



英语阅读

A+ ENGLISH READING

主编 陈光学



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迅速提升整体实力！
“读”出英语力 !!!

湖北教育出版社

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精英阅读

ENGLISH READING



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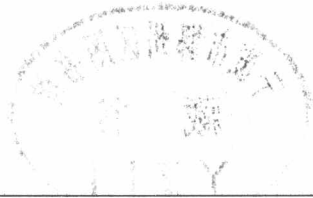
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目前,我国许多地区的英语教育已经向下延伸至小学阶段。但是,虽然我们投入了相当多的人力和物力,效果却并不理想。根据相关调查显示,虽然我国中小学生的英语听力水平较过去有所提高,但读写能力却在下滑,甚至有每况愈下的趋势。有识之士疾呼,拯救孩子们的英语能力,一定要从大量有计划的阅读入手,因为一个人的英语能力是“读”出来的!

提高阅读理解能力的确是英语学习的关键,也一直是各类考试的重点。“阅读理解”的题量和分值在中、高考试卷中所占的比重最大,所以对中学生来说,阅读能力对考试成绩和升学有着举足轻重的影响!

遗憾的是,虽然现在市面上为中学生编的英语阅读书籍很多,但真正管用的却很少。因为这类书必须同时满足下面几个条件,缺一不可。

一是语言要地道,因为“蹩脚英语”对学生的负面影响是难以估量的;二是难度要适当,太难或太容易都达不到提高的目的;三是选材要与学生的学习、生活密切相关,这样他们才会感兴趣;四是内容要与教材“若即若离”,游离太远解决不了升学的实际问题,联系紧密又无法与课堂教学形成互补,甚至引起读者的反感。

我们的《优⁺英语阅读》就是具备上述所有条件的中小学优秀英语读物!它以分级阅读的形式,在中学阶段一共分为6册,分别适合初一到高三年级的学生使用。

该书语言地道、题材广泛、内容符合中学生的兴趣特点,而且难能可贵的是,这套书与各年级教材所涉及的语法重点、词汇及话题基本一致,所以既是生动有趣的课外泛读材料,又可作为巩固课堂所学的单元同步教辅。

中学生阅读理解能力的培养固然离不开阅读理解训练,但扩大词汇量、有效克服阅读过程中的词汇障碍也非常重要。因此,我们在每篇阅读训练后面都精心编写了一个“词汇拓展”单元,以帮助读者横向扩大词汇量和纵向深入理解词汇的用法。

我们真心希望这套书能伴随大家度过难忘的中学时代,在“悦”读中提高自己的阅读理解水平,进而提升英语的整体实力!

目录

CONTENTS

Breaking Records	能力训练 1	1
	能力训练 2	10
Sailing the Oceans	能力训练 3	19
	能力训练 4	27
Australia	能力训练 5	36
	能力训练 6	45
Exploring plants	能力训练 7	54
	能力训练 8	64
Inside Advertising	能力训练 9	73
	能力训练 10	82
Nothing ventured, nothing gained	能力训练 11	91
	能力训练 12	100
King Lear	能力训练 13	109
	能力训练 14	118
Fairness for all	能力训练 15	128
	能力训练 16	137
Learning efficiently	能力训练 17	146
	能力训练 18	154
Enjoying novels	能力训练 19	163
	能力训练 20	172
参考答案		181



A

Jeanne Calment, a French woman, became a record breaker on 17 October 1995. When at the age of 120 years and 238 days, she became the longest-lived human being on record. A Japanese man died in 1986 at the age of 120 years and 237 days.

Jeanne Calment lives in a small old people's home in the south of France; her husband, her only child and her grandson have all died. She is nearly blind and deaf and is always in a wheel chair, but her doctor describes her as being "more like a 90-year-old in good health" than someone of 120. She still has a lively sense of humor. When asked on her 120th birthday what she expected of the future, she replied, "A very short one." She also remarked that she thought the good Lord had forgotten all about her.

So what is the key to a long life? According to some doctors, diet, exercise and no smoking are the three important factors. Jeanne Calment has followed two of the tips. She has always eaten a healthy diet, and she used to do exercises every day until she broke her leg at the age of 115. However, until recently she drank two glasses of strong red wine a day, and she does smoke (only a little). Besides, Jeanne Calment might have got very good genes from her parents. Her father lived to the age of 94 and her mother to 86.

