I was brought up in a house with lots of music. There was one record player with seven of us living in the house. It was a really beautiful way to grow up just listening to so much amusing stuff. I loved it all but I specifically remember seeing a movie about Billie Holiday and being just so fascinated.

When I was about 15, I bought my first record, The Legend of Billie Holiday. And that was it. It started a love affair. It opened up a whole new world to me of Billie Holiday and then I started to search deeper and discovered where she came from and where she went. Thanks to her, I discovered loads of other artists. That was the starting point. Her voice really blew me away. She was so young when she started, which obviously influenced me because I was just a teenager and I started seeing in clubs at 16.

I was probably 17-18 and I was already singing. I had very few records and I was living in a tiny room with a record player and a bed and a little kitchen. I used to listen to these records eagerly. Already singing at the time, I was interested in how to move my voice. I never studied music or vocal coaching—these records were my vocal coaches. I had the best vocal record coaches in the world! The singing of Clare Tony impressed me too. I used to sit and copy what she sang, every part of it because I loved that she lost herself in it. I never heard anything like it before, so I used to just try and copy it. And it definitely went into my singing. She inspired me to have the confidence to just go for it and lose myself and see what happens. Without that record, I wouldn’t have felt that joy.

1. What is a really beautiful way to grow up?
A. Going to see movies often.
B. Having many music records.
C. Living in a large family of seven.
D. Listening to lots of amusing music.

2. What opened up a new world for me when I was 15 years old?
A. A Movie I watched.
B. My first job as a singer.
C. A record of Billie Holiday.
D. The beginning of my love affair.

3. Which can best explain the underlined part “blew me away” in Para 2?
A. Made me jealous.
B. Sent me off quickly.
C. Impressed me deeply.
D. Filled me with great expectation.

4. Who/What are my best voice coaches?
A. The records I had.
B. My favourite artists.
C. My record players.
D. Singers like Billie Holiday.

5. Which is the best title for this passage?
A. My youthful hobbies.
B. A song that I liked best.
C. Records that influenced my life.
D. The first record player in my life.

Too much stress is bad for your body and soul. Fortunately, even when you cannot change a successful situation, you have some control over the way you deal with it.

What is stress? Your body is on the alert, telling you something’s wrong and you need to fix it. Stress can cause your endocrine system to produce certain hormones that weaken immune system, damage the heart and blood vessels, and increase chances of colds and other illnesses.

Stress also harms your mind. Stress makes people irritable; they may feel extreme anxiety and lose their ability to concentrate. They may also experience sleeplessness, have an upset stomach, and suffer from headaches and tiredness.

Luckily there are various relaxation techniques to relieve stress.

Relaxation through meditation has been proven to relieve stress. Sit in a comfortable position where you won’t be disturbed. Close your eyes. Choose a word or phrase to focus on. “It’s OK,” for example. As you concentrate on breathing, repeat the phrase each time you breathe out. If you get distracted by other thoughts, gently put them out of your mind and return to your phrase. Continue for over 10 minutes. Practice at least once a day.

Do time-travel exercise. When you feel stressed, remember something you felt just as tense about a year ago. How important does it seem today? Now try to project a year into the future and look back on your present trouble. Chances are that your “leap forward” in time will give you a better viewpoint on what you are going through.
Some other tips to fight stress include: having baths with aromatherapy oils and salts, getting more vitamins C, ginseng, or turning to some herbs. Today, an estimated 1 million cups of chamomile are consumed each day throughout the world, which herbalists recommend as a wonderful remedy for stress.

1. What harm can stress do to your body?
   A. Annoying you easily.
   B. Making you feel anxious.
   C. Causing you to suffer from sleepless.
   D. Increasing the possibility of catching colds.

2. What does the underlined word “meditation” in para. 5 mean?
   A. A religious practice.
   B. Thinking peacefully.
   C. Certain medical treatment.
   D. Having hot baths regularly.

3. How should you deal with other thoughts when you are distracted by them?
   A. Depend upon them.
   B. Look down upon them.
   C. Pay no attention to them.
   D. Attach importance to them.

4. What is the benefit of a time-travel exercise?
   A. Helping you to forget about the past.
   B. Allowing you to look back on your past.
   C. Making you feel hopeful about the future.
   D. Enabling you to view your current trouble better.

