

Vocabulary

montage n. a rapid sequence of thematically related short scenes or images that exhibits different aspects of the same idea or situation

composite n. a structure made up of components or parts.

1. Who or what is the passage about?

2. What is the main point the authors want you to understand about the content of dreams?

คำอธิบาย

หัวข้อเรื่องหรือสารัตถะ (subject matter) ของอนูเจตน์บอกไว้ในประโยคแรก คือ the content of our dreams หรือ the “stories” our dreams are made of ในอนูเจตน์ ใจความสำคัญไม่ได้อยู่ในประโยคเดียว หรือไม่มีประโยคใดบอกใจความสำคัญครบถ้วน ภายในหนึ่งประโยค ประโยคที่สองบอกใจความสำคัญเกือบจะครบถ้วน เพียงแต่เราเติม สารัตถะให้เป็นประธานของกริยาในประโยคที่สองเท่านั้น เราก็จะได้ประโยคใจความ สำคัญที่สมบูรณ์ครบถ้วน

ผู้อ่านจะสังเกตได้ว่า ผู้เขียนขึ้นต้นอนูเจตน์โดยการตั้งคำถาม แล้วก็ตอบคำถามนั้น เองในประโยคที่สอง เมื่อผู้อ่านรวมใจความในประโยคคำถามเข้าด้วยกันกับใจความใน ประโยคคำตอบ ผู้อ่านก็จะได้ประโยคใจความสำคัญของอนูเจตน์ นี่เป็นการหาใจความ สำคัญวิธีที่ 1

ประโยค 1 ประโยค + คำหนึ่งจากประโยคคำถาม = ประโยคใจความสำคัญ
(ประโยคที่สอง) (ประโยคที่ 1)

ซึ่งเป็นประโยคคำตอบ

Content of Dreams
Where do the "stories" of our dreams come from? Most of them appear as a montage of the day's events in somewhat altered form. Based on some 10,000 dreams reported by normal people. Calvin Hall (1966) found that most dreams are commonplace. They are most often played out in familiar settings, such as a house, although the house is usually not the dreamer's own house. The most popular room is the living room, followed by—in order—bedroom, kitchen, stairway, basement, bathroom, dining room, and hall. The room is often a composite of several rooms the dreamer has known. Women's dreams more commonly take place indoors, men's out-of-doors.
<i>Psychology</i>
by Diane Papalia and Sally Olds

ต่อไปเราจะหาใจความสำคัญที่กล่าวเป็นนัย ๆ ไว้ โดยอาศัยวิธีที่สอง จงอ่านอนุเฉทต่อไปนี้อย่างตั้งใจ และหาสารัตถะหรือสาระสำคัญ (subject matter) ของอนุเฉทก่อน ต่อจากนั้นจงพยายามหาใจความสำคัญของอนุเฉทนี้

Chief Scapegoat: Evaluating Presidents

“Before you get to be President you think you can do anything,.’ Lyndon Johnson told Richard Nixon, as he left the White house, “but when you get in that tall chair, as you’re gonna find out, Mr. President, you can’t count on people. You’ll find your hand tied and people cussin’you. The office is kinda like the little country boy found the hoochie-koochie show at the carnival, once he’d paid his dime and got inside the tent: “It ain’t exactly as it was advertised.” Johnson’s disappoint-

ment in the office matches the disappointment that the American people often have in those who occupy it; presidents are the chief scapegoats in American politics. Their performance almost always falls short of our expectations.

American Politics and Government
by Richard Pious

Vocabulary

chief adj. highest in rank, authority, or office; principal or most important

scapegoat n. a person or group who bears the blame for others

1. The subject matter of the passage is _____
 2. The main idea is _____
-

คำอธิบาย

ย่อหน้านี้เป็นเรื่องเกี่ยวกับอะไร? คำตอบคือ presidents "as scapegoats" ใจความสำคัญเกี่ยวกับหัวข้อนี้ที่ผู้เขียนต้องการให้ผู้อ่านทำความเข้าใจคืออะไร คำตอบจะหาได้จากการรวมความในสองประโยคสุดท้ายเข้าด้วยกัน เชื่อมความด้วยคำสันธานบอกเหตุผล คือ because ดังนี้ Presidents are the chief scapegoats in American politics because their performance almost falls short of our expectations.

