



新思维

高中英语阅读教程

□ 主编 / 成晓光

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辽宁师范大学出版社



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高中英语阅读教程

□ 主 编 成晓光[美] 姜慧红
副主编 郭 平 杨宏毅
编 者 姜慧梅 吴爱丹 徐 微
王艳华 孙汝敏 滕肇芮

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前言

教育部制订的《英语课程标准》已正式颁布。我们依据新的课程标准编写了这套《新思维高中英语阅读教程》(共三册),本书为第三册。

现代教育的基本内涵是素质教育,英语学习也是如此。学生学习的不仅仅是一门语言、一个交际工具,更重要的是语言还具有获取并储存信息、进行思维活动和认识世界的功能。因此,英语教材不应是单纯的语言教材,而应具有丰富的教育内涵,它应为培养学生的思维能力创造条件和营造环境。本教材的编写基于以下认识:

1. 知识的基础就是语言,知识的心理与外部表征都是以语言为媒介。所以,语言学习不仅仅是学习语言,更重要的是学习一种能力,包括独立学习、独立解决问题的能力。能力的基础是各种学习策略。

2. 语言也是一种认知能力,不仅仅靠死记硬背,还要通过大量的语言操练及综合能力的培养习得而成。

3. 学习者应以有效的方式来学习具有个人意义的东西,应提倡创造性思维。思维是内容,语言是形式。培养用英语思维是英语学习者及英语教学的首要任务及关键所在,故本丛书定名为“新思维英语”。

本册阅读教程具有以下特点:

1. 符合高考发展的新趋向和英语教学规律的要求。高三英语教学由于受“应试教育”的影响,教师常常将语法、词汇、句型分解得支离破碎,进行没有语境的纯语法知识的讲解,同学们记下了不少语法框框,却发现在语言的实际运用中不能正确、得体地使用某些语法规则。语言是人们交流思想的工具,语言交际总是离不开交际的参与者、谈话主题、时间、地点等因素。本册教材包括大量体裁、题材各异的语篇,不但复现高中阶段要求掌握的重点语法项目和常用的交际功能项目,而且在注解和练习中归纳了常用的词语、搭配和句型,其目的是在具体语篇、语境中进一步巩固、深化语法知识,在满足同学们每天阅读大量丰富而地道的语言材料的需要的同时,使同学们积累和丰富语言经验,拓宽对英语国家和世界文化的了解面。另外,教材把中学阶段应掌握的重点语法项目、词汇、句型进行了全面归纳总结,并将它们融入语篇和练习之中,确保通过适量的语言实践练习,提高同学们词汇学习的效率和词汇运用的能力。

2. 以读促写,把提高同学们的写作水平蕴含在阅读训练中。高考中的书面表达要求在限定的时间(大约是20—25分钟)内根据试题提示的内容要求,用英文写出一篇字数为100字的短文,是对同学们综合运用语言能力的一种考查方式。要写好这篇短文,要求考生平时必须坚持写作练习。所以同学们每周选择一至两个体裁的短文进行自我训练是很有必要的,这本教材十分重视读写训练的结合,每个单元都设有帮助同学们读后有感而发的写作练习,这样的训练有利于培养同学们养成勤动笔的习惯,在实践中提高写作技巧,从而弥补传统的课堂教学方法的不足。除此之外,教材中有许多篇章是文学名著节选,同学们可以有选择地记忆和背诵一些精彩而实用的英语句子和段落,从而可以通过语言积累,真正达到以读促写。

3. 把提高同学们的思想素质贯穿在英语教学中。教材的选材顺应现代教育发展的趋势,力图实现同学们能自己教育自己的目的。高三同学们形成正确的人生观和世界观关键期,所以要重视自身修养,培养强烈的社会使命感和责任感。高三英语阅读教程提供了 60 个话题,这些丰富的语言材料题材广泛,贴近生活,反映当代社会生活的方方面面,其中渗透了思想教育的因素,具有时代感、知识性、思想性和真实性。不但可以使同学们把阅读材料的内容与实际生活中的人、物、景相结合,而且通过词汇、阅读和写作等练习,使同学们对语篇进行分析、讨论,尤其是分角色表演以及写作练习,见贤思齐,不骄不躁,关爱他人,发奋上进。行成高尚人格。

同学们在阅读这本书的过程中需要注意的问题:

