

## Bahasa Inggris UMPTN 1999 Rayon C

### Text I

Many of us still believe that in order to be healthy we must have eight hours of sleep a night; or that if we sleep poorly over a period of time, we'll get lines in our faces, bags under our eyes, a worn look, and worst of all, be unable to perform our daily tasks effectively.

"Untrue," says Dr. Alice Kuhn Schwartz, psychologist and co-author of *Somniquest*. "You may look awful to yourself, but except for the first hour or so in the morning when you probably will be puffy-eyed due to depletion of a certain hormone that's the result of lack of sleep, you'll soon look like your usual self and perform normally. If you do feel worn, the cause is stress. Also, there is no number of hours you must sleep to maintain good health. Some people get along beautifully on four and a half hour, others sleep nine hours. Anywhere within that range is normal."

Recent studies of patient at sleep clinic have revealed significant facts about the cause of insomnia as well as ways to deal with it. It is no surprise that stress and depression (over family, health, job, or other problems) are linked to insomnia. Insomnia may be caused by physical illness: itching, aches, asthma, arthritis, ulcers, and heart problems that involve shortness of breath or difficulty in breathing.

In order to overcome insomnia, millions of Americans turn to drugs—both over-the-counter drugs and prescription drug. "No pill will produce normal sleep," says Dr. James Minard, sponsor of Sleep Studies at New Jersey Medical School. "You reach no proper levels of sleep through a pill; you're merely sedated".

01. The topic of the text is \_\_\_\_\_.

- (A) the role of sleep in keeping us healthy
- (B) the way people look after a sleepless night
- (C) the way to overcome insomnia
- (D) the result of not being able to sleep
- (E) opinion and findings on insomnia

02. Which of the following statements is NOT TRUE according to Dr. Schwartz?

- (A) Lack of sleep may lead to the depletion of a certain hormone
- (B) Some people need more sleep than others
- (C) If people do not enough sleep, they will work inefficiently
- (D) Stress is one of the causes of insomnia
- (E) Health does not depend on the hours of sleep

03. 'You may look awful to yourself' in line 4–5 implies that \_\_\_\_\_.

- (A) others do not look awful
- (B) you do not see that you look awful
- (C) others find that you look awful
- (D) you think that others do not look well
- (E) you may look fine to others

04. Findings show that the following are causes of insomnia, except \_\_\_\_\_.

- (A) illnesses
- (B) headaches
- (C) problems
- (D) tiredness
- (E) frustration

05. From the text we may conclude that \_\_\_\_\_.

- (A) studies have found the cure for insomnia
- (B) insomnia may lead to heavy depression
- (C) pills are an effective cure for insomnia
- (D) sleep clinics are becoming very popular
- (E) insomnia cannot be cured by drugs

### Text II

The reason why tea is so popular as a drink is that, unlike soft drinks for example, it contains a drug which stimulates the nervous system. The plant is a kind of bush, and tea is made from the very young leaves of this plant. Tea, used mainly a drink and also as a kind of medicine, was first known to have been drunk in AD 780 in China, but was probably common long before that.

06. The paragraph mainly discusses \_\_\_\_\_.

- (A) when tea became a common drink
- (B) why people drink tea
- (C) how people make tea
- (D) where tea was first known
- (E) what stimulates the nervous system

07. It is said that tea stimulates the nervous system because \_\_\_\_\_.

- (A) it is made from young tea leaves
- (B) it can make people drunk
- (C) it tastes different from soft drinks
- (D) it dates back to AD 780
- (E) it has a medical substance

### Text III

There are many ways of communicating that do not utilize language. Cries of warning and aggression, of contentment and affection, are forms of communication not limited to men. Or, on the human level, the dirty look, which may convey world of meaning, does not involve language. Gestures too, are forms of communication, although these seem always involved with culturally defined habits. The nod of the head means "yes" to American, but a single nod in the Middle East is a clear "no". Plainly, there are many ways of conveying messages, of which language is but the major one for human beings.

08. The main information of the text is about \_\_\_\_\_.

- (A) ways of conveying messages
- (B) different perceptions of communication
- (C) culturally defined habits
- (D) language, a way of communication
- (E) different meanings of gesture

09. Which of the following statements is NOT TRUE according to the text?

- (A) The same gesture may have different meanings
- (B) Only language can convey messages clearly in all cultures
- (C) One's dirty look can express one's emotions to others
- (D) Human beings do not always have to use language to communicate
- (E) Gesture are culturally clear signals to convey messages

#### Text IV

The old belief that the universe never changes is quite wrong. Even \_\_\_10\_\_\_ the invention of the telescope, astronomers noticed that bright stars suddenly \_\_\_11\_\_\_ in the sky, and then later disappeared. These stars were called 'novae' \_\_\_12\_\_\_ they were thought to be new. In fact we now know that they are really old stars which are slowly dying. A recent case of nova \_\_\_13\_\_\_ in 1918, and one of the few people who saw this was the American astronomer Edward Barnard. He was driving along in a car occasionally looking up into the sky. Suddenly he noticed a star that he had never seen before, and exclaimed. 'That star should not be there!' He was in fact watching the \_\_\_14\_\_\_ of a nova.