Chief Scapegoat: Evaluating Presidents

"Before you get to be President you think you can do anything." Lyndon Johnson told Richard Nixon, as he left the White House, "but when you get in that tall chair, as you're gonna find out, Mr. President, you can't count on people. You'll find your hands tied and people cussin' you. The office is kinds like the little

country boy found the hoochie-koochie show at the carnival, once he'd paid his dime and got inside the tent: "It ain't exactly as it was advertised." Johnson's disappointment in the office matches the disappointment that the American people often have in those who occupy it; @residents are the chief scapegoats in American politics. *because* Their performance almost always falls short of our expectations.

American Politics and Government

by Richard Pious

ผู้อ่านจะสังเกตได้ว่า เราไม่จำเป็นต้องเอาข้อความในประโยคก่อนสุดท้ายมาทั้งหมด เราตัดเอาแค่ส่วนสำคัญของประโยคนี้คือ Presidents are the chief scapegoats in American politics แล้วนำเอามาเชื่อมกับประโยคสุดท้ายก็จะเป็นประโยคใจความสำคัญของอนุเจต สรุปได้ว่าเราหาใจความสำคัญชนิดบอกเป็นนัย ๆ ไว้ในอนุเจตนี้ โดยใช้วิธีที่สองคือ

ประโยค 1 ประโยค + ประโยคอื่นอีก 1 ประโยค = ประโยคใจความสำคัญ

จงอ่านอนุเจตที่ตัดตอนมาจากตำราจิตวิทยาต่อไปนี้ พิจารณาว่าเป็นเรื่องเกี่ยวกับอะไร (subject matter) และรวบรวมใจความสำคัญออกมาหนึ่งประโยค

What happens when animals and people are not allowed to sleep at all for various periods of time? Relatively little of a physiological nature, human beings often develop hand tremors, double vision, droopy eyelids, and a lower pain threshold after five to ten sleepless days. And animals often lose a lot of weight, possibly because of the stress the animal is under to stay awake and the total disruption of the body's biorhythms (Webb, 1975).

Psychology

by Dianne Papalia and Sally Olds

Vocabulary

tremor n. a quick shaking movement; an involuntary trembling motion of the body.

threshold n. the intensity below which a mental or physical stimulus cannot be perceived and can produce no response.

1. Who or what is the passage about?

2. The main idea sentence is _____

คำอธิบาย

คำถามแรกถามเกี่ยวกับสาระสำคัญ (subject matter) ของย่อหน้านี้ เป็นเรื่องเกี่ยวกับอะไร คำตอบคือ เป็นเรื่องเกี่ยวกับ sleep deprivation หรือ what happens when people and animals are not allowed to sleep for various periods of time.

นักศึกษาจะสังเกตได้ว่าประโยคแรกของย่อหน้านี้เป็นคำถาม เมื่อใดที่ผู้เขียนตั้งคำถาม เราคาดหมายได้เลยว่าจะมีคำตอบตามมา การตั้งคำถามนี้เป็นวิธีหนึ่งที่ผู้เขียนใช้ดึงความสนใจของผู้อ่านมาสู่ความคิดสำคัญ ๆ ที่เสนอ ฉะนั้น ทุกครั้งที่เราอ่านพบคำถามขอให้ผู้อ่านอ่านอย่างตั้งใจและรอบคอบเพื่อหาคำตอบ ในอนุเจตช่วงต้นนี้ ผู้เขียนตอบคำถามทันทีในข้อความที่ตามมา เมื่อนักศึกษารวบรวมความในคำถาม และคำตอบเข้าด้วยกัน ก็จะได้ประโยคใจความสำคัญดังนี้

Relatively little of a physiological nature happens when animals and people are not allowed to sleep at all for various periods of time.

บางครั้งนักศึกษาจำเป็นต้องค้นหาใจความสำคัญโดยการรวบรวมความคิดของผู้เขียนจากหลาย ๆ ประโยคและตีความความคิดนั้นออกมา นั่นคือ นักศึกษาอาจต้องเสริม

The American Indians gave the Europeans a virulent form of syphilis.

and

This disease spread quickly through Europe and Asia.

The Americans [i.e., American Indians] though, took a revenge of sorts. They gave the Europeans a virulent form of syphilis. The first recorded case of the new disease in Europe occurred in Barcelona, Spain, in 1493, shortly after Columbus's return from the Caribbean. Although less deadly than smallpox, syphilis was extremely dangerous and debilitating. It that spread quickly through Europe and Asia, carried by soldiers, sailors, and prostitutes, even reaching China by 1905.

