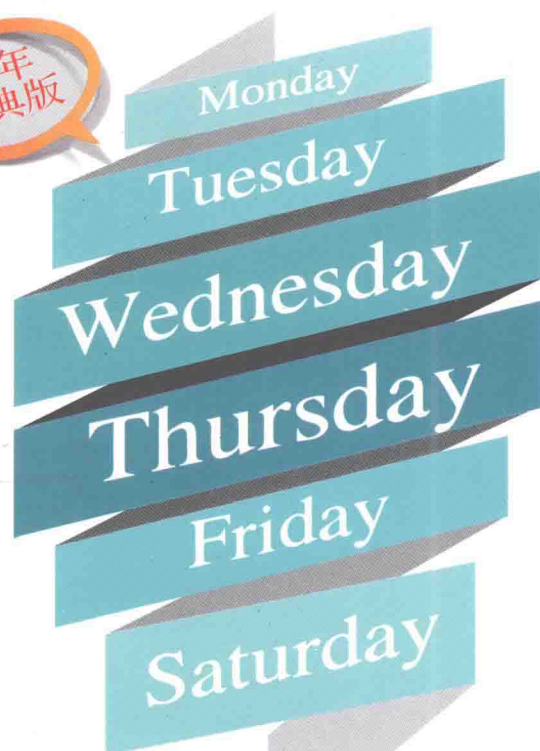


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刘弢 吕春昕 / 编译

周计划

英语完形填空

契合中考命题

时间计划

丰富多样

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中考冲刺

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前言

看着市场上浩如烟海、质量参差不齐的中学英语教辅图书,有一个想法在我们心中由来已久,那就是编写一套真正内容扎实、效果明显、让同学和家长们的每一分钱都不虚掷的中学英语阅读理解和完形填空丛书。经过精心选编和翻译,经过无数次推敲和取舍,现在,这套丛书终于完稿了。以下是它们的五个主要特点,希望对您有所帮助。

一、内容经典,所有篇目均选自历年中、高考真题。我们尤其注重英文的地道和原汁原味,剔除了某些由中国人撰写的、带有明显汉语思维痕迹的中、高考文章。

二、循序渐进,按内容的难度进行分级。整套丛书从初一至高中难度逐渐抬升,让阅读者的英语水平在不知不觉中得到提高。

三、疑难词、关键词注释,力求重点突出。特别是给出了相应的例句,便于阅读者彻底掌握这些词汇。

四、全文翻译,彻底解决读不懂、读不透、练习做了很多但水平提升缓慢的问题。您可能早已注意到,超过99%的中学英语教辅书籍是没有翻译的,为什么?因为翻译的难度最大、对编者的挑战最高。所以我们查阅了大量资料,尽力提供最为准确、流畅的译文,力求使同学们读一篇就彻底消化一篇。

五、采用五篇完形填空的周计划模式,并在周末补充生词强化及幽默故事。全书共22周,一周之内每天读一篇,题量不大便于坚持,以达到循序渐进的目的。

本书出版后受到了读者欢迎。为进一步提高质量,修订时删减了部分过难的篇目,题型更加多样化,包括首字母填空、选词填空、完形填空等,以期更适合学生使用。

此外,为了将“全文翻译,彻底解决读不懂、读不透”的理念贯彻到底,从“帮助读者最大化提升阅读能力”的角度出发,我们还随书赠送《中考英语词汇》有声电子书,扫描二维码即刻下载!英语阅读能力的提升犹如筑建一座高楼大厦,里面的一砖一瓦就是你平时读书、练习时所积累的单词、词组、句型,词汇量的拓展才是浇筑好阅读这座大厦的根基!相信在周计划全文翻译的练习巩固下,辅之以中考词汇的完全掌握,阅读不丢分,学霸就是你!

丛书自2010年第一版面市以来,五年间历经数次修订改版,只为将内容加以完善。不足之处敬请读者指正。

Term 1 上学期

003	第 1 周
010	第 2 周
017	第 3 周
023	第 4 周
030	第 5 周
036	第 6 周
043	第 7 周
050	第 8 周
057	第 9 周
064	第 10 周
071	第 11 周

Term 2 下学期

079	第 12 周
086	第 13 周
094	第 14 周
101	第 15 周
109	第 16 周
117	第 17 周
125	第 18 周
133	第 19 周
141	第 20 周
149	第 21 周
157	第 22 周
165	参考答案



Term 1

上学期

第 1 周

Monday

题材: 诚实的美德

词数: 239

建议阅读时间: 5 分钟

In a small town in France, there was a farmer who lived alone. Every day, he 1 a pound of butter to his neighbour, who was a baker. One day the baker decided to 2 the butter to see if he was getting a pound. After he weighed it, he found that he wasn't. The baker then took 3 farmer to the judge.

