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高中英语阅读

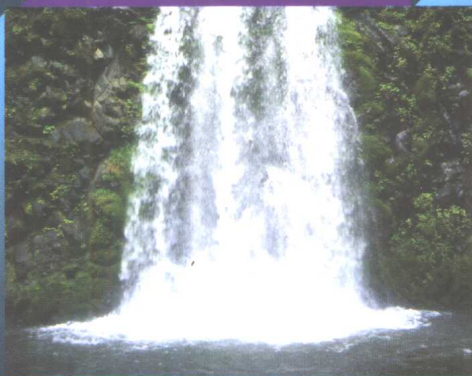
供高中一年级第二学期使用

第一册 (下)

学生用书

Senior English Reader

Student's Book 1B



EMMA DIXON AND MORAG REIVE

SERIES EDITOR: Nicholas Sampson



上海外语教育出版社



Macmillan Publishers

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前言

改革开放以来，我国的中学英语教学水平不断提高，具体表现在广大中学英语教师的教学水平和广大中学生英语听、说、读、写能力的不断提高上。然而，按照现行中学英语教学大纲的要求编写的主干英语教材给学生提供的阅读、词汇及练习量已远远无法满足中学英语教学和广大学生学习英语的需要，而能系统、全面地帮助广大学生扩大词汇量、提高阅读能力的优质出版物则更是凤毛麟角。故而编写一套既符合和体现大纲的教学要求又能在现行教材的基础上提高一步的中学英语教材，特别是英语阅读教材，便成了广大中学英语教师和出版者的当务之急。基于这种需要，经过精心策划和设计，我社与麦克米伦出版（中国）有限公司密切合作，联手推出了展现在大家面前的这套《高中英语阅读》教材。

本教材主要有以下特点：

1. 严格按照现行中学英语教学大纲的要求编写，并在此基础上适当提高难度，增加词汇量；
2. 密切配合现行高中英语教材，选收的阅读文章的主题与教材主题相近或相关，可以当作课本的扩充和提高；
3. 每课提供两篇阅读文章，文章难度和词汇要求与现行教材相当并略有提高和增加。每篇阅读文章后配以形式多样、设计合理的阅读理解练习和词汇练习，帮助学生巩固语言知识、加强对词汇的掌握；
4. 每一册书后还附有十篇补充阅读文章和练习，最后还配有英汉双解的全书总词汇表；
5. 整套教材由英国、美国和澳大利亚等地的资深教师和作者参与编写，语言纯正地道，内容新鲜活泼，选材科学合理；
6. 教材各册配有教师用书，收录各册全部内容并提供所有练习的参考答案，使教与学更为方便有效。

《高中英语阅读》全套教材由六册学生用书组成，每学期一册，供各校高中阶段配合现行主教材使用或补充教学量选用。本册为《高中英语阅读》第一册（下）学生用书，供高中一年级第二学期使用，配套教师用书可供教师参考使用或学生自学用。本教材也可供广大青少年业余学习英语用。

上海外语教育出版社

2000年2月

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UNIT 15 Health

PASSAGE 1

Why Water Is So Important



A healthy diet is made up of water and a great many different kinds of foods. We know that healthy foods like fruit, vegetables and fish, are important as they provide us with energy and fibre, without giving us too much fat and sugar. But why is water important?

The human body needs water to survive. Water is important as it carries poisons and waste out of our bodies. However, doctors advise us to drink plenty of water, much more than the small amount we need to stay alive.

Some doctors believe that water is important for our health in all kinds of ways. They believe that a great many illnesses and health problems

start as a result of dehydration – a lack of water in the body. Most people are dehydrated at least some of the time, although they probably don't know it. It is surprising to learn that if we feel thirsty, we are already in the first stages of dehydration. In fact, we are advised to drink water before we feel thirsty.

