

MIZORAM PUBLIC SERVICE COMMISSION

COMPETITIVE EXAMINATIONS FOR RECRUITMENT TO THE POST OF INSPECTOR OF LEGAL METROLOGY UNDER FOOD, CIVIL SUPPLIES & CONSUMER AFFAIRS DEPARTMENT, GOVERNMENT OF MIZORAM, DECEMBER, 2018

GENERAL ENGLISH PAPER - I

Time Allowed : 3 hours

Full Marks : 100

*Figures in the margin indicate full marks for the questions.
Attempt all questions.*

1. Write an essay on **any one** of the following topics: (25)
- Politics without ethics is a disaster
 - Privatisation : Its feasibility in the Indian Context
 - Law, Legality, Justice, and the Individual

2. Write a précis of the following passage: (15)

Sometimes fate is like a small sandstorm that keeps changing directions. You change direction but the sandstorm chases you. You turn again, but the storm adjusts. Over and over you play this out, like some ominous dance with death just before dawn. Why? Because this storm isn't something that blew in from far away, something that has nothing to do with you. This storm is you. Something inside of you. So, all you can do is give in to it, step right inside the storm, closing your eyes and plugging up your ears so the sand doesn't get in, and walk through it, step by step. There's no sun there, no moon, no direction, no sense of time. Just fine white sand swirling up into the sky like pulverized bones. That's the kind of sandstorm you need to imagine.

And you really will have to make it through that violent, metaphysical, symbolic storm. No matter how metaphysical or symbolic it might be, make no mistake about it: it will cut through flesh like a thousand razor blades. People will bleed there, and you will bleed too. Hot, red blood. You'll catch that blood in your hands, your own blood and the blood of others.

And once the storm is over you won't remember how you made it through, how you managed to survive. You won't even be sure, in fact, whether the storm is really over. But one thing is certain. When you come out of the storm you won't be the same person who walked in. That's what this storm's all about.

3. Write a formal letter to your employer apprising him of certain disciplinary actions that have to be undertaken with regard to some employees working under you highlighting details of the misdemeanors committed and suggesting suitable measures. (15)

4. Make sentences with ***any seven*** of the following idioms and phrases: (7×2=14)

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|----------------------------|--------------------------|
| (a) to bury the hatchet | (b) a man of means |
| (c) no axe to grind | (d) at a stone throw |
| (e) to ride the high horse | (f) to knock off work |
| (g) against all odds | (h) every inch |
| (i) by degree | (j) not worth one's salt |

5. Expand the following: (3×5=15)

- (a) Hope for the best but prepare for the worst.
- (b) Man is the architect of his own destiny.
- (c) Discretion is the greater part of valor.

6. Read the following passage carefully and answer the following questions:

Millions of people in the United States are affected by eating disorders. More than 90% of those afflicted are adolescents or young adult women. Although all eating disorders share some common manifestations, anorexia nervosa, bulimia nervosa, and binge eating each have distinctive symptoms and risks.

People who intentionally starve themselves (even while experiencing severe hunger pains) suffer from anorexia nervosa. The disorder, which usually begins around the time of puberty, involves extreme weight loss to at least 15% below the individual's normal body weight. Many people with the disorder look emaciated but are convinced they are overweight. In patients with anorexia nervosa, starvation can damage vital organs such as the heart and brain. To protect itself, the body shifts into slow gear: Menstrual periods stop, blood pressure rates drop, and thyroid function slows. Excessive thirst and frequent urination may occur. Dehydration contributes to constipation, and reduced body fat leads to lowered body temperature and the inability to withstand cold. Mild anemia, swollen joints, reduced muscle mass, and light-headedness also commonly occur in anorexia nervosa.

Anorexia nervosa sufferers can exhibit sudden angry outbursts or become socially withdrawn. One in ten cases of anorexia nervosa leads to death from starvation, cardiac arrest, other medical complications, or suicide. Clinical depression and anxiety place many individuals with eating disorders at risk for suicidal behavior.

