

Unit-IV

Inviting, Congratulating and Thanking People

The Lady with the Lamp in the Services of India

1. Write about Florence Nightingale's contribution in India.

Answer – Florence Nightingale showed the right path of welfare activities to the British government for the people in India. She urged for proper food and sanitary system for Indians. Thus she laid the stress on improving the agricultural system, irrigation system, proper drainage system and pure drinking water facility for common people.

2. Why is Florence called 'The Lady with the Lamp'?

Answer – The British cabinet sought the service of Florence Nightingale for their wounded soldiers during the Crimea War in 1854. In response to their request she arrived in Crimea. She noticed that most of the soldiers are dying of fever and infection than from battle fields. Therefore, she stressed on sanitary regulations and introduced special diets. She used to work hard for 14 hours a day for the welfare of the soldiers. She used to carry a lamp aloft in her hand to avoid stumbling against patients who were lying on the floor. This proved a beacon light and earned her the name 'The Lady with the Lamp'.

Extra questions:

1. Write a short note on Florence Nightingale's birth and family.

Answer – Florence Nightingale was born in Florence, Italy, in 1820. She belonged to an aristocratic family. Her father's name was William Nightingale. He was a wealthy landlord. Her mother's name was Fanny Nightingale who was fond of elegant dresses and parties. At the age of 17 Florence Nightingale received divine inspiration and said 'God spoke to me and called me to His service'. To her, 'service' means to nurse the sick. Listening to this, her parents got puzzled and heart-broken. Then with her father's blessings she started working in the hospital.

Unit- V

Describing Events

I) Happy Man is He Who Lives a Life of Love

a. How do we get happiness?

Answer – Happiness does not depend on personal belongings or possessions. Keeping mind out of negative thoughts is the best means of possessing happiness. Ability to keep mind away from negative thoughts will provide us the scope to re-experience our natural state of happiness. Thus we will be able to realise that happiness depends on those works what we enjoy to do. To make ourselves happy we should read good books. We should realise that happiness is not contingent on things or events. It is a state of being.

b. Who is a happy man? Why do you think so?

Answer – The happy man is he who lives the life of love not for the honours it may bring, but for the life itself. It says that living life without expectation is the best way of achieving happiness. In addition to this, it is to be mentioned that people those who are able to release the negativity that clogs their mind are truly happy. People those who live life in present moment are enjoying happiness.

Human beings those who enjoy the living without having any expectation and remain self-content truly relish a happy life. We are creative in nature. That's why, we should add creativity in our executed or to be executed work. We are here in this world not to just accumulate things but to strive, build and to live. So, human beings those who remain self-content with their present position and are not highly ambitious are truly happy in nature.

Extra questions:

a. Why are children unable to experience the happiness as like their infancy when they become adult?

Answer – All children live in a state of natural happiness. They explore the world and simultaneously enjoy joy & sorrow with each discovery and accomplishment. But when they grow old, they confront positive and negative criticism from the society on their accomplished works and slowly a sense of burden in executing any work grows. Thus they lose the natural state of happiness which they possessed in their infancy.

II) How to cope with exams?

q. b. Describe briefly the ways to revise.

Ans – The below mentioned steps may be taken for revision –

- i) An overview of the topic is to be created.
- ii) One should break each subject of revision into manageable parts.
- iii) Make headings and allocate each section on a weekly planner.
- iv) Tutor may help in practising questions and past papers.
- v) Time slot is to be decided for revision sessions.
- vi) At least five minutes break is to be kept after every half an hour revision session.
- vii) Reviewing of revision session is also important.
- viii) One should develop a technique for question analysis.
- ix) Proper plan of answering questions is to be kept.
- x) Proper strategy in connection with the utilization of time during exam should be there.

q. c. Apart from revision, how should one prepare oneself for exam?

Ans – Preparation for the exam depends on punctuality, perseverance and discipline. Taught topic in the classroom lecture must be learnt within the same day as it will help in understanding the matter properly. Any kinds of difficulty in understanding the taught topic should be discussed with the concerned teacher and with other positive people having expertise in the same field. Proper diet especially nutritious foods are to be taken during examination. Thus brain will have proper energy to cope with the stress of exam. Proper rest and sleep is to be taken. Even after all these measures stress in connection to exam does not get controlled or subsided, the advice and medication from any doctor can be taken.

Unit- VI

The Salt of Life

1. Write briefly about the history of salt.

Answer – The history of salt dates back to 6000 years ago. Earlier the Romanians used to produce salt boiling sea and lake warm water. Even centuries ago salt mines were found in China and Austria. In the old days, the British used to make salt by boiling sea water on open fires. At present, China and the US are the world's largest producer of salt.

2. Who are the important producers of salt? What are their specialities?

Answer – At present important producers of salt are China and the US regarded as the largest producers of salt. Besides China and US, names of other places are worthy of mentioning for producing high quality salts like Bolivia, the Dead Sea in Israel, the underground mines in Poland and the Thar region in India. Various categories of salt are Kosher salt, Fleur de sel or the flower of salt, Maldon salt, Hawaiian salt etc.

3. How important is salt to our life?

Answer – Salt occupies an important place in our life. It is essential for both humans and animals as part of their food. It is even used in medicines, food preservation and in other ways. In the culinary world salt exists with a different meaning. Kosher salt is associated with Jewish faith and laws. Salt blocks are used today as a bed for serving sushi. Maldon salt is used extensively by chefs. The Hawaiian salt is used for roasting, grilling, and preparing traditional dishes like jerky and poke. One could also get salt that is flavoured with chillies from around the world like bhut jolokia from India and chipotle, habanero and jalapeno from Mexico. Salt is used in flavours like curry, porcini, sun-dried tomatoes, truffle, lemon, garlic, kaffir lime, vanilla beans etc. At present salt is used as an enhancer for foods like soup, stew, fries, cheese etc.

4. Write a note on the use of salt in the culinary world today.

Answer – same as question no. 3