



高中英语 分项突破

ENGLISH [阅读理解分册]

LEARNING STRATEGIES FOR
HIGH SCHOOL STUDENTS

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(修订版)

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修订版前言

本教材以训练学生阅读速度,培养学生阅读能力为目的,以近几年高考英语试题阅读理解命题原则为方向,同时充分体现和符合考试大纲对阅读理解的要求和发展趋向,结合作者多年的英语教学实践和经验,适用高中学生英语选修课。本教材有以下特色:

1. 选材突出时代性

教材中所选材料大多选自最近几年英美书籍报刊,充分体现语言的时代性,与近几年的高考题作最大程度的接近。同时也适当选择了近几年高考试题和模拟高考试题的部分经典阅读理解原题。

2. 训练与知识积累相结合

在每篇短文设计了理解性练习的同时,补充了“知识积累”栏目。学生在检验阅读理解能力之后,能学习和积累文章中所出现的语言知识、文化背景常识、习惯搭配、生词短语,做到温故而知新,知新中再温故。这也是编者在教学实践中摸索出的行之有效的全面提高学生英语能力的必要环节。

3. 篇幅和难度紧扣高考

根据高考大纲和近几年高考阅读理解命题的走向,本教材在单篇篇幅和难度上尽量与其一致。语篇中如果出现一些超出中学英语教材的词语,一般不作解释,以培养学生从上下文判断和推理词语意义的能力。学生在完成练习后可以在“知识积累”中得以检验对这些生词的认知程度。题目的设计与高考题型吻合,针对性较强。本书在编排上遵循了循序渐进的原则,分为上卷 50 篇,中卷 50 篇,下卷 50 篇;标准模拟试题 6 份。上、中、下难度有所递进,以适应高考中阅读理解语篇 A、B、C、D、E 难度不同的规律。

4. 训练规范、内容充实

从实战出发,每篇短文阅读理解训练都有参考时间,让学生在完成练习时对时间的控制做到心里有底,从而养成良好的阅读习惯。选篇内容涉及较广,但更突出了社科类和现代产物类文章。

编写这样一本英语教材,对编者来说,是个漫长和艰辛的过程。这次修订,结合专家和读者的建设性反馈意见,及对高考阅读理解命题方向的进一步研究,对原来的经典语篇进行了整合,同时增添了最新的资料,使本教材内容更详实,效果更显著,为学生在高考中助上一臂之力,锦上添花。

编者
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学英语不难

——高中英语学习方法点滴

高考英语试题的题型和分值是定型的,由听力、语言知识运用、阅读理解和写作构成。常听学生说自己在某方面较弱,需要进行针对性强化训练等等。事实上,除听力外(必须单项训练),其他方面的所谓“薄弱点”不可能孤立存在。各种题型都是互相联系,互相制约的,都围绕和涉及语言的基本功能——交际性,即语言的理解和运用。考查学生的交际能力和运用语言能力是高考英语试题的特点和方向。要提高某方面的技能最根本的办法是提高对语言的理解能力,积累是提高理解能力的关键因素。具体方法主要有:

1. 研究近年来高考全国卷、北京卷、上海卷等,以阅读材料为素材,分析句子,划分意群,注意动词和惯用习语,精确理解句子意思及上下文关系,找出正确答案的原因及其他答案的迷惑性。这样,在全方位提高驾驭语言的能力的基础上,也提高了对高考的适应性。

2. 大量阅读。俗话说“读书破万卷,下笔如有神”。学生需要大量的语言输入材料来加强对语言的体验,增长见识,积累经验,培养语感。广泛的、大量的阅读是达到此目的的最佳途径。高考题型是可以变化的,而阅读理解能力一旦达到一定水平,即可“以不变应万变”,就如同有了健康的体魄可以应付各类体检一样。所以,学生一定要明白,高考是答题,工夫却在题外。通过广泛的阅读,语言知识会在不知不觉中得到积累,对某些同义词、近义词、形近词的认识会逐步深化,同时有意识地强化自己对阅读中遇到的、以往学过的语言基础知识的复习和巩固。在读懂文章之后,也可以顺便学习一些自己认为有价值的句子、词组等语言知识,扩大知识面。阅读不是为了答题,而是为了提高整体英语水平。在平时的阅读训练中,不要过分在意答对了几道题,而要注意对文章理解了多少,学到了多少新知识。