The judge asked the farmer if he had any way to weigh the butter. The farmer replied, "I am so 4 that I do not have enough money to buy anything to weigh it, 5 I do have a kind of scale." The judge asked, "Then how do you weigh the butter?" The farmer replied, "Before the baker started buying butter from 6, I had bought bread from him. So now every time when I bring home the bread from the baker, I put it on the scale and give him the butter of the same weight."

We 7 what we give to others in life. Whenever you take action, ask yourself this 8, "Am I honest?"

Honesty or dishonesty can become a 9. Some dishonest people can lie without a red face. Others lie so much that they do not even 10 what the truth is any more. But who is it bad for? As a matter of fact, those who lie will hurt themselves by their own dishonest behaviour.

judge *n.* 法官: She was to go before a judge the next morning. 她第二天就要去见法官了。

生 **scale** *n.* 天平, 秤: He weighed himself on the bathroom scales. 他在浴室磅秤上称了自己的体重。

词 **take action** 采取行动: You must take action immediately to prevent trouble. 你必须立即采取行动, 以免陷入麻烦。

阅读上面的短文, 选择正确答案。

- | | | | |
|------------------|--------------|--------------|---------------|
| 1. A. gave | B. fed | C. threw | D. sold |
| 2. A. weigh | B. watch | C. cut | D. use |
| 3. A. / | B. a | C. an | D. the |
| 4. A. rich | B. poor | C. honest | D. quiet |
| 5. A. and | B. so | C. but | D. or |
| 6. A. I | B. my | C. me | D. mine |
| 7. A. get back | B. look back | C. give back | D. turn back |
| 8. A. answer | B. question | C. help | D. idea |
| 9. A. difference | B. habit | C. mistake | D. difficulty |
| 10. A. study | B. mean | C. imagine | D. know |

参考译文

法国的一个小镇上有个独居的农民。每天,他都要把一磅奶油卖给做面包师的邻居。一天,面包师决定称一下奶油的重量,看到底有没有一磅。称完后他发现不到一磅。于是面包师把农民告上了法庭。

法官问农民是否有办法称奶油。农民说:“我这么穷,没钱买称重的量具,但我有一种天平。”法官问:“那你怎样称奶油重量的呢?”农民说:“在面包师从我这里买奶油之前,我已经从他那里买了面包。因此,每次我把从面包师那里买来的面包带回家时,都要把它放在天平上,再把等重的黄油给他。”

在生活中,我们向别人付出多少,就得到多少。无论何时采取行动,都要先问自己一个问题:“我诚实吗?”

诚实与不诚实会成为一种习惯。有些不诚实的人撒谎也不脸红。还有些人说谎太多,以至于自己都不知道什么是事实了。这究竟对谁有害呢?实际上,那些说谎的人会因为自己不诚实的行为而害了自己。

Tuesday

题材: 学会宽容

词数: 247

建议阅读时间: 5 分钟

One day at the end of the class, a wise teacher told each of her students to 1 a plastic bag and a bag of potatoes to school.

The next day she told her students, “From today on, for every person you don’t like in your lives, you can choose a potato, write the person’s name and the date 2 it and then put it in the plastic bag.” Day after day, some of the students’ bags were very 3. They were then told to carry this bag with them everywhere they went for a week. They would put it inside their quilts 4, on the seats when sitting in a car or on a bus, and next to their desks at school. The days carrying the bag around with them 5 students get to know what a weight they were carrying in their minds. They had to pay attention to it all the time 6 they wouldn’t forget it. As time passed by, the potatoes went bad and 7 nasty. They all tried to get rid of them.

Too often we think of tolerance as a gift to 8 people, and it clearly is for ourselves! If we choose to keep our sadness and hatred in our 9, we will have to carry them around all our lives.

