



教育部推荐使用大学外语类教材  
 全国高等学校第二届优秀教材特等奖  
 国家教委高等学校第二届优秀教材一等奖

第三版  
 Third Edition

# 大学英语 快速阅读

# College English

总主编 董亚芬  
 FAST READING

# Book 3

主编 黎宏



上海外语教育出版社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS

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# 总 序

《大学英语》是遵照 1986 年国家教委审定的《大学英语教学大纲(文理科本科用)》编写的一套系列教材,分精读、泛读、听说、快速阅读和语法与练习五种教程,由全国六所重点大学合作编写。教材于 1986 年出版试用本,1992 年出版正式本,并于同年 9 月荣获全国高等学校第二届优秀教材特等奖,以及国家教委高等学校第二届优秀教材一等奖。

1998 年,在广泛征求意见的基础上,《大学英语》系列教材根据《大学英语教学大纲(高等学校本科用)》进行了第一次修订。修订本更加注意文、理、工、农、医等各科的通用性,力求给学生打好“宽、厚、牢”的语言基础。

为了推进大学英语教学改革,适应社会各界对大学生英语能力的要求,教育部于 2004 年颁布了《大学英语课程教学要求(试行)》(以下简称《课程要求》)。遵照《课程要求》对大学英语提出的教学目标,即“培养学生的英语综合应用能力”,编者于 2004 年决定对教材进行第二次修订,以满足新时期国家和社会对人才培养的需要。

## 本次修订原则:

1. 教材的定位不变。《大学英语》是综合教育型(English for integrative purposes)而非特殊目的型(English for specific purposes)的教材,旨在帮助大学本科各专业学生进一步打下扎实的语言基础。

2. 选材原则不变。正因为《大学英语》是综合教育型的,选材必须做到题材广泛,体裁多样,语言规范,有利于打好语言基础。选材遵循三性原则,即趣味性、知识性、可思性,以激发学生学习英语的兴趣。

3. 在更新课文时注意经典性与时代性的融合,科普性与文学性的融合,使选文内容经得起时间考验,文字经得起反复咀嚼。这两个融合是教材可教性与可学性的保证,也是教材生命力之所在。

4. 本次修订按照《课程要求》所提出的培养“英语综合应用能力”这一目标,着重考虑增强听与说的训练,提高听与说尤其是说的要求。

## 本次修订重点:

### 精读:

1. 更新部分课文。选用一些时代感更强、更贴近现代生活、语言更地道的文章取代部分相形见绌的课文。

2. 梳理全教程的练习。除了设置新的听、说练习外,还针对近年来学生在口、笔试中经常出现的语言错误设计了用法方面的练习,以提高学生在使用英语时的准确性。

3. 为了帮助学生集中精力学好基本词语,这次修订继续遵循前次修订时的方法,把全书单词分为三类:(1)words to drill(通过反复操练能熟练掌握其用法的单词);(2)words to remember(能记住其形、音、义的单词);(3)words to have a nodding acquaintance with(能于再次出现时根据上下文识别其词义的单词),并进一步调整各项练习,以确保常用词语的复现率。

4. 为了提高学生的写作能力,这次修订还强调微观与宏观的写作技能同时发展,即一方面训练学生如何写好各类句子,同时从第一课开始就要求学生写成段的文章。

#### 泛读:

在第一次修订的基础上进一步选用时代感较强、故事情节动人的文章取代内容相对陈旧的课文。丰富了练习类型(如增加了词汇练习和翻译练习),以帮助学生提高阅读理解能力的同时适当扩大词汇量。

#### 听说:

除了大幅度更新听力材料,适当提高听力理解的要求之外,这次修订还有针对性地增强了说的训练。根据不同话题提供了丰富的口语素材,并通过多种练习方式为培养学生具有实质性的口语能力打下基础。

#### 快速阅读:

除了原有的版本继续发行之外,还另外编写了一套全新的快速阅读教程,内容侧重科普,供各类院校选择使用。

#### 语法与练习:

把原有四册书删繁就简为两册,以便于学生携带。删除部分章节,增补和替换了大量例句和练习。为方便学生自学,例句都附有中文译文。本教程既可作为语法参考书,也可作为补充练习手册。

