World
Place
Earth
Space

Communicate
Persuade
Inform
Demonstrate

Evolve
Change
Develop
Alter

Doing
Making
Getting
Having

Better
Fine
Good
Well

Validity
Truth
Reality
Reason

Contain
Retain
Hold
Keep

8

Struggling
Fighting
Opposing
Striking

9

Construct
Achieve
Provide
Produce

10

Curing
Treating
Healing
Improving

11

Hint
Symbol
Feature
Sign

12

Release
Rid
Loosen
Expel

13

Rubbish
Waste
Leftovers
Remails

14

Consider
The ability to weep is a uniquely human form of emotional response. Some scientists have suggested that human tears are (0) evidence of an aquantic past – but this does not seem very likely. We cry from the moment we enter this (1) _, for a number of reasons. Helpless babies cry to (2) _ their parents that they are ill, hungry or uncomfortable. As the (3) _ they will also cry just to attract parental attention and will often stop when they get it.

The idea that (4) _ a good cry can do you (5) _ is a very old one and now it has scientific (6) _ since recent research into tears has shown that they (7) _ a natural painkiller called enkaphalin. By (8) _ sorrow and pain this chemical helps you to feel better.

Weeping can increase the quantities of enkaphalin you (9) _. Unfortunately, in our society we impose restrictions upon this naturally (10) _ activity. Because some people still regard it as a (11) _ of weakness in men, boys in particular are administered when they cry. This kind of repression can only increase stress, both emotionally and physically.

Tears of emotion also help the body (12) _ itself of toxic chemical (13) _, for there is more protein in them than in tears resulting from cold winds or other irritants. Crying comforts, calms and can be very enjoyable – (14) _ the popularity of the highly emotional films which are commonly (15) _ ‘weepies’. It seems that people enjoy crying together almost as much as laughing together.

**Vocabulary**

**Persuade**: to make someone do or believe something by giving them a good reason to do it or by talking to that person and making them believe it (ES: persuadir, dar a entender)

**Having a good cry can do you a good**

- Struggling with/against
- Fighting /with/against
- Opposing to

- Cure (todo)
- Heal (parte)
- Treat

- hint (ES: indirecta)
- symbol (ES: simbolo)
- features (ES: rasgos de apariencia)
- traits: A distinguishing quality or characteristic, typically one belonging to a person (ES: rasgos de personalidad)
- sign

Release **from**
Rid **of**
Loosen (ES: aflojar)
Expel (ES: expulsar de clase..)
Waste (ES: residuos)
Leftovers (ES: restos de comida)

**Keys**

1) World
2) Persuade
3) Develop
4) Having
5) Good
6) Validity
7) Contain
8) Fighting
9) Produce
10) Healing
11) Sign
12) Rid
13) Waste
14) Consider
15) Called