Do you think you have got 10 from the wise teacher and what she asked her students to do?

quilt *n.* 被褥: Is your sleeping bag the sort which can be unzipped to use as a quilt? 你的睡袋是不是能把拉链拉开作被褥用的那种?

生词 **nasty** *adj.* 难闻的, 难吃的: What’s that nasty smell? 什么东西气味这么难闻?

tolerance *n.* 容忍, 宽容: We should always try to show tolerance to other people. 我们应该尽量表现出对他人的宽容大度。

hatred *n.* 仇恨: I have a hatred of all examinations. 我讨厌一切考试。

阅读上面的短文, 选择正确答案。

- | | | | |
|----------------------|---------------------|-------------------|-------------|
| 1. A. take | B. bring | C. put | D. show |
| 2. A. in | B. at | C. on | D. with |
| 3. A. heavy | B. strong | C. light | D. big |
| 4. A. in the morning | B. in the afternoon | C. during the day | D. at night |
| 5. A. kept | B. made | C. asked | D. allowed |
| 6. A. as soon as | B. since | C. so that | D. until |
| 7. A. sounded | B. tasted | C. smelt | D. felt |

- | | | | |
|-----------------|------------|--------------|------------|
| 8. A. another | B. other | C. the other | D. others |
| 9. A. hands | B. eyes | C. stomachs | D. hearts |
| 10. A. anything | B. nothing | C. somebody | D. anybody |

参考译文

一天,快要下课时,一位睿智的老师告诉学生:每人带一只塑料袋和一袋土豆到学校里来。

第二天,她对学生说:“从今天起,你们的生活中每出现一个不喜欢的人,你就选一只土豆,把他的名字和日期写在上面,然后放进塑料袋里。”时间一天天过去,有些学生的袋子已经变得很沉。他们被要求在一周之中,无论去哪里都要拿着袋子。晚上,他们要把袋子放在被褥里;乘坐小汽车或公共汽车时,把袋子放在座位上;上学时,把袋子放在课桌旁。随身携带袋子的那些日子让学生明白,他们的头脑中承载了太多的负担。他们不得不时刻留意,以免自己将其忘掉。随着时间的流逝,土豆开始变质,散发出难闻的气味。他们都想扔掉那些土豆。

我们常常把宽容当作礼物赠予他人,但显然那也是给我们自己的礼物!如果我们选择把伤心与怨恨埋在心底,我们将毕生携带着它们。

你认为自己从这位睿智的老师那里学到了什么了吗?老师到底在要求学生做什么?

Wednesday

题材: 生活故事

词数: 186

建议阅读时间: 3.5 分钟

Many years ago, when I worked as a volunteer at Stanford Hospital, I got to know a little girl named Liz who was 1 from a rare and serious disease. Her only 2 of recovery appeared to be a blood transfusion from her 5-year-old brother, who had miraculously survived the 3 disease and had developed the antibodies needed to combat the illness. The doctor 4 the situation to her little brother, and asked the boy if he would be 5 to give his blood to his sister. I saw him hesitate for only a moment before taking a deep 6 and saying, “Yes, I’ll do it if it will save Liz.”

As the transfusion progressed, he lay in bed 7 his sister and smiled, as we all did, seeing the color returning to her cheeks. Then his face grew 8 and his smile faded. He looked up at the doctor and asked with a trembling 9, “Will I start to die right away?”

Being young, the boy had misunderstood the doctor; he thought he was going to have to give his sister 10 of his blood.

miraculous *adj.* 奇迹般的: Tricia was released from the hospital after her miraculous recovery. 特里西娅在奇迹般地康复之后出院了。 || **miraculously** *adv.*

生词 **antibody** *n.* 抗体: Antibodies are an important part of the immune system that protects your body against disease. 抗体是保护身体免受疾病侵袭的免疫系统的重要组成部分。

fade *v.* 逐渐消失: The laughter faded when they saw Karl’s face. 当他们看到卡尔的脸色,笑声就逐渐消失了。

阅读上面的短文,选择正确答案。

- | | | | |
|-----------------|--------------|--------------|-------------|
| 1. A. receiving | B. suffering | C. bringing | D. feeling |
| 2. A. way | B. thought | C. chance | D. question |
| 3. A. same | B. similar | C. different | D. opposite |
| 4. A. showed | B. proved | C. explained | D. found |

