一、阅读理解

I was raised on a farm during the boom years after World War II. I was the third eldest in a family of six boys—no girls. We were all expected to help out around the farm with whatever needed to be done. My mom was no exception as she worked at any job necessary, while raising us six boys.

In my thirteenth year, an event occurred that in hindsight would dramatically alter how I viewed my mom. It was a hot summer day. My dad, two of my elder brothers and I were busy in the field baling (打包) hay for our horses and cows for the winter. Mom remained at home looking after my three youngsters brothers. She was also there, however, to help offload the full hayrack as quickly as possible to help keep everything running smoothly.

About 8 p.m., we headed home after a hard day’s work. Mom busily prepared a big supper for all of us at the house. After supper, we boys all took turns having a bath—the annual 4-H day at the Swan River Fair was the following day and three of my brothers and I were marching in the parade at 10 a.m. Mom cleaned up the table and did the dishes by hand. By 10 p.m. we were all exhausted and ready to get to bed.

About 1 a.m., I awoke to use the bathroom. As I staggered through the kitchen on my way there, I was bewildered to see that the lights were still on. To my utter amazement, there was Mom with her back to me busily ironing. On the table were four neat piles of clothes, including marching uniforms for the parade.

It was several years more before I fully realized the significance of what I had witnessed that night: Mom had demonstrated, more clearly than any words could have, what the love of a mother means.

1. What were the boys supposed to do on the farm?
   A. To do the dishes.
   B. To prepare dinner.
   C. To look after the cattle.
   D. To help with farm work.

2. How many people are there in the author's family?
   A. 3
   B. 4
   C. 6
   D. 8

3. When did the author go to the bathroom?
   A. At 1 a.m.
   B. At 10 a.m.
   C. At 8 p.m.
   D. At 10 p.m.

4. Mom ironed clothes for the four boys late in the middle of the night because______.
A. the clothes were dirty after a day's work
B. the clothes were spilt over by the supper soup
C. the four boys were wearing them for the parade
D. the boys were too exhausted to do it themselves

5. What is the theme of this passage?
A. The love of a mother.
B. The hardship of farm life.
C. Boys are naughtier than girls.
D. Action speaks louder than words.

【试题答案】
第1题：D  第2题：D  第3题：A  第4题：C  第5题：A

This week, the governor of Connecticut proposed a statewide tax on sugar-sweetened drinks. Several cities have already enacted such soda taxes to raise money and fight obesity (肥胖). And here's new evidence suggesting that these taxes do work—even though sometimes not as well as hoped.

Kris Madsen, an associate professor of public health at the University of California, Berkeley, one of the researchers who has been studying soda taxes, in part because she's convinced sugary drinks are a threat to society, a direct cause of obesity.

"It's a pretty high bar for public health to be able to say that something is causing a major epidemic," she says. "We can do that for sugar-sweetened beverages."

Berkeley was the first U.S. city to tax those drinks, making them more expensive, and Madsen is leading a team of researchers that's trying to see how the tax is working.

"We've been going out to the same neighborhoods every year for the last five years, and we've been asking people the same questions," she says. Researchers interview people on the street, primarily in low-income neighborhoods.

They started doing this before the soda tax went into effect four years ago, and they've continued every year since. "We saw a 52 percent decline in consumption over the first three years since the tax went into effect," she says. "This has a huge impact." Madsen's study was published online this week by the American Journal of Public Health.

Mexico, in fact, put in place a tax on sugar-sweetened beverages in 2014. That tax is smaller than the soda taxes in the U.S., and its effect on consumption also has been smaller. According to one study, consumption of sugary drinks fell on average by about 8 percent as a result of the tax.

1. A statewide tax on sugary drinks was placed in____ this week.
A. California
2. What is one of the reasons why the government put a tax on sugar-sweetened drinks?
A. To collect money.
B. To help poor people.
C. To cut the consumption of alcohol.
D. To support research on public health.

3. We can infer from the passage that Kris Madsen believes that____.
A. soda taxes cause inflation
B. soda taxes are harmful to society
C. rich people don't drink sugar-sweetened beverages
D. sugar-sweetened drinks are harmful to public health

4. The tax on sugar-sweetened drinks is less effective in Mexico than in the U.S. because ____. 
A. it's enforced earlier
B. its tax rate is lower
C. Mexicans drink less sodas
D. Mexico is a small country

5. What is the theme of this passage?
A. The effect of soda taxes.
B. The harm of sugary drinks.
C. The greed of the government.
D. The life of a university teacher.

【试题答案】
第 1 题：B 第 2 题：A 第 3 题：D 第 4 题：B 第 5 题：A

Fabio Schwartsman, a well-respected businessman as yet, may now be the most detested man in Brazil. As chief executive of Vale, a giant miner and the world's largest producer of iron ore, it was Mr. Schwartsman who had to face the public after the collapse of a company tailings dam in the town of Brumadinho on January 25th. 186 people are now confirmed as dead, with 122 still missing.

So, it was not a shock when, on March 2nd, Vale said that Mr Schwartsman and three other executives would step down. Tailings dams contain tons of waste material from mining operations. The design used at Brumadinho was known to be the least expensive and most risky. After a flood of waste burst from the Brumadinho dam,
ripping through a staff canteen and submerging a valley in mud, the company tried to respond quickly. Its board suspended benefits for executives. It has made payments of 100,000 reais (26,000) to 266 families.