People with bulimia nervosa consume large amounts of food and then rid their bodies of the excess calories by vomiting, abusing laxatives or diuretics, taking enemas, or exercising obsessively. Some use a combination of all these forms of purging. Individuals with bulimia who use drugs to stimulate vomiting, bowel movements, or urination may be in considerable danger, as this practice increases the risk of heart failure. Dieting heavily between episodes of bingeing and purging is common.

Because many individuals with bulimia binge and purge in secret and maintain normal or above normal body weight, they can often successfully hide their problem for years. But bulimia nervosa patients—even those of normal weight—can severely damage their bodies by frequent binge eating and purging. In rare instances, binge eating causes the stomach to rupture; purging may result in heart failure due to loss of vital minerals such as potassium. Vomiting can cause the esophagus to become inflamed and glands near the cheeks to become swollen. As in anorexia nervosa, bulimia may lead to irregular menstrual periods. Psychological effects include compulsive stealing as well as possible indications of obsessive-compulsive disorder, an illness characterized by repetitive thoughts and behaviors. Obsessive-compulsive disorder can also accompany anorexia nervosa. As with anorexia nervosa, bulimia typically begins during adolescence. Eventually, half of those with anorexia nervosa will develop bulimia. The condition occurs most often in women but is also found in men.

Binge-eating disorder is found in about 2% of the general population. As many as one-third of this group are men. It also affects older women, though with less frequency. Recent research shows that binge-eating disorder occurs in about 30% of people participating in medically supervised weight-control programs. This disorder differs from bulimia because its sufferers do not purge. Individuals with binge-eating disorder feel that they lose control of themselves when eating. They eat large quantities of food and do not stop until they are uncomfortably full. Most sufferers are overweight or obese and have a history of weight fluctuations. As a result, they are prone to the serious medical problems associated with obesity, such as high cholesterol, high blood pressure, and diabetes. Obese individuals also have a higher risk for gallbladder disease, heart disease, and some types of cancer. Usually they have more difficulty losing weight and keeping it off than do people with other serious weight problems. Like anorexic and bulimic sufferers who exhibit psychological problems, individuals with binge-eating disorder have high rates of simultaneously occurring psychiatric illnesses, especially depression.

- (a) In what percent of people with anorexia nervosa do fatalities occur? (1)
- (b) What are eating disorders? (2)
- (c) What are people with binge-eating disorder prone to? (2)
- (d) Which of the following is NOT a statement about people with eating disorders? (2)
- (i) People with anorexia nervosa commonly have a blood-related deficiency.
 - (ii) People with anorexia nervosa perceive themselves as overweight.
 - (iii) The female population is the primary group affected by eating disorders.
 - (iv) Fifty percent of people with bulimia have had anorexia nervosa.
- (e) People who have an eating disorder but nevertheless appear to be of normal weight are most likely to have. (2)
- (i) obsessive-compulsive disorder
 - (ii) bulimia nervosa
 - (iii) binge-eating disorder
 - (iv) anorexia nervosa
- (f) Glandular functions of eating-disorder patients slow down as a result of (2)
- (i) lowering body temperatures
 - (ii) excessive thirst and urination
 - (iii) protective measures taken by the body
 - (iv) the loss of essential minerals.
- (g) The inability to eliminate body waste is related to (2)
- (i) dehydration
 - (ii) an inflamed esophagus
 - (iii) the abuse of laxatives
 - (iv) weight-control programs
- (h) According to the passage, which of the following is true of bulimia patients? (2)
- (i) They may demonstrate unpredictable social behavior.
 - (ii) They often engage in compulsive exercise.
 - (iii) They are less susceptible to dehydration than are anorexia patients.
 - (iv) They frequently experience stomach ruptures.
- (i) Which of the following represent up to two-thirds of the binge-eating disorder population? (1)
- (i) older males
 - (ii) older females
 - (iii) younger males
 - (iv) younger females

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