

## Reading Passage

Throughout history, garlic has had many uses. The Egyptians used garlic to cure 22 different illnesses and to make workers stronger. The Greeks and Romans used it to cure illnesses and to break spells and curses. They even used garlic because they believed it would make their soldiers more courageous. Many famous explorers such as Homer, the Vikings, and Marco Polo used garlic because it helped them endure their long voyages. During World War 1, garlic was used because it was effective in fighting infectious diseases.

Question: How does the information in the listening passage add to the ideas presented in the reading passage?

## Lecture

Aside from the historical uses of garlic mentioned in the reading passage, believe it or not, there is actually sound scientific evidence to suggest that garlic has medicinal benefits. Of course, there is no evidence to suggest that garlic can be used to cancel spells or superstitions. It is also doubtful that garlic can be used to give a worker more courage.

Let's get back to what scientists actually say about garlic.

First, raw garlic can kill 23 kinds of bacteria. For example, crushed raw garlic kills staph, a type of infection because it kills bacteria by causing their cells to swell and burst. One study shows that even the vapors alone from crushed raw garlic can kill bacteria up to eight inches away for up to four hours.

Second, cooked garlic also has some medicinal benefits. For example, heated garlic can be used as a blood thinner. More specifically, the oil from heated garlic can lower blood pressure, prevent strokes, and even reduce the possibility of heart attacks. All these benefits are due to garlic's ability to thin the blood.

Third, the oil from heated garlic produces a special chemical which can control or limit many forms of cancer development in patients.

As you can see, garlic has several health benefits to those who eat it.

## Sample Essay

In this set of materials, the reading passage discusses the historical uses of garlic, and the listening passage, during which it presents opposite and supporting points, discusses the medicinal benefits of garlic.

First of all, the lecture opposes that idea that garlic, as the reading passage suggests, can be used to break spells and curses and to give workers more courage. In fact, according to the lecture, there is no scientific evidence to suggest that garlic could be effectively used in any of those instances. Moreover, while the reading passage claims that garlic can give strength to explorers such as Marco Polo, Homer, or the vikings when traveling on long voyages, the lectures provides no evidence to support this conclusion. Thus, it appears that the lecture casts doubt on the idea that garlic can give someone strength.

Second of all, despite some of the differences between the ideas of the two sources, the lecture does support of the ideas mentioned in the reading passage. For example, according to the reading passage Greeks, Romans, Egyptians, and even medical personnel during World War I used garlic to cure illnesses and to fight infectious disease. The lecture, relying on medical evidence and science, confirms that by pointing out that garlic in its raw form can be used to kill 23 different kinds of bacteria such as staph, a type of infectious disease. In addition, garlic, in its cooked form, can be used as a blood thinner in that its oil can lower blood pressure, prevent strokes, and possibly even prevent heart attacks. Finally, according to the lecture, oil from heated garlic can be used to stop the spread of cancer in patients.

In conclusion, after having read the reading passage and listened to the lecture, it is apparent that garlic indeed has some healthy benefits to those who eat it.