

Title

Lincoln as an Orator

Lincoln is known for his speeches and deeds. Every politician is a great orator but his power and wisdom couldn't be estimated by his rhetoric. However, it give insight of one's personality and thoughts. There are many orators whose speeches are acknowledged for the beauty of the ideas. But Lincoln's speeches are studied with regard to circumstances that led to their being delivered. They are true depiction of his beliefs and life, In fact, they provide explanation to the matter of life. Indeed, he is a true depiction of his words.

words in The passage : 275

words in precis : 91

Q.2: Make a précis of the following passage and suggest a suitable title.

Lincoln's speeches make him known by his words as readers of history know him by his deeds. In popularly-governed countries the great statesman is a necessity an orator though his eminence as a speaker may be no true measure of his power and fame; for wisdom, courage and tact bear little direct relation to the gift for speech. But whether that gift be present in greater or less degree, the character and ideas of a statement are best studied through his own words. This is particularly true of Lincoln because he was not what may be called a professional orator. There have been famous orators whose speeches we may read for the beauty of their language or for the wealth of ideas they contain, with comparatively little regard to the circumstances that led to their being delivered. Lincoln is not one of these. His speeches need to be studied in close relation to the occasions which called them forth. They are not philosophical discourses or brilliant displays of rhetoric. They are a part of his life. They are expression of his convictions. They derive their weight and dignity from the fact that they deal with grave and urgent questions and express the spirit in which he approached those questions. Few great characters stand out so clearly revealed by their words, whether spoken or written, as he does.

Title:

Emergence of Dynamic Middle class in Pakistan

Title:

Pakistan and its Emerging Dynamic Middle Class.

As the economic inequality persists, Pakistan is regarded as an intransigent society. Despite of poor governance, a competent middle class appears. Moreover, both modernist and conservative are present among middle class. However, they are less modern than feudal elites. The last decade witnessed the burgeoning conservative thinking among youth. In fact, consumerism is the unifying element in the middle class.

Furthermore, the practice of private polyclinics also common in middle class which provides greater health services.

Words in the main passage : 224

Words in preface : 74

Q.2: Make a précis of the following passage and suggest a suitable title.

Despite the existence of much poverty and inequality, it would nevertheless be wrong to portray Pakistan as an unchanging society. Despite major failings of governance, economic growth during the past decade has resulted in the emergence of a youthful and dynamic middle class. According to some assessments there are now as many as 35 million people with a per capita income of upto \$ 1900. There is no monolithic middle stratum of society; it is differentiated by occupation income family antecedents, language and gender. The middle class contain both modernist and traditionalist elements and is as a result not necessarily more westernized in outlook and lifestyle than the urbanized younger generation drawn from the feudal elite. Indeed, one of the most striking developments of the past decade has been the spread of the orthodox thinking among the youth. Perhaps the most unifying element of the middle class is consumerism as seen in the surge in the sales of cars, televisions and mobile phones. One in two Pakistanis is a mobile phone subscriber, one of the highest rates in the region. In addition to expenditure on electronic durables, the middle classes have establishments and privately run polyclinics which have become a marked feature of the urban landscape. According to one estimate, around three quarters of all the health care is provided by the private sector.

Answer 1:

Biofeedback is a process which allows people to deal with stress related illness and improve their health by learning how to relax. In this process, at first person learn to relax by attaching a monitoring device to his body part. After that person learn to relax without monitoring device and maintained relaxed feelings.

Answer 2:

Yes, learning to relax is beneficial for one's health. Stress leads to physical and mental illness of people. So, learning to relax enhance one's ability to counter stress forces and maintain mental peace, which in turn improves health.

Answer 3:

Biofeedback has great potential to treat stress related illnesses. It does this by enhancing blood supply of the area where device is attached which produces buzzer sounds as long as patient is relaxed. Once the patient learnt how to relax, he practise it without device. It becomes habitual and patient relax on his own which proves that Biofeedback is an outstanding medical tool.

Q: Read the following passage and answer the questions that follow. (20)

Biofeedback is a process that allows people with stress related illnesses such as high blood pressure to monitor and improve their health by learning to relax. In biofeedback, devices that monitor skin temperature are attached to a patient's arm, leg or forehead. Then the person tries to relax. As he or she relaxes completely. The temperature of the area under the device rises because more blood reaches the area. When a machine that is attached to the devices detects the rise in temperature a buzzer sounds, or the reading on a dial change. As long as the patient is relaxed, the buzzer or dial gives encouragements.

The next part of the biofeedback process is learning how to relax without the monitoring devices. The patient recalls how he or she felt when the buzzer or dial indicated realization and then tries to imitate that feeling without having to check the biofeedback machine. After succeeding in doing so, the patient tries to maintain the relaxed feeling throughout the day. Stress may cause as much as 75 percent of all illness; therefore, biofeedback promises to be an outstanding medical tool.

Questions:

1. What is biofeedback? Describe it in your own way?
2. Can learning to relax improve health? Explain your view point?
3. Why is biofeedback considered to be an instrument with great potential for the treatment of stress related illnesses?