A local lawyer bought her house when she was 80 under an agreement that he would pay her some money every year until her death. It must have seemed a good move at the time, but so far the lawyer has paid her at least three times the value of the house. Every year on her birthday Jeanne Calment sends him a card saying, "Sorry, I'm still alive!"

- () 1. Jeanne Calment became a very famous woman on 17 October 1995 because _____.
 A. her age was almost the same as that of a Japanese man
 B. she was a famous sports woman and a world record holder
 C. she set a new world record in the age of human beings
 D. she lived longer than her husband, her son and grandson
- () 2. What does the underlined word move really mean in the last paragraph?
 A. business B. occupation C. contract D. market
- () 3. How does Jeanne Calment feel about her old age?
 A. She feels upset and unhappy.
 B. She is cheerful and humorous.
 C. She likes to live much longer.
 D. She feels she is going to die very soon.
- () 4. The text seems to suggest that Jeanne Calment owes her good health and long life to



- _____.
- A. smoking only a little every day
 - B. neither smoking nor drinking
 - C. always drinking two glasses of strong red wine a day and never smoking
 - D. the good genes from her parents, a healthy diet and some exercises

词汇拓展

1. remark *vt. & vi.* 谈论, 评论

- 常用搭配: remark on 评论; 谈论; 议论
- 用法举例: Mrs. Morse remarked that she seemed a very nice girl.

莫斯太太评论说她像是个好女孩。

Everyone remarked on her divorce.

人人都在议论她离婚的事。

2. move *n.* 动, 行动, 行动步骤

- 同/近义词: removal, shift, procedure, motion, migration
- 用法举例: Unless we make a move soon, we shall not be able to fulfill our plan.

如果不赶快采取行动, 我们就不能完成计划了。

After the removal of the soup, fish was served.

汤撤去后, 鱼就上来了。

3. so far 到目前为止; 迄今为止; 到这点为止

- 常用搭配: so far as 只要; 就……而言; 在……范围内 so far so good 到目前为止一切顺利
so long as 只要
- 用法举例: So far, so good.

到目前为止, 一切顺利。

That is to be welcomed, so far as it goes.

就此而言, 这是可喜的。

B

When she looked ahead, Florence Chadwick saw nothing but a solid wall of fog. Her body was numb(麻木的). She had been swimming for nearly sixteen hours. Already she was the first woman to swim the English Channel in both directions. Now, at age 34, her goal was to become the first woman to swim from Catalina Island to the California coast.

On that fourth of July morning in 1952, the sea was like an ice bath and the fog was so thick that she could hardly see her support boats. Sharks swam toward her lone figure, only to be driven away by rifle shots. Against the frigid grip of the sea, she struggled on—hour after hour—while millions watched on national television.

Alongside Florence in one of the boats, her mother and her trainer offered encouragement. They told her it wasn't much farther. But all she could see was fog. They urged her not to give up. She never had... until then. With only a half mile to go, she asked to be pulled out.

Still thawing(使变暖) her chilled body several hours later, she told a reporter, “Look, I’m not excusing myself, but if I could have seen land I might have made it.” It was not fatigue or even the cold water that defeated her. It was the fog. She was unable to see her goal.

Two months later, she tried again. This time, despite the same dense fog, she swam with her faith intact(完整无损的) and her goal clearly pictured in her mind. She knew that somewhere behind that fog was land and this time she made it! Florence Chadwick became the first woman to swim the Catalina Channel, eclipsing the men’s record by two hours!

- () 5. Why didn’t Florence swim across the Catalina Channel for the first time?
- A. Because she was too tired to go on swimming.
B. Because the fog was so thick that she couldn’t see her support boats clearly.
C. Because she couldn’t see the goal on land.
D. Because the sea water was too cold.
- () 6. What does the underlined sentence mean?
- A. She had never been so hopeless.
B. She had never thought of giving up.
C. She had never seen such a thick fog.
D. She had never swum across the Channel before.
- () 7. Which of the following is NOT true?
- A. Florence Chadwick spent less time swimming across the Catalina Channel than men.
B. Florence Chadwick succeeded in swimming across the Catalina Channel in September, 1952.
C. People had to use guns to drive away some flesh-eating animals in the sea.
D. No women but Florence Chadwick were able to swim the English Channel in both directions.

