

# 思考

# SIKAO TANTAO TIGAO

吕晓兰 于洪 曹文玲  
于晓凤 霍薇薇 赵莉 编  
任建香 吕阳

# 探讨

# 提高

- 注重能力培养 变学会为会学
- 体现素质教育精神
- 与全国试验本新教材同步
- 由试点学校老师编写

## ——高中课程助读

# 英语

第一册(下)



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## Unit 15 Healthy eating



1. 您想知道怎样用英语提出建议或忠告吗?
2. 医生和病人是怎样交流病情的?



1. 提出建议或忠告的句型如下:

I advise you (not) to do...

You'd better (not) do...

I suggest (that) you (not) do...

Why not do...?

Why don't you do...?

2. 交流病情时,医生的常用语:

- (1) { What's your trouble?  
What's wrong?  
What's the matter?

- (2) Let me examine you.

- (3) { Take it easy. It's nothing serious.  
You'll have to have an X-ray examination.  
Take this medicine twice/three times a day.  
Take three of the pills after each meal and drink plenty of water.

- (4) I advise you (not) to...

- (5) You'll be well/all right soon.

病人的常用语:

- (1) { I've got a pain here. This place hurts.  
I've got a cough/fever/headache/toothache...  
I don't feel well/all right today.  
I feel bad/terrible/sick today.  
There's something wrong with my leg/eye...

- (2) Do I have to stay in hospital?

3. It was a bit green.

(1) 句中的 a bit 作程度副词用,意思是“一点儿”、“一些”。在肯定句中,与 a little 同义。

例如:

I'm a bit/a little tired.

【注】否定句中,not a bit = not at all/not in the least 意思是“一点儿都不”,是完全否定,且语气较强;not a little = very/much/very much 意思是“非常”。两者在意思上完全相反。试比较:

The child was not a bit tired after the climb. (一点儿都不累)

The child was not a little tired after the climb. (累极了)

(2) 句中 green 作“生的”、“没有成熟的”解,其反义词为 ripe.

The oranges are still too green to pick.

4. And I advise you not to eat fruit that isn't ripe in future.

(1) 句中动词 advise 用来表示一个建议或劝告,能接多种结构。如下:

$\left\{ \begin{array}{l} \text{advise} + n. / \text{pron.} / \text{doing} \dots \\ \text{advise} + \text{sb.} + (\text{not}) \text{ to do} \dots \\ \text{advise} + \text{sb.} + \text{against} + n. / \text{doing} \dots \\ \text{advise} + \text{that sb.} + (\text{should})(\text{not}) \text{ do} \dots \end{array} \right.$

The doctor advised his patient a complete rest.

He advised going to bed last night.

He advised me not to eat (= against eating) green apples.

We advised that steps (should) be taken at once.

【注】advise 的名词形式是 advice,是不可数名词,通常说 a piece of advice, some advices.

(2) 句中 in future = from now on,表示“今后”,强调与过去对照;in the future = in time yet to come,表示“将来”,指较长时间的将来;in the near future 指“在不久的将来”。例如:

No one knows what will happen in the future.

You'd better not eat green fruit in future.

【注】在日常英语中,不必特意去区分 in future 和 in the future,因其区别并不明显。

5. Every person needs water and a diet of healthy foods.

diet 与 food 的区别。

diet 和 food 都可作“食物”解。但 diet 指的是习惯或规定的食物,特指维持健康的定量或定质的食物,如病人的疗养饮食。而 food 是一般的用语,泛指所有可吃的东西。例如:

We must have food to eat and clothes to wear.

Proper diet and exercise are both important to health.

6. Your body is burning up 100 calories an hour.

句中动词短语 burn up 原作“烧掉”、“烧毁”解,此处意为“消耗掉”。例如:

When swimming, your body is burning up 545 calories an hour.

7. Scores of people went there in the first few days after its opening.

句中 score 作“二十”解,前有确定数字时不可加 s,但可以 and 介词 of 连用。例如 a score of eggs (二十个鸡蛋), three score years ago (60 年以前), four score and seven women (87 名妇女);

scores of 则为固定词组,作“许多”、“大量的”解,后接可数名词的复数,数量上通常多于 dozens of,少于 hundreds of。例如:I have been to Mount Tai scores of times.

