

How can scents change the way you feel?

- 1 Has the smell of something ever made you think of a spring day? Do some scents make you happy? Do others relax you?
- 2 Believe it or not, scents can change the way a person feels. Each day scientists learn more about this. They have people sniff different odors. Then they ask what each smell reminds them of or how it makes them feel. Now scientists are trying different scents to make people feel better.
- 3 Scientists now understand what certain odors do. One thing they know is that lemons remind people of things that are fresh and clean. So people who make cleaners and soaps for the home often put lemon scent in them.
- 4 The smell of vanilla helps people relax. Its scent may be piped into the air in hospitals. A peppermint scent keeps people awake. This may be used in office buildings. People need to be sharp when they're working. Cinnamon and apple smells remind many people of their homes. Some stores put these scents in the air to make people comfortable. That way they'll want to buy something.
- 5 And why shouldn't smells make you feel good? When it comes to scents, the nose knows!

Circle the right answer for questions 1–5. Write your answer to question 6 on a blank piece of paper.

1. The article does not tell what scent makes you feel _____.
A fresh
B awake
C hungry
D comfortable
2. Which word in paragraph 4 means "cozy and easy"?
A comfortable
B scent
C awake
D sharp
3. Which paragraph tells how scientists learn about odors?
A 1
B 2
C 3
D 4
4. The smell of peppermint helps people stay _____.
A home
B clean
C awake
D relaxed
5. The article does not say, but you can decide that cinnamon and apple remind people of their homes because _____.
A cooking goes on there
B cleaning goes on there
C they smell like a hospital
D all homes smell like cinnamon


6. What is your favorite smell? What does it remind you of? How does it make you feel?

Who was the first African American nurse?

- 1 Mary Eliza Mahoney was born in 1845. She always wanted to be a nurse. It was hard for her to find a nursing school, though. Nurses' training had just gotten started. And there were no African American nurses. Finally, a Boston school let Mary Eliza in.
- 2 Mary Eliza worked hard in nursing school. She was one of the best in her class. She wanted to be a good nurse. Mary Eliza also wanted to set an example. Then other African Americans would be able to train as nurses. Her idea worked. Soon five more black women got into nursing school.
- 3 In 1879, Mary Eliza finished school. It should have been easy for her to get a job in a hospital. But it wasn't. In those days, hospitals wouldn't hire African American nurses. Instead, Mary Eliza worked as a nurse in people's homes. She also helped start a special group. They fought for jobs and fair pay for black nurses. Today, thousands of African Americans are hospital nurses. In a way, they have their jobs because of Mary Eliza Mahoney.

Circle the right answer for questions 1–5. Write your answer to question 6 on a blank piece of paper.

1. The article does not tell about _____.
A Mary Eliza's career C doctors
B African American women D nursing school
2. Which word in paragraph 3 means "work to do"?
A job C school
B nurse D hospital
3. What happened last in the life of Mary Eliza Mahoney?
A She finished nursing school.
B Black nurses were hired in hospitals.
C She worked as a nurse in people's homes.
D Five other black women got into nursing school.
4. Mary Eliza worked as a nurse in people's homes because _____.
A the pay was better
B she did not finish school
C hospitals would not hire her
D there were no hospitals near her
5. *Train* can have the following meanings. Mark the meaning used in paragraph 2.
A become something by studying and practicing
B group of railroad cars pulled by an engine
C direct the growth of something
D make prepared for a test

 6. Write a list of words that you think tell what kind of person Mary Eliza Mahoney was.

Why do groundhogs dig up fields?

- 1 Early settlers in America grew angry with a small, fat animal. It looked like a squirrel with a short tail. The animal dug up their fields and hurt their plants. Native Americans had named this animal "the digger." The settlers called it the groundhog.
- 2 The groundhog digs up fields to make a home for its winter sleep. It chooses a sandy place where the rainwater dries up quickly. Then it digs a tunnel with several rooms. These rooms are higher than the tunnel. Even if water runs into the tunnel, the rooms stay dry.
- 3 Groundhog holes always have two entrances. Some have more. The front entrance is wide and ringed with earth. A groundhog can jump in quickly if it has to. The back "door" is hidden in grass. It may be as far as 30 feet from the front entrance.
- 4 Other animals like the plan of the groundhog home. One man watched a groundhog's home over the winter. He found that the hole was also used by a rabbit, a skunk, a raccoon, and a family of foxes.

Circle the right answer for questions 1–5. Write your answer to question 6 on a blank piece of paper.

1. The article does not tell about the _____ of a groundhog.
A tail
B color
C home
D digging
2. Which word in paragraph 3 means "way to get in"?
A holes
B front
C back
D entrance
3. Which paragraph tells which other animals may use the groundhog's home?
A 1
B 2
C 3
D 4
4. The groundhog digs rooms higher than the tunnel so it can _____.
A stay dry
B trap foxes
C jump in quickly
D hide from foxes
5. The article does not say, but you can decide that a groundhog makes two entrances _____.
A to let in air
B to let in water
C so other animals can get in
D so it won't get trapped inside

6. Farmers have tried many things to keep groundhogs from digging up their fields. Nothing seems to work. What do you think might work?