

LIFE-LONG WORRIES

My young son complained to me at breakfast about a terrible ___1___ he'd had the night before, a dream ___2___ monsters and strange cities and frightening voices coming from the dark. The poor ___3___ was greatly shaken up by it, and it reminded me of just how important it is to get good sound sleep. I'll tell you ___4___ I told my son. The fifteen minutes before going to sleep is the most important ___5___ of an hour in the whole twenty-four. The question of real sleep ___6___ refreshment—in place of restless, uneasy slumber plagued with nightmares—for the body, brain and mind ___7___ determined by the physical, ___8___ and emotional state during the last ___9___ moments. If the individual goes to sleep with tense muscles, a unrelaxed mind, and filled with worry, hateful or fearful thoughts, the ___10___ are all against real and refreshing sleep. Indeed, many people get up from their beds each ___11___ entirely unrefreshed and unfit for their job—not having had a real rest. It seems not too much to say that some people do not know what ___12___ real ___12___ is. A large number of people have formed the vicious habit of ___13___ their troubles to bed with them. If they have ___14___ stress, complaints, worries, or hatreds to indulge, they ___15___ these all aside during the activities of ___16___ day, and carry all of ___17___ to bed with them before ___18___.

	A	B	C	D
1	Dream	Sleep	Imagine	Play
2	In	At	Of	The
3	Man	Boy	Woman	Girl
4	That	Which	What	Who
5	Half-past	Quarter	Fifteen	Time
6	And	The	A	Of
7	Was	Is	Were	Are
8	Mental	Brain	Thought	Work
9	Working	Sleeping	Waking	Intelligent
10	Possibility	Probability	Guesses	Chances
11	Afternoon	Dawn	Evening	Morning
12	Dream	Slumber	Restfulness	Relaxation
13	Carrying	Putting	Getting	Sleeping
14	No	Some	Any	Much
15	Paint	Brush	Colour	Breath
16	In	At	The	By
17	They	It	Their	Them
18	Resting	Relaxing	Reading	Sleeping

Answers

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| 1 Dream | 10 Chances |
| 2 Of | 11 Morning |
| 3 Boy | 12 Slumber |
| 4 What | 13 Carrying |
| 5 Quarter | 14 Any |
| 6 And | 15 Brush |
| 7 Is | 16The |
| 8 Mental | 17 Them |
| 9 Waking | 18 Sleep |
| 9 Chances | |