

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

It's quite remarkable how different genres of music can spark unique feelings, emotions, and memories. Studies have shown that music can reduce stress and anxiety before surgeries and we are all attracted toward our own unique life soundtrack.

If you're looking to 26 stress, you might want to give classical music a try.

The sounds of classical music produce a calming effect letting 27 pleasure-inducing dopamine(多巴胺) in the brain that helps control attention, learning and emotional responses. It can also turn down the body's stress response, resulting in an overall happier mood. It turns out a pleasant mood can lead to 28 in a person's thinking.

Although there are many great 29 of classical music like Bach, Beethoven and Handel, none of these artists' music seems to have the same health effects as Mozart's does. According to researchers, listening to Mozart can increase brain wave activity and improve 30 function. Another study found that the distinctive features of Mozart's music trigger parts of the brain that are responsible for high-level mental functions. Even maternity 31 use Mozart to help newborn babies adapt to life outside of the mother's belly.

It has been found that listening to classical music 32 reduces a person's blood pressure. Researchers believe that the calming sounds of classical music may help your heart 33 from stress. Classical music can also be a great tool to help people who have trouble sleeping. One study found that students who had trouble sleeping slept better while they were listening to classical music.

Whether classical music is something that you listen to on a regular basis or not, it wouldn't 34 to take time out of your day to listen to music that you find 35. You will be surprised at how good it makes you feel and the potentially positive change in your health.

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| A) alleviate | I) loose |
| B) clarity | J) majestic |
| C) cognitive | K) mandatory |
| D) composers | L) recover |
| E) hurt | M) significantly |
| F) inhibiting | N) soothing |
| G) interrogation | O) wards |
| H) intrinsically | |