

## TEXTO A

### Who Invented Music?

No historical evidence exists to tell us exactly who sang the first song, or whistled the first tune, or made the first rhythmic sounds that resembled what we know today as music. But researchers know it happened thousands of years ago. The earliest civilizations throughout Africa, Europe and Asia had music. Back then, many believed it was a divine creation, a gift from the gods.

Some scholars say singing was the first kind of musical sound. Not that people back then were humming full songs. Instead, they made simpler vocal sounds-perhaps just a few notes combined. If that's true, perhaps early humans began to speak and sing at about the same time. Why did they sing? Maybe they had an impulse to imitate something beautiful, like bird sounds. Vocal imitations of other animal sounds, however, may have been used for hunting, like a modern-day duck call. It's also possible singing was a way to communicate with infants and toddlers, like early versions of lullabies. But again, people were not singing melodies or songs, our modern lullabies evolved throughout centuries.

Archaeologists have helped musicologists to learn about ancient musical instruments from the artifacts they've uncovered. For example, they have found flutes and whistles made of bone, pottery and stone. When the scientists measured how much carbon-14 was left in the flutes - which were made from the bones of large birds- they discovered some of the instruments were more than 30,000 years old! Musical instruments could also be associated with different types of people. Farmers played the *syrix*, a small instrument that was easy to take into the fields. The *aulos* was a more sophisticated wind instrument: typically preferred by poet-musicians, it took more skill to play it.

Adapted from "Who invented music? The search for stone flutes, clay whistles and the dawn of song." The Conversation, October 10, 2022. <<https://theconversation.com/who-invented-music-the-search-for-stone-flutes-clay-whistles-and-the-dawn-of-song-185285>

### QUESTIONS

**A.1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE. (Puntuación máxima: 2 puntos)**

a) Historians have identified the first person who created music.

FALSE: "No historical evidence exists to tell us exactly who sang the first song, or whistled the first tune, or made the first rhythmic sounds that resembled what we know today as music."

b) Excavations have contributed to the knowledge of music in ancient times.

TRUE: "Archaeologists have helped musicologists to learn about ancient musical instruments from the artifacts they've uncovered."

A.2.- In your own words and based on the ideas in the text, answer the following questions.

Donot copy from the text. (Puntuación máxima: 2 puntos)

a) Mention two reasons why early humans started to sing.

They may have been trying to emulate beautiful sounds of nature, while another hypothesis is that these first sounds were an attempt to communicate with their babies. However, these sounds cannot be called “music” yet.

b) How were jobs in ancient times associated to different musical instruments?

Farmers played the *syrix*, a small and portable instrument suitable for taking into the countryside, while poet-musicians preferred the *aulos*, a more refined wind instrument that required greater expertise to play.

A.3.- Find the words in the text that mean: (Puntuación máxima: 1 punto)

a) took place (paragraph 1): **happened**

b) across (paragraph 1): **throughout**

c) complete (paragraph 2): **full**

d) put together (paragraph 2): **combined**

A.4.- Complete the following sentences. Use the appropriate form of the word in brackets when given. (Puntuación máxima: 2 puntos)

a) My father **has loved** (love) classical music since he was a little boy, but he is not very keen **on** rock or pop.

b) If I **had known** (know) so many people were going to the concert, I **wouldn't have bought** (not / buy) tickets three months ago.

c) He was being so **noisy** (noise) that he was asked to stop **playing** (play) the drums.

d) Complete the following sentence to report what was said. "What songs did you use to listen to when you were a child?"

He asked me **what song I used to listen to when I was a child.**

**A.5.- Write about 150 to 200 words on the following topic. (Puntuación máxima: 3 puntos)**

**What are the benefits of music in today's world? Discuss.**

Music has evolved beyond mere entertainment, becoming an integral part of our lives. In today's world, its benefits are far-reaching, but what is the actual transformative power of music in our modern society?

Firstly, music is therapeutic, reducing stress, anxiety, and depression. It serves as a cathartic release, providing solace during difficult times. Music therapy aids in coping with trauma, enhancing cognitive abilities, and managing chronic pain.

Secondly, music enables self-expression, allowing individuals to convey emotions and experiences. Song-writing and playing instruments foster a sense of identity and empowerment.

Furthermore, music unites people and bridges cultural divisions. Communal singing and concerts foster empathy, understanding, and social cohesion.

Lastly, music education enhances cognitive development, improving memory, critical thinking, and life skills such as discipline and teamwork.