- | | | | |
|---------------|--------------|------------|-------------|
| 5. A. willing | B. reluctant | C. likely | D. unable |
| 6. A. breath | B. wind | C. air | D. sound |
| 7. A. behind | B. ahead of | C. next to | D. far from |
| 8. A. pink | B. red | C. black | D. pale |
| 9. A. voice | B. sound | C. noise | D. cry |
| 10. A. some | B. all | C. any | D. little |

参考译文

许多年前,我在斯坦福医院当志愿者时,认识了一个名叫莉兹的女孩。她当时正遭受一种罕见而严重的疾病的折磨。康复的唯一机会似乎就是让5岁的弟弟为她输血,因为这个小男孩得了同样的疾病,却奇迹般地活了下来,而且产生了与疾病斗争所需的抗体。医生把情况解释给小男孩听,并问他是否愿意为姐姐献血。我看见他迟疑了一小会儿,然后深吸一口气,说道:“好的。如果输血能救莉兹,我愿意。”

输血过程中,小男孩躺在姐姐旁边的床上,像所有人一样,当他看到姐姐的脸颊上现出血色时,他也笑了。接着,他的脸色逐渐变得苍白,微笑也不见了。他抬头看看医生,用颤抖的声音问道:“我马上就会死吗?”

男孩还小,误解了医生的话,他还以为要把所有的血都献给姐姐。

Thursday

题材: 人文地理

词数: 257

建议阅读时间: 5 分钟

Have you ever been to a desert? A desert is a place full of 1.

Death Valley is one of the most 2 deserts in the United States. It 3 a wide area with its bright sand. Almost 20 percent of this area is well below sea level, and Badwater, a salt water lake, is about 280 feet below sea level and the 4 place in the United States.

Long ago the Indians there called this place “Tomesha”. It 5 the land of fire. Death Valley's name now dates back to 1849. At that time a group of miners came across the desert from Nevada, but they became 6 in this vast desert. They were hungry and thirsty. Their journey was certainly a sad story.

Today Death Valley is made a National Monument and people can cross it along several well-marked roads. They can 7 water and drinks in the roadside bars when thirsty, and they can have meals in the restaurants too. Luckily with so many people traveling and living there, this desert's special 8 has not been ruined.

Here you'll have a lot of surprises. It is almost like what you can see on the moon. The sight 9 as the wind moves the sand about, showing the most unusual colors. One of the most unusual and surprising 10 of Death Valley is Devil's Golf Course. If one goes there, it seems you are in some 11 dreams. Sand sculptures stand on the ground, and their long 12 move in the darkness of the night.

vast *adj.* 浩瀚的, 广阔的: The vast plains stretch for 600 miles. 广阔的平原绵延 600 英里。

生词 **monument** *n.* 纪念碑; 纪念物: The book he left behind him is an enduring monument of his genius. 他留下的这本书是对他的天才的永久纪念。

ruin *v.* 毁坏: The heavy rain ruined the crops. 大雨冲毁了庄稼。

阅读上面的短文,选择正确答案。

- | | | | |
|---------------|----------------|-------------|---------------|
| 1. A. river | B. soil | C. snow | D. sand |
| 2. A. brave | B. famous | C. careful | D. successful |
| 3. A. hangs | B. enjoys | C. covers | D. provides |
| 4. A. lowest | B. highest | C. farthest | D. longest |
| 5. A. means | B. understands | C. knows | D. gets |
| 6. A. taken | B. caught | C. lost | D. missed |
| 7. A. keep | B. stop | C. practice | D. enjoy |
| 8. A. success | B. difficulty | C. beauty | D. pity |
| 9. A. shows | B. finds | C. changes | D. points |
| 10. A. copies | B. pieces | C. parts | D. covers |
| 11. A. safe | B. useful | C. terrible | D. polite |
| 12. A. shades | B. shadows | C. goods | D. tyres |

参考译文

你去过沙漠吗? 沙漠就是一片到处都是沙子的地方。

死谷是美国最著名的沙漠之一,闪亮的沙子覆盖着广大的区域。这一地区有近 20% 的面积低于海平面,而咸水湖巴德沃特湖低于海平面约 280 英尺,它是美国海拔最低的地方。

很久以前,那里的印第安人把这块地方叫做“Tomesha”,意思是冒火的土地。现在这个名字可以追溯到 1849 年。当时,一群来自内华达的矿工穿越沙漠,但他们在浩瀚的沙海中迷路了。他们又饥又渴,这段旅程确实成了令人伤心的往事。

