Title Lincoln on Orator Lincoln is known for his speecher and deeds. Every politician is a great grator but his power and ruisdom couldn't be estimated by his schetoric. However, it gives insight of one's personality and thoughts. There are many orators whose speeches are acknowledged for the beauty of the edeas. But lincoln's speecher are studied with regard to liveumetances that led to their being delivered. They? are true depiction of his they who beliefs and life, In fact, provide an emplanation to matter of life. Indeed, hep life is a true depiction of his words. words in The passage: 275 main is picked and discussed words in frecis: 91. be clear about whom you are talking need improvement in expression. average precise 5/,20

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 drive their weight and dignity from the fact that they deal with grave and urgent questions and express the sprit in which he approached those questions. Few great characters stand out so clearly revealed by their words, whether spoken or written, as he does.

Date: / /20 MIWIFIS write only one at the top rest in suggested titles at the last Hiddle Title: Pakistan and its Energing Dynamic Middle Class. As the economic inequality perseits, pahistan is regarded as intranquent society. Despite of poor governance, a competent middle dons appears. More over, both modernists and conservatives are present among middle class However, they are been modern than feudal elits. The last decade witnessed the burgeoning Conservative thinking among youth. In fact, consumerism is the unifying element in the middle class. Furthermore, the practice or private polyclinies salso common in middle day which provide greater health services basic grammar needs attention too words in precis

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.

Biofeedback is a process which allows people to deal with stress related illness and improve this health by learning how to relass. In this proces, at first person learns to relax by attacking a monetoring device to his body part. After that it person learns to relase without monitoring device and maintained relaxed feelings. Answer 2: Yes, learning to relase is beneficial for one's health. Stress leads to physical and mental illner af people. So, learning to relax enhance one?s ability to counter stress forces and maintain mental peace, which in turn improves health.

Date:\_\_/\_/20 MTWTFS Answer 3: Biofeed boul how great potential treat stress related illnesses It does this by enhancing blood supply cet the area when device: is altached which produce buzzer Sounds as long as patient is relaxed once the patient learns how to relan, he practise it without device. It becomes and fatient relax on habitual his own which proves that Bisfeed back is an outstanding medical ans are satisfactory length is ok main ideas picked be careful about basic grammar too

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?