

AQA GCSE
English Language
Practice Paper - 2022/2023



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Insert

- **Source A – 21st Century non-fiction**

An Observer newspaper article from 2016 called '*It was like being buried alive*'. The article is an extract from Jo Marchant's book '*Cure*' where Marchant tells the story of Samantha Miller, one sufferer of the controversial condition.

- **Source B – 19th Century literary non-fiction**

'*Intellectual Fatigue*', an extract from book (published in 1899) written by a Professor who is explaining the concept of fatigue.

Source A – 21st century non-fiction

This is an extract from an article about anxiety for The Observer newspaper. The author of the article is Jo Marchant. Marchant's book 'Cure' tells the story of Samantha Miller who has chronic fatigue syndrome.

'It was like being buried alive'

'It was like being buried alive,' Samantha Miller says matter-of-factly, fixing me with blue eyes as she munches on falafel. "I was exhausted, with terrible joint pains. It was like having flu all the time with no certainty of recovery. I couldn't do anything. I was trapped."

In the late 1990s, Miller was living in Hampstead, north London, and teaching art at a "short-staffed, under-funded" secondary school. She found dealing with kids tiring. Children still have "the invincibility of youth", she says. "They haven't been crushed by anything yet." She was also a keen mountain biker and swimmer and led a hectic social life. If something needed doing, she would pick up the slack. And she was always striving to be perfect. Then she got ill. "I had a glandular, viral thing," she says. It didn't occur to her to take time off work. "So I was going in with a raging temperature. That was the point at which something changed." Although she recovered from the illness, afterwards she felt sleepy all the time. A few years later she underwent a back operation and while she was in the hospital she contracted gastroenteritis. "It was horrific," she says. "I was being physically assaulted from all sides."

She recovered from the operation and the gastroenteritis, yet she was left unable even to get out of bed. She was exhausted but not sleeping, in constant pain and over-sensitive to sound and light. She couldn't get downstairs, so her partner left fruit by the bed when he went to work. She felt overwhelmed and vulnerable – she couldn't sit up, listen to the radio or answer the door (she remembers reflecting that if instead she had been in a wheelchair, having lost the use of her legs completely, she'd at least have had the energy to get to the door).

Whenever she did try to push herself, her symptoms got worse. So she lay there for months, memorising every crack on the walls in the room and staring at a big picture on the wall – an Oxfordshire landscape that she had painted herself. "I'd think, I can't believe I made that. How can I ever make anything again?"

Although her partner was supportive, she felt that her friends and family didn't understand. They said things like "I'm exhausted all the time too" and she knew they thought she was somehow choosing to be ill. A particularly painful moment was when her father said: "This is boring now, I think you should get better." With no life, and no hope of recovery, Miller called on her partner and her twin sister. She asked them to help her to kill herself.

Samantha Miller made a deal with her partner and her sister. She had been referred to a specialist named Peter White at St Bartholomew's Hospital in London. Please, just give him six months, they said. If you're still no better after that, we'll help you to end your life. White suggested that Miller try a combination of GET and CBT. "Will I get better?" Miller asked her therapist. "Of course you will," she replied, and for the first time Miller believed that it might be true.

Her first exercise goal was simply to turn over in bed once an hour. Every few days, she increased her activity slightly until she was able to sit up for five minutes at a time. Later, when she was out of bed, she might try cooking a meal, but the task would be split into parts. Go downstairs. Chop the onions. Go back upstairs and lie down.

She kept an activity diary and as the months progressed she was able to do more. "Walk two minutes around the block," she recalls. "Then walk three minutes. But walking five minutes might put you in bed for three weeks." She had to stick to the regime, doing no more and no less than the prescribed activity level, no matter how good she was feeling. If she pushed herself too hard, she would crash. "It takes incredible discipline," she says. "One slip-up and you are back to square one." If she broke the rules and tried to do too much, she would start to feel her body go. "I'd feel hot from the feet up, almost like I was being poisoned. Then I'd be ruined for weeks."

It took five years of grim determination, but she finally clawed her way out of the fatigue and back into a

normal life.

Source B – 19th century literary non-fiction

This is an extract from a book published in an English translation in 1899. The writer, a Professor who studies living organisms and the way their parts work, aims to explain the concept of fatigue (tiredness).

Intellectual Fatigue

Some people tell me that when they are greatly fatigued by brain work, they are subject to passing hallucinations, similar to those which are sometimes experienced toward the end of an exhausting walk. To some degree these open-eyed dreams are, I believe, produced in all slightly nervous subjects who have somewhat over-fatigued their brain. More especially in the evening, but sometimes also during the day if we are tired, our mind begins to wander in our reading, and visual images arise. These disappear, leaving only the memory of their passage, as soon as attention reawakens; and then for a little we are allowed to resume work. A fresh distraction supervenes, the same or another image appearing quite clearly; occasionally it is some one we know or a landscape we have seen. And this takes place when we are convinced that we are not asleep. In the morning when we are fresh and fit for work, such images hardly ever appear.

An able dramatic writer once told me that when he composes he has to shut himself up in his study, because he is obliged to make his characters continually talk aloud. He receives them as if on the stage, shakes hands with them, offers them a chair, follows them in every little gesture, laughs or cries with them as occasion demands. When he writes he always hears the voices of his actors, but faintly. If they become loud, he at once stops writing and goes for a walk. Experience has taught him that this is a premonitory* symptom of fatigue, and that he must cease working if he does not wish to spend a sleepless night. When he was writing one of his dramas, the composition of which exhausted him greatly, he fell into such a morbid state that he not only heard his actors talk when he summoned them in order to write or revise the scenes, but he found that some of them would not be quiet again. He did not trouble himself much about this phenomenon, being convinced that it was simply the result of fatigue; he went off for a little holiday and the hallucinations completely disappeared.

All my investigations on fatigue are directed towards the comparison of muscular with cerebral* fatigue, and later I shall have to speak at length on this subject. In the meantime I shall give a preliminary sketch of the more important phenomena of intellectual fatigue.

Fatigue, fasting, and all debilitating causes tend to render us more sensitive. After a long walk we become more irritable. The smallest troubles seem insupportable, and our impressionability is increased.

During the two or three years I have spent in collecting material for this work I have often questioned my colleagues and friends regarding the phenomena of fatigue. I addressed myself mainly to doctors and others who might be supposed to have experienced the symptoms of intellectual fatigue.

As long as we are in good health, we are little aware of intellectual fatigue; but as soon as ill health comes upon us, we find how exhausting brain work is. The source of thought and the power of attention are dried up, and the flow of ideas is sluggish. When we are recovering from illness even conversation fatigues us; we have occasionally to stop talking, and, taking our head between our hands, close our eyes in order to rest and gather strength to continue, and we find great difficulty in recalling a name or date which is perfectly familiar to us. The same thing happens with the brain as with the muscles. As long as they are vigorous, they are not fatigued by repeated efforts; but when they are weak, the signs of fatigue appear at once.

Glossary

* premonitory – giving warning that something bad is going to happen

* cerebral – relating to the brain