如今,死谷已被辟为国家纪念公园,人们可以沿着几条标志清楚的公路穿越其中。如果渴了,可以到路边的酒吧享用水和饮料,还能到餐馆就餐。幸运的是,这么多人在这里旅行、生活,沙漠的特殊美景却没有遭到破坏。

这里还有许多令人惊奇的东西。它就像你在月球上能看到的一样。随着风吹动沙子,景色也在不断变幻,显示出最不寻常的色彩。死谷最不同寻常也最令人惊奇的景点之一是“魔鬼高尔夫球场”。如果你到了那里,就仿佛到了可怕的梦中。一座座沙雕矗立在地上,长长的影子在夜色中不停地晃动。

Friday

题材: 科普知识

词数: 253

建议阅读时间: 5 分钟

One thing we are sure about robots is that anything you can write about them will already be out of date by the t 1 it is read.

That's how fast robot technology is m 2 ahead.

All over the country and the world, in universities, factories and laboratories, scientists are studying how to build b 3 robots.

The greatest progress in robot making will come in the robot brains, though it's still too early to make a new kind of computer that can “think” like the human brain. Most scientists say computers will go on g 4 smaller, cheaper and more powerful.

Your next robot will be much, much smaller than the one you u 5 now. And that's very good news for anyone trying to build a man-like robot.

We would like our robot to be able to speak, walk and see, just l 6 us. This kind of robot

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had been made in the laboratory, but it cannot talk much, and cannot “see” all the things a 7 it.

With tomorrow's faster computers it will be a different story. Robots will be able to see everything and talk to you like a f 8.

Another exciting thing is that we are making lot of progress in the robot's senses. It can f 9 and sense things around it.

We believe that many built-in sensors will let your next robot feel the shape of the thing it is holding in hand. They will also let the robot p 10 up anything, from an egg to heavy motor part, without dropping it.

阅读上面的短文,按照首字母提示填空。

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____

生 built-in *adj.* 嵌入式的;内置的: The camera has a built-in flash. 这部相机有内置闪光灯。
词 sensor *n.* (探测光、热、声等的)传感器,感应装置

参考译文

关于机器人,有一点是可以确定的,那就是无论你写什么有关它们的文章,等到读者阅读时,都已经过时了。

这就是机器人技术迅猛发展的写照。

在全国以及世界各地的大学、工厂和实验室里,科学家们都在研究怎样制造更先进的机器人。

机器人制造方面的最大进步将体现在机器人智能化上,尽管制造一种新型的能像人脑一样思考的计算机还为时尚早。大多数科学家认为,计算机将朝着更小、更廉价、功能更强大的方向发展。

你的下一个机器人将比现在使用的小得多。对于想制造仿真机器人的科学家来说,这是个非常好的消息。

我们希望机器人能像人类一样说话、走路、看东西。这种机器人已经在实验室里研制成功了,但它不能说太多,也无法“看见”周围所有的东西。

随着将来运行速度更快的计算机的出现,情况将会有所改观。机器人将能够看见所有的东西,还能像朋友一样和你交谈。

另一件令人振奋的事情是,我们在机器人感官技术方面取得了长足的进步。机器人能够触摸并感知周围的事物。

我们相信,大量的内置传感器将能使你的下一个机器人感觉到握在手里的东西的形状。它们还能使机器人抓起任何东西,从一只鸡蛋到笨重的发动机部件,而不会脱落。

Saturday

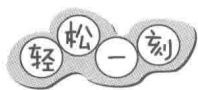
生词巩固

方框内的单词均为本单元生词,请将其与下面的释义一一对应。

judge scale quilt nasty tolerance hatred

- () 1. a soft thick cover for a bed
() 2. the ability to allow or accept something that is unpleasant
() 3. bad; not nice

- ()4. a machine for showing how heavy people or things are
 ()5. the person in a court of law who decides how to punish somebody
 ()6. a very strong feeling of not liking somebody or something



幽默故事

Teacher: Would you rather have one half of an orange or five tenths?

Gerald: I'd like to have the half.

Teacher: Think it over, and tell me why.

Gerald: Because you'll lose too much juice when you cut the orange into five tenths.

参考译文

老师:你愿意要半个橘子还是十分之五个橘子?