3. 弄清语法的基本概念和基本功能。熟悉并理解语法的基本概念是重要的,必须弄清一些规则(特别是时态),辨别是非。语法知识有助于理解语言表达。但语法毕竟是为语言交际服务的。语法学到什么程度为宜?分析最近5年的高考单选题和改错题,不难发现绝大部分试题的设计是考查学生应用语法的基本概念在一定的语境中的判断能力,这些语法概念是日常生活中常用的,而不会出现像有些高考模拟试题中常见的那种意义晦涩、结构别扭、生搬硬造的文字游戏。必

须牢记:语法的应用取决于语言交际的需要,不要钻牛角尖,不要钻难题。例如:应该明白“Everybody keep quiet please.”与“Everybody keeps/kept quiet at the meeting.”是由语境决定语法的道理。意义通则语法通,反之则不然。

4. 单词辨析。中学英语教材有许多近义词、同义词,以及一些词语被翻译成汉语时释义接近的词,例如:strike, hit, beat, blow, attack, knock 都含有“击打”的意思;而 power, strength, energy, force, ability, labour 等都含有“力”的意思。如何区别这类词语是理解语言习惯的关键。学生可通过归类,查阅词典,摘录课文原句,积累习惯搭配等方法,弄清它们的共性和差异。

5. 积累词组和惯用法。词组、惯用法及成语是文化和习俗的产物,有时是无法理喻的。要掌握它们只有下工夫去积累并识记。进行归纳时可采用 ①同义分类,例如:call on, drop in on, pay a visit to, call at 等;②同源分类,例如:at a time, time and again, at times, in time, in no time, for the time being, from time to time 等;③异义分类,例如:try to do, try hard to do, try doing 或 in (the) charge of, in (the) possession of, out of (the) question 等。词组、惯用法、成语的来源和含义一般以中学英语教材为主,适当补充其他常用词组或词组的其他意义。

分析高考试卷,大量阅读,辨别同义词词义,积累词组和惯用法是学习语言,提高能力的重点;同时也是克服环节弱点,准备高考的关键。

刘 洪

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阅读理解训练上卷

1—1

一、限时训练(8 分钟)

When he was a senior, he was asked to write a paper about what he wanted to be and do when he grew up.

That night he wrote a seven-page paper describing his goal of someday owning a horse farm. He wrote about his dream in great detail. He put a great deal of his heart into the project and the next day he handed it in to his teacher. Two days later he received his paper back. On the front page was a large red F.

The boy with the dream went to see the teacher after class and the teacher said, "This is an unrealistic dream for a young boy like you. Owning a horse ranch requires a lot of money. There's no way you could ever do it." Then the teacher added, "If you will rewrite this paper with a more realistic goal, I will reconsider your grade."

The boy went home and thought about it long and hard. Finally, after sitting with it for a week, the boy turned in the same paper. He stated, "You can keep the F and I'll keep my dream."

Monty then turned to the assembled group and said, "I tell you this story because you are sitting in my 4 000-square-foot house in the middle of my 200-acre horse ranch. I still have that school paper framed over the fireplace." He added, "The best part of the story is that two summers ago that same schoolteacher brought 30 kids to camp out on my ranch for a week." When the teacher was leaving, he said, "Look, Monty, I can tell you this now. When I was your teacher, I was something of a dream stealer. During those years I stole a lot of kids' dreams. Fortunately you had enough will not to give up on yours."

