes from five days to one week for a person to adapt to a reversed routine of sleep and wakefulness, sleeping during the day and working at night. Unfortunately, it is often the case in industry that shifts are changed every week; a person may work from 12 midnight to 8 a.m. one week, 8 a.m. to 4 p.m. the next, and 4 p.m. to 12 midnight the third and so on. This means that no sooner has he got used to one routine that he has to change to another, so that much of his time is spent neither working nor sleeping very efficiently.

One answer would seem to be longer periods on each shift, a month, or even three months. Recent research by Bonjer (1960) of the Netherlands, however, has shown that people on such systems will revert to their normal habits of sleep and wakefulness during the weekend and that this is quite enough to destroy any adaptation to night work built up during the week.

The only real solution appears to be to hand over the night shift to a corps of permanent night workers whose nocturnal wakefulness may persist through all weekends and holidays. An interesting study of the domestic life and health of night-shift workers was carried out by Brown in 1957. She found a high incidence of disturbed sleep, digestive disorder and domestic disruption among those on alternating day and night shifts, but no abnormal occurrence of these symptoms among those on permanent night work.

This latter system then appears to be the best long-term policy, but meanwhile something may be done to relieve the strains of alternate day and night work by selecting those people who can adapt most quickly to the changes of routine. One way of knowing when a person has adapted is by measuring his performance, but this can be laborious. Fortunately, we again have a physiological measure which correlates reasonably well with the behavioural one, in this case performance at various times of the day or night, and which is easier to take. This is the level of body temperature, as taken by an ordinary clinical thermometer. People engaged in normal daytime work will have a high temperature during the hours of wakefulness and a low one at night; when they change to night work the pattern will only gradually reverse to match the routine and the speed with which it does so parallels, broadly speaking, the adaptation of the body as a whole, particularly in terms of performance and general alertness. Therefore by taking body temperature at intervals of two hours throughout the period of wakefulness it can be seen how quickly a person can adapt to a reversed routine, and this could be used as a basis for selection. So far, however, such a form of selection does not seem to have been applied in practice.
1. The main theme of the passage is
   a. the effects of lack of sleep
   b. sleep and body temperature
   c. how easily people can get used to working at night
   d. the effect of automation on working efficiency

1. Why is the question ‘no mere academic one’?  
   a. Because of research by Bonjer and Brown
   b. Because sleep normally coincides with the hours of darkness
   c. Because some people can change their sleeping habits easily
   d. Because shift work in industry requires people to change their sleeping habits

2. The main problem about night work is that
   a. people do not want the inconvenience of working on night shifts
   b. people are disturbed by changing from day to night routines and back
   c. not all industries work at the same hours
   d. it is difficult to find a corps of good night workers

3. The best answer to the problem seems to be
   a. not to change shifts from one week to the next
   b. to have longer periods on each shift
   c. to employ people who will always work at night
   d. to find ways of selecting people who cannot adapt quickly

4. The third (line 9) means
   a. the third week
   b. the third shift
   c. a third of the time
   d. the third routine

5. Another (line 10) means another
   a. routine
   b. shift
   c. week
   d. person

6. Which is the system that appears to be the best long-term policy?  
   a. Brown’s research
   b. Spending a month or even three months on each shift
   c. Having the same people on night shift all the time
   d. Alternating day and night shifts

7. This (line 24) refers to
   a. a person’s performance
   b. measuring a person’s performance
   c. the physiological measure
   d. knowing when a person has adapted

8. This (line 26) refers to
   a. a physiological measure
   b. performance at various times of the day or night
   c. the level of body temperature
   d. a person’s performance

9. If something works round the clock, it works
   a. all day long
   b. for twenty-four hours
   c. all night long
   d. at a regular pace
SECTION B I (5 points) Choose the option which best rephrases the sentence below.

1. In order not to worry parents, he mentioned the risks of the trip only briefly.
   → skated
   a. In order not to worry parents, he skated over the risks of the trip.
   b. In order not to worry parents, he skated over the risks of the trip only briefly.
   c. He skated on the risks of the trip in order not to worry parents.

2. It is forbidden for children to run the marathon.
   → ban
   a. It is a ban on children running the marathon.
   b. There is a ban for children to run the marathon.
   c. There is a ban on children running the marathon.

3. He set off on the trip not having been warned of the dangers.
   → ignorance
   a. He set off on the trip in ignorance of the dangers.
   b. He set off on the trip with ignorance of the dangers.
   c. He set off on the trip in ignorance of warning of the dangers.

4. I gave up horse riding because I never found the time to find a new trainer.
   → got
   a. I got away with horse riding because I never found the time to find a new trainer.
   b. I gave up horse riding because I never got round to finding a new trainer.
   c. I gave up horse riding because I never got out of finding a new trainer.

5. Please get a grip on yourself and stop crying.
   → pull
   a. Please pull yourself up and stop crying.
   b. Please pull yourself together and stop crying.
   c. Please get a pull on yourself and stop crying.

SECTION B II (5 points) Choose the option which best rephrases the sentence below.

1. He was so relieved that he burst into tears.
   a. Such he was relieved that he burst into tears.
   b. Such was he relieved that he burst into tears.
   c. Such was his relief that he burst into tears.