杰拉尔德:我愿意要半个。

老师:想一想再告诉我原因。

杰拉尔德:因为当你把橘子切成十分之五时,汁液就会流失很多。

第 2 周

Monday

题材: 励志故事

词数: 206

建议阅读时间: 4 分钟

In 1921, Franklin Roosevelt took his family sailing one day and he f 1 into the chilly waters. The next day, a forest fire b 2 out. Franklin and his children helped to fight the forest fire and put it out. It was hard and tiring work. After the fire was out, Franklin was sick. It was *polio* (脊髓灰质炎). He could not move his legs. The doctors said he could never w 3 again.

Many men would have g 4 up then. Franklin Roosevelt did not. He began to work out to get well again. E 5 though he could not get out of bed, he did exercises, and his shoulders and arms grew very s 6. At last the doctors let him out of bed, but he had to wear heavy metal braces on his legs. Then he went to Warm Springs, Georgia. He swam in the warm waters there. Even though it was painful to move his l 7, he kept on swimming and exercising them. He grew b 8 until he could leave the braces off. He could walk with only a cane to h 9 him.

President Franklin D. Roosevelt is a man of g 10 courage. "The only thing we have to fear is fear itself," he told the people.

阅读上面的短文, 按照首字母提示填空。

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

生 chilly *adj.* 寒冷的, 冰冷的: You'll feel chilly if you don't wear a coat. 如果不穿外套, 你会冷得难受。
词 brace *n.* (用于支撑病体的) 支架; a back brace 背部矫正器

参考译文

1921 年的一天, 富兰克林·罗斯福带领全家乘船出游, 他意外掉进了冰冷的水里。第二天发生了一起森林大火, 罗斯福和他的孩子们帮助扑灭了大火。这是一件又苦又累的活。大火扑灭后, 罗斯福病倒了。他得了脊髓灰质炎, 无法移动双腿。医生说, 他再也无法行走了。

许多人碰到这种情况都会自暴自弃, 但罗斯福没有。他开始锻炼身体以求康复。尽管无法下床, 他还是坚持锻炼, 他的肩膀和双臂变得很结实。最后, 医生同意让他下床, 但双腿必须装上沉重的金属支架。后来, 他去了佐治亚州的沃姆斯普林斯。他在那里的温泉中游泳。尽管移动双腿非常痛苦, 他还是坚持游泳, 锻炼双腿。他的病情逐渐好转, 直到有一天, 他不再需要支架, 只靠一根手杖就能走路了。

富兰克林·D. 罗斯福总统是一位具有非凡勇气的人, 他告诉人们: “我们唯一需要感到恐惧的就是恐惧本身。”

Tuesday

题材: 生活故事

词数: 256

建议阅读时间: 5 分钟

On Thursday afternoon Mrs. Clarke locked the door and went to the women's club as usual. It was a pleasant way of passing time for an old woman who lived alone.

When she came home she sensed something 1. Had someone got in? The back door and the windows were all 2 and there was no 3 of forced entry. Had anything been taken? She went from room to room, 4, and found her camera and spare watch missing.

The following Thursday she went out at her 5 time, but didn't go to the club. Instead, she took a short walk in a park nearby and came home, 6 herself in through the back door. She settled down to wait and see what would happen.

It was 4 o'clock when the front doorbell rang. Mrs. Clarke was 7 tea at the time. The bell rang again, and the next moment she heard her letter box being pushed open. 8 the kettle of boiling water, she moved quietly towards the door. A 9 of wire appeared through the letter box, and then a 10. The wire turned and caught around the knob on the door lock. Mrs. Clarke raised the kettle and 11 the water over the hand. A 12 was heard outside as the wire fell to the floor and the hand was pulled back, which was 13 by the sound of running feet.