#### 精读(预备级)、泛读(预备级)、听说(预备级):

分别将精读(预备级)和泛读(预备级)由原来的各两册修订成各一册。精读(预备级)为重设计编写,不仅课文与练习是全新的,对听与说的要求也比原书有较明显的提高。泛读(预备级)和听说(预备级)也作了相应的更新与改进。

本教材的起点为1800单词,从这个起点开始要为学生打下扎实的语言基础并达到培养英语综合应用能力这一目标,教材除了必须提供丰富的语言素材之外,还必须编写出多种口头练习以保证学生有足够的语言实践机会。因此本教材的精、泛读教程仍坚持每册编写10单元。但目前大学英语的有效授课时间有限,各校可以根据学生的具体情况制定自己的教学计划,灵活选用练习,不必每题必做。与此同时还应当尽可能争取合理的周学时并充分调动学生课外自学的积极性。如果师生双方能共同努力,相互配合,认真学好每一单元,则必能取得良好的教学效果。

《大学英语》从试用本问世到本次修订本完稿历时20余载,跨越两个世纪。使用者一度遍及全国千余所高等院校,受到了师生们的广泛欢迎。教材之所以有这样的规模和影响力主要可以归结为以下几个原因:

(1) 一支优秀的编写队伍:《大学英语》的编者为来自全国六所重点大学的骨干教师,他们都有长期的大学英语教学经历,具备深厚的英、汉语功底与高度负责的工作态度。这是本套教材获得大学英语教学界普遍认同的基础。

(2) 精心挑选的精、泛读课文和听力材料:课文为教材之本,能否为读者提供理想的课文是教材成功的关键。不少人认为当前选材自由度很大,各类原版的素材铺天盖地,俯拾即是,

选材不存在困难。然而事实证明,选材却是编写工作中最为辛苦费力的环节。《大学英语》的编者虽然长期积累了大量素材,但为了找出更合适的内容,往往需要翻阅数十篇甚至上百篇文章才能筛选出一段文字优美纯正,内容引人入胜的选文材料,正是这样,才确保了课文的趣味性、知识性和可思性。

(3) 科学设计和认真编写的练习:在编写和历次修订的过程中,本书编者不仅重视练习的针对性和实用性,还十分注重练习的语言质量。几乎每个例句都经过了集体讨论、反复推敲和论证,以确保语言规范、内容完整和难易度适中,使学生能够在轻轻松松的课堂气氛中进行语言操练。

(4) 审稿层层把关:为了使教材更完善,在正式定稿前,约请了多位中外专家多次审阅和润饰。

除了上述各点外,本教材经久不衰的另一重要原因是广大读者多年来的支持和关爱。他们通过文章、书信和座谈等渠道,在充分肯定我们教材的同时,还向我们提出了不少宝贵的意见和建议,对我们的再修订工作助益颇丰。对此,我代表编写组全体成员向他们表示最诚挚的感谢,并衷心希望他们能够一如既往地支持我们的教材,随时向我们反馈各种意见和建议。

《大学英语》系列教材(第三版)由复旦大学、北京大学、华东师范大学、南京大学、四川大学、苏州大学等高校的资深教授、英语教学专家通力合作,修订编写而成。英籍专家 Anthony Ward 协助编写与审阅。出版社的同志协助编写组安排修订日程,随时提出改进的意见和建议,协调有关编写和编辑工作,为保证这次修订工作的顺利完成付出了辛勤的劳动。在此一并致以诚挚的感谢。

总主编 董亚芬  
2006年3月

## 编者的话

《大学英语》系列教材(第三版)快速阅读教程依据教育部2004年颁布的《大学英语课程教学要求(试行)》,并结合目前我国大学英语的实际情况编写。本教程旨在培养学生正确的阅读习惯和有效的阅读方法,提高学生浏览、阅读和查读的能力。

本教程取材于近年来英美和其他英语国家出版的书籍和报刊杂志,内容涵盖了当前社会经济、文化、科技、政治、教育等方面,使本教程具有时代性、趣味性、知识性和广泛性等特点。

本书为快速阅读教程第三册,共20课。为了保证快速、有效地阅读,课文篇幅在300~500词左右,生词量不超过总词数的3%。本教程每课练习安排有多项选择、是非判断或句子填空等题型,以检查学生快速阅读理解和获取信息的能力。本教程可配合精读教程使用,也可作为快速阅读专项训练材料单独使用。使用时应规定阅读时间,以每分钟120词为宜。

