**Much Ado about Nothing? The Truth about Fake Crying**

 Babies cry for all sorts of reasons. They might be hungry, in pain, or just need a clean diaper. However, a recent study conducted in japan has shown that every now and then, babies cry just to get attention.

 The researchers watched two babies, “Baby M” and Baby R,” over the course of six months. By the time the experiment finished, the researchers had analyzed over 100 of the babies’ crying episodes. Most of the time, the babies were genuinely and visibly upset or uncomfortable before their wailing began. However, on a handful of occasions, Baby R had been happy and smiling both before and after she started crying. It seemed that all she wanted was a bit of attention from her mother, who came to comfort her when the crying began.

 While this might seem a little manipulative, experts in infant psychology have said that “fake crying” isn’t a bad thing. In fact, they don’t think it should be labeled as fake. “I would call it a calling cry,” said one expert. “When I want to get my husband’s attention, I can yell down to him. These babies can’t do that, so all they have is the cry.”

 The study seems to support this theory. Baby M was an only child, so she had her mother’s full attention. On the other hand, Baby R was competing with two siblings. Crying was the only way she could get her mother all to herself. Hiroko Nakayama, the study’s leader, says that “fake crying” helps babies develop both emotionally and socially by allowing them to build interaction and relationships with others. So even if you think a baby is putting it on, don’t ignore their heartfelt plea for love and affection.

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**The Untold Story of Toilet Paper**

 One of the worst feelings one can have is realizing too late that there’s no toilet paper in the bathroom. Toilet paper is a common item in our lives, but in fact, about 70to 75 percent of the population of the world doesn’t even use toilet paper. Modern toilet paper was only introduced in 1857 by an American called Joseph Gayetty. To find out what people used in the past, and what others still use today, we have to dig deeper into history.

 Like many inventions, toilet paper was first conceived in China. The first recorded use comes from the sixth century. Almost any paper at that time could be used as toilet paper. Meanwhile, in other cultures, people made use of any substance that was handy. Water, leaves, and even snow were popular in temperate countries, while sand, fruit skins, even smooth stones did the job in dryer climates. Yet, water was and is the most popular cleaning agent around the world.

 Some people might be curious about the way toilet paper is made. The process starts off with either new wood pulp or recycled materials. A huge cooker is used to turn the materials into fiber, which is then washed and chemically treated. The water is then drained off and the remains are pressed into a flat sheet that can be cut into long strips for rolls or square pieces for packs.

 Though the whole subject of toilet paper might be a little disgusting, the statistics associated with it are fascinating. For example, nowadays we use between eight and nine pieces per visit and an average of 57 pieces of toilet paper per day. The stuff is also used to remove makeup, clean mirrors, and even to make dresses. It’s so useful that seven percent of American admit to having taken rolls of toilet paper from hotels!

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**The Grandeur of Lake Baikal**

 In Southeastern **Russia**, just a stone’s throw away from Mongolia, is the ancient and gigantic lake Baikal. The lake, created by shifting tectonic plates, is so large and deep that locals consider it a kind of inland sea. In fact, at roughly 25 million years old, Baikal is the world’s coldest lake. It is also the deepest lake in the world, reaching depths of 1642 meters. As a result, it holds about 20 percent of the world’s fresh water.

 Lake Baikal lies in a remote area of Siberia, and thanks to this, its shores bear little signs of human habitation or exploitation. Instead, it is quite primitive and home to hundreds of different animal species. The mountain-ringed lake also draws tourists who appreciate the cool summers and majestic winters there. In winter, the lake freezes over, but the ice is so clear that anyone who ventures onto **it** can peer down to depths of up to 40 meters.

 Aside from its magnificent natural beauty, Lake Baikal is veiled with intriguing mysteries. The local residents of the Lake Baikal area tell many ancient tales about the spirits of the lake. The most popular one is about old Baikal, a cheerful man with a beautiful daughter named Angara. One day she ran off to be with her lover, Yenisei. This provoked Baikal’s anger, and **he** ripped a stone from a mountain and hurled it at Angara. The rock struck her, causing her to fall and transform into the Angara River. However, this couldn’t kill her love for Yenisei. That’s why the Angara River now flows from Lake Baikal into the Yenisei River. Scientists will tell you that the story isn’t credible, but one thing is for sure: Lake Baikal is truly one of the world’s natural wonders.

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**Creating an Eco-Friendly Hotel**

 Going green can be a big selling point in the hospitality industry. Eco-friendly hotels are gaining popularity, as many people like to stay at hotels that are doing their utmost to conserve the environment. But how does a hotel qualify as eco-friendly?

 First and foremost, the hotel should recycle as much as possible. This doesn’t just mean glass, plastic, and other solid materials. Water can also be recycled. Greywater is water from sinks, showers, and washing machines that can be reused to flush toilets or to water plants. This cuts down on water use. Hotels that want to make use of greywater should ensure that they use non-toxic cleaning products.

 Saving energy is just as important as saving water. Hotels can try using daylight to light public areas, as this reduces electricity used during the day. In addition, the lighting in areas that are only used infrequently should be controlled by sensors or times. This means they will automatically switch off when the area is not in use.

 Another way a hotel can be eco-friendly is to used organic products as well as purchasing organic food, hotels can grow their own produce. What’s more, they should use towels, bed sheets, and mattresses made from organic cotton.

 There are many more ways hotels, and indeed other businesses, can go green. This not only improves their image, and their ability to attract new customers, but helps to look after the planet as well.

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