词汇拓展

1. nothing but 只有;只不过

- 常用搭配: nothing of the kind 一点也不;绝不是那么回事 nothing to do with 与……无关
nothing less than 完全是;与……一模一样
- 用法举例: Genius is nothing but labor and diligence.
天才只不过是劳动加勤奋。

2. urge vt. 力劝;敦促;鼓励;极力主张;驱策,促使

- 派生词: urgency n. 催促;紧急;紧急的事 urgent 紧急的;急迫的
urgently adv. 急切地;迫切地;紧急地
- 用法举例: We all urged him to go ahead with his plan.
我们都鼓励他实施他的计划。

3. pull out 拉出

- 常用搭配: pull away 离开;脱身;拉掉 pull down 摧毁;推翻;使……下跌
pull into (车)进站 pull round 复原;康复 pull through 渡过难关;恢复健康
- 用法举例: The nail has been pulled out.



那只钉子拔出来了。

4. eclipse vt. (日、月)食;使黯然失色;使蒙上阴影

• 常用搭配: solar eclipse 日食 total solar eclipse 日全食 lunar eclipse 月食

• 用法举例: She is a soprano whose singing eclipsed that of her rivals.

她是一位使其对手的歌唱黯然失色的女高音歌手。

Clouds eclipse the sinking sun.

云把西沉的太阳遮得暗淡无光。



Having reached the highest point of our route according to plan, we discovered something the map had not told us. It was impossible to climb down into the Kingo valley. The river lay deep between mountain sides that were almost vertical. We couldn't find any animal tracks, which usually show the best way across country, and the slopes were covered so thickly with bushes that we could not see the nature of the ground. We had somehow to break through to the river which would give us our direction out of the mountains into the inhabited lowlands.

Our guide cut a narrow path through the bushes with his long knife and we followed in single file. Progress was slow. Then, when we thought we had really reached the river, we found ourselves instead on the edge of a cliff with a straight drop of 1,000 feet to the water below. We climbed back up the slope and began to look for another way down. We climbed slipped, sweated and scratched our hands to pieces and finally arrived at the river. Happily we came downhill along its bank without having to cut our way. However, after a few miles the river entered a steep-sided gap between rocks and suddenly dropped thirty-five feet over a waterfall. There was no path alongside it and no way round it.

Then one of the guides saw a way of overcoming the difficulty. There was a fallen tree lying upside down over the waterfall with its leafy top resting on the opposite bank below the falls. Without hesitation he climbed down the slippery trunk to show us how easy it was. Having got to the fork of the tree, he moved hand over hand along a branch for four or five feet with his legs hanging in space, then he dropped onto the flat bank the other side, throwing his arms in the air like a footballer who has scored goal, and cheerfully waving us on.

() 8. Having reached the highest point on their route, the travelers expected to be able to _____.

- A. track animals to the river
- B. put away the maps they had been using
- C. come near to the river from a different direction
- D. get down to the river without much difficulty

() 9. The travelers wanted to get to the river because _____.

- A. it would lead them to the waterfall
- B. it would show them which way to go
- C. it was the only possible way out of the mountains

- D. it was a quicker way than going over the mountains.
- () 10. One reason why the travelers took so long to get to the river was that _____.
 A. it was too hot to move quickly
 B. there was no proper path
 C. they all tried to go different ways
 D. they could not follow the animal tracks
- () 11. To get past the waterfall the guide had to _____.
 A. use a fallen tree as a kind of bridge
 B. cross the river above the waterfall
 C. slide down a steep river bank
 D. swing across the river from a high branch

