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**Introduction**

This report was requested by Mr J. Simmons , Health Department . It studies herbal remedies and considers whether they are effective and safe . The report was to be submitted by 30 October .

**Facts and Findings**

- 1 Many people use plant extracts for medicines .
- 2 Herbs have been used for thousands of years .
- 3 There are three types of herbal medicines : Western , Chinese , Indian .
- 4 Users need to take care because some herbs have serious side effects .

**Conclusion**

According to some experts , some herbal medicines have a harmful effect on the body . However ,We can get many benefits from herbs , as well .

**Recommendations**

It is recommended that patients :

- . use herbal medicines with great care .
- . get advice from a herbalist .
- . tell your doctor if you are using herbal medicines .
- . make sure that herbal remedy is the correct product for you .
- . ask a herbalist to make a remedy specially for you .

Hans Martin  
Director , GRS



**Bo.omar90**



**A for and against essay: Is The internet bad for young people ?**

It is now easier than ever to access the internet , whether you are using a computer ,phone or tablet . There is no doubt that many young people are spending more time online With both positive and negative consequences .

One advantage of the internet is that students can do research for their schoolwork and homework . This often help teenagers to widen their knowledge and improve their grades . Another positive aspect of the internet is that people can practise foreign languages by chatting to friends in other countries . This is also a good way of keeping in touch with friends and family around the world .

On the other hand , there are also negative Consequences . Some young people become addicted to online gaming and this can mean that they waste too much time Playing these games . This can have a negative effect on their schoolwork , the amount of exercise they get and their social lives . In addition , excessive internet use can mean that some people hardly talk to their families because they are always on the computer .

To sum up ,spending time on the internet can have a negative impact on young people , but it also has many advantages . Personally , I think the internet is an incredible tool and the benefits o the internet outweigh the dangers . However , we should be careful not to use the internet excessively .

## Sports involving animals should be banned . Discuss

(2)

These days , many people believe that we should not use animals for sports . They think it is really cruel to force animals to play some sports just to make money or for fun . They argue that there should be laws banning the use of animals for this purpose . The objective of this essay is to decide if it is necessary to stop using animals in the field of sport .

Many people argue that it is a must not to use animals for entertainment or sports . They think so because animals feel pain like us . Therefore , we have to keep animals live their own lives in the nature . It can also be argued that animals are living beings like us . They are individuals not objectives . Hence, they deserve our respect . They should enjoy the right to freedom including freedom from harm and exploitation . Moreover , there must be an international law banning all forms of animals abuse.

In contrast , some people argue that animals can add to people's happiness . They are a source of fun and entertainment . Consequently , they see that we can use animals for sports shows that please children . Also , sports involving animals are a main source of income for people practicing them . In addition , some animals make up a big part of some countries' culture . What makes other people support sports involving animals is that people take care of animals . In simple terms , we provide them with food and medical welfare .

In conclusion , it is clear that people have different arguments concerning this topic . Personally , I think animals taking part in sports prove to be intelligent . On balance, it can be said that we should encourage sports involving animals provided that we care for animals . If not , They must be banned .



Bo.omar90



### \*Formal email

Write James Hammond's reply to the email sent by Fatima Al Bitar ( page 14 ) inviting him to speak in their conference in Manama , Bahrain , on 15 May .

Dear Ms Al Bitar ,  
Thank you for your email of 5 February inviting me to speak at the conference in Manama , Bahrain . I am afraid that I will be unable to attend the conference this year due to a prior engagement . If you wish, I could recommend one of my colleagues to speak in my place . Once not attending this year and for any inconvenience caused . again I would like to apologise for Please do not hesitate to contact me should you organise another conference in the future .  
Yours sincerely , James Hammond

### \*\*Informal email

Write James Hammond's reply to the email sent by Nader asking if James wants to give a talk at an industry thing he is getting together in Bahrain in May . ( Page 14 )

Hi Nader ,  
Thanks for the invite to talk at the conference in Bahrain . Sorry , but I won't be able to make it this year as I've already got something on . If you want I can find someone to step in . Anyway , sorry again for not coming and I hope it doesn't put you out too much .  
Please let me know about any other stuff you are doing in the future .  
Best, James

**Describing information in a table**

The percentages of Students Attending Four Secondary School Types between 2005 and 2015.

	2005	2010	2015
Specialist Schools	12%	11%	10%
Grammar Schools	24%	19%	12%
Language Schools	52%	38%	20%
Community Schools	12%	32%	58%

**The table shows** the number of students attending four different types of secondary school from 2005 to 2015. It is clear that the specialist, grammar and language schools **decrease** in numbers of students **whereas** the community schools became **the highest** of secondary schools during the same period.

**To begin**, the percentage in language schools **declined** from 52% to only 20% in 2015. **Similarly**, the relative number of students in grammar schools **dropped sharply** in the same period. **In contrast**, the percentage of students attending specialist schools **remained nearly stable**.

**In conclusion**, while the other three types of school **declined** in attending, **the opposite was true in the case** of community schools. The figure **increased** from 2005 to 2015. In fact, while only 12% were educated in these schools in 2005, **this figure increased** to exceed all the students in the other schools.

**An Online Film Review**  
**(About Titanic film)**

Titanic

Talat Salim (Bahrain )

One of my favourite films is *Titanic*. I am a great fan of romantic movies and I am very keen on the history of the tragic Titanic. The movie tells the dramatic story of the Titanic with Leonardo Di Caprio and Kate Winslet as the main actors.

The movie is very close to the real tragedy. It shows a beautiful love story with an extremely sad ending. The acting is first-rate. Leonardo Di Caprio's and Kate Winslet's performance is so brilliant that I cried during the whole story.

In the year 1912 a young poor guy, Leonardo, travels by the gorgeous ship Titanic from London to New York with a big dream. On board, he meets a fabulous wealthy girl, Kate Winslet. He falls in love with her as soon as he sees this gorgeous girl. However, after a few days the ship hits an enormous iceberg and starts sinking.

This movie brings tears to your eyes. If you want to cry and melt down to a glamorous love story. I strongly recommend that you watch this movie. Titanic is well worth seeing. You will never regret watching it.

**Write a summary of an article**

Writing Skills

Writing a summary

**(About a project on a Greek island) sb (p 850)**

1. Read the original text; you should understand every word. Take note of the key points (usually the topic sentence).
2. Paraphrase the points using your own words. Do not use quotations. Keep the order of ideas.

believe= state= argue; provide= offer= supply; creation= innovation; publicise= make known= advertise; help= assist= aid; increase= raise= boost

3. Remember that you cannot include your opinion and the summary should be about one third in length of the original text.