

**LIRA TOWN COLLEGE**  
**END OF TERM 1 EXAMINATION 2010**  
**S.3 ENGLISH LANGUAGE 112 / 2**

TIME: 2 HOURS

Name: .....

*Read the passage below carefully and answer the question after it.*

**HIGH BLOOD PRESSURE**

In order to understand what is meant by high-blood pressure or hypertension, we need first to learn a bit about how the heart and the blood vessels work.

The heart is basically just a muscular pump and its job is to push the blood through the tubes, “the blood vessels”, which make up the circulation system. The heart works by squeezing and relaxing. Each time it squeezes, it forces the blood out of its chambers and pushes the blood forward through the tubes. Each time the heart relaxes it refills with more blood.

Special names are given to these two phases of the pumping cycle. The time the heart is squeezing, and pushing blood forward through the blood vessels, is called systole. The time the heart muscle is relaxing and the heart is refilling with the blood is called diastole. Now, during systole, as the heart is forcing blood through the blood vessel, the systolic pressure inside those blood vessels increases up to maximum. We call that maximum systolic pressure because it is the pressure recorded during the heart’s systole, or squeezing. Then during diastole, as the heart muscle relaxes pressure inside the blood vessels falls back down to its resting level. We call this lower resting pressure inside the blood vessel, the diastolic pressure, because it is the pressure recorded during the heart’s diastole or relaxation.

So the blood pressure is the measure of the pressure that the blood exerts from the walls of blood vessels. And since the heart’s pumping cycle has two phases, “squeezing (systole) and relaxation (diastole)”, the blood pressure has two components: - that is, a maximum when the pressure inside the blood vessels reaches a peak, “the systolic pressure”, and a low point, when the pressure drops to its resting level, “the diastolic pressure”.

When we measure a person’s blood pressure, we measure both of these pressures. So when we say our blood pressure is 130/90, it means that the systolic pressure inside your blood vessels when the heart squeezing is 130mmHg”. The diastolic pressure, “the pressure when the heart is relaxing is 90mmHg. (mm of a column of mercury). The blood pressure, that we have mentioned, 130/90, is NOT by the way, a very high blood pressure, so your blood pressure should be checked regularly, especially during attacks of head-aches.

What can be the cause of an elevated blood pressure?

First of all, nervousness, stress, excitement and pain can all cause the blood pressure to go up temporarily. That is why doctors don't rely on only one measurement of blood pressure to make a diagnosis of high blood pressure. It is only when there have been several measurements that all show above normal pressure that the diagnosis of hypertension can be made. Once a person has been found to have consistently high blood pressure, then it is important to look for the cause. A few cases of high blood pressure are caused by abnormalities in the kidney or body hormones and these causes can be most ruled out by doing a few blood tests. The vast majority of cases of high blood pressure though are what we call essential hypertension. That means that we cannot find any specific reason for high blood pressure. It is just that it may be, because of heredity or for other reasons that we don't yet understand.

What should you do about your blood pressure? As we said, if your blood pressure is not very high, it does not need aggressive medical treatment. You can think of this slight elevation of blood pressure as being like a red flag, warning you to take certain serious levels of hypertension.

These precautions are:

Watch your weight and do not let yourself get over weight.

Do not smoke.

Be careful with salt, see a little as possible in food.

Have your blood pressure checked regularly (at least every six months).

*(QUOTED FROM THE STANDARD, ASK. DR. AMREF)*

Question:

1. In not more than 100 words, summarize the possible causes of hypertension according to the passage.

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*Fair copy*

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2. A Read the following passage: -

You women, I'll tell you an interesting thing. When a little rain comes on your wedding day, be sure your marriage life will be happy and gay. What the people in my village say, is that you'll have a lot of children. You will always have plenty of food, because you've come with rain. And so the people will call you the lucky little bride.

*(From the burning bush by Bonnie Lubega)*

The following sentences are about the above passage, they are incomplete. Write the sentence out, completing them so that they refer to the passage by inserting not more than two words in any space:

1. Village people say it is good it rains .....during a wedding.
2. This is because the rain is a sign of good .....
3. They say it means that the bride will have .....children.
4. She will never suffer from .....of food.
5. So, girls, if it rains on your wedding day, you .....be depressed at all.

2. B In the following passage you are expected to give a very clear and precise answer. Read it carefully and respond to the questions.