本教程由四川大学外国语学院负责编写。黎宏任主编,石坚任主审。参加本册编写的有齐虹和赵艾东。

在本书的编写过程中,美籍专家 Eleanor Ward 和英籍专家 Anthony Ward 审阅了全书,并提出了许多宝贵的意见,在此一并表示谢意。

由于编者水平和经验有限,教材中难免有疏漏和不当之处,敬请广大使用者批评指正。

编者

2006年3月





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# 1. Pearl Harbor, December 7, 1941

Sunday, December 7, 1941 — Islands of Hawaii, near Oahu — The Japanese attack force under the command of Admiral Nagumo, consisting of six carriers with 423 planes, is about to attack. At 6 a.m. the first attack wave of 183 Japanese planes takes off from the carriers located 230 miles north of Oahu and heads for the U.S. Pacific Fleet at Pearl Harbor.

Pearl Harbor — At 7:02 a.m., two Army operators at Oahu's northern shore radar station detect the Japanese air attack approaching and contact a junior officer who disregards their reports, thinking they are American B-17 planes which are expected in from the U.S. west coast.

Near Oahu — At 7:15 a.m., a second attack wave of 167 planes takes off from the Japanese carriers and heads for Pearl Harbor.

Pearl Harbor is not on a state of high alert. Senior commanders have concluded, based on available intelligence, there is no reason to believe an attack is in sight. Aircraft are therefore left parked wingtip to wingtip on airfields. Anti-aircraft guns are unmanned with many ammunition (弹药) boxes kept locked in accordance with peacetime regulations. There are also no torpedo (鱼雷) nets protecting the harbor where the fleet anchored. And since it is Sunday morning, many officers and crewmen are leisurely ashore.

At 7:53 a.m., the first Japanese attack wave, with 51 "Val" dive bombers, 40 "Kate" torpedo bombers, 49 high level bombers and 43 "Zero" fighters, commences the attack with flight commander, Mitsuo Fuchida, sounding the battle cry: "Tora! Tora! Tora!" (Tiger! Tiger! Tiger!)

The Americans are taken completely by

surprise. The first attack wave targets airfields and battleships. The second wave targets other ships and shipyard facilities. The air raid lasts until 9:45 a.m. Eight battleships are damaged, with five sunk. Three light cruisers (巡洋舰), three destroyers and three smaller vessels are lost along with 188 aircraft. The Japanese lose 27 planes and five small submarines which attempted to penetrate the inner harbor and launch torpedoes.

Escaping damage from the attack are the prime targets, the three U.S. Pacific Fleet aircraft carriers, Lexington, Enterprise and Saratoga, which were not in the port. Also escaping damage are the base fuel tanks.

The casualty (伤亡人员) list includes 2,335 servicemen and 68 civilians killed, with 1,178 wounded. Included are 1,104 men aboard the battleship USS Arizona killed after a 1,760-pound air bomb penetrated into the forward magazine (弹药库) causing catastrophic explosions.

News of the "surprise attack" is broadcast to the American public via radio bulletins, with many popular Sunday afternoon entertainment programs being interrupted. The news sends a shockwave across the nation and results in a tremendous flood of young volunteers into the U.S. armed forces. The attack also unites the nation behind the President and effectively ends isolationist sentiment (情绪) in the country.

(478 words)





## Comprehension Exercises

**I.** Choose the best answers to the following questions.

1. Why didn't the U.S. army take any action when the first wave of Japanese planes approached?
  - A. Because the soldiers didn't receive the order from the senior commanders.
  - B. Because the U.S. radar station didn't detect the Japanese planes.
  - C. Because the Japanese planes were mistaken for U.S. planes.
  - D. Because the junior officer failed to receive reports from the U.S. radar station.
2. The first Japanese planes began bombing \_\_\_\_\_.
  - A. at 7:02 a. m.
  - B. at 7:15 a. m.
  - C. at 6:00 a. m.
  - D. at 7:53 a. m.
3. Why did the Americans suffer such a heavy loss in the air raid?
  - A. Because the Americans didn't expect Japanese would launch an attack at that time.
  - B. Because the Americans had their ammunition storehouse destroyed at the beginning of the air raid.
  - C. Because Japan employed more warships, fighters and bombers than U.S. in the battle.
  - D. Because Japan was more powerful than the U.S. in the 1940s.
4. Which of the following can be regarded as the chief effect of the Japanese air raid?
  - A. The U.S. army did not recover its strength for a long time.
  - B. Many young people of the U.S. applied to work as volunteers for the country.
  - C. The whole of the U.S. was thrown into depression.
  - D. The people of the U.S. united as one through the full support they gave the President.
5. Which of the following statements is true according to this passage?
  - A. The targets of the Japanese air raid were mainly ships and airfields.
  - B. Some of the Japanese planes took off from the island of Oahu, and some from the Japanese carriers.
  - C. Only three U.S. ships survived the surprise attack by the Japanese planes.
  - D. Stirred by the Japanese attack at the Pearl Harbor, the people of the U.S. were ready to fight against any invaders.