1. 加强限时阅读训练,提高阅读速度。同学们在英语学习中,应从以下两个方面提高阅读速度:1) 矫正不良阅读习惯,不少同学在阅读时常有用手指字、复读(回读)、声读等习惯,影响了阅读速度的提高,必须加以克服。2) 在针对性的进行限时阅读训练。高考试卷中阅读理解一题限制同学们在 40 分钟内读完 5 篇短文并完成 20 道小题的选择。因此同学们在选择正确答时,要充分利用平常所学过的阅读技巧。如寻找主题句,猜词,推理,跳读,略读等等获取所需要的信息,并对照答案,反复揣摩作者意图及思路。因此,只有持之以恒地自我阅读训练,阅读速度和正确率才会日渐提高。建议同学们在做完每个单元的练习后,再将短文重新看一遍,对文章所出现的词汇短语进行及时归纳和总结。这样,利用语篇来识记单词、短语,复习语法知识要比单纯地看考纲记单词,做单项选择题记语法点效果要好得多。因为语篇为我们提供了丰富的语言文化背景知识及交际背景,同学们可根据上下文的内容进行猜词,推理完成对语篇的理解,并带动单词和短语的复习,形成较为流畅的语言表达习惯,为书面表达打下基础。

2. 培养正确的思考习惯和解题思路。虽然本教材目的是突出阅读,但是同学们要重视综合练习。英语学习决不能停留在“纸上谈兵”,应在掌握规则和要领的基础上,进行大量的练习,应做到“五勤”——口勤(勤朗读、勤背诵)、耳勤(勤听)、手勤(勤记、勤写)、眼勤(勤阅读)、脑勤(勤总结、勤对比)。

3. 如果考生做每个单元的阅读理解时,总有 5 个以上的错误时,可以采用下面介绍的两种技巧:阅读技巧和解题技巧。阅读技巧:阅读速度要尽量快,先看题目,再看课文。要了解作者的写作思维和写作思路,养成看一段就懂一段的习惯。最终要做到看了第一段,就能猜出第二段应该写什么。解题技巧:题目大致有三类:大意(Main Idea),事实(Fact),推论(Inference)。通过阅读技巧训练,前两类题目应该全部做对。做题目时应该“对题寻源”,这样就能减少盲目性。至于第三类题目,答题技巧要求高一些,能做多少则做多少。阅读的关键是平时的阅读量,考试时的阅读成绩是建立在平时大量阅读基础之上的。平时读得多了,考试时就会得心应手。

在高三总复习中,放弃语法复习为重点的复习模式,将语篇训练作为贯穿高三英语的主线是十分重要的,也是新教材、新大纲和新考纲所要求的。语篇训练不仅包括阅读理解,还包括完型填空,短文改错和书面表达。在这四项专题训练中,阅读理解是重中之重。语言的学习要一点一滴的积累,相信同学们通过科学的复习方法,踏踏实实,持之以恒英语水平一定会日益提高。

作为一种尝试,我们希望这套阅读教程能为读者所接受。同时我们也希望广大师生在使用本教程的过程中提出宝贵意见和建议,以使本套教程更加完善。

编者

2003 年 8 月

CONTENTS

目 录

Unit 1

- Text A Vitamins for vision loss 1
Text B Is there a safe way to drink? 5

Unit 2

- Text A US universities say "no cheating" 10
Text B Exam cheats could get kicked out of college 14

Unit 3

- Text A Children and dogs: important information
for parents 18
Text B The world looks different now, even to the dog 22

Unit 4

- Text A Give yourself choices 27
Text B Graduates face decisions 32

Unit 5

- Text A A secret language 37
Text B Cosmetic surgery 41

Unit 6

- Text A Success in life 45
Text B Mozart makes the brain hum 48

Unit 7

- Text A From the heart 53
Text B All the good things 56

Unit 8

- Text A Teens and sleep 62
Text B Simple tips to help you get to sleep 67

Unit 9

- Text A The Ebola virus 72

Text B	AIDS virus came from chimps	76
Unit 10		
Text A	A simple truth about happiness	80
Text B	Who is happier	85
Unit 11		
Text A	The clever whitewasher	89
Text B	Impatience and a guy in a wheelchair	94
Unit 12		
Text A	Mind does matter	99
Text B	Be emotionally strong	103
Unit 13		
Text A	The importance of setting goals	108
Text B	It is a new day	111
Unit 14		
Text A	Education in America	116
Text B	Hackers, crackers and trackers	120
Unit 15		
Text A	College grads break contract	124
Text B	Let me introduce my Laowai litany to you	128
Unit 16		
Text A	Scientists say seafood raises IQ	133
Text B	Scientists grow drug-resistant bacteria in lab	137
Unit 17		
Text A	The day I got real	141
Text B	How to use a napkin	145
Unit 18		
Text A	Spiders	149
Text B	Cats	151
Unit 19		
Text A	Learn English through football	155
Text B	How to enlarge vocabulary	159
Unit 20		
Text A	Tae kwon do	163