A People and a Nation
by Mary Beth Norton et al.

เราอาจจะรวบรวมเรียบเรียงความคิดออกมาเป็นประโยคซึ่งบรรจุใจความสำคัญอย่างสมบูรณ์ครบถ้วน ได้ดังนี้

The American Indians gave the Europeans a virulent form of syphilis, and it spread quickly through Europe and Asia.

การผูกประโยคใจความสำคัญขึ้นนั้นทำได้หลายแบบ ใจความสำคัญอีกแบบหนึ่งที่ถูกต้องเช่นกันคือ

A virulent form of syphilis that was transmitted from American Indians in the New World to Europeans spread quickly through Europe and Asia.

สำหรับข้อสถานที่กิติ ปิศักราชกิติ หรือคนเชื้อชาติใดเป็นผู้ที่แพร่เชื้อโรคไป เหล่านี้เป็นรายละเอียดที่ไม่ควรนำมารวมกับความคิดสำคัญ ๆ เราควรเลือกข้อความสำคัญเท่านั้นที่จะมาผูกเป็นประโยคใจความสำคัญหนึ่งประโยค

ต่อไปนักศึกษาจงฝึกฝนประโยคใจความสำคัญโดยอ่านข้อความที่ตัดตอนมานี้ บทตัดตอนนี้นำมาจากตำราจิตวิทยาซึ่งบ่งบอกใจความสำคัญเป็นนัย ๆ ไว้

Is there any difference in personality traits or intelligence between short and long sleepers? Early studies reported a few such differences. For example, short sleepers were said to be generally more “energetic,” while long sleepers were more prone to be “worriers.” But these findings were not confirmed by later studies, and it now seems that there are few reliable differences.

Introduction to Psychology

by Ron Plotnik

จงทำแบบฝึกหัดท้ายอนุเขตต่อไปนี้

1. On the line below, write a word or phrase that tells the subject matter.

2. Formulate a main idea sentence and write the sentence here.

อนุเขตข้างต้นนี้มีสาระสำคัญว่าอย่างไร สาระสำคัญของอนุเขตนี้คือ differences in personality traits and intelligence between short and long sleepers. อนุเขตนี้เริ่มด้วยคำถามซึ่งต้องการให้ผู้อ่านตอบ ประโยคใจความสำคัญที่ตอบคำถามนี้น่าจะเป็น While early studies reported a few differences in personality traits and intelligence between short and long sleepers, these findings were not confirmed by later studies.

นักศึกษาจะสังเกตได้ว่าประโยคใจความสำคัญนั้น รวบรวมเรียบเรียงจาก
เนื้อความหลายตอนด้วยกันในอนุเจต

ต่อไปนี้เป็นแบบฝึกหัดหาใจความสำคัญที่บอกเป็นนัยไว้ จงอ่านอนุเจตต่อไปนี้และ
ตอบคำถามในบรรทัดที่เว้นว่างไว้

Exercise 6 Read the following paragraphs and answer the questions.

1. This passage comes from a sociology textbook.

Fashions

Why do fashions occur in the first place? One reason is that in some cultures, like ours, values change: what is new is good. Thus in many modern societies clothing styles change yearly, while people in traditional societies may wear the same style of clothing for many generations. Many industries promote quick changes in fashions to increase their sales. Fashions are stimulated, too, by the quest for prestige and social mobility. Although a new style occasionally originates from lower-status groups, as blue jeans did, most fashions trickle down from the top. Upper-class people adopt some style or artifact as a badge of their status but they cannot monopolize most status symbols for long. The style or object is adopted by the middle-class, maybe copied and modified for use by lower-status groups, providing people with the prestige of possessing a high-status symbol. By trickling down, however, the symbol eventually loses its prestige. The upper-class adopts a new style, until it too “trickles down” and must be replaced by another. (Turner and Killian, 1972).

Sociology: An Introduction

by Alex Thio

1. What is the passage about?

2. What is the most important point the author wants you to understand about the subject matter?

2. This paragraph is from a U.S. government textbook.

Maternity Policy

Until recently, many companies refused to hire women because they might become pregnant and quit their jobs. Some companies required women to remain single and fired them if they married. These policies have not been in effect since the 1950s, but vestiges of the attitudes behind them remain. Until recently, on some airlines female flight attendants who became pregnant lost their seniority or their jobs. The Supreme Court has ruled that discriminatory policies against women of childbearing age violate the Civil Rights Act of 1964 and has ordered reinstatement and back pay for these women.