【注】score 可用作竞赛或比赛的“比分”,通常用单数形式。例如:

The score was 4 to 3.

8. Which food do you think is healthy and which food is unhealthy?

此句中的 do you think 为插入语,插入语一般用来对一句话作进一步解释,如果把插入语拿掉,对句子结构并无影响。插入语用于陈述句中时,可在句尾,前面一般用逗号隔开;也可在句中,前后都用逗号隔开。插入语用于疑问句时,前后一般不用逗号隔开。例如:

This diet, I think, will do good to your health.

It won't be raining, I hope.

When do you suppose they'll be back?

【注】When do you suppose will they be back? 是错误的。

【注】常见的插入语有:I think, I believe, I suppose, I hope, I guess, I'm afraid, I wonder, you see, you know, don't you think, don't you know, I tell you, it seems, it is said, it is suggested 等。

## 听力训练

### I. 听力训练

#### 1. 听短文,选择正确答案

(1) What had Pat prepared for dinner?

A. Fish.

B. Veal chops.

C. Roast beef.

(2) Why did Tim want to go to the restaurant?

A. Because he had fish for lunch and he wanted something else for dinner.

B. Because he wanted to eat some fish but Pat didn't prepare any.

C. Because he didn't eat any fish at lunch time.

(3) What dishes did Tim and Pat order?

A. Fried fish.

B. Roast beef, veal chops, etc.

C. Tomatoes, beans, etc.

(4) Why couldn't Tim and Pat have the dishes they ordered?

A. Because they were not on the menu.

B. Because they were sold out.

C. Because they were on yesterday's menu.

(5) What dish did the waiter recommend(推荐,介绍)?

A. Fresh fish.

B. Potatoes and peas.

C. Roast beef.

#### 2. 听短文完成句子,每空一词

(1) If you are in a hurry and you want to have a quick meal, there is \_\_\_\_\_  
\_\_\_\_\_ a self-service(自助) restaurant.

(2) And as there is no \_\_\_\_\_, you don't \_\_\_\_\_ give a tip(小费).



3. 根据题2的短文排出顺序

- (1) pick out the food
- (2) sit and eat
- (3) push the tray(托盘) to the cashier(出纳员)
- (4) queue at the counter
- (5) pick up a tray, knife, fork, etc.
- (6) put the food on the tray
- (7) take the tray to a table
- (8) pay the bill

Major Steps in Getting Food in a Self-service Restaurant

( ) → ( ) → ( ) → ( ) → ( ) → ( ) → ( ) → ( )

II. 单项选择

1. I have a pain \_\_\_\_\_ the head.  
A. on                      B. in                      C. over                      D. with
2. Mike's brother studies every day in the week \_\_\_\_\_ Sunday.  
A. but                      B. and                      C. or                      D. besides
3. Miss Green advised that we \_\_\_\_\_ more strict with ourselves \_\_\_\_\_.  
A. should be, in the future                      B. be, in future  
C. were, in future                      D. were, in the future
4. The child was not \_\_\_\_\_ tired after the climb, in fact he was nearly tired to death.  
A. a bit                      B. at all                      C. a little                      D. much
5. Pardon! \_\_\_\_\_?  
A. What did you say her telephone number was  
B. What did you say was her telephone number  
C. Did you say what her telephone number was  
D. Did you say what was her telephone number
6. Apples are rich in Vitamin. The underlined part means "\_\_\_\_\_".  
A. is famous for                      B. is delicious for  
C. contain rich                      D. contain less
7. Too much sugar and chocolate will \_\_\_\_\_ you to put on weight.  
A. make                      B. have                      C. let                      D. cause
8. \_\_\_\_\_ is quite popular now.  
A. Lose weight                      B. Losing weight  
C. Lose the weight                      D. Losing the weight
9. The room is quite dark \_\_\_\_\_ a lighted candle.  
A. except                      B. besides                      C. but                      D. except for
10. Just because of the waste sent out by the factory, scores of people fell ill. The underlined part can be replaced by \_\_\_\_\_.  
A. a lot of                      B. about twenty                      C. hundreds of                      D. all the