Text B	Women's basketball	167
Unit 21		
Text A	Does Santa really exist?	171
Text B	New Year's celebration	175
Unit 22		
Text A	Early head start good for children	179
Text B	Giving space to develop	183
Unit 23		
Text A	The temple of Borobudur	187
Text B	The Buddha in Thai sculpture	190
Unit 24		
Text A	Sandstorm blows 30,000 tons of dust into Beijing	195
Text B	The global warming	199
Unit 25		
Text A	Exercise and diet keep the body fit	202
Text B	Dance to stay healthy	206
Unit 26		
Text A	Students learn to cheat	211
Text B	Study; school-related food poisonings on rise	215
Unit 27		
Text A	Depression; dangerous and overlooked	220
Text B	Music therapy reduces stress, pain while promoting healing	224
Unit 28		
Text A	Clone or not	229
Text B	Whales related to cows, hippos?	232
Unit 29		
Text A	Cyber-stepmother	238
Text B	My forever Valentine	243
Unit 30		
Text A	Improve your reading and language skill	247
Text B	Different approaches to teaching and learning	250
Key to the exercises(练习答案)		256

UNIT 1**Text A****Vitamins for vision loss**

A new study shows that large amounts of vitamins and minerals can slow the loss of sight linked to aging. The condition is called age related macular degeneration or A-M-D. The disease is a major cause of blindness among old people. Doctors do not know what causes it.

The disease destroys the central part of the retina, the cells at the back of the eye that gather light. The first sign of A-M-D usually is a loss of visual clearness. People with the disease have trouble reading, driving and recognizing faces. They cannot see clearly through the center of their eyes. They must look at things from the sides of their eyes. Over time, A-M-D can cause blindness.

The National Eye Institute carried out the six-year study. Almost 5,000 people in 11 areas of the United States took part. They were between the ages of 55 and 80. Some of the people had more severe forms of the disease than others.

The researchers tested a combination of large amounts of vitamins and minerals. Some people in the study were given the mineral zinc. Others took the vitamin C, E and beta-carotene. A third group received both the zinc and the vitamins. The remaining people took inactive substances called placebos.

The people in the study were in 3 groups, based on the severity of their disease. The researchers compared the vision abilities and other conditions of the patients after 5 years of treatment. Their findings were published in the Archives of Ophthalmology.

The scientists say the combination of vitamins and zinc had no effect on patients with the least severe form of A-M-D. However, they say the vitamins and zinc helped people with more serious A-M-D. The treatment cut the risk of developing the most severe form of A-M-D by about 25%. The vitamins and zinc also prevented some vision loss for those patients already suffering severe A-M-D.

The patients taking zinc or vitamins separately were also helped but not as much as those taking both. Earlier studies had shown that people who eat large amounts of fruits and





vegetables containing important vitamins are at lower risk of developing the eye disease.

New Words

macular /'mækjələ/

a. 有斑点的; 有污点的 n. 黄斑

degeneration /di,dʒenə'reiʃ(ə)n/

n. 衰退; [生]退化(作用)

retina /'retinə/

n. [解]视网膜

substance /'sʌbstəns/

n. 物质; 实质; 本质

severity /si'veriti/

n. 严格; 严厉

combination /,kəmbi'neɪʃən/

n. 结合(体); 联合(体); 团体; 联盟

Notes

1. placebo: [医学]安慰剂, 是一种不含药性的制剂, 开给病人仅仅为加强其康复的希望。
2. (be) based on: 以……为根据, 把……建立在某种基础上。
3. ophthalmology: 眼科学, 关于眼的结构、功能和疾病治疗的医学学科。
4. have no effect on: 对……不起作用。
5. a large amount of = large amounts of: 大量的, 许多的。
6. beta-carotene: β -胡萝卜素。