5. What is the author’s attitude towards the fight against stress?
   A. Optimistic.
   B. Doubtful.
   C. Neutral.
   D. Ironic.
Birds may not be so bird-brained after all. A study of Japanese tits has shown they can “speak in phrases”, an ability previously thought to be unique to humans.

Displaying talents that may force us to change our traditional concepts of human superiority, Japanese tits could produce a “scan the surroundings for danger” call and then add a “come here” sound onto the end and, in effect reading the phrase “come here and scan for danger”.

Dr. David Wheatcraft, one of the co-authors of the study, said this was the first known example of untrained wild animals using “compositional syntax”, when two calls with independent meanings are combined to create something with a new meaning.

The study published yesterday in the journal Nature Communications raises further questions about just how superior human language abilities really are.

Homo sapiens has long been regarded as the only species capable of language, with its potential of conveying endless variations of meaning, such as fixed alarm calls or a particular learned song.

However, Dr. Wheatcraft said that scientists were now new finding more and more examples of how other animals shared what were once considered unique human language abilities.

We need to think that “referential communication” where words mean certain things to humans. Then in the 1980s we found monkeys have different kinds of alarm calls for different predators.

Now it’s been shown in a wide range of species including chickens, which use different sounds to distinguish between air and ground predators, and in Japanese tits, which have different calls, for “crow” and “snake”. Parrots and dolphins had all been trained to respond to combined phrases, he said, but the wild Japanese great tits were the first to have been shown to “use these building blocks of language on their own”.

1. Which is the best title of the passage?
   A. Birds can create phrase.
   B. Speaking is unique to humans.
   C. Animals can be trained to use phrase.
   D. Scanning for danger is limited to birds.

2. Which species was first known to produce phrase untrained according to Dr. Wheatcraft?
   A. Parrots.
   B. Dolphins.
   C. Monkeys.
   D. Tits.

3. Which is closed in meaning to the underline word “predators” in Para.7?
   A. Followers
   B. Attackers
4. Which of the following is true of Homo sapiens?
   A. It cannot learn a particular song.
   B. It can produce certain alarm calls.
   C. It cannot convey variations of meaning.
   D. It is the only species to master a language.

5. In what aspect are monkeys, chickens and the Japanese tits similar?
   A. They can produce a “scan for danger” call.
   B. They are trained to respond to combined phrases.
   C. They can make different alarm calls for different predators.
   D. They are able to use the building blocks of language on their own.

We may not be wearing them very much at the moment, but the story behind our most glamorous pair of high heels is likely much longer than any of us really realize.

Here is the tale of how a very male shoe came to become an iconic symbol of powerful femininity.

Originally dating back to 15th century Persia, the very first high heels were made for highly practical purpose. An early pioneer of the cowboy boot style, a strong shoe with in-built heeled sole (鞋底), allowed horsemen to more easily secure their feet in stirrups (马镫), creating a much more comfortable ride.

Owning horses meant wealth, and so owning a pair of proper riding boots was a real symbol of power and influence. As soldiers began to travel on Persian King’s orders to forge a relationship with other influential foreign leaders, word of heeled boots spread across Europe, and they became the desirable look for both sport and leisure.

By the mid-18th century, the male interest in heels had waned mostly because of their increasing feminization. Though women such as Queen Elizabeth I had first adopted heels in order to imitate some of the authority of male leaders, women’s shoes had become significantly more decorative thanks to the invention of the sewing machine, which allowed for much greater variety in the joining of sole and upper.

The 18th century is also when high heels first began to have “sexy” meaning. In early French postcards from this era, women often wore little except for an elegant pair of heels, promoting the feminine charm that would lead smoothly into the glamour girls of the Second World War.

1. Which is true of high heels?
   A. They used to be a male symbol.
   B. They have become less feminine.
C. They are worn for practical purpose.
D. They tended to represent neither gender.

2. When were high heels invented?
A. In the 16th century.
B. In the 17th century.
C. In the 18th century.
D. In the 15th century.

3. Which is closest in meaning to the underlined word “forge” in Para.4?
A. Affect.
B. Change.
C. Establish.
D. Destroy.

4. Which can best describe men’s interest in high heels in the mid-18th century?
A. Became obvious.
B. Disappeared.
C. Remained steady.
D. Decreased.

