



Daily Article (Bharath's Reading list) - Answers and Explanations 13.11.2023

Article link : [Link](#) (Why Being Near Water Really Does Make Us Happier)

1. According to the article, water offers us an auditory "break" as:

- A. Water has a still and calm presence, giving us an immeasurable sense of peace
- B. Moving water is expert at masking noise, especially the sound of the human voice, a major source of workplace stress
- C. Our ears are better attuned to listen to pink noise like sounds like rushing water or rain falling on pavement
- D. All the above

Explanation : B

Option B is clearly stated in the article. Option A does not explain why water offers us an auditory break. Option C is not stated in the article.

2. Time spent in the water is especially relaxing for the body as:

- A. We give up gravity and that is a somatic break for the brain
- B. Our body can rest muscles used every day and work others that are used far less frequently
- C. People a short distance away can't hear our words, giving us a feeling of a private bubble
- D. All the above

Explanation: D

All given points are mentioned in the article.

3. The UK study quoted in the article is " a poignant argument for keeping our planet healthy" as:

- A. While just looking at an empty body of water at an aquarium did not prove relaxing, looking at a fully-stocked tank, containing double the number of species had a fully-stocked tank, containing double the number of species
- B. While just looking at an empty body of water at an aquarium proved relaxing, it was boring; with more wildlife, people's blood pressure and heart rates dropped and they wanted to stay longer
- C. While just looking at an empty body of water at an aquarium proved relaxing, looking at a polluted tank with struggling wildlife made participants angry and frustrated
- D. None of the above

Explanation: B

Refer to the lines, " As it turned out, even just looking at an empty body of water at an aquarium proved to be relaxing. But the experience grew boring after time. The antidote? Biodiversity. As wildlife, flora, and fauna increased in the tank, so too did the therapeutic benefits of standing there. With more wildlife, people's blood pressure and heart rates dropped; and the longer they wanted to stay."