Vocabulary

I. Fill in each of the blanks with an appropriate word or phrase from the box. Change the form if necessary.

center	contain	slow	forms	combination
amounts	trouble	carry out	light	cause

1. A new study shows that large amounts of vitamins and minerals can _____ the loss of sight linked to aging.
2. The _____ of vitamins and zinc can cut the risk of developing the most severe form of eye disease.
3. People can gain large _____ of important vitamins by eating fruits and vegetables.
4. The National Eye Institute _____ a six-year study to test the effect of vitamins and minerals on eyes.
5. People between the ages of 55 and 80 have more severe _____ of the disease than others.
6. People with the eye disease have _____ reading, driving and recognizing faces.
7. Some kinds of diseases can destroy the cells at the back of the eye that gather _____.
8. If patients cannot see clearly through the _____ of their eyes, they must look at things from the sides of their eyes.
9. Doctors still do not know what is the major _____ of blindness among old people.

10. Eating large amounts of fruits and vegetables _____ vitamins and zinc can prevent some vision loss for patients.

II. Find the best way to complete the following sentences with special expressions. Write the letter of your answer on the line.

carry out = conduct or complete; do as required

1. They have failed _____.
2. The Department of Transportation (交通部) has _____.
3. These scientists have already _____.
 - a. carried out a lot of experiments to test this theory
 - b. to carry out their promises to their children
 - c. carried out an investigation (调查) into the cause of the crash

more...than = ... a larger number or amount; in a greater degree

4. There are more cars on the roads in summer _____.
 - a. than hurt
5. He was more frightened _____.
 - b. than winter
6. He likes summer more _____.
 - c. than in winter

base ... on = find a basis for; make sth. by using sth. else as the starting point

7. The scientist based her conclusions _____.
8. The director based his famous film _____.
9. They based their judgement _____.
 - a. on the figures for the last three years
 - b. on a best-selling novel
 - c. on the experiment

III. Read the sentences in each group carefully and choose either a, b, or c if the underlined word in the sentence is used in the same way as the text.

1. The disease is a major cause of blindness among old people.
 - a. He is preparing for a major surgical operation (外科手术).
 - b. English is my major subject.
 - c. Tokyo (东京) is a major city in Japan.
2. The disease destroys ... the cells at the back of the eye that gather light.
 - a. the fire destroyed all my books.
 - b. the heavy rain destroyed all hope of a picnic.
 - c. all hopes of a peaceful settlement were destroyed by his speech.
3. They cannot see clearly through the center of their eyes.
 - a. Beijing is the political, economic and cultural center of China.
 - b. The center parties are hoping to win the next election.
 - c. She centered the vase on the table.
4. They were between the ages of 55 and 80.
 - a. The period in which man learnt to make tools of iron is called the Iron Age.
 - b. I haven't seen her for ages.
 - c. She died in 1936 at the age of 84.

5. Some of the people had more severe forms of the disease than others.
 - a. The severe teacher has gone abroad, so you can breathe freely again.
 - b. I have a severe attack of toothache.
 - c. He likes to speak in a severe voice.



Comprehension

I. Choose the best answer.

1. What is the main idea of the text?
 - a. The important role of vitamins and minerals in preventing the eye disease.
 - b. The important research of the National Eye Institute.
 - c. The combination of vitamins and zinc is very important.
 - d. People who lack vitamins have more severe forms of diseases than others.
2. The author mentions all of the following statements except _____.
 - a. the disease, A-M-D, destroys the central part of the retina
 - b. lack of vitamins and minerals is a major cause of blindness among old people
 - c. the vitamins and zinc prevented some vision loss for patients suffering severe A-M-D
 - d. the patients taking zinc or vitamins separately were also helped
3. Based on the text, which of the following statements is NOT TRUE?
 - a. The retina, the cells at the back of the eye, can gather light.
 - b. Large amounts of fruits and vegetables contain important vitamins.
 - c. The combination of vitamins and zinc can only help the patients with the least severe form of A-M-D.
 - d. Almost 5,000 people, aged between 55 and 80, in the United States took part in the study.
4. In Paragraph 4, the word "combination" means _____.
 - a. the state of joining two or more substances or things together
 - b. the state of doing at the same time
 - c. a state of a complete change
 - d. a sequence of numbers or letters used to open a combination lock (号码锁)

II. One word in each sentence is not correct. Find the word and correct it.

1. The combination of vitamins and zinc had little effect on patients with the least severe form of A-M-D.
2. The people in the study were divided into 4 groups.
3. The researchers tested a combination of large amounts of vitamins and zinc.
4. Patients, suffering the A-M-D, must look at things from the center of their eyes.
5. People who eat large amounts of fruits and vegetables containing important vitamins are at higher risk of developing the eye disease.
6. The vitamins and zinc also helped some vision loss for those patients already suffering

severe A-M-D.