**II.** Complete the following sentences with the information given in the passage.

1. In light of \_\_\_\_\_, the U.S. senior officers did not take any precautions against the Japanese attack.
2. When the air raid started, many officers and soldiers were enjoying themselves \_\_\_\_\_.
3. The air raid at the Pearl Harbor lasted \_\_\_\_\_ hours or so.
4. News of the "surprise attack" cut short many \_\_\_\_\_ on Sunday afternoon.
5. No measures were taken to protect the harbor from \_\_\_\_\_.

## 2. The Night of Broken Glass

A massive, coordinated attack on Jews throughout the German Reich on the night of November 9, 1938, into the next day, has come to be known as Kristallnacht or The Night of Broken Glass.

The attack came after Herschel Grynszpan, a 17-year-old Jew living in Paris, shot and killed a member of the German Embassy staff there in retaliation (报复) for the poor treatment his father and his family suffered at the hands of the Nazis in Germany.

On October 27, Grynszpan's family and over 15,000 other Jews, originally from Poland, had been expelled from Germany without any warning. They were forcibly transported by train in boxcars and then dumped at the Polish border.

For Adolf Hitler, the shooting in Paris provided an opportunity to rouse Germans to "rise in bloody vengeance (报复) against the Jews".

On November 9, mass violence broke out as the regular German police stood by and crowds of spectators (旁观众) watched. Nazi storm troopers along with members of the SS and Hitler Youth beat and murdered Jews, broke into and wrecked Jewish homes, and brutalized (粗暴地对待) Jewish women and children.

All over Germany, Austria and other Nazi-controlled areas, Jewish shops and department stores had their windows smashed and contents destroyed. Hundreds of synagogues (犹太教堂) were systematically burned while local fire departments stood by or simply prevented the fire from spreading to surrounding buildings.

About 25,000 Jewish men were rounded up and later sent to concentration camps where they were often brutalized by SS

guards and in some cases randomly chosen to be beaten to death.

On November 12, top Nazis held a meeting concerning the economic impact (影响) of the damage and discussed further measures to be taken against the Jews. SS leader Reinhard Heydrich reported 7,500 businesses destroyed, 267 synagogues burned (with 177 totally destroyed) and 91 Jews killed.

At the meeting, new orders were requested to bar (禁止) Jews from any contact with Germans by excluding them from public transportation, schools, even hospitals, essentially forcing them into ghettos (犹太人聚居区) or out of the country. Some high-ranking official said the Jews would be made to clean out the debris (瓦砾) from burned-out synagogues which would then be turned into parking lots. Then it was decided to eliminate (清除) Jews entirely from economic life in Germany by transferring all Jewish property and enterprises to "Aryans", with minor compensation (赔偿) given to the Jews in the form of bonds.

The reaction outside Germany to The Night of Broken Glass was shock and outrage, creating a storm of negative publicity (宣传) in newspapers and among radio commentators that served to isolate Hitler's Germany from the civilized nations and weaken any pro-Nazi sentiments in those countries. Shortly after the incident, the United States recalled its ambassador permanently.

(478 words)





## Comprehension Exercises

I.

Choose the best answers to the following questions.