Eduardo de Salles Bartolomeo, a Vale veteran, has been named interim (临时的) chief executive. He faces mounting problems. A crucial question is whether Mr. Schwartsman or other executives knew about problems with the dam. The firm maintains that they didn't. Prosecutors declare that Vale made a secret deal to hide the fact that the dam is in danger.

Despite all these difficulties the firm may recover. That is partly because of Mr. Schwartsman's changes since he took over, in May 2017. He reduced Vale's debt and cut capital spending. With healthy free cash flow and low debt, Vale's balance sheet can probably withstand even heavy government fines. The fundamentals in metals markets are also helping. In the 2020s, demand is expected to rise for iron ore in emerging markets and for nickel (another of Vale's key commodities) in electric cars. That increases the odds of Vale surviving the disaster, even as victims remain missing, buried in mud.

1. What does the underlined word "detest" in paragraph 1 mean?
   A. Ignore.
   B. Alone.
   C. Hate
   D. Respect.

2. Why was it Fabio Schwartsman who had to face the public after the disaster?
   A. Because Vale is a giant miner.
   B. Because he was the chief executive.
   C. Because he used to be well-respected.
   D. Because the accident killed many people.

3. What is the biggest problem that Eduardo de Salles Bartolomeo faces after he has been appointed interim chief executive?
   A. The dismissal of Mr. Schwartsman.
   B. Legal charges against the executives.
   C. The suspension of benefits for executives.
   D. Payments of 100,000 reais to 266 families.

4. What may help Vale survive the disaster?
   A. Increasing Vale's debt.
   B. Heavy fines from government.
   C. Putting Mr. Schwartsman in jail.
   D. Rising demand for Vale's commodities.

5. Why did the company's tailings dam in Brumadinho collapse?
A. Because Mr. Schvartsman cut Vale’s capital spending in May 2017.
B. Because there was tons of waste material from mining operations.
C. Because the design of the dam was the least expensive and most risky.
D. Because the executives of the company knew the risk of a dam breach.

【试题答案】
第 1 题：C 第 2 题：B 第 3 题：B 第 4 题：D 第 5 题：C

Most people don’t think about backing up their computer until they experience the dread of a hard drive crash. It’s only then that the sad reality of a life’s worth of photos, music, spreadsheets, contacts, and other files disappearing in an instant truly sinks in.

Denis Gorbachev of CloudBerry Lab recommends the “3-2-1 backup strategy in which you keep three copies of each important file: two of them on different external hard drives, stored in different locations, and one in the cloud”.

Here’s a real-life example of how often you need to back up your computer from Jimmy, a wedding photographer at Pixelicious. He uses the 3-2-1 strategy to ensure his client’s special memories are both in the cloud and on external hard drives so that they never get lost. “Before leaving a wedding reception, I immediately pull one of the two memory cards from my camera and store it in my wallet. A backup of the images will (literally) follow me wherever I go!” says Jimmy. “Then, as soon as I get home, a copy of the files will be transferred to my desktop so that before the sun rises again, I already have three copies of my client’s images.”

After being edited, copies of the final images are immediately uploaded onto his cloud storage, while duplicate sets are transferred to external hard drives, one of which is stored in a bank’s safety deposit box. Having multiple backups provides peace of mind.

Your first computer backup may be a tedious affair as all of your downloaded music, photos, and files get copied onto external hard drives and up to a cloud. But that initial time and effort will save you from the dread of losing it all in a crash. From there, the ongoing backup process will become streamlined as additional files get copied to drives and backed up through automated methods.

1. According to the “3-2-1 backup strategy”, we need to keep altogether ______ copies of our important files.
   A. 1
   B. 2
   C. 3
   D. 6

2. What do we know about Jimmy?
   A. He is a photographer.
   B. He is a wedding planner.
C. He is one of Denis' friends.
D. He works for CloudBerry Lab.

3. Where does Jimmy keep his client's images after editing them?
A. In the memory cards of his camera.
B. In the memory cards in his wallet.
C. In his desktop computer.
D. In his cloud storage.

4. What might people feel when they back up their files for the first time?
A. Peaceful.
B. Fearful.
C. Bored.
D. Confident.

5. What can we infer from the passage?
A. Hard drives crash frequently.
B. Few people back up their computers regularly.
C. The cloud is an unsafe place for your important files.
D. Internal hard drives are safer than external hard drives.

【试题答案】
第1题：C  第2题：A  第3题：D  第4题：C  第5题：B

二、七选五

We think of winter as cold and flu season, but the chilly temperatures have powerful biological upsides too. Here are some ways cold weather helps your body.

1. __________

Colder temperatures can help you think more clearly. Studies have found that people perform some cognitive tasks better when the temperature is colder. Research has also shown that people are less inclined to tackle complex tasks in summer than in winter. The brain requires glucose (葡萄糖) to function, but the body uses more of it in warmer temperatures to keep the body cool. That leaves less available fuel for reasoning and recall tasks.

2. __________

We know accumulating too much ordinary fat can endanger our health. But adults also have small amounts of beneficial “brown” fat that can help burn more calories—and cold temperatures can activate this brown fat. One study showed that participants who lowered their body temperatures simply by placing one foot in cold water did increase their brown fat cells.

3. __________
If spring and summer make you sneeze, winter might be your new favorite season. Pollen counts are virtually nonexistent in cold weather. Indoor allergies, however, can be worst during the winter. To ease indoor allergies, use a dehumidifier to maintain the humidity at home below 50 percent.