词汇拓展

1. vertical *adj.* 垂直的, 竖的
 - 同义词: upright
 - 用法举例: The northern side of the mountain is almost vertical.
 这座山的北坡几乎是垂直的。
 Job is not upright; he is just a smart Jew.
 约伯很不正直, 他只是一个机灵的犹太人。
2. inhabited *adj.* 有人居住的
 - 派生词: inhabitant *n.* 居民; 居住者 inhabitation *n.* 居住; 栖息
 - 用法举例: The island is thickly inhabited.
 该岛人烟稠密。
3. overcome *vt. & vi.* 战胜; 克服
 - vt.* 被(烟、感情等)熏[压]倒, 使受不了
 - 常用搭配: overcome difficulties 克服困难; 战胜困难 overcome the temptation 抵制诱惑
 - 用法举例: He has enough courage to overcome the difficulty.
 他有足够的勇气来克服这个困难。
 They were overcome with sadness.
 他们悲痛欲绝。
4. score *vt. & vi.* 得分; 获胜; 成功
 - 常用搭配: score for 为……进球得分; 把……改写成器乐曲 scores of 许多; 大量
 - 用法举例: The home team didn't score.
 主队没得分。
 We had a bad play, but we scored.
 我们踢得不好, 但却获胜了。

D

Microsoft founder Bill Gates has recovered his spot at the top of the US money heap, taking the place of investor Warren Buffett as America's richest person, Forbes magazine's latest list reveals.

With 57 billion dollars net worth Gates again leads the list of 400 richest individuals in the world's wealthiest country. He displaced Buffett who briefly held the position this year but who has seen his Berkshire Hathaway investment group's shares slip 15 percent since February and is now worth 50 billion.

According to Forbes, whose list was published late Wednesday, the golden 400 have 1.3 billion dollars net worth or more. However, their combined net worth rose only 30 billion dollars, or two percent, to 1.57 trillion dollars.

Forbes said that rising oil and dizzy art prices fuelled the entry of 31 new members into the ultra-rich club and the return of eight previous members.

A notable arrival was Mark Zuckerberg, 24, founder of the social networking site Facebook(脸谱网). Forbes estimates his worth at 1.5 billion dollars.

Meanwhile, turmoil on the stock and housing markets saw 33 others drop off the list, including the former head of the troubled insurance giant AIG, Maurice Greenberg, and a former head of the online auction site eBay, Margaret Whitman.

Biggest gainers were led by New York Mayor Michael Bloomberg who took eighth place with 20 billion dollars worth after a transaction(交易) put a new value on his Bloomberg media and financial data network.

The biggest loser was casino(赌场,娱乐场) tycoon Sheldon Adelson, whose fortune fell 13 billion dollars over 12 months—the equivalent to 1.5 million dollars an hour—although he still has 15 billion dollars and occupies 15th place.

About two thirds of the list are self-made billionaires and just over 10 percent are women, led by television star Oprah Winfrey whose fortune rose 200 million dollars to 2.7 billion dollars.

- () 12. Many new members entered the ultra-rich club as a result of _____.
 A. turmoil on the stock and housing market
 B. media and financial data network
 C. rising oil and dizzy art prices
 D. investment
- () 13. The purpose of the author using the television star Oprah Winfrey as an example is to _____.
 A. tell the readers that television stars make money easily
 B. prove that a millionaire can become a billionaire
 C. show women can also be billionaires
 D. tell the readers that most of the billionaires are self-made
- () 14. What can we infer from the passage?
 A. One earns much and also loses much.
 B. Stability of markets has much effect upon people's wealth.
 C. The computer industry makes more billionaires.
 D. Young people can also be billionaires.
- () 15. Choose the best title of the passage.

- A. Bill Gates Leading World's Richest People Again
- B. What Made Billionaires
- C. Self-Made Billionaires
- D. Biggest Gainer and Biggest Loser

词汇拓展

1. reveal *vt.* 揭露;显示;透露;泄露

- 近义词组: make clear, exposure to
- 用法举例: I should be glad to give you any help if you reveal your thoughts to me.
如果你把你的想法透露给我,我愿意尽全力帮助你。
Twelve technicians died from exposure to biological agents in that accident.
在那次事故中,12名技术人员因受生物制剂感染而丧生。

2. fuel 刺激,保持……的进行;激起

- 常用词组: add fuel to the fire(或 flames)(喻)(尤指以挑衅性言论)火上加油
- 用法举例: His provocative words only fuelled the argument further.
他的挑衅性讲话只能使争论进一步激化。