Discussion

Directions: Nowadays, more and more youngsters have got short sight (近视眼). How about you? Please work in groups to discuss:

1. How to protect your eyes, such as from short sight, damage and aging?
2. How to get rid of unhealthy habits of using eyes?

Text B

Is there a safe way to drink?

Pharmacologically, alcohol is an anesthetic, not a stimulant. In moderate amounts, it appears to stimulate because it inhibits those brain centers which restrict “less civilized” outbursts, as well as those which make us aware of exhaustion. Then we feel physically abler and emotionally freer. But with increasing doses, alcohol puts to sleep the brain centers which affect judgment, knowledge and social controls. Sufficient dosage can put us to sleep for keeps by anesthetizing those centers which control breathing and heartbeat.



Responsible people, therefore, must choose rather carefully the time, place and circumstances of drinking. Obviously, if you are to engage in complex mental or physical activities—writing, driving, business—it is scarcely appropriate to be under the influence of an anesthetic drug. On the other hand, if you are going to be sharing a meal or some other human interchange in a relaxed way, alcohol can be rewarding assistant to the experience—a true servant of man.

An essential point is that there is a known safe level of drinking: 1.5 ounces of pure alcohol per day—the equivalent of three one-ounce drinks of 100-proof whiskey (which is 50-percent alcohol), four eight-ounce glasses of beer, or half a bottle of wine.

This limit, of course, is only a statistical average. For some people, even one drop of alcohol is too much. Nor so our findings permit saving up one day's ration in order to drink more the next day. Studies show that the driver who has consumed an amount of alcohol within this limit is no more likely to have an automobile accident than the driver who does not take any alcohol. But beyond this limit, when the blood alcohol level (the concentration of



alcohol in the blood) begins to rise over the 0.5 percent “sober” level, the risk of a traffic accident jumps enormously. By the time the blood—alcohol level reaches 0.2 percent—the level of most drunk drivers who are arrested—the risk of an accident is 100 times that of the non-drinking driver.

The manner of drinking is also crucial. One should always sip slowly. Alcohol is highly unusual foodstuff in that at least 20 percent of it is absorbed directly from the stomach into the bloodstream without going through any digestive processes.

Another rule of safe drinking is that food in the stomach, preferably protein or fatty products, effectively delays alcohol’s invasion of our system.

A number of other factors influence our response to a drink. It is best not to take alcohol when physically or emotionally upset, lonely or in need of solace. It is true that alcohol’s anesthetic effect will dull the pain of loneliness. But alcohol is no substitute for another person. In other words, do not drink alone.

New Words

anesthetic /ænes'tetik/

a. 麻醉的 *n.* 麻醉剂

stimulant /'stimjulənt/

n. 刺激物

moderate /'mɒdərit/

a. 中等的;适度的;有节制的

inhibit /in'hɪbit/

vt. 禁止;约束;抑制

restrict /ri'strɪkt/

vt. 限制;限定;约束

dosage /'dɔ:sɪdʒ/

n. 剂量;配药;用量

statistical /stə'tɪstɪk(ə)l/

a. 统计的;统计学的

equivalent /i'kwɪvələnt/

a. 相等的;相同的;等价的;等值的

crucial /'kru:ʃ(ə)l/

a. 决定性的;重要的;严酷的;艰难的

solace /'sələs/

n. 安慰;慰藉;安慰之物 *v.* 缓和;减轻(痛苦等)

dull /dʌl/

a. (色彩等)不鲜明的

substitute /'sʌbstɪtju:t/

n. 代替人;代用品 *vt.* 用……代替;代替

Notes

1. pharmacologically: 药理学地;药理学(pharmacology)是药物的科学,包括他们的成分、用法和效用。
2. “less civilized” outburst: “不够文明的”爆发。
3. as well as: 也,又。这个短语既可以作连词,也可以作副词。
4. (be) aware of: 有意识的,有察觉的。
5. the brain centers: 神经中枢。
6. sleep for keeps: 长眠不起。
7. ounce: ①盎司,英两(常衡=1/16磅;金衡及药衡=1/12磅)[C];②(常用于否定句)一点,少量[S][(+of)],如: The dancers didn't have an ounce of energy left. 舞蹈演员们