4. ________

You body's core temperature drops when you're trying to sleep. This process can take up to two hours in summer, but it's much faster in winter. Plus, with darker mornings, you naturally sleep later.

5. ________

Yes, you might get more colds during the winter. However, studies have shown that the immune system can be activated by colder temperatures, which enhances our ability to fight infections. That said, the flu virus thrives in cold, dry air, and time spent indoors increases your chance of infection. To reduce risk, get your annual flu shot, wash your hands frequently, and go outside.

【问题内容】
A. Eases allergies  
B. Kills flu viruses  
C. Fights infections  
D. Uses less glucose  
E. Boosts your brain  
F. Activates healthy fat  
G. Encourages better sleep

【试题答案】
第1题: E  第2题: F  第3题: A  第4题: G  第5题: C

三、选词填空

Until Friday, I'd never been to the Strong National Museum of Play, and I am a senior. I went for College Night, which is composed (1) college students to enjoy.

As I walked to the museum, I wondered (2) I was doing this. That changed when I got (3) — just circling around the perimeter (周边) revealed a picturesque scene.

The line at the entrance was daunting, thanks to the discount for students (4) college IDs. When I managed to finally enter, a flood of nostalgia (怀旧之情) and (5) memories hit me.

The museum isn't tailored for (6), but it seemed like everyone who came was having fun reliving their childhood. Since the environment encouraged foolishness, I couldn't (7) letting my own childhood spirit loose.

There were several play (8), with themes such as “Sesame Street” and “American Comic Book Heroes”. A computer allowed (9) to see what they would look like as a superhero.
To end the night, I visited the shopping center and bought a few souvenirs. Unnecessary purchases, (10), like the rest of the night, totally worth it.

A. how  B. why  C. with  D. and  E. for
F. keep  G. resist  H. here  I. there  J. but
K. childhood  L. adults  M. exhibits  N. people  O. brotherhood

四、完形填空

My close childhood friend spent the last eight years attending night school to get his bachelor's degree while working a full-time job. Last month, after (1) of late nights and weekends of (2) coursework and studying, he finally (3).

He remained in our hometown after (4) school, but most of his friends, myself included, left our (5) long ago to other states for university and employment. Over time, new-found responsibilities, families, and other engagements have made it (6) that we're back in our hometown at the same time.

One of our mutual friends (7) a wonderful idea of kindness: plan a weekend that we'd all be (8) to fly back to our hometown to (9) him and celebrate his accomplishment.

It was so much fun (10) the behind-the-scenes! The bait: His mom told (11) that he was going to have (12) with just his grandparents to celebrate. Little did he (13) that the dinner would turn into a 20-person (14) with friends present from both coasts! I got to order this non-dairy cake (15) everyone attending could enjoy it. I asked his mom for tips (16) a flavor he would like. (17) the guest of honor arrived to “dinner with the (18)”, he was thoroughly surprised and told us how much (19) meant to him that we all flew in to make him feel special.

The kindness mission (重大任务) was (20).

1. A. weeks  B. months  C. years  D. decades
2. A. finding  B. doing  C. starting  D. getting
3. A. arrived  B. stopped  C. enrolled  D. graduated
4. A. high  B. primary  C. medical  D. business
5. A. school  B. country  C. village  D. hometown
6. A. possible  B. rare  C. silly  D. sad
7. A. welcomed  B. tested  C. hatched  D. stole
8. A. eager  B. free  C. hesitant  D. obliged
9. A. surprise  B. shock  C. frighten  D. discourage
10. A. financing  B. staging  C. overheating  D. planning
五、阅读文章，回答问题

It's no secret that Queen Elizabeth II spends a lot of time in some very luxurious places. From Buckingham Palace, with its 775 rooms (one of the must-see attractions in London), to Windsor Castle, where she usually spends her weekends, Her Majesty's haunts are some of the most impressive dwellings in the world. But the place where she's happiest is not one of the places people most commonly associate with her. In fact, it’s not even in England. It's Balmoral Castle, the Queen's holiday home located in Royal Deeside, Aberdeenshire, Scotland.

Balmoral Castle is a stately Scottish Baronial mansion situated on a 50,000-acre estate. It's pretty unique among royal residences in that it's actually owned by the royal family, rather than being the property of the Crown Estate. The only other royal dwelling that's like this is Sandringham House in Norfolk.

The royal family's connection with Balmoral dates back to the 19th century. Queen Victoria and Prince Albert purchased a house there in 1852 and then promptly oversaw construction of an even more bigger house. Upon its completion in 1856, the smaller castle was torn down, leaving the castle that remains today.

Fast-forward to present today, and the current monarch summers there every year. While still, of course, a castle, Balmoral is considerably smaller than Buckingham or Windsor, and the royals use their time there to unwind and take a break from some of the pressures of royal life. Queen Elizabeth II has been photographed there doing everything from horseback riding to taking joyriders in a Range Rover.

1. Where does Queen Elizabeth II usually spend her weekends?
2. Is Balmoral Castle a property of the Crown Estate?
3. When was the construction of the current Balmoral Castle completed?

4. Balmoral Castle is a place where the royals release ____ of royal life.

5. Is the underlined word "summers" in the last paragraph a noun or a verb?

【试题答案】
1. In Windsor Castle.
2. No, it isn't.
3. In 1856.
4. the needs of others as important as your own.
5. It's a verb.