1. According to the story the boy mentioned must _____.
 - A. have studied hard when he was at school
 - B. have been often blamed by the teachers
 - C. have been born into a poor family
 - D. have been looked down upon by his classmates
2. The teacher gave his work an F because _____.
 - A. the boy had drawn a picture instead of a report
 - B. he thought the boy was making fun of him
 - C. he didn't think the boy's dream was practical
 - D. he didn't like the boy's idea about his future
3. The next day the boy turned in the paper _____.

- A. without making any change B. after making a few changes
C. after making few changes D. following the teacher's instruction
4. From the story we can conclude that all the following are true EXCEPT _____.
A. the boy's hobby was training horses
B. the teacher regretted what he had done to the boy
C. the boy realized his childhood dream in the end
D. the boy's dream was to have a 200-acre horse ranch
5. The purpose of this story the writer wants to express is "_____".
A. Don't be a dream stealer
B. Follow your heart, no matter what
C. Put your heart into anything you want to do
D. Face the reality and be realistic

二、知识积累

1. a senior: 中学或大学的毕业班学生。a senior citizen: 老年人。
2. a paper: 考卷、论文等纸产品(可数名词)。Have you read today's paper? 你看了今天的报纸了吗?
3. goal: 目标,目的。(近义词: target, objective, dream, aim, purpose)
4. in detail: 详细地。detailed information 详情。
5. put a great deal of one's heart into: 全身心投入某事,倾注大量心血。
6. hand in, turn in: 上交,交上去。(比较: hand out, give out: 发下去)
7. a red F: 美国学校分数评定从高到低分 A、B、C、D、E、F 等。
8. unrealistic: 不现实的。real: 真的。reality: 现实。realistic: 现实的。
9. a horse ranch: 牧马场。
10. grade: 分数。grade report: 分数单,成绩册。grade someone: 给某人评分。
11. think hard: 仔细考虑。(近义词: think about carefully, use one's head)
12. the assembled group: 聚集的人群。assemble: 集合。assembly line: 装配线。
13. the best part of the story: 故事最精彩的部分。
14. something of: 有点,类似。He is something of a liar. 他说话不太诚实。
15. kid: (美国英语)小孩。(同义词: child)

1—2

一、限时训练(7 分钟)

When I first arrived in China three years ago, I felt like a fish out of water. My native English skills were nearly useless. I couldn't order a meal. I couldn't tell a taxi driver how to take me home. I couldn't even ask someone to point me to a rest-room.

How I wished I had a little translator that I could carry with me wherever I went. I could simply talk in English and the machine would repeat what I said in Chinese. Better still, it could translate

those directions to the bathroom from Chinese into English!

Certainly anyone who has traveled overseas has also wished this translator really existed. Now, that wish has just come true.

Researchers have developed a small, portable computer that can do this job. These translators can be programmed to translate between any two languages. VIA, the maker of the device, hopes the technology will prove useful for hotels, airlines and other international businesses.

Will this new technology make the need to learn foreign languages a thing of the past? Well, for the moment, the new device is useful only for limited purposes. It does well translating basic questions and comments, but don't expect these machines to exactly translate a conversation about Confucius(孔子). In the last decade, researchers made progress in developing computer programs that can translate texts. But these programs, like VIA's translator, are still far from perfect.

To improve this technology, ways must be found to teach computer translators to "think" more like humans. That has proven a difficult challenge.

1. The author of the article _____ when he came to China years ago.
 - A. tried to talk with people
 - B. had trouble in talking business with Chinese people
 - C. found it hard to communicate with Chinese people
 - D. found none of the people here in China knew his native language
2. As a result of lack of his Chinese, he might find it impossible for him _____.
 - A. know the way back home
 - B. get a place to have a rest
 - C. call a taxi
 - D. find a place to have a shower
3. According to the author the new device "translator" _____.
 - A. is not a bit useful
 - B. needs further improvement to the perfection
 - C. can be only used in international businesses
 - D. will come to the market as a hit
4. What does the author suggest according to the article?
 - A. It's probably a smart idea to keep learning English.
 - B. The translator can think in the same way as humans soon.
 - C. The translator can't translate questions like "Do you speak English?".
 - D. Don't travel abroad until you've got such a computer.