- Which of the following can be taken as the cause of the attack on Jews throughout German Reich on November 9, 1938?
  - A 17-year-old German boy was killed in Poland.
  - The Germans intended to drive all the Jews out of their country.
  - A Polish young man murdered a German soldier.
  - A Jew killed a member of the German Embassy staff in Paris.
- How were Jewish men treated in concentration camps according to the text?
  - They were forced to do hard manual labor.
  - The Germans tortured some of them to death at will.
  - They lived separately and got out of contact with outside world.
  - Many of them were used as subjects in laboratories.
- What decision was made at the meeting on November 12?
  - Jews should be excluded from economic life in Germany.
  - Jews should be sent to concentration camps.
  - Jews should be prevented from going to public places.
  - Jewish shops and department stores should be turned into parking lots.
- Why is November 9, 1938 called "The Night of Broken Glass"?
  - The moon shone brightly that night.
  - There were a lot of broken glasses on the streets that night.
  - Many Jewish houses were burned down by Germans that night.
  - The windows of the Jewish shops and department stores were broken into pieces as a result of a massive attack of Germans on the Jews.
- What was other countries' reaction to the incident of The Night of Broken Glass?
  - Many countries broke off relations with Hitler's Germany.
  - This incident of The Night of Broken Glass resulted in fierce attacks on Hitler and his like by the mass media outside Germany.
  - Outraged people of civilized nations drove the Germans out of their countries.
  - The United States sent its ambassador to complain to Hitler.

II.

Judge whether or not the following statements agree with the information given in the passage, and mark Y for YES, N for NO, or NG if information is not given in the passage.

1. The 17-year-old Jew killed a member of the German Embassy staff because he had been cruelly treated by the Nazis.
2. Over 15,000 Jews were sent to the Polish border and settled down there.
3. Hundreds of synagogues were burned but the local fire departments did nothing to stop it.
4. On November 12 it was decided that the Jews should be denied access to schools and hospitals.
5. The U.S. ambassador was called back in response to the November 9 incident.

### 3. The Beverage Your Body Needs Most

When we were kids in school, we learned that each molecule of water is made up of two hydrogen atoms and one oxygen atom. We also learned that it was great fun to fill up our squirt guns (玩具水枪) with water, at least until the principal caught us. What we really didn't learn, however, was how much water we needed in order to be healthy human beings.

Our bodies are estimated to be about 60% to 70% water. Blood is mostly water, and our muscles, lungs, and brain all contain a lot of water. Water is needed to regulate body temperature and to provide the means for nutrients (养料) to travel to all our organs. Water also transports oxygen to our cells, removes waste, and protects our joints and organs.

How much water should we drink per day? A good rule of thumb (粗略的估算) is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink. For example, if you weigh 160 pounds, you should drink at least 80 ounces of water per day. If you exercise you should drink another 8 ounces water for every 20 minutes you are active. If you drink coffee or alcohol, you should drink at least an equal amount of water. When you are traveling on an airplane, it is good to drink 8 ounces of water for every

hour you are on board the plane. If you live in a very dry climate, you should add another 2 servings per day. As you can see, your daily need for water can add up to quite a lot.

The best source for water is plain, pure drinking water. Juices and sodas have a lot of sugar in them and aren't a good source, so if you drink them, they don't count towards your daily amount. Diet sodas aren't a good choice either. Sports drinks containing electrolytes (电解质) may be beneficial, and just look out for added sugar and calories that you don't need.

It may be difficult to drink enough water on a busy day. Be sure you have water handy at all times by keeping a bottle of water with you when you are working, traveling, or exercising. If you get bored with plain water, add a bit of lemon or lime for a touch of flavor. There are some brands of flavored water available, but some of them have sugar or artificial sweeteners which you don't need.

(423 words)





## Comprehension Exercises

I. Choose the best answers to the following questions.

- How does water help our body to function?
  - It makes our lungs and liver work properly.
  - It carries nutrients to all parts of our body.
  - It helps to digest food.
  - It helps to keep a desirable body weight.
- Which of the following is suggested in this passage as the best source of water?
  - Plain, pure drinking water.
  - Juices and sodas.
  - Diet sodas.
  - Sports drinks.
- How many ounces of water do you need per day if you weigh 140 pounds?
  - 80 ounces.
  - 60 ounces.
  - 50 ounces.
  - 70 ounces.
- How much water do you need if you are doing exercises?
  - 8 ounces for every hour of exercise.
  - 2 servings for each day.
  - 16 ounces for every hour of exercise.
  - 8 ounces for every twenty minutes of exercise.
- Which of the following is true according to the passage?
  - You should drink as much water as possible every day.
  - You should drink twice as much beverage as plain water each day.
  - If you are fed up with plain water you may drink coffee or tea for a change.
  - You should keep water at hand when you are working, exercising or traveling.