六、阅读文章，翻译画横线的句子

Their words seemed to confirm what growing up as a woman and a person of color already taught me: that I belonged in margins and spaces, valid only as a minor character in their lives and stories.

(1) Their words confirmed what I had heard my whole life: that I was "other," that I didn't belong, that I wasn't good enough, simply because I wasn't like them. And that feeling, I realize now, was and is, shame, a shame for the things that made me different, a shame for the culture from which I came. (2) And to me, the most disappointing thing was that I felt it at all. Because the same society that taught some people they were heroes taught me I existed only in the background of their stories and waited for them to rescue me.

And for a long time, I had been brainwashed into believing that my existence was limited to the boundaries of another person's approval. I had been tricked into thinking that I was beautiful only if someone else believed it, regardless of my own opinion.

Yes, I have been lied to. We all have. (3) And it was in this realization that I felt a different shame—a shame for the world I grew up in. And a shame for how that world treats anyone who is different.

(4) I am not the first person to have grown up this way. This is what it is to grow up as a person of color in a white-dominated world. This is the world I grew up in, but not the world I want to leave behind.

I want to live in a world where people of all races and gender identities are seen as what they have always been: human beings.

(5) And this is the world that I will continue to work toward.

【参考译文】
1、他们的话证实了我整人生中所听到的事。
2、而且对我来说，最令人失望的事情是我完全能感觉到它。
3、正是在这种认识中，我感到了一种不同的羞耻感。
4、我不是第一个以这种方式长大的人。
5、并且这就是我将继续努力奋斗的世界。
七、根据提示翻译短语

1. The word ZheJiang (crooked river) was the old name of the Qiantang River, which passes____________ (穿过省会杭州).
   【试题答案】through the provincial capital Hangzhou

   【试题答案】in the southeast of China or in southeastern China

3. Technical English differs from everyday English because of the specialized contexts in which it is used and because of the specialized interests of ________ (科学家和工程师).
   【试题答案】scientists and engineers

4. Technological advances in everything from product design software to digital video cameras are breaking down the cost barriers that once ________ (将业余选手与职业选手分开).
   【试题答案】separated amateurs from professionals

5. Railway Ministry personnel presented that this network construction is a part of_________ (全国铁路电信改造工程).
   【试题答案】the national railway telecommunications reform project

八、写作

Directions: In this part you are required to write a composition entitled Chinese Students Studying Abroad and Returning in no less than 120 words according to the following Chinese outline. Please remember to write it on the Answer Sheet.

（1）根据图表简述中国学生赴国外学习及学成归国的总体情况；
（2）分析原因（中国经济发展、全球化等）；
（3）探究大量中国学生学成归国对中国的影响（行业发展、人才储备、国际交流等）。
   【试题答案】
Three billion people, around 40% of the world’s population, use online social media and are spending an average of two hours every day sharing, liking, tweeting and updating on these platforms, according to some reports. That breaks down to around half a million tweets and Snapchat photos shared every minute. With social media playing such a big part in our lives, could we be sacrificing our mental health and well-being as well as our time? Since social media is relatively new to us, conclusive findings are limited. Actually this is a fast-growing area of research, and clues are beginning to appear. Here are some of the findings:

**MOOD**

A good or bad mood may spread between people on social media, according to researchers from the University of California.

**ANXIETY**

Researchers have looked at general anxiety caused by social media, such as feelings of restlessness and worry, and trouble sleeping and concentrating. A study published in the journal Computers in Human Behavior found that people who report using seven or more social media platforms were more than three times as likely as people using less than two platforms to have high levels of anxiety. However, it's unclear how social media causes anxiety.

**SLEEP**

Humans used to spend their evenings in darkness, but now we’re surrounded by artificial lighting all day and night. Research has found this can reduce the body’s production of the hormone melatonin which helps sleep.

**ADDICTION**

A few researchers point out that social media addiction may be harder to resist than cigarettes and alcohol.

It’s clear that in many areas, not enough is known yet to draw many strong conclusions. However, the evidence does point one way: social media affects people differently, depending on pre-existing conditions and personality traits.

1. How many hours do people spend online on average?
   A. Two.
   B. Three.
   C. Four.
   D. Five.

2. What does the study in *Computers in Human Behavior* find about people using more social media?
   A. They suffer more from anxiety.
   B. They become more absent-minded.
C. They suffer less from troubled sleep.
D. They become more friendly to others.

3. **The underlined word "this" in Paragraph Four probably refers to** ____.
A. daylight
B. artificial lighting
C. melatonin
D. social media.

4. Social media affects people differently, depending on ____.
   A. understanding of social media
   B. the social media platforms used
   C. the time spent on social media
   D. preconditions and characters

5. **What is the theme of this passage?**
   A. Why people go online.
   B. Who uses social platforms.
   C. How many people go online every day.
   D. How online activities affect mental health.

【试题答案】
第1题: A    第2题: A    第3题: B    第4题: D    第5题: D

Antibiotics are one of the miracles of modern medicine. They have saved countless lives. But there’s another side to them. The bacteria that live in our body have learned how to outwit many of our most powerful antibiotics. These drug resistant bacteria are called superbugs.

Here’s how a bug becomes a superbug. When you take an antibiotic, there could be some bacteria that know how to resist those antibiotics. Those smart bacteria are the ones that survive antibiotics and they flourish. And that’s when you get a sharp increase of superbugs. And the more we take antibiotics, the more chances the bacteria have to become resistant to them.