二、知识积累

1. like a fish out of water: 不知所措。(同: at a loss, in a fog, be pulled in two directions)
2. a rest-room: 盥洗室。(同: bathroom, washroom, water closet)
3. carry with: 随身携带。Please carry some money with you. 请带上一些钱。
4. better still: 更好的是。(同结构: worse still: 更糟的是)
5. translate those directions to: 把那些指令翻译成…… translator: 翻译员, 翻译器。
6. come true: 实现。(同: be realized, be fulfilled, be achieved) I'm trying hard to make my dream come true. 我在努力实现我的理想。

7. portable computer: 手提电脑。(同: laptop computer) desktop computer: 台式电脑。
8. device: 装置, 设备。
9. a thing of the past: 成为历史, 一去不复返。(同: make something history)
10. for the moment: 目前, 此刻。(比较: for a moment: 一会儿)
11. in the last decade: 在过去的十年里。decade: 十年。
12. far from perfect: 远非完美。far from: 远非, 一点都不。Far from helping the situation, you've just made it worse. 你根本不是帮助解决问题, 而是添乱。
13. challenge: 挑战, 竞争。(近义词: competition) challenging: 具有挑战性的, 困难的。
14. have trouble in talking business with: 与某人谈生意有困难。have trouble/difficulty (in) doing something: 做某事有困难。
15. not a bit: 一点都不。(比较: not a little: 非常, 不是一点点) You're not a bit like your brother. 你一点也不像你兄弟。Am I cross? No, not a bit of it. 我生气? 不, 一点也不生气。
16. the perfection: 达到完美。
17. come to the market as a hit: 一上市就很抢手。hit: (名词) 轰动一时的成功人物或事情。

1—3

一、限时训练(8 分钟)

Though your parents probably meant to have your name last a lifetime, remember that when they picked it they'd hardly met you, and the hopes and dreams they cared for when they chose it may not match yours. If your name no longer seems to fit you, don't lose heart. Film stars change their names, and with some determination, you can, too.

If you wish to pick up a new name, you don't need to make the change officially. Under common law, all that is necessary is to start using the name of your choice. Remember, though, that you must use it everywhere—even with your mother—for it to become your legal name.

Getting friends and fellow workers to call you Leach instead of Lola may be harder than any paperwork involved, but you'll probably meet official resistance, too. Be sure that no law prevents you from using the name you have chosen, unless you use it for the purpose of cheating. If the gas company tells you that you cannot get your bill under a new name, they are wrong. You don't have to show them any sort of court document. You have a right to be called by whatever name you choose.

By this time, you've probably realized that changing your name is more difficult than replacing your furniture or changing your hair color, though the effect can be unusually encouraging. Don't care too much if you have to keep reminding others of your change of a new name—keep on, and your friends and lover will accept your name. Good luck.

1. You may wish to change your name because _____.

A. you are required to do so

B. you don't mean to have your name last a lifetime

- C. you like to follow what film stars often do
 - D. you may not like your parents' choice
2. If you wish to start using the name of your own choice, you _____.
 - A. must get your friends to call your new name
 - B. don't have to get permission from anybody
 - C. must use it with your mother first
 - D. need to be permitted by the court
 3. No law keeps you from using whatever name you have chosen, if only _____.
 - A. you pick up a new name not for a purpose of wrong-doing
 - B. you can get your fellow workers to call you the new name
 - C. the gas company agrees to get your bill under your new name
 - D. some sort of court document is given to you
 4. You may realize that changing your name _____.
 - A. usually has good effect
 - B. is actually asking for trouble
 - C. is not as easy as rearranging your room
 - D. means you have to go through some troubles
 5. The purpose of the writer in writing this story is to _____.
 - A. show you the need of changing your name
 - B. encourage you if you want to change your name
 - C. tell you how easy it is to change one's name
 - D. make a list of all the difficulties changing one's name

