It feels almost like a biological imperative. The sun takes a little longer in its descent below the horizon and the chill of winter begins to leave the bones. Without much thought on your part, the couch is moved from its place so you can sweep beneath it and the drapes are suddenly in the washing machine. Disinfectant sprays suddenly attract a new level of interest and you decide your sponges must all be replaced. You've awakened from the long winter quasibernation that kept you glued to the television. Now it's time to thoroughly rid your home of the dirt and dust and dog hair that have accumulated over the long, dark season. You've been gripped by the urge to spring clean.

You're certainly not alone in this strange desire to clean your house. Spring cleaning has become nearly ritualized in the West. Makers of cleaning products ramp up advertising late in the winter. Internet sites and magazines become awash in spring cleaning tips. Public service campaigns for everything from properly disposing of outdated pharmaceuticals in America to removing litter from the Irish countryside are attached to spring cleaning each year. It's kind of an unconscious, collective movement.

Spring cleaning isn't for everyone, though. Using fMRI scans, researchers have determined that when confronted with a decision to throw out possessions— even junk mail— people who've been diagnosed as compulsive hoarders show activity in the same region of the brain that's responsible for processing damaging and unpleasant experiences. An estimated one to two percent of the population in the United States are compulsive hoarders, who accumulate and refuse to throw out large collections of everything from newspapers to paper clips.

For people who don't have a hoarding compulsion, spring cleaning seems almost compulsive in itself. The sense of cleanliness and accomplishment that comes from scouring the house also brings something like a neurological reward from the brain.

There isn't any documented medical evidence that spring cleaning is a compulsion; rather, it seems to be rooted in tradition more than anything else. Those of us in the West may be surprised to find that it's possibly rooted in customs found in the East. The reasons behind why we spring clean are rooted in two competing cultures, Jewish and Iranian. A third, the Chinese, also have a similar custom. All of these traditions extend far back into the distant past.

However, spring cleaning may have more to do with simple biology. During winter, we're exposed to less sunlight due to shorter, often dreary days. With a lack of exposure to light, the pineal gland produces melatonin— a hormone that produces sleepiness in humans. Conversely, when we're exposed to sunlight, our bodies produce much less melatonin. It's possible that we spring clean simply because we wake up from a winter long melatonin-induced stupor and find more energy as the days grow longer when spring arrives. After all, it's easy to allow a house to get a little gross around the edges when you're sleepy.

Ответьте письменно на следующие вопросы:
1. How does the author show that spring cleaning is a widespread habit in the West?
2. What is a hoarding compulsion?
3. What are the possible biological reasons for spring cleaning?

Выразите свое мнение на английском языке (150-200 слов) на тему:

What is your attitude to household chores?

1 Functional magnetic resonance imaging, a type of scan used to measure the change in blood flow related to neural activity in the brain.
БЛОК 2. ВАРИАНТ 1

Выберите один правильный вариант из предложенных в скобках:

I really want to learn Polish so I 1 (buy, bought, had bought) a course of language lessons an MP3 to play on my iPod. That meant I 2 (could, can, was able) work on it anywhere I went, particularly at those times when you’ve got nothing to do, like standing 3 (on, at, in) the bus stop, or in cinema queues. Once I was concentrating so hard 4 (at, on, in) getting a grammar point right that I completely forgot I was 5 (in, on, at) the bus and I started repeating restaurant phrases aloud. I felt a bit 6 (inconveniently, uncomfortably, uncomfortable) when I noticed everyone looking at me, so I didn’t do that again. Actually, one problem with learning 7 (by, on, at) my own was not knowing when I was saying words properly and when I 8 (didn’t, wasn’t, haven’t been). I could have done with someone to correct me, really. I don’t mean 9 (the, a, -) teacher, just somebody who spoke Polish well. Overall, though, it was a useful course and I think it was good value for money. After I 10 (finished, have finished, had finished) the beginner’s level I bought the intermediate level and I’m on that now.
Who invented matches?

3. 0  Man’s desire to be able to start a fire to warm himself and cook food has caused him to invent a variety of “matches”.

3.___ 1. The first practical matches were made in England by a druggist named John Walker. In order to light them they were drawn between folds of paper covered with ground glass.

3.___ 2. Finally, a non-poisonous red phosphorus was introduced, and this led to the invention of safety of matches.

3.___ 3. But the 17th century matches took fire so easily that his invention was not practical.

3.___ 4. The first safety matches, which light only on a prepared surface, were made in Sweden. Instead of putting all the necessary chemicals in the match-head the red phosphorus was painted into the striking surface on the container.

3.___ 5. During the Middle Ages sparks struck by flint and steel were caught by dried moss or fungus. Such material that catches fire easily is called “tinder.”

3.___ 6. The cave man struck a spark from a flint and hoped it would ignite some dry leaves.

3.___ 7. By 1833 phosphorus-tipped matches that could be ignited by friction were also being made in Austria and Germany.

3.___ 8. The Romans, thousands of years later, were not much further advanced. They struck two flinty stones together and caught the spark on a split of wood covered with sulphur.

3.___ 9. But there was one problem. White or yellow phosphorus was so dangerous to the match-workers that it had to be forbidden by an international treaty in 1906.

3.___ 10. Modern matches were made possible by the discovery of phosphorus, a substance which catches fire at a very low temperature. In 1681 an Englishman called Robert Boyle dipped a sliver of wood which had been treated with sulphur into a mixture of sulphur and phosphorus.

3. 11  The match was thus “safe” unless it was rubbed on the striking area.