3. turmoil *n.* 骚乱,骚动,动乱;混乱;喧嚣;喧嚷

- 同/近义词: combustion, disorder, chaos, confusion, involvement
- 用法举例: The room was disordered when they arrived at the scene of the burglary.
当他们到达夜盗现场时房间被弄得乱七八糟。
We can image what a terrible turmoil night the parents live during the night.
我们可以想象他的父母亲度过了怎样一个不安的晚上。

4. equivalent *adj.* 等价的,相等的;同意义的 *n.* 等价物,相等物

- 常用短语: equivalent to 相当于;等于
- 用法举例: The two words are equivalent in meaning.
那两个词在意思是相等的。
But today, globalization means there is no equivalent to the Berlin Wall.
但在今天,全球化意味着不会再出现类似于柏林墙的东西。

E

Asian athletes have had a spare time in the first two days of the World Indoor Championships in Birmingham, England. But Chinese hurdler(跨栏运动员) Liu Xiang surprised everyone by taking the bronze medal in the men's 60-meter hurdles.

Liu became the first Chinese male athlete to get a world indoor medal in the 18-year history of the championship and was the only Asian medalist this time.

"Karaoke! That's what I'm going to do. I'm going to get a big group of my friends together and sing. I love both Western and Chinese music but especially Michael Jackson," said Liu after clocking 7.25 seconds in the final to take his place on the podium(领奖台).

"Frankly speaking, I didn't think I was in the shape to win a medal," Liu said. "On my arrival here, my aim was just to fight my way into the final. After I did that, I thought I might just get into the top six. I knew British hurdler Colin Jackson was going to be here and

词汇拓展

1. fight one's way 奋斗前进;努力开辟

- 相似短语: make one's way 行走前进 push one's way 挤着前进
lose one's way 迷路 feel one's way 摸索前进
- 用法举例: They had to fight their way out of a heavy encirclement
他们不得不杀出重围。

2. underestimate *vt.* 对……估计不足, 低估

- 近义词: disappreciate *vt.* 低估;轻视
- 用法举例: I underestimate the distance, and am exhausted.
没想到这么远, 我可累坏了。

3. transition *n.* 过渡; 转变; 变迁; 变革

- 相关词: transit *v.* 运送; 经过 transitional *adj.* 过渡期的; 变迁的
transitive *adj.* 及物的; 过渡的; 可迁的
- 用法举例: The canal can transit a total of 50 ships daily.
这条运河每天可通过 50 艘船。
Adolescence is the period of transition between childhood and adulthood.
青春期是童年与成年之间的过渡时期。

能力训练

2



The zipper is a wonderful invention. How did people ever live without zippers? Zippers are very common, so we forget that they are wonderful. They are very strong, but they open and close very easily. They come in many colors and sizes.

In the 1890s, people in the United States wore high shoes with a long row of buttons. Women's clothes often had rows of buttons, too. People wanted an easier way to put on and take off clothes.

Whitcomb L. Judson invented the zipper in 1893. He was an engineer in Chicago. He called the zipper a slide fastener. However, it didn't stay closed very well. This was embarrassing, and people didn't buy many of them. Then Dr. Gideon Sundback from Sweden solved this problem.

A zipper has three parts. 1. There are dozens of metal or plastic hooks (called teeth) in two rows. 2. These are fastened to two strips of cloth. The cloth strips are flexible. They bend easily. 3. A fastener slides along and fastens the hooks together. When it slides the other way, it takes the hooks apart.

Dr. Sundback put the hooks on the strips of cloth. The cloth holds all the hooks in place. They don't come apart very easily. This solved the problem of the first zippers.

- () 1. Zippers are very common because _____.
 A. they come in many colors and sizes
 B. they're very strong
 C. they can make people's life much easier
 D. Both A and B
- () 2. What's the general idea of the third paragraph? _____.
 A. The problem of the zipper.
 B. How was the zipper invented?
 C. People didn't like the zipper.
 D. How did the Dr. Sundback solve the problem?
- () 3. According to the text, we can infer _____.
 A. the zipper is useless
 B. people can't live without the zipper
 C. the zipper is a very important invention
 D. the zipper is wonderful invention

词汇拓展

1. live without 无需;没有也行

- 常用搭配: not... without 没有……就不行

- 用法举例: We may live without a TV set.