5. What is the main idea of the passage?
A. The design of high heels.
B. The history of high heels.
C. The meaning of high heels.
D. The importance of high heels.

二、七选五

Nowadays, online sales have boomed. Nearly every famous brand has opened up an online store, attraction customers by offering unique products right to their doorstep.

This article highlights four tips to help you save money.
1. ________________
The very first thing that you should be doing is to make sure that you plan to buy things on the right day and time. Online shopping is a whole lot different from shopping at stores as the possibilities are endless. You should be on the lookout for holiday sales like the Christmas season or Black Friday as the prices significantly drop during these days owing to heavy sales.

2. _____________________

The next most important thing you should do is to look out for cheaper products. Most ecommerce platforms want as many customers as possible and try to retain them in any way they can. You can browse over to https://buykers.com/uk/coupons/feelunique and make use of their ongoing discount on every product in their catalogue.

3. ________________

If you want to make sure that you are not spending more money than you have to, you are going to need to do some research. Before you buy a product, you should compare its price on different websites and find out where you get the best value for your money. 4. ______

Don’t purchase more than you have to.

While online shopping has its benefits, it also makes users purchase more things than they have to. We are constantly surrounded by ads on social media tempting us to buy products that we don’t even need.

5.__________Therefore, before you make a purchase, you should think long and hard about it,

A. Shop on the right day
B. Leave items in your cart.
C. Compare different websites.
D. Bargain with customer services.
E、Look for discounts and coupons.
F. Remember not to make any rush decision.
G. You could end up saving a lot of money this way.

三、选词填空

Anandibai Joshee, India’s first woman physician with a medical degree, was born on March 31, 1865 in Kalyan, Maharashtra. When she was young, Joshee’s father (1) her to go to school. This investment in Joshee’s education was (2) by her husband. They married when Joshee was only twelve.

By fifteen, (3) serious illness herself, she was determined to study medicine, a choice (4) influenced by the loss of an infant son. After gaining the (5) of her community, Joshee set sail from Calcutta on April 7, 1883. Later that year Joshee began training at the Woman’s Medical College of Pennsylvanian. At WMCP, Joshee studied obstetrics(产科学) and gynaecology(妇科学), (6) to return to India to serve Indian women. After three years, Joshee graduated with her medical degree and upon graduation, she accepted a(n) (7) from the governor minister of Kolhapur in India to serve (8) “Lady Doctor of Kolhapur”. During her studies, Joshee was infected with tuberculosis(肺结核). When she returned to India in 1886, her health was in (9) decline. Before she could (10) up
her post, she died in February 1887 at the young age of twenty-one. Despite her short life, Joshee’s achievements were enough to open the door for other Indian women to quickly follow.

A. encouraged  B. surviving  C. support  D. as  E. continued  
F. take  G. rapid  H. hoping  I. get  J. gentle  
K. offer  L. nearly  M. possibly  N. for  O. progress

四、完型填空

George F. Handel is considered one of the greatest composers of the 18th century. He was (1) born in Germany, and died in London in 1759, (2) at the age of 74. Handel was a tall, robust man (3) who enjoyed good food, wine and entertainment. He was nicknamed “The Great Bear” (4) to his size, nature and (5) way of walking. He never married and was known to be a very private person.

Handel is most famous (6) for the work Messiah. Here are two interesting facts (7) about this fascinating man. (8) A gentle man with a great sense of humor, Handel had quite a (9) quick temper. When a famous singer (10) offered to sing an aria (11) during rehearsal, Handel grabbed her by the waist and threatened he (12) would throw her out of the window if she didn’t follow his (13) orders.

In 1737, Handel suffered a stroke, which (14) caused damage to his right arm and some (15) of his mental capabilities, (16) preventing him from performing. Nobody expected Handel to perform again, (17) however, his quick recovery was considered a (18) miracle. To recover faster, Handel (19) decided to take a spa in Germany. There he diligently (20) enjoyed long hot baths, and ended up playing the organ for a surprised audience.