These doctors think that health problems such as headaches, high blood pressure and asthma could be helped if people drank more water. They also believe that drinking more water can help people who are overweight. Water contains no calories so it will not make us put on weight. If we drink water, we will probably drink less sugary soft drinks such as Coca-Cola. Doctors also believe that drinking more water may stop people from overeating. They say that many people think that they are hungry when they are, in fact, thirsty. Doctors suggest, therefore, that we eat less food and drink more water.

There are still many health problems that cannot be solved by drinking water, so we should not stop going to see the doctor completely. However, if we make a decision to drink water every day, we may find that we need to go to the doctor a lot less often.

COMPREHENSION

A Complete the sentences. Circle the letters. Follow the example.

- 1 For a healthy diet we need ...
a) water.
b) food.
c) water and different foods.
d) fibre.
- 2 Importantly, water carries ...
a) energy and fibre around our bodies.
b) poisons and waste out of our bodies.
c) sugar and fat out of our bodies.
d) fruit, vegetables and fish around our bodies.
- 3 If we feel thirsty, we ...
a) should eat something healthy.
b) should drink some Coca-Cola.
c) are beginning to get dehydrated.
d) have asthma.
- 4 Some doctors think that ...
a) people eat too much sugar.
b) water is not important for our health.
c) we should go to the doctor less often.
d) some health problems are caused by a lack of water.
- 5 Lack of water causes people to put on weight because ...
a) they think they are hungry and eat.
b) they think they are thirsty and eat less.
c) water has no calories.
d) it makes them hungry.
- 6 If we drink water every day, we may ...
a) never go to the doctor.
b) eat healthy food.
c) go to the doctor more often.
d) go to the doctor less often.

B Give short answers to the questions. Follow the example.

- 1 List **three** kinds of healthy food.

fruit, fish, vegetables

- 2 List **two** good things provided by healthy food.

- 3 List **two** things provided by unhealthy food.

UNIT 15: Health

4 List **three** health problems caused by a lack of water.

5 List **three** ways water can help people to lose weight.

C Are the statements true or false? Tick (✓) the boxes. Correct the false statements. Follow the example.

	True	False
1 Vegetables and fish provide us with fat and sugar.	[]	[✓]
2 Our bodies need water to survive.	[]	[]
3 Doctors think that some people drink too much water.	[]	[]
4 Most people are never dehydrated.	[]	[]
5 Coca-Cola contains no calories.	[]	[]
6 Some people eat instead of drinking water.	[]	[]

1 Vegetables and fish provide us with energy and fibre.

VOCABULARY

A Here are some words from the passage. Choose the best meaning for each one. Circle the letters. Follow the example.

1 survive (line 10)

- a) be healthy
- (b)** stay alive
- c) stay awake

2 poisons (line 11)

- a) foods
- b) illnesses
- c) things that cause death or illness

- 3 dehydration (*line 20*)
 a) too little water in the body
 b) too much water in the body
 c) too much food in the body

- 5 asthma (*line 31*)
 a) feeling unhealthy
 b) feeling thirsty
 c) illness which makes you
 breathless

- 4 stages (*line 26*)
 a) effects of something
 b) parts of a process
 c) kinds of illness

- 6 overeating (*line 41*)
 a) eating too much food
 b) eating too little food
 c) eating a little food too quickly

B Complete the sentences with words from exercise A. Follow the example.

- 1 My father uses poisons to kill insects and rats.
 2 Remembering simple vocabulary is one of the early _____ of learning a new language.
 3 He was lucky to _____ when he fell into the river.
 4 Peter had three hamburgers for lunch. – he really is _____.
 5 In hot countries, you must drink a lot of water to avoid _____.
 6 Doctors are looking for a cure for _____.

C Decide what form the words on the left are. Then find their antonyms in the passage. Use the line numbers to help you. Follow the example.

