

"Its steady monotonous constitutes its terror." The Treadmill's Dark and Twisted Path - TEDex

Source:
<https://youtu.be/AI-30Z-aH8M>

LISTENING COMPREHENSION

Watch the video twice and answer the questions below.

1. How is the treadmill presented at the beginning of the video?
2. What were some punishments and conditions in English prisons before the invention of the treadmill?
3. How did religious groups and celebrities contribute to the invention of the treadmill?
4. What were the benefits of the treadmill for society?
5. How did it affect the prisoners?
6. When were treadmills banned and why?
7. When did the modern day treadmill become popular and why?

VOCABULARY

- torture = to inflict pain on someone as punishment
spoke = bars or wire rods connecting the center of a wheel to its outer edge
tame = to bring an animal or person under control
thrust into the limelight = to be made popular
subject yourself to... = to force yourself to do something

SPEAKING ACTIVITY

What are your reactions to the phrases below? Discuss with a partner.

a. Working out in a gym is cruel and unusual punishment.

b. At least prisoners were productive for society!

c. Execution is an appropriate punishment for certain crimes.

d. Why don't we deport anyone anymore?

e. Celebrities have too much influence on politics.

f. Criminals cannot be reformed, only punished.

g. Nobody cares about the health and well-being of prisoners.

h. Running on a treadmill is better than running outside.

i. Punishment is never an effective tool for bad behavior.

j. Prisons should be dangerous and uncomfortable. It's not a vacation...



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LISTENING COMPREHENSION

Watch the video twice and answer the questions below

1. How is the treadmill presented at the beginning of the video?

It is presented as a boring, monotonous, torturous, cruel and unusual punishment.

2. What were some punishments and conditions in English prisons before the invention of the treadmill?

English prisons were abysmally bad with deportation and execution as common punishments. Solitary confinement in horrible conditions were normal.

3. How did religious groups and celebrities contribute to the invention of the treadmill?

They created social movements in favor of rehabilitating prisoners rather than simply punishing them. The treadmill was introduced as means to rehabilitate prisoners.

4. What were the benefits of the treadmill for society?

It helped to tame prisoners and powered mills to help the English economy which had been decimated by the Napoleonic wars.

5. How did it affect the prisoners?

Prisoners had to walk on these treadmills for about 6 hours a day. This exertion plus poor nutrition saw prisoners suffer breakdowns and injuries. One prison guard said the treadmill tamed the toughest prisoners.

6. When were treadmills banned and why?

They were banned for being excessively cruel by the Prison Act of 1898

7. When did the modern day treadmill become popular and why?

They were banned under the Prison Act of 1898 for being excessively cruel.