So, in the words of the latest CDC (Center for Disease Control) report, some miracle drugs no longer perform miracles, but it did come with some good news. The report says the number of deaths and infections caused by germs that resist antibiotics is decreasing. It dropped 18 percent between 2013 and now. And the number of infections caught in hospitals is down.

The bad news, according to the CDC, is that there are still too many germs that resist antibiotics, and that they can be caught anywhere in the community. The report says the answer isn’t in developing more powerful antibiotics, but in using them less often. The CDC estimates that as many as one-third of the antibiotics prescriptions given in
emergency rooms and doctors' offices aren't needed, but it doesn't entirely blame doctors for this, because it can be hard for them to tell when someone has a bacteria infection, or which antibiotics could be good.

1. According to the passage, what have saved many lives?
A. Operations.
B. Miracles.
C. Antibiotics
D. Germs

2. The underlined word “flourish” in Paragraph Two probably means 
A. develop quickly
B. decrease sharply
C. die suddenly
D. run slowly

3. The number of deaths and infections caused by germs that resist antibiotics dropped 
A. one third
B. one half
C. 18 percent
D. 81 percent

4. According to the CDC report, how should we deal with the antibiotics-resistant germs?
A. Giving better prescriptions.
B. Using antibiotics less often.
C. Catching germs in the community.
D. Developing more powerful antibiotics.

5. What is the main idea of this passage?
A. We should use as many antibiotics as possible.
B. Antibiotics are effective despite drug-resistant germs.
C. Antibiotics are the greatest invention in human history.
D. Antibiotics have more positive aspects than negative effects.

【试题答案】
第1题：C 第2题：A 第3题：C 第4题：B 第5题：B

New research suggests that planting trees and oilier plants near factories could reduce pollution by almost one-third. The addition of plant life may even cost less and be more effective than technology, designed to cut pollution, a new study found. The findings were reported in the publication Environmental Science & Technology. The lead author of the study was Bhavik Bakshi, a professor at the Ohio State University.
Bakshi and other researchers collected data about air pollution and plant life in 48 of the 50 American states. They studied public records from every state other than Alaska and Hawaii. The study attempted to show how the vegetation could reduce the most common pollutants from industrial areas, including the production of energy from coal, oil and gas.

The research found that restoring vegetation to land cover could cut air pollutant levels an average of 27 percent in the areas studied. They also found that in 75 percent of the areas, it would cost less to use plants and trees to reduce air pollution than to add new air cleaning technology.

Bakshi said that nature-based methods could result in “win-win” solutions that save money and are better for the environment. It found that only one piece of equipment was estimated to be more cost-effective than trees and plants. That device is an industrial boiler.

The study did not identify which kinds of trees or plants would be best at reducing air pollution. But Bakshi said the kind of vegetation would likely make a difference in air quality and that further study is needed.

The researchers predicted that the addition of trees and plants could help lower air pollution levels in both cities and rural areas. However, success rates would differ widely depending on how much land was available and current air quality levels.

1. How did the researchers conduct the research?
   A. They gave up the outdated public records.
   B. They gathered information on pollution and plants.
   C. They did experiments in the Ohio State University.
   D. They studied data on technology in science journals.

2. _______ could cut air pollutant levels.
   A. Expanding rural areas
   B. Developing Alaska and Hawaii
   C. Producing more coal, oil and gas
   D. Bringing back vegetation to land cover

3. What is more cost-effective than trees and plants?
   A. New energy.
   B. An industrial boiler.
   C. The nature-based method.
   D. New cleaning technology.

4. The underlined phrase "make a difference" in Paragraph Five probably means _______.
   A. be effective
   B. be productive
   C. take place
D. stand out

5. What does the passage mainly tell us?
A. New technology can benefit the environment.
B. Air pollution has worsened in the United States.
C. Adding plant life cuts pollution and reduces cost.
D. Different trees contribute differently to the environment.

【试题答案】
第 1 题：B 第 2 题：D 第 3 题：B 第 4 题：A 第 5 题：C

Social scientists believe that names influence personality, how we're perceived (认知), and even our physical appearances. In turn, our appearances impact how other people perceive us, which again affects how we feel and see ourselves. Psychologists believe there's a relationship between internals and externals that shapes us.

The researchers from Hebrew University in Jerusalem decided to test whether stereotypes (刻板印象) and labels have an effect on physical appearance. That is to say, they wanted to find out whether the name a person is given at birth influences later physicality.

The study hypothesized that this early label marks all those who bear the same name similarly, so much so that other people can match name to face based on expectation of how someone with a certain name is likely to look. In other words, name stereotypes show physically and facial appearance. The research team found that both people and computers could pick the right name for a given face with more accuracy than would result from chance. That means common ideas of how a person with a certain name would look were correct—there was a "right" name for a type of face.

Face-name matching likely works on many levels, the study suggests. Because we have shared ideas of what names mean, people with those names may "grow into" them by adopting expected behavior, facial expressions, and looks, and others will also have certain expectations. Say your name is Rose. Social expectations may direct you to act womanly, smile gently, wear dresses, and grow your hair long. This is perhaps unconsciously expected more of a woman named for a flower than one who goes by Alex, a name that in the US is common for males and females. Alex may feel freer to bend gender stereotypes than Rose.

