

FRIDAY, 13!

FEARS AND SUPERSTITIONS

How did Friday the thirteenth become such an unlucky day?

Fear of Friday the 13th is rooted in ancient, separate bad-luck associations with the number 13 and the day Friday. The two unlucky entities combine to make one super unlucky day. There is a Norse myth about 12 gods having dinner at Valhalla, their heaven. The uninvited 13th guest, the mischievous Loki, walked in. There, sly Loki incited Hoder, the blind god of darkness, to shoot Balder the Beautiful, the god of joy and gladness, with a mistletoe-tipped arrow. Balder died and the Earth got dark. The whole Earth mourned. There is a Biblical reference to the unlucky number 13. Judas, the apostle who betrayed Jesus, was the 13th guest to the Last Supper. A particularly bad Friday the 13th occurred in the middle ages. On a Friday the 13th in 1306, King Philip of France arrested the revered Knights Templar and began torturing them, making the occasion as a day of evil. In ancient Rome, witches reportedly gathered in groups of 12. The 13th was believed to be the devil. Both Friday and the number 13 were once closely associated with capital punishment. In British tradition, Friday was the conventional day for public hangings, and there were supposedly 13 steps leading up to the noose. It is traditionally believed that Eve tempted Adam with the apple on a Friday. Tradition also has it that the Flood in the Bible, the confusion at the Tower of Babel, and the death of Jesus Christ all took place on Friday. Numerologists consider 12 a “complete” number. There are 12 months in a year, 12 signs of the zodiac, 12 gods of Olympus, 12 labors of Hercules, 12 tribes of Israel, and 12 apostles of Jesus. In exceeding 12 by 1, 13’s association with bad luck has to do with just being a little beyond completeness.

Superstitions of Friday the 13th

- **Right from the 13th Century, the prevalent Aristotelian belief has illustrated the anti-malefic properties of garlic;**
- **It is believed that walking around the house 13 times on this day helps keep the evils away;**
- **Keeping a mirror outside the main door of the house does not allow negative forces to enter the house. Rather they get reflected in the opposite direction;**
- **Walking around the block with a mouthful of water is potent enough to keep bad influences**

How is fear of the number thirteen demonstrated?

More than 80 percent of high-rises lack a 13th floor. Many airports skip the 13th gate. Airplanes sometimes have no 13th seat. Hospitals and hotels regularly have no room number 13. Many cities do not have a 13th Street or a 13th Avenue. Many triskaidekaphobes, as those who fear the unlucky integer are known, point to the ill-fated mission to the moon, Apollo 13. If you have 13 letters in your name, you will have the devil’s luck. Jack the Ripper, Charles Manson, Jeffrey Dahmer, Theodore Bundy and Albert De Salvo all have 13 letters in their names.

What about you? Are you afraid of something? Do you believe in superstitions? Give examples from your

Exam practice 1

Remembering experiences

- A** Some of the most memorable events in our lives occur when we are very young children – our first birthday parties, our first day at school, perhaps the first time we ride a bike, or swim unaided. However, when many people are asked to describe memories of the varied experiences that they had during this time, their answers are often vague. Now researchers are coming closer to understanding why we struggle to recall so much of what occurred in our early childhoods.
- B** Canadian researchers did some experiments that looked at the formation of new brain cells and how they affected our memory. Just before birth, and in the very early stages of childhood development, neurogenesis – the formation of neurons in the hippocampus region of the brain – reaches a peak. The hippocampus is an important site for the processes of learning and remembering. After the activity here peaks, there is a steady decline during the remainder of childhood. What the research showed is that, as neurons grew, memory formation decreased.
- C** It seems that, before the age of five, children have a very dynamic hippocampus that changes constantly as they learn how to do new things. A consequence of this dynamism is that memories aren't stored stably. Some memories will become vague, and many other experiences will be forgotten completely.
- D** Further research into memory has shown that even those experiences we think we remember may not be remembered very accurately. Modern scanning technology has revealed that for each of our memories to be recalled, we use a broad range of brain cells in different combinations. This may go some way to explaining why memories are not static, but constantly evolve. Every time we want to recall something, we may make minor changes. By remembering, we 're-record' the past, and that can result in false memories.
- E** There are hopes that the new research may have practical purposes, too. The more that we can recognize where memory occurs, the greater the chances are that we'll be able to target specific memories. This means that one day it may be possible to erase memories of traumatic events so people can live their lives normally. The same technique could even be used to overcome memories that cause fear. Perhaps one day we'll also be able to select the experiences we want to remember the most.