Word	Form	Antonym
1 similar (<i>lines 1–5</i>)	adjective	different
2 remove (<i>lines 1–5</i>)	_____	_____
3 likely (<i>lines 21–25</i>)	_____	_____
4 start (<i>lines 41–45</i>)	_____	_____
5 partly (<i>lines 46–50</i>)	_____	_____
6 rarely (<i>lines 51–53</i>)	_____	_____

PASSAGE 2

A Mysterious Illness

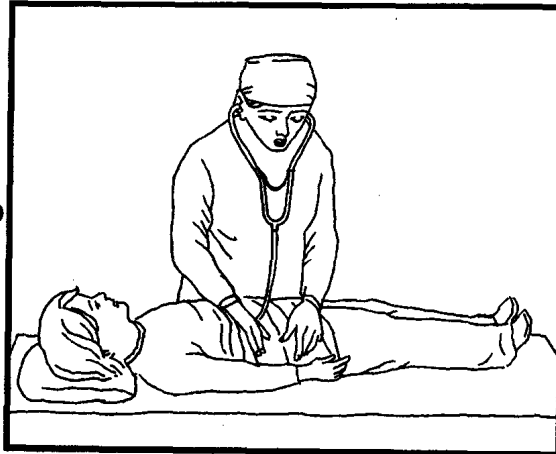
As Paul walked into the doctor's office he looked worried and tired. Dr Yang looked up at him and smiled.

"I'm sorry, Paul, but you have a very serious illness and there is no medicine that can help you," said Dr Yang sadly. 35

"What can I do for you, Paul?" she asked.

Paul looked very worried. "But ... I don't

"Well, I don't feel well," Paul said quietly. "There's something wrong with my stomach, 10 and my back hurts."



think ... Are you sure? What is this illness?"

"Anything else?" asked the doctor.

"It is a very unusual illness," the doctor explained. "It is caused by one thing - having a Maths test tomorrow." 45

"Oh, well my eyes 15 hurt and I've got a pain in my right hand. It hurts so much that I can't even hold a pen," said Paul. Then he sighed loudly.

Paul's eyes opened wide and then he looked down. His face was red.

"You do sound very ill," said Dr Yang. 20 "Lie down. Let me examine you."

"I advise you to go home and start studying," the doctor said with a smile on her face. "Why don't you ask your older brother to help you?" 50

Dr Yang touched Paul gently on his stomach and his back and looked into his eyes for a long time.

Paul stood up slowly and walked to the door. "But ... how did you know?" he asked, his face still red. 55

"Ouch!" cried Paul every time the doctor touched him. 25

"My daughter Amy is in your class in school," Dr Yang explained. "She told me this morning that she was feeling ill. She said that she might have to miss school for one or two days. I was very worried until I remembered about the Maths test tomorrow. I think she has the same illness as you!" 60

"Hmm," said Dr Yang. "This is a serious illness. I am sorry to tell you this, Paul, but you are very sick."

Paul looked up at the doctor in surprise. "Oh ... I ... er ... what do you mean?" he said. 30

COMPREHENSION

A Complete the sentences. Circle the letters. Follow the example.

- | | |
|---|---|
| <p>1 When Dr Yang saw Paul she looked ...</p> <p>a) excited.</p> <p>b) sad.</p> <p>c) friendly.</p> <p>d) shocked.</p> | <p>4 Paul's face was red because he was ...</p> <p>a) embarrassed.</p> <p>b) hot.</p> <p>c) ill.</p> <p>d) in pain.</p> |
| <p>2 Paul said that he had a pain in his ...</p> <p>a) head.</p> <p>b) back.</p> <p>c) left hand.</p> <p>d) feet.</p> | <p>5 Dr Yang advised Paul to ...</p> <p>a) eat more healthy food.</p> <p>b) start studying.</p> <p>c) take some medicine.</p> <p>d) take the day off school.</p> |
| <p>3 When Dr Yang told Paul that he was very ill, Paul was ...</p> <p>a) pleased.</p> <p>b) disappointed.</p> <p>c) sad.</p> <p>d) surprised.</p> | <p>6 Dr Yang's daughter had said that ...</p> <p>a) she wanted to have a holiday too.</p> <p>b) her class was having a test too.</p> <p>c) Paul was feeling ill too.</p> <p>d) she was feeling ill too.</p> |

B Answer the questions. Follow the example.