1. Part of the job of a psychologist might be to study_______.
A. how to improve people's behavior
B. how to change people's appearances
C. the relationship between mind and behavior
D. the relationship between knowledge and looks

2. The underlined word “hypothesized” in Paragraph Three probably means ________.
A. supposed
B. displayed
C. doubted
D. opposed

3. What does the example about the name of Rose and Alex indicate?
A. Men and women are affected differently by their names.
B. A girl with a boy's name will not grow into a gentle woman.
C. There is little relationship between one's name and behavior.
D. Shared ideas of names may influence how we look and behave.

4. What is the author's attitude towards the study?
A. Pleased
B. Unbelieving.
C. Surprised,
D. Objective

5. What is the main idea of the passage?
A. A good name may bring good luck.
B. Your name might influence your appearance.
C. People name babies according to their appearance.
D. Some names are more proper for women than others.

【试题答案】
第1题：D   第2题：A   第3题：D   第4题：D   第5题：B

二、七选五

Do you often feel tired in the morning even though you’ve been in bed for seven or eight hours the night before? Like many people, you are not sleeping as much as you think you are. 1. _______ There is no specific number for efficiency that’s been proven as linked to poor health. However, according to a New York Times report about sleep quality, some experts estimate a rough number of 83 percent or above as a decent place to be:

2. _______

Avoid blue light at night. Short wavelength blue light, sent out by the sun and by the screens of computers, iPods and smart-phones, makes you feel more alert. Blue light tells your brain it’s daytime. 3. _______ You can also try installing apps that can filter (过滤) blue light on your devices.

4. _______ Go to bed and wake up at relatively the same time. Consistency (连贯性) is key to a good night’s sleep, especially when it comes to waking up. When you have a regular wake-up time, your brain gets used to this and moves through the sleep cycle in preparation for you to feel rested and alert at your wake-up time. Roughly an hour before you wake, hormone levels increase gradually, causing you to become more alert.
Take naps. One of the biggest peaks in melatonin production happens during the 1 to 3 p.m. time frame. 5. ______ If you aren't getting enough sleep at night, you're likely to feel an overwhelming desire to sleep in the afternoon. When this happens, you're better off taking a short nap than resorting to caffeine or strong tea to keep you awake. A short nap will give you the rest you need to get through the rest of the afternoon, and you'll sleep much better in the evening than if you take a long afternoon nap.

【问题内容】
A. Keep a consistent sleep schedule.
B. "Sleep efficiency" is the percentage of time you actually sleep.
C. In other words, you feel most sleepy in the morning.
D. It explains why most people feel sleepy in the afternoon.
E. People find that it is difficult to sleep well.
F. Here are some tips for improving sleep efficiency.
G. Turn off your computers and phones before bed.

【试题答案】
第 1 题: B  第 2 题: F  第 3 题: G  第 4 题: A  第 5 题: D

三、选词填空

Scientists who found the world's oceans were warming faster than they previously believed, have said their study had errors. The study, published in Nature, found that "(1) warming at the high end of previous estimates". The researchers used precise measurements between 1991 and 2016 to estimate ocean (2) uptake over the period.

Since the (3) of the study, two problems had come to their attention, one of them related to (4) treating systematic errors in the measurements of oxygen.

"We expect these two corrections will have little (5) on our calculations of overall heat uptake, but with larger margins of error," said a researcher, "We are redoing the calculations and (6) corrections for Nature."

Nature said it was looking into the (7). "Making sure the accuracy of the scientific record is important to us as publishers and we recognize our (8) to correct errors in papers that we have published," a spokesperson said.

The research was published weeks after a report from the United Nations (9) that humanity has just over 10 years to act to avoid disastrous levels of global warming, urging governments to make "(10) and far-reaching changes in all aspects of society".

A. choice      B. heat      C. responsibility  D. carefully      E. effect
F. earth       G. matter   H. publication  I. warned      J. ocean
K. preparing   L. popular   M. incorrectly  N. hoped      O. rapid
【试题答案】
第1题：J  第2题：B  第3题：H  第4题：M  第5题：E
第6题：K  第7题：G  第8题：C  第9题：I  第10题：O

四、完形填空

Probably the most famous apple in history belonged to Isaac Newton. His apple became the (1) for a great scientific discovery: the force of gravity (重力). (2), some historians question if the apple even existed. When examining history, people try to (3) the fact from the fiction. And in Newton's (4), his scientific work was the fact, and the story about the apple was all (5).

(6) a young man, Newton left home to study science at Cambridge University. One day while he was (7) under an apple tree, an apple fell from a branch above and hit him (8) on the head. He looked at the apple and (9) to think why the apple fell, (10) some of the scientific knowledge from school. Newton realized that (11) inside Earth were always pulling objects toward its center. That's why the apple fell down and did not stay (12) high up in the tree. When a person jumps, he or she does not rise quickly (13) space like a lost balloon. Gravity (14) everything toward the ground.

What's the problem with this famous and (15) apple story? Most historians don't believe it (16) happened. Then why did he tell this (17)? Today the general belief is that Newton (18) that apple to make his theory more memorable. Now some people don't even remember (19) the apple fell on Newton's head. Not everyone remembers the work Newton did to (20) the world. Much of the time, people remember the apple more than him.