Music's transformative impact on mental well-being, self-expression, social harmony, and cognitive development in today's world is undeniable. Let us embrace its power, ensuring its enduring presence for generations to come.

**BRAVOSOL**

**Sistemas Personalizados de Enseñanza**

## TEXTO B

### How Global Warming is Cutting Sleep Across the World

Humans spend about a third of their lives asleep, yet a growing number of people do not sleep enough. When adults do not receive the recommended amount of sleep, they may have issues with concentration. Long-term effects can include an increased risk of some health concerns like cardiovascular and gastrointestinal diseases. Global warming does not help.

People worldwide are likely to lose 50 to 58 hours of sleep a year by 2099 due to the climate crises, a new study revealed. Researchers used wristbands with internal accelerometers to measure sleep duration in over 47,000 adults across 68 countries for an average of six months. A single night over 30 degrees Celsius reduces sleep time by about a quarter hour per person. Based on the research, the elderly lost twice the amount of sleep per degree of warming compared with young or middle-aged adults. Women were also about 25% more affected by the rising temperatures than men.

The amount of sleep people received during the first month of summer, when people were less familiar with the heat, and the last month of summer was very similar. This similarity in sleep loss indicated that people cannot adapt to higher temperatures over time. Additionally, results showed that people did not appear to recover the sleep they lost during a warm night in the two weeks after a temperature spike.

Air conditioning may allow people to adapt to the warmer temperatures, but it's not a reliable, long-term solution. People living in lower-income countries have less access to air conditioning, which could further the equality divide. In addition, air conditioners release greenhouse gas emissions, which naturally increase global warming.

Adapted from "Expect to lose up to 58 hours of sleep a year by 2099. Here's why," CNN, May 24, 2022.  
<<https://edition.cnn.com/2022/05/24/health/sleep-loss-global-warming-study-wellness/>>

### QUESTIONS

**B.1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE. (Puntuación máxima: 2 puntos)**

a) A lack of sleep might affect a person's capacity to focus.

TRUE: "When adults do not receive the recommended amount of sleep, they may have issues with concentration."

b) By the end of this century, people will probably sleep longer than now.

FALSE: "People worldwide are likely to lose 50 to 58 hours of sleep a year by 2099 due to the climate crises, a new study revealed."

**B.2.- In your own words and based on the ideas in the text, answer the following questions.**

**Do not copy from the text.** (Puntuación máxima: 2 puntos)

a) According to the study, how do age and gender interfere in sleep loss?

The impact of rising temperatures on sleep was twofold for the elderly in comparison to young or middle-aged adults. Additionally, the effect of increasing temperatures on women was approximately 25% greater than that on men.

b) Mention two reasons why air conditioning is not a proper solution.

Not everyone has access to it, particularly in lower-income nations, leading to an inequality gap in addressing sleep loss caused by heat. In addition, air conditioning emits greenhouse gases, contributing to the problem of global warming and worsening the very issue it intends to lessen.

**B.3.- Find the words in the text that mean:** (Puntuación máxima: 1 punto)

a) but (paragraph 1) **yet**

b) calculate (paragraph 2) **measure**

c) quantity (paragraph 3) **amount**

d) seem (paragraph 3) **appear**

**B.4.- Complete the following sentences. Use the appropriate form of the word in brackets when given.** (Puntuación máxima: 2 puntos)

a) Talking **about** your problems is a good way **to solve** (solve) them.

b) The company **which/that** sold the product explained how to use it **correctly** (correct).

c) If people **had cared** (care) about climate change in the past, we **wouldn't need** (not/need) to take such drastic measures now.

d) Complete the following sentence to report what was said.

"Are you going to the museum next Friday?"

He asked Mary **whether/if she was going to the museum the following Friday.**

**B.5.- Write about 150 to 200 words on the following topic. (Puntuación máxima: 3 puntos)**

Describe the worst or the best dream you have ever had.

Since I became a mother one of my most profound fears has been that my son could suffer in any way. Sometimes this anxiety has permeated into my dreams causing me severe mental pain when I should have been resting and recovering for the next working day.

One of the several variations of this painful dream is that I lose him, either when he was a baby or now that he is a toddler. I may lose him in a crowded street or inside a mall, but the result is the same: the sheer desperation and guilt.

It is also very common that in my dreams he is just a concept, not my real child, and his face might be unexposed but within the dream I am sure that I am his mother and that is enough to cause me suffering when he is in distress.

To conclude, currently I like to think positively about such dreams. I see them as my wake-up alarm not to forget that he is there and needs my attention but they also create a contrast that highlights all the real amazing wonderful experiences that we live together.



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