

Text I

Motion sickness comes in many forms, not just seasickness. Ninety percent of the human race is susceptible to motion sickness of one kind or another. Some people become sick when they sit in the backseat of a car; others cannot read or look at a map in any kind of moving vehicle. People get motion sickness on airplanes, motorcycles, amusement park rides, and even on camels! Scientists have learned that motion sickness occurs when the brain is trying to make sense of a situation and there are too many conflicting messages. While the eyes are sending one message, the ears are trying to send a message about balance. The skin and bone joints, sensitive to air pressure send another message.

Many people who have experienced violent motion sickness try to avoid travel. But that is not always possible. So travelers should employ some well-known strategies to avoid getting sick. The most useful strategy concerns food: eat a light meal before traveling and bring along a packet of plain soda crackers to snack on regularly. Avoid alcoholic and carbonated beverages, high-fat foods, and spices. Care in choosing the location of your seat is another important strategy. In a car, sit at the front and keep your eyes fixed on the horizon.

People who still got sick after trying these strategies can try medical help. Some rely on over-the-counter medications, although some of them can make you sleepy. Others use simple ginger capsules to settle their stomach. A large number of travelers use pressure bands on their wrists. It is not clear how these bands work, but they do prevent motion sickness.

SPMB-05-5

- A suitable title for the text is ____.
- A. Motion Sickness
 - B. Inability to Avoid Motion Sickness
 - C. Effect of Motion Sickness
 - D. The Worst Kind of Motion Sickness
 - E. Susceptibility to Motion Sickness

SPMB-05-52

- A person gets motion sickness because of ____.
- A. sitting in vehicles
 - B. reading a book while traveling
 - C. waiting for the airplane to come
 - D. the conflicting messages received by the brain
 - E. watching rides in the amusement park

SPMB-05-53

Victims of motion sickness can reduce the chance of becoming sick by doing the following, *except*

- A. avoiding spicy foods
- B. eating a light meal before traveling
- C. consuming high-fat food
- D. taking the back-seat in a car
- E. not consuming alcohol

SPMB-05-54

- From the text we may conclude that ____.
- A. basically everyone tends to get sick when they are traveling
 - B. there is no definite solution to the problem of motion sickness
 - C. medical help is the best way to cure motion sickness
 - D. there are so many ways for people to stop getting motion sickness
 - E. motion sickness can be overcome by any drug prescribed by a doctor

SPMB-05-55

- The meaning of 'over-the-counter medication' is medicine bought ____.
- A. outside drugstores
 - B. in small grocery stores
 - C. only in drugstores
 - D. by paying cash
 - E. without prescription

Text II

In the process of trying to discover the various causes of such accidents, an investigator considers factors related to the time of day. He collects information on the number of accidents occurring during the various working hours of the day, and by using statistical methods he is able to show that the accident rate increases during the morning and also during the afternoon. Further statistical studies then reveal some of the major contributing factors involved in these accidents.

SPMB-05-58

- Which of the following would best began the paragraph above?
- A. So far there has not been enough information about people having accidents at a work site,
 - B. An industrial firm is concerned about the large number of accidents occurring in its plant,
 - C. Investigators have found out that working hours in some Industrial firms are too long.
 - D. The result of an investigation shows that accidents in a plant never occurs in the evening.
 - E. Statistics plays a very important role in eliminating the causes of accidents in a plant.

SPMB-05-57

- The topic of the above paragraph is ____.
- A. the investigation of causes of accidents
 - B. the role of statistics for investigators
 - C. working hours and types of accidents
 - D. contributions of investigators in a company
 - E. major accidents in the working hours

Text III

Traditional nineteenth-century education is usually associated with the image of a stern teacher standing in front of a blackboard in a one-room schoolhouse, teaching only the three R's of reading, writing, and arithmetic, and demanding rote (mechanical repetition) learning in an atmosphere of silence and restraint. Accurate or not, that image conflicts sharply with the modern reality. Today, the typical public school offers students a diversity of subject areas, a plethora of educational materials, and a variety of activities from creative dramatics to journalism. The modern school complex contains an array of educational facilities. Within the classroom setting, students are encouraged to speak up and engage in guided discussion. In fact, articulate speech and debate are desirable skills. Children are encouraged to interrelate on class projects that are independent of the teacher.