1. A. result  B. symbol  C. theory  D. object
2. A. In a word  B. Besides  C. However  D. For one thing
3. A. separate  B. believe  C. show  D. prevent
4. A. honor  B. way  C. case  D. role
5. A. experiment  B. crime  C. science  D. fiction
6. A. As  B. For  C. Like  D. Along
7. A. marching  B. resting  C. arriving  D. mining
8. A. purposely  B. fast  C. angrily  D. right
9. A. brought  B. began  C. stuck  D. grew
10. A. 0A. replying  B. gaining  C. applying  D. providing
11. A. rocks  B. forces  C. shells  D. materials
12. A. standing  B. disappearing  C. connecting  D. floating
13. A. into  B. over  C. out of  D. down
14. A. locates  B. gathers  C. pulls  D. destroys
15. A. comforting  B. upsetting  C. shocking  D. inspiring
<table>
<thead>
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<th>16.</th>
<th>A. ever</th>
<th>B. forever</th>
<th>C. never</th>
<th>D. however</th>
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<td>A. statement</td>
<td>B. truth</td>
<td>C. story</td>
<td>D. news</td>
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<tr>
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<td>A. discovered</td>
<td>B. argued</td>
<td>C. spread</td>
<td>D. invented</td>
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<tr>
<td>19.</td>
<td>A. what</td>
<td>B. why</td>
<td>C. who</td>
<td>D. which</td>
</tr>
<tr>
<td>20.</td>
<td>A. change</td>
<td>B. repair</td>
<td>C. protect</td>
<td>D. lift</td>
</tr>
</tbody>
</table>

【试题答案】
第 1 题：B  第 2 题：C  第 3 题：A  第 4 题：C  第 5 题：D
第 6 题：A  第 7 题：B  第 8 题：D  第 9 题：B  第 10 题：C
第 11 题：B  第 12 题：D  第 13 题：A  第 14 题：C  第 15 题：D
第 16 题：A  第 17 题：C  第 18 题：D  第 19 题：B  第 20 题：A

五、阅读文章，回答问题

A friend told me an experience she had in the hospital. As she lay terrified on the wheeling bed being rolled towards the operating room, a male orderly (勤杂工) appeared by her side and quietly took her hand. He walked beside her all the way. Her terror became less intense. When they reached the operating room, he gently put her hand down and she was rolled in. She was still terrified, but the feeling of being cared for filled more of her mind than her fear.

When she awoke in her room, the surgery successful, all she remembered was that hand in hers and the safe and cared-for way she felt at that time.

"I don't remember the color of his skin or anything about him," my friend said gently, "but I'll always remember the act of compassion."

My friend will remember that act long after she has forgotten most of the events in her life. This small act of comfort shows the orderly's ability to open his heart to others. The orderly in my friend's life opened himself to her and she will never forget him.

You do not need to hug everyone you meet, but your heart can be open. You do not need to talk to every stranger, but your heart can be open. Openness to others as you would like to be open to is love. Can you live with an open heart, even while others are frightened? Love is not taking advantage of die weaknesses of others. It is making the needs of others as important as your own. Love is like a fire that is out of control. Once lit, it cannot be contained. You may strive for moderation (适度，节制) in diet, exercise, and work, but striving for moderation in love is like striving for moderation in breathing. Practice moderation in all things except love.

1. How did my friend feel as she lay on the wheeling bed?
2. How did she feel after the orderly took her hand?
3. What did the orderly's small act of comfort show about him?
4. Love is not taking advantage of the weaknesses of others, but making______.
5. The last paragraph asks us to ________.

【试题答案】
1. She felt terrified.
2. She felt she was being cared for.
3. It showed his ability to open his heart to others.
4. the needs of others as important as your own
5. practice moderation in all things except love

六、阅读文章，翻译划横线的句子

Masks （面具，面罩） Have Helped People Face Fears Before

"It is a book about face, a book about life and death," fiction writer Zhang Chi said when talking about his newly-published work, Ancient People's Expressions. （1）It is a book about masks, not the masks to prevent us from diseases, but the masks made by ancient people. The masks reflected their understanding about the universe, about heaven, and about everything they had difficulty with in their daily lives.

Ancient masks, which were made largely of stones, jade（玉石）, bones, shell or metal, were meant to meet people's psychological needs. （2）Masks made of wood or leather have mostly been damaged. While these masks seem to have nothing to do with the face masks people wear today, fear and the need for protection are a common reason.

（3）Ancient people made masks largely because of fear. A lack of understanding about nature and a lack of defense against natural disasters or beasts resulted in a fear for their lives. The masks made of stone could be a psychological protection against any disaster they may face.

Masks used as burial objects often look ugly, even frightening. Most of the masks made of jade were used as burial objects, which shows ancient people believed there was another place for those who had left this world. （4）They wished masks buried with their bodies could keep them safe.

With increasing knowledge about nature and man's stronger ability to deal with natural disasters, （5）the role that masks played in ancient people's lives became less important.

Zhang says it was not easy to understand what ancient people were trying to express, but "one needs to look into the eyes of these masks, there may be an instant when one has got an idea about the fear and worries of our ancient ancestors".

