

Exercise 1:

Complete the sentences with « the », « a », « an », or no article « - ».

1. He is one of _____ smartest people I know.
2. She is wearing _____ blue dress with red earrings
3. Christmas comes once _____ year.
4. You should take _____ umbrella.
5. Do you have _____ dictionary that I can borrow?
6. _____ milk is good for you.
7. _____ apple a day keeps _____ doctor away.
8. _____ Museum of London is closed today.
9. Can you tell me how to get to _____ post office from here?
10. My brother is married to _____ actress.

Exercise 2:

Complete the text using « the », « a », « an », or no article « - ».

DO WE REALLY NEED TO SLEEP

Sleep is (1) _____ powerful influence on all our lives, and a 60-year-old person has spent almost twenty years asleep. The traditional theory about (2) _____ sleep is that our brain needs to rest for several hours to refresh itself and to 'file' in our memory everything that has happened to us during the day. We can put off sleeping for a limited period, for instance if we go to (3) _____ all-night party, but sooner or later we have to sleep. If we are not allowed to sleep, we suffer hallucinations, and eventually die.

However, Dr Ray Meddis has a fascinating new theory. He suggests that we don't really need to sleep at all. We sleep only because our brain is 'programmed' to make us do so. He believes that (4) _____ sleep instinct originates from prehistoric times. Primitive man was 'programmed' to sleep to protect himself from the darkness with its many dangers. Animals seem to have been similarly programmed. (5) _____ number of hours they sleep does not depend on physical activity but on how much time they need to eat. Horses, cows and (6) _____ elephants, for example, which spend many hours eating, sleep only 2 or 3 hours. Cats, on the other hand, who have (7) _____ lot of spare time, sleep for 14 hours (8) _____ day, more than half their lives.



According to Dr Meddis, the 'tiredness' we feel at (9) _____ end of (10) _____ day is produced by a chemical mechanism in the brain which makes us sleep. We are 'programmed' to feel 'tired' or 'sleepy' at (11) _____ midnight, even if we have spent the day relaxing on the beach or doing nothing. Dr Meddis believes that the unpleasant symptoms we suffer when we don't sleep enough are not because we have not rested but because we have disobeyed our brain's programming. (12) _____ longer we don't sleep, (13) _____ worse we feel. But Dr Meddis believes that if scientists could locate and 'turn off' the sleep mechanism in our brain that produces tiredness, we could live completely normal and healthy lives without sleeping.

So is sleeping (14) _____ waste of time? Well, even Dr Meddis does not deny (15) _____ great psychological value of sleep, and he asks us, "if scientists invented (16) _____ pill which, if you took it, would keep you awake for ever, would you take it?"

Exercise 3:

Some of the sentences are correct, and some have a word which should not be there. If the sentence is correct, put a tick (✓). If it is incorrect, cross the unnecessary word out of the sentence and write it in the space.

- A. My new job starts in the April.
- B. Tom was still working at the midnight.
- C. I drive past the hospital every morning.
- D. The life isn't fair sometimes.

Exercise 4:

Put in the correct noun and decide if you need « the ».

Use these nouns: telescope, atom, piano, football and television.

1. Rutherford split _____ in 1911.
2. Brian and his friends played _____ in the park.
3. Sam is quite musical. She can play _____ .
4. The teenagers spend a lot of time watching _____ .
5. Galileo developed _____ for use in astronomy.