二、知识积累

1. care for: 喜欢,照料。(近义词: be fond of, take care of) I don't care for tea. 我不喜欢喝茶。He's good at caring for sick animals. 他精心照料生病的牲畜。
2. lose heart: 灰心。to lose one's heart into something: 全力做某事。
3. with some determination: 下点决心。be determined to do sth: 下决心做。
4. pick up: 获得。Where did you pick up this shirt? 你这件衬衫在哪买的?
5. of one's choice: 某人自己的选择。It is your choice. 这由你来定。It is your first/best choice. 这是你的最佳选择。
6. legal: 合法的。(反义词: illegal)
7. paperwork involved: 有关文书工作。
8. official resistance: 官方阻力。resist: 抵制。resistant: 抵抗的。
9. for the purpose of: 为了……目的。
10. cheat: 欺骗。He was said to have cheated in the exam. 据说他考试作弊。
11. court document: 法律文件。go to court: 上法庭。
12. replace: 替代。Can a mother's love be replaced by anything? 有什么可以替代母爱?
13. remind someone of something: 提醒某人某事。The film reminded him of what he had seen in China. 这部影片使他回想起在中国所看到的一切。

14. keep... from... : 阻止某人做某事 (同: prevent... from..., stop... from)。I'll try my best to keep you from waiting. 我会尽量不让你等的。(比较: I'm sorry to have kept waiting. 对不起, 让你久等了。)

15. if only: 只要……就好, 但愿。If only you are happy. 只要你高兴就好。If only I had a car. 我要是有辆车就好了(表示虚拟)。

1—4

一、限时训练(7 分钟)

The old-fashioned general store is fast disappearing. This is, perhaps, a pity, because shopping today seems to lack that personal element which existed when the shopkeeper knew all his regular customers personally. He could, for instance, remember which brand of tea Mrs Smith usually bought or what sort of washing-powder Mrs Jones preferred. Not only was the shop a center of buying and selling, but also a social meeting place.

A successful general store might have employed four or five assistants, and so there were very few problems in management as far as the staff are concerned. But now that the supermarket has replaced the general store, the job of the manager has changed completely. The modern supermarket manager has to cope with a staff of as many as a hundred, apart from all the other everyday problems of running a large business.

Every morning the manager must, like the commander of an army, carry out an inspection of his store to make sure that everything is ready for the business of the day. He must see that everything is running smoothly. He will have to give advice and make decisions as problems occur, and he must know how to get his staff to work efficiently with their particular responsibilities.

No matter what he has to do throughout the day, however, the supermarket manager must be ready for any emergency that may come up. They say in the trade that you are not really an experienced supermarket manager until you have dealt with a flood, a fire, a birth and a death in your store.

1. The main purpose of the passage is to show how _____.
 - A. the old-fashioned general store is fast disappearing
 - B. the supermarket has replaced the old general store
 - C. the role of the shop manager has experienced an overall change
 - D. a supermarket manager deals with problems every morning
2. According to the author it is a pity that there are fewer old general stores now because _____.
 - A. there is less trading business
 - B. there used to be more social activities in the old days
 - C. the supermarket manager has more problems than before
 - D. there is less personal contact between manager and customer

3. In what way has the job of the store manager changed?
 - A. He doesn't sell tea and washing-powder any more.
 - B. He has a much larger staff to take care of, to say nothing of all the other daily problems of running the store.
 - C. He must try hard to remember the names of regular customers.
 - D. He has to give advice and make decisions when problems happen.
4. Who are Mrs Smith and Mrs Jones mentioned in the first paragraph?
 - A. They are friends of the store manager's.
 - B. They are shop assistants.
 - C. They are both regular customers of the store.
 - D. They represent any of the regular customers of the old general store.