American Politics and Government
by Richard Pious

1. What is the passage about?

2. Formulate a main idea sentence and write the sentence here.

3. This passage is from a biology textbook.

Asexual Reproduction .

Asexual reproduction, also known as *vegetative propagation*, is common in plants. In vegetative propagation, a portion of one plant gives rise to a completely new plant. Both plants now have identical genes. As an example, some plants have above-ground horizontal stems, called *runners*, and others have underground stems, called *rhizomes*, that produce new plants. To take a concrete example, strawberry plants grow from the nodes of runners and violets grow from the nodes of rhizomes. White potatoes can be propagated in a similar manner. White potatoes are actually portions of underground stems, and each eye is a node that will produce a new potato plant. Sweet potatoes are modified roots and may be propagated by planting sections of the root. You may have noticed that the roots of some fruit trees, such as cherry and apple trees, produce “suckers,” small plants that can be used to grow new trees.

Inquiry into Life

by Sylvia Mader

1. What is the passage about?

2. Formulate a main idea sentence that states the most important point the author wants you to understand.

4. This paragraph is from a sociology textbook.

Creating Geniuses

Like Edith, many geniuses have been deliberately subjected to a very stimulating environment. A well-known example is Norbert Wiener, a prime mover in the development of computers and cybernetics. He entered college at 11 and received his Ph.D. from Harvard at 18. According to his father, he was “essentially an average boy who had had the advantage of superlative training” (Wiener, 1953). Many musical prodigies of the past, including Mozart and Beethoven, were subjected to rigorous daily training by their parents. Since 1954 a large number of ordinary children have been brought to the famous Japanese music teacher Shinichi Suzuki and he has successfully “trained every one of them-without exception-to be an excellent string musician” (Hoult, 1979). Nature may draw the outline of our traits and potential abilities, but that outline is broad and vague. Nurture appears both to determine the actual boundaries and to fill in the details (Nisbet, 1982).

Sociology: An Introduction

by Alex Thio

1. On the line below, write a word or phrase that tells the subject matter.

2. Formulate a main idea sentence and write the sentence here:

4. ความสัมพันธ์ระหว่างหัวข้อเรื่อง ใจความสำคัญและข้อความบอกรายละเอียด

การที่นักศึกษารู้จักหา รู้จักแยกแยะส่วนที่เป็นหัวข้อเรื่องและใจความสำคัญได้ จะเป็นพื้นฐานความเข้าใจเนื้อเรื่องในอนุเจตนั้น ข้อความในประโยคใจความสำคัญกล่าวถึงหัวข้อเรื่องหรือสาระของอนุเจตโดยทั่ว ๆ ไป ใจความสำคัญจะบรรยายหรือครอบคลุมรายละเอียดต่าง ๆ (details) ในอนุเจตนั้น

นักศึกษาจะเห็นได้ว่าใจความสำคัญสัมพันธ์กับหัวข้อเรื่องในอนุเจต ในเวลาเดียวกันก็สัมพันธ์กับรายละเอียดในอนุเจตด้วย การที่นักศึกษาจะเข้าใจเรื่องและเนื้อความย่อมขึ้นอยู่กับความสามารถของนักศึกษาเองที่จะเข้าใจความสัมพันธ์ระหว่างใจความสำคัญและข้อความที่เป็นรายละเอียดต่าง ๆ

ข้อความบอกรายละเอียดหรือประโยคสนับสนุนใจความสำคัญ (supporting details) คืออะไร คือประโยคที่เสริมความ ขยายความ อธิบายความในประโยคใจความสำคัญ นักศึกษาสามารถหาและแยกแยะใจความสำคัญกับประโยคสนับสนุนใจความสำคัญที่มีอยู่ในข้อความได้ก็จะช่วยในการอ่านของนักศึกษา กล่าวคือจะช่วยให้นักศึกษาจดจำข้อความสำคัญ ๆ แนวความคิดสำคัญ ๆ ที่ต้องการจะจดจำไว้ได้

ต่อไปนี้เป็นแบบฝึกหัดซึ่งช่วยให้นักศึกษามองเห็นความสัมพันธ์ระหว่างใจความสำคัญกับรายละเอียดเสริมความ

Exercise 7 Each of the eight exercises below contains a main idea sentence and a list of detail sentences. Decide which details answer (support or illustrate) the main idea sentence. Check the important details that relate to the main idea sentence. The first one is done for you.