II. Complete the following sentences with the information given in the passage.

- It is estimated that human bodies are about \_\_\_\_\_ water.
- It is beneficial to drink 8 ounces of water for every hour when you \_\_\_\_\_.
- Some kinds of sports drinks are not good to your health due to \_\_\_\_\_.
- Your daily requirement of water cannot be met if you drink beverages with \_\_\_\_\_.
- Although you may prefer \_\_\_\_\_, some of the brands may contain unnecessary sugar or artificial sweeteners.

## 4. Good Spiritual Health

Most people believe that besides having a body, mind and emotions, our human beings have a spiritual nature. A major part of your life is your spiritual beliefs and health or contentment in that area. Fulfillment in your spiritual health can contribute to leading a satisfying and successful life. Factors involved in having a satisfying spiritual health are that you should be forgiving, be grateful, and be at peace with yourself.

Questions you may have about this are: What does forgiving do for me? What is there to be grateful for? How can you be at peace with yourself?

You must forgive others and forgive yourself. Forgiveness frees you from hate, forces you to examine your motives and demands that you give up the need to be always right. When you hold back forgiveness, you let things eat away in your heart. This cannot only affect your spiritual health, but it can also be harmful to your physical and emotional well-being.

When you forgive someone who has harmed you or done you wrong, you not only free yourself of the burden, but you actually gain power over the situation. Anger or revenge (报复) only worsens the problem within your spirit. But forgiveness does not mean you must continue to deal with the person.

Some good expressions to remember

are: "Forgive and forget" and "To forgive is a wonderful thing." Forgiveness is an important step in maintaining your spiritual well-being.

You should be grateful and thankful for the blessings you receive. Every time you have a negative thought, counter with a thought of gratitude. The more you contemplate (思考) your blessings, the more you feel the changes in your emotional and spiritual outlook. The worst habit is ingratitude.

If you feel gratitude, you will be amazed at the changes in yourself, your health, your relationships, your career — your entire life.

You need a personal peace that will disconnect you from disquieting or threatening thoughts. Personal peace is the knowledge that all is well in the world. It becomes a reality when we shift our focus from problems we cannot solve to a higher vision of hopefulness.

In order to feel spiritually satisfied, then, you should be forgiving, be grateful, and be at peace with yourself.

(378 words)







## Comprehension Exercises

I.

Choose the best answers to the following questions.

1. Why is it important to maintain spiritual well-being?
  - A. Because it makes us feel satisfied in our career.
  - B. Because it helps to keep good relationships among people.
  - C. Because it helps in bringing about a satisfying and successful life.
  - D. Because it enables us to deal with problems successfully.
2. Which of the following is true according to the passage?
  - A. Forgiveness leads to a free spiritual life.
  - B. We feel content when we forgive other people.
  - C. It is beneficial if we forget those who wronged us.
  - D. We can benefit from forgiveness because it frees us from hate and the burden of revenge.
3. What should we do after we receive others' favor?
  - A. We should feel gratitude to those who help us.
  - B. We should feel a change in our life.
  - C. We should be grateful because our emotional life has been changed.
  - D. We should do others a favor in exchange for what we receive.
4. How does personal peace help us?
  - A. We understand that God can manage everything.
  - B. We don't need to be troubled by those problems that are beyond our ability.
  - C. It helps us face reality peacefully.
  - D. We will give up the thought that we are always correct.
5. What are the factors involved in keeping a healthy spiritual life?
  - A. Maintaining peaceful relationships with others and examining motives before we act.
  - B. Avoiding the feelings of hatred and revenge.
  - C. Giving thanks to others and doing favor to others.
  - D. Being forgiving, being grateful and being at peace with ourselves.

II.

Judge whether or not the following statements agree with the information given in the passage, and mark Y for YES, N for NO, or NG if information is not given in the passage.

- ( ) 1. Good spiritual health is regarded by the writer as a main part of our life.
- ( ) 2. Forgiveness means not to blame those who have done wrong.
- ( ) 3. Our physical and emotional well-being will be affected if we do not forgive others.
- ( ) 4. Opposing negative thoughts with gratitude can change our spiritual and emotional outlook.
- ( ) 5. Do not try to accomplish what we cannot achieve.