二、知识积累

1. old-fashioned: 旧时的,老式的。(反义词: fashionable, modern)
2. personal element: 个人因素;人情因素。
3. for instance: 例如。(同: for example)
4. now that: (现在)既然(引导原因状语从句,有时 that 可省略)。Now (that) you have grown up, you should not rely on your parents. 既然你长大了,就不应该依靠你的父母。Now (that) he is well again, he can go on with his English study. 既然恢复了健康,他就可以继续学习英语了。
5. Not only was the shop a center of buying and selling: 注意此句的倒装结构,not only 放在句首不修饰主语时,句子用倒装结构。
6. as far as the staff are concerned: 就这些职员而言。as far as ... (be) concerned: 就……而言。
7. cope with: 对付,处理。Every day I have to cope with hundreds of customers. 我每天得应付几百位客人。
8. apart from: 除外,此外。(注意: apart from 可理解为 besides 或 except,需根据上下文决定。)
9. run a large business: 经营、管理商业或企业(这里 business 是可数名词)。run a school: 办一所学校。
10. the commander of an army: 军队的司令官。
11. carry out an inspection: 进行检查。inspection: 检查,检阅。
12. as problems occur: 当问题发生时。occur 意思相当于 take place, happen, arise 等。
13. efficiently: 高效率地。efficiency: 效率。
14. particular responsibilities: 各自的责任。
15. come up: 发生;被提到。The problem that came up at the meeting just now is very important. 刚才在会上提到的那个问题很重要。

一、限时训练(7 分钟)

It's interesting that the arrival of snow has the effect on people in different countries. For some countries it is important to celebrate each year, while for others a catastrophe or even a wonder.

But there are countries between these two kinds that normally expect snow some time over the winter months, but never receive snow regularly or in the same quantities every year. Britain is one of them, for which the arrival of snow quite simply creates problems. Within hours of the first snowfalls, however light, roads are blocked, trains and buses have to stop in the middle of the way. Normal communications are affected as well: telephone calls become difficult and the post immediately takes more time than usual. And almost within hours there are also certain shortages—bread, vegetables and other things, not that all these things can no longer be produced or sent to shops, but mainly that people are frightened and go out and store up with food and so on “just for fear that something bad should happen”.

But why does snow have this effect? After all, Swiss, the Austrians and the Canadians don't have such problems. It is simply because there is not enough planning and preparation. We need money to buy equipment to deal with snow and ice. To keep the roads clear, for example, requires snow-ploughs (a machine to clear up snow) and machines to spread salt. The reason why a country like Britain doesn't buy snow-ploughs is that they are only used for a few days in any one year, and the money could be more useful in other things such as hospitals, education, helping the old, and so on.

1. According to the writer, Britain is a country _____.
 A. which has regular snow every year
 B. which is not well prepared for snow
 C. for which snow is a catastrophe and causes endless trouble
 D. for which snow is a wonder that excites the countrymen
2. The arrival of snow in Britain affects all of the following EXCEPT _____.
 A. traffic
 B. service quality
 C. food supplies
 D. communication
3. After a few hours' snowing there are often some shortages of food because _____.
 A. shops have mostly closed down
 B. people buy as much as they can
 C. farmers cannot produce as much as usual
 D. people eat more vegetables in winter
4. The main reason that the British do not buy snow-ploughs is that _____.
 A. spreading salt is good enough
 B. old people need more money
 C. snow-ploughs are not used often
 D. the hospital is more important