A. liked  B. born  C. interested  D. popular  
A. age  B. aged  C. aging  D. ages  
A. whose  B. whom  C. who  D. which  
A. due  B. contrary  C. close  D. prior  
A. way  B. method  C. means  D. direction  
A. as  B. in  C. from  D. for  
A. about  B. to  C. around  D. at  
A. However  B. Though  C. Whether  D. Whatever  
A. tough  B. fast  C. strong  D. quick  
A. offered  B. wished  C. refused  D. stopped  
A. on  B. over  C. among  D. during  
A. would  B. should  C. shall  D. will  
A. examples  B. orders  C. models  D. leaders  
A. made  B. raised  C. caused  D. carried  
A. fall  B. defeat  C. stop  D. loss  
A. preventing  B. protecting  C. isolating  D. separating  
A. but  B. so  C. for  D. or
Whether it’s walking quickly to the shops or cycling 20 miles, the benefits of getting physical exercise are indisputable.

There’s plenty of research to suggest that walking out leads to better sleep, though scientists aren’t sure exactly why. All we know is that it can help you fall asleep faster and stay asleep for longer. This could be because exercise raises temperature.

About a third of over 65s fall every year, which is why it’s so important to get achieve in order to improve balance, mobility and joint health. French researchers studied 706 women ranging from 75 to 85 and found that those who stuck with a two-year exercise programme to improve their balance cut their risk of being injured in a fall by around 20 percent. Movement exercises such as tai chi and yoga are excellent for balance, flexibility and increasing the movement in your joints and muscles.

Increasingly, experts are making the link between exercise and alertness. In 2014, researchers at Stanford University in the US studied 176 college students and found that walking boosted creative output by an average of 60 percent. Meanwhile, last March, a study in the journal Neurology revealed that older adults who regularly engaged in exercise stayed sharper and showed a slower rate of cognitive (认知的) decline than those who didn’t.

Physical exercise is one of the best things you can do to manage stress. Even a quick walk in the park can work wonders. In 2014 researchers at the University of Michigan found that group nature walks reduced depression, improved well-being, and lowered stress.

The positive effects may come from the helpful anti-stress hormones that are released when you get moving. Some studies have indicated that exercise can be as effective as a treatment for depression as drugs.

1. What is the effect of walking out on sleep according to Para.2?
2. What exercises are excellent in order to improve your balance and mobility?
3. According to the research at Stanford University, walking helped to promote creativity by an average of ________.
4. How could older adults slow down their cognitive decline?
5. What may be considered effective in releasing helpful anti-stress hormones?

七、翻译题
1. Child as he is, the boy knows how to _______ (照顾爷爷).

2. The teacher walked into the classroom, _________ (手里拿着书).

3. I will take an umbrella with me in case _______ (下雨).

4. Don’t mistake his silence for _______ (缺乏兴趣).
Getting a good night’s sleep is essential for functioning well in your daily activities—here are secrets to make sure you're getting plenty of shut-eye.

Get your ZZZs for better memory.

A study from Harvard Medical School sleep researchers has found that the amount and quality of your sleep affects your memory greatly, particularly the type of memory that helps you remember facts and events in time.

Calm your restless legs with a bar of soap.

A common cause of sleeplessness: you go to bed, tired and ready to get a solid eight hours. Just as you're drifting off, however, your legs jerk. They continue to do this throughout the night, keeping you from falling asleep or waking you up. While there is now a treatment for restless legs syndrome (综合症) it has some side effects. We have a better solution to this problem: slip a bar of soap under your legs and the restlessness should disappear in about three to five minutes, says Dr. Schlachter. The high magnesium content of the soap helps, she says.

Take a vitamin for better sleep.

If your restless legs are keeping you awake, try the bar of soap recommended above. But also pop a vitamin B. In one study researchers found that women with restless legs syndrome were deficient in folic acid, which is required for proper brain and nerve function. Taking this vitamin can improve things.

Exercise at the right time.

It has been shown that even mild exercise like a half-hour of walking can help you sleep better. But when you exercise is also important. Exercise is stimulating; it's not something to do just before bedtime. Instead, plan your exercise for early evening—about four to six hours before bedtime. This is the time it takes for your body's metabolism and temperature to drop after exercise, which prepares your body for sleep.

Directions: In this part you are required to write a composition entitled My Favorite Application in no less than 120 words according to the following Chinese outline. Please remember to write it on the Answer Sheet.

1. 介绍一种你最喜爱的应用软件（APP）；
（2）陈述你的理由