10. (A) when  
(B) until  
(C) while  
(D) since  
(E) before

11. (A) returned  
(B) observed  
(C) appeared  
(D) entered  
(E) brightened

12. (A) although  
(B) because  
(C) however  
(D) moreover  
(E) nevertheless

13. (A) occurred  
(B) displayed  
(C) showed  
(D) came  
(E) saw

14. (A) explode  
(B) explosive  
(C) explosion  
(D) explosiveness  
(E) explosively

*Petunjuk A dipergunakan dalam menjawab soal nomor 15 sampai nomor 30*

15. 'What has made these tourist resorts so unattractive?'  
'The poor maintenance of \_\_\_\_\_ facilities.'

- (A) it  
(B) their  
(C) its  
(D) they  
(E) theirs

16. The book that I \_\_\_\_\_ in the classroom was found by Adi.

- (A) had left  
(B) was leaving  
(C) had been leaving  
(D) have left  
(E) would have left

17. It is believed that \_\_\_\_\_ city of Ambon will take a long time to rebuilt.

- (A) the damage is tremendously  
(B) it is the tremendously damaging  
(C) the tremendously damaged  
(D) it is the tremendously damaged  
(E) the tremendously damaging

18. 'What do you need my calculator for?'  
\_\_\_\_\_ this math problem.'

- (A) In solving  
(B) My solving  
(C) Solved  
(D) To solve  
(E) I solve

19. He asked me whether he \_\_\_\_\_ my car to go to the party.

- (A) can borrow  
(B) might borrow  
(C) ought to borrow  
(D) may borrow  
(E) would borrow

20. 'Where is Tanti?' I don't know. In fact I \_\_\_\_ any of our friends since I arrive.

- (A) did not see
- (B) was not seeing
- (C) have not seen
- (D) do not see
- (E) had not seen

21. What did Bambang say to you?

' \_\_\_\_ he would join us at the restaurant after his meeting.'

- (A) When
- (B) Whether
- (C) Why
- (D) Where
- (E) That

22. 'Whom did you invite to this meeting?'

'The managers \_\_\_\_ reports you read this morning.'

- (A) whom
- (B) of whom
- (C) which
- (D) whose
- (E) of which

23. I am still waiting \_\_\_\_ for an interview.

- (A) to be called
- (B) be called
- (C) be calling
- (D) to call
- (E) called

24. 'How were you doing in your exams?'

'Not very well \_\_\_\_ I studied hard for it.'

- (A) while
- (B) since
- (C) whenever
- (D) in spite of
- (E) even though

25. 'His two last musical shows were not professionally conducted.'

'You're right. \_\_\_\_ he has contacted Kris, a professional in the entertainment business, for his next show.'

- (A) So that
- (B) In addition
- (C) Therefore
- (D) In spite of that
- (E) Moreover

26. 'I've tried to fixed my motorbike, but it is still not running well.'

'Why don't you have a mechanic \_\_\_\_ it?'

- (A) check
- (B) checking
- (C) to check
- (D) in checking
- (E) checked

Bahasa Inggris UMPTN Tahun 1999 Rayon C

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27. 'Had my parents had enough money, I would have studied at this academy.'  
From this sentence we know that the speaker \_\_\_\_.
- (A) failed the entrance test
  - (B) was a student of the academy
  - (C) had applied for a scholarship
  - (D) was not a student of the academy
  - (E) had not been given a scholarship
28. 'Having been defeated three times in a row, the boxer decided to give up fighting' means \_\_\_\_.
- (A) Although he was defeated three times in a row, he decided to give up fighting
  - (B) He decided to give up fighting after he had been defeated three times in a row.
  - (C) As he has decided to give up fighting, he was defeated three times in a row
  - (D) He decided to give up fighting, so he was defeated three times in a row
  - (E) When he decided to give up fighting, he was defeated three times in a row
29. 'Do you think I can wear my new necklace?'  
'I wouldn't advise \_\_\_\_ jewelry in a difficult time like this.'
- (A) wear
  - (B) to wear
  - (C) to be wearing
  - (D) wearing
  - (E) you wear
30. 'I'm sorry, I was not able to finish typing your paper.'  
'Well, it was my fault, I \_\_\_\_ you with so much work.'
- (A) might not have burdened
  - (B) had not burdened
  - (C) should not have burdened
  - (D) would not burden
  - (E) could not have burdened