二、知识积累

1. have the effect on: 对……有影响。have a good/bad effect on: 对……有好/坏影响。
2. celebrate: 庆祝。hold a party to celebrate our graduation: 聚会庆祝毕业。
3. catastrophe: 灾难。(近义词: disaster)
4. arrival: 到来, 来临。with the arrival of: 随着……来临。upon/on one's arrival: 某人一到。
5. block: 阻塞。(近义词: hold up, jam)
6. wonder: 奇迹; 困惑。no wonder: 难怪。seven wonders: 七大奇迹。
7. in the same quantities: 以同样的量。in large quantities: 大量地。
8. create: 创造。creative: 有创新精神的。creation: 发明。
9. shortage: 缺乏。a shortage of, be/run short of: 缺乏。
10. not that... but that: 不是因为……而是因为。Not that I can't do it but that I won't do it. 不是我不会做而是不愿做。
11. store up with: 储藏。
12. for fear that: 唯恐, 担心。(同: in the fear of, fearing) The teacher refused to have his daughter in his class, for fear that he should show favour to her. 教师不愿意把自己的女儿编入自己的班级, 恐怕会对她有所偏袒。
13. after all: 毕竟。in all: 总共。above all: 总而言之。
14. keep clear: 保持畅通。Is the road clear? 这条路畅通吗? clear up: 清除。
15. close down: 关门, 停业。This company is closed down. 这工厂倒闭了。

1—6

一、限时训练 (4 分钟)

The prisoner had waited many months for help, but none had come. Now he felt he would do anything to gain his freedom again to go about in the world as he wished. But he could think of no means of escape. Feeling hopeless, he suffered a great deal.

He spent many hours thinking of his life before he was caught into prison, regretting the mistakes he had made and dreaming of the joys he had known. And over and over he said to himself that he was being punished for no reason. He was guilty of no law-breaking, but had not been given a chance to explain the events which made it appear that he was guilty.

Then one night the guard who sat just outside the prisoner's door fell asleep. When he noticed this, the prisoner was struck by a feeling of hope. Perhaps he could steal the keys while the guard was sleeping.

Silently the prisoner moved toward the guard. Very gently he lifted the ring of keys from the guard's belt. Then he turned and moved quietly toward the door. Could he open the lock from the inside? The key turned and the door swung open. Within two minutes he had crossed the yard and climbed the wall. Then he fled across the fields, free at last, a smile of joy beginning to spread

across his face.

1. The prisoner had a wish _____.
A. to be excused
B. to go away freely
C. to be a free man in the prison
D. to be set free from the prison
2. After many months the prisoner thought that _____.
A. no one would believe he was guilty
B. he could never be free again
C. nothing could help him become non-guilty
D. nothing could stop him from trying to escape
3. When he stole the keys and came to the door, the prisoner was not sure if he could _____.
A. open the door
B. cross the yard and climb the wall
C. run away across the fields
D. all of the above

二、知识积累

1. gain: 获得。He quickly gained experience. 他很快就有经验了。No pains no gains. 一分耕耘, 一分收获。gain weight: 发胖。This clock gains five minutes a day. 这只钟每天快 5 分钟。
2. think of: 考虑; 想出。think of a plan 想出一个计划。
3. go about: 到处走。(其他搭配: move about, play about, look about)
4. dream of: 梦想。(同: dream about) I dream of being the best footballer in the town. 我梦想成为全城最好的足球队员。
5. over and over: 再三。(同: over and over again, again and again)
6. say to oneself: 心里想。talk to oneself: 自言自语。smile to oneself: 得意。
7. for no reason: 无缘无故。for some reason 由于某种原因。for good reason: 有充分理由。
8. guilty: 有罪的。Will he be sentenced guilty or innocent? 他会被判有罪还是无罪?
9. be struck by: 造成深刻印象。I was greatly struck by the beauty of nature. 我被大自然的美丽迷住了。
10. belt: 皮带。Fasten your seat belt please. 请系好安全带。
11. swing open: 门开了。(反义词: swing shut) swing: 摇摆。
12. flee: 逃走。(同: run away from) He was forced to flee his native village to join the rebel army. 他被迫逃离家乡参加了叛军。

1-7

一、限时训练(7 分钟)

Sleep is something we all do. But some people need to sleep more than others. Babies sleep most of the time. Children in school sleep about ten to twelve hours a night. Most grown-ups sleep only seven or eight hours. But babies, children, and adults all of us need sleep.

All parts of our bodies have to rest after the work. Our arms need a rest after we lift heavy things. When we run fast, our legs work hard. They get tired. We have to rest them. Our brains

work hard too. When we are awake, they help us pay attention to the world around us. We can sit quite still and rest our arms and legs. But our brains are not resting. They go right on thinking as long as we are awake.