11. The doctor \_\_\_\_\_ his patient to give up smoking.  
A. suggested                      B. advised                      C. made                      D. let
12. He paid the boy \$ 10 for washing ten windows, most of \_\_\_\_\_ hadn't been cleaned for at least a year.  
A. these                      B. those                      C. that                      D. which
13. —Mum, I think I'm \_\_\_\_\_ to get back to school.  
—Not really, my dear. You'd better stay at home for \_\_\_\_\_ day or two.  
A. so well, other                      B. so good, some  
C. well enough, another                      D. good enough, another
14. Mr. Smith \_\_\_\_\_ me to buy several \_\_\_\_\_ eggs for the dinner party.  
A. asked, dozen                      B. suggested, dozens of  
C. had, dozen                      D. persuaded, dozens
15. Do you know \_\_\_\_\_ house?  
A. the White's                      B. Whites'                      C. the Whites'                      D. Mr. White
16. When \_\_\_\_\_, she got her fingers burnt.  
A. to cook                      B. cooked                      C. to be cooked                      D. cooking
17. I can pay \_\_\_\_\_ 1000 dollars a month if you are willing to work here.  
A. as much as                      B. so much as                      C. as many as                      D. so many as
18. Little Tom was seriously ill \_\_\_\_\_ the age of eight.  
A. at                      B. by                      C. on                      D. in
19. I couldn't give an order \_\_\_\_\_ the dress because the telephone was \_\_\_\_\_ then.  
A. of, out of order                      B. for, out of order  
C. of, in order                      D. for, in order
20. They also have had bad teeth because of the sugar which they are \_\_\_\_\_ eating.  
A. often                      B. sometimes                      C. always                      D. usually
21. —I can't see the words on the blackboard clearly.  
—Why, your eyes need \_\_\_\_\_. Perhaps you need \_\_\_\_\_ glasses.  
A. to examine, wear                      B. to examine, to wear  
C. to be examined, to wear                      D. examining, wearing
22. He was \_\_\_\_\_ in thought.  
A. to lose                      B. lost                      C. losing                      D. missed
23. If you go to Guangdong, you will find the Yue Dish(粵菜) there more delicious than commonly \_\_\_\_\_.  
A. supposing                      B. supposed                      C. to suppose                      D. suppose
24. Jane's pale face suggested that she \_\_\_\_\_ ill, and her parents suggested that she \_\_\_\_\_ a medical examination.  
A. be, should have                      B. was, have  
C. should be, had                      D. was, has
25. John plays the piano \_\_\_\_\_, if not better than, David.

A. so well

B. so well as

C. as well

D. as well as

### III. 完形填空

Visitors to Britain are always complaining about English food. But they do not really know 1 they are talking 2 because they rarely get 3 chance to eat it. Most of the 4 in large towns have foreign 5 who serve foreign food. 6 visitors are invited to eat 7 an English home, their 8 often feel they must offer them 9 foreign and exotic(异国风味的).

Those of us who 10 know English food are aware that at its best it can be 11 very good. On the other 12 it is true to say that it is sometimes 13. Part of the problem is that we are not really interested in 14, we eat to live, we do not live to eat. So we don't generally 15 the necessary time and effort which are needed to cook good meals. We 16 food that is simple and easy to cook, 17 ready prepared food which only needs 18 up before eating.

You find the best English food in the country 19 the large towns, where life is slower and people are not in such a hurry. But, of course, most visitors come to London. They come 20 they are interested in shopping and sightseeing. They do not come to taste the food. So why should they complain about it?