1. The medical examiners job covers a wide range of medical knowledge and skills.

The medical examiner searches for bacteria and causes of death.

He must have a thorough knowledge of body physiology.

Organic and inorganic chemistry are the basic tools of the medical examiner.

The medical examiner works for the state.

2. Rationalization is a defense mechanism theorized by Freud.

_____It involves making excuses to justify one's behavior.

-Rationalization robs the ego of strength.

_____Freud lived in the nineteenth century.

.-Continued rationalization implies an inability to deal with the real world.

3. One can make a good impression during a job interview.

The applicant should act confidently.

The applicant should know as much as possible about the company.

_____The applicant should look at the interviewer and maintain eye contact.

_____The applicant should always make a good impression on the second interview.

4. Exercising provides many benefits for the average person.

-Many people report weight loss resulting from exercise.

-People find they have increased stamina.

-Overexertion can be one danger for the mature adult.

-People report reduced strain and tension after starting exercise programs.

5. There are several considerations one must make when choosing a doctor.

-Select a doctor with the most degrees hanging on the wall.

Ask friends for recommendations.

_____Check with a local hospital consultant for the names of prospective physicians.

_____Check the prospective doctors credentials.

6. Sweets are neither nutritionally good nor necessary for a child's diet.

_____Infants do not have a well-developed sense of taste.

-Parents who gave infants sweet-tasting foods are starting children on the road to poor nutrition.

-Sweets appeal to all age groups.

- Food companies use sweeteners even though they have no nutritional value.
- 7. The trained biologist devotes time and energy to a variety of work experiences.
- Biologists earn degrees from American and overseas universities.
- Many biologists teachers are members of scientific boards.

_____The biologist may teach or be actively engaged in the design of research experiments.

-Many trained biologists work in major laboratories and conduct high-level experiments.

8. Most businesses run more smoothly when set routines have been established.

-Precise records should be made of all expenses and incoming monies.

_____The supply department must maintain exact record of supplies used, ordered, and received.

-Routines are normally written in manuals.

-Personnel departments maintain strict and secure records concerning employees.

Exercise 8 Each of *following statements could function as the topic sentence of a paragraph. After each statement are sentences containing details that many relate to the main idea statement. Read each sentence and make a check mark beside those with details that can be considered primary support for the main idea statement.*

1. Topic sentence:

Many dramatic physical changes occur during adolescence between the ages of 13-15.

Details:

a. Voice changes in boys begin to occur at age 13 or 14.

b. Facial proportions may change during adolescence.

The forehead tends to become wider, and the mouth widens.

Many teen-agers do not know how to react to these changes.

Primary sex characteristics begin to develop for both boys and girls.

2. Topic sentence:

The two main motives for attending a play are the desire for recreation and the need for relaxation.

Details:

a. By becoming involved with the actors and their problems, members of the audience temporarily suspend their personal cares and concerns.

In America today, the success of a play is judged by its ability to attract a large audience.

c. Almost everyone who attends a play expects to be entertained.

Plays allow the audience to release tension, which facilitates relaxation.

e. There is a smaller audience that looks to theatre for intellectual stimulation.

3. Topic sentence:

In some parts of the world, famine is a constant human condition and exists due to a variety of causes.

Details:

In parts of Africa, people are dying of hunger by the tens of thousands.

b. Famine is partly caused by increased population.

c. Advances in medicine have increased life expectancies.

d. Agricultural technology has not made substantial advances in increasing the food supply.

Due to the growth of cities, populations have become more dense, and agricultural support for these population centers is not available.

4. Topic sentence:

The amount of alcohol a person consumes has been found to depend on a number of socioeconomic factors such as age, sex, ethnic background, and occupation.

Details:

a. Some religions prohibit consumption altogether, and most encourage moderation.

b. The lowest proportion of drinkers is found among people with an educational level of below sixth grade.

People in a lower socioeconomic level drink more than people in a higher socioeconomic level.

In some cultures drinking is common at meals, but these same cultures disapprove of drunkenness.

Farm owners have the highest proportion of nondrinkers, while professionals and businessmen have the highest proportion of drinkers.