用尽了体力。

Exercises



Vocabulary

I. Fill in each of the blanks with an appropriate word or phrase from the box. Change the form if necessary.

affect	determine	time	drink	much
absorb	engage	effectively	safe	percent

- Responsible people will choose carefully the time, place and circumstances of ____.
- At least 20 percent of alcohol is ____ directly from the stomach into the bloodstream without going through any digestive processes.
- Studies show that protein or fatty products can ____ delay alcohol's invasion of our system.
- According to regulations (规章), if your blood-alcohol level reaches 0.2 ____, you will be arrested.
- If you are to ____ in complex mental or physical activities, it is scarcely appropriate to be under the influence of an anesthetic drug.
- For some people, even one drop of alcohol is too ____.
- The manner of drinking is also crucial to ____ whether the drinker will be drunk.
- 1.5 ounces of pure alcohol per day is an essential point of ____ level of drinking.
- The brain centers can control and ____ judgment, knowledge and social controls.
- When the blood-alcohol level reaches certain degree, the risk of an accident is 100 ____ that of the non-drinking driver.

II. Find the best way to complete the following sentences with special expressions. Write the letter of your answer on the line.

in other words = *expressed in a different way; that is to say*

- In other words, when the wind is blowing at 120 kilometers per hour, ____.
- Alcohol is no substitute for another person, ____.
- Your performance in the exam did not reach the required standard, ____.
a. in other words, you failed
b. in other words, do not drink alone
c. most waves will be about twelve meters high

in order to = *with the purpose or intention of doing sth.*

- In order to catch the train, ____.
 - In order to get a good seat, ____.
 - In order to see clearly, ____.
- a. she arrived at the cinema early
b. she took her glasses with her
c. she hurried through her work

save up = *set aside for future use; store*



7. If you save up now, _____.
8. I will save up part of my salary each month _____.
9. Everyone should save up money _____.
 - a. for their old age
 - b. you will be able to buy a car soon
 - c. for my holiday



Comprehension

I. Which sentence has the same meaning as the one in the text? Circle your answer.

1. But with increasing doses, alcohol puts to sleep the brain centers which affect judgment, knowledge and social controls.
 - a. ... with increasing amounts of drink, alcohol puts to sleep the brain centers.
 - b. ... with increasing doses of medicines, alcohol puts to sleep the brain centers.
 - c. ... with increasing amounts of medicines, alcohol puts to sleep the brain centers.
2. ... it is scarcely appropriate to be under the influence of an anesthetic drug.
 - a. ... it is almost not proper to be under the influence of an anesthetic drug.
 - b. ... it is almost proper to be under the influence of an anesthetic drug.
 - c. ... it is proper to be under the influence of an anesthetic drug.
3. Nor so our findings permit saving up one day's ration in order to drink more the next day.
 - a. Nor so our findings permit keeping up one day's ration in order to drink more the next day.
 - b. Nor so our findings permit storing one day's ration in order to drink more the next day.
 - c. Nor so our findings permit rescuing one day's ration in order to drink more the next day.
4. By the time the blood-alcohol level reaches 0.2 percent... the risk of an accident is 100 times that of the non-drinking driver.
 - a. At a time the blood-alcohol level reaches 0.2 percent...
 - b. When the blood-alcohol level reaches 0.2 percent...
 - c. For a time the blood-alcohol level reaches 0.2 percent...
5. But alcohol is no substitute for another person.
 - a. But alcohol cannot stand for another person.
 - b. But alcohol has no place for another person.
 - c. But alcohol cannot take the place of another person.

II. Understand the main idea. Choose the best answer.

1. According to the text, which of the following statements is TRUE?
 - a. Statistical average of drinking limit is 1.5 ounces of pure alcohol per day.

5. In the last paragraph, the word “dull” means _____.

- () 1. Alcohol is not only an anesthetic, but also a stimulant.
- () 2. Safe level of drinking is 1.5 ounces of pure alcohol per day.
- () 3. Moderate amounts of drinking will stimulate those brain centers which restrict "less civilized" outbursts.
- () 4. This average limit of drinking is only a statistical average, but not suitable for some people.
- () 5. Moderate drinking can make us feel physically abler and emotionally freer.



Directions: Write a composition *Will Drinking Be Completely Banned* (禁止) ? in no less than 100 words. Remember to write neatly and clearly.