没有电视机我们也能活下去。

We cannot live without water.

没有水我们不能生存。

None of us could live without other people.

任何人都不能离开他人而生活。

2. embarrass vt. 使局促不安;使困窘;阻碍

- 派生词: embarrassed *adj.* 尴尬的;窘迫的 *embarrassedly adv.* 尴尬地;难堪地

embarrassing adj. 使人尴尬的;令人为难的

embarrassment n. 窘迫;难堪;使人为难的人或事

- 用法举例: She seems embarrassed at the request.

她对于这个请求似乎感到难为情。

3. fasten vt. & vi. 使固定;扣紧;集中于;扎牢

- 常用搭配: fasten down 确定;盖紧

fasten in 关进;装进;用……控制住

fasten on 集中于;抓住;把……强加于

fasten to 固定在……上

fasten up 关紧

- 用法举例: Please fasten your seat belts.

请系牢你的安全带。

Our bookshelf is fastened to the wall.

我们的书架固定在墙上。

B

Glynis Davis:

I first piled on the pounds when I was in the family way and I couldn't lose them afterwards. Then I joined a slimming club. My target was 140 pounds and I lost 30 pounds in six months. I felt great and people kept saying how good I looked.

But Christmas came and I started to slip back into my old eating habits. I told myself I'd lose the weight at slimming classes in the new year... but it didn't happen. Instead of losing the pounds, I put them on. I'd lost willpower and tried to believe that the old bags of fish and chips didn't make any difference but the scales don't lie.

Roz Juma:

To be honest, I never weigh myself any more. I've learnt to be happy with myself. It seemed to me that I would feel sorry about every spoonful of tasty food that passed my lips. My idea is simple. You shouldn't be too much thinking about food and dieting. Instead, you should get on with life and stop dreaming of a supper-thin body. This is obviously the size I'm

meant to be and, most of all, I'm happy with it.

Lesley Codwin:

I was very happy about winning Young Slimmer of the Year. I'd look in the mirror unable to believe this slim lady was me! That might have been my problem—perhaps from then on I didn't pay any attention to myself. Winning a national competition makes everything worse, though, because you feel the eyes of the world are fixed upon you. I feel a complete failure because I've put on weight again.

Ros Langfod:

Before moving in with my husband Gavin, I'd always been about 110 pounds, but the pleasant housework went straight to my waist and I put on 15 pounds in a year. Every so often I try to go on a diet... I'm really good on a few days, then end up having the children's leftovers or eating happily chocolate—my weakness. I'd like to be slim, but right now my duty is the children and home. I might take more exercise when my kids are older.

- () 4. What can we infer from Roz Juma's words?
- Losing weight is a painful process which is unbearable.
 - Being thin can also be harmful.
 - It is necessary to force ourselves to lose weight.
 - We should learn to live comfortably with the way we look.
- () 5. What do you think the four women were all talking about?
- Their own slimming matter.
 - Their life after marriage.
 - Their work as a housewife.
 - Different diets they prefer.
- () 6. Where are these short passages most likely to be taken from?
- Talks on the air.
 - Advertisements on the wall.
 - Book in a library.
 - Magazines for children.
- () 7. Which of the following best describes each of the four women's attitudes towards slimming?
- | | |
|-----------------------|---|
| 1. Glynis Davis | a. I put on weight soon after got married. |
| 2. Roz Juma | b. Fame(名声) doesn't necessarily mean success. |
| 3. Lesley Gowin | c. Facts speak much louder than words. |
| 4. Ros Landford | d. I like myself as I am, and to be what you are. |
| A. 1—c; 2—d; 3—b; 4—a | B. 1—c; 2—b; 3—d; 4—a |
| C. 1—d; 2—a; 3—b; 4—c | D. 1—a; 2—b; 3—c; 4—d |

词汇拓展

1. pile on(使)堆积; (使)蜂拥

- 常见搭配: pile on lugs(美国俚语)摆架子;装神气;装腔作势

pile on the agony[英国口语](为博得同情而)过分渲染(或夸大)(自己的)悲痛;[口语]
故意过分渲染以增加痛苦的效果

pile onto 把……往……堆积;成群地涌向

- 用法举例: The books were stacked in a disorderly pile on his desk.