5. Topic sentence:

An individual deals with anxiety in a variety of ways and produces a wide range of responses.

Details:

a. Anxiety may manifest itself by such physical symptoms as increased heart activity or labored breathing.

b. Fear, unlike anxiety, is a response to real or threatened danger.

c. Psychologically, anxiety often produces a feeling of powerlessness: or lack of direct control over the immediate environment.

Temporary blindness, deafness, or the loss of the sensation of touch are examples of extreme physical responses to anxiety.

Some people cannot cope with anxiety and are unable to control the neurotic behavior associate with anxiety.

6. Topic sentence:

An individual's status or importance within a group affects his or her behavior in that particular group.

Details:

- a. High-status individuals frequently arrive late at social functions.
- b. Once a person achieves high status, he or she attempts to maintain it.
- c. High-status individuals demand more privileges.
- d. Low-status individuals are less resistant to change within the group structure than persons of high status.
- e. There are always fewer high-status members than low-status members in any particular group.

7. Topic sentence:

An obligopoly is a market structure in which only a few companies sell a certain product.

Details:

- a. The automobile industry is a good example of an oligopoly, although it gives the appearance of being highly competitive.
- b. The breakfast cereal, soap, and cigarette industries, although basic to our economy, operate as oligopolies.
- c. Monopolies refer to market structures in which only one industry produces a particular product.
- d. Monopolies are able to exert more control and fixation of price than oligopolies.

e. In the oil industry, because there are only a few producers, each producer has a fairly large share of the sales.

8. Topic sentence:

Advertising can be used to expand consumer choice as well as to limit it.

Details:

Food stores that typically advertise their specials' each Wednesday in the local paper are encouraging consumer choice.

b. Department store advertising often makes the consumer aware of new products and styles, as well as of current prices of products.

c. Misleading or excessive advertising is usually rejected by the consuming public.

d. Exaggerated claims made by some advertisers serve to limit the consumers actual knowledge and free choice of products.

e. Advertising that provides little or no factual information, but attempts to make the brand name well known, actually restricts consumers' free choice.

Exercise 9 Read the following passages and fill in the appropriate answers.

A. Finding a good job requires a great deal of work. Job seekers should tell as many people as possible -that they are available for employment. For example, they can tell friends and relatives, inform college career placement officers, and call employment agencies. They can also send resumes to possible employers, In addition, they can read the job description ads in newspapers. All of these efforts usually require a fair amount of time. Remember that a good job is worth all the work that goes into finding it.

Questions'

1. The topic of the paragraph is _____ ,
2. The main idea sentence is _____
3. List five important details that support or relate to the main idea sentence.

B. No particular foods have special merit for a diet for 'athletes. Some coaches are under the impression that a high meat diet is essential and even recommend steak for breakfast. No additional protein is required except where there is an unusual development of muscle. Most athletes need only sufficient high-quality protein foods, such as eggs, meat, fish, and poultry, to meet their daily needs.

C. The pre-game meal should consist of highly digestible foods and should be consumed not less than three hours before the athletic activity. Athletes frequently are under strain and stress prior to a game or contest and digestion may be prolonged. Replacing a solid pre-game meal with a calorie-rich meal of liquids has been tried and found to be sound from the practical and physiological points of view. Individual food preferences should be respected, for an athlete knows from experience the foods he tolerates best.

Questions

1. In paragraph B, underline the most general statement the author makes about a diet for athletes.
2. In paragraph C, underline the most general statement the author makes about a diet for athletes.

Even though the topic is the same for both paragraphs, the general statement or main idea is different in each paragraph.

3. Name three details that support the main idea in the paragraph B:

4. Name three details that support the main idea in the paragraph C:

D. Even a 15-minute walk, a University of Southern California Study found, can be more relaxing than a tranquilizer for easing muscle tension and relieving anxiety. Exercise has also been found to increase energy, reduce free-floating hostility, improve concentration and alertness, and make people less self-conscious and better able to handle stress. Many runners and other athletes speak of experiencing a natural “high” during the course of exercise-an exhilarated and euphoric state that lasts for several hours afterwards.. In fact, exercise has been used to treat mental disorders. University of Wisconsin researchers found that running three times a week for 30 to 45 minutes reduced symptoms of depression in a group of patients.

Questions

1. The topic of the paragraph is _____
2. The main idea sentence is _____

3. List at least three important 'details that support or relate to the main idea sentence.