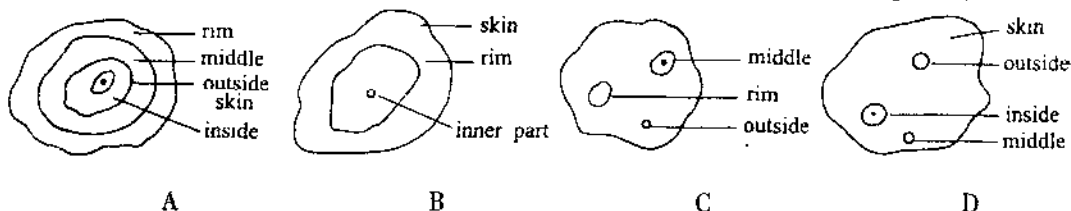
- |                     |                 |                   |                |
|---------------------|-----------------|-------------------|----------------|
| 1. A. whom          | B. that         | C. who            | D. what        |
| 2. A. to            | B. with         | C. about          | D. over        |
| 3. A. the           | B. any          | C. no             | D. a           |
| 4. A. dining-rooms  | B. dining-halls | C. restaurants    | D. stores      |
| 5. A. owners        | B. visitors     | C. eaters         | D. guests      |
| 6. A. The           | B. When         | C. No             | D. Any         |
| 7. A. on            | B. in           | C. over           | D. to          |
| 8. A. masters       | B. owners       | C. hosts          | D. keepers     |
| 9. A. something     | B. nothing      | C. anything       | D. some things |
| 10. A. do           | B. did          | C. don't          | D. didn't      |
| 11. A. hardly       | B. really       | C. never          | D. almost      |
| 12. A. side         | B. way          | C. hand           | D. point       |
| 13. A. terrible     | B. very good    | C. extremely good | D. excellent   |
| 14. A. drinks       | B. food         | C. meals          | D. meat        |
| 15. A. cost         | B. spend        | C. kill           | D. occupy      |
| 16. A. would rather | B. prefer       | C. hate           | D. take        |
| 17. A. or           | B. nor          | C. but            | D. neither     |
| 18. A. heat         | B. heated       | C. heating        | D. hot         |
| 19. A. of           | B. beside       | C. in             | D. away from   |
| 20. A. as if        | B. so           | C. because        | D. when        |

### IV. 阅读理解

1. Most American children eat potatoes every day, but they don't know which part of potato is the most nourishing(有营养的). Take sharp knife and cut a very thin slice(薄片) from it and hold it to the light, you will see that the potato has skin, an outside rim(边缘) and the inner part. The outside rim

which is right under the skin is most nutritious(有营养的). But this part is often thrown away with the skin. Even the skin itself is better for food than the inside. When eating a cooked potato, if you choose the inside and leave the outside, you are wasting the best part of it. If you can't eat the whole potato, it is better to eat the outside rim and leave the inner part.

- (1) A potato has \_\_\_\_\_.  
A. one part only      B. two parts      C. three parts      D. four parts
- (2) The best part of the potato is the \_\_\_\_\_.  
A. middle      B. skin      C. outside rim      D. inside
- (3) In fact, the skin is \_\_\_\_\_.  
A. no good at all      B. better than the inside part  
C. better than the outside rim      D. as good as the outside rim
- (4) What does this lesson tell about potatoes? It tells us \_\_\_\_\_.  
A. how to cook them      B. how to cut potatoes  
C. what a potato is made up of      D. how to eat them
- (5) Among the following four pictures, which is the right one for the slice of potato you cut?



- (6) If you can't eat the whole potato, eating the \_\_\_\_\_ is better.  
A. skin only      B. the part right under the skin  
C. the part outside the rim      D. cooled
2. In the United States, 30 percent of the adult(成年人) population has a "weight problem". To many people, the cause is clear we eat too much. But scientific evidence(证据) does little to support this idea. Going back to the America of 1910, we find that people were thinner than today. Yet they ate more food. In those days, people worked harder physically, walked more, used machines much less, and didn't watch TV.

Several modern studies, moreover, have shown that fatter people do not eat more on average (平均) than thinner people. In fact, some investigations (调查), such as a 1979 study of 3,545 London office workers, reported that fat people eat less than slim people.

Studies show slim people are more active than fat people. A study by a research group at Stanford University School Medicine found the following interesting facts:

The more they ran, the more fat they lost.

The more they ran, the more they ate.

Thus, those who ran the most ate the most, yet lost the greatest amount of body fat.

(1) What kind of physical problem do many adult Americans have?