#### A STORY FROM CALABAR

Once there was a girl, who was very beautiful, but she was also headstrong and obstinate, her mother was kind and loving and she ought to have obeyed her in everything, but she did not. She preferred to have her own way whenever she could.

There was a ghost – market in the next village, and the girl's mother was a trader who sold food in that market. Every week she used to go to the market, but she never allowed

her daughter to come with her. She made her stay at home and did not let her go out. Every week the disobedient girl tried to follow, but her mother locked her up in the house until she came back from the market. But one day the mother was in hurry, and when she went out, she forgot to lock the door and left it unlocked. The girl waited when it was quiet and she pushed it wide open. "I should stay here," she said to herself. "My mother will be angry. But I must know what the ghost market is like. It will be interesting to see it".

Silently, she crept behind her mother; taking care no one sees her following, until she could see the market. There was a great crowd of ghosts in the market, all eager to buy things that people had come to sell, she hid behind a tree to watch, but one of the ghosts in the shape of a very handsome man saw her trying to hide behind the tree, and he made her come out. "Don't you know" he asked "why your mother made you stay at home? You have been very disobedient. You did not do as you were told. Now you must follow me and I shall make you my wife. Hurry up! We must get home before it is dark.

The girl was now very frightened, but she followed the handsome ghost into the bush. They had gone only a little way along the road when she heard a voice crying from the bush. "Give me back my leg", it cried and the handsome ghost pulled his legs off and threw them towards the voice. Then he moved on without them. A little while later, another voice called, "give me back my arms", so the ghost had to return them also. Little by little, he gave all parts of his body which he had borrowed back to their owners until only a skull was left. The disobedient girl was of course, terrified. In fact she fainted from fear, and the ghost left her behind, lying on the road, and went home. A day later, her mother found her lying there! She was taken home and became a changed girl. From then onwards, she was never disobedient again.

#### *Questions:*

1. Why was the girl disobedient?  
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  2. How was it possible for the girl to get out of the house?  
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  3. Why had the girl's mother tried to stop her from visiting the market?  
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  4. What happened to the handsome ghost?  
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3. A Rewrite the following sentences according to the instruction given after each.
1. Distrust both Junior and Susan.      Begin: Do not .....  
.....

2. When she got the letter, my mother wept for joy. Begin: upon  
.....  
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3. “I am not going, and I will not be influenced to change my stand by anything that anyone says”. Begin: He said that .....  
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4. I would like to see him, but I cannot. Begin: Much as .....  
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5. I was about to board the train. I heard a voice calling me.  
Rewrite using: .....when .....  
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6. The boy was so short that he would not allow anyone to sit in front of him in the video hall. Rewrite beginning: So short .....  
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7. “Read your work over more carefully or I won’t mark it,” said Mr. Okech.  
Begin: Mr. Okech threatened not .....  
.....  
.....
8. Although your ideas look right on paper, I still have strong doubt.  
Begin: Your ideas .....  
.....  
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*Punctuate the following correctly.*

9. Mr. Moyo angrily pointed out you are late.  
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10. dr. Mubiru announced that the hospital in Soroti was closed.  
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3. B Select the best choice to complete the following sentences.
1. It gets .....cold here that we often need at least two blankets.  
A. so B. very C. too D. extremely
  2. The lesson was .....for a few minutes by an important announcement.  
A. interfered B. prevented C. interrupted D. broken up
  3. The music was .....sweet, but he played it only once.  
A. so B. as C. too D. very
  4. Despite her .....she wished she has never got married.  
A. faithful B. loyalty  
C. loyalty D. lowly
  5. People who did not know “Fools Day” called Jimmy a .....  
A. lair B. layer C. liar D. liar
  6. The cat was .....its paws.  
A. lacking B. linking C. licking D. leaking
  7. You have .....on my bed quite often.  
A. lay B. laid C. lied D. lain
  8. The Stanbic Bank .....rural farmers money which they pay back at a reasonable interest rate.  
A. donates B. lends C. borrows D. owes
  9. Margaret said that she .....to attend next week’s meeting.  
A. would not be able B. cannot be able  
C. could not be able D. will not be able
  10. As John .....ten years, he will know what to do.  
A. is working here since B. is working here for  
C. has been working here for D. has been working here since.

*END*