【参考译文】
1. 它是一本关于面具的书，不是防止我们生病的面具，而是由古人制作的面具。
2. 由木头或皮革制作的面具大多已经被损坏。
3. 古人制作面具很大程度上是因为恐惧。
4. 他们希望和他们的尸体一起埋葬的面具能够保持他们的安全。
5. 面具在古人的生活中起到的作用变得没那么重要了。

七、根据提示翻译短语
1. She is well known for _______（救了四十多人的性命）in an earthquake.
   【试题答案】having saved the lives of over forty people

2. It is critical _______（保持公园开放）for the benefits of citizens as well as the development of the city.
   【试题答案】to keep the park open

3. The reason why _______（他从公司辞职）is that he wanted to become a teacher in the west of China.
   【试题答案】he resigned from the company or quit his job in the company

4. I wish _______（我学的是历史而不是地理）when I was in university.
   【试题答案】that I had learned history instead of geography or that I had learned history rather than geography

5. Nowhere else in the company _______（你能找到比他工作勤奋的人）.
   【试题答案】can you find a more diligent person than him

八、写作
1. Directions：In this part you are required to write a composition entitled My Favorite Traditional Chinese Art 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中国传统艺术形式（戏曲、诗句、书画...）；
   （2）陈述你的理由。
   【试题答案】
一、阅读理解

I was brought up in a house with lots of music. There was once a 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, very 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.

【试题答案】
第1题：D 第2题：C 第3题：C 第4题：A 第5题：C

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 the 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 tuning 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.

【试题答案】
第1题：D    第2题：B    第3题：C    第4题：D    第5题：A

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 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
   C. Victims
   D. Survivors

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.

【试题答案】
第 1 题：A          第 2 题：D          第 3 题：B          第 4 题：B          第 5 题：C

We may not be wearing them very much at the moment, but the story behind our most glamorous (迷人的) 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.
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.

【试题答案】
第1题：A         第2题：D         第3题：C         第4题：D         第5题：B

二、七选五

1. 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://buyers.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.

【问题内容】
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.

【试题答案】
第 1 题: A  第 2 题: E  第 3 题: C  第 4 题: G  第 5 题: F

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 Pennsylvania. 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 (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
Take  G. rapid  H. hoping  I. get  J. gentle
K. offer  L. nearly  M. possibly  N. for  O. progress

【试题答案】
第 1 题: A  第 2 题: E  第 3 题: B  第 4 题: M  第 5 题: C
第 6 题: H  第 7 题: K  第 8 题: D  第 9 题: G  第 10 题: F
George F. Handel is considered one of the greatest composers of the 18th century. He was (1) in Germany, and died in London in 1759, (2) 74. Handel was a tall, robust man (3) enjoyed good food, wine and entertainment. He was nicknamed “The Great Bear” (4) to his size, nature and (5) of walking. He never married and was known to be a very private person.

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

In 1757, Handel suffered a stroke, which (14) damage to his right arm and some (15) of his mental capabilities, (16) him from performing. Nobody expected Handel to perform again, (17) his quick recovery was considered a (18). To recover faster, Handel (19) to a spa in Germany. There he diligently (20) long hot baths, and ended up playing the organ for a surprised audience.

1. A. liked
   B. born
   C. interested
   D. popular

2. A. age
   B. aged
   C. aging
   D. ages

3. A. whose
   B. whom
   C. who
   D. which

4. A. due
   B. contrary
   C. close
   D. prior

5. A. way
   B. method
   C. means
   D. direction

6. A. as
   B. in
   C. from
   D. for

7. A. about
   B. to
   C. around
   D. at

8. A. However
   B. Though
   C. Whether
   D. Whatever

9. A. tough
   B. fast
   C. strong
   D. quick

10. A. offered
    B. wished
    C. refused
    D. stopped

11. A. on
    B. over
    C. among
    D. during

12. A. would
    B. should
    C. shall
    D. will

13. A. examples
    B. orders
    C. models
    D. leaders

14. A. made
    B. raised
    C. caused
    D. carried

15. A. fall
    B. defeat
    C. stop
    D. loss

16. A. preventing
    B. protecting
    C. isolating
    D. separating

17. A. but
    B. so
    C. for
    D. or

18. A. miracle
    B. mistake
    C. blow
    D. benefit

19. A. left
    B. travelled
    C. reached
    D. arrived

20. A. brought
    B. got
    C. took
    D. prepared
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 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?

【试题答案】
1. Better sleep. It can help you fall asleep faster and stay asleep for longer.
2. Movement exercises such as tai chi and yoga.
3. 60% (percent)
4. By regularly being engaged in exercise.
5. Getting moving.

六、阅读文章，翻译画横线的句子

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 (1) 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. (2) They continue to do this throughout the right, keeping you from falling asleep or waking you up. While there is now a treatment for restless legs syndrome (综合征) it has some side effects. (3) 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. Schlacht. 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. (4) 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. (5) 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 (新陈代谢) and temperature to drop after exercise, which prepares your body for sleep.

【参考译文】

1. 睡眠时间和质量极大地影响你的记忆力
2. 它们整晚都持续这样，让你无法入睡或者让你醒来。
3. 我们对这个问题有一个更好的解决方法
4. 服用这种维生素能够改善情况。
5. 相反，把你的锻炼安排在傍晚——大约在睡前四五个小时。
七、根据提示翻译短语

1. Child as he is, the boy knows how to ________ (照顾爷爷).
   【参考译文】take care of his grandpa 或 look after his grandpa 或 care for his grandpa

2. The teacher walked into the classroom, ________ (手里拿着书).
   【参考译文】holding a book in his hand 或 with a book in his hand

3. I will take an umbrella with me in case ________ (下雨).
   【参考译文】it rains 或 it should rain

4. Don’t mistake his silence for ________ (缺乏兴趣).
   【参考译文】lacking interest 或 lack of interest

5. Please don’t talk so loudly ________ (他人在工作的时候).
   【参考译文】when other people are working 或 while other people are working

八、写作

1. 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
   【试题答案】