- A. They are too thin.      B. They work too hard.
- C. They are too fat.      D. They lose too much body fat.

- (2) According to the information given in the passage, among 500 Americans, how many have weight problem?  
A. 30.                      B. 50.                      C. 100.                      D. 150.
- (3) Which of the following words can take the place of the word slim in this passage?  
A. Poor.                      B. Thin.                      C. Healthy.                      D. Rich.
- (4) Compared with(与……相比)the adult American population today, the Americans of 1910 \_\_\_\_\_.  
A. ate more food and had more physical activities  
B. ate less food but had more activities  
C. ate less and had less physical exercise  
D. had more weight problems
- (5) What have modern medical and scientific researches reported to us?  
A. Fat people eat less food and less active.  
B. Fat people eat more food than slim people but are less active.  
C. Fat people eat more than slim people but are more active.  
D. Thin people run less, but have greater increase in food intake.

## V. 书面表达

### 1. 根据句意,每空一词

- (1) Soon \_\_\_\_\_, soon rotten(腐烂的).  
早慧早衰。
- (2) Have \_\_\_\_\_! He is a \_\_\_\_\_.  
耐心一点! 他是个病人。
- (3) Your advice is still under \_\_\_\_\_.  
你的意见还在讨论中。
- (4) It's good for a child to have a light \_\_\_\_\_.  
孩子吃易于消化的东西有好处。
- (5) What he writes is full of \_\_\_\_\_.  
他写的文章生机勃勃。

### 2. 请以 Health and Sports 为题完成一篇短文。文章分为三小节,每小节的开头已给出。

要求:(1) 围绕主题适当展开。

(2) 文章中尽可能用到所提供的词(组)。

(3) 词数 100 词左右。

Useful words and expressions:

Muscle(肌肉), wealth(财富), make one's mind sound(健脑), energetic(精力充沛的), physical exercise, the circulation of the blood(血液循环), achieve(获得), take one's mind off work

### Health and Sports

Good health is very important to everyone. \_\_\_\_\_

Sports help everyone to keep healthy .

Since sports can make us healthy both in

## Unit 16 Fire



1. 水能载舟亦能覆舟,火也一样有利有害,请思考火给我们提供的帮助和带来的危害。
2. 假设你的朋友外出所住的旅馆发生了火灾,他应该如何做呢?
3. 请找出本单元有关一般过去时和过去进行时的句子。



1. You might get burnt or you might drop the pan.

(1) get burnt 表示“烧伤”,get 在这里用作 *link v.* 表示状态的改变,后接形容词或过去分词作表语。例如:

He went out and got drunk. 他到外面去喝醉了。

Alice got married last week. 爱丽斯上周结婚了。

(2) might 表示“可能”、“或许”,用来谈论一种可能性,表示某事可能将要发生或某事可能正在发生,也可用 may 来代替,语气更为肯定一些,多用于肯定句。在否定句中 might not 表示“可能不”。

I've got a lot of books that might interest you. 我弄到了一些书,你可能感兴趣。

Your answers might not be wrong. Let's check up. 你的答案可能没错,让我们核对一下。

2. Suddenly a pan of oil catches fire.

fire *n. & v.* 用作名词时常和一些名词、动词、介词搭配。

The fire is out. 火熄灭了。

The fire is put out. 火被熄灭了。

The fire broke out/started at midnight. 火灾是半夜发生的。

be killed /burnt in the fire 被大火烧掉

be trapped by/above the fire 被大火围困

fire exit 火警时用的太平门

control a fire 控制火势

be on fire 着火

discover a fire 发现起火

set...fire to 放火在……

light/start a fire 点火

make a fire 生火

watch the fire 围观大火

fire engines 消防车

fire alarm 火警警报

fire fighter 消防队员

fire somebody (dismiss sb.) 解雇某人 fire one's gun 开枪

3. ...when the fire broke out on the 11th floor.

floor 指楼房的“层面”。在表示楼房的第几层时英国和美国的表示方法不同,见下图:

英 国	美 国	中 国
top floor	top floor	最 高 层
third floor	fourth floor	四 楼
second floor	third floor	三 楼
first floor	second floor	二 楼
ground floor	first floor	一 楼

4. escape 的用法。

可以作名词,表示“逃跑,逃脱的路或方法”;可以作动词,表示“逃走”、“跑掉”,常与 from 连用,后接名词或-ing 形式作宾语。例如:

Every large building should have a fire escape. 每座大楼都应该有供火警时使用的太平梯。

Only a few people escaped from the danger.

