



### Unit 7 First impressions

#### Before you read

Think about these questions. What's your idea of beauty? What makes a man or a woman attractive? If you could, which of your physical features would you like to change?

#### Read the article

##### The Search for Beauty

Through the ages, people have had the desire to look beautiful and fashionable. But the standards by which beauty is measured and the means to achieve beauty continue to change.

In England in the 1500s, makeup became an important part of beauty. For example, some women used to paint their faces white. They thought this made them more attractive.

In the 1700s, height and weight were major standards of beauty; men admired women with small waists. During the time of the French Revolution, many women used to wear corsets that made their waists appear much smaller.

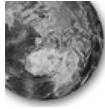
In the 1800s, American women looked toward Europe, especially France and England, for the latest in fashion and beauty. French fashions were so popular among American women, especially among New Yorkers, that American dressmakers used to change their names to French ones! And just like English women, by the 1860s, American women started using makeup to make themselves more attractive.

In the 1890s, Americans realized that it was possible to achieve both good health and beauty. They discovered that bicycle riding could actually improve their appearance! They exercised in order to look and feel better. The popularity of bicycle riding even led to a change in fashion. American women didn't wear pants back then. However, when bicycle riding became popular, American women began to wear shorter skirts instead of the traditional long, full ones they used to wear.

By the 1920s, beauty was even more closely related to health. People believed that diet and exercise were the best ways to become naturally beautiful.

Today, diet and exercise continue to be popular ways of improving one's appearance, but cosmetic surgery has become a popular option, especially among the rich and famous. Nowadays, many people choose to have cosmetic surgery to reshape their facial features or to remove body fat. With the help of science and medicine, it seems that anyone can have that small nose and those full lips—features that people today consider beautiful. Someday, maybe people will be less concerned with physical beauty and focus more on inner beauty.

Source: Adapted from *NorthStar: Reading and Writing*, Intermediate, 2<sup>nd</sup> ed., by Laurie Barton and Carolyn Dupaquier Sardinas, Longman



### Build your reading skills: Scanning for details

Look for the following information in the article.

1. They started using makeup to make themselves more attractive. American women
2. They thought very white faces were beautiful. \_\_\_\_\_
3. A sports activity that changed women's fashion. \_\_\_\_\_
4. Women wore *these* to make their waists appear smaller. \_\_\_\_\_
5. People have *this procedure* to change their physical features. \_\_\_\_\_
6. American women used to admire the fashion in *this country*. \_\_\_\_\_

### Check your comprehension

Read the article again. Write the correct dates from the box after each statement.

1500s	1800s	1700s	1890s	1920s	Present
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1. Very small waists in women were fashionable. 1700s
2. People believed that diet and exercise were the best ways to become naturally beautiful. \_\_\_\_\_
3. American women started using makeup. \_\_\_\_\_
4. Cosmetic surgery has become a popular option for improving one's appearance. \_\_\_\_\_
5. English women thought very white faces were attractive. \_\_\_\_\_
6. Americans discovered that bicycle riding could improve their appearance. \_\_\_\_\_