SPMB-05-58

The topic of the text is ___.

- A. the traditional nineteenth century education
- B. the freedom of students to choose from a variety of subjects
- C. the role of the teachers in education
- D. the difference between traditional and modern education
- E. the teaching of reading, writing, and arithmetic

SPMB-05-59

Which of the following would best end the text?

- A. There has been a change in the teacher's attitude in the past few years.
- B. Traditional and modern education have different goals to achieve.
- C. The development in education tends to make students independent.
- D. Unlike the traditional education, the modern one is less strict.
- E. It is the task of modern education to make children creative.

Text IV

The field of medicine has not traditionally distinguished between someone who is merely 'not ill' and someone who is in excellent health and paying attention to the body's special needs. Both types have (60) been called 'well'. In recent years, (61) some health practitioners (62) to apply the terms *well* and *wellness* only to those people who are actively striving to maintain and to improve their health. People who are well are concerned with nutrition and exercise, and they make a point of (63) their body's, condition - for example, through (64) breast self-examinations or blood pressure checkups. Most important, perhaps, people who are well take active (65) for all matters pertaining to their health. Even people who have a physical disease or handicap may be 'well', in this new sense if they make an to maintain the best possible health they can in the face of their physical limitations.

'Wellness' may perhaps best not as a state that people can achieve, but as an ideal that people can strive for.

SPMB-05-60

- A. simple
- B. simply
- C. simplify
- D. simplicity
- E. simplified

SPMB-05-61

- A. furthermore
- B. nevertheless
- C. therefore
- D. moreover
- E. however

SPMB-05-62

- A. begin
- B. began
- C. have begun
- D. are beginning
- E. who began

SPMB-05-63

- A. seeing
- B. watching
- C. keeping
- D. monitoring
- E. caring

SPMB-05-64

- A. regular
- B. usual
- C. standard
- D. ordinary
- E. customary

SPMB-05-65

- A. respond
- B. response
- C. responding
- D. responsive
- E. responsibility

SPMB-05-66

- A. effort
- B. program
- C. achievement
- D. exercise
- E. diet

SPMB-05-67

- A. to be viewed
- B. being viewed
- C. be viewed
- D. is viewed
- E. to be viewing

SPMB-05-68

- 'What has the donated money been used for?'
' ___ a school for the needy'.
- A. We set up
 - B. Setting up
 - C. It is set up
 - D. In setting up
 - E. Sets up

SPMB-05-69

- As my friend won the first prize for a scientific writing competition, I sent him a card saying: '___'
- A. Congratulations! I knew you could do it.
 - B. Wow, I didn't know you could write!
 - C. Was it hard writing for a competition?
 - D. That's good. But you could do better next time
 - E. We there many participants in the competition ?

SPMB-05-70

- 'Look at the beautifully carved doors of that house'.
'Well, in fact it is the house ___ '.
- A. which I was born
 - B. I was born in this house
 - C. in which I was born
 - D. I was born there
 - E. where was I born

SPMB-05-71

- He did not pass his oral examination because he was either nervous ____
- A. or he did not prepare himself well
 - B. and did not prepare well
 - C. also the preparation was not good
 - D. or not well prepared
 - E. but he was not well prepared

SPMB-05-72

- Interested in developing tourism in Indonesia,
- A. the government cooperate with related education centres
 - B. there is cooperation between the government and related education centres
 - C. the establishment of cooperation between government and related education centres has been realized
 - D. cooperation between government and related education centres has been established
 - E. it is necessary to establish cooperation between the government arid related centres of education

SPMB-05-73

- 'How can you determine students' ability in writing?'
'For a start, ___ a five-hundred-word essay'.
- A. the students write .
 - B. the students are writing
 - C. have the students to write
 - D. the students have written
 - E. have the students write

SPMB-05-74

- There's nothing interesting on TV.' ___'
- A. How about movies?
 - B. Let's go to the movies then
 - C. We have to go to the movies
 - D. Would you mind going to the movies?
 - E. Well, I'd like movies

SPMB-05-75

- 'What is going to happen to the children who have become orphans due to the tsunami disaster?'
'Don't worry, they ___'.
- A. will take care of
 - B. will have "been taken care of
 - C. will have taken care of
 - D. will be taken care of
 - E. will be taking care of