- 1 When he walked into the doctor's office, did Paul look happy?

No, he didn't.

- 2 According to Paul, did his eyes hurt?

- 3 Could Paul hold a pen?

- 4 Did Dr Yang touch Paul's feet?

- 5 Was Paul hoping to miss the Maths test?

- 6 Was Dr Yang angry with Paul?

C Rewrite the sentences so that the information is correct. Follow the example.

1 Paul said he was feeling very well.

Paul said he wasn't feeling very well.

2 Dr Yang told Paul to lie down and let him examine her.

3 Paul screamed 'help!' every time the doctor touched him.

4 Dr Yang told Paul that there was one kind of medicine that could help him.

5 Paul and Amy are in different classes at school.

6 Paul and Amy were very happy about the Maths test.

VOCABULARY

A Here are some words from the passage. Match the words in Column A with their synonyms in Column B. Follow the example.

Column A

1 ill (line 20)

[f]

2 examine (line 21)

[]

3 illness (line 28)

[]

4 surprise (line 31)

[]

5 medicine (line 34)

[]

6 test (line 46)

[]

Column B

a) inspect

b) exam

c) drug

d) disease

e) shock

f) sick

B Find words in the passage which have the same meanings. Use the line numbers to help you. Follow the example.

- | | |
|------------------------------------|-------|
| 1 sleepy; exhausted (lines 1-5) | tired |
| 2 breathed out sadly (lines 16-20) | _____ |
| 3 carefully; softly (lines 21-25) | _____ |
| 4 recommend (lines 46-50) | _____ |
| 5 look of pleasure (lines 51-55) | _____ |
| 6 not attend (lines 61-65) | _____ |

C Here are some verbs from the passage. Complete the sentences with the correct form of the verbs from the box. Follow the example.

lie down	examine	solve	study
miss	suggest	touch	sigh

- 1 If you want to write and speak English well, you must study every night.
- 2 Don't _____ that glass dish – you might break it!
- 3 The police officer _____ the stolen car for signs of damage.
- 4 When Sally found out she had failed the test, she _____ in disappointment.
- 5 If you feel tired, why don't you go to your bedroom and _____ for a while?
- 6 Dave was very ill last week. He was so ill, in fact, that he _____ a whole week of school.
- 7 I can't _____ this Maths problem. It's too difficult.
- 8 I _____ you do your homework if you want to pass the exam.

UNIT 16 Fire!

PASSAGE 1

Unforgettable Fires

One of the most well-known fires in history was the Great Fire of London. This took place in 1666, and destroyed almost the entire city. The fire started in the house of the king's baker, John Farynor, at two o'clock on the morning of September 2nd. Farynor lived in a narrow, crowded street, where all the houses were made of wood, so the fire spread very quickly. The city was on fire for five days. By the time the fire had been put out, 13,200 houses, 88 churches, 4 bridges, 4 prisons and 400 streets had been destroyed. Amazingly, only six people lost their lives in the Great Fire of London.

Another well-known fire was the Chicago fire of 1871. This started when a cow knocked over a burning lantern in a busy street. It had not rained in Chicago for a long time, and strong winds soon blew the flames all around the city. About 18,000 buildings were destroyed in this fire, while 250 people lost their lives, and 100,000 people lost their homes.

When a huge earthquake hit San Francisco in 1906, a number of fires broke out. The fires burned for three days, but firefighters could not fight them because the earthquake had destroyed the city's water system. When the fires finally stopped burning, a huge part of the city had been destroyed. More than 700 lives and 25,000 buildings were lost in the San Francisco fires.



During the Second World War, many countries made use of fire as a weapon to fight their enemies. Some countries, including Britain, used special bombs called 'incendiaries' or 'fire-bombs'. When a large number of these fire-bombs were dropped on a city at one time, huge fire-storms were created. These then swept through the city at high speeds. As fire-storms could reach a temperature of around 1,000°C, they were extremely dangerous. Hundreds of thousands of people were killed by fire-bombs.