You were lucky to escape (from) punishment/being punished.

5. In that case, you wouldn't have a pan on fire, you would have a house on fire.

(1) in that case = if that happens/if so, 名词 case 是“事情”、“事实”的意思。例如:

He might leave for Shanghai this evening. In this/that case, we won't have the party tomorrow.

case 也作“案例”、“箱子”解。例如:

a civil case 民事案件, a suit case 衣箱

in case 表示“假使”、“万一”,常用来引导条件状语从句;或用作副词,做状语,是“以防万一”的意思。例如:

In case he comes, let me know.

You'd better take more money with you in case.

in case of 表示“假使……”、“万一……”,介词短语用作条件状语。例如:

Sound the fire alarm in case of fire.

(2) 5 句可以翻译成:如果那样的话,可能不仅仅是油锅起火,你可能使整个房子着起来。wouldn't have..., you would 是虚拟语气用法,表示一种与事实相反的假设。

6. We collected some firewood from the wood to lit a large fire.

(1) collect = gather, 表示“搜集”、“聚集”。例如:

We gathered/collected the fallen leaves to make a fire.

但有时两者不可互换,collect 表示经过挑选之后收集,例如:collect the stamps.

(2) light (lit, lit; lighted, lighted) *vt. & vi.*, 表示“点燃”、“点亮”、“照亮”。例如:

The lights went out suddenly, so we lit a candle to light the room. 灯突然灭了,因此我们点着蜡烛照亮房间。

lit 和 lighted 都可以用作过去分词,但做定语时只能用 lighted。例如:the lighted candle 点燃的蜡烛。





## I. 听力训练

### 1. 根据录音选出你所听到的单词

- |                |            |          |            |
|----------------|------------|----------|------------|
| (1) A. green   | B. grade   | C. grape | D. cleaned |
| (2) A. mind    | B. might   | C. fire  | D. night   |
| (3) A. stair   | B. stay    | C. says  | D. slight  |
| (4) A. singing | B. ceiling | C. three | D. selling |
| (5) A. slow    | B. though  | C. stone | D. told    |

### 2. 听短文, 选择正确答案

- (1) What is the relationship between the speakers?  
A. Husband and wife.      B. Classmates.      C. Teacher and students.
- (2) Where does the conversation take place?  
A. At a hospital.      B. At a shop.      C. At a post office.
- (3) Where is the man going?  
A. He is going to the People's Cinema.  
B. He is going to the Red Museum.  
C. He is going to Zhongshan Road.
- (4) When will the speaker go to the concert?  
A. Next Sunday.      B. Next Saturday.      C. Sunday.
- (5) What did the man do last night?  
A. He reviewed his lessons.  
B. He slept the whole night.  
C. He saw a film.

### 3. 听短文, 判断下列句子的正误

- (1) Thanksgiving Day falls on Thursday, November 4th.  
(2) Thanksgiving Day has become a traditional family day.  
(3) Thanksgiving Day was originally a holiday observed by Indians in Massachusetts.  
(4) The first settlers experienced a bad autumn in 1621.  
(5) The settlers celebrated the day to thank God for their survival and the first summer harvest.

提示: traditional 传统的    celebrate 庆祝    custom 习俗    survive 幸存    cranberries 小红莓  
pumpkin pie 南瓜饼    pudding 布丁

## II. 单项选择

1. I don't think I'll need any money but I'll bring some \_\_\_\_\_.  
A. at last      B. in case      C. once again      D. in time
2. Tom broke the window but he tried his best to escape \_\_\_\_\_.  
A. punish      B. to punish      C. punished      D. being punished
3. When we got there, we saw some smoke \_\_\_\_\_ from a window.