Our brains slow down a bit when we sleep and dream. But even as we sleep our brains are doing some work. Instead of thinking wide-awake thoughts, our brains make up dreams. Some dreams are very pleasing. Some are not. Most of the time we forget them when we wake up.

Scientists have tried to find out what would happen if people were not allowed to sleep. They asked some people not to go to bed. The people stayed up all night and the next day. They stayed up the next night too, and the day after. The people became very sleepy. They tried to read. But they could not follow the words. They played games. But they made mistakes. They forgot things. It was hard for their tired brains to work. They became rude and mean. They became angry with their friends. Finally they were too tired to stand up. The moment they sat down, they fell asleep.

Scientists found that if people are not allowed to sleep, they act in an unusual way. No one knows quite surely why sleep is so good for us. But we do know that we need it to stay well.

So tonight have a good sleep. Lie down under the covers, or draw out and move around. Shut your eyes. Let your thoughts travel about. Soon you'll stop thinking. You'll be asleep.

1. When we are awake _____.
A. our bodies work hard
B. we get tired easily
C. our brains keep working
D. we pay attention to the people and things around us
2. Lack of sleep will make people _____.
A. forget things and make mistakes
B. be unable to read
C. get angry and tired
D. work or act in an unusual way
3. When we fall asleep _____.
A. our brains go on working busily
B. our brains stop working
C. the work of our brains is slower
D. we have good dreams
4. The underlined word "mean" in the passage probably means _____.
A. poor
B. unhealthy
C. strange
D. nasty

二、知识积累

1. fall asleep: 入睡。(反: keep awake 睡不着) be asleep: 睡着了(反: be awake: 醒着)。
be sleepy: 瞌睡。

2. pay attention to: 注意。pay a little/ little attention to: 稍注意/几乎不注意。

3. sit still: 坐着一动不动。(同结构: 不及物动词+形容词; to lie awake, to stand silent, to marry young, to buy cheap, to die young, to live happy 等)

4. as long as: (连词)只要(同: so long as)。You may borrow this book as long as you promise to give it back. 只要你答应归还,你就可以把这书借走。(比较: You may keep this book as long as you wish. 这本书随便你借多久。)

5. slow down: (使)慢下来。

6. make up: 组成; 编制, 编造。a made-up story 编造的故事。She made up her face to look prettier. 她的脸化了妆看上去漂亮些。Women make up only a small proportion of the construction population. 在建筑业妇女占的比例很小。

7. follow the words: 理解词意。follow customs: 随俗

8. stay up: 熬夜。(同: sit up)

9. be rude and mean: 粗鲁无礼。mean: 卑鄙的, 恶劣的。

10. become angry with: 对某人生气。be/become angry at: 因某事生气。

11. act in an unusual way: 举止反常。

12. draw out: 抽出。

13. let your thoughts travel about: 思维漫游。travel about: 漫游。

1—8

一、限时训练(6分钟)

Dear everyone,

Can you really be so far away and still feel at home?

It has been less than a month since I started at the Frances King School and I already feel that I belong in London. Like many of the students here, I am living with a family, which certainly helps me to practise my English away from class.

The school believes that learning should continue outside the classes and that students should have the chance to experience British culture. Last week we all went to see a musical and this weekend we are going to visit Stratford for the day. We have also been promised a weekend in Paris next spring.

Of course I'm working hard as well as having fun. With class sizes of fifteen there is no chance of being able to avoid the teachers. As well as learning English we are also taught how to study for ourselves. That should make it easier when I get to university. For such a friendly place, the Frances King School is very large. As well as for places in central London there are summer schools in Oxford and Cambridge. Students come from all over the world to learn here, from Europe and South America as well as China. We are all finding it a great place to learn.

Best wishes!

Xiao Wei

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1. What kind of school is the Frances King School?

A. It is opened in Paris for students from other countries to learn English.