COMPREHENSION

A Complete the sentences. Circle the letters. Follow the example.

- | | |
|---|--|
| <p>1 The Great Fire of London ...</p> <p>a) took place in 1871.</p> <p>b) did not destroy many houses.</p> <p>c) destroyed most of London.</p> <p>d) was started by the king.</p> <p>2 The Great Fire of London started ...</p> <p>a) in a narrow, crowded street.</p> <p>b) at three o'clock in the morning.</p> <p>c) when a cow knocked over a burning lantern.</p> <p>d) on the morning of September 3rd 1666.</p> <p>3 ... were destroyed in the Great Fire of London.</p> <p>a) Four hundred houses and 88 churches</p> <p>b) Four hundred prisons and 13,200 houses</p> <p>c) Eighty-eight churches and 400 streets</p> <p>d) Four churches and 13,200 houses</p> | <p>4 The Chicago fire ...</p> <p>a) started after a huge earthquake hit the city.</p> <p>b) killed 100,000 people.</p> <p>c) started during a rainstorm.</p> <p>d) killed 250 people.</p> <p>5 The fires in San Francisco ...</p> <p>a) destroyed the city's water system.</p> <p>b) burned for three days.</p> <p>c) did not destroy much of the city.</p> <p>d) caused a huge earthquake.</p> <p>6 Fire-bombs were used ...</p> <p>a) during the First World War.</p> <p>b) to create huge fire-storms.</p> <p>c) to save the lives of hundreds of people.</p> <p>d) by thousands of people.</p> |
|---|--|

B Answer the questions. Follow the example.

1 In which year did the Great Fire of London take place?

It took place in 1666.

2 Who was John Farynor?

3 How long was London on fire for?

UNIT 16: Fire!

4 How did the Chicago fire start?

5 How many people died in the San Francisco fires?

6 What temperature could fire-storms reach?

C Are the statements true or false? Tick (✓) the boxes. Correct the false statements. Follow the example.

	True	False
1 All the houses in John Farynor's street were made of stone.	[]	[✓]
2 The Great Fire of London spread very slowly.	[]	[]
3 Six people died in the Great Fire of London.	[]	[]
4 Two hundred and fifty people lost their homes in the Chicago fire.	[]	[]
5 The San Francisco fires destroyed a huge part of the city.	[]	[]
6 Hundreds of people were killed by fire-bombs during the Second World War.	[]	[]

1 All the houses in John Farynor's street were made of wood.

VOCABULARY

A Find words in the passage which have the same meanings. Follow the example.

- | | | |
|---|---|----------------|
| 1 | person who makes bread and cakes for a living
(lines 1-5) | baker
_____ |
| 2 | places where criminals are housed as punishment for their crimes (lines 6-10) | _____ |
| 3 | incredibly; astonishingly (lines 6-10) | _____ |
| 4 | lamp containing a candle (lines 6-10) | _____ |
| 5 | shaking of the ground (lines 16-20) | _____ |
| 6 | people who put out fires for a living (lines 16-20) | _____ |

B Complete the sentences with the answers from exercise A. Follow the example.

- 1 Amazingly, no-one was injured in the car crash.
- 2 The _____ took several hours to put out the fire.
- 3 My uncle is a _____. He owns a cake shop in Beijing.
- 4 A terrible _____ hit Japan earlier this morning.
- 5 Many people believe that the country's _____ are too crowded.
- 6 It was getting dark, so John lit the _____.

C Here are some words and phrases from the passage. Choose the best meaning for each one as it is used in the passage. Circle the letters. Follow the example.

- | | | | |
|---|---|---|---|
| 1 | took place (line 2)
a) started
b) occurred | 4 | broke out (line 16)
a) started
b) escaped |
| 2 | put out (line 6)
a) extinguished
b) disturbed | 5 | finally (line 21)
a) at the end
b) eventually |
| 3 | lost their lives (line 8)
a) died
b) became lost | 6 | part (line 22)
a) equal amount
b) section |