Reading

- 1 Choose the correct answers.**
- 1 Brain activity is at its highest ...
 - A before children are born.
 - B before birth and in early childhood.
 - C at the age of five.
 - 2 Researchers have discovered that memory is ...
 - A stored well by young children.
 - B unchanging.
 - C located in many areas of the brain.
 - 3 One potential use of the new research is that ...
 - A it could help people to stop being afraid of things.
 - B it could help people to improve their memories.
 - C it could help people to remember things clearly.
- 2 Write a summary of the text in English. Take the main points from the text but use your own words as much as possible. (Maximum 50 words)**
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Use of English

- 3 Find synonyms in the text for the words.**
- 1 unclear (*paragraph A*)
 - 2 decrease (*paragraph B*)
 - 3 happens (*paragraph E*)
- 4 Rewrite the sentences in the passive.**
- 1 Canadian researchers have been investigating brain development.
.....
 - 2 Young children don't store memories very stably.
.....
 - 3 Modern scanning technology has helped researchers.
.....
 - 4 One day, we will erase bad memories using technology.
.....

Writing

- 5 Choose one of the tasks. Write 100–150 words.**
- 1 Write about the experience that you've learnt the most from.
 - 2 Write a discussion essay with the following title:
'Experiences that we have as children have a big effect on the kind of adult we become'. You can agree or disagree with the statement.



UNIT 1 Listening practice

- 1 Ⓢ 4.06 Look at the descriptions of three radio programmes. Then listen to the introduction to the radio programme. Which programme are you going to listen to, A, B or C?

A 6.15pm The London marathon

Hugh Oswald looks at the history of the marathon.

B 6.15pm People

The experience of running the London marathon for the first time.

C 6.15pm Charity Focus

We look at how charities benefit from the London marathon.

- 2 Ⓢ 4.06 Read questions 1–5. Then listen to the rest of the radio programme and choose the correct answers.

- 1 What made Susan decide to run the marathon?
 - A It was something she'd always wanted to do.
 - B She wanted to help a charity.
 - C Her friend persuaded her to do it.
- 2 How did Susan feel just before the race began?
 - A She was nervous and thought she wouldn't be able to finish the race.
 - B She felt confident and determined to finish the race.
 - C She was excited and happy to be there.
- 3 What was the worst moment for Susan?
 - A being passed by a person in a silly costume
 - B having to walk part of the race
 - C completing the last four miles
- 4 What helped Susan most during the race?
 - A the other runners
 - B knowing her parents were watching
 - C the support of the crowd
- 5 How did Susan's parents watch the race?
 - A They found a good place and waited for Susan to run past them.
 - B They managed to see Susan at many points along the course.
 - C They waited for her at the finishing line.

- 3 Ⓢ 4.06 Listen again and complete the sentences with a word or phrase from the radio programme.

- 1 Before doing the London marathon, Susan had only run quite short
- 2 By running the marathon, Susan set herself a great
- 3 Susan was overtaken in the race by someone wearing a costume.
- 4 With four miles to go, Susan found some extra
- 5 The spectators at the race were cheering and waving

- 4 Ⓢ 4.06 Listen again and write *true* or *false* for sentences 1–4. Explain your answers.

- 1 A charity helped Susan's friend, Polly, to recover from her illness.
.....
.....
- 2 Susan was nervous when she saw the TV cameras.
.....
.....
- 3 Susan had to walk the last four miles.
.....
.....
- 4 Susan's parents were waiting for her when she reached the end of the marathon.
.....
.....

Jealous Guy
John Lennon

I was _____ of the past
And my heart was _____ fast
I _____ to lose control
I _____ to lose control

I didn't _____ to _____ you I'm
sorry that I _____ you _____
I didn't mean to _____ you
I'm just a jealous guy

I was _____ insecure

You might not _____ me anymore
I was _____ inside
I was - _____ inside

I didn't mean...

I was _____ to _____ your eye
Thought that you were _____ to
hide
I was _____ my pain I
was _____ my pain

I didn't ...

**1. Match the expressions on
the left with their definitions
on the right.**

1. I didn't mean to
2. To make one cry
3. To feel insecure
4. You might not love me
5. To catch one's eye

6. To swallow one's pain

- a. To cope with the difficulty
- b. It wasn't my plan
- c. To attract one's attention
- d. To be anxious,

- e. Your feelings have changed
- f. To bring someone to tears

CRIME AND PUNISHMENT IN VICTORIAN TIMES

1. In the XIX Century the mass migration to cities led to feelings of _____ and _____.
2. In 1856 the government decided that every town in the country should have its own _____.
3. Top hats were meant to give people a(n) _____.
4. Tail jackets meant that policemen were there to _____.
5. _____-taking did not come until the late 1880s.
6. The author of the video describes the cutlass as being a(n) _____.
7. Jack the Ripper killed five women by _____.
8. He was almost caught when he killed the _____.
9. Newspapers felt very happy because they could print all the _____ of these crimes and their _____ was going up.
10. The journalists planted _____ so that the story could keep selling newspapers.
11. The police used _____ for the first time in the hunt for Jack the Ripper.
12. When we are investigating a murder we now have a whole battery of _____ that the Victorians did not have.

FALSE EVIDENCE, SALACIOUS DETAILS, VICIOUS WEAPON, CIRCULATION, TECHNIQUES,
SERVE THE PUBLIC, THIRD WOMAN, BLOOD HOUNDS, CUTTING THEIR THROATS,
DISTRUST, AIR OF AUTHORITY, INSECURITY, POLICE FORCE, STATEMENT