It wasn't long before the police caught the thief. And Mrs. Clarke was greatly 14 at the club for her successful 15.

entry *n.* 进入; Entry will be free. 免费入场。

生词 **spare** *adj.* 不用的, 闲置的; I haven't got any spare cash. 我手头没有闲钱。

knob *n.* (门或抽屉等的)球形把手; He turned the knob and the door burst open. 他转动门上的球形把手, 门猛地开了。

阅读上面的短文, 选择正确答案。

- | | | | |
|--------------------------|--------------------|------------------|-----------------|
| 1. A. terrible | B. uncomfortable | C. unusual | D. bad |
| 2. A. locked | B. opened | C. broken | D. fixed |
| 3. A. scene | B. show | C. sign | D. sight |
| 4. A. looking | B. examining | C. searching | D. checking |
| 5. A. same | B. spare | C. special | D. usual |
| 6. A. pushing | B. letting | C. pulling | D. leading |
| 7. A. cooking | B. making | C. burning | D. serving |
| 8. A. Putting down | B. Laying aside | C. Picking up | D. Taking away |
| 9. A. pile | B. set | C. lot | D. piece |
| 10. A. knife | B. hand | C. letter | D. key |
| 11. A. spread | B. dropped | C. poured | D. covered |
| 12. A. sad voice | B. strange noise | C. warning shout | D. sharp cry |
| 13. A. followed | B. caused | C. produced | D. ended |
| 14. A. surprised | B. admired | C. inspired | D. supported |
| 15. A. self-satisfaction | B. self-protection | C. self-respect | D. self-service |

参考译文

周四下午, 克拉克夫人像往常一样锁好门, 去妇女俱乐部活动。对于一位独居老太太来说, 这是一种愉快的打发时间的方式。

当她回来时, 感觉家里有些异样。有人进来过吗? 后门和窗户都锁着, 也没有破门而入的迹象。有什么东西被盗了吗? 她逐个房间核对, 发现相机和一块闲置的手表不见了。

接下来的那个周四, 她还像往常一样出了门, 但没有去俱乐部, 而是到附近的公园转了一小圈就回到了家。她从后门进了屋, 静静地开始等待, 想看看会发生什么。

下午4点,前门的门铃响了。当时,克拉克夫人正在泡茶。门铃又响了,接着,她听见信箱被推开的声音。她提起盛有开水的水壶,悄悄地走到门口。一截铁丝穿过信箱伸了进来,接着是一只手。铁丝绕在了门锁的球形把手上。克拉克夫人提起水壶,将开水倒在了那只手上。门外响起一声尖叫,铁丝掉到地板上,那只手缩了回去,接着是逃跑的脚步声。

不久,警察抓住了那名小偷。克拉克夫人因成功地实施了自我保护而赢得了俱乐部成员的极大钦佩。

Wednesday

题材: 人生智慧

词数: 229

建议阅读时间: 4.5 分钟

You feel sad because you are not beautiful enough?

"I look so fat in the 1."

"She's so pretty, why can't I 2 her?"

If you feel bad about yourself, you need to read *Nobody's Perfect* by American writer Kimberly.

Kim uses stories from 3 teens to teach girls to learn to love themselves. She says that bad 4 about yourself come from habits of thinking. Her own story 5 this. Kim has three brothers who used to say bad things to her like "nobody likes you".

Of course, her brothers did not really mean what they said. But things people say to you can become part of your thinking. To stop this, Kim tells us to pay 6 to what we think and the way we speak to ourselves.

It's very easy to change these bad thoughts to good ones. Whenever you have a few minutes 7, think of some nice things people have said to you these days. Then think about what you like about yourself. 8 you will feel better about yourself and you will feel happier.

But sometimes when you think of something bad, try to bring your 9 back to good thoughts. Changing thoughts from bad to good takes time. But as you try saying kind things to yourself, you will 10 that no one is perfect and you will like yourself much more.

阅读上面的短文,选择正确答案。

- | | | | |
|-----------------|-----------------|----------------|-----------------|
| 1. A. newspaper | B. window | C. mirror | D. water |
| 2. A. look like | B. take care of | C. think about | D. take part in |
| 3. A. sure | B. clear | C. right | D. real |
| 4. A. dream | B. idea | C. thoughts | D. plan |
| 5. A. sends | B. teaches | C. points | D. shows |
| 6. A. effort | B. attention | C. thought | D. care |
| 7. A. pleased | B. afraid | C. alone | D. worried |
| 8. A. Nearly | B. Slowly | C. Carefully | D. Quietly |
| 9. A. mind | B. place | C. earth | D. world |
| 10. A. write | B. remember | C. understand | D. use |

参考译文

你是否因自己长得不够漂亮而感到难过?

"镜中的我太胖了。"

"她那么漂亮,为什么我不像她?"

如果你为自己感到难过,你就应该读一读美国作家金伯莉写的《人无完人》了。