



Name: _____

Date: _____

Music to My Ears

Music plays an important role in people's lives around the world. Singing, as it does not require any special tools or instruments, is a particularly popular way for people to enjoy music. Although many people sing for fun, few people know that singing actually (21). From helping people fight diseases to reducing stress, singing can make people's lives better.

Singing can also be seen as a type of exercise. When people sing, their bodies use a number of important muscles. It also helps people improve their breathing and strengthens both their lungs and hearts in the same way as aerobic exercise such as jogging. (22), some experts say that singing can actually be a good alternative to exercise for elderly people who need to improve their weak lungs and hearts. Furthermore, singing increases the chemicals in the body that make people feel good, which can help reduce anxiety and depression.

New research has shown that singing (23) can also have positive effects. Don Stewart, a researcher at Griffith University in Australia, surveyed elderly members of a chorus. He found that although they had the same health problems as other elderly people, they were actually happier than those who did not sing or those who sang alone. In addition, the chorus members visited the doctor less and took fewer medicines. After noticing these advantages, some governments are considering promoting choruses as a way to reduce the cost of medical care for the elderly.

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| 21. | a. improves memory | b. leads to heart disease |
| | c. has many health benefits | d. causes a number of problems |
| 22. | a. In fact | b. At last |
| | c. Unfortunately | d. Traditionally |
| 23. | a. once a day | b. in a group |
| | c. at school | d. with a microphone |