2. He is training hard, so he must want to succeed.
   a. The very success is because he is training hard.
   b. The very fact that he is training shows that he wants to succeed.
   c. The very hard training shows he wants to succeed.

3. If we all stopped using cars, the world’s oil supplies would last much longer.
   a. Were the world’s oil supplies to last much longer, if we all stopped using cars.
   b. Were we all to stop using cars, the world’s oil supplies would last much longer.
   c. Were we all stopped using cars, the world’s oil supplies would last much longer.
4. *Immediately on his election, he promises to reduce taxes.*
   a. As soon as his election, he promises to reduce taxes.
   b. As soon as he will be elected, he promises to reduce taxes.
   c. As soon as he is elected, he promises to reduce taxes.

5. *I regret not going to university and studying law.*
   a. If only I had gone to university and study law.
   b. If only I had gone to university and studied law.
   c. If only I went to university and studying law.

SECTION C (10 points) Fill the blanks with the correct form of the words in brackets.

Since my brother has been ................ 1 (employ) he has gradually become more and more ................ 2 (forget). I suppose it is because he doesn’t have to be so ................ 3 (system) anymore. He doesn’t have the same ................ 4 (day) routine as the other members of the family. We all get up quite early, ................ 5 (prefer) before 7.00 a.m., shower have a ................ 6 (health) breakfast and leave for work or school before my brother gets up. We try to be ................ 7 (tolerate) of his ................ 8 (behave) but it is not always easy.

Of course we all feel very ................ 9 (sympathy) towards him, because it’s not his fault that he lost his job. ................ 10 (produce) levels were above average but people are not buying so many cars.

SECTION D (10 points) Choose the option which best completes each sentence.

1. Soldiers were warned that anyone caught ................. the shops in the deserted town would be severely punished.
   a) stealing b) raiding c) embezzling d) looting

2. I meant to sound confident at the interview, but I’m afraid I ................ as dogmatic.
   a) came out  b) came through  c) came off  d) came over

3. New consumer protection legislation comes into ............... next April.
   a) law b) force c) statute d) act

4. The book took me the ................. part of a year to write.
   a) most b) greatest c) best d) largest

5. If I were you, I’d regard the offer with considerable ................. as it seems too good to be true.
   a) suspicion b) doubt c) reservation d) disbelief

6. They live in a very ................. populated area in England.
   a) sparsely b) scarcely c) hardly d) barely

7. According to the opinion polls, over 20% of voters in the ................. General Election have yet to make up their minds.
   a) foregoing b) forthcoming c) impending d) incumbent
8. The collapse of the silver market left him financially .................
    a) desolate  b) dejected  c) destitute  d) derelict

9. The President was eventually ................ by a military coup.
    a) disposed  b) despised  c) deposed  d) dispersed

10. I am sorry to have bothered you – I was under the ................. that you wanted me to call you.
    a) mistake  b) miscalculation  c) misconception  d) misapprehension

SECTION E (10 points) Fill each of the blanks in the passage with ONE suitable word.

Mr and Mrs Dursley ................. (1) number four, Privet Drive, were proud to say that they were perfectly normal, thank you very much. They were the ................. (2) people ................. (3) expect to be ................. (4) in anything strange or mysterious, because they just didn't hold with ................. (5) nonsense.

Mr Dursley was the director of a firm called Grunnings, which made drills. He was a big, beefy man with ................. (6) any neck, although he did have a very large moustache. Mrs Dursley was thin and blonde and had nearly ................. (7) the usual amount of neck, which came ................. (8) very useful as she spent so much of her time craning over garden fences, spying on the neighbours. The Dursleys had a small son called Dudley and in their opinion ................. (9) was no finer boy anywhere.

The Dursleys had everything they wanted, but they also had a secret, and their greatest fear was that somebody would discover it. They didn't think they could ................. (10) it if anyone ................. (11) out about the Potters. Mrs Potter was Mrs Dursley's sister, but they hadn't met for several years; in fact, Mrs Dursley ................. (12) she didn't have a sister, because her sister and her good-for-nothing husband were ................. (13) unDursleyish as it was possible to be. The Dursleys shuddered to think what the neighbours would say if the Potters arrived in the street. The Dursleys knew that the Potters had a small son, too, but they had never even seen him. This boy was another good reason for ................. (14) the Potters away; they didn't want Dudley mixing with a child like that.

When Mr and Mrs Dursley woke up on the dull, grey Tuesday our story ................. (15), there was ................. (16) about the cloudy sky outside ................. (17) suggest that strange and mysterious things ................. (18) soon be happening all over the country. Mr Dursley hummed ................. (19) he picked out his most boring tie for work and Mrs Dursley gossiped away happily as she wrestled a screaming Dudley into his high chair.
    ................. (20) of them noticed a large tawny owl flutter past the windows.
**PRUEBA ESPECÍFICA DE ACCESO A LA LICENCIATURA DE TRADUCCIÓN E INTERPRETACIÓN**

30 de junio de 2003

APELLIDOS

NOMBRE

DNI

**PRUEBA 2: EXAMEN DE LENGUA INGLESA (LENGUA B)**

**